



Patron HRH The Prince of Wales



on behalf of North Yorkshire & York Local Nature Partnership

Exploring the potential for improving health and well-being through the natural & cultural environment

January – May 2013

Project summary

Covering almost 2 million square acres North Yorkshire is geographically the largest county in England and Wales yet has a population of only 601,200 (ONS mid-2011 population estimate). It is predominantly a rural county with just seven towns with a population exceeding 50,000. Outside the urban centres and market towns North Yorkshire is sparsely populated with 16.9% of the population living in areas defined as 'super sparse', which leads to challenges in delivering of services.

Whilst North Yorkshire has a slightly higher proportion of people than the national average that experience 'very good health' (according to the 2011 Census) there are pockets of deprivation and extreme isolation compounds this situation. The county has 18 lower super output areas (LSOA's) within the 20% most deprived in England (according to the Index of Multiple Deprivation 2010). The country has a predominantly ageing population which in itself presents a range of health challenges. The population also experiences above national average levels of deaths from cardiovascular disease with other health issues being highlighted within minority sectors of the population.

Taking part in activity in the natural environment and through cultural heritage provides an ideal opportunity for an accessible means of enabling a wide cross section of the community to improve their health and well-being. Benefits of being in the outdoors to physical health, mental health and general well-being are beginning to be recognised as cost effective and a valuable step forward in health prevention and improving the health of our nation.

In its Natural Environment White Paper¹ the Government recognised that partnership working was key to delivering its ambitions for the natural environment at a local level and set out a vision for Local Nature Partnerships (LNPs).

In 2012 North Yorkshire County Council approached a range of individuals and organisations to work together on developing a proposal for a LNP for North Yorkshire and York. The Government accepted the proposal and awarded the North Yorkshire & York Local Nature Partnership official status on the 17th July 2012.

The LNP secured funds for a limited period to deliver one or more projects relating to the objectives of the LNP. Within this YDMT were commissioned to research the potential for developing a North Yorkshire Natural Health Service, developing opportunities and provision through the natural environment and cultural heritage for improving the health and well-being of some of the county's most disadvantaged residents. This pilot project will adopt an approach based on the highly successful model developed through People and the DALES.

Further work is needed to link the project and partners with local health professionals to enable to the scheme to support and work in collaboration with GPs, CCGs, Health and Well-being boards and other health practitioners. Such a partnership is crucial for recognition and integration of the project within existing services. This could incorporate training for potential delivery partners in how to become a 'referred organisation', taster days and other showcase / networking events for health professionals.

¹ *The Natural Choice* DEFRA 2011

Summary of recommendations:

- A North Yorkshire Natural Health Service be established, initially running as pilot scheme based on the project scoping areas.
- This requires further liaison with and commitment from health professionals.

Within this specifics would include:

- Overall co-ordination role
- Creating area based directory of sites with access information
- Creating a directory of partner organisations
- Training in leading groups in the outdoors for community groups
- Diversity awareness training for sites/providers
- Networking opportunities and events
- Delivery of activities by local organisations / providers

Once this is established the scheme could be replicated and rolled out through a phased approach in other areas of the North Yorkshire & York Local Nature Partnership.

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Background to North Yorkshire & York Local Nature Partnership

In its Natural Environment White Paper² the Government recognised that partnership working was key to delivering its ambitions for the natural environment at a local level and set out a vision for Local Nature Partnerships (LNPs).

The overall purpose of an LNP is to:

- Drive positive change in the local natural environment, taking a strategic view of the challenges and opportunities involved and identifying ways to manage it as a system for the benefit of nature, people and the economy.
- Contribute to achieving the Government's national environmental objectives locally, including the identification of local ecological networks, alongside addressing local priorities.
- Become local champions influencing decision-making relating to the natural environment and its value to social and economic outcomes, in particular, through working closely with local authorities, Local Enterprise Partnerships (LEPs) and Health and Wellbeing Boards.

At the heart of the Government's ambition for LNPs is that each area finds its own way to make the LNP role real and meaningful locally. Within the framework of the overall LNP role, it is for each LNP to decide what their priorities are and how they work in the way that best suits the needs and challenges of their local area.

Recognising the opportunities that Local Nature Partnership would bring to the sub-region, North Yorkshire County Council approached a range of individuals and organisations in 2012 to work together on developing a proposal for a LNP for North Yorkshire and York. The Government accepted the proposal and awarded the North Yorkshire & York Local Nature Partnership official status on the 17th July 2012.

The LNP secured funds for a limited period to deliver one or more projects relating to the objectives of the LNP. Within this YDMT were commissioned to research the potential for developing a North Yorkshire Natural Health Service, developing opportunities and provision through the natural and cultural heritage environment for improving the health and well-being of some of the county's most disadvantaged residents. This new pilot project will adopt the following approach based on the highly successful model developed through People and the DALES.

1. Initial liaison with Health and Well Being board representatives
2. Conduct an audit of provision of natural experiences – map existing projects, services and activity

² *The Natural Choice* DEFRA 2011

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3. Conduct a needs assessment identifying areas of disadvantage or health problem related hotspots. Potential beneficiaries to include elderly, disabled, BME or socially/economically disadvantaged
 4. Liaise with identified projects, community workers, health service centres
 5. Conduct an assessment of demand through these key partners
 6. Map areas of need and opportunity and identify suitable trial project area
 7. Conduct some trial experiences with partners, beneficiary groups
 8. Bring together likely partners for a workshop to explore future provision and Phase 2 Project
 9. Use research, partnership and pilot results to develop Phase 2 Project

Background to Yorkshire Dales Millennium Trust

For 15 years the Yorkshire Dales Millennium Trust (YDMT) has “worked to support the environmental, social and economic well-being of this special area”. A deep understanding of the interdependence of these elements is at the core of our organisation. Despite our name we are not restricted geographically and have long worked across the whole of North Yorkshire. We are proud to be a “doing” organisation that achieves practical change – and enables others to do. We have specialist knowledge in delivery and practical experience and our own projects demonstrate this.

We also support others to live and work in harmony with the natural environment through the grant programmes we manage, such as the Yorkshire Dales Sustainable Development Fund. Two recent examples are the development of an interpretation centre at Nethergill Farm in Langstrothdale with its community engagement programme to raise awareness of food, farming and environment, and a project with Wharfedale Beekeepers Association to re-introduce bee keeping at Parceval Hall and promote its merits to the public, schools and interested groups.

Our work has brought in about £25million for environmental, social and economic projects across North Yorkshire.

People and the DALES – Diversity, Access, Learning, Environment and Sustainability – is a nationally recognised community outreach project run by YDMT and 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. Project participants include people from some of the 10% most deprived communities in the country and most demonstrate multiple indicators of disadvantage. Participants include people from BME communities (44% of project participants), people with disabilities, elderly people, people experiencing mental health problems and other people experiencing urban disadvantage.

Activities are designed to meet the varied needs of the participating groups and range from walks enjoying and learning about the natural environment, visits to specific sites (farms, quarries, historical or archaeological sites), art and crafts activities inspired by the natural environment, to practical tasks and conservation work such as dry stone walling, hill sheep farming, woodland management and horticulture.

People are encouraged to make continued visits to the Yorkshire Dales or local greenspaces through signposting and information support and through a series of highly successful training events giving community group leaders and key volunteers the skills and confidence to take groups out for themselves.

Project evaluation shows that People and the DALES has had a considerably positive impact on those taking part, in particular for their health and well-being. As a result of visits through the project people have reported feeling;

- Liberated – through new experiences, new knowledge, feeling free
- Inspired – to get walking, get outdoors, undertake new learning, build new relationships

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- Refreshed – feeling peaceful, relaxed and mentally and physically refreshed.

Over 90% of group leaders felt that the visits had enthused people about the natural environment, 95% felt the visits had improved participants' well-being and mental health and 85% felt that visits had improved participants' physical health. In addition 65% of groups reported that participants had undertaken independent visits to the Yorkshire Dales and 88% had since visited local greenspaces.

This new pilot project will adopt an approach based on the highly successful model developed through People and the DALES by :

- Auditing the provision of natural experiences –mapping existing projects and services within 3 sample areas – Harrogate & District; Richmondshire (Swale & Ure); Long Preston.
- Identifying potential beneficiaries and supporting community groups within the sample areas and their immediate catchments: to include elderly, disabled, mental health groups, BAME (Black, Asian and minority ethnic communities) or socially/economically disadvantaged.
- Bringing together likely partners for a workshop to explore future potential provision and workings of a phase 2 Project.
- Using research, partnership and pilot results to develop phase 2 project proposal.

Why a Natural Health Service?

The UK spends £110 billion per annum on healthcare (8.5% of all income). With the advances in medicine we live longer, yet advances are not enjoyed equally. Over the past 10 years the gap between the healthiest members of society and the least healthy has increased, (by 2% for men and 11% for women.³) whilst at the same time the population has become less active and more overweight.

Obesity levels are at their highest ever. 26% of adults and 16% of children are now considered obese⁴ (NICE 2012) and this figure is still rising.

'Start Active, Stay Active' (DoH 2011) stated that "even small increases in physical activity are associated with some protection against chronic diseases, heart disease, stroke and diabetes."⁵

Only 14% of the population are considered to be 'flourishing', those considered to have a high level of well-being. A further 14% have a very low level of well-being (this figure excludes those individuals with diagnosed mental disorders)⁶. Over 25% of people are experiencing mental health problems, a number that could soar in the current economic situation (Roehampton Institute /Elizabeth Finn Care)⁷. The World Health Organisation estimates that depression and depression-related illness will become the greatest source of ill-health by 2020.⁸

In the battle to confront these and other illnesses and diseases a great national resource is being vastly underused. England's natural green spaces – parks, woodlands, and the countryside and even tree lined streets provide considerable opportunities for improving health.

A direct link between health and the natural environment has been acknowledged since at least Victorian times. In his annual report for 1839 the Bethnal Green Registrar of Births, Deaths and Marriages wrote:

*"A park in the East end of London would probably diminish the annual deaths by several thousands... and add several years to the lives of the entire population"*⁹

The evidence regarding the health impacts of greenspace has recently been critically reviewed by Health Scotland (2008)¹⁰. Their report concluded that:

- Experiencing greenspace promotes relaxation, reduces stress and aids recovery from attention fatigue. Aspects of greenspace that may reduce stress include outdoor activity and exercise, stimulation of the senses, and aesthetic experience.
- Greenspace has the potential to increase physical activity by both providing an attractive area to exercise and the opportunity to undertake group-based physical activity with other people. The use of greenspace is influenced by individual's

³ Our Natural Health Service 2009 Natural England

⁴ NICE 2012

⁵ Start Active Stay Active DoH 2011

⁶ Hupper 2008

⁷ Well-being and the Recession 2010

⁸ Pretty et al 2005

⁹ Our Natural Health Service 2009 Natural England

¹⁰ Health Impact Assessment of Greenspace 2008 Health Scotland

proximity, ease of access, and connectivity to the space, and its size, attractiveness, and variety of uses.

Varied, wildlife-rich natural environments with inspiring landscapes are most effective in promoting sociable walking and healthier lifestyles. Time spent in natural environments can promote a positive outlook on life and enhance our ability to cope with, and recover from, stress, illness and injury¹¹. Physical exertion becomes an unnoticed secondary benefit from the enjoyable primary activity of being outdoors. Dr William Bird suggested that “the countryside can be seen as a great outpatient department whose therapeutic value is yet to be fully realised.”¹²

Natural England (2009) state that “it is generally recognised that England’s landscapes provide a range of ‘services’ which contribute to people’s quality of life, including spiritual enrichment, cognitive development, reflection and aesthetic enjoyment.”

Research findings suggest that those who are mentally unwell would see immediate benefits if they undertook regular short-duration physical activity in the outdoors¹³. NICE (PH16, 2008) recommended that patients with mild depression follow a structured and supervised exercise programme of physical activity. Yet almost 5 years later only 5% of GPs prescribe exercise therapy to patients. A recent report by the British Psychological Society concluded that activity in the countryside was significantly more beneficial than visiting urban parks.

The well-being benefits potentially derived from being in the outdoor environment moves far beyond the “notion of relaxation. They indicate a very significant tonic that society is seeking from the landscape and outdoor environment.”¹⁴

Just over 60 years ago the NHS was founded on 2 principles:

- That there should be comprehensive healthcare available to all
- That it should be free at the point of delivery.

Used in the right way the natural environment could provide an alternative - a Natural Health Service – a potentially highly cost effective means of health and disease prevention and treatment.

Today in order to reap the benefits that the natural environment can provide for our health we need to uphold two new principles.

- Firstly that good quality green spaces should be equally available to all
- Secondly that health professionals should embrace the use of the natural environment in preventing the diseases of the 21st Century.

If every household in England were provided with good access to quality greenspace it could save an estimated £2.1 billion in health care costs. For every £1 spent on outdoor and

¹¹ RSPB

¹² Natural Fit 2004 RSPB

¹³ Barton & Pretty Essex, 2010

¹⁴ Natural England Experiencing Landscapes 2009

walking programmes a further £7 could be saved in the cost of treating a range of conditions such as heart disease, stroke and diabetes¹⁵.

The Government's 'Be Active, Be Healthy' report develops a new framework for the delivery of physical activity in order to create a healthier, happier and wealthier nation. In order to achieve this action needs to be guided by four key principles:

- Informing choice and promoting activity
- Creating an 'active environment'
- Supporting those most at risk
- Strengthening delivery

Physical activity should be encouraged across the population with a focus on those most at risk. The risks of engaging in physical activity are low for most of the population, but the risks of poor health resulting from inactivity are high. When providing physical activity advice, primary care practitioners should take into account the individual's needs, preferences and circumstances. They should also provide written information about the benefits of activity, and the local opportunities to be active.

Today we are part of this initiative to ensure that everyone has access to the great outdoors so that the places which hold such a strong place in the heart of the nation can serve as our Natural Health Service improving and benefitting the health and well-being of generations to come.

¹⁵ *Our Natural Health Service 2009* Natural England

Needs assessment for North Yorkshire

County Overview

North Yorkshire covers almost 2 million acres and geographically is the largest county in England and Wales, with a population of 601,200¹⁶. It is a predominantly a rural county with just seven towns with a population of 15,000 or more. Two of these towns (Scarborough and Harrogate) have populations exceeding 50,000 people. Outside of these urban centres and market towns North Yorkshire is relatively sparsely populated with 16.9% of the population living in areas defined as 'super sparse' (less than 50 people/km).

Poverty: Whilst North Yorkshire is a relatively prosperous county it has pockets of deprivation. The 2010 Index of Multiple Deprivation identifies 18 Lower Super Output Areas (LSOA), areas amongst the 20% most deprived in England, within the county.

These include:

- 12 LSOA's in Scarborough District
- 2 in Whitby
- 2 in Craven (Skipton South E01027580 & E01027579 = 6,454th and 5,982nd LSOA out of 32, 482 in the UK)
- 1 in Harrogate (Woodfield E01027740 = 2,135th most deprived LSOA out of 32, 482 in the UK)
- 1 in Selby

Child poverty in the county during 2009 was 11.8% compared to a national average of 21.3%. Child poverty is most prevalent in urban areas (Scarborough, Northallerton, Thirsk, Skipton, Selby and Harrogate/Knaresborough conurbation) and in Catterick Garrison.

Job seekers allowance claims rose to 2.8% in 2012 (from 2.4% in 2011), with highest claim rates in Scarborough.

