

# ParkLife

The **Peak District National Park** Magazine

**FREE** for you to enjoy

Issue 29 | Autumn/Winter 2019

## GOING WILD ON WARSLOW

A farming family who've been back to basics for over 30 years

## VIKING INVADERS

The feathered visitors arriving from the north for a winter in the Peak District

**READY,  
VEGGIE,  
COOK!**  
Winter-warming  
pie recipe

## Big steps

Reflections on the release  
of the *Landscapes Review*



• Events • News • Your stories



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ON THE COVER:  
*Sunset Steps* – award-winning  
photographer Kieran Metcalfe  
captured this autumnal moment  
in the Staffordshire Roaches. See  
our news pages for more on a local  
exhibition of Kieran's photography  
and others this November.

Unless otherwise stated, views expressed in this  
magazine may not be those of the Peak District  
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Our September Rural Crime workshop in Bakewell brought  
National Park partners and the police together from across the region.

## Our future ambitions

As I read the recently published *Landscapes Review*  
report (September 2019) I have reflected on a year  
where we celebrated the 70th anniversary of our  
founding legislation and, as the review sets out too, what  
may be our next steps as a National Park.

Our five-year plan sets our ambitions for the Peak  
District National Park to be more diverse – both in nature  
and in the people connecting with us – and a working  
model for a sustainable future. In the last edition I talked  
about our ambition to be a landscape alive for nature.

To be a landscape for everyone, means being a  
welcoming and safe place and supporting exploration  
in our National Park from those who know it and those  
who have never experienced a National Park. With  
this opportunity will come understanding, with this understanding will come a  
connection, and with this connection will come care for what makes the National  
Park special. To quote David Attenborough: "no one will protect what they don't  
care about; and no one will care about what they have never experienced".



“An ambition for our national  
landscapes to be happier, healthier,  
greener and more beautiful is surely  
one we would all agree with”

We have made great progress on this in 2019. Our newly published  
*Miles without Stiles* guidebook to full accessible routes is flying off the shelves.  
We opened Millers Dale station as a café and visitor information point for users of  
the Monsal Trail, and are working across our estates so they are better places to  
engage with nature and the heritage of those who have lived here for centuries.  
We launched the Hope Valley Explorer, a seasonal hop-on, hop-off bus service  
which features commentary of the rich natural and cultural history of the area.  
We had a fantastic turnout at Bakewell Agricultural Business Centre for our rural  
crime workshop with partners working together so our National Park is safe and  
welcoming. We're developing our Junior Ranger programme, Ambassador Schools  
scheme and our volunteering opportunities. In March, England's National Parks  
received the Outstanding Contribution to Tourism Award, for work led here in  
the Peak District National Park to curate a collection of new experiences across  
England's National Parks delivered by local businesses.

*The Landscapes Review* report to Government has an ambition for our national  
landscapes to be happier, healthier, greener more beautiful and open to everyone.  
An ambition we, surely, would all agree with. Come with us to help us achieve this  
in the Peak District National Park.

Sarah

Chief executive Sarah Fowler  
 @peakchief  
[sarah.fowler@peakdistrict.gov.uk](mailto:sarah.fowler@peakdistrict.gov.uk)



**“Biodiversity means  
there’s food for wildlife...  
I’ve got three restored  
field barns, and two are  
already homes to owls”**

**14**

**Seeds of change:** Geoff Hallam’s fields at Warslow are a home for wildlife each summer, and afterwards share the benefits across the National Park.

PHOTO: TOM MARSHALL

# Contents

## NEWS

Reporting on the success of our Hope Valley Explorer bus service, and a host of projects and campaigns you can take part in ..... **4**

## FEATURES

Pledge, protect, connect ..... **7**

Caring for your National Park – meet the friendly faces from our ranger teams looking after our trails and more..... **10**

Winter warmers – the feathered visitors who fly in to gorge on our autumn and winter berry bounty ..... **12**

Why the grass is greener – how a National Park farm has gone back to basics and is making a big difference to nature ..... **14**

Black History Month ..... **20**

Fly by night – a fascinating insight into the bats that make a home on our moorlands ... **22**

The mysterious history of witch marks..... **23**

## A PERSONAL VIEW

My Peak District – how a life-changing moment found Si Homfray taking the Peak District to heart to inspire new creativity ..... **24**

Comfort food – warm up with a hearty veggie pie ..... **27**

5 minutes with... Sarah Bird is wild at heart with her role monitoring biodiversity in the National Park ..... **29**

Our Chair Andrew McCloy on why we should always take care of the local picture ..... **30**

