



# Countryside Jobs Service

Focus on Outdoor Recreation

In association with The Campaign  
for National Parks



20 June 2011

## The recreational importance of our National Parks

*Ruth Chambers, Deputy Chief Executive at the Campaign for National Parks, explains why recreation in National Parks is key to their future*



**Barrowburn, Northumberland National Park**  
(Credit: Simon Fraser)  
and catapulted access rights onto the political agenda in spectacular fashion.

Our National Parks attract visitors from all over the world, but are equally important to those living within their boundaries or on their doorsteps. So why do so many people seek out a National Park experience when planning how to use their precious leisure time and what is the future for recreation in these spectacular landscapes?

To answer this I'd like to transport you back in time to the 1930s when Britain was a very different place. Much of the countryside was out of bounds to ordinary folk as it lay within large estates jealously guarded by game keepers and grouse moor beaters. But so great was people's need for recreational escape from the polluted northern cities of Sheffield and Manchester that they joined together in the now legendary Kinder Scout Mass Trespass in 1932. That was a turning point in the campaign to secure greater access to the countryside,

Later that decade and for much of the 1940s, attention turned elsewhere as war broke out, but not long after hostilities had ended the campaigns for National Parks and access to our green spaces were back on the agenda. With legislation in the bag with the 1949 National Parks and Access to the Countryside Act, most National Parks were designated in the 1950s.

And so the campaigns for greater public access for recreation and the designation of National Parks became inextricably entwined, and they remain closely bonded today. National Parks in England, Wales and Scotland all have a statutory purpose of promoting opportunities for public access and their future depends on people being able to gain access to them – in our crowded island as the pressures of modern living grow, the far reaching views, clean air and wildlife and cultural riches of our National Parks will become ever more sought after.



**Cyclists on the Moor to Sea cycle route in Dalby Forest**  
(North York Moors National Park Authority)

Many things underpin the successful management and facilitation of access but perhaps the most important aspects of access are that it remains free at the point of entry – a clear parallel here with the National Health System, which also originates from the time of the post war government and its socially reforming agenda – and that

barriers to access are identified and addressed so that we all might benefit from the range of experiences that National Parks have to offer.

There are many different barriers to access, both physical and perceived. Some audiences are under-represented because they are not aware of the National Parks, what they have to offer and that they have access rights to the countryside. Others struggle logistically – people who do not have access to a car are dependent on rural bus services, which can be infrequent or expensive. Physical barriers have in many cases been successfully addressed – the miles without stiles project in the Lake District National Park comprises 39 routes across the Park suitable for people with limited mobility. Wheelchair users, families with pushchairs, dogwalkers with less active dogs and the visually impaired can choose from a range of interesting walks.



The Campaign for National Parks began life in 1936 and successfully campaigned for National Parks to be established. Since that time we have remained a powerful watchdog and protector for the Parks, and have also championed their enjoyment by all. 2011 is

the 75<sup>th</sup> anniversary of the Campaign for National Parks and our aim is to encourage as many people as possible to get into these spectacular landscapes, so that they can experience and enjoy them, but also so that they can learn more about them and the challenges that they face.

While it is reassuring to know that we have the right to enjoy and explore these spectacular places, we also want to know that they are being protected, that their wildlife is being looked after and that, by visiting, we are not damaging the places that we love so much.

National Park Authorities and land managers have a very important role to play in ensuring that our recreational activities do not harm these special places and that they do not conflict with each other. There have been several high profile examples of where one person's recreation is another's misery – in the 1990s water-skiers on Windermere in the Lake District conflicted with people enjoying less noisy pursuits such as rowing and canoeing, while off-roading in the Yorkshire Dales and Peak District affects walkers, cyclists and horse riders.

It is important that these conflicts are addressed and managed as people's experience of recreation in National Parks is likely to be instrumental in deciding whether they return, and how much they inject into the local economy. Ultimately we will judge the success of our National Parks by the quality of the welcome and experience that we get when we visit them and by the environment that we find when we get there.

If you love National Parks, then as well as getting out and enjoying them, please do consider supporting our work by becoming a Friend of the Campaign for National Parks.

## Ten things to try in National Parks this summer:

### Find out if you have a head for heights

Try an airy scramble such as Jacks Rake in the Lake District or Bristly Ridge in Snowdonia. If you're feeling really brave then it's Sharp Edge on Blencathra for you (also in the Lake District)

### Get away from it all

Every National Park has its quiet corners; if you've never been to the Cheviots in Northumberland visit the hills above Barrowburn for far horizons and total tranquillity (and you can get a cuppa at the farm tea room afterwards)

### Discover the joys of coastal walking

The Pembrokeshire Coast is stunning, with a national trail to die for – if you visit in September you'll see seal pups emerging from their nurseries. Go earlier in the summer for puffins though!

### Wild camp

All you need is a tent and a good eye for a flat piece of ground. Pitch your tent away from footpaths, ask the landowner's permission and enjoy waking up the next morning to the sounds of nature

### Bob away on the Broads

The Broads is the place to be if you want to get on the water. You can hire boats, canoes or sail on a solar powered boat. For close encounters with nature join the Electric Eel boat at How Hill as it meanders silently through narrow water channels – the birdlife will blow you away



Canoeing through the Broads  
(Simon Finlay, Broads Authority)

### **Take to two wheels**

Cycling is an option in many National Parks but a novel experience is to cycle through the newly opened former railway tunnels on the Monsal Trail in the Peak District – choo choo noises are optional

### **Take it easy!**

Picnicking spots abound in National Parks; find one by a gurgling stream so you can paddle your feet at the same time (try upstream of Watersmeet in the Exmoor National Park or you can join us at our anniversary picnic to celebrate 75 years of the Campaign for National Parks at the Mountain Centre in Libanus in the Brecon Beacons on 25 September)

### **Take in the view**

Every National Park has many iconic views – visit Malham Cove for a limestone spectacular; if you're lucky you'll see the resident peregrines. Or explore the limestone pavement on the lower slopes of Ingleborough

### **Let the train take the strain**

Hop on a steam train at Grosmont in the North York Moors and enjoy the view, while taking afternoon tea (how very civilised)

### **Get up early**

One of the best places to see in the dawn is from the summit of Pen y Fan in the Brecon Beacons – it's the highest spot in South Wales but there's also a good path up so it's easier to navigate in the dark (don't forget a torch and your thermals though!)

The Campaign for National Parks is the only national charity dedicated to protecting and promoting the National Parks of England and Wales. 2011 is our 75<sup>th</sup> anniversary year. For more information on the work of the Campaign for National Parks visit [www.cnp.org.uk](http://www.cnp.org.uk) or telephone 020 7924 4077.

