

People & the DALES

Diversity Access Learning Environment Sustainability

Case Study

Homeless Men's Support Organisation

Andrew is a Supported Housing Officer for a charity supporting homeless men in Bradford. The organisation works with men aged 21 – 65 years and aims to empower them to take control of their lives and to get them into some kind of tenancy. Andrew first came into contact with People and the DALES when he himself was homeless and a resident at another hostel for homeless men. He came on a number of visits with the project doing activities such as walks, caving, kite making and flying, dry stone walling and lambing.



“The visits were great fun. Trying our hand at walling gave us a great sense of achievement, a chance to be proud of something, which is really important for people who are down on their luck.”

Having secured himself some accommodation Andrew progressed to volunteering for the project he had been resident at and took part in a People and the DALES training weekend.

“I thoroughly enjoyed the training. It gave me a wider knowledge of the countryside, the history, the geology, and the archaeology. It helped me be prepared for being out, using maps, knowing exactly where we are, thinking about safety. It increased my confidence and I have been able to apply some of the skills elsewhere particularly leading and managing a group.”



Since the training Andrew has taken groups of service users out on a range of walks in the Yorkshire Dales using routes he had done with People and the DALES both on visits and on the training and also around local green-spaces.

“The range of walks we'd done and the understanding I'd gained about risk assessment made planning the walks a lot easier. I was able too to make the walks interesting, engaging and fun thanks to the knowledge and information

I'd picked up from you guys. It was great to be able to provide new opportunities for service users and to see other benefits of being out. The walks enabled people to find themselves and open up it really got them talking particularly those who wouldn't normally talk. Some of the lads struggled but kept going and felt a real sense of achievement when they got to the top. When they got back they didn't turn to substance abuse like they normally would as they were shattered from the physical activity. This has helped them see there is a way through and they are getting themselves involved in other activities now instead of abusing.

”

Andrew told us about one service user who was quite unfit, due in part to trying to overcome a drug addiction as a result he struggled to get up the steps at the side of the Cove. After the day out instead of replacing drugs with alcohol as many abusers do he started going to the gym and was determined to get himself fit. Some of the service users from the project Andrew works on are hoping to join in the next round of People and the DALES training.



“Thanks to the opportunities provided through People and the DALES I've been able to champion it within the organisation and other people are now getting out and seeing and feeling the benefits of being out in the countryside. It'll be great to get service users trained up so they can lead walks for themselves.”

People and the DALES – Diversity, Access, Learning, Environment, Sustainability - is a nationally recognised community outreach project run by YDMT, funded through the Big Lottery's Access to Nature programme. The project works with disadvantaged groups, from urban areas bordering the south of the Yorkshire Dales, who have little or no previous experience of the countryside. Running since 2009 the project has enabled over 4000 people to take part in a wide range of fun, active and thought provoking activities in the countryside.

People & the DALES Contacts

People and the DALES
 Yorkshire Dales Millennium Trust,
 Old Post Office, Main St,
 Clapham, LA2 8DP
 015242 51002

Dave Tayler
 Project Manager
 david.tayler@ydmtd.org

Judy Rogers
 Community Worker
 judy.rogers@ydmtd.org

Gail Smith
 Community Worker
 gail.smith@ydmtd.org

www.ydmtd.org

YDMT Charity no: 1061687 Company No: 3236813 Images © YDMT
 Supported by Natural England's Access to Nature grant scheme,
 funded by the Big Lottery Fund's Changing Spaces programme.