The number of homelessness acceptances in North Yorkshire for 2010/11 was 465. The estimated number of rough sleepers for Autumn 2011 was 14.

Ethnicity: The population in the 'non-white' ethnic groups within North Yorkshire has increased from 1.1% in 2001 to 2.7% in 2011. Richmond has the second highest proportion of non-white population in the county at 4.6% of its usual residents (NB mainly military personnel). Harrogate has the third highest proportion of people in this ethnic grouping at 3.7% of its population, an increase from 1.6% in 2001¹⁷. Whilst Craven is fourth at 2.6%. Both Richmond and Harrogate show above county average levels of 3.4% with only York giving a higher percentage (5.1%)

0.5% of the population of North Yorkshire are from the 'Asian Other' ethnic group (excluding Indian, Pakistani, Bangladeshi and Chinese groups), this forms the largest non-white group in North Yorkshire. 1,047 of the 2,424 people in North Yorkshire with this group live in Richmondshire, an increase from 583 people in 2001 due in part to new housing built by Catterick Garrison.

21.5% of the population of North Yorkshire have 'no English identity', lower than the average for England overall of 29.9%, whilst Harrogate has the largest proportion of people with 'no English identity' in North Yorkshire with 25.8%.

¹⁶ ONS 2011
¹⁷ ONS 2011 Census

Over recent years the county, like the rest of the country, has seen a substantial influx of Eastern Europeans and other ethnic groups. Harrogate Borough is highlighted as having the highest increase.

Amongst North Yorkshire's BAME (Black, Asian and minority ethnic) communities, population profiles are changing and an older population is emerging, for example in the South Asian community in Skipton and the Chinese community in Harrogate.

There are an estimated 100-200 refugees and asylum seekers in North Yorkshire even though the county is not an official dispersal area.

The JSNA (Joint Strategic Needs Assessment) identifies the need to "consider accessibility of services for people whose first language is not English, people who have low literacy and people whose cultural needs may not be well understood"¹⁸

The 2011 Census records 588 people within the Gypsy and Irish Traveller's ethnic grouping. Selby, Hambleton and Harrogate have the largest populations, each with more than 100 people. However, this figure may be under recorded due to the considerable amount of prejudice and discrimination faced by this group of people.

Elderly: The County has an ageing population, in 2011 there were 125,000 people over 65 in North Yorkshire, but this is expected to rise to 160,000 by 2021. Many older people are healthy and well and make a major contribution to the health and well-being agenda as direct carers, volunteers in local voluntary organisations and through silent, often unnoticed work both with families, neighbours and faith groups.

Carers: 10.8% of the population of North Yorkshire provide some level of unpaid care, an increase from 9.9% in the previous Census. 2.1% of the population of the county provide 50 or more hours of unpaid care per week, an increase from 1.8% in 2001. During 2009/10 over 6,000 carers were assessed or reviewed with just under 4,000 receiving services. There are an estimated 13,981 people aged 65 or over providing unpaid care to a partner, family member or other person. The number of people claiming carers allowance in North Yorkshire in May 2011 was equivalent to 0.62% of the population compared with 0.92% for the country as a whole. Carers need opportunities to have a 'life of their own' and interventions that focus on carers' health and well-being.

Overview of Harrogate

Harrogate has a population of 158,700¹⁹. It is a fairly rural district with a population density of 121 people per km², above the North Yorkshire average but well below the national average. The district has three major towns or settlements with a population over 15,000; Harrogate town (74,720 people), Ripon (17,180 people) and Knaresborough (15,410 people).

As in the rest of North Yorkshire, the population of Harrogate is increasing and ageing with a projected population of 173,100 by 2035. The population of older people (65 and over) is expected to increase from 19.4% in 2010 to 30.2% by 2035 whilst the population aged 0-19 years is expected to fall from 23.2% to 20.3% over the same period.

The district is a relatively prosperous area ranking 283 out of England's 326 Local Authorities (where 1 = most deprived and 326 = least deprived). Compared to the other

¹⁸ JSNA
¹⁹ ONS 2010 Mid Year Population Estimates

districts in North Yorkshire, Harrogate is the least deprived district. However, there are pockets of deprivation with one Lower Super Output Areas (LSOAs) within the ward of Woodfield being ranked within the 20% most deprived in England. The unemployment claimant count rate in Harrogate increased from 1.9% (July 2011) to 2.2% (January 2012), similar to the North Yorkshire average of 2.8% and below the national average of 4.0%. Child Poverty in Harrogate during 2009 was 8.8% compared with a national average of 21.3%, an increase from 8.3% during 2008.

3.7% of the population are of 'non-white' ethnic group. Over recent years the county has seen a substantial influx of Eastern Europeans and other ethnic groups. Harrogate Borough is highlighted as having the highest increase. There is also a significantly ageing Chinese community within the District.

Overview of Richmondshire

Richmondshire has a population of 53,000²⁰. It is a rural district with a population density of 40 people/km² well below the North Yorkshire average of 75 and the national average of 401. The area is part of the Pennine Dales fringe dipping eastward from the Dales towards lowland dominated by the rivers Swale, Ure and Tees. It is a multi-layered landscape that is well wooded.

As in much of the county Richmondshire has an increasing and ageing population. The population of older people is expected to increase from 21.5% in 2010 to 29.2% by 2035 with a fall in 0-19 years population from 24.1% to 21.2% over the same period.

4.6% of the population is classified as other than White British above the county average, with people of Asian / Asian British origin accounting for 2.8% of total population of Richmondshire. Richmondshire with its substantial military population, particularly at Catterick Garrison has the high proportion of births to mothers born outside the UK and the highest rate of National Insurance number registrations by non-UK nationals seen in North Yorkshire but both indicators are below the national average.

The area has produced its own Richmondshire 2021 Sustainable Communities Strategy – which includes aspects around healthy living, prosperous communities and green living. Priorities within this include “making sure everyone has the opportunity to be as healthy as possible” and “helping the community minimise their impact on the environment”.

There are no LSOAs in the area. The unemployment claimant count rate stands at 2%, below the national average (4%) and child poverty is less than half the national average. However, Richmondshire West Ward was identified as one of the most deprived wards in Yorkshire in government health indices of deprivation, with Central ward performing only slightly higher and Colburn similarly.

The population of the Catterick Garrison (15,040²¹) area is set to double in size once MoD building plans go ahead. This area is one of the largest urban areas in the county with nearly double the county average for households with dependent children. MoD controls most of the land in close proximity as military training areas therefore of restricted access.

²⁰ ONS 2010 Mid Year Population Estimates

²¹ Mid 2010 Parish Population estimates

An army family and veteran population presents a range of potential health issues that may not be experienced elsewhere in the county. Problems such as stress, post-traumatic stress and disability are likely to be more prevalent, though no published figures record this directly.

Leyburn has above the county average for pensioner only households and slightly above average for members with long term illness.

Overview of Craven

Craven District has a population of 55, 400²². It is a rural district with a population density of only 47 people/ km², the third lowest in North Yorkshire and the fifth lowest in England. The largest town is Skipton which has a population of 14, 530.

As in the rest of the county, Craven's population is increasing and ageing with a projected population of 59,300 by 2030. The population of older people (65 and over) is expected to increase from 23.1% in 2010 to 36.9% by 2035 while the population aged 0-19 years is expected to fall from 21.5% to 17.9% over the same period.

It is a relatively prosperous district ranking 241 out of England's 326 Local Authorities. However, there are two LSOAs in the Skipton area (both within Skipton South ward) that are ranked within the 20% most deprived in England. Despite its relative prosperity, areas across the district suffer deprivation in relation to specific markers including access to services.

Child poverty in 2009 was 9.2% compared with a national average of 21.3%, an increase from 8.7% during 2008.

The unemployment claimant count rate increased from 2% to 2.3% (January 2012), remaining below the County average of 2.8%.

2.6% of the population are classified as being of 'non-white' ethnicity, below both the county average and the national average. The population profile for the area is changing with an older population emerging within for example the South Asian community in Skipton.

²² ONS 2010 Mid Year Population Estimates

Health & Well-being in North Yorkshire

North Yorkshire has a large population and encompasses a great variety of communities. Whilst most of the county's residents enjoy favourable health compared to the national picture, "there are significant inequalities between the different communities of North Yorkshire and York, which are easily masked by an overall picture of affluence."²³ Between the most and least deprived communities are health inequalities which are as great as or greater than inequalities for the country as a whole.

According to 2011 Census data 13.2% of people consider themselves to be in 'fair health', 3.6% 'bad health' and 1% 'very bad health'. The national averages for England are 13.1%, 4.2% and 1.2% respectively. North Yorkshire has a slightly higher proportion of people in the 'very good health', 'good health' and 'fair health' categories than the national average. Harrogate and Richmondshire have higher proportions of people in the 'very good health' category, both with more than 50% of people compared with 47% for England overall.

Physical activity participation levels for adults are around 23.6% people (2010/11) reporting at least 3 days x 30 minutes moderate intensity physical activity. There has been little change in these figures since 2005/6 (23.1%). Levels for children (5-16 years) in 2009/10 have shown an improvement to 54.1% attaining 3 hours of high quality physical education, compared to 51.2% in 2008/9. 53% of state primary school pupils and 36% of state secondary school pupils walk to school, below the national averages of 59.5% and 42% respectively.

Life expectancy: The difference in life expectancy between the most and least deprived 10% of North Yorkshire and York's population is 7.5 years for men and 3.6 years for women. In North Yorkshire and York, health inequalities lead to approximately 76 additional deaths in the most deprived 10% of the population every year. Areas with significantly worse life expectancy are concentrated in Scarborough, Selby, central York and a few Harrogate wards. There is also a pocket of deprivation near Catterick Garrison²⁴, Richmondshire which experiences lower than national average life expectancy.

Disability & long term health problems: Data shows that in 2011 9,300 people in the county had a serious disability (1.5%), 2,040 people were registered as partially sighted. 2.8% of people aged 16 to 64 in North Yorkshire were identified as having 'day-to-day activities limited a lot'. Scarborough has the highest proportion in this group at 4.2%, higher than the national average of 3.6%.

Circulatory / cardiovascular diseases: These are the leading cause of death amongst North Yorkshire residents accounting for 37% of deaths well above the national average of 29%; this reflects the older age distribution in the County. Levels are also higher in South Asian groups than in the population as a whole. Core obesity and insulin resistance are two other factors of especial note.

Obesity: Levels of obesity are rising in the county. It is estimated that 24.4% of adults in North Yorkshire are obese, whilst slightly below the national average this should still be an area for concern, particularly given the higher prevalence of obesity in older age groups and the ageing population of the county. The JSNA identified the need to "prioritise prevention

²³ Public Health Annual Report 2011

²⁴ Public Health Annual Report 2011

opportunities which have a positive effect on reducing population obesity levels such as access to physical activity including active travel and active space” and recognised that there is “a lack of adult overweight and obese service / programmes in all districts of North Yorkshire.”²⁵

Diabetes: The registered prevalence of diabetes in GP practices has increased over the last few years from 4.1% to 5% and is projected to keep rising. Levels are significantly higher than the England average for all areas with the exception of Harrogate & Rural district. Significantly higher than England average levels have been recorded in Craven and Ryedale.

There is a need to “maximise opportunities to prevent diabetes through reducing obesity and increasing physical activity in populations and individuals.”²⁶ There is a much higher prevalence of diabetes in the county’s Afro-Caribbean and South Asian populations than in the population as a whole.

Prevalence of certain health conditions is apparent in the county’s minority populations.

Stroke: Incidences of stroke are highest in Afro-Caribbean populations and relatively high in Chinese and South Asian groups.

Diabetes mellitus

Hypertension & cerebrovascular disease

Vitamin D deficiency

Mental health: diagnosis rates are higher in African-Caribbean communities and early onset dementia is three times more common BME communities than in the general population.

Health inequalities are particularly stark for the Gypsy and traveller communities, with significantly worse morbidity and mortality rates.

Harrogate & District

The health of people in Harrogate is generally better than the England average. Deprivation is lower than average, however about 2,400 children live in poverty. Life expectancy for both men and women is higher than the England average. The early death rate from heart disease and stroke has fallen and is better than the England average. About 13.7% of Year 6 children are classified as obese, lower than the average for England.

Estimated levels of adult physical activity and obesity are better than the England average. The level of road injuries and deaths is worse than the England average.

The health picture across the District is varied. When comparing the life expectancy of the most deprived members of the community to the least deprived there is a clear inequality.

Men who live in Harrogate’s most deprived communities will die, on average 5.9 years earlier than their least deprived counterparts.

Circulatory diseases are the leading cause of death amongst residents of Harrogate District accounting for 36% of all deaths.

There is also a higher than county average of people over 18 years on learning disability register.

²⁵ JSNA

²⁶ JSNA

Within the District children's participation in sport and physical activity is significantly lower than the England average.

Key issues and considerations identified by the CCG for the area include:

- Focus on prevention
- The importance of carers
- Physical activity levels and links to active ageing and mental health
- Isolation and links to mental health
- Provision of mental health services

Key health priorities in Harrogate district include physical activity, childhood obesity and tackling alcohol related issues.

Richmondshire

The health of people in Richmondshire is mixed compared with the England average. Deprivation is lower than average, however about 900 children live in poverty. Life expectancy for both men and women is similar to the England average. About 14.5% of Year 6 children are classified as obese, lower than the average for England. The estimated level of adult physical activity is better than the England average. The rate of statutory homelessness is higher than average.

Richmondshire West Ward is identified as one of the most deprived wards in Yorkshire in government health indices of deprivation with Central ward only performing slightly higher. Specifics relate to widespread issues of:

- Access to health resources
- Relatively few health related facilities in the area,
- Low incomes
- Poor eating habits.

Colburn similarly experiences health and service related issues:

- Poverty
- Access to local health facilities,
- Effective outreach by local health services

Priorities for health in Richmondshire include physical activity, childhood obesity and tackling alcohol related issues.

Craven

The health of people in Craven is generally better than the England average. Deprivation is lower than average, however about 900 children live in poverty. About 13.8% of Year 6 children are classified as obese, lower than the average for England. The estimated level of adult physical activity is better than the England average. The level of road injuries and deaths is worse than the England average.

Circulatory diseases are the leading cause of death amongst residents of Craven District accounting for 38% of all deaths.

The number of people in Craven District aged 65 and over is set to increase from 13,000 to around 16,900 by 2021.

There are clear inequalities when comparing the life expectancy of the most deprived members of the community to the least deprived. Women in the most deprived communities in Craven will die on average 5.8 years earlier than those in the least deprived communities.

Craven also has the highest estimated proportion of the working age population who are disabled, at 24.5%.

Key issues and considerations identified by the CCG for the area include:

- Social isolation and mental health
- Life style education
- Prevention/early intervention

Key health priorities in Craven include physical activity, childhood obesity and tackling alcohol related issues.

69 community groups representing and supporting a wide range of disadvantaged groups were identified across the project scoping area.

35 in Richmond,
20 in Harrogate & District
14 in Craven

A full list and details of these organisations can be found in appendices 1 - 3.

This wide cross section of groups includes those supporting people with disabilities (both physical and learning), elderly people, people with mental health problems, those recovering from addiction, homeless people, army veterans, people from BAME and traveller communities and those experiencing socio-economic disadvantage.

These organisations and those they support could potentially be the 'service users' for the NY NHS, enabling the project to access some of the most disadvantaged groups within the county.