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## **What's So Important About Mountaineering?**

By Hebe Carus, Access and Conservation Officer

### **Recreation & Outdoor Access**

Scotland's uplands are important for residents and tourists alike. It is an escape from all the financial doom and gloom and is great for fitness and general health. As it is non-competitive it can be enjoyed at all levels of intensity and whatever pace we choose. We can walk or climb or ski, whatever takes your fancy and can be enjoyed close to town or in wild expanses.

### **The Economy**

The uplands of Scotland make a huge, but largely hidden, contribution to the economy. These areas are central to much product branding, including whisky and tourism, and therefore support Scotland's economy in general, and specifically help sustain rural economies and jobs. Current land use policy, national planning policy and agricultural policy are not balancing the benefits of, and costs to, these benefits.

### **Landscape**

Scotland's landscapes are the setting in which we live, work and play. These varied landscapes support a significant proportion of our economy, provide essential life support services (e.g. clean water, food from agriculture etc.) and are a basis for our natural and cultural identity. The vast majority of a sample of Scottish residents said that it was important to have wild land, "so that Scottish people have somewhere to go to escape from the hustle and bustle of everyday life." Safeguarding this resource is not a regional but a national issue.

### **Climate Change**

Our upland and crag habitats and species cannot adapt to climate change in the way that many others can because of their isolated distribution. They are therefore especially vulnerable. The uplands also contribute to controlling climate change through storing carbon in wet soils, particularly peat. Any construction on such soil releases greenhouse gases irrespective of type of development, including wind farms and hill tracks.

### **Energy**

Renewable sources of energy can contribute to reducing climate change, but there is a cost. Conservation of the mountains of Scotland, particularly wild areas is difficult to defend as there is no statutory protection, difficult to illustrate economic benefit and there are no local communities to defend them. Basically they are currently an easy target compared to areas closer to energy users despite their inherent value, the loss of energy through long-distance electricity transmission and its cost. In response to surveys, Scottish people say wild areas are very important to them, but quietly they are rapidly disappearing, primarily due to energy policy.



### What MCoFS Does for Mountaineering

The MCoFS works hard for mountaineers and Scotland's mountains. This includes supporting safe and enjoyable mountaineering for people of all ages and types of mountaineering activities. Work in access and conservation covers a huge range of work; whether it is securing or preserving access to the hills and crags or promoting the conservation of the areas we love. We work independently and in partnership with environmental and land management organisations. Access work includes involvement in Government consultations and National Access Forum to ensure mountaineers interests are kept at the forefront of policy, answering queries and chasing access problems that are not being solved by access authorities and promoting understanding of rights and responsibilities. Over recent years our actions have ensured removal of bat boxes put inappropriately on a crag which was not the best location, and put there for the purpose of stopping access.



**Bat boxes at limekilns - now removed**

(C Bell)



**Track built without need for planning permission**

(H Carus)

Our actions also succeeded in getting various signs removed that informed people incorrectly they did not have a right of access. Conservation work includes advocating on behalf of mountaineers interest to promote good practice in conservation of Scotland's upland environment, whether this is threatened by hill tracks or renewable developments, and working with others to encourage positive management of Scotland's upland and crag environment. Last year we campaigned and succeeded in getting a debate in Parliament about the damage done by hill tracks, and now there is a consultation out to change planning regulations.

MCoFS is funded by a range of sources according to the area work. Access and conservation work is financed by membership subscriptions, Scottish Mountaineering Trust (raises funds from Munro and Corbett guidebooks), and BMC (the MCoFS equivalent south of the border in recognition of the number that travel to Scotland to enjoy mountaineering). As many member organisations, our work is limited by level of membership, so please consider joining. Further information is available on [www.mcofs.org.uk](http://www.mcofs.org.uk).

**CubeGIS Consulting** provides a variety mapping solutions for all forms of activity. Examples of our services include footpath condition surveys, mapping recreational facilities (their locations and attractions) footpaths and hike routing and 'how to find us' maps. For more information or to contact us, please visit [www.cubegis.co.uk](http://www.cubegis.co.uk).

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**Are you fed up of Google maps** showing white space in rural areas ? Try the Walk4Life website where you can plot walks on an OS base map , including scales 25K and 50K . Printing the walks at A4 size also free - [www.walk4life.info](http://www.walk4life.info)



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## Recreation in the Countryside ~ Cycling

By Mark Waters, Information Officer at CTC

Over the past few years, cycling has acquired mass appeal. From the number of people commuting by bike, to the number who cycle recreationally – be that on road, on trail or in purpose-built facilities based in parks and forests where ‘white knuckle’ mountain biking is the name of the game – few will claim not to have been touched in some way by this new way of enjoying leisure time.

Cycling ticks a lot of boxes: it doesn’t pollute, so it’s very ‘green’ and the more people that cycle, the nicer our towns and cities will become. It’s also extremely good for you in a number of ways: as an aerobic exercise it’s got the edge over running because it’s a non-impact activity (meaning your knees won’t suffer so much!); it’s more accessible also than swimming and rowing which require special facilities. It might not quite beat walking, but you’ve got to do a lot of walking at a reasonably fast pace for it to have much beneficial effect. As an aerobic exercise cycling can form part of an effective weight loss programme. Finally cycling, like all exercise, produces masses of endorphins in your brain. These are chemicals which are responsible for making you feel good.



Leaving aside the numerous health benefits, cycling can save you a lot of money too, for example if you cycle somewhere, when you could have driven or taken public transport. Statistics show that an overwhelmingly high percentage of car journeys are short ones which could easily be done on a bike.

The countryside of Great Britain is perfect for cycle touring; its ever-changing landscape provides interest at every turn and the size of the country lends itself well to touring on a cycle. And because it is so varied, it’s also suitable for everyone - from the fittest to the most couch-potato-like individual - to enjoy. East Anglia shouldn’t challenge anyone overmuch and there are other quite flat areas which need more searching out. There is no doubt

that a lot of people are turned off cycling because they perceive it as hard work. What they don’t immediately appreciate is that technology has come on apace and lighter bikes with a better range of gears take much of the toil out of cycling, turning it into a wonderful activity for all the family. Of course, at the other extreme, there’s more than enough to challenge the fit cyclist for many years. From Cornwall to the Highlands of Scotland and all points between, there are ranges of hills – mountains even – criss-crossed with some of the best cycling roads imaginable. The routes you choose to ride are up to you and you’re spoiled for choice.

But help is available from many quarters. CTC, the UK’s national cyclists’ organisation, offers a collection of information sheets to help you find routes to ride or even plan your own. If you join, you have access to their extensive library of routes too.