## INSPIRATION

Events – the shorter days don’t mean there’s less to enjoy across the Peak District in the months ahead..... **16**

Read all about it – book reviews, plus your chance to **WIN** copies ..... **18**

A foundation for the future ..... **19**

Your tweets and pictures..... **28**



**12**

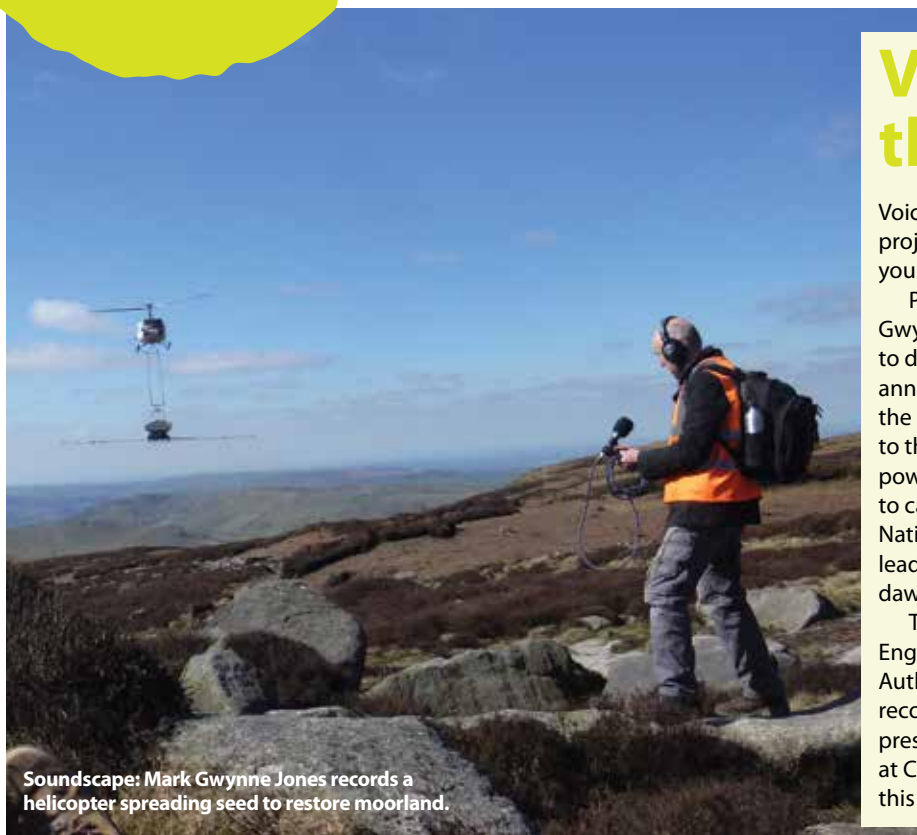
PHOTO: JASON BOWLER



**23**

PHOTO: TOM MARSHALL





**Soundscape:** Mark Gwynne Jones records a helicopter spreading seed to restore moorland.

## Voices from the Peak

Voices from the Peak is an exciting new sound project that is capturing the voices and noises you can hear in the Peak District National Park.

Poet, performer and recording artist Mark Gwynne Jones is creating a soundscape: "I wanted to do something special to celebrate the 70th anniversary of the National Parks and Access to the Countryside Act 1949. Sounds are particular to the place they are made and have an evocative power, so I have recorded many different sounds to capture the essence of the Peak District National Park including the voices of hill farmers, lead and fluorspar miners, Peakland choirs, the dawn chorus, and a helicopter."

The project is supported by Arts Council England and the Peak District National Park Authority. Over winter, Mark will edit the recordings into a single soundscape ready to present the work at special events at our facilities at Castleton and Millers Dale, in March. More on this story in the Spring edition of *ParkLife*.

## Tales of trains needed!

As part of our renovation of the Millers Dale Goods Shed (due to open in early 2020), we'd love to hear from anyone with memories of the goods shed and Millers Dale station when the trains were running. Perhaps you caught trains there, or you or your company brought goods and produce to transport to other parts of the UK? Your stories could help us bring to life how the site was originally used as part of the new interactive space in the goods shed.

If you'd like to share your memories with us, please email:

**media@peakdistrict.gov.uk**

To follow progress on the goods shed renovation, please visit:

**www.peakdistrict.gov.uk/**

**millersdaledevelopment**

The 'Refreshment Room' café at Millers

Dale is open for business as normal during the restoration, 9.30am to 5.30pm every day.



A haymeadow will boost the chances of species such as meadow cranesbill and lady's mantle.

