

COUNTRYSIDE FOR ALL – Report

Report for LAF meetings 24 & 25/01/17

1. COUNTRYSIDE FOR ALL ROUTES

1.1. Lincolnshire

Lincolnshire Wildlife Trust has agreed to fund the additional leaflet at Whisby. We are aiming to have the 5 route leaflet details with the designer/printer early February. This will make a total of 21 Countryside For All routes in Lincolnshire.

The Woodland Trust has asked for a letter of support for the improvements in accessibility at Owlet Woods. The letter should be sent prior to the LAFs meetings and should be available in hard copy form for information.

We are still investigating the lack of car park signage on the Water Rail Way at Southrey and Stixwoud.

We attended the Activities For All event in Lincoln to promote our Countryside For All routes, advertise for expressions of interest for accessibility ambassadors and advertise the vacancies on the two LAFs. The event was very poorly attended. We estimate approximately 40 people. There was very little interest by the few visitors in all the stands.

1.2. Rutland

The Rutland Water Nature Reserve leaflets have been printed and received a great welcome from a number of organisations.

The Lodge Trust is also interested in improving the route in its grounds and creating a Countryside for All leaflet for the route. The route is open for public access 364 days of the year.

The Woodland Trust stated in 2015 they would be planning a Countryside For All route in Rutland in 2017. The sub group will be contacting the Trust to see how we can assist in this project.

A folder for Rutland Countryside for All walks is being developed. The Yew Tree Avenue “team” has been asked to confirm whether they will know the outcome of the Avenue issues by the end of January. If so, we will include photos of the Avenue on the folder. We will provide the designer/printer with the details for printing the first week of February.

2. DEMENTIA FRIENDLY WALKS

2.1. Lincolnshire

This information is displayed in item 7

2.2. Rutland

2.2.1. The Rutland course was a success, even though we only had 7 people attend the course. Sensory strolls should start in the spring. Another course has been requested as we have now more people who wish to volunteer to lead the sensory strolls. Dementia Adventure has agreed to run another course, however we will need to find funding for the trainer's travel expenses, which was £23.40 for the last course.

Action: Can the Rutland CC fund the travel expenses of £23.40?

3. CHOICE UNLIMITED EVENT

3.1. Rutland

The planning of the next Choice Unlimited event has begun. There were 300 visitors at the event. We are aiming to attract more people to the next event. It is also important that we attract more sponsorship. The next planning meeting is the 19th January. A verbal update will be provided on the outcome of that meeting.

Action: Provide a verbal update on the outcome of the 19th January meeting

3.2 Lincolnshire

We aim to hold another meeting with the LCIL (Choice Unlimited), Lincolnshire Sports and other potential partners re holding an event in Lincoln other areas in the County.

4. WOLDS WALKING FESTIVAL

The Countryside for All walk which we are responsible for is Thursday 1st June 2pm at Chambers Farm Wood.

5. FUNDING BIDS

The only outstanding funding bid at the moment is "Lincolnshire Health Related Walks from April 2017". Progress on that issue is displayed in item 7.

Areas that we have currently identified that we are going out for funding for this year are:

- a) Chapel Six Marshes from the East Coast Community Fund
- b) Ashing Lane Nature Reserve
- c) Inclusive Countryside Access Course

- d) I Spy books for the Choice Unlimited events etc.
- e) Larger folders for the Lincolnshire route leaflets, as we have outgrown the current folder capacity.
- f) Obtain funding for Yew Tree Avenue route improvement and Countryside For All, leaflet if we get the desired outcome.
- g) We feel that with our current workload we will not survey any further "Countryside for All" routes this year but will aim to produce a further 4 new route leaflets in 2018, so we may look to source the funding this year, for next year's leaflets design and production.

6. ACCESSIBILITY AMBASSADORS

We have had only two expressions of interest for Lincolnshire so we will not pursue this at present. We will continue to pursue this in Rutland with Leicestershire. The two people who were interested in this role in Lincolnshire may want to join the LAF.

Action: Chris – Whose email address should we provide for these two people if they wish to join the LAFs.

7. LINCOLNSHIRE HEALTH RELATED WALKS FROM APRIL 2017

We have submitted our application for funding to Bromhead Medical Charity (BMC). We discussed with the funding body the possibility of providing three options and they have agreed to this. Hopefully this gives us three chances of securing funding.

We have informed BMC that our preferred choice is for a Walk Coordinator in the City and each districts to grow and support Walking for Health and Dementia Friendly Walks, the exception being Boston. Boston will have a coordinator one day per week to grow and support the Dementia Friendly Walks only.

Our second preferred option is County wide to support a Walk Coordinator one day per week in the City and each of the districts, to grow and support Dementia Friendly Walks. In East Lindsey and South Holland, due to these districts being the second and third highest prescribing areas for diabetes in England, we have requested Walking for Health to be supported. For these two districts we have applied for both these district coordinators to be funded to grow and support Walking for Health.

Our third option, which is our least preferred, is just County wide to support for a Walk Coordinator one day per week in the City and each of the districts to grow and support Dementia Friendly Walks.

This application will go before the Bromhead Board 18th January. It is expected we will know the result of this application by the end of January.