Since 1977, the engineering charity, Sustrans, has been building a nationwide network of cycle



friendly routes, usually ones with little or no traffic. It currently claims to have created 13 thousand miles of these 'National Cycle Network (NCN)' routes, many of which offer an excellent introduction to cycling, although you should not expect them to be flat, smooth or absolutely car free. Individual maps of each route, plus a useful poster / map of the whole network are available from the Sustrans Shop. A personal favourite is the Pennine Cycleway (NCN route 68). Running from Derby to Berwick-upon-Tweed on the Scottish border, this 355 mile route isn't as lumpy as you might think, using, as it does, several old railway lines and towpaths alongside a couple of canals. Those aside though, you will be challenged by the climbs out of Holmfirth, Hebden Bridge and over Hartside (between Penrith and Alston) and by the occasional section of off-road piste, including the track through the remote Wark Forest in Northumberland. However satisfactions levels run hand-in-hand with the degree of challenge and you are well rewarded by continually stunning countryside.

Further increases in the popularity of cycling seem likely, particularly if the UK does well in the cycling events at the Olympic Games in 2012. As a national cycling organisation CTC has been at the forefront of working to encourage people to take up cycling, and is heavily involved in a number of projects nationally which provide employment for 60+ staff. Some of this work is countryside-based. CTC also runs its own training academy, based in Sheffield, offering courses ranging from mountain bike leader and skills awards to trail checking and first aid.

**Find out more at:** CTC – the National Cyclists' Organisation [www.ctc.org.uk](http://www.ctc.org.uk)  
CTC Training <http://www.ctc.org.uk/DesktopDefault.aspx?TabID=5109>  
National Cycle Network <http://www.sustrans.org.uk/what-we-do/national-cycle-network>  
Pennine Cycleway <http://www.pennine-cycleway.co.uk/>

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## Nature's Playground – There for the Taking

By Euan Hall, Chief Executive, the Land Trust

It is a sad fact that many children are no longer allowed to play outside on the street or in nearby fields the way we did when we were younger. There is both a growing perception that children are only safe indoors and an increasing culture of fear and litigation. However, children who are only kept in very 'secure' places are not ones who can solve problems for themselves or take responsibility. However more worryingly, the growing number of children who are denied the chance to play outside in the fresh air face a knock-on effect to their health. We have a responsibility to create an environment for them that is 'safe' and even though it might be 'engineered', they are still rewarded with the same vital benefits. At the Land Trust we are endeavouring to raise awareness of natural play and the fantastic rewards that both children and their families can reap.



In an increasingly technological age, children are more likely to spend their time sitting in front of a TV or computer than outside climbing trees, rolling down hills, making daisy chains or mud pies. The government has stated that play deprivation is as damaging as junk food for children<sup>1</sup>, and one in 10 children and young people are diagnosed with a mental health disorder<sup>2</sup> due to the lack of outdoor play. Children are increasingly struggling to relate to the environment, which has a direct effect on their health and development. Those who succumb to the indoor recreation lifestyle are more likely to become obese and to have a low concentration span in the classroom which can lead to ADHD (Attention Deficit Hyperactivity Disorder) and higher stress levels. This is aside from physical

effects due to the lack of fitness and low levels of vitamin D, which leads to brittle bones and susceptibility to illness.

## Countryside Jobs Service Focus on Outdoor Recreation

We believe playing outside allows children to thrive and learn in a less structured and accessible environment. There are free outdoor play schemes up and down the country catering for all age groups, and the Land Trust offers activities such as mini beast hunts, bat walks, bushcraft events and den-building workshops in addition to more general health-orientated play. We also believe in the community getting involved in their local spaces, and providing natural play in people's everyday lives is a great way to do this. Outdoor activities allow young children to learn about the world and gain essential life skills. Children who embrace the great outdoors are rewarded with improvements to their ability to recall information, creative problem-solving skills and a boost to their creativity in general. Our experience working with educational units such as the Old Hall Centre in Doncaster shows us that children who struggle in the classroom often show enthusiasm and great attitude and are model pupils when outdoors – behaviour then gets transferred back to the classroom.

The great outdoors can also play a part in eliminating the common problem of anti-social behaviour. As part of the Forest Schools programme our Community Rangers work hard to help feed children back into mainstream education after they have been excluded or suspended due to anti-social behaviour. The hands-on, practical conservation skills based approach is designed to teach anger management, self control and teambuilding expertise. The sessions are expertly presented to the students as a means of learning survival techniques, but the Rangers are able to efficiently engage with the youngsters and create an understanding of what the woodland can offer them, as well as the right way to treat it and how they can best use its facilities. As a result anti social behaviour on site has dropped considerably. Childhood is the starting block for the future and it would be a great shame to deprive children from the countless benefits of outside play. Outdoor activities for children play a vital role in the development of healthy minds and bodies, and it sets the mark for the rest of their lives.

The vital factor in all of this is the availability of safe, usable and stimulating open spaces. Without these there's simply no opportunity for free and accessible play. Therefore it's important that more is done by all those responsible for planning our towns and cities ensure that people – both old and young – have access to quality and safe open spaces. These

spaces need to be at the heart of the community so they can be used by everyone. Even in urban developments, steps should be taken to maintain and care for open spaces. Money invested in the upkeep of such areas is well spent, as it encourages people to lead healthier lifestyles and cuts the risk of heart disease, obesity and mental health problems – so saves the government more in the long run. Only this month a Defra report quantified that open space were worth £30 Billion pounds a year in health and wellbeing benefits .... now that's a figure that will make even the politicians sit up and take notice!

<sup>1</sup> BBC News, 'No outdoor play 'hurts' children', 2007, <http://news.bbc.co.uk/1/hi/uk/6986544.stm>.

<sup>2</sup> Dr. William Bird (2007): Natural Thinking. A report for the RSPB investigating the links between the Natural Environment, Biodiversity and Mental Health.

For more about the Land Trust visit their website: <http://www.thelandtrust.org.uk>



**The National Association for Environmental Education** is the key association for all those involved with EE or ESD in formal or informal settings. We support individuals and organisations and promote environmental education as an integral part of learning at all levels. Please contact us with any queries you have.  
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### Allnatt Venues

Founded in 1924, Allnatt Venues is a residential and day centre that has developed, adapted and changed to meet each group's needs; offering a range of teaching programmes. These include Outdoor Adventure weeks, offering rock climbing and high ropes challenges and Field Study courses, using a variety of outstanding locations.