However it should be noted that there may still be significant numbers of other disadvantaged individuals who will not be connected into support groups. To facilitate their involvement in the project would require liaison and working in conjunction with health services and health professionals. This will be the most successful way to secure that the most disadvantaged in our society benefit from the opportunities provided through the project.

Representatives from 9 of these organisations attended our NY NHS event and participated in discussions around making provision for their 'user' groups to access the natural and cultural environment.

Why a Natural Health Service for North Yorkshire?

Within North Yorkshire & York there are pockets of serious disadvantage and extensive areas of rural and 'urban' deprivation, significant inequalities in levels of physical activity in relation to age, gender, ethnicity and disability, with corresponding inequalities in health. The county has an ageing population.

This work supports several priorities within the North Yorkshire Health & Well-being strategy:

- Strengthening the role and impact of ill health prevention
- Encouraging healthy lifestyles and behaviours
- Improving emotional health and well-being
- Helping to create and develop healthy, sustainable places and communities in which people can flourish.

The Joint Strategic Needs Assessment (JSNA) for the county states there is a need for "more targeted engagement work with those communities that have specific health needs" and outlined one of its 7 strategies as a need to 'Create Healthy and Sustainable Places and Communities'. The report goes on to highlight that:

"Regular green space visits and outdoor recreation is associated with increased physical activity and lower probability of being overweight." Consequent action was to "ensure all people have access to green spaces and outdoor activities."

Furthermore the JSNA recognises the need to "support people to stay engaged and involved in their neighbourhoods and develop early indicators to help identify those at risk of isolation and consequent mental health."²⁷ It also identified the need to "prioritise prevention opportunities which have a positive effect on reducing population obesity levels such as access to physical activity including active travel and active space" and recognised that there is "a lack of adult overweight and obese service / programmes in all districts of North Yorkshire."²⁸ Further opportunity is needed to "improve participation in physical activity, particularly in groups where uptake is lower (females, older people, and people classified as being from poorer socio-economic groups."

With areas reporting that they need to tackle issues such as improving physical activity levels, mental health services provision, prevention services, isolation, active ageing, and supporting carers. Together with an ageing population and a prevalence of health issues such as cardiovascular disease, diabetes, obesity and more specific health issues relating to minority groups. Such a project would enable a range of agencies to be involved in preventative and ameliorative measures to tackle some of the key health inequalities within the county and those issues affecting minority and disadvantaged groups.

These factors coupled with local authorities now taking the lead for improving health and coordinating public health and well-being, would indicate that now seems an ideal opportunity for development of a county wide programme to increase engagement in physical activity utilising the extensive and high quality natural and cultural environment.

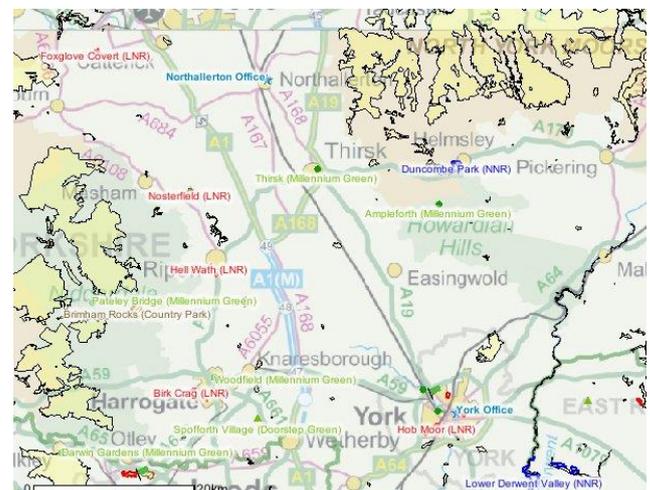
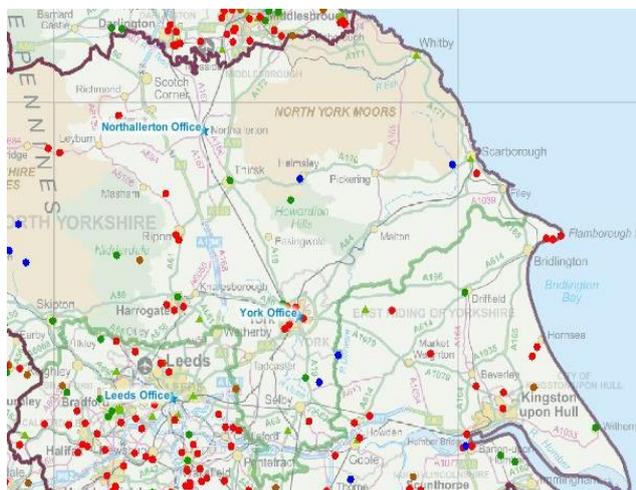
²⁷ JSNA

²⁸ JSNA

Opportunities for Natural and Heritage Experiences within the North Yorkshire & York LNP Area

North Yorkshire has a tremendously rich natural and cultural heritage environment. A spectacular picture of varied landscapes, peppered with historic sites and monuments. From dramatic coastal cliffs to upland moorland, beautiful rolling valleys to gritstone outcrops there is something for everyone in the 39 landscape characteristics identified across the county. It is also a richly historic environment which shows the physical remains of the human past and gives us attractive towns and villages. Engaging local communities with the environment through providing opportunities to visit and engage with these areas offers huge potential at comparatively low cost for improving health, well-being and quality of life, whilst also providing educational opportunities, raising awareness of the need for management, protection and conservation of these special places.

In terms of designated sites the project scoping area includes a number of SSSI's (Site of special scientific interest), Local Nature Reserves (LNRs) and 1 Millennium Green.



Designated sites within the project scoping area.

- Local Nature Reserves
- National Nature Reserves
- Millennium Greens

Some of these sites are well established and set up for engaging with the visiting public, though most do not have on-site staff, whilst others have limited access.

Foxglove Covert LNR and SINC (Site of Importance for Nature Conservation) covers 100 acres of moorland edge adjacent to Cambrai Lines at Catterick Garrison. The reserve contains semi-natural woodland, heathland, flower-rich grassland, streams, ponds, a lake, willow and alder carr coniferous woodlands and wet meadows. The site has a remarkable mix of habitats and species. A purpose built field centre provides an ideal base for visitors and volunteers. On-site staff run a range of education, conservation and family based events throughout the year. www.foxglovecovert.org.uk

Nosterfield LNR is managed by the Lower Ure Conservation Trust (LUCT). Designated as a Site of Importance for Nature Conservation (SINC) in 1993 and as an LNR in 2001, Nosterfield is now generally recognised as North Yorkshire's premier wetland grassland site for birds. The site has over 1.5km of permissive paths of which sections are accessible by wheelchair and suitable for those with mobility issues. There is also wheelchair access at the interpretation building and bird hide and the Tanfield Hide. www.luct.org.uk

Bolton-on-Swale Lake (SSSI)

Managed by Yorkshire Wildlife Trust and part of the Swale and Ure Washlands project. The 10.9 hectare lake is one of the few expanses of open water in this part of North Yorkshire and is consequently of great importance for wildfowl and wading birds.

There is no general access to the reserve at present. Viewing is from the hide accessible from Back Lane. This Yorkshire Wildlife Trust reserve has a recently constructed a bird hide reached by an accessible path.

www.ywt.org.uk/reserves/bolton-on-swale-lake-nature-reserve

Hudswell Woods (National Trust) (SINC)

National Trust woodland with footpaths and interpretation boards. A mile long circular walk next to the River Swale near Richmond.

Long Preston Deeps Wet Grassland Project (SSSI)

The project was launched in 2004 with the aim of improving the wildlife value of the Ribble floodplain between Settle, Long Preston and Wigglesworth. The project area covers 3 miles². The floodplain is a unique area which offers a very different experience from the surrounding upland areas. It is an ancient landscape with a rich history mainly because the floodplain has provided food and shelter for humans for thousands of years. It is designated because of its rare fluvial (river) environment and importance for breeding wading bird species and rare flora. Access is limited to the Ribble Way or through guided walks.

www.longprestonwetgrasslandproject.co.uk

Research also identified a much wider range of potential opportunities for engaging with natural and cultural experiences on non-designated sites within the scoping area:

29 in Richmond, Swale & Ure

11 in Harrogate & District

In addition to the Long Preston Deeps Wet Grassland site within the Craven area of the LNP.

Provision of opportunities varied across sites and projects, most provide informal opportunities that are user led rather than providing direct activities for specific groups. Information on some of the sites can be found below with more detail and a full list in appendices 4-6.

Hackfall Woods,

An area famous for being visited and painted by Turner in 1816. In Turner's day Hackfall was famous as one of the finest and largest wild gardens in Britain.

Between West Tanfield and Masham, the River Ure cuts a winding route through high ground. The most dramatic section at Hackfall was laid out as a woodland garden by his son, William, around 1750. There are pathways, grottos, follies, springs, ponds and waterfalls, on a grand scale, and Hackfall was one of the most important managed landscapes of its kind and period in Britain.

Provide volunteering and conservation opportunities in addition to a programme of events.

www.hackfall.org.uk

Richmond Castle

English Heritage site (entry fees)

One of the greatest Norman fortresses built to subdue the. Enjoy amazing views of Richmond and the Dales from the keep, and follow the riverside Drummer Boy Walk to nearby Easby Abbey.

Richmond Temple Grounds

Temple Grounds in Richmond is a Grade II registered parkland dating back to the 17th Century. Nestling to the west of Richmond and bounded by the river Swale, the Grounds were originally developed around the mansion known as Yorke House. Whilst Yorke House was sadly demolished in the 1820s the parkland has survived to this day.

Easby Abbey, Richmond

English Heritage

Easby Abbey is an abandoned Premonstratensian abbey on the eastern bank of the River Swale on the outskirts of Richmond. The substantial ruins of Easby Abbey are in a picturesque setting, around a mile south east of Richmond.

Forms an important focal point along the river Swale corridor, providing access to the network of footpaths in this area. The Abbey is co-promoted with Richmond Castle by English Heritage, in their literature, also promote the walk along the river joining the two attractions.

Jervaulx Abbey

Although substantially damaged by the Dissolution, the crumbling walls of the ancient Cistercian monastery of Jervaulx Abbey still offer an interesting history and some beautiful vistas.

www.jervaulxabbey.com

Middleham Castle

Home of Richard III in his youth, and again later after marrying Lady Anne Neville. Originally built in the 12th century, further modifications turned the castle into a fortified palace by the mid-15th century. It is now roofless, after falling into decline then suffering further in the civil war, but has many sections intact, and is well worth exploring.

www.english-heritage.org.uk/daysout/properties/middleham-castle

Kiplin Hall, Nr Scorton

A Jacobean country house in a wonderful setting with views west across the lake to the Yorkshire Dales. Ornamental gardens, a productive Walled Garden, Woodland and Lakeside Walks.

Stanwick Camp – Iron Age Fortifications, Forcett Village

English Heritage site

An excavated section, part cut into rock, of the ramparts of the huge Iron Age trading and power-centre of the Brigantes, the most important tribe in pre-Roman northern Britain. Some 4 miles long, the defences enclosed an area of 766 acres. Following Roman conquest, the Brigantian centre moved to Aldborough Roman Site. A complex of prehistoric earthworks covers an area of more than 700 acres at Stanwick St John. Enclosed by massive Iron Age ramparts of earth and stone, still standing to a height of about five metres, this was a centre of great importance for the pre-Roman people of northern Britain.

Thornborough Henges, West Tanfield

One of the most important ancient sites in Britain. Dating from between 4,000-3,500 BC, this pre-historic man made structure extends for a mile in length, making it the largest ritual religious site in the British Isles.

To extend and support these opportunities a wide range of organisations working to protect and promote the local area were also identified:

- 36 in Richmond, Swale & Ure,
- 12 in Harrogate District,
- 14 in Craven.

Full details of these can be found in appendices 7-9.

Many of these organisations could be potential partners in the effective running of a NY NHS. Representatives from 15 of these organisations attended our networking event. These organisations were keen to be involved in such an initiative, but as identified later highlighted that commitment needs to be made from the Health and Well-being board and Clinical Commissioning Groups and money put into such a scheme to enable it to work as effectively as it might do.

Case studies of three organisations follow which highlight their belief for the need and potential for a North Yorkshire Natural Health Service and their possible involvement in the development and running of such a scheme.

People and the DALES

Diversity, Access, Learning, Environment, Sustainability



People and the DALES is a nationally recognised community outreach project run by the Yorkshire Dales Millennium Trust and 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 (Leeds, Bradford, Keighley, other areas in West Yorkshire and North East Lancashire) who have little or no previous experience of the countryside. Since its outset in May 2009 People and the DALES has provided opportunities for over 4000 people to take part in fun, active and thought provoking outdoor activities that help to improve their health and well-being. People are encouraged to return to the Dales or visit and use local green space independently, through training opportunities for community group leaders, enabling a new generation of people to benefit from being in the great outdoors.

Activities are designed to meet the varied needs of the participating groups and range from walks enjoying and learning about the natural environment, visits to specific sites (farms, quarries, historical or archaeological sites), art and crafts activities inspired by the natural environment, to practical tasks and conservation work such as dry stone walling, hill sheep farming, woodland management and horticulture.

Project evaluation shows that People and the DALES has had a considerably positive impact on those taking part, in particular for their health and well-being. As a result of visits through the project people have reported feeling;

- Liberated – through new experiences, new knowledge, feeling free
- Inspired – to get walking, get outdoors, undertake new learning, build new relationships
- Refreshed – feeling peaceful, relaxed and mentally and physically refreshed.

Over 90% of group leaders felt that the visits had enthused people about the natural environment, 95% felt the visits had improved participants' well-being and mental health and 85% felt that visits had improved participants' physical health. In addition 65% of groups reported that participants had undertaken independent visits to the Yorkshire Dales and 88% had since visited local Green spaces.

Having seen the beneficial impact our work has had on the lives and the health and well-being of our participants we are keen to encourage other areas to adopt a similar model, North Yorkshire through the LNP would seem an ideal area. A NY NHS beginning with the areas detailed in this pilot project could then be phased into other areas, working closely with local community groups and environmental and heritage organisations.

What could our involvement be?

- Providing a co-ordination role for the local delivery of activities and services
- Providing training in diversity in the countryside awareness for environmental / natural / cultural heritage organisations
- Providing training for community group leaders to give the skills and confidence to take groups out for themselves
- Raising awareness of the benefits to health and well-being of engaging in outdoor activity
- Organising local networking events to bring potential partners together
- Providing similar research and developmental work for other areas of the NY & Y LNP

Dave Tayler, Judy Rogers & Gail Smith
People and the DALES
Yorkshire Dales Millennium Trust

Open Country



Open Country is a Harrogate-based charity seeking to enable people with disabilities to access the countryside. We achieve this by a comprehensive programme of countryside activities including walking, cycling, outdoor pursuits and nature study. Both anecdotally and in our annual user survey, our customers report greater personal health and well-being as a result of our work. We appreciate that we can never reach all our potential beneficiaries by offering countryside activities alone. Therefore for many years we have been providing information, publications, advice and training. Our publications enable people with disabilities to access the countryside under their own steam, thereby improving their independence and enabling them to remain in the community. Open Country would be delighted to be involved with a *North Yorkshire Natural Health Service* as we believe that its aims are very close to our own.

What could our long term involvement be?