If the outcome of the funding application is not option 1, we aim to have all letters out to other possible sponsors by 6th February. There is a Walks Forum meeting 7th

February which Public Health and the Walk Coordinators will be attending. I will be providing them with an update at this meeting.

8. WALKING FOR HEALTH – RUTLAND

Dannielle Adams, the Active Rutland Officer sent us this mail:

“As discussed yesterday, I am happy to meet to discuss future ideas. At current we are supporting our two main Walking for Health groups in Oakham and Ketton and we also support other walking groups where possible. We are currently in the process of rolling out dementia friendly walks in the new year and following this would like to start a new Walking for Health group in Uppingham.”

9. SENSORY TRAILS AND GREEN SPACES

The sub group have been aware for some time that both Lincolnshire and Rutland have very little accessible countryside for the disabled. There is ample evidence that people with dementia, interacting with nature is of great benefit for them and their carers. One of our biggest challenges is to find places which are accessible in the natural environment which is close to the population centres. We can access parks and some green spaces which normally have suitable accessible paths. The issue we often have with parks and green spaces is most do not provide a sensory area which can be found in woodland, meadows and river banks.

We accept with funding being an issue it is unlikely that local authorities etc. will be able to invest in this area. To overcome this issue we are looking at submitting a report to the Royal Horticultural Society for them to consider. The report displays the opportunity the RHS has to aid communities, encourage future designers, educate gardeners and people starting in the hobby, improve people's health and general wellbeing. An outline of what we will be including in the report is displayed below:

a) As we have show gardens at the RHS shows, we could include a new category for sensory gardens. Whilst we would be struggling for space at Chelsea, the rest of the shows, including the new one at Chatsworth have the ground available to include this additional category. This category would also enable a different form of judging and also provide something different for some of our shows. Sensory gardens could be for people with dementia, the visually impaired, a sensory experience for children etc. Whilst we appreciate many of the shows over the years have displayed sensory planting, these sensory trails and spaces will provide different experiences and rewards.

Our thoughts are that the sensory garden category would have 3 sub categories based on the costs of the plants and other materials used. We recommend the budgets for the categories to be £4000, £8000 and £12000. Imported soil for the display are outside the category budget. The design should provide a sensory experience all year round. So some plants, bushes or trees may not be at their best during the show. We recommend the following process:

b) Organisations invited to apply for a sensory garden to be designed for them.

- c) Applications assessed
- d) Winning applications selected
- e) Winning applications displayed on RHS web site
- f) Designers invited to apply to design a garden for one of the winning applications. The designer to also display via a visual display unit a design of a sensory trail leading to the garden suitable for the site the designer designs the garden for. The cost of the planting in this virtual trail, should be the same as the garden budget. The cost of hard landscaping to be excluded from the cost of the virtual trail budget.
- g) Designers applications assessed.
- h) Winning designer applications selected.
- i) Winning Designers work with the organisation they are designing the garden for.
- j) Three or four of each category on displayed at one of the RHS shows
- k) Each garden judged in conjunction with RHS methodology but with a bias towards suitable plants and planting layout. The quality of individual plants/flowers not being so important.
- l) Following exhibition at the RHS show the display to be dismantled and repositioned in the applicant's venue.
- m) RHS gardens countrywide to include a small selection of these designs after the show. The RHS partner gardens also be offered to include these designs
- n) The design of the gardens displayed on the RHS website also to include:
 - 1) Plant: name, height, spread, annual, bi annual, perennial, soil type, sunny or shady position, peak sensory months, hardiness, how to grow, how to look after, possible diseases/pests and how to treat them.
 - 2) Cost of the plants and where it was bought from.
 - 3) Plants that provide a similar sensory experience which grow in different conditions to that on the display. Details of the required growing conditions would be provided.

The above will enable other communities to bid for external funding to create a similar sensory space/trail. It is hoped that the original planting and ongoing maintenance of these sensory spaces/trails will be carried out by groups which will include people who will benefit from working with plants and green spaces e.g. people with learning difficulties, people with depression.

After the sub group has drafted the synopsis and report, it will circulate to LAF members for comments. We have already had discussions with other parties to see if they will be willing to provide letters of support to be included as appendices. Once the draft has been amended with relevant comments it will be passed to the

supporting organisations in order for them to provide their letters of support. Our aim is to get the final document ready for the April Forum meetings to get approval for sending to the RHS.

10. DISABILITY SUB GROUP CHANGE OF NAME & LOGO

We are requesting a change of name for our sub group to "Countryside For All". We have difficulty at events getting the message over to the public about what we do from our title. In the free events directory of Choice Unlimited we only have 25 free words. By entering "Mid Lincolnshire, South Lincolnshire and Rutland Local Access Forums Disability sub group" we only have 13 words left to explain what we do!!

The Logos of both LAFs are on the Countryside For All leaflets. The logos for both LAFs are very difficult to decipher due to the light green wording. It is even more difficult to read when on a VDU. Can we investigate changing the colour of the wording so it can be easily read.

When the disability sub group was first created some work was done on a logo. Unfortunately there is no record of what was created. With appearing at different events it would be helpful if we had a suitable logo so people could easily recognise what we do.

Action: All – Vote on the name change for the sub group

All – Vote on investigating a colour change from light green on both LAF logos

All – Is a volunteer available to create options for the Countryside For All logo?