**Muddyfaces** provides a one stop shop for forest school and outdoor play resources enabling organisations to source a range of items including health and safety equipment, tools, ropes and bags, outdoor play kits and outdoor clothing on one purchase order saving administration time.  
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## The British Wildlife Photography Awards

By: Maggie Gowan, Director BWPA

**BRITISH WILDLIFE PHOTOGRAPHY AWARDS**  
instant and obvious, as soon as I heard the idea. I was hooked on the concept of bringing together a great collection of British wildlife imagery for all to enjoy and be inspired by. I had the same feelings and instinct when I developed my very first photos in a darkroom and in my first job as a museum curator, putting on an exhibition about Epping Forest.

The decision to start a photography competition and subsequent exhibitions about British Wildlife was

Having had the good fortune in recent years to commission and curate two high profile national photography exhibitions "The Coast Exposed" and "Climate Change in my Backyard" I knew that a comprehensive collection of British Wildlife photography would be popular with the British public.

I am also acutely aware of the many issues we are facing regarding habitat and species and hope that raising awareness through the medium of photography will help bring about greater public interest and involvement now and in the future. For this reason BWPA is keen to encourage everyone including the young, students, amateur photographers, naturalists, professional photographers and anyone else who has an interest in the environment or photography.

The touring exhibitions have been very well received and enjoyed around the UK and we believe has surprised and inspired many visitors, who would not normally attend a wildlife show. My neighbour who is fifteen and had little or no interest in wildlife, but saw the book said " Wow. These pictures are amazing. This makes me want to go and find them myself " That is the perfect response and the whole point of the competition: to inspire people to explore and discover for themselves.

Nature reserves are wonderful places for photographers to learn and experiment with photography and I hope it is possible to encourage people to do so.

There are a great many talented photographers around the UK from all backgrounds who are passionate about their wildlife subjects and who capture them in creative and innovative ways.

For example, Lynne Newton who won the Hidden Britain category this year with this stunning images of dragonflies in dew, works in a local school during the day but manages to visit her local RSPB nature reserve whenever she can, to take photos. She has written poems about her subjects and is planning an exhibition soon.



Photo by Lynne Newton

I know there are always issues with access versus conservation but these can be overcome. As long as photographers know the rules eg. Not to place tripods in sensitive places / SSSI sites or to walk in protected areas, I would expect their presence is welcomed.

I think organised access has huge benefits (if wardens can find the time in their busy schedules) to take photographers to areas they know will have certain species. If it's a resource issue then a nominal fee is completely reasonable. Or have special open days where areas can be accessed for small numbers.

With so much digital access now, photography is a perfect medium to share images, experiences, memories and knowledge, which is something BWPA will be hoping to develop in future years.

Although entries have closed for this year visit [www.bwpawards.co.uk](http://www.bwpawards.co.uk) to find out more about the awards and look at previous winning submissions.

If you want to engage with nature through filmmaking, **Bristol Wildlife Filmmakers** run professional course for wildlife enthusiasts and educators and amateur filmmakers. Tap into world-class expertise and learn how to craft wildlife films that will inspire others. See us at: <http://bristolwildfilm.co.uk/>

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## Talking wildlife, cows and ostriches with Simon King

### Are there any “Golden Rules” for wildlife watching?

Every single species has its own set of rules. So approaching a certain creature requires a certain knowledge of it and its senses but in general just be aware and pay attention.

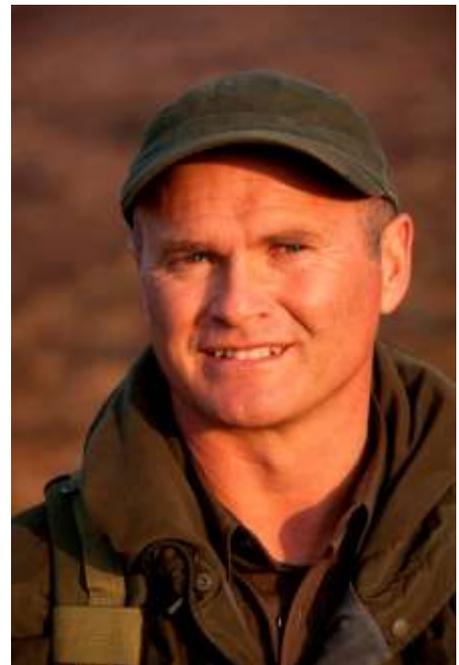
Be aware of wind direction, it's something you can be aware of the whole time. I remember as a kid I would always throw grass seed into the air to watch which way they blew. Before long you know where the wind is coming from the whole time and it makes so much difference when watching wild mammals because so many if they smell a human they will take off, if they don't smell you then you've got a chance of seeing them.

Be aware of your surroundings and hone your listening and

**Wildlife Whisperer** promote responsible wildlife watching and photography. Always put the welfare of your subjects before a good view or photograph. If you show respect and care, your experiences in the wild will be richer and the wildlife will remain undisturbed for all to enjoy.

looking skills, be aware of peripheral vision and of the subtle sounds around you, in the bushes, in the leaves and react accordingly.

A good way to hone your field craft skills is to try to move around a field of cows or hide on the edge of one without a cow stopping and



looking at you because they are aware of everything. We think of them as a domestic species but they've lost none of their ability to spot something odd in the landscape. I have more than once been in full camouflage, dressed in a carbon lined suit so scent doesn't go anywhere, the wind in the right direction, beautifully camouflaged with roe deer and foxes close by and a Friesian cow staring at me. You think, "How on earth are you doing that?" So, if you can get under the radar of a cow you're doing pretty well!

### Do you think it is better to focus on a species or a habitat?

Every species requires a certain set of skills within reason. For example, rabbits generally don't react to the scent of humans but they do react to the sight of a human figure. So you can be upwind of a rabbit and it can smell you and not be concerned. But if you're up against the sky it will see you and not come near.

The holistic view is best because bit by bit you will learn how to move through your landscape and moving through your landscape without causing massive disruption is the real key to having more contact with wild things. That comes in a whole skills set which you can glean over time and from things like Wildlife Whisperer or books or trial and error. The trouble with trial and error is that it's so easy to get it wrong and much harder to get it right and the disruption along the way can be disappointing and not necessarily constructive.

### Is there a 'best' season to start?

There is no time when you shouldn't start, wherever and whenever you are is a great starting place. The most important thing is to get out and do it and to start connecting.

### If you could ask our readers to do one thing to improve wildlife watching for the public what would it be?

To be there for them. Just to be there to be able to interpret the thing that makes it so magical for them. It's one thing to be faced with a wall of twittering birds and not have the slightest idea of what's going on. Quite another to have somebody separate them out and then to tell a little story about each and every one. I don't simply mean to say that's a wood warbler, that's a chiff chaff. Although that's a start. But then to be able to say do you know that chiff chaff has just flown all the way from West Africa where it's been spending the winter, it only weighs so much and this is how it behaves.