## Making hay while the sun shines

It's been a great summer for grasslands in the South West Peak. The Glorious Grasslands project partners, farmers, landowners and volunteers have continued to increase biodiversity in fields and meadows and are now almost half way to achieving their target to restore 50 hectares of grassland. Seed is spread from green hay, brush harvesting and hand collected seed. Volunteers have collected seed by hand, surveyed sites

and identified areas for uncommon or rare species, such as yellow rattle.

To boost the chances of species such as meadow cranesbill and lady's mantle, volunteers are also growing plants from seed at home to be planted into meadows.

Glorious Grasslands is supported by the National Lottery Heritage Fund.

You can find out more at

**www.southwestpeak.co.uk/projects**



## WOMEN IN WARTIME: your call to action

In early 1939, war was likely and the impact was felt in every community. To prepare, the government wanted to increase food grown in Britain. More helping hands were needed on farms across the nation.

The Women's Land Army was set up in June 1939. The majority of Land Girls lived in the countryside but more than a third came from London and industrial cities. At first, volunteers were asked for; later women were conscripted: by 1944 there were over 80,000 members. Officially disbanded on 21 October 1949, the Women's Land Army left a legacy that little is known about.

Now, through the Wartime Women in the Moorlands project, local researchers are looking for anyone who was in the Women's Land Army to share their stories and memories. Did you or anyone you know work in the South West Peak as part of the Women's Land Army? Can you remember your grandmother, mother, sister or aunt telling you about being Land Girls during World War II or just after? A travelling exhibition and leaflet is to be developed from the research collected. To get involved, email Richard Godley at [eastpeakcic@gmail.com](mailto:eastpeakcic@gmail.com)

This work is supported by the National Lottery Heritage Fund through the South West Peak Landscape Partnership Community Grants project.

For more information visit [www.southwestpeak.co.uk/projects](http://www.southwestpeak.co.uk/projects)



The uncommon citrine waxcap.

## The wonder of waxcap fungi

This summer, ecologists discovered two uncommon waxcaps in the South West Peak: fibrous waxcap and citrine waxcap. These species are indicators of high grassland fungi diversity, which is great news for the South West Peak's biodiversity. Citrine waxcap is recorded as vulnerable on the International Union for Conservation of Nature (IUCN) Red List, which evaluates the extinction risk of species. Fibrous waxcap has been proposed to join citrine waxcap on the Red List. Having both waxcaps present in the South West Peak shows how important it is to increase species diversity in the landscape.

Are you interested in helping out with grassland and waxcap surveying? Find out how you can get involved at [www.southwestpeak.co.uk/volunteering](http://www.southwestpeak.co.uk/volunteering)



The Hope Valley Explorer heading up Winnats Pass.

## Hope Valley Explorer enjoys success

Our Hope Valley Explorer bus service attracted more than 2,600 passengers in July and August, during the first season of a three-year pilot of this popular summertime route.

Operated in partnership with Stagecoach, the Explorer took in Winnats Pass, Edale, Castleton, Bamford and the Fairholmes visitor centre, seven days a week with links to Chesterfield and the outskirts of Sheffield.

Passenger and industry feedback at the end of the season has been extremely positive, with particular praise for the commentary and for new opportunities to enjoy the hills.

Dates of operation for the 2020 season will be announced during the winter and will appear on our website at [www.peakdistrict.gov.uk/hopevalleyexplorer](http://www.peakdistrict.gov.uk/hopevalleyexplorer) and on social media, with new timetables released next spring.



## ON YER BIKE AND BAG A BARGAIN!

Don't forget that seasonal opening/ weekend hours come into effect later in October at our Ashbourne (Mapleton Lane), Derwent and Parsley Hay cycle hire centres, so please check the website for opening times.

There's still chance to try our new for 2019 bike hire facility on the Manifold Track at Hulme End too, as we will be open from 9.30am to 5pm during October half-term week 26th October to 3rd November.

Our usual wide range of cycles is available, including 'e-bikes' and options for families and youngsters.

Did you also know – we offer fantastic deals for our ex-hire regular bikes and e-bikes for adults and kids – and they can be around half the recommended retail price? Call in at Ashbourne (Mapleton Lane), Derwent or Parsley Hay cycle hire centres to see what's on offer.

Our bikes are regularly maintained throughout the season and prior to sale they receive a full service. Any parts such as brake blocks, cables and tyres are replaced where necessary. All our bikes come with a voucher for a free health check during their first 8 weeks in their new home and a voucher for 20% off a full service within 12 months. Find out more at [www.peakdistrict.gov.uk/cyclesales](http://www.peakdistrict.gov.uk/cyclesales)

Details of all our cycle hire locations are at [www.peakdistrict.gov.uk/cyclehire](http://www.peakdistrict.gov.uk/cyclehire)



Award-winning photograph *Dragon and the Flame* by Kieran Metcalfe.

