



National Parks for Health

- Who am I?
- Protected landscapes and health?
- Systemic challenges
- Barriers to access
- What works – practical e

Who am I?

Mother of 4; wife of 1

Keeper of chickens

Teacher and youth worker

Charity director

Serial system meddler

Inclusion and access warrior

Occasional thorn-in-side

Policy advisor

Generation Green sponsor

Outdoor Citizens founder

Operational leader in outdoor learning - million plus people a year

What do protected landscapes do for health?

- Volunteering
- Connections to nature
- Connections to heritage – personal and community
- Arts and culture – forming new/enjoying old
- Social connections
- Awe
- *Convening*
- *Purposes*
- *Partnership Management Plan*



What are systemic issues that stop us doing more?

- Have we enough funding? Do we use it well?
- Are we/funders too short termist?
- Are local authority structures a help or hindrance?
- Space & place v structures – have we the right balance?
- Have we right leadership skills?
- Do we have the right partnerships?
- Are models like social prescribing well understood?

Barriers to access well-rehearsed

- Less than 4% of rivers in England have an uncontested public right of access. The path network is frequently inaccessible and 19.6 million people do not live within a 15-minute walk of green and blue spaces.
- Access land which gives us our current and limited right to roam covers just 8% of England. This right extends only to those on foot and excludes others such as equestrians, paddlers and cyclists.
- ‘Environment professionals’ are one of the least racially diverse professions in the UK, with just 6% identifying as Black, Asian or from other minority ethnic groups, compared to 15% across all UK professions.
- “Of the almost 1,000 people on National Park boards today, the great majority are male, many are of retirement age and a tiny fraction are of black, Asian or minority ethnicities. This is wrong for organisations which are funded by the nation to serve everyone.”

So - what works?

- Identifying who isn't accessing
- Going to 'them' – they are not 'hard to reach'
- Using a strengths-based model
- Building capacity and sharing resource
- Accessible language and imagery
- Effective partnerships – know the limitations of what we can bring
celebrate what others can
- Joint delivery – or better still maybe 'their' delivery
- Stories
- Assessing impact

Dadima's – Chilterns National Landscape



Dr Geeta Ludhra



Who is doing the 'engagement' work and why?
What knowledge/experiences and 'whys' do they bring to the space?
Are those in positions of power, willing to give up space for new narratives and voices to co-exist in green spaces?

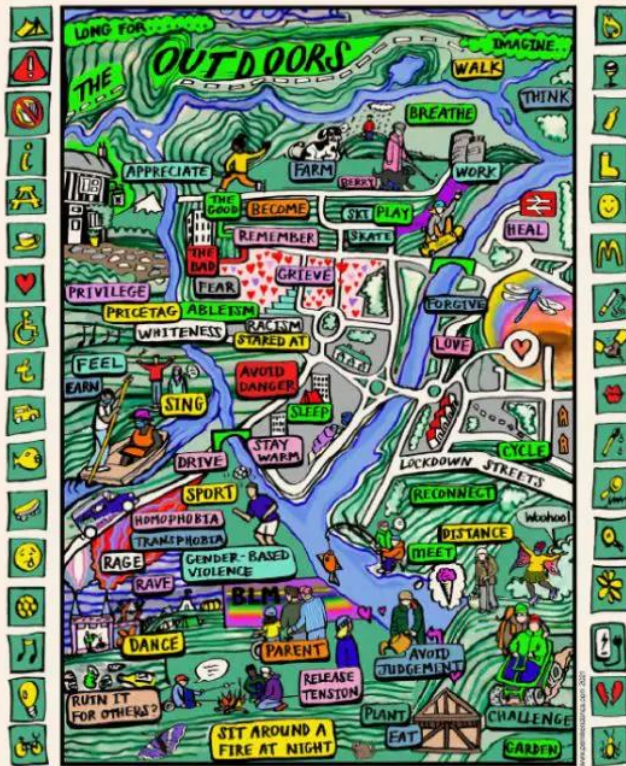
What does authentic 'engagement' look and feel like through a super diverse, multi-sensory lens?
How do diverse communities feel, speak, get heard, platformed and amplified?