We are now a registered charity and limited company which has expanded significantly over recent years. We feel we have all the systems in place to expand further and would be keen to extend our successful model to other parts of North Yorkshire and beyond. Clearly a more extensive involvement in *NYNHS* would be dependent on significant funding being secured. We feel we could easily roll our model out to some of the other towns in North Yorkshire. Skipton, Scarborough and Selby all spring to mind, as they are just big enough, but not too big for our group approach to work well. All these towns have some areas which are seen as the most deprived communities on the Index of Multiple Deprivation 2010 data.



What could our short term involvement be?

- In the short term we would be happy to serve on a steering group, as long as this did not prejudice our bidding to run services for the project. This participation would necessarily be time-limited, as we cannot support pointless talking shops.
- We are happy to talk to other groups and organisations about the benefits of our work.
- Our own activities are increasingly embracing the health and well-being agenda. We are now experimenting with Nordic walking for example. We will continue to develop this theme as opportunities and our customers dictate.
- We will update our *North Yorkshire Countryside Directory for People with Disabilities* to better reflect the burgeoning health and well-being agenda.

At the recent *NYNHS* event at in Harrogate, we were very concerned at the near total apathy from the statutory sector. Be under no illusions, something as significant as a *North Yorkshire Natural Health Service* cannot easily be delivered by the private and voluntary sector, but rather requires a partnership with the support of the statutory sector. We fervently hope that County Hall and the health commissioning bodies will take note.

To repeat, we would be delighted to be involved with this initiative. Please feel free to contact me if you have further queries.

David Shaftoe, Open Country Project Officer

Local Nature Partnership – The North Yorkshire Sport Offer

North Yorkshire Sport have a clear remit as the lead Sports Development organisation for Community Sport within the County. Our 4 Sporting Ambitions are to:

- Increase participation in sport
- Increase number of talented athletes
- Improve health through sport
- Build a sustainable sporting infrastructure

The work we do takes the form of supporting 46 National Governing Bodies of Sport to grow their national sports plans as well as running some programmes around youth participation, adult volunteering, community games, and school sport competition as well as supporting the workforce around sport and participation amongst priority groups (disability, older people and women).

Over the next 4 year funding cycle (13-17) we have decided to place greater emphasis on the outdoor sports sector, utilising North Yorkshire's great sporting facilities (our outdoor offer), and as a result we are looking to embark on the development of a planning process to plan an outdoor sport and physical activity strategy for the county. More important than the physical strategy document is the work it will do to bring together local providers, national governing bodies and ourselves to improve the 'offer'.

Whilst sport and physical activity is only one potential strand of what could potentially form a 'Natural Health Service' for North Yorkshire, we are really keen to take a prominent role in the coordination and development of this area of work, primarily through the development of the strategy. Following on from this, we are potentially in a position to allocate resources through our partnerships with National Governing Bodies, and our local programmes, as well as having access to additional funding which can often be unlocked when accompanied by a clear strategy and action plan. Furthermore the opportunity to look at the existing pockets of good work (Open Country for example) and look to increase scale and coverage of these great projects would also be welcomed.

If, through this piece of work, a consideration could be given to providing some financial resource to enable the strategy process to happen in a thorough manner with a wide consultation base, then the potential to generate much wider buy in from partners and stakeholder, as well as unlocking further investment and resource, will have a significant positive impact.

Endorsement from the Local Nature Partnership and subsequently the Health and Wellbeing Board, will ensure that the work is recognised in a strategic context and increases the opportunities for investment and support/resource allocation locally.

George Cull
Delivery Manager,
North Yorkshire Sport

www.northyorkshiresport.co.uk

North Yorkshire Natural Health Service Networking Event

A networking event bringing together possible service users, experience providers, project partners and other interested organisations was held at the Pavilions of Harrogate on 14th March 2013. The event was facilitated by YDMT's People and the DALES team with additional input from Open Country, Just the Job & Phillip Strand.

A series of presentations and activities enabled the 28 participants to:

- learn more about the opportunities and benefits to engaging disadvantaged groups in the outdoors
- see case studies of good practice projects already undertaking work in the area
- highlight potential organisations or sites
- highlight opportunities
- raise issues and concerns
- network with other organisations

Feedback from the event was on the whole positive. 85% rated the event as good or better and the majority of participants reported increased knowledge of issues around diversity in the countryside.

"Helped to focus on the issues that need to be addressed"

The event highlighted and reinforced findings that there is great potential and a wealth of opportunity in North Yorkshire's natural and cultural heritage. Organisations working in this area were keen to be involved and use their sites to help support and provide opportunities for improving health and well-being.

The event also supported findings that there are a range and significant number of organisations supporting disadvantaged groups and individuals that would benefit from provision of such a service. These organisations recognised the huge potential benefits to health and well-being for their service users that could be provided through a Natural Health Service.

"It gave me hope as a disabled person that I will find that 'thing' / 'hobby' perhaps that has been lacking in my life."

Making links and networking was an essential part of the day. Enabling organisations working in similar areas to come together to share information and experiences and also to initiate the first steps in linking potential users with providers.

"To meet like-minded people and looking to the future of NY & Natural Health"

However discussion during the day highlighted a number of concerns. These included:

- Concerns over financing such a project, "such a project cannot be run on the cheap"

-
- Such a project needs definite commitment from Local Authority, CCGs and health commissioners. These people were sadly lacking from the event and discussions.

The event provided space for people to develop connections and share ideas and proposals for how the project could be progressed. These included:

- Directory of sites with access information
- Directory of partner organisations
- Training for organisations
- Use of community transport
- Link into a proposed NY & Y Outdoor sports and physical activity strategy / plan
- Great potential and opportunity for improving lives of army families and ex-personnel through links with Catterick Garrison

“Feel inspired to go out there and make things happen!”

Participants reported found the event most useful for: Networking (13 participants), New ideas / information (8 participants), Specific issues focus (5 participants)

Participants also committed to undertaking the following actions as a result of the event:

- Using contacts and links made
- Focus their work on issues raised
- Reporting information back to colleagues
- Dissemination of ideas to other organisations

18 participants stated that they would be interested in being involved in a North Yorkshire Natural Health Service; 10 as outdoor site or service provider that could be used by groups and 6 community groups or organisations that would be interested in ‘using’ the service.

Interactive mapping exercises were used to help extend the project scope. In groups participants were asked to identify / mark on a map ideas around the following key aspects of the project:

- **Natural Environment**
 - ideas of outdoor spaces that could be used locally
 - A range of sites were noted both within and outside the LNP, together with ideas for other potential ideas and activities. These can be found in appendix 11
- **Economy**
 - any funding or support that could benefit the project
 - Possible sources of funding or other economic opportunities suggested included:
 - On prescription (through CCGs)
 - Tourist Information Centres
 - Corporate money and business Training
 - Social Enterprise

YDNPA / AONBs

- **Social aspects**
 - groups or organisations that might benefit from the services. A table of these suggestions can be found in appendix 11
- **Who can do it**
 - who are the providers? A table of these suggestions can be found in appendix 11

A number of additional ideas and issues around enabling a North Yorkshire NHS were raised during the activity and subsequent plenary discussion, these included:

- Creating momentum so people request a Natural Health Service NOT pills. Public requests to use nature for health. Well-being walks in GP surgeries / on prescription services.
- Establishing mechanisms for commissioning outdoor providers to provide access for health. Involvement and lobbying commissioning groups. Open days / events showcasing what groups / activities are available to GPs / health practitioners.
- Co-ordination and overview organisation needed, with support / input from a steering group
- Annual / 6 monthly networking events for potential project partners
- Create a directory of members and potential services / sites
- Networking & communication are key to success
- Training in how to be a referred organisation
- Taster days
- Linking into community transport provision

Concerns were however raised around issues relating to:

- Ensuring the project has a clear vision and strategy
- Replicability and scale of the proposed project
- The need for co-ordinated approach and a co-ordinating organisation / body
- Commitment from organisations and associated bodies.
- Methods of communication

Feedback from community groups on the proposed development of a NY NHS was extremely positive. As a result of attending the event community group workers recognised and valued the tremendous health and well-being potential of being in an outdoor natural or heritage environment. New opportunities and support and information to encourage people from a range of under-represented groups to access the natural and cultural environment would be welcomed. Concerns were raised about physical access to sites and facilities for people with mobility problems or disabilities.

Providers and sites also welcomed the opportunity to meet with potential 'users'. However concerns were raised about financing such a scheme and the apparent lack of commitment from Health Commissioners and the authority.

Recommendations

Further work is needed to link the project and partners with local health professionals to enable the scheme to support and work in collaboration with GPs, CCGs, Health and Well-being boards and other health practitioners. Such a partnership is crucial for recognition and integration of the project within existing services. This could incorporate training for potential delivery partners in how to become a 'referred organisation', taster days and other showcase / networking events for health professionals.

YDMT could facilitate and co-ordinate a countywide NY NHS, initially running a pilot scheme based on the project scoping areas.

Within this we would:

- Create area based directory of sites with access information
- Create a directory of partner organisations
- Provide training in leading groups in the outdoors for community groups
- Providing some diversity awareness training for sites/providers
- Provide networking opportunities and events
- Work with local organisations / providers (e.g. Open Country, North Yorkshire Sport) to deliver activities at a local level.

Once this is established the scheme could be replicated and rolled out through a phased approach in other areas of the NY & Y LNP. Within this YDMT could undertake similar analysis and research in other areas of the NY & Y LNP, hosting and running networking and training events for other potential partners. Ultimately identifying and working with local partners to deliver activities.

It is crucial that partners are kept engaged and in open dialogue but they do need to see action.

Appendices

Potential user groups/ community contacts

Appendix 1: Harrogate & District	page 33
Appendix 2: Richmondshire / Swale /Ure	page 36
Appendix 3: Craven District	page 41

Potential environmental & heritage organisations

Appendix 4: Harrogate & District	page 43
Appendix 5: Richmondshire / Swale /Ure	page 45
Appendix 6: Craven	page 47

Potential sites

Appendix 7: Harrogate & District	page 49
Appendix 8: Richmondshire / Swale /Ure	page 50
Appendix 9: Other identified sites and groups	page 55

North Yorkshire Natural Health Service Networking Event

Appendix 10: Attendees	page 57
Appendix 11: Programme	page 59
Appendix 12: 'Walking' reading	page 59
Appendix 13: Mapping Exercise summary	page 60
Appendix 14: Evaluation summary	page 63

Appendix 1

Potential user groups and community contacts: Harrogate & District

District Contacts

Harrogate & Area Council for Voluntary Service (HACVS)

Offers support, information and advice to all local voluntary organisations and community groups, from large established charities to small self-help groups. Produces a monthly Bulletin of Events leaflets and other relevant information. Provides funding advice and training to the voluntary sector. Organises conferences and seminars to raise awareness on issues of interest to local people. Consults with local groups and individuals to identify gaps in services and supports the development of new initiatives. Liaises with voluntary and statutory agencies to ensure the voice of the voluntary sector is heard in the planning and provision of services. Promotes good practice within voluntary organisations. Operates the Volunteer Centre (see separate entry) and manages projects which provide direct services to the community.

Contact: Karen Weaver

Community House 46-50 East Parade, HARROGATE, HG1 5RR

01423 504074

cvs@harrogatecvs.org.uk

www.harrogatecvs.org.uk

Ripon Council for Voluntary Service (Ripon CVS)

Ripon CVS is a local infrastructure organisation that promotes voluntary activity and offers support, information and advice to all voluntary and community groups in Ripon, Boroughbridge, Masham and Pateley Bridge. In partnership with Harrogate CVS produces a monthly Events Diary and Funding Advice Bulletin, the bi-monthly 'Care in Action' Newsletter, leaflets and other relevant information. Provides funding advice and training. Consults with local groups and individuals to identify gaps in services and supports new developments. Liaises with voluntary and statutory agencies to ensure the voice of the voluntary sector is heard in the planning and provision of services. Also provides a substantial number of direct services including Volunteer Centre, Wellbeing and Monitoring Scheme, and Voluntary Car Scheme. Our Community House offers meeting and training facilities and Tiffin's Café.

Contact: Community House, Sharow View, Allhallowgate, RIPON, HG4 1LE

01765 603631

info@riponcvs.co.uk

www.riponcvs.co.uk

Harrogate Civic Society

A voluntary independent organisation that exists to enhance the character and amenities of Harrogate whilst protecting and preserving all the best of the past.

Contact: Friars Wynd, RICHMOND, North Yorkshire, DL10 4RT

01748 825835

www.harrogatecivicsociety.org

Equality and Diversity Team

NHS North Yorkshire and York, The Hamlet, Hornbeam Park, Harrogate, HG2 8RE

Community Transport

Harrogate District Community Transport (HDCT) [Little Red Bus]

Transport service to elderly, frail, disabled or unable to use public transport. Provide a focus for developing an integrated community transport service.

Contact: Lyn Costelloe

Unit 4, Saltergate Business Park Burley Bank Road Killinghall

HARROGATE, North Yorkshire, HG3 2BX

01423 526655

info@littleredbus.co.uk

www.littleredbus.co.uk

Voluntary Organisations

Crossroads Care (Harrogate, Craven and York)

Carer Respite (domiciliary) Offer relief care to heavily involved family carers. Care support workers regularly visit the family home and can provide personal care for the cared for.

Contact: Liz Winship

Community House 46-50 East Parade, HARROGATE, HG1 5RR

01423 522371

hccrossroads4650@tiscali.co.uk

Harrogate Mind

Affiliated to National MIND; campaigns for more community care for those in emotional distress. Main project in Harrogate is The Acorn Centre. The Acorn Centre is a user-led drop-in centre used by people with mental health problems. It offers therapy sessions, activities or a place to have a cup of tea and a chat.

Contact: The Co-ordinator

Acorn Centre 101a Station Parade, HARROGATE, HG1 1HB

01423 503335

www.harrogatemind.org.uk

Age UK North Yorkshire

Age Concern exists to promote the well-being of all older people and to help make life a fulfilling and enjoyable experience. We offer a free information and advice service including free legal advice sessions, insurance services, Social Rehabilitation Service, Walk out Well, and talks for local organisations. We also run the Listening Ear Project, a telephone befriending project, and Home Secretary, a home visiting service assisting with paperwork and correspondence, as well as other social activities.

Contact: Alex Bird

9 North Park Road, HARROGATE, HG1 5PD

01423 502253

alex.bird@ageuknorthyorkshire.org.uk

www.ageuk.org.uk/northyorkshire

Avalon Ripon Klub (ARK)

A social club for adults with learning and/or physical disabilities. Tuesdays weekly 7.00 - 9.00pm at Sharow View, Allhallowgate, Ripon

Contact: Jerry Anderson

Random Lodge, Sheepcote Lane, DARLEY, HG3 2RP

01423 780315 /07780 613526

jerryjanderson@btinternet.com

Spring Hill School

Offers educational and residential care to young people with a wide range of learning difficulties and associated challenging behaviours.

Contact: Linda Nelson

Palace Road, RIPON, HG4 3HN

01765 603320

Yorkshire Disability Inclusion Service (Barnardos)

Social welfare services to children, families and communities. Dissemination of good practice lobbying on social policy issues working to improve the quality of life for all children

Contact: Ann Gray

37a Grove Road, HARROGATE, HG1 5EW

01423 524149

ydis@barnardos.org.uk

www.barnardos.org.uk

Ripon Mind Centre

Offers mental health support in a relaxed and friendly environment, provides information and guidance to anyone aged 18+ who suffers from any type of mental disorder/distress.