## Call of the wild

From the wild, rugged crags to gentle, meandering lush valleys and pathways, the Call of the Wild photography exhibition features the work of award winning photographers as they capture the diverse landscape and celebrate the wildlife of the Staffordshire Moorlands and Peak District National Park.

The exhibition includes Kieran Metcalfe's award winning photograph, *The Dragon and the Flame* (pictured) which is showcased alongside other multi-award winning photographers such as Guy Badham, Naomi Jones, Tesni Ward, and Phil Sproson at the Nicholson Gallery, Stockwell Street, Leek, ST13 6DH, until 2nd November.



Mosaic members learn more about navigation.

## Learn how to navigate hills

From hill walks to more mountainous challenges, a few skills can make a big difference to your enjoyment of the great outdoors.

The Peak District National Park is now a provider for Mountain Training's Hill Skills and Mountain Skills courses.

Youth Development Officer Carina Humberstone is qualified to teach both courses. She primarily intends to offer the courses to the National Park's Junior Rangers but has also run a course with the Peak District Mosaic charity.

Carina explains: "The Hill Skills course is a key to getting started in countryside walking. No previous hill walking experience is needed as the

course is aimed at beginners. If you have some experience of hill walking but aren't confident about planning walks, navigating and understanding the equipment required, then this course is an ideal way to learn.

"The Mountain Skills course is ideal for walkers interested in transferring their walking skills to steep, remote or more mountainous terrain. Ideally, participants will have some basic hill walking experience and have a reasonable level of fitness."

Both courses are open to anyone aged 12 or over. Learn more at:

<https://www.mountain-training.org>

## We're putting the cycle in recycling

Each year we use around 600 inner tubes in our fleet of bicycles for visitors to enjoy Britain's original National Park.

Now, we've teamed up with Staffordshire-based charity Cycle of Good to save these old inner tubes being sent to landfill. Instead they are being recycled into new products in Malawi to generate income through Cycle of Good's scheme which

trains and supports tailors and their families.

You can recycle your inner tubes too, at all four Peak District National Park cycle hire centres. Location details are at

[www.peakdistrict.gov.uk/cyclehire](http://www.peakdistrict.gov.uk/cyclehire)

You can find out more about Cycle of Good on their website:

[www.cycleofgood.com](http://www.cycleofgood.com)



## CHOP, CHOP AT OUR HQ!

Staff, volunteers and the Pollinating the Peak project from Bumblebee Conservation joined expert 'Jez the scythe' to help cut back our pollinators meadow at Aldern House ready for next spring.



# We're in this TOGETHER

As climate and conservation concerns intensify, **Fiona Stubbs** learns how local people are leading the way in eco-friendly initiatives.

**T**he challenges can be daunting but, here in the Peak District, a groundswell of grassroots green action is gathering strength.

That was evident at the Peak District National Park Authority's Pledge, Protect, Connect event, held during the summer, which brought together people who are already making a difference for the environment and those who would like to do more.

Individuals and groups made pledges to tackle climate change and improve biodiversity, while the Authority pledges to support local efforts through practical help and community grants.

The event was organised as part of the Year of Green Action (YoGA) and included stalls, displays and speakers.

Community policy planner Adele Metcalfe said: "We were delighted by the response of local people and hope the event has inspired even more to pledge to do their bit for the environment. We are here to help communities and parish councils in the National Park to bring their ideas to life."

Turn over to pages 8 and 9 to discover how four Peak District initiatives are aiming to make a difference. ▶

Jo Holliday, Lockerbrook Farm Outdoor Centre.



## From Central Park to the National Park

### Bradwell Community Hydro

When Mike Joseph moved to Bradwell after working for many years in the USA, he noticed something missing at Christmas: festive lighting.

A mechanical engineer with a strong interest in IT, Mike had previously been involved in lighting up New York at Christmas and other high-profile illumination projects.

In 2017, he came up with the idea for a hydro-powered Christmas display at Town Bottom, his pictures of past displays in NYC firing the imagination of children at Bradwell Primary School.

"New York at Christmas always looks very striking," explains Mike. "It has a real wow factor and that got the children excited about powering our own tree lights – using Bradwell Brook, which runs through the village."

Joined by neighbours Richard Patton and Andy Nash, Mike's community hydro project resulted in six trees being lit, powered by a hydro electric generator built mainly from spare parts.

Mike says: "We ran a series of classes at the school about energy sources, looking at renewables versus fossil fuels and the basics of electrical generation."

