

People & the DALES

Diversity Access Learning Environment Sustainability

Case Study

Youth Group

Sylvia works for Willow Young Carers, part of Barnardos in Leeds. Willow provides support for young people aged 5-18 years who are caring for another family member who may be ill, disabled, suffer from mental health problems or have a drug or alcohol addiction. Due to their circumstances these young people are often marginalised or lost from the radar for service provision, have little support and don't get much opportunity to do many things outside the home. Willow aims to provide support to them and their needs, support their emotional well-being and provide something different and much needed fun for these young people.

Sylvia was keen for the group do a wider range of activities, something a bit different to going bowling or going to the cinema and so welcomed the opportunities offered to the project through People and the DALES. Groups have had a number of visits to the Yorkshire Dales taking part in a range of activities including walks, kite making and flying, a cave visit and a woodland activity day.

Through these visits Sylvia really saw the benefits to the young people and the group of being in the outdoors

“ *Just being in the outdoors in the fresh air is something that most of these young people would not normally do; home circumstances just don't enable it. It was fantastic to see them just having fun and enjoying themselves, the days created some fantastic positive memories for the young people. They really came together as a group too. It was an ideal time to just focus on them and I have seen the knock-on benefits to their well-being, their confidence and ultimately their health.* ”



Sylvia attended People and the DALES group leader training and gained a lot of personal benefit from it and has transferred the skills to many areas of her life.

“ During the weekend as well as learning about reading maps and enjoying using them out in the beautiful Yorkshire Dales, I was able to overcome a great personal fear y going caving. I have been able to apply this in other areas of my life and it has really helped both professionally and personally. ”

Having experienced the benefits of being in the outdoors both for herself and the young people at Willow, Sylvia has been inspired to find more opportunities for the young people to get involved in activities outdoors. Willow have undertaken walks in local parks and green-spaces and now work closely with a local environment centre, taking the young people out there regularly to do a range of activities under the banner Wild in the Woods. Part of this will include taking the young people to harvest some willow on a reserve and using this to build a willow structure in the garden of the local MIND mental health project, so not only are they working outdoors they are helping to improve their local environment too.



“ Working with People and the DALES has been a fantastic partnership for us, not only has it provided us with lots of new opportunities for our young people, it has provided them with some amazing happy memories. ”

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

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

Contacts

Dave Tayler
Project Manager
david.taylor@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.