Contact: Chris Raddings

Holy Trinity Church, Kirkby Road, RIPON, HG4 2EY

Harrogate & District Advocacy Scheme

We provide advocacy to vulnerable adults (17+) in Harrogate as well as its large outlying area including Ripon & Knaresborough. We assist those who have physical and/or learning disabilities, mental health issues and those who are older, including people living with dementia and their carers. Harrogate advocacy works to ensure that the disadvantaged have a voice, are assisted to articulate their concerns and have access to services they need. We take referrals from a variety of agencies and clients can self-refer.

Contact: Karen Barton
9a Albert Street, HARROGATE, HG1 1JX
01423 547500
administrator@advocacyharrogate.org.uk
www.advocacyharrogate.org.uk

Harrogate Skills 4 Living Centre

To provide informal activity, advice, and an educational base for all those people with different needs who have fallen through the net and were not accessing an appropriate service.

Contact: Stephanie Kirkman-Meikle
9 North Park Road, HARROGATE, HG1 5PD
01423 536211
learning@harrogateslc.org.uk
www.HS4LC.co.uk

Help at Home Scheme

To provide decorating, gardening, and DIY services to elderly, sick and disabled people in the Harrogate District.

Contact: Jane Cozens
Community House 46-50 East Parade, HARROGATE, HG1 5RR
01423 507861
helpathome@harrogatecvs.org.uk
www.harrogatecvs.org.uk

Crossroads Care (Harrogate, Craven and York)

We provide respite care and carers for people with care needs.

Contact person:
Contact: Liz Winship
7 Regent Buildings York Road Acomb, YORK, YO26 4LT
01904 790200
hccrossroads4650@tiscali.co.uk

Keyhouse

A housing advice centre available to advisers in the voluntary and statutory sectors. Training on all areas of housing law, contact HARP for details. Provides advice and casework assistance in housing, welfare benefits and debt. Opening Hours: Monday, Wednesday & Friday 10am - 1pm. Telephone only

Contact: Denise Rooney
35 Westgate, THIRSK, YO7 1QR
01845 574010
andy.humphrey@keyhouse.co.uk
www.keyhouse.co.uk

RNIB

Providing care and accommodation for visually impaired, blind, deaf/blind elderly persons.

Contact: Beth Bailey
Tate House 28 Wetherby Road, HARROGATE, HG2 7SA
01423 886927
sdowell@rnib.org.uk
www.rnib.org.uk

Appendix 2

Potential user groups and community contacts: Richmond/ Swale / Ure area

District Contacts

<http://www.richmondshire.gov.uk/>

Richmond Volunteer Centre

6 Flints Terrace

Richmond

Nth Yorkshire

DL10 7AH

Tel: 01748 822335

Email: alison.rcvs@virgin.net

<http://www.volunteeringrichmondshire.org.uk/>

Opening Hours: Tuesdays, Wednesdays and Thursdays: 9am – 1pm

Hambleton & Richmond Disability Forum

www.hrdisabilityforum.org.uk

HR Disability Forum: the on-line information and communication portal for your locally based Physical and Sensory Impairment Reference Group covering the districts of Hambleton & Richmondshire. Includes Hambleton and Richmondshire Physical & Sensory Impairment group (HARPSI) a new group formed to support people with physical and sensory disabilities

North Yorkshire Countryside Directory for People with Disabilities

<http://www.opencountry.org.uk/North%20Yorkshire%20Directory.pdf>

Community transport

Hambleton & Richmond Community Car Scheme

Tel: 01629 710190

Richmondshire & Hambleton Districts - Wheels 4 All

Tel: 01609 761832

Breathing Space

C/o MENCAP Centre, Goosecroft Lane, Northallerton, North Yorkshire DL6 1CA

Tel: **01609 779420**

Voluntary Organisations

Alzheimer's Society, Richmondshire

Hambleton & Richmondshire Office

Garget Walker House

25a Olav Road

RICHMOND

DL10 4PU

Tel: 01748 825817

Email: richmond@alzheimers.org.uk

<http://www.do-it.org.uk/search/vc/3823>

Alzheimer's Society is a leading care and research charity for people with dementia, their families and carers. We provide day care support for people with dementia, and individual support for carers through home visits, telephone contact, and carer support groups.

Café Memoir Leyburn - This monthly cafe is run as a Memory Cafe for people with dementia for three out of the four months, with the fourth month being dedicated to supporting carers of people with dementia.

Leyburn: Quakers Friends Meeting Room DL8 5AE, Tues am monthly

Northallerton: Rivendale DL6 1HN, Thurs pm monthly

Breathing Space

Goosecroft Lane, Northallerton, North Yorkshire DL6 1EG

Tel: 01609 779420

A flexible leisure scheme, helping to meet the wishes of adults with learning disabilities, who live in the districts of Hambleton and Richmondshire. They have their own adapted minibus. **Teenage Breathing Space** is an offshoot open to teenagers with learning disabilities who are 14 – 18 years.

Breathing Space have a 'Duet' wheelchair tandem, a tandem tricycle and several mountain bikes available to members in and around Bedale, Easingwold, Northallerton, Richmond, Stokesley and Thirsk.

Hambleton Strollers (Walking for Health)

Paul Fisher

Tel: 01609 771624

Email: paul.fisher@ageuknorthyorkshire.org.uk

<http://www.walkingforhealth.org.uk/walkfinder/yorkshire-and-humber/hambleton-strollers-walking-for-health>

Hambleton Strollers organises led walks which start from doctors' surgeries, Leisure Centres and other central points in the six main towns of Hambleton District - in Northallerton, Stokesley, Thirsk, Bedale, Easingwold and Great Ayton plus some nearby villages.

We would like to encourage anyone to join the walks, but we especially welcome these groups of people:

- The over 50s
- Those with health risks due to inactive lifestyles, and especially those at risk of heart disease
- Those recovering from health problems and needing simple exercise
- Those who would just like some company to make walking and exercise a more enjoyable social activity

Richmondshire Health Walks (Walking for Health)

William Gedye

Tel: 07710 739192

Email: walk.for.health@btinternet.com

<http://www.walkingforhealth.org.uk/sites/default/files/Richmondshire%20Poster%20Feb.Mar%2020130127.pdf>

Hambleton & Richmondshire Advocacy

Northallerton Office:

277 High Street

Northallerton

DL7 8DW

Tel. **01609 778 652** Fax. **01609 777 730**

E mail admin@hradvocacy.org.uk

Advocacy is about taking action to help people say what they want, secure their rights, represent their interests and obtain services they need.

Advocates provide one to one support throughout the time they are working with a client.

Age UK North Yorkshire - Northallerton

33 High Street, NORTHALLERTON, DL7 8EE

Telephone: **01609 771624**

Email address: northallerton@ageuknorthyorkshire.org.uk

<http://www.ageuk.org.uk/northyorkshire>

Email: alex.bird@ageuknorthyorkshire.org.uk

Website: <http://www.ageuk.org.uk/northyorkshire/>

Providing a supportive/befriending service to elderly clients in the Hambleton/Richmondshire area. Providing awareness of other available services.

Colburn Community Health & Recreation Centre

Catterick Road, Colburn, DL9 4QH

Tel: 01748 835660

email: colburn@rltrust.org.uk

Sports, health and fitness, leisure and recreation.

Colburn Youth Club meets here on Thurs and Fri, from 6pm. 10-16 year olds (mainly younger ones)

St John's Community Centre

Shute Road

Catterick Garrison
North Yorkshire
DL9 4AF

Centre Manager: Jacqueline Brakenberry
Telephone & Fax: 01748 832271

St John's Centre is a Registered Charity which was set up in 1988 to provide support to people of all ages with disabilities. It is managed by a voluntary management committee and is staffed by part-time staff and volunteers.

We provide a variety of services for people who live in and around Richmondshire North Yorkshire. As an organisation based in the heart of the community we have strong support from 11 staff and have approx 50 regular volunteers. "Our main objective is to promote the welfare of people in the community.."

Hambleton & Richmondshire Carers' Centre

<http://www.hrcarers.f2s.com/>

32 High Street, Northallerton DL7 8EE

01609 780872

email admin@hrcarers.f2s.com

Provides sitters to enable carers essential time off. Regular carers' meetings. Practical support and advice. Highlighting contribution made by carers, campaigning for better services

Hambleton & Richmondshire Young Carers Project

The Carers Centre, 32 High Street, Northallerton, North Yorks DL7 8EE

Tel: 01609 780872

email: youngcarers@hrcarers.f2s.com

<http://www.hrcarers.f2s.com/>

Offering help and support for Young Carers in a variety of ways

Home Start, Richmondshire

C/O Richmondshire CVS

6 Flints Terrace

RICHMOND

North Yorkshire

DL10 7AH

Tel: 01748 850079

Email: info@homestarrichmondshire.org.uk

Contact: Kerry Ellis

Home-Start is a national charity with schemes in hundreds of local communities. They recruit and train volunteers to help families with young children. Volunteers, who know about being a parent, support other parents by visiting them in their own homes for a couple of hours each week. They run special family groups and hold social events for families

Mental Health Support in Hambleton & Richmondshire

2 The Link

Northallerton,

North Yorkshire, DL6 1DG

01609 780758

<http://www.4mhs.org/>

To support people with mental health problems. Social clubs offer a friendly and supportive environment which helps people regain their social confidence. Each club offers a range of enjoyable activities which are planned jointly by service users and volunteers: eg fitness activities, arts and crafts, gardening.

MHS also offers a befriending outreach service, volunteers visit people in their homes.

Also runs the Haven Day Centre.

Richmond YMCA

51 Market Place, Richmond, DL10 4JJ

Tel: 01748 825752

enquiries@richmondymca.co.uk

<http://www.richmondymca.co.uk/>

Richmond YMCA exists to support young people aged 16-25, who need help with accommodation, benefits, jobs, education, training and other issues which affect young people.

KeyHouse

Richmond Community Office on 01748 829100 or KeyHouse directly on 01845 574010

35 Westgate

Thirsk

YO7 1QR

T 01845 574 010

KeyHouse are able to offer advice on all aspects of housing including tenancy rights, landlord mediation, availability of housing in Richmondshire and many other issues.

A specialist housing adviser is available to anyone who wants to know what their housing rights are, with the ultimate aim of preventing homelessness.

Compass North Yorkshire Risk Taking Behaviour Service

Insite, 159-160 High Street, Northallerton, DL7 8JZ.

Freephone: 0800 008 7452

The Compass North Yorkshire Risk Taking Behaviour Service is a new and innovative specialist service that helps young people who are engaged in risk taking behaviour to make sustainable lifestyle changes to improve their long term health, resilience and emotional wellbeing. In this way the service reduces risk to the young person and others and equips young people to succeed in mainstream services and to reach their potential.

Nationally runs the Natural Highs project (originating in Selby) Natural Highs is a Compass specific approach to delivering recovery orientated group activities that are focused on improving health and wellbeing. The Natural Highs programme consists of a range of motivational and team building challenge activities. Each challenge promotes the development of personal qualities such as co-operation, clear thinking, careful observation, resourcefulness, persistence and adaptability, all of which are of value to service users in recovery.

Risedale Youth & Community Centre

01748 833525

Risedale Community College, Hipswell, Catterick Garrison, DL9 4BD

Army Welfare Service

Catterick Garrison, North Yorkshire DL9 3AX

Tel: 01748 872912

Gurkha and Foreign & Commonwealth Support

AWS, Hipswell Lodge, Smuts Road, Catterick Garrison

Gurkha Support Worker

Tel: 01748 872980

For all Gurkha & Foreign & Commonwealth families. Information, advice.

Almond Tree (NSPCC)

Building 16, Hipswell Lodge, Smuts Road, Catterick Garrison.

Tel: 01748 835704 Fax: 01748 836928

E-mail: catterick@nspcc.org.uk

The Almond Tree Project is a multi-agency community based Family Support Project, managed by the NSPCC. The aim of the project is to support parents in their very important task of bringing up children.

Hambleton & Richmondshire Community Addictions Service (HARCAS)

01609 780486

Email: admin@harcas.eclipse.co.uk

The Dales Youth Centre / Dales Youth Club

01748 832270

The Dalesman/Loos Rd, Catterick Garrison, DL9 4HP

Catterick HIVE
(Information Centre for the Service Community)

Tel: 01748 872944
email: catterick@hivegb.co.uk
website: www.hive.mod.uk

Independus

St John's Community Centre
Shute Road
Catterick Garrison
North Yorkshire
DL9 4AF
Tel: 01748 830856
admin.independus@btconnect.com
www.independus.org.uk

Centre for Independent Living (CIL) in Hambleton & Richmondshire (North Yorkshire). Promoting the welfare of disabled people

Just the Job

30 Racecourse Road Gallowfields Trading Estate
RICHMOND
North Yorkshire
01748 822815
info@just-the-job.org.uk
www.just-the-job.org.uk

Just the Job Environmental Enterprise (JtJEE) is a not-for-private-profit Social Enterprise and charity, operating from Richmond (North Yorkshire), which aims to provide employment, education, work based training and social opportunities for vulnerable and/or disadvantaged people.

Northdale Horticulture

Northdale Horticulture
Yafforth Road, Northallerton, DL7 OLQ
Telephone (01609) 770269
enquiries@northdale.org.uk
www.northdale.org.uk

Northdale provides realistic work opportunities for people who wish to work but who might find it difficult to cope with the pressures and expectations inherent in conventional open employment. Northdale's sheltered environment enables people to gain confidence and skills at their own pace and with a level of support appropriate to the individual. Northdale provides four major areas of work activity, woodwork, garden landscaping, nursery work and from 2006 arts and crafts.

The Beacon

Marne Road
Catterick Garrison
DL9 3AU

01748 833797, 872940

Laurence.corbett@riverside.org.uk

http://www.riverside.org.uk/north_east/teesside_and_durham/properties/supported_housing/the_beacon.aspx

Accommodation for single service leavers from the forces, either on leaving or those who have left several years earlier and become homeless. Support and housing locally for homeless army veterans with disability / illness / mental health problems

Appendix 3

Potential user groups and community contacts: Craven

Broughton Road Women's Group Skipton

Tahzeen Asgher
tasgher@talktalk.net
07500181915

Community support group for women from BME groups in Broughton Road area of Skipton.

Parkinsons UK Skipton

Branch and Volunteer Support Officer - Tracey Harrison
0844 225 3634
tharrison@parkinsons.org.uk

Carers' Resource

The Wheel House, Broughton Hall Business Park, Skipton BD23 3AG
01756 700888
info@carersresource.org
www.carersresource.org

Skipton & Craven Action for Disability (SCAD)

Provides support for the welfare of people with disabilities living in and around Skipton to assist them integrate into society.

46/48 Newmarket St, Skipton BD23 2JB
Tel: 01756 701005
<http://www.scad.org.uk/>

Craven MIND

01756 797639
www.cravenmind.org.uk
Promoting mental health and well-being in Craven.

Age UK

18 Otley Street, Skipton, BD23 1DZ
Tel: 01756 796297

Settle Resource Centre

30 Duke Street, Settle, BD24 9DN
01729 824099

Stepping Stones

Community project run by North Yorkshire County Council. Provides opportunities to learn about growing plants, vegetables and flowers, and help out with community gardening projects.

The Craven Centre

Skipton Hospital, Keighley Road, Skipton, BD23 2RJ
Tel: 01756 700688
Provides support for people severe and continuing mental health problems.

Brooklands Community Special School

Burnside Avenue, Skipton, BD23 2DB
Tel: 01756 794028
www.brooklands.n-yorks.sch.uk
Specialist school for young people with learning difficulties and disabilities.