"We talked about climate change and greenhouse gases, discussed lighting types and LEDs, used magnets and wires to make electricity and looked at different designs for a water wheel. The kids also had a competition for a lighting design for the trees. Posters were made for the Grand Ignition – and most of the village was there



*"The children were excited about powering our own tree lights using Bradwell Brook"*

(l-r) Richard Patton, Mike Joseph and Andy Nash.

PHOTO: TOM MARSHALL

when the lights were turned on."

The project cost £1,600, with funding from the Peak District National Park Authority, Derbyshire County Council and Derbyshire Dales District Council, plus support from local volunteer group, the Bradda Dads.

Last year, two trees were lit with more light and colour, thanks to upgraded equipment and funding from Breedon

Cement. The benefits, however, run deeper than merely producing festive lights, says Mike. "By taking the children through the processes of making electricity, we've demystified a significant area of the larger world, opening a lot of doors for curious young minds."

"It's a great way to give them a whole new way of looking at the problems that are facing us all right now."

## Feathering the nest for endangered birds

### Hathersage Swift Group

Bespoke bird nesting boxes could help to boost swift populations in the Peak District. John Ellicock and Lester Hartmann, a creative designer in wood, supply made-to-measure boxes, designed to suit swifts' nesting habits.

John explains: "Swifts are in significant decline – dropping roughly 50 per cent of their UK population in the last 20 years. Key factors include the renovation of house roofs in accordance with modern building regulations, which eliminate all the nooks and crannies in the eaves where swifts traditionally nested. Also, intensive arable agriculture, with its use of pesticides, is



Lester Hartmann and John Ellicock.

wiping out the insects on which swifts feed.

"Our project is aimed at getting the birds to make the transition to boxes – and that means getting the boxes in the right place, which is often high."

Boxes can be designed to fit individual properties. Lester has also developed a box to be used by swifts and bats

simultaneously in different compartments.

John adds: "Fossil records show that our swifts have been on earth for 63 million years in their present species. The oldest record for *homo sapiens* is 210,000 years and yet we've already destroyed the forests swifts previously nested in and now we're wiping out their modern habitats."

"Swifts are here for 12 weeks – six weeks either side of the summer solstice. In that time, most raise a brood. The rest of the time they're in southern Africa, or in migration. They're airborne their entire lives except when on their nest – they are the fastest birds in level flight. Swifts can live up to 20 years. They're faithful to their partner – and to their nest site – for life."

The Hathersage Swift Group formed in 2017 and, following group events and the Pledge Protect Connect initiative, groups have also been set up in Chinley, Edale, Hope and Foolow, with more planned for Bamford, Bradwell and Tideswell.



PHOTO: TOM MARSHALL

*“We are creating citizens – and young people are leading the way in tackling the climate emergency”*

Jo Holliday, Lockerbrook Farm Outdoor Centre.

## Leading the way to decarbonisation

### Lockerbrook Farm Outdoor Centre

Nestling alongside a remote, centuries-old pack horse route, off the Snake Pass, the Lockerbrook Farm Outdoor Centre is rooted in the Peak District's past.

It is, however, looking very much to the future, with ambitious plans to decarbonise during the next five years.

The centre, owned and managed by the Woodcraft Folk, was created in 1964 for inner city young people to develop skills and knowledge to be confident in the outdoors. Still run to cooperative principles,

Lockerbrook is today an activity centre for young people and adults from all over the country, including Buddhist, yoga and poetry retreats.

Manager Jo Holliday explains: “Woodcraft Folk is a youth-led movement – for boys and girls – which started in 1925 as an alternative to the Scouts. Its aims were written a long time ago but they are still very current.

“We are creating citizens – and young people are leading the way in tackling the climate emergency. I'm very keen that we really do take the challenge of rapid decarbonisation.”

Jo adds: “We are 1,200ft up a hill, on an unpaved track. We don't have mains gas and our water comes from a nearby spring. It's UV treated and filtered. We have the loveliest water here – so there's no need to

use bottled water. We are now 96 per cent powered by renewables and have greatly improved our insulation. We rely on oil and Liquid Petroleum Gas (LPG) for most of our heating but will be looking at ways to reduce energy usage and to get away from oil and LPG.

“We compost all our green and cooked food waste and have swapped chemical cleaning products for plant-based ones in refillable containers.

“We see Lockerbrook as part of the eco-system. We never, ever take our position here for granted. We're setting priorities and targets for the next five years. It's a serious journey and we know we can learn from other communities in the Peak District.”

