

People & the DALES

Diversity Access Learning Environment Sustainability
2020

newsletter

Welcome to the latest People and the DALES Newsletter



2019 was a very special year as we celebrated Refugee Week by putting on the 'Walk with Us' exhibition during the very prestigious Grassington Festival in June. The 23 exhibits were all produced by or inspired by refugees and asylum seekers and included '68½ Candles' representing the 68½ million people displaced throughout the world, a collage of Malham Cove made by members of the Anchor Project in Bradford, and a display of photographs by Bashar Farahat of a Syrian Refugee Camp. The exhibition was the focal point for a Celebration event, which brought together 100 people representing many

of the groups we have worked with over the last 10 years. The day included an award ceremony, followed by a scrumptious lunch put on by residents in Grassington, and a choice of walks around the village.



At the same event we were delighted to launch our new walk book 'Walk with Us'. The book includes 10 walks in the Ingleborough area along with interviews of 10 people who have participated in PaD events. It's a fabulous little book and we are really proud of it. If you would like a copy you can ring the office (we suggest a donation of £5.00).

It's been another fantastic year getting diverse and disadvantaged groups out and about in the glorious Yorkshire Dales for health and well-being. We've organised 61 events with almost 900 people taking part. PaD continues to engage with disadvantaged members of communities from the urban areas surrounding the Yorkshire Dales to enable those that would otherwise not be able to get out of the city to enjoy the great outdoors and gain new experiences. Most beneficiaries come from West Yorkshire and North East Lancashire

and include individuals with disabilities, those experiencing mental health problems, refugees and asylum seekers, and those disadvantaged through where they live. Activities are planned to inspire and enthuse and are tailor-made for the abilities of each group. Conservation and practical work are undertaken wherever possible to develop skills.

We hope you enjoy this newsletter which brings together some of the activities over the last year and hopefully inspires your group to take part in events over the coming year.

What we can offer

- Day visits – nature walks, environmental activities, kite flying, quarry and farm visits
- Conservation work – tree planting, woodland management and path laying
- Training – to provide skills for individuals wanting to organise their own events
- Help with transport costs
- Outdoor gear – walking boots and waterproofs for our typical English weather!!

Highlights



I Dig Malham

Tinta, Ananie and Raphael from Darwen joined Dr. David Johnson and a team of archaeologists in Malham, to explore the medieval chapel that once stood outside the village. In the evenings the trio stayed in Airton Bunkhouse but each day they dug, scraped, measured and carried soil to make the dig a success. “These last three days have been the best ever time of my life in 2019,” said Tinta, “Taking part in the dig for the third time with Dr David, and all the team in Malham was a wonderful experience for us refugees. There is an old Ethiopian proverb that says

when spiders unite they can tie up a lion. Therefore, every bit of your contribution to welcoming and supporting us is hugely valued and much appreciated.”

The trio certainly were a hit with the other diggers, as David said, “Waving the three of them goodbye today left me feeling rather sad and empty. They were wonderful company and made a genuine contribution to the work.”



Malhamdale Welcomes

Over a weekend in October the community of Malhamdale hosted families from the Maternity Stream of Leeds City of Sanctuary. Now in its fifth year, the hosting weekend has become the highlight for many women and children that would not otherwise have time away from the city. The weekend involves walking, doing crafts, eating lots of communal meals and a fantastic party on the Saturday evening. Thanks to Malham Tarn Field Studies Centre, Airton Bunkbarn and all the lovely people of Malhamdale that make this happen.

“When I come to Malham,” said Wesene, “I forgot all the bad things. I see the fresh air and I think, ‘oh my god.’ The people I stayed with, I have never met people like them – they were big, big nice! They looked after my baby as if she was their granddaughter. This is my first holiday since I have lived in the UK and I have been here five years.”

'I've had enough oxygen for a year'

This was the comment by one of the members of the Touchstone Migrant Access Project in Leeds when they undertook the Malham Circuit in November. The walk took place in the village and surrounding hills including the famous Janet's Foss waterfall and culminated in the highlight of the famous limestone pavement of Malham Cove. Other comments included, "my mum is a geologist back in Turkmenistan and she would love it here" and "hearing about the ancient way of life here makes me think about my home village in Gambia where the pace of life is still much slower than the UK."



MALHAM SAFARI

This year two groups visited Malham to take part in the annual Malham Safari. The theme was 'Mythical Beasts and Fantastical Creatures', and the children thoroughly enjoyed doing the quiz trail and watching the duck race. Women and their children from Leeds Maternity Stream, and Betterstart Bradford were welcomed into a local resident's garden for lunch and games.





Carlisle Mencap

It has been a pleasure working with a new group, Carlisle MENCAP. They have taken part in three events in the northern part of our area – tree planting at Underwinder Farm near Sedbergh, lambing at Ribblehead and plug planting near Middleton. The latter was a partnership with Cumbria Wildlife Trust that is developing hay meadows so we all lent a hand by planting the plug plants. Three great days were had by all.



National Award

Following on from the No to Hate Crime Award last year, PaD was delighted to be invited the House of Commons to receive the Year of Green Action Award from the Campaign for National Parks. This was to acknowledge all the work we are doing making a difference in the National Parks.