Just to be there and to interpret.

Also to let people explore, whilst I absolutely recognise a reserve is somewhere for the natural world to be able to flourish, if humans aren't engaged in that then it's failed. We need to make sure it has a value for everyone and if that value starts with children climbing trees and playing in the stream, creating memories for the future, then that's brilliant because that's what you need to start having a genuine touch and connection with the natural world. Access and communication are key.



### Simon's current project is the Wildlife Whisperer website.

He says the site will continue to grow with new cameras, information and films.

Everyday sees something fresh and new and not just from added content but from the behaviour of the things we're watching. The beauty of the live camera system is that once they're up and running and in place then the stars of the show are doing the business, the ones telling the story and growing on a daily basis. It gets compelling.

At Wildlife Whisperer, our ethos is to give people the tools

of good craft in the field and to make sure their impact on the very thing they want to see is minimised which is why there's a fairly in depth look at how to find and watch otters, a film about how to watch fallow deer when they're rutting, with many more to follow.

The site has just added education membership which is engaging schools in the natural world using created modules and education packs for Key Stage one and two.

### Simon finished by saying

We are so blessed on these isles to have so much rich wildlife on the doorstep and it can get better, that's the beauty of it and I believe that there is a will for it to. We're going from strength to strength, there are areas of complacency where we need to pick up our game but broadly it is a beautiful isle full of life and full of people who want to make sure it remains that way.

CJS thanks Simon for his time and would recommend having a look at the new website [www.wildlifewhisperer.tv](http://www.wildlifewhisperer.tv) – but do leave yourself plenty of time, it's all too easy to get wrapped up in the web camera drama!

**Favourite places:** Marvellous places like Slumburgh Head in Shetland and I regularly visit Shapwick Heath which is joined to Westhay Moor Nature Reserve in Somerset but there really are too many to choose from.

**First wild animal you learnt to reliably identify:** Ostrich (Simon was born and spent his first years in Kenya)

**The one UK resident species rarely seen –** Wild Cat, although I have seen them on a number of occasions.

**What is your most enjoyed species for watching –** mass spectacles are always spell binding, a roosting flock of starling coming into a reed bed is totally mesmerising and two or three hundred red kite coming in to feed are awesome.

Subtle details too, I love spending time with otters, just being close to a mother with cubs and watching the relationship between them knowing that you're sharing their space is completely gorgeous.



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- For more information: [www.seawatchfoundation.org.uk](http://www.seawatchfoundation.org.uk) or [sightings@seawatchfoundation.org.uk](mailto:sightings@seawatchfoundation.org.uk) or tel: 01545 561227

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**Geocaching in the UK**

Written by Terry Marsh

Everyone dreams of finding treasure: a crock of gold at the end of a rainbow, a rare antique of singular value, an undiscovered Wordsworth manuscript. Such is indeed the stuff of dreams. Yet the laws of probability dictate that it simply isn't going to happen.

For those with less exalted ambition, treasure is all around, just waiting to be found. What is more, there are very accurate and detailed clues on where to find it. It may not be a life-changing event, but for this treasure the value lies in discovery, learning and achievement not in quantifiable worth.

Geocaching became a possibility when selective availability was removed from civilian Global Positioning System (GPS) devices in 2000. Until then, GPS units, other than those used for military purposes, were neither precise nor useful. Suddenly, with a GPS device it became possible to pinpoint, very accurately, any given location using co-ordinates of both latitude and longitude, or the British grid referencing system. Once that became possible it was just one short step for outdoor mankind into the world of treasure hunting.

Today, it is mind-boggling to think that there are tens of thousands 'geocaches' (as they became known), within the UK, and over 1.3 million worldwide. Every walk in the park with the dog; every day in the countryside, maybe every visit to the supermarket, leads past a concealed geocache, and most folk would simply never know they were there.

Typically, a geocache will take the form of a plastic 'Tupperware'-like box; one that can be sealed against the weather. They are concealed, often ingeniously, by those who enjoy the pursuit, in some not-easy-to-stumble-upon location – away from a regular path, for example –



and its exact location uploaded to a worldwide website ([www.geocaching.com](http://www.geocaching.com)) so that others may then discover it. Traditional caches such as these usually contain a logbook and pencil to enable finders to record their discovery, which is later repeated on the website. That's it, fundamentally at least; there is no other achievement. But unlike trainspotting, which is a chance activity, successful geocaching hinges on your own ability.

But on the foundation of this mildly 'anorak' pursuit, there is a growing realisation that geocaching has a number of bolt-on benefits. Firstly, it need not be a solitary activity; many geocachers go out with friends, or in family groups, involving

**FACT FILE**

Across Britain there are local, regional geocaching groups, but nationally they are represented by the Geocaching Association of Great Britain, which is available to help with a wide range of issues both for individual cachers, or those who want guidance in producing geocaching trails and events.



Geocaching Association of Great Britain (GAGB) - [www.gagb.org.uk](http://www.gagb.org.uk)

children in the enjoyment of our countryside in a pleasurable and healthy way. In fact, it gets us all out walking, and adds a new dimension to a walk.

And for people involved in the management of the countryside, geocaching is a superb tool, not least because it brings people to places, even in their own neighbourhood, that they may not know about, it's a location marketing mechanism that can work well for urban parks, linear trails, country parks and wider recreational areas.

Geocaching encourages everyone into the countryside, being suitable for all ages: parents with young children, groups of friends, solitary individuals and those who have retired but are looking for some exercise and fresh air. For the land manager, the content of cache pages often provides inexpensive – read, free – geo-located interpretative information, while the logs made of cache finds often provide an independent stream of feedback on the location and its facilities. So useful is geocaching proving to be to land managers that many of them have taken to developing geocaching trails themselves, e.g. the National Trust at Tyntesfield, Shropshire Discovery Centre, Yorkshire Dales National Park. Working independently or with the expertise of local geocachers, land managers are well placed to co-operate in this leisure pursuit, and to develop interest in and enthusiasm for their particular area.

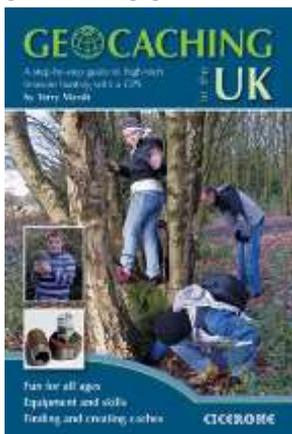
Caches also contain items that have been 'invented' as the activity has grown. Known as 'travel bugs' and 'geocoins' these items have a 'mission' assigned by the owner, usually to travel around the world via caches, or more specifically, for example, to visit mountains, or other caches in an alphabetical sequence. Once a travel bug or geocoin is retrieved from a cache, its discovery can be logged on the website, and its own page and its stated mission can be discovered. It is then for the finder to comply with the mission statement, and move the item on accordingly.