• The centre has set up a decarbonisation group. To join please contact Jo at [lockerbrook@woodcraft.org.uk](mailto:lockerbrook@woodcraft.org.uk)

## Sowing the seeds for change

### Tideswell Community Orchard

Strumping for all and growing biodiversity – no wonder there's a real buzz in the Peak District village of Tideswell. The Tideswell Community Orchard and wildflower meadow was planted in 2018 and is providing a valuable green space for local people of all ages.

Josie Kilner, who had previously volunteered at Sheffield's Heeley City Farm and in the Tideswell Kitchen Garden, proposed the idea to the Parish Council. She says: “I'd learned so much about growing fruit trees at the City Farm and saw how it brought people together.

“The Parish Council allowed us to use some land on Wheston Bank, we had help from local grants and there was a lot of community support.



Apple Juicing Day, left to right, Diana Morgan, Steve Morgan, Josie Kilner, Terri James.

PHOTO: BERNARD O'SULLIVAN

“We decided to create a wildflower meadow and grow poppies, marking the 100th anniversary of the end of the First World War.”

There are also children's fruit trees at Town Head field and Richard Lane playground.

Josie adds: “In our first year we had enough apples to share. The local Cubs harvested them and made apple crumbles to get their cookery badges. In October we celebrated National Apple Day with a

Tideswell Apple Juicing Day. That proved very popular and will become an annual event. This year's Apple Day will be on Saturday 19th October.

“Local children are becoming more involved, especially in the wildlife aspect. Pre-school children have planted wildflowers and we are planning bug hunts and trying to raise money for a nature trail. We've got some great expertise in the village – people who really know their bugs and butterflies.

“As the orchard matures, the idea is to create a wild habitat for butterflies and bees. I'd love to do more with schools about climate change and how each tree planted can help.

“We want to give people an idea of how valuable green spaces are – and to experience fresh fruit from a tree, not wrapped in plastic from a supermarket. The orchard has connected the community on so many levels.”



Anna Jennings: "We're the 'glue' bringing people and places together."

# Meet the RANGERS

PHOTO: TOM MARSHALL

Conservation skills, local knowledge and a dollop of cheerfulness go a long way when it's your job to help people appreciate the Peak District National Park – **Alison Riley** talks to the rangers championing the UK's original national park into the 2020s.

## Putting people at ease

Engagement ranger Anna Jennings, based at Edale, is one of 18 rangers who are helping a diverse range of people discover the Peak District National Park.

"We are the first point of contact in encouraging and enabling under-represented groups to visit, learn about and care for the National Park, in ways that benefit their wellbeing.

"Working with our volunteers, my job involves leading walks, doing conservation

Set up in 1954, the Peak District's ranger service was the first in the UK. Today, the service has some 300 rangers, mainly fully-trained volunteers. Rangers work in partnership with individuals, groups and organisations to overcome barriers and help people enjoy, understand and look after the Peak District National Park.

tasks and nature craft activities. No two days are the same! We advise visitors on the countryside code, protect livestock

and wildlife by asking people to put their dogs on leads, help people find their way, and deal with first aid incidents. We also do practical repairs on rights of way.

"Becoming a ranger was very important to me, the Peak District National Park is iconic; it's also about being part of an international network of environment protectors. I grew up around the Peak District and knew I wanted to return after university. I had an apprenticeship doing bat conservation in Scotland, and a traineeship with a wildlife trust. I learnt navigation in mountaineering clubs."



Alison Ash: "I feel I'm doing my bit to help look after the National Park."



## Giving time to something you believe in

Every year, around 300 volunteer rangers clock up around 60,000 hours to care for the landscape and help others enjoy the National Park. Meet Alison Ash, a volunteer ranger for six years.

"I do it because I love being in the countryside. I'm always out walking or cycling in the Peak District and know the area well, I feel I can usefully give something back by sharing what I know."

"A lot of what's involved is talking to people. You might be assigned a task of fixing a gate or putting up a footpath sign, but when people come across you, they are often interested in what you're doing or ask about places they can visit."

"I also like to inform people about wildlife and how we can protect it – if I had magic powers I would fill the National Park with flower rich meadows, buzzing insects and breeding birds. For me, it's about all of us caring about the environment – it's not just about enjoying it."

You can find out about volunteering at [www.peakdistrict.gov.uk/volunteering](http://www.peakdistrict.gov.uk/volunteering)

## On the trails

Trails ranger Emily Irving-Witt is one of two rangers who look after the trails, car parks and picnic sites owned by the Peak District National Park. You need to like being outside, in all weathers, all year round, to do Emily's job.

"We aim to keep our facilities in great condition so that everyone has a happy and safe experience."