Craven Pupil Referral Service

The Snaygill Centre, Keighley Road, Skipton, BD23 2QS
Tel 01609 798190
Email: cravenprs@northyorks.gov.uk
<http://www.cravenprs.n-yorks.sch.uk>

Avalon

Rendezvous Hotel, Keighley Road, Skipton, BD23 2TA

01756 793 129

www.avalongroup.org.uk

A social care charity providing flexible care, support and companionship for everyday life, as well as housing, employment.

Long Preston Primary School

School Lane, Long Preston, Skipton, BD23 4PN

01729 840377

admin@longpreston.n-yorks.sch.uk

Rathmell Primary School

Rathmell, Settle, BD24 OLA

01729 840360

admin@rathmell.n-yorks.sch.uk

Our Space

Karen Wilson

karen.wilson8@virgin.net

Linking schools in Craven and Keighley Bradford

Appendix 4

Potential environmental & heritage organisations: Harrogate & District

National Trust (York Association)

Association of National Trust members enjoy a programme of lectures. Visits to historic properties including short holidays and fundraising for the National Trust.

Contact person: Brenda Batty
23 Heworth Hall Drive, YORK, YO31 1AG
01904 426188

Horticap

www.horticap.org

To provide horticultural training for people with learning difficulties. Sells products, garden plants, hanging baskets. Undertakes garden maintenance. Uses volunteers to work alongside students and to assist with transport.

Contact person: Ian Bradbury
Bluecoat Wood Nurseries Otley Road Beckwithshaw, HARROGATE, HG3 1QL
01423 522876

Campaign to Protect Rural England (Harrogate & District)

www.cpre.org.uk

Aims to encourage the sensitive conservation of the countryside in rural areas, protecting the traditional rural life of these areas and campaigning to ensure that short-term development considerations do not impose long-term or permanent destruction of cherished lifestyles or landscapes.

Contact person: Linda Potter
The Homestead Ripley Road Nidd, HARROGATE, HG3 3BQ
(01423) 770410
info@cpre.org.uk

Fountains Abbey & Studley Royal - The National Trust

www.fountainsabbey.org.uk

One of the most fascinating and historic sites in the whole of Europe. Cistercian Abbey, 18th century Water Garden, Elizabethan Hall and Deer Park. A world heritage site.

Estate Office, RIPON, HG4 3DY
01765 643172

The Conservation Volunteers

www.tcv.org.uk

Promotes, co-ordinates and supports conservation volunteering. Includes practical environmental volunteer projects, community group advice and support, environmental education and organises training events, e.g. natural history skills, practical conservation skills, group development.

Contact person: Paul Appleton
01904 644300
york@tcv.org.uk

Open Country

www.opencountry.org.uk

Seeks to enable anyone with any disability to access the countryside. We offer a programme of countryside activities, and provide advice, access, information's and publications.

Contact person: David Shaftoe
Community House 46-50 East Parade, HARROGATE, HG1 5LT
01423 507227 / 07875 288605
info@opencountry.org.uk

Ripon Activity Project (RAP)

Provides a range of leisure, recreational and craft activities for people between 16 - 65 with physical and/or learning disabilities. Second Saturday of each month 9.30am - 12 noon.

Contact person: Jerry Anderson
Random Lodge Sheepecote Lane Darley, HARROGATE, HG3 2RP
01423 780315 / 07780 613526
jerryjanderson@btinternet.com

Harrogate RSPB

Contact: Bill Sturman
Tel: 01423 870883
E-mail: pam-bill@sturmanw.fsnet.co.uk
www.harrogaterspb.com

Harlow Carr

Education Dept, RHS Garden Harlow Carr, Crag Lane, Harrogate, HG3 1QB
01423 724646
schoolsharlowcarr@rhs.org.uk

Lower Ure Conservation Trust (LUCT)

Small charity working to promote and support local wildlife. They manage Nosterfield Local Nature Reserve, generally acknowledged as North Yorkshire's premier wetland grassland nature reserve.

Simon Warwick (LUCT Director) simon.warwick@luct.org.uk 01765 602832
Nosterfield NR Warden steve.worwood@luct.org.uk Volunteers nosterfield@luct.org.uk
Lower Ure Conservation Trust, Sharow Grange, Sharow, Ripon, North Yorkshire., HG4 5BN

The Walled Garden Scheme

Palace Road, Ripon HG4 3NH
Tel 01765 609229
Email: admin@riponwalledgdn.entadsl.com
www.riponwalledgarden.org.uk

Situated in the walled kitchen garden of the former Bishop of Ripon's palace. We provide horticultural training for adults with learning disabilities.

Appendix 5

Potential environmental and cultural heritage organisations: Richmond / Swale area

Foxglove Covert Local Nature Reserve

Wathgill, Downholme, Richmond, North
Yorkshire, DL11 6AH.
Tel: 07754 270980

North Yorkshire Bat Group

3 Victoria Row, Eppleby, Richmond,
North Yorkshire, DL11 7BE
Tel. 01325 718133
Email: mail@drewettj.freereserve.co.uk

North Yorkshire County Council Heritage Team, Countryside Service,

County Hall, Northallerton,
DL7 8AH.
Tel: 01609 780780.
ecology@northyorks.gov.uk
www.northyorks.gov.uk

Army Training Estate North

Wathgill, Downholme, Richmond, North
Yorkshire, DL11 6AH.
Tel: 01748 875505

Lower Ure Conservation Trust

Sharow Grange
Sharow Ripon HG4 5BN
01765 602832
simon.warwick@luct.org.uk
www.luct.org.uk

Yorkshire Farming and Wildlife

www.farmingandwildlife.net

Yorkshire Conservation and Farming

www.ycandf.org.uk

Forestry Commission

Foss House, King's Pool,
1-2 Peasholme Green, York YO1 7PX.
Tel: 01904 448778
<http://www.forestry.gov.uk/>

North Pennines Black Grouse Recovery Project

<http://www.blackgrouse.info/recovery/northpenn.htm>
Phil Warren, The Gillett, Forest-in-Teesdale, Barnard Castle, Co Durham DL12 0HA.
Tel: 01833 622208. E-mail: pwarren@gct.org.uk
The North Pennines Black Grouse Recovery Project is a partnership of the Game & Wildlife Conservation Trust, Ministry of Defence, Northumbrian Water, the RSPB, Sita Trust, North Pennines AONB Partnership and Natural England.

RSPB Richmondshire & Hambleton Local Group

Generally meet within first week of the month Variable. Indoor meetings fee: Non-members £2, others £1. under 18s free.

Contact

Jim Brettell
01748 850272
E-mail: Grahame@bentley000.plus.com
<http://www.rspb.org.uk/groups/richmondshireandhambleton>

Appendix 6

Potential environmental & cultural heritage organisations: Craven / Long Preston area

Long Preston Wet Grasslands Project

Contact via Dave Tayler at YDMT below
<http://www.longprestonwetgrasslandproject.co.uk>

Yorkshire Dales Millennium Trust

Contact: Dave Tayler
YDMT, Old Post Office, Main Street, Clapham, LA2 8DP
Tel 015242 51002
www.ydmt.org

RSPB Craven & Pendle

Indoor programme from September to May, on the second Wednesday of each month. 7.30. Entrance fee: adults £3.00 and children 50p @ St Andrew's Church Hall, Newmarket Street, SKIPTON, North Yorkshire, BD23 2JE. Field trips start from Gargrave Road car park in Skipton with transport by shared cars.

Contact: Colin Straker
01756 751888
E-mail: colin.straker@btinternet.com
www.cravenandpendlerspb.org

Craven Curlews RSPB Wildlife Explorers

Youth group for 5-12 year olds in the Skipton and Malhamdale area. The group meets in a different location every month for exciting activities on wildlife. Meetings commence at 10am and finish at noon unless stated otherwise. Suggested donation of £2 per child. Confirm meeting points with group leaders.

Contact : Andrew Bradley
01729 830660
Cravencurlews@hotmail.com

Ribble Rivers Trust

Jack Spees, Castle Cement, Ribblesdale Wks, Clitheroe, Lancashire, BB7 4QF
Tel 01200 444452

Yorkshire Dales Society

The Town Hall, Cheapside, Settle, BD24 9EJ
01729 825600
info@yds.org.uk
www.yds.org.uk

Craven Conservation Group

This group exists as a local forum for anyone interested in countryside conservation in its widest sense, especially in wildlife conservation in the North Craven area of Yorkshire

Dave Tayler
david.tayler@ydmt.org

Craven District Council

Andrew Laycock, Project Delivery
01756 747631
alaycock@cravencdc.gov.uk

Long Preston Heritage Group

Gillian Jones gillian@longpreston.info

Country Landowners Association

Dorothy Fairburn, dorothy.fairburn@cla.org.uk

National Farmers Union

Stephen Dew, stephen_dew@nfumutual.co.uk

Bowland Fishing Association

David Pilling, Davidpilling06@aol.com,

North Craven Heritage Research Group

Proctor House, Kirkgate, Settle

Skipton Craven Walkers

c/o Craven Voluntary Action

07984 781350

cravenwalkers@btinternet.com

www.walkingforhealth.org.uk/walkfinder/west-midlands/skipton-craven-walkers

Appendix 7

Potential sites: Harrogate & District

Brimham Rocks

Summerbridge, Harrogate, North Yorkshire HG3 4DW 01423 780688

www.nationaltrust.org.uk

Weird and wonderful rock formations set in the Nidderdale Area of Outstanding Natural Beauty that adults and children alike will love to explore. Some of the formations have names, and information in the visitor's centre will help you to look out for them. There are magnificent views of the area on a clear day from the top of the rocks at 300 metres.

Valley Gardens, Harrogate

Began to be developed from the common ground known as the 'Stray' at the end of the 19th century. Additions included formal flower beds, the Colonnades walkways, and the Sun Pavilion. The part of the gardens known as Bogs Field has the greatest number of mineral springs than anywhere else in the world. The gardens are now enjoyed as a park, with botanical collections, children's play area, boating lake and events throughout the year.

Telephone 01423 556761

Website www.harrogate.gov.uk

Harlow Carr

Education Dept, RHS Garden Harlow Carr, Crag Lane, Harrogate, HG3 1QB

01423 724646

schoolsharlowcarr@rhs.org.uk

The Royal Horticultural Society's garden Harlow Carr is one of four public gardens run by the Society. With extensive plant collections and an events programme.

Almscliffe Crags: a Millstone Grit outcrop at the top of a small hill near the village of North Rigton, between Leeds and Harrogate. The crag was formed due to the softer adjacent strata of shale and mudstone eroding at a faster rate than the hard wearing millstone.

Hell Wath LNR near Ripon (Harrogate Borough Council)

Public rights of way through site only

www.lnr.naturalengland.org.uk/Special/lnr/lnr_details.asp?C=29&N=&ID=211

Hookstone Wood LNR, Harrogate (owned by Harrogate Borough Council)

Public rights of way through site only

www.lnr.naturalengland.org.uk/Special/lnr/lnr_details.asp?C=29&N=&ID=226

Quarry Moor LNR, south of Ripon (owned by Harrogate Borough Council)

Accessible activities centre, walks through site.

www.lnr.naturalengland.org.uk/special/lnr/lnr_details.asp?C=0&N=&ID=914

Rossett Nature Reserve, Harrogate (owned by Harrogate Borough Council)

Footpath and interpretation boards.

http://www.lnr.naturalengland.org.uk/Special/lnr/lnr_details.asp?C=29&N=&ID=1679

Knaresborough Castle: Ruined 14th-century castle and Courthouse Museum, managed by Harrogate Borough Council.

<http://www.knaresborough.co.uk>

Ripley Castle: 15th-century castle, gardens and deerpark. Privately owned.

<http://www.ripleycastle.co.uk/>

Newby Hall

Newby Hall & Gardens, Ripon, HD4 5AE

Tel 0845 450 4068 www.newbyhallandgardens.com

Appendix 8

Potential sites: Richmond / Swale / Ure area

Richmond walking routes & attractions

There are a number of walking routes from the town, notably trails along the river valley in both directions

Drummer Boy Walk linking town to Easby Abbey <http://www.richmond.org/guide/trails/drummerboy.html>

Willance's Leap <http://www.whitclifferecords.co.uk/#/a-fine-walk/4523136644>

The Fosse - short, wide falls/rapids in the river, with limited parking and seasonal kiosk, providing access to the Batts and to the network of river walks; This 2km-long circular route has amazing views of the waterfalls and Richmond Castle.

<http://www.richmondstation.com/visit-richmond.asp>

Richmond – Colburn – Iron Banks Circular <http://www.northyorks.gov.uk/CHttpHandler.ashx?id=9317&p=0>

Richmond Castle

Riverside Road, Richmond, DL10 4QW

01748 822493

0870 333 1181

English Heritage site (entry fees)

One of the greatest Norman fortresses built to subdue the north is Richmond Castle. Enjoy amazing views of Richmond and the dales from the keep, and follow the riverside Drummer Boy Walk to nearby Easby Abbey. The garden, known as the 'cockpit', is outside the castle walls and like a similar Contemporary Heritage garden, the Bishops' Palace in Lincoln, you approach it through a thick stone wall to airy views beyond. It's seen best from above, from a stone terrace near the great Scolland's Hall with a bench set upon a raised platform. Its formality, with clipped evergreens, gives way to a spectacular view over the thickly wooded countryside beyond.

Richmond Temple Grounds

Temple Grounds in Richmond is a Grade II registered parkland dating back to the 17th Century. Nestling to the west of Richmond and bounded by the river Swale, the Grounds were originally developed around the mansion known as Yorke House. Whilst Yorke House was sadly demolished in the 1820s the parkland has survived to this day

Easby Abbey, Richmond

Contact English Heritage 0870 333 1181

Easby Abbey or the Abbey of St Agatha is an abandoned Premonstratensian abbey on the eastern bank of the River Swale on the outskirts of Richmond. The substantial ruins of **Easby Abbey** are in a picturesque setting, around a mile south east of **Richmond**. Forms an important focal point along the river Swale corridor, providing access to the network of footpaths in this area. The Abbey is copromoted with Richmond Castle by English Heritage, in their literature, also promote the walk along the river joining the two attractions.

Foxglove Covert LNR

Wathgill

Downholme

Richmond

North Yorkshire, DL11 6AH

Reserve Manager: 01748 831113 or 07754 270980

Tony Crease: 01748 875504

E-mail: foxgloveLnr@btinternet.com

<http://www.foxglovecovert.org.uk/>

Foxglove Covert Local Nature Reserve & SINC covers 100 acres of moorland edge adjacent to Cambrai Lines at Catterick and has a remarkable mix of habitats and species. The reserve contains semi-natural woodland, heathland, flower-rich grassland, streams, ponds, a lake, willow and alder carr, coniferous woodlands and wet meadows. The patchwork of habitats across Foxglove Covert Local Nature Reserve is home to more than 2050 species. At the heart of the reserve is a modern, purpose-designed Field Centre, a great place to start your visit and learn more about the wildlife of Foxglove Covert. Offer educational visits and volunteering opportunities.

Bolton-on-Swale Lake (SSSI)

Near Catterick

O.S. Landranger 99 Grid ref: 253985

Contact: Yorkshire Wildlife Trust

Tel: 01904 659570 info@ywt.org.uk

<http://www.ywt.org.uk/reserves/bolton-on-swale-lake-nature-reserve>

The 10.9 hectare lake is one of the few expanses of open water in this part of North Yorkshire and is consequently of great importance for wildfowl and wading birds.

There is no general access to the reserve at present. Viewing is from the hide accessible from Back Lane.