How does the language of nature include/exclude different communities?

How can dominant nature narratives incorporate super diverse voices of heritage & culture, religious faith and spirituality, health and wellbeing, different connections between science & nature?

Why might 'engagement' with diverse communities feel uncomfortable for some? Are 'we' really hard to 'ENGAGE'?

YHA Outside Voices



Outside Voices



Meridiana 2021



The Outdoor Connection

Challenging assumptions

See the whole picture



Lack of resources is a barrier to entry

Just want to go outside



That's where your business is



Intersectionality



Diversity

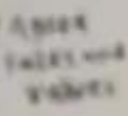
Creating Events where Everyone Feels Welcome

Notice how differences overlap, connect and conflict

Be specific about WHO you are talking to

Where do I like to be?

YES NOT judged



Apex takes no values

Awareness

what do people need?

How to get it into ACTION!

Differences



Invisible



Visible

social enterprises is about back into social purpose

Integration Activities

Not this

That community is 'hard to reach'

Poverty of ambitions

Bigotry of low expectations

Awarding grants and giving donations

Disadvantaged communities

Lacking aspiration

Outreach

Grants and state funding

Perhaps something like this

Our organisation is 'hard to access'

Different ambitions

Reality of limited resources

Redistributing public resources

Resilient communities (overcoming their lack of capital

Aspiring to survive and thrive despite

.....

Infill

Public capital

Wild With Wheels- Kent Downs Landscape



Hubs South Downs National Park



Hubs Curious School of the Wild Bodmin Moor National Landscape



Adventure Queens Surrey Hills National Landscape



Access Unlimited – 10 National Parks



[Connect with nature | Generation Green \(yha.org.uk\)](http://yha.org.uk)

‘What’s that?’ The Horizon

‘What was that thing we were in today – it was great?’ A cave

<https://youtu.be/PZnd1oaDXXE>

Mosaic – Peak District, North York Moors and Yorkshire Dales



South Downs Way

226 YHA South Downs Swanborough Hill and Lewes

Hilltop, town and river walk

Distance: 12.6 miles (20.3 km) Ascent: 353m Time: Allow 5h 30m to 9h 15m

Map: OS Explorer 125k (OLI) Brighton & Hove

Start/Finish: OS Locate TQ 433 055 What3Words //soups.decreased.anchors

A varied route with stunning views from the South Downs Way before passing through historic Lewes and then back alongside the peaceful Ouse. From the hostel courtyard follow the road ahead to cross the railway. Continue through Southeaste, cross the busy road and pick up the footpath just inside Gorham's Lane. Follow the South Downs Way signs uphill before eventually leveling out along the ridge. Carefully navigate to the right turn onto Juggs Road (track) and head down to Lewes. Leave the footpaths onto Juggs Road, turn left onto Southover High Street, left onto St Pancras Road and follow around to the right onto Rotten Row. Turn right onto High Street, right onto Railway Lane and continue along the River Ouse. Turn left to cross the Southeaste swing bridge and railway back to the hostel.

Hazards

At the rail crossing wait for the green light, check both directions are clear then cross quickly – or use the footbridge. Caution crossing the busy road after Southeaste. Steep chalky descent into Lewes may be slippery after rain. Do not take the route along the Ouse if the river is flooded.

Accessibility

There are no stiles on the route. There are steps, gates and paths less than one metre wide with sections of rough ground with ruts or stones greater than 10cm. Trains from Lewes to Southeaste reduce the walk to just over eight miles.

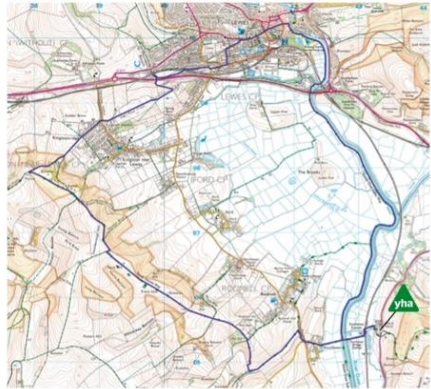
Points of interest

Historic church at Southeaste. Spectacular views from Swanborough Hill. Castle, museum and local brewery in Lewes. Scenic route along the River Ouse.