"It's really varied work – from digging holes for posts, repairing traditional dry stone walls, managing the trails' sides as wildlife corridors, chainsaw work, removing litter and putting up signs, to giving people advice on where they can go and what they can do. I never, ever get bored!"

"I discovered my love for nature through photography whilst I was at university, this led me to do voluntary work at Longshaw and gain experience in looking after the countryside. I knew then that I wanted to work outside. I really enjoy sharing my love for birds and wildflowers, and everything in between, with all our visitors."



PHOTO: TOM MARSHALL

Emily Irving-Witt: "Looking after our trails is like a never-ending DIY job!"

The High Peak, Tissington and Monsal Trails are former railway lines with tunnels, bridges, cuttings, buildings and industrial structures. The trails offer family-friendly, accessible, traffic-free routes for walkers, cyclists and horse riders. Hire bikes, trikes and mobility equipment at Parsley Hay to explore the High Peak and Tissington Trails (see page 17). At Hartington Station (Tissington Trail), there are horse facilities for riders using the Pennine bridleway.

Find out more at [www.peakdistrict.gov.uk/trails](http://www.peakdistrict.gov.uk/trails)

## Getting started

Junior Rangers are aged 11 to 18 and meet once a month to do conservation activities. Junior ranger Lucas da Silva (pictured) joined because he loves nature. FYI: the robin is his favourite bird.

"Being a Junior Ranger always puts a smile on my face – I love wildlife and I want to protect the environment."

"I like doing the activities. We did bracken bashing to make space for young trees – it helps them grow so they provide oxygen and are good for birds and insects. We learn things such as navigating and how to survey wild plants."

"I don't like to see people littering and not caring so we need more Junior Rangers to come and learn how to look after the environment."



Lucas da Silva: "Making bird-boxes was fun. We use them to encourage birds to nest."

## Find out more

There are groups at Buxton, Edale, Langsett, Longdendale, Marsh Farm (near Tittesworth), and Millers Dale, and affiliated groups at Barbrook Cottage near Owl Bar, and Hardwick Hall.

Find out how to join at [www.peakdistrict.gov.uk/junior-rangers](http://www.peakdistrict.gov.uk/junior-rangers)



# Thrush HOUR



The fieldfare's blueish-grey head and lower back tells it apart from our resident song and mistle thrushes.

PHOTO: THOMAS HARBIG/NATUREPL.COM

The Peak District National Park attracts visitors all year round and wildlife is no exception. **Tom Marshall** introduces some of the winter travellers who spend their time with us every year.



The ring ouzel will leave the Peak District for warmer climes during the winter months.

PHOTO: TIM MELLING

**A**utumn may not be the most conventional thought when it comes to times of abundance. Leaves are curling and taking their twirling flights to the ground, grasses and flowers turn myriad shades of rusty browns and the purple of the heather on our moorlands seems like a distant summer memory.

Look a little closer though amongst our hedgerows and trees, and there's a bounty of berries to be had. But who will make the most of this seasonal menu?

Before the chattering crowds of their arctic thrush cousins descend for winter, one of our very special summer visitors must first fill up for a journey south.

Having spent a summer secluded amongst the rocky crags of our famous 'edges' like Stanage, the ring ouzel (or 'mountain blackbird') needs plenty of fuel to power a journey as far as Morocco or Tunisia in north Africa for the winter months. Its distinct crescent-moon shaped breastband now faded, it does however get first pick of the season's berry offering.

For a mountain blackbird, it seems fitting





A closer inspection is required to seek out the cherry-red feathers of a redwing.

PHOTO: ALAN WILLIAMS/NATUREPL.COM

that the 'mountain ash' or rowan offers the dish-of-the-day, with plenty of energy-rich orange berries – enough to keep both adults and their offspring well-fed for a long trek south through Europe.

As the ring ouzel leaves the Peak District's gritstone escarpments greying and hardened for the winter ahead, new arrivals start to add a splash of colour.

*“The redwing is often one of the first of our winter guests to arrive”*

A little smaller and more clearly a member of the thrush family with their streaked chests, the redwing is often one of the first of our winter guests to arrive. Also known as the 'Norway nightingale' or 'storm bird', these Viking visitors are not just northern by name. Often gathered in raucous parties like the Scandinavian pioneers of old, they're quick to pillage the autumn offerings of rowan, cotoneaster, holly and hawthorn.

For those looking for a genuine 'red wing', a closer inspection is required to

seek out the cherry-red feathers, perhaps better described as an armpit than a wing! A classic harbinger of colder months ahead, a few redwings remain as rare breeders in the UK each summer.