This Yorkshire Wildlife Trust reserve has a recently constructed bird hide

reached by an accessible path. The reserve can be reached from Back Lane off the B6271 near Catterick.

There is good access to Catterick from the A1.

Reserve manager - Yorkshire Wildlife Trust

Hudswell Woods (National Trust) SINC

Richmond, North Yorkshire

Grid ref: NZ154006.

Contact: Jonathan Brewer 01423 780688

A mile long circular walk next to the River Swale near Richmond. Start at the parking area off the A1608

Richmond to Reeth road. One accessible gate. Shale surface for 300 yards, then well-trodden grass. Could be difficult in the wet.

National Trust woodland with footpaths and interpretation boards, ran some holiday activities here (den building / natural art)

Leyburn Old Glebe Nature Reserve

Location - Low Lane, 0.5 miles east of Wensley, Leyburn, North Yorkshire

Map reference SE 100 895

Reserve manager - Yorkshire Wildlife Trust

Tel: 01904 659570, info@ywt.org.uk

<http://www.ywt.org.uk/reserves/leyburn-old-glebe-nature-reserve>

Leyburn Old Glebe is an immensely rich and colourful haymeadow, characteristic of a habitat that would, at one time, have been everywhere in the lower part of the Yorkshire Dales.

The reserve is on Low Lane, half-a-mile east of the village of Wensley, which is on the A684 in Wensleydale.

Low Lane joins the A684 to the A6108. A wide roadside verge gives

parking space opposite the reserve. A public footpath from Leyburn to Wensley crosses the northern edge of the field.

Marfield Nature Reserve

Map: O.S. Explorer 298 Grid ref: 279795

A small bird hide overlooks this reserve. Follow the A6108 Masham—Leyburn road for 1 mile out of Masham, turn right down a track opposite Mile House farm. The hide is 70m from a car park on the right.

High Batts Nature Reserve

Map: O.S. Explorer 298 Grid ref: 299767

Contact: Colin Slator, Nidderdale AONB

Tel: 01423 712950

Along the A6108 from Masham to Ripon. Open to members only or by special arrangement, High Batts is a Private Nature Reserve comprising some 12.5 ha of mixed woodland following the river Ure. It has mainly grassy paths that may be suitable for wheelchair users with a strong pusher but can only be reached by your own vehicle along a rough, working path. Local volunteers help with the maintenance of the reserve.

Hackfall Woods,

Nr Grewelthorpe

HG4 4DY

Paul Mosley, Hackfall Officer

08452 935 847

E: paulmosley@woodlandtrust.org.uk

<http://www.hackfall.org.uk/>

Car park co-ordinates, 54.193042,-1.648221

Map reference: SE235775 (Turner Trails bench)

SE231775 (Hackfall car park)

Follow the A6108 Leyburn-Ripon road to Masham. Fork into the village and follow Thorpe Road S of Masham

for around 2 miles. Car park available at the Masham end of Hackfall

It was probably sometime towards the end of August 1816 when Turner visited Hackfall, whilst exploring Lower Wensleydale between Ripon and Middleham. In Turner's day Hackfall was famous as one of the finest and largest wild gardens in Britain.

Between West Tanfield and Masham, the River Ure cuts a winding route through high ground. The most dramatic section at Hackfall was laid out as a woodland garden by his son, William, around 1750. There are pathways, grottos, follies, springs, ponds and waterfalls, on a grand scale, and Hackfall was one of the most important managed landscapes of its kind and period in Britain.

Other woodlands:

Richmond - Billy Bank Wood, a National Trust wood

Richmond, North Yorkshire

Grid ref: NZ164005

Richmond - Round Howe, a National Trust wood

Richmond, North Yorkshire

Grid ref: NZ158007

Richmond - Hag Wood, a National Trust wood

Richmond, North Yorkshire

Grid ref: NZ138009

Catterick Community Woodlands, a privately owned (open to the public) wood

Richmond, North Yorkshire

Grid ref: SE232978

Hipswell Woodland, a privately owned (open to the public) wood

Richmond, North Yorkshire

Grid ref: SE190981

Preston Spring Wood, a Woodland Trust wood

Richmond, North Yorkshire

Grid ref: SE064914

Spring Wood is the ancient woodland of Preston-under-Scar, Wensleydale

Bracken Parks National Trust Wood

Richmond, North Yorkshire

Grid ref: SE125864

Nosterfield LNR

Nosterfield NR Warden steve.worwood@luct.org.uk

luct@luct.org.uk

<http://www.luct.org.uk>

Grid ref SE 278 795

The Reserve lies approximately 10 km (6.5 miles) north of Ripon and 1.5 km (1 miles) northeast of West Tanfield

Nosterfield LNR is Hambleton District's first and only Local Nature Reserve, designated in 2001. It started to draw birdwatchers in the mid 1970s and early 1980s, as quarrying reached the water table and started to draw birds. It was designated as a Site of Importance for Nature Conservation (SINC) in 1993 and is now generally recognised as North Yorkshire's premier wetland grassland site for birds.

Viewing area below the car park, where you can view over the Reserve from your car. 1.5 km of permissive footpaths, of which 500 m are accessible by wheelchair and suitable for those with mobility issues. There is wheelchair access at the interpretation building and bird hide and the Tanfield Hide.

Moulton Hall

Moulton, Richmond, DL10 6QH

Telephone: 01325 377227 – viewing by arrangement with tenant Viscount Eccles

moultonhall@nationaltrust.org.uk

OS Grid Ref: 99:NZ235035 National Trust property.

Elegant 17th-century manor house with a beautiful carved staircase rebuilt in approximately 1650 on an

ancient site. The house is surrounded by approximately 25 acres of grounds. It is open to the public on a limited basis by arrangement with the tenant.

Jervaulx Abbey

Park House, Jervaulx, Ripon HG4 4PH

www.jervaulxabbey.com

Although substantially damaged by the Dissolution, the crumbling walls of the ancient Cistercian monastery of Jervaulx Abbey still offer an interesting history and some beautiful vistas.

Middleham Castle

Castle Hill, Middleham, Leyburn DL8 4QR

01969 623899

www.english-heritage.org.uk/daysout/properties/middleham-castle/

Home of Richard III in his youth, and again later after marrying Lady Anne Neville. Originally built in the 12th century, further modifications turned the castle into a fortified palace by the mid-15th century. It is now roofless, after falling into decline then suffering further in the civil war, but has many sections intact, and is well worth exploring.

Kiplin Hall

Near Scorton

Richmond DL10 6AT

01748 818178

info@kiplinhall.co.uk

www.kiplinhall.co.uk/

A Jacobean country house in a wonderful setting with views west across the lake to the Yorkshire Dales. Ornamental gardens, a productive Walled Garden, Woodland and Lakeside Walks.

Stanwick Camp – Iron Age Fortifications

Located on a minor road off A6274, at Forcett Village

Approx 7 miles from Richmond

English Heritage site

0870 333 1181

An excavated section, part cut into rock, of the ramparts of the huge Iron Age trading and power-centre of the Brigantes, the most important tribe in pre-Roman northern Britain. Some 4 miles (6½ kilometres) long, the defences enclosed an area of 766 acres (310 hectares). Following Roman conquest, the Brigantian centre moved to Aldborough Roman Site. A complex of prehistoric earthworks covers an area of more than 700 acres at Stanwick St John. Enclosed by massive Iron Age ramparts of earth and stone, still standing to a height of about five metres, this was a centre of great importance for the pre-Roman people of northern Britain.

Thornborough Henges

New Lane

West Tanfield DL8 2

info@friendsofthornborough.org.uk

Thornborough Henge is one of the most important ancient sites in Britain. Dating from between 4,000-3,500 BC, this pre-historic man made structure extends for a mile in length, making it the largest ritual religious site in the British Isles

Hazel Brow Farm & Visitor Centre

Low Row

Richmond

North Yorkshire

DL11 6NE

(01748) 886224 or 886059

info@hazalbrow.co.uk

<http://www.hazalbrow.co.uk/home.html>

Hazel Brow is a traditional family run farm located in the middle of Low Row village, in the heart of Swaledale within the Yorkshire Dales National Park and the Pennine dales Environmentally Sensitive Area (ESA). Offers a unique chance to experience the magic of a working farm in beautiful Swaledale. Range of activities, walks, trails and guided alpaca walks!

Constable Burton Hall Gardens

Leyburn, DL8 5LJ

01677 450 428

gardens@constableburton.com

<http://www.constableburton.com/>

Constable Burton Hall is a handsome Palladian villa standing at the entrance to Wensleydale. The hall stands in extensive woodland and formal gardens which are open to the public from mid-March to mid-September. Stunning seasonal displays of snowdrops and daffodils carpet the woodland walks and garden trails, making it an absolute must for garden and nature lovers alike.

Appendix 9

Other identified groups / sites

Yorkshire Hedgelayers Association

Contact person: Kenneth Walmsey, 01765 620378

Wildlife Habitat Protection Trust based near Tadcaster.

Contact Leilah.Vyner@whpt.co.uk

The Woodland Trust

Autumn Park, Grantham, Lincolnshire,
NG31 6LL.

Tel: 01476 581135

<http://www.woodland-trust.org.uk/>

Nature Reserves

North Yorkshire County Council does not own or manage any nature reserves. There are a few Local Nature Reserves which have been created or designated by the district and borough councils. The Yorkshire Wildlife Trust and RSPB own and manage nature reserves, all of which have some degree of public access.

Local Nature Reserves are for both people and wildlife. They are places with significant wildlife or geological features;

- Acomb Wood and Meadow, York (owned by City of York Council)
- Ballowfield, Wensleydale (owned by YDNPA)
- Barlow Common near Barlow (owned by Selby District)
- Birk Crag near Harlow Carr (owned by Harrogate Borough Council)
- Cleatop Park near Settle, (owned by YDNPA)
- Clifton Backies, York (owned by City of York Council)
- Foxglove Covert, Catterick Garrison (owned by Richmondshire District Council)
- Freeholders Wood and Riddings Field, Aysgarth Falls (owned by YDNPA)
- Hell Wath near Ripon (Harrogate Borough Council)
- Hob Moor, York (owned by City of York, Council)
- Hookstone Wood, Harrogate (owned by Harrogate Borough Council)
- Langcliffe and Attemire near Settle, (owned by YDNPA)
- Nosterfield Lower Ure (owned by Lower Ure Conservation Trust)
- Quarry Moor south of Ripon (owned by Harrogate Borough Council)
- Rossett Nature Reserve, Harrogate (owned by Harrogate Borough Council)
- St Nicholas Fields, York (owned by City of York Council)

Dan McAndrew, Harrogate Borough Council, Tel. 01423 500600

The **RSPB** has one reserve which lies partly within North Yorkshire Fairburn Ings near Castleton.
www.rspb.org.uk/reserves/guide/f/fairburnings

Natural England manages a few nature reserves including Skipwith Common near Selby.
www.naturalengland.org.uk

Yorkshire Wildlife Trust

There are around 50 Yorkshire Wildlife Trust nature reserves in North Yorkshire. Details on sites, wildlife and visiting can be obtained from the Trust's website.

'On the Wild Side' was a 3 year 2009 - 12 £300,000 funded project by Big Lottery Fund, Family Learning

Strand for Selby district. Offering a wide range of activities for families from across the district to learn all about the nature on their doorstep in a wide variety of fun, relaxing and informal way.

Contact:- Steve Meays on steve.meays@ywt.org.uk or call 01302 570077.

Contact: James Ferguson (Riddlesden Hall to R Swale Nature Reserves

01756 751 603 James.Ferguson@yorkshiredales.org.uk

Main Office 1 St. George's Place, York, YO24 1GN 01904 659570

info@ywt.org.uk

www.ywt.org.uk

English Heritage sites

www.english-heritage.org.uk

- Aldborough Roman Site, North Yorkshire
- Byland Abbey, North Yorkshire
- Easby Abbey, North Yorkshire
- Helmsley Castle, North Yorkshire
- Kirkham Priory, North Yorkshire
- Marmion Tower, North Yorkshire
- Middleham Castle, North Yorkshire
- Pickering Castle, North Yorkshire
- Piercebridge Roman Bridge, North Yorkshire
- Richmond Castle, North Yorkshire
- Rievaulx Abbey, North Yorkshire
- Scarborough Castle, North Yorkshire
- Spofforth Castle, North Yorkshire
- Stanwick Iron Age Fortifications, North Yorkshire
- Steeton Hall Gateway, North Yorkshire
- Wharram Percy Deserted Medieval Village, North Yorkshire
- Wheeldale Roman Road, North Yorkshire
- Whitby Abbey, North Yorkshire

Stockeld Park

Wetherby, North Yorkshire, LS22 4AW

01937 586101

www.stockeldpark.com

Explore the farms, woods and parklands of the grounds, that play host to a variety of themed activities Christmas Adventure event from at the end of October to the beginning of January. Activities start with a Halloween theme, then a fireworks display; followed by Christmas snowflake maze, woodland trail and ice rink amongst the seasonal attractions.

Appendix 10

Attendees of North Yorkshire Natural Health Service event

1	Phillip Strand	NYCC	Phillip.Strand@northyorks.gov.uk
2	Dave Tayler	YDMT	david.tayler@ydmtd.org
3	Gail Smith	YDMT	gail.smith@ydmtd.org
4	Judy Rogers	YDMT	judy.rogers@ydmtd.org
5	Gareth Gaunt	Carlshead Farm, Wetherby	gareth@carlshead.co.uk
6	David Watson	N Yks Sport	David.watson@harrogate.gov.uk
7	George Cull	N Yks Sport	george.cull@harrogate.gov.uk
8	Simon Pierce	N Yks Sport	simon.pierce@harrogate.gov.uk
9	Richard Trinder	Yk Times	editor@yorkshiretimes.co.uk
10	Sue Price +4	Just the Job	sue@just-the-job.org.uk
11	Clare Atkinson	Just the Job	sue@just-the-job.org.uk
12	Emma Williamson	Just the Job	sue@just-the-job.org.uk
13	Simon Landers	Just the Job	sue@just-the-job.org.uk
14	Nick Whitwam	Just the Job	sue@just-the-job.org.uk
13	David Shaftoe	Open Country	info@opencountry.org.uk
14	Nicola Brown	Independus	nicola@nicholabrown.plus.com
15	Roy Emmerson	Independus	nicola@nicholabrown.plus.com
16	Trish Nugent	Holistic Wellbeing Ltd	Holistic.wellbeing@hotmail.co.uk
17	David Shaw	Natural England	david.shaw@naturalengland.org.uk
18	Elaine Walton	Riverside ECHG	elaine.walton@riverside.org.uk
19	Eileen Hinds	Tinder Tree	eileen@tindertree.co.uk
20	Sue Derdowski	Tinder Tree	
21	Sarah Jane Mason	RHS Harlow Carr	sarah-janemason@rhs.org.uk
22	Alexa Morton	Fountains Abbey	alexa.morton@nationaltrust.org.uk
23	Cath Calvert	Hazel Brown Farm	info@hazalbrow.co.uk
24	Simon Eastwood	The Jonas Centre	SIMON@JONASCENTRE.ORG
25	Nick Cook	Castle Howard forestry	ncooke@castlehoward.co.uk
26	Sheila Coxon	Countryside Vol Co-ord	Sheila.coxon@northyorks.gov.uk
27	Lizzie Hughes	Harrogate Easier Living Project	LizzieH@harrogatecvcs.org.uk
28	John Mook	Harrogate & Richmond Early Intervention Psychosis Team	jmook@nhs.net
29	Paul Mosley	Woodland Trust Hackfall Officer	PaulMosley@woodlandtrust.org.uk
		Nidderdale AONB	Paul.Mosley@harrogate.gov.uk
30	Hadyn Davies	NYCC Health & Adult Services	Hadyn.Davies@northyorks.gov.uk
31	Pam Hickin	Yorkshire Dales Guides	info@yorkshiredalesguides.co.uk

Interested but unavailable

	Mary Chapman	Nuzzlets	info@nuzzlets.org.uk
	Jacqueline Brackenberry	St John's Centre, Catterick Garrison	
	Michelle Cardwell	St John's Centre, Catterick Garrison	
	Elizabeth Winship		winshipelizabeth1@googlemail.com
	James Ferguson	YDNPA	James.Ferguson@yorkshiredales.org.uk
	Terry Smithson	YWT	terry.smithson@ywt.org.uk
	Erica Spencer	Yorwoods	info@yorwoods.org.uk

Appendix 11

Programme outline

1. Welcome and outline of session	Walking
2. Introductory Activity	Diversity Bingo
3. What is the problem?	ABC Quiz
4. What are issues?	Introduce diversity tree
5. Identify barriers to people accessing countryside	Pyramid ranking activity by table
	Add barriers to diversity tree
6. What are solutions?	Diversity Review
	Open Country
	Just the Job
	PaD outline and film
	Add solutions to tree
7. What are health and well-being benefits of accessing the countryside	Presentation
8. Design an action plan for your area	Compass rose activity (by table)
	Scenarios and feedback
9. What are you going to do?	Personal action cards
	Add fruits to tree
	Evaluation

Appendix 12

'Walking' reading

On Radio 4 Natalie Haynes, comedian and critic said:-

When I was a reader I was just a reader. There was nothing I liked less than walking. I would make any excuse to stay sitting on the sofa reading a book.