So popular is the pursuit now becoming worldwide that the number of new caches is increasing by more than 1,000 every week, and judging by the comments left in logbooks and on the website, huge fun and enjoyment is derived from it. Of course, there are times when some geocaches are not found. Maybe your search wasn't diligent enough, maybe the cache had been found by a non-geocacher (known within the pursuit as 'muggles', a term borrowed from Harry Potter), maybe the cache was found by a fox that knocked it about a bit thinking there may be food in it. Then you need to record the fact that you did not find it (DNF) to enable the 'owner' to go and investigate.

There is a modicum of resistance among some landowners to caches being sited on their land, although these are few in number. But often this is based on insufficient information about what geocaching involves, and the extent to which it is carefully regulated so not to cause damage to property or the environment; we don't, for example, put caches in environmentally sensitive areas. One thing for land managers to bear in mind is what is known as CITO – Cache In Trash Out. CITO events involve geocachers taking plastic bags to collect rubbish from around the site that is the object of the event; it's a free service, something that geocaching gives back to the locality.



Is it for anoraks? Or is it a beneficial social activity? It is certainly an adjunct to recreational walking, an added excuse to get out into the countryside. And that can't be bad.



### Geocaching in the UK, by Terry Marsh

(Cicerone Press, 2011: ISBN 978-1-85284-609-1, £12).

Terry Marsh is a full-time writer and photographer specialising in travel and the outdoors, and author of 100 books and numerous magazine articles and DVD scripts. From 1992 until 2009 he was Secretary of the Outdoor Writers and Photographers Guild, and is today a Fellow of the Royal Geographical Society, and holds a Master of Arts degree in Lake District Studies. He is currently researching for a PhD in Historical Geography. [www.terrymarsh.com](http://www.terrymarsh.com).

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## **"Can't see why I'd ever need Mountain Rescue" - famous last words**

Article from Andrew Simpson MREW Press Officer

No matter how experienced or careful you are, in the blink of an eye you can find yourself in need of rescue - your life in the hands of a rescue team. And, should you be unfortunate enough to need their help, you'll receive a professional, world-class service - from a group of highly trained, highly motivated individuals.

The mountain and cave rescue service in England and Wales is provided by around 3500 volunteers, available 24 hours a day, 365 days a year. Whatever the weather. \_\_\_ Their bread and butter may be the wild and wonderful uplands of England and Wales but, besides being called to help those who become ill or injured in the moorlands and mountains, teams are frequently tasked to assist the police in the search of semi-urban areas for missing persons - the young, the old, the vulnerable. \_\_\_

They've assisted the ambulance service with remote or difficult to access areas. They've provided expertise and manpower during major civil emergencies such as the Grayrigg train crash or the Lockerbie disaster; assisted the fire service with moorland fires in Lancashire, Yorkshire and the Lake District; helped rescue people from their own homes during extensive flooding in Cocker mouth, Gloucestershire, Carlisle and South Yorkshire; and searched snowbound roads for stranded motorists. They've even searched for forensic evidence and helped preserve the scenes of crime. \_\_\_

*So... whether you're a walker or not, and thought you could never need mountain rescue you could well be mistaken.*

However, there are some simple precautions you can take before and during your trek out into the great outdoors:

### **Prepare and plan**

Develop the mountain skills you need to judge potential hazard, including the ability to read a map. Think about the equipment, experience, capabilities and enthusiasm of your party members, taking into account the time of year, the terrain and the nature of the trip - and choose your routes accordingly. Learn the basic principles of first aid - airway, breathing, circulation and the recovery position. It could make the difference between life and death.

### **Wear suitable clothing and footwear**

Wear suitable footwear with a treaded sole, and which provides support for ankles. Clothing should be colourful, warm, windproof and waterproof and always carry spare, including hat and gloves (even in summer the tops and open moorland can still be biting cold, and it's always colder the higher you climb).

### **Carry food and drink...**

Take ample food and drink for each member of the party. High energy food such as chocolate and dried fruit are ideal for a quick hit.

In cold, wet weather a warm drink is advisable, and always carry water - even in cool weather it's easy to become dehydrated.

Of course, large quantities of water can weight heavy in the rucksack, so take a smaller water bottle and top up when you can - streams on hills are drinkable if fast-running over stony beds.

### **...and the right equipment**

A map and compass are essential kit and should be easily accessible - not buried in the rucksack!

A mobile phone and GPS are useful tools but don't rely on your mobile to get you out of trouble - in many areas of the mountains there is no signal coverage.

Take a whistle and learn the signal for rescue. Six good long blasts. Stop for one minute. Repeat. Carry on the whistle blasts until someone reaches you and don't stop because you've heard a reply - rescuers may be using your blasts as a direction finder.

A torch (plus spare batteries and bulbs) is a must. Use it for signalling in the same pattern as for whistle blasts.

At least one reliable watch in the party.

Climbers and mountain bikers should wear a helmet. In winter conditions, an ice-axe, crampons and survival bag are essential.

### **Emergency survival kit comprising spare clothing and a bivvi bag.**

Before you set out

Charge your phone battery! Many accidents occur towards the end of the day when both you and your phone may be low on energy.

Check the weather forecast and local conditions. Mountains can be major undertakings and, in the winter months, night falls early.

Eat well before you start out.

Leave your route plan including start and finish points, estimated time of return and contact details with an appropriate party.

### **On the hill**

Keep an eye on the weather and be prepared to turn back if conditions turn against you, even if this upsets a long planned adventure.

Make sure party leaders are experienced. Keep together, allow the slowest member of the party to determine the pace, and take special care of the youngest and weakest in dangerous places.

Watch for signs of hypothermia, particularly in bad weather - disorientation, shivering, tiredness, pale complexion and loss of circulation in hands or toes, discarding of vital clothing. Children and older people are especially susceptible.

If you prefer to go alone, be aware of the additional risk. Let people know your route before you start, stick to it as far as you can and notify them of any changes.

If you think you need mountain rescue, get a message to the Police (999) as soon as possible and keep injured/exhausted people safe and warm until help reaches you.

### **Dangers you can avoid**

Precipices and unstable boulder.

Slopes of ice or steep snow, and snow cornices on ridges or gully tops.

Very steep grass slopes, especially if frozen or wet.

Gullies, gorges and stream beds, and streams in spate.

Exceeding your experience and abilities and loss of concentration.