A note from Rosie

And so finishes my first year working on PaD! It has been a fantastic year, full of incredible experiences and fantastic people. Here is a whizz through my top five favourites of the year!

- 5.** Writing Walk with Us! Last winter, I spent time testing out the walks for our walk book. It was a great way to get to know the area and learn about the history of this incredible landscape. If you haven't had the chance to read the book, including the amazing case studies, make sure you do!
- 4.** The Walk Leader Training Weekend in March! Designed for people wanting to get a bit more confidence walking and leading groups, it was

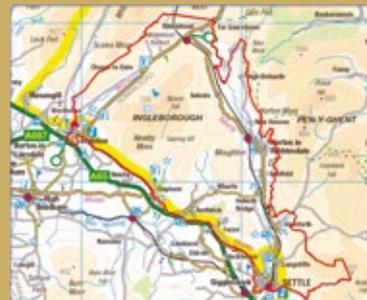
really good fun and our walk up Whernside was a real achievement.

- 3.** Completing my Mountain Leader training. I've learnt so much about navigation, map reading, and leading groups in the countryside.
- 2.** Lambing! My favourite time of the whole year. Being out on the fell with Rodney and groups was such a privilege. It's like nothing I've ever experienced before.
- 1.** Meeting so many people! By far the best part of this year has been getting to know people and just having a really good time walking, in the Dales. Thanks to everyone who has been so kind and generous to me. Here's to another great year!

Stories in Stone

Ingleborough for All

Some of this work forms part of Stories in Stone, a four-year programme of community and heritage projects developed by the Ingleborough Dales Landscape Partnership, which is led by YDMT and mainly funded by the Heritage Lottery Fund, with thanks to National Lottery players. Thanks also to the incredible ongoing support from players of People's Postcode Lottery, through Postcode Earth Trust, our work can also continue across the wider area. We are very grateful to players for supporting this and many other projects that benefit the people, landscape and wildlife of the Yorkshire Dales. Ingleborough for All, is the outreach we do which is now in its fourth and final year. Activities must take place within the 'Ingleborough triangle' before September 2020.



Lambing

As ever our lambing events are some of the most popular days we run. This year we ran nine days of lambing for 134 people with farmer Rodney Beresford at Ribbleshead. We welcomed both UNHCR who filmed a day's lambing for their 'Great British Welcome' stories, and Radio 4 'On Your Farm' presenters who produced a radio programme about their visit. We also had Dr Catherine Nash taking part in a week of lambing as part of her research into the benefits to well-being and working with animals, of which she wrote: "Thanks so much for a really special three days with you and Rodney and the groups. I enjoyed it hugely. You, Rodney and the group create such warm-hearted and welcoming feeling and the actual work with the lambs was such fun. Thank you!"

Muslim Christian Women's Retreat

For the third year running the PaD team organised a weekend for women from Muslim and Christian traditions to enjoy each other's company and explore our faith journeys. This year the theme was 'God's Creation' and the aim was to think about how we as individuals could make changes to become more sustainable. During the weekend, we looked at our global impact and explored ways in which we can reduce our global footprint. We made our own body scrub, lip balm and toothpaste, created a range of household cleaning products and beeswax wraps and made apple juice with a borrowed apple press. The weekend also included walks and crafts, cooking and eating together, with lots of conversation and laughter thrown in. We will be running a similar residential next October - if you are interested in taking part or running a workshop, please get in touch.



Cricket at Headingley

The PaD team will try anything once. A chance encounter enabled a group from Meeting Point in Leeds to enjoy a day out at Headingley Cricket Club. The day began with an hours' training in the indoor cricket training pitch and a look at the museum followed by free tickets to watch the county match. Sadly, Yorkshire lost but it was a glorious day and it was such an English thing to do to sit there learning about the ins and outs of English Test Cricket.

If anybody would like to arrange their own visit to Headingley they have an outreach programme so contact Sohail Raz sohail.raz@yorkshirecricketfoundation.com

e: info@ydmtd.org
t: 015242 51002
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Training Weekend

In 2011, Mohammed Sharif was a health worker for Bradford Care Primary Trust, when he attended a PaD Community Group Leaders training weekend. Before taking part in the training, Sharif used to see people walking around the Dales with a rucksack on their back and think to himself, 'Get a Life'. He didn't appreciate the joy of walking in the countryside. However, after the training, during which he climbed Ingleborough and went caving, he 'got the



bug'. It took him out of his comfort zone and stirred a lifelong passion for hiking, which saw him take on the Yorkshire Three Peaks many times with friends and family, completed 166 Wainwrights, did a '50 Peaks in 50 days challenge' and subsequently trekked in Kashmir, Turkey, Morocco and ultimately to Everest Base Camp. Sharif spoke at the last training weekend and said: "If it wasn't for the People and the DALES project I wouldn't have gone on to do all these things. It has absolutely changed my life and I really appreciate what YDMT has done for me."

Sharif's story is really inspiring (and features in our walk book). It's incredible to hear what he has done since that first training event eight years ago and we never know the impact of projects like this on people's lives.

Meet the People and the DALES team:



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TRAINING EVENT

Find out how to map read, where to go in the Yorkshire Dales and feel equipped to bring your own group out.

6th to 8th March 2020

Broadrake Bunkhouse, Chapel le Dale

Places are limited so contact Rosie on 015242 51002 to book your place