Facilities

Food, drink and toilets available at the YHA. Drinking water tap outside Southeaste church. Toilets and a selection of cafes, pubs and shops in Lewes.

This route has been created by YHA to provide inspiration and to aid planning and preparation of your walk. It doesn't replace the need for a map or the OS Maps app to navigate your walk safely.



Thank you for choosing to walk from our hostel.
We hope you have a great time.

Walking in the national landscapes of England and Wales is part of YHA's heritage. With hostels on National Trails, in National Parks and Areas of Outstanding Natural Beauty, YHA plays a unique role in the nation's walking community.

To make it easy for everyone to enjoy walking from YHA hostels, we have curated three walks – an easy, moderate, and more challenging option. They have all been graded – the higher the grade, the more challenging the route.

Before you go:

- Check the weather forecast (metoffice.gov.uk).
- Check the tide times for coastal routes (tidetimes.org.uk).
- Get the right clothing, footwear and kit for the route and weather.
- Ensure you have enough time to complete the route before dark.
- Download the OS Locate or What Three Words apps to your phone.
- Contact 999 by SMS text (must pre register by texting 'register' to 999) (relayuk.bt.com/emergencysms).
- Tell someone where you are going and the latest time you expect to return. Give them your phone number and details of your group. (Remember to tell them when you have returned).
- Ensure your entire group have the fitness and skills to complete the route.

For more information please go to www.yha.org.uk/walks

Share your walks at #yhawalks

If you encounter problems with this route contact walking@yha.org.uk



What to wear

- Base layer and mid layer.
- Walking trousers.
- Warm jacket(s).
- Take extra layer(s).
- Hat, gloves and neck gaiter.
- Sun hat, sun cream and sunglasses.
- Waterproof jacket and trousers.
- Cushioning walking socks.
- Walking shoes or boots.

Kit

- Map, compass and GPS device or OS Map app on your phone.
- Water, lunch and high energy snacks.
- Charged mobile phone and portable charger.
- First aid kit.
- Head torch, spare batteries.
- Watch.
- Whistle and survival bag.
- Rucksack, with waterproof cover or a dry bag or plastic bag inside.
- Medicines or toiletries you would usually use.

You might also want to take

- Spare socks, hat, gloves.
- Balaclava.
- Leg gaiters.
- Waterproof baseball cap (handy

- Bivi bag or group shelter.
- Spare food and hot drink.
- Duct tape (handy for fixing things).
- Penknife or multitool.
- Tissues and hand sanitiser.
- Plastic bags to take away your rubbish or dog poo.

In case of emergency

- Call 999 for text 999 if pre-registered and ask for the Police.
- Use OS Locate or What3Words to provide a detailed description of your location.
- If you need to attract attention shout or give six blasts on a whistle at regular intervals. In low light flash your torch six times at regular intervals.
- If you can send someone for help, they need to know your location (grid reference), number of people in the group and the nature of the emergency.
- Help could be some time coming so whilst waiting make the casualty comfortable.
- Keep the casualty warm and dry using spare clothing. Use coats or rucksacks to insulate them from the ground.
- Remember the rest of the group could be getting cold whilst waiting. Use an emergency shelter or find a sheltered location.



Some observations and questions?

- Does it have to be named 'healthy' to be about 'health'?
- Does positioning our work as a solution for health help excuse a lack of investment in other health services?
- Local v national – in pursuing national frameworks do we lose local delivery and capacity ?
- Do we focus enough on the 'non-physical' activity?
- What if we hand all protected landscapes funding to local communities? #ducks

@anitakntweets

www.linkedin.com/in/anitakerwinnye

www.walkingpace.org.uk