When I became a writer I developed a hitherto love of walking. I probably walk 20 – 30 miles a week, partly because I walk to commute and partly because I walk when I am stuck. I've come to terms with the fact my brain works best at 3 miles per hour.

Kirkegaard the Dutch philosopher once said

'Above all do not lose your desire to walk. Every day I walk myself into a state of wellbeing and walk away every illness. I have walked myself into my best thoughts and I know of no thought so burdensome that I cannot walk away from it but by sitting still and the more one sits still and the closer one comes to feeling ill. Thus if one just keep on walking everything will be alright.'

My habit of walking sends sadness away.

Appendix 13

Mapping Exercise

In small groups people were asked to identify / mark on a map ideas around the following:

Natural Environment

– ideas of outdoor spaces that could be used locally

Economy

– any funding or support that could benefit the project

Social aspects

– groups or organisations that might benefit from the services

Who can do it

– who are the providers?

Overview of plenary discussion

Networking & communication are key to success

Opportunity through Catterick Garrison – rehabilitation unit / personnel with post-traumatic stress disorder

Create a directory of members

Vision – what happens next?

Co-ordination

GP Commissioning happening in other areas, why not here?

Training in how to be a referred organisation

Linking to technology – GPS / geocache / 'walk'-ville

Directory of sites with access information

Transport – community transport

Physical access – start small and make a big difference

Natural Environment – possible sites

Within LNP areas	Outside LNP areas
Thorpe Perrow (nr Bedale)– some accessibility	Fountains Abbey / Studely Royal
Jervaulx Abbey - not very accessible	Hazel Brow Farm – walks contact Cath Calvert
Ripon Walled Garden	South Park (Darlington) for walks
Hackfall Woods near Masham (Woodland Trust) volunteer events	Aysgarth – some accessibility
Nosterfields Quarry	AONBs
“Turner Trail”	YDNP
Carshead Care Farm	Jonas Cente
National Trust properties	
English Heritage sites	

Other non-specific suggestions:

SITES	ACTIVITIES
Farms	Birdwatching
Gardens	Kite Flying
Parks	Outdoor Pursuits
Historic Houses	Geocaching = challenging
AONBs	Computer games
Woodlands	
NYCC Footpath improvements	
Local routes on your doorstep	
TOO MANY TO LIST!	

Economy – funding or support

Possible sources of funding

TICs
Corporate money
Business Training
On prescription
Social Enterprise
YDNPA
AONBs
Cross boundary
Funding
Cash!

Opportunities

Creating momentum so people request a Natural Health Service NOT pills.
Mechanism for commissioning outdoor providers to provide access for health.
Invite GPs to open days / showcasing what groups are available
Public requests to use nature for health
Annual / 6 monthly networking events
NYCC Footpath improvements
Taster days within our organisations
Well-being walks in GP surgerys
Directories / directory of services
Lobbying Commissioning groups
CCGs
On prescription

Issues

Scale & replicability
Partnership working
Co-ordinator / individual
Information
Methods of communication
Accessible
Co-ordinated
Commitment
Better access
Connected footpaths
Clear vision & Strategy
Enabled
Networking
Cross boundary

Social aspects

– groups or organisations that might benefit from the services

Specific	Non-specific
Ripon Community Trust	School groups
Just the Job	NEETs
NHS Care co-ordinators	Health Projects
?Jenny Ruth	Community Centres
CCGs	Probation Service
Catterick Garrison	Disability
New BME groups in county (Catterick Garrison)	Sports groups
Access for All	Local community groups
	OAPs / Elderly
	Charities / Trusts
	BME groups /
	Youth groups
	Families
	Single Parents
	Mental Health Groups
	Social Enterprises
	EVERYONE!

Invite GPs to open days / showcasing what groups are available

Public request to use nature for health

Who can do it? - Provider organisations & Contacts

Specific	Non-specific
Lower Ure Conservation Trust	Allotment Societies
NY Sport	Arts & heritage
TICs	Occupational Therapists
NY Forum	Statutory organisations
Natural England	Youth Services
Cath Calvert @ Hazel Brow Farm	Environmental organisations
W2Y	Charities
Wildlife Trust	Local Archaeology groups
CVS	
Walk for Health	
Ranger Services	
AONBs– walks, events, help	
YDNPA – walks, events, help	
LA Leisure Services	

Newly formed NY Natural Health Service!

All the organisations at this event!

Appendix 14

North Yorkshire Natural Health Service Event Evaluation Summary

20 forms returned / 28 attended

How would you rate the content of the event? (where 1 = Poor , 6 = Excellent)

Total 91.5 Average 4.575

1

2

3 x3

4 x6 4/5 x1

5 x6

6 x4

Which aspects of the event were most useful to you and why?

Networking with others, sharing ideas.

It was helpful to find out what is out there.

It gave me hope as a disabled person that I will find that 'thing' / 'hobby' perhaps that has been lacking in my life.

Networking, information, leaflets.

Networking, ideas for future work

Aspects I don't come across in my normal work

Overview of aims and objectives of the group

Focus on issues facing our community

Networking

Networking and team activities

Help to focus on the issues that need to be addressed

Networking with other organisations

Hearing the three case studies – good for generating ideas, inspiring and refreshing to hear such positive initiatives

Incredibly informative

Met lots of people / future contacts

Time out to consider these issues. Contact with other groups

To meet like minded people and looking to the future of NY & Natural Health

People and the DALE film was very good very inspirational.

Networking & seeing how many providers operate within the region.

Learning more about the barriers to accessing the countryside which may apply to minority groups who wish to visit our gardens.

Networking – information on what's happening

Broad view of resources / facilities and objective and how this can be useful for my client group

Advice and contact details for a potential project

Summary

Networking **x13**

New ideas / information **x8**

Issues focus **x5**

Sharing ideas **x4**

Positive examples **x4**

Inspiring **x3**

How aware were you before the event of issues around engaging diverse groups in the outdoors / countryside? (where 1 = not at all and 6 = very aware)

Total = 88 Average = 4.4

1 2 **x1** 3 **x5** 4 **x2** 5 **x9** 6 **x3**

How aware are you now of the issues around engaging and working with more diverse groups in the outdoors? (where 1 = not at all and 6 = very aware)

Total = 100 Average = 5

1 2 3 **x1** 4 **x4** 5 **x9** 6 **x6**

What action will you take as a result of the event?

I will stay in contact with people I met today and it would be great if we could all meet again in a year for a review. I will start sharing my ideas.

Continue to pull resources for patients

Ensure output from event report is taken to Health & Well-Being board to realise opportunities.

Focus the work I am already doing

Deliver info back to Harrogate Area CVS

Promote opportunities through established networks

To be more involved in this area of work

Contacting partner organisations

Work with the LNP to help promote the Natural Health Service and importance of health and well-being to the LNP.

To continue generating ideas for future improvements.

Not sure yet

I will endeavour to keep more in the loop with the Natural HS idea

Aim to involve volunteers without transport (e.g. unemployed or people with health issues)

Advertise survey work wider – gives a purpose to a walk.

Try and initiate a project where RHS can work with the local health service (or current providers) which can enable visitor training for minority groups.

Tell people / organisations about national navigation award scheme, outdoor discovery awards.

Contact CVS

Report back to regional officer

Contact Open Country

Use resources to plan events / discuss / propose events with my client group

Summary

Use contacts **x5**

Focus work on issues **x4**

Report back **x3**

Disseminate **x3**

Work with clients to build in outdoor activities **x2**

Keep in touch **x2**

Development / Generate ideas **x2**

Change practice to focus on minority groups **x1**

Not sure **x1**

Be more involved in area of work **x1**

Would you be interested in being involved in a North Yorkshire Natural Health Service project?

YES **x18**

NO **0**

Maybe **x2**

If YES or MAYBE what would your involvement be

- as an outdoor site / service that could be used by groups **x10**
- as a community / user group that would like to use the service **x6**

Other

Development from a sport / participation perspective

Through the LNP

Not sure yet will get in touch!

Depending on resources!

Given budgetary constraints we would need to be commissioned to provide services, The natural health service is not an idea that can be acquired on the cheap!

**Are there any other organisations, sites or locations that you can suggest we contact about the project?
Please give further details**

Community groups H&R

Independus Hambleton and Richmondshire

Advocacy Hambleton & Richmondshire

Walk for Health (Catterick Garrison)

Personnel Recovery Unit (Catterick Garrison)

Homestart Richmond / Catterick Garrison

Community groups Harrogate & district

Harrogate CVS (Angela Jones)

County wide / non specific

Develop a NY & Y Outdoor sports and physical activity strategy / plan

Ranger services

Local Authority Leisure services

Community groups wider / national / general

Brainfadetv.co.uk

Disabled Ramblers Association

Voluntary Services Groups

Greenspace opportunities / activity providers in the LNP

National Trust (Judy Richmond)

Yorkshire Conservation & Farming www.ycandf.org.uk

Walk for Health (Catterick Garrison)

Foxglove Covert

Greenspaces outside LNP area

Bolton Abbey is great place to experience the great outdoors.

Non-specific

www.NNAS.org.uk

If there is anything else you would like to share with us about the event, the project or your work please feel free to use the back of the sheet to give us more information.

Venue

The venue was excellent.

A PA system for those speaking would have worked better.

Content

Very interactive.

Thanks for a great day

The event was great, however a comfort break would have been useful.

Shorter presentations, less preaching to the converted

Issues

I feel inspired to go out there and make things happen.

Develop a NY & Y Outdoor sports and physical activity strategy / plan

Please keep in touch as I am looking to start a social enterprise in the Dales area in order to enable people to participate in meaningful countryside activities (Claire Atkinson)

Engaging with social workers, NHS commissioners, GPs

I was a bit taken aback at the apparent lack of support at local authority level. Surely without, an idea such as this will flounder?

Where were the health commissioners?

Given budgetary constraints we would need to be commissioned to provide services, The natural health service is not an idea that can be acquired on the cheap!

Networking

Happy for people to visit the Beacon to discuss, advise or gain knowledge of what we do.

Postcard actions:

- Reflect on the day and consider how occupational therapy as a service can develop and improve this type of organisation in anticipation for future employment.
- Consider how occupational therapy can help in the development and forming of a Natural Health Service.
- Remember Diversity review, Nepalese group, veterans, People and the DALES.
- Help develop Natural health service into a valid forum to connect commissioners with providers.
- Consider how we can work closer with Open Country, provide meditation at FASR?, network.
- Make NY NHS an annual event. More accessible, affordable accommodation is needed if different groups are going to access the Dales, this should be included in the report. Today has been inspiring and has shown that there is something out there for everyone. We just need to work together and make things happen. I will stay in touch with everyone I met today!
- Initiate project with local health service users so RHS can enable visitor access and training at the gardens.
- Connect people to the development of Outdoor discovery Award with NNAS.
- To enable volunteers without transport to get involved, recruit “buddies” drivers who will pick up in towns.
- Stay more in the Natural HS loop & get back in contact with Phillip Strand.
- Promote Natural HS project and the importance of health & well-being aspects to the LNP Board.
- Develop a NY Outdoor sports strategy / action plan to increase participation.
- Actively promote, monitor and distribute information about available resources.
- Make those attending NY NHS day aware what of Jonas Centre can do for their organisation.
- Sharing information learnt at event with Harrogate CVS, they will help deliver health and well-being outdoor opportunities.
- Great networking opportunities that living in such a rural area are difficult to get.
- Lots of very passionate people doing some great work for improving people’s health and well-being. Lots of great ideas to pull together.

Additional contact details for follow up provided by the following:

Name	Position	Organisation	Email	Telephone
Nichola Brown	Trustee	Independus	Nichola@nicholabrown.plus.com	01677 470453
John Mook		H&R Early Intervention Psychosis Team	jmook@nhs.net	
Phillip Strand		NYCC		
Roy Emmerson	Founder & Trustee	Brainfadetv www.brainfadetv.co.uk	brainfadetv@gmail.com	01845 567759
Simon Pierce		North Yorkshire Sport	Simon.pierce@harrogate.gov.uk	01423 841077
Lizzie Hughes	Project development Worker	Harrogate Easier Living Project	lizzieh@harrogatecvs.org.uk	01423813093

Simon Croker		WBEA / Probation / Carlshead Farm	SPGcroker@btinternet.com	07525 233 263
Simon Eastwood	Centre Director	The Jonas Centre	simon@jonascentre.org	01969 624900
George Cull	Delivery manager	NY Sport	georgecull@harrogate.gov.uk	01423 556437
David Shaw	Area Manager	Natural England	David.shaw@naturalengland.org.uk	07774 609403
Claire Atkinson	Occupational Therapy 3 rd yr student		Claire.louise@hotmail.com	01765 688732
Sue Price	Occupational Therapist	Just the job	sue@just-the-job.org.uk or susanprice124@btinternet.com	01748 822815
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Sheila Coxon	Volunteer Co-ordinator	NYCC Countryside Volunteers	Sheila.coxon@northyorks.gov.uk	01609 532435
Sarah-Jane Mason	Regional Development Officer	Royal Horticultural Society	Sarah-janemason@rhs.org.uk	078890 70897
Pam Hickin	Instructor	Yorkshire Dales Guides / Cave Rescue / NNAS	info@yorkshiredalesguides.co.uk	01729 824455
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Alexa Morton	Visitor Experience & marketing manager	National Trust – Fountains Abbey	Alexa.morton@nationaltrust.org.uk	01765 643199
Elaine Walton	H&W Support	The Beacon (Riverside)	Elaien.walton@riverside.org.uk	01748 832042
Richard Trinder		Yorkshire Times	richard@yorkshiretimes.co.uk	

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