

OCTOBER 2021

YOUR ANNUAL IMPACT REPORT

Yorkshire Dales Millennium Trust & The Nineveh Charitable Trust

*“It made me feel that life
can get back to normal.
That we can experience
joy again”*

PaD Participant



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PEOPLE AND THE DALES

Diversity, Access, Learning, Environment and Sustainability

Thank you for your grant of £5,000, supporting the work of People and the DALES from November 2020 to October 2021.

Yorkshire Dales Millennium Trust (YDMT) supports the people, landscape and wildlife of the Yorkshire Dales and surrounding areas.

YDMT's People and the DALES (Diversity, Access, Learning, Environment, Sustainability) - PaD - project provides countryside visits for adults who may otherwise not have the opportunity to access the outdoors, delivering a wide range of benefits. Visits help people to feel happier and healthier, provide opportunities to meet new friends, learn new skills and to connect with nature.

OVER THE PAST YEAR PAD HAS DELIVERED...

- **1,242** activities to more than **500** people
- **6** inspirational talks and presentations, with more than **600** viewings
- Virtual activity sessions to **233** people
- Sessions in the Dales and local communities to **378** people
- residentials for **55** people





Rose McCarthy from Maternity Stream said:

“Thanks so much for the workshop yesterday, it was really good fun. I know the women enjoyed it and like me felt inspired to be creative.”



More than 1,300 people attended virtual sessions or talks, or received activities and resources through lockdown

PAD THROUGH COVID

Providing activity packs and resources, offering online sessions, and delivering inspirational talks has enabled us to maintain strong connections with groups through the pandemic.

Activity packs were distributed to a variety of organisations we have previously delivered sessions with, including DARE (Darwen Asylum and Refugee Enterprise), BIASAN (Bradford Immigration and Asylum Support and Advice Network), and Refugee Council groups. Activities included:

- garlic bulb planting
- felted hearts and bumblebees
- paper lanterns
- bird feeders and bird food
- beeswax wraps
- bee baths

Activities were as sustainable as possible, and each pack contained all the equipment needed for the activity. Short videos were produced to accompany some of the activities. We also held zoom sessions to accompany some activities. We worked for example, with a group from Keighley Asian Women's and Children's Centre (KAWACC) with women of South Asian origin. 6 sessions were held with them, with the themes of birds, growing and bees.

Since the Group Leader's training weekend was unable to take place (which we usually hold annually, it was decided to run a series of online inspirational talks for group leaders, their groups and the general public. These included:

- 'Black 2 Nature' with Helena Craig
- 'All about Bees' with Dr Riad Alsous
- 'Wild Swimming' with Stuart Gledhill and Lee Ann Simmonds

Click [here](#) to view some of the talks and presentations PaD delivered

RETURNING TO THE DALES, SUMMER 2021

We've worked with groups including Bradford's St Patrick's Mission, PAFRAS, BIASAN, KAWAC, DARE, Maternity Stream and many others.

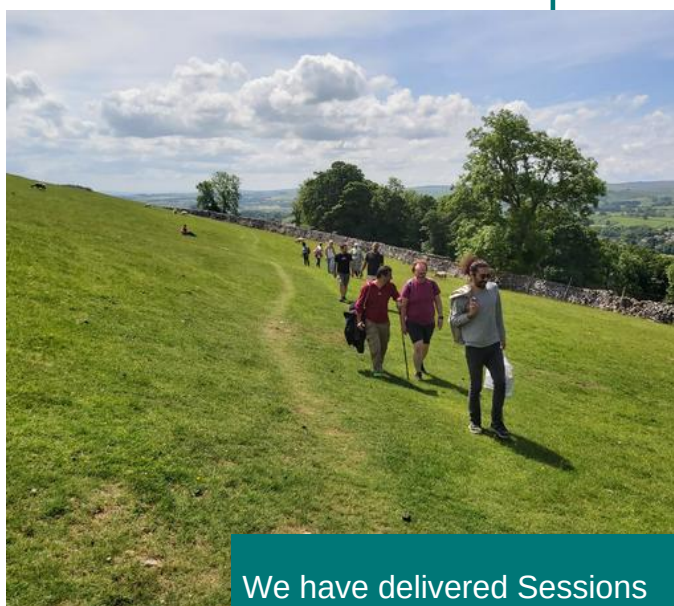
We began holding sessions in the Yorkshire Dales again in April and May. Some groups travelled by train to reduce reliance on minibuses and allow for social distancing. The groups we have supported by sending packs over the winter months were those who were most ready and confident to visit the Dales again this summer.

Something that the Covid-19 pandemic taught us all is that being in nature is good for us. A walk every day keeps us fitter, happier and healthier. Our numbers are lower than in previous years, because of Covid restrictions but we are delighted to now once again be able to enjoy the Dales together and we have had many reminders of the impact of our work, especially post Covid.

Sessions have included walks in Skipton, Settle and Malham; farm visits; plastic tree guard collection and woodland maintenance. We are looking forward to getting groups out to join us in tree planting this winter. We have also delivered some sessions in local communities, including crafting and gardening - for those groups who are less able or confident to get out to the Dales an initial visit to begin building relationships can be a vital step in getting people out in to the Dales to connect with nature.

“It helped ease some stress and tension around me – felt good to just get away from the daily grind of life and spend it doing the activities and walks to unwind”

PaD Participant



We have delivered Sessions in the Dales and local communities to **378** people

RESIDENTIAL WEEKENDS

For those who need more respite, we hold residential weekends. The impact of these can be life-changing. Click [here](#) to see some joyful dancing from one of our residential weekends

We have held a variety of residential weekends this summer. A longer visit allows for a deeper connection with nature, for stronger relationships to be built and for increased impact on health and wellbeing. Weekends have included:

- A visit to Broadrake Bunk Barn for families supported by DARE
- A weekend in Malhamdale for 24 mums and children supported by Maternity Stream, Leeds
- A respite weekend, bringing together members of the communities of Benthem, Bradford, Dewsbury and Rotherham.

One woman shared the following after the Malhamdale weekend:

"Thank you for the work you do. It is truly life changing. One of the women who has worked for the NHS on the Covid ward throughout the pandemic to save lives, told me that this has been the first holiday she has taken all year, the first time she has been able to feel peaceful since the pandemic started. The kids tell me they can't wait to go back to school to tell the others in their class what they got up to this summer. When we got out of the caves we whooped and cheered and one of the group who'd been frightened and the last to crawl in, declared that it had been life changing. It helped everyone forget all troubles and feel brave and invincible. An amazing weekend so important to all of us – thank you!"



Residentials have been enjoyed by 55 individuals

**"One of our best memories
of the UK"**

This is what Anwar, father of three, husband, civil engineer, PhD student and refugee from Syria, shared after he and his family spent a special weekend at Broadrake Bunkhouse in May.

During their stay at Broadrake, the family and others supported by DARE (Darwen Asylum and Refugee Enterprise) took part in walks around Ribbleshead Viaduct, and craft making. Broadrake bunkhouse owners demonstrated wood carving.

Above all, everyone soaked in the beautiful countryside, took time out from stressful busy lives, and recharged their batteries.

THANK YOU

"After all that the last 18 months has thrown at us, it was great to see families out and about enjoying the sunshine, walking in the countryside, and engaging with others. We are so lucky to be able to access this beautiful part of the world so it makes me proud that we can help others to do so too."

Judy, PaD Project Officer

Our thanks to all at The Nineveh Charitable Trust for helping to make this project possible.