### **Dangers you need to monitor**

Weather changes - mist gale, rain and snow may be sudden and more extreme than forecast.

Ice on path (know how to use an ice-axe and crampons).

Excessive cold or heat (dress appropriately and carry spare clothing!).

Exhaustion (know the signs, rest and keep warm)

Passage of time - especially true when under pressure - allow extra time in winter or night time conditions.

For more information or to make a donation to mountain rescue log on to: [www.mountain.rescue.org.uk](http://www.mountain.rescue.org.uk)

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**Alison Williamson** BSc., MSc., MIEEM., MIPROW., CEnv. Recreation and Rights of Way Freelance Consultant. Consultant since 1998 after leaving National Trust. Development planning & recreational impact assessment (incl. mixed-use developments/ windfarms), Map Modification Orders, Public Path Orders, expert witness, access management strategies/research. Based Gloucestershire, operates nationwide. Insured.  
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**Wild Scotland** has become the wildlife and adventure tourism association, including wildlife watching activities and all other outdoor activities. We promote and support responsible and quality nature-based tourism operators in Scotland. For more information visit our websites: [www.activity-scotland.org.uk](http://www.activity-scotland.org.uk) (activities & adventure) & [www.wild-scotland.org.uk](http://www.wild-scotland.org.uk) (wildlife watching), or contact [info@wild-scotland.org.uk](mailto:info@wild-scotland.org.uk).

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## Tick Awareness: Key to Safety in the Great Outdoors

From BADA-UK

Reports suggest that the tick population and its distribution is increasing, and with it comes the risk of Lyme disease (Borreliosis) and other tick-borne infections.

Over the last few years, Lyme disease cases have increased significantly and with no vaccine to defend against it, tick awareness is vital.

Lyme disease is a bacterial infection, carried in the intestines and salivary glands of ticks. Other pathogens can be transmitted concurrently by a single tick bite, causing multiple infections. As ticks aren't labelled to say whether they are infective or not, it is a good rule of thumb to treat them all as if they are.

Insect repellents, wearing gaiters or tucking trousers into socks, and clothing with elasticated cuffs / waistbands, will all help to deter ticks from getting access to the skin. Checking yourself regularly also increases the chance of finding a tick before, or soon after, it has attached to you. The longer a tick is allowed to feed, the higher the risk is of disease transmission.



Traditional methods of tick removal, such as burning them off, freezing or smothering them with substances such as petroleum jelly, spirits or oils, are thought to stimulate the tick to regurgitate saliva and gut contents which may contain infective agents. Similarly, using fingers or broad-nosed / incorrectly-used tweezers, or poorly

designed tick-removal implements, can result in back-flow of fluids.

Fine-nosed tweezers should be used, approaching the tick from the side to avoid compression of its body. Grip the tick as close to the skin as possible and pull / lever upward steadily. Twisting with tweezers can exert pressure to the tick's mouth parts, breaking them off.

A study, published in the Veterinary Record, found the O'Tom Tick Twister to be the most reliable for removing the mouth parts intact, avoiding compression of the tick's body, avoiding discomfort and ease of removal.

Borreliosis & Associated Diseases Awareness UK (BADA-UK) is a registered charity dedicated to the prevention of tick-borne disease. For comprehensive information, and tick-removal and repellent products, contact BADA-UK, PO Box 544, Wath Upon Dearne, Rotherham, S63 3DW: [www.bada-uk.org](http://www.bada-uk.org)

**Be Tick Aware - Prepared - Protected!**



### Why are our parks and green spaces so important?

By Kelly Caulfield, Marketing and Communications Manager at GreenSpace

91% of people believe that public parks and open spaces improve their quality of life

Over 33 million people use their local green spaces on a regular basis, making around three billion annual visits. 50% of us visit a park or green space at least once a week and declare that this is to improve physical and mental health, enhance our closets relationships, chill out, interact with our communities and have a good time; no other aspect of our cultural lives can compare. It's clear where our peoples' commitments lie; if people are satisfied with their local parks, they tend to be satisfied with their council.

There is a strong correlation between access to green space and public health; in urban areas people are more likely to rate their health as good if there is a safe and pleasant green space in their neighbourhood. Whilst all forms of exercise have potential health benefits, those that are taken in a green and pleasant outdoor environment are the most beneficial with a brisk walk every day in a park reducing the risk of heart attacks, strokes and diabetes by 50%, fracture of the femur, colon cancer and breast cancer by 30% and Alzheimer's by 25%. Increased survival of senior citizens is linked with increased space for walking; maintaining exercise and activity levels and exposure to green environments, supports intellectual and emotional wellbeing amongst the elderly, reducing and slowing the ravages of dementia and increasing their chances of continuing independent life in their own home.

Obesity and related diseases is one of the biggest and fastest growing health issues, costing the NHS an estimated £4.2 billion a year, a figure that is forecast to more than double by 2050. The rising rate of childhood obesity is arguably more alarming and 80% of obese children are likely to become obese adults. Recent work has shown that where people have good access to green space, they are 24% more likely to be

physically active and residents in high 'greenery' environments are 3.3 times more likely to take frequent physical exercise as those in the least green environments. Those who live furthest away from parks and green spaces are 27% more likely to be overweight or obese.



Jazz in the gardens at Lea Valley

Health benefits are only part of the picture....

There are many other justifications for continued protection and investment in our urban green infrastructures. Climate change perhaps represents the greatest challenge for the future viability of our towns and cities and without their urban green infrastructures they stand little chance of satisfying our contemporary quality of life aspirations. They cool and clean the air, absorb pollutants, reduce carbon dioxide levels and produce oxygen and provide buffers against wind and cold. They filter and absorb rain water and control storm water run-off. But of course all of this relies on them staying healthy and green, when they themselves are feeling the impact of the change

process. Maintaining healthy green space and supporting the rich biodiversity within them in the coming decades needs specialist skills and knowledge, innovative approaches to planting and investment in irrigations systems and rain water harvesting and storage.

Big Society is already happening

There are at least 4,000 community groups with a membership exceeding 500,000 actively and regularly contributing to the management and maintenance of their local green spaces, the work of these volunteers is valued at around £35 million per annum. There are in addition thousands of city farms, community gardens and allotment sites operating on a self-managed basis, and many thousands of groups getting involved in green space in a less formal, more casual and occasional basis. Their contribution has helped to improve, protect and enrich at least 15,000 green spaces of various types across at least 4,000 community areas.

Green space volunteering has successfully drawn in people from all walks of life, the young, the old, the socially disadvantaged and excluded; but that's because these spaces mean so much to so many. They bring communities together, integrate generations, shape and define places, forever representing and reminding people of their cultural and social heritage. They revitalise, regenerate and refresh. Where good green space exists, people are more likely to know their neighbours, social webs are stronger and more cohesive, vulnerable members are less likely to live in isolation and fear of crime.

Even with this mass appeal and opportunities, for really positive and enjoyable volunteering, the contribution made can only ever enhance and support rather than replace the care, effort and endeavour of paid staff. Many of the representatives of the green space voluntary sector have passionately spoken out against the suggestion that they should do anything other than add to the efforts of skilled and professional dedicated staff. Reaching this level of engagement has not been easy; it has taken hard work and determined staff with appropriate skills. It has no doubt been worthwhile, with estimates that there has been a rate of return on investment of £4 for every £1 spent, but it has been resource intensive and the resources needed to take this to the next stage are not currently available.

#### Ten park facts....Did you know?

1. 91% of people believe that public parks and open spaces improve their quality of life.
2. A brisk walk every day, in your local park, can reduce the risk of heart attacks by 50%, strokes by 50%, diabetes by 50%, fracture of the femur by 30%, colon cancer by 30%, breast cancer by 30% and Alzheimer's by 25%.
3. Air quality, air temperature, water and flood management, are all kept within manageable limits because of parks and green spaces.
4. The more often a person visits urban open green spaces, the less often he or she will report stress-related illnesses.
5. Outdoor play and adventure can increase levels of physical activity and fitness, activate higher cognitive processes and healthy brain development.
6. Over 33 million people in England choose to use their green spaces, with around a tenth of the population visiting daily.
7. Elderly people who have close access to a place where they can relax and enjoy nature, show significantly greater satisfaction with where they live.
8. The number one ranked issue for good parks and public spaces is that they give a sense of community.
9. Owners of small companies rank recreation, parks and open spaces as the highest priority in choosing a new location for their business.
10. Over 50% of us visit a park at least once a week, to improve physical - and mental - health, to enhance our closest relationships, to chill out, to interact with our communities and to have a good time.

### What next...

Not only do parks and green spaces need to show how they contribute to these local priority outcomes, they need to show they can do so productively. Simple advocacy needs to be supported by strong political and managerial leadership making a case based on evidence and past performance, capable of involving itself in key partnerships where priorities are defined and able to contribute to arguments about how local problems can be solved rather than why money should be spent on parks and green space.

Love Parks Week - the only national campaign for our parks and green spaces, this year it will be taking place between Saturday 23rd July and Sunday 31st July; the first week of the summer holidays. This year organisers GreenSpace aim to double their number by gathering one million people into parks and green spaces across the country, showcasing the benefits which are obtainable from free, local resources and encouraging further promotion and reinvestment into such valuable, but often forgotten assets.

By holding an event in a park or by simply attending one, you will be helping to drive the message that our parks and green spaces are essential to healthy, happy and strong communities. The Love Parks Week website acts as an enabler for event organisers providing helpful toolkits and promoting their events. From this, forms a searchable event directory for visitors across the country. Find out more at [www.loveparksweek.org.uk](http://www.loveparksweek.org.uk).

GreenSpace is a registered charity which works to improve parks and green spaces by raising awareness, involving communities and creating skilled professionals. [www.green-space.org.uk](http://www.green-space.org.uk)

#### Celebration of community forestry

The Mersey Forest, a leading North West environmental initiative, celebrates 20 years of community forestry at Warrington's Risley Moss on 26th June. Everyone who has helped plant 8 million trees is invited to enjoy storytelling, bush craft skills, willow-weaving, chainsaw carving and opportunities to join local woodland groups. [www.merseyforest.org.uk](http://www.merseyforest.org.uk) 01925 816217

#### National Sustainable Schools Conference 2011 Regional and Online!

Take part in three different interactive workshop sessions throughout the day with presentations, keynotes, and a space to network over lunch with other educators, NGOs, and students who are driving the change in their schools. Visit [se-ed.org.uk](http://se-ed.org.uk) for more information!

#### Montrose Basin Visitor Centre - July Events:

Children's Activities: 10.30 -12.30pm - £2.00 per child  
Wednesday 13th July - Pondamonium  
Wednesday 20th July - Rockpool Ramble  
Wednesday 27th July - Bugs and Beasties  
Saturday 16th July 12.30 - 4.30pm - Ranger Reserve Ramble - Adults £3.00, Children £2.00, Members free  
Booking Essential: Telephone 01674 676336

#### Trees for Health

Lime Tree Flower Harvest 9 July, Natural Materials Taster Day (woodworking, cob, willow, wheat) 21 August, Wild Berry Jams 10 September, Autumn Berry Gathering 18 September.  
Get to know trees from Celtic Calendar: 3 July oak, 31 July holly, 28 August hazel, 25 September apple.  
[info@treesforhealth.org](mailto:info@treesforhealth.org) 0845 456 9325  
[www.treesforhealth.org](http://www.treesforhealth.org)

#### The River Routes in Stockton (Groundwork NE)

Work to improve access to, and enjoyment of, the green areas around Stockton-on-Tees. If you're interested in working in the great outdoors, on a range of practical tasks and learning new skills in a sociable atmosphere, get in touch. Tel: Dan- 07587 778 449

The new number one website for new and used Bike, Surf & Snow gear. Visit **The Gorilla Firm** [www.thegorillafirm.com](http://www.thegorillafirm.com) for equipment, holidays, training courses, parts and accessories. Sell second-hand items or shop for upgrades. Listing your items is currently free whether you're private or trade, so visit us today.

**Everedge:** Invented, designed and manufactured in the UK, EverEdge is the first choice for private and professional gardeners, landscapers and architects looking for a versatile and flexible range of landscape edgings. Manufactured as standard in galvanised mild steel, other materials are available on request. [info@everedge.co.uk](mailto:info@everedge.co.uk)

**Clear your pond or small lake of algae** by bringing the water back to pH 7-7.5 with BioAktiv Water product see [www.ewibio.co.uk](http://www.ewibio.co.uk) or contact E.W.I. Tel 0116 2592590/ [ewibio@tiscali.co.uk](mailto:ewibio@tiscali.co.uk).

**Join our Midweek, Food Growing or Green Gym** group to work on conservation projects throughout Gloucestershire. We offer practical, hands on experience and offer free training in Level 2 Diploma work-based Environmental Conservation. Contact BTCV on 01452 863686 or [glos@btcv.org.uk](mailto:glos@btcv.org.uk), to find out more about volunteering opportunities in Gloucestershire.

The CJS Team would like to thank everyone who has contributed adverts, articles and information for this CJS Focus publication. Next edition will feature Trees and Hedges, published 21/11/11.