If the redwing arrives somewhat under the radar, then the fieldfare has no such luck – giving the mistle thrush a run for its money in the size stakes, it's a large and robust-looking thrush with plenty of attitude.

As often heard as seen, with a distinctive 'chacking' and crackling call, the fieldfare is naturally at home on the ground, often spied between gaps in hedges or a raised head amongst the ridge and furrow. A blueish-grey head and lower back tell it apart from our resident song and mistle thrushes, and like the redwing it's a sociable bird happiest with others.

As weather gets harsher, fieldfares can also be attracted into the garden or orchards, with gone-over apples a particular favourite. Their name is in fact less about the 'fayre' of the fields they spend most of their time in, but related to an Anglo-Saxon expression meaning 'traveller of the fields'.

Thankfully not an activity they indulge in during the winter, their summer nest defence includes dive-bombing would-be invaders with droppings!

## Best of the rest



PHOTO: TIM WELING

### THE WAXWING

While redwings, fieldfares and other thrushes are the most abundant of new arrivals in the winter months, in the most extreme of winter weather, a few very special guests can also make an appearance.

Chief among these and the most sought after by birdwatchers is the exquisite waxwing. Starling-sized, but like nothing else in the bird world, the waxwing makes an appearance every few years, in what are often described as 'irruptions'.

*“Starling-sized, but like nothing else in the bird world, the waxwing makes an appearance every few years”*

Frustratingly and easily overlooked as starlings to the untrained eye, a close encounter with a waxwing rewards you with an array of pink hues, splashes of black, yellow and white, and of course the crimson-red 'wax' tips to their wings. As if this were not sufficient attire, a crest adds to the overall sartorial package. Drawn by an insatiable appetite that may make the difference between surviving the winter or not, waxwings often pay little regard to their human neighbours, turning up on berry trees and bushes beside major roads, supermarkets and even petrol stations.

Share your wildlife encounters with us across our social media channels @PeakDistrict

## Our friends in the north

Although we may think of 'resident' thrushes like blackbirds, mistle and song thrushes as our own, in winter their numbers are often bolstered by millions of other thrushes from the continent and northern Europe. Although telling visiting birds apart from our 'mainland' breeding birds is a tough challenge, there's no debate that the UK's relatively mild maritime winter climate is too good to resist for those thrushes battling through an arctic Swedish or Norwegian winter.



As the Peak District approaches 70 years as a National Park, some of our most traditionally-managed farms are helping to tackle the biggest challenge of the future – climate change. **Alison Riley** meets Geoff and Hazel Hallam at Brownhills Farm, Warslow, on the edge of the Staffordshire moorlands, to find out more.

# CARBON STEWARDS:

## Farming for the future

Organic farmer Geoff Hallam's traditional methods are good for biodiversity and carbon storage.



Sitting around the farmhouse kitchen table, the talk is of the weather and hope for dry days ahead for making hay. Geoff and Hazel have worked the 121 hectare (300 acre) tenanted dairy and sheep farm for 30 years, and brought their family up there. Son Sam, a joiner, lives in the village a few fields away, their two daughters live at home and have jobs locally; they are still actively involved although the farm isn't big enough to employ them. "We couldn't do it without them," Geoff says.

Brownhills Farm includes a number of traditional hay meadows which need to be cut after the 15 July and to only have well-rotted farmyard manure applied. The Hallams farm in a traditional way and Geoff has "never been a spray person" (herbicides/pesticides). Hazel says: "We've been organic for 20 years."

The farmland is 50/50 mowing and grazing permanent grassland which supports a closed herd of up to 60 Friesian dairy cows and followers. Much of their milk is made into cheese for export to America. When we meet in late August, Brexit is continuing to cause uncertainty and their milk price has fallen. They also have 100 sheep (Mules crossed with Texel). To keep costs down, Sam learned to shear on a course at Chatsworth, and now shears the family's flock.

The combination of dairy cows and sheep works well with hay grown on the farm; Geoff says: "It's like running a wine cellar! The sheep love the little bales and a later cut – earlier cut fodder can be too strong tasting for them. We mix the early and late fodder to feed the cows to keep the milk consistent. You learn how to work your farm, and every farm is different."

Geoff loves old, stone field barns: "I can see why farmers in the past built them – I can get 700 small bales in one, which means in winter I don't have to get the tractor across the fields and mess up the ground. Because we don't use chemicals we've got the friendly insects and butterflies, plenty of worms too – the biodiversity means there's food for birds. I've got three barns and two have barn owls in."

Haymaking is labour intensive: it involves cutting, tedding (turning over) for a few days, baling and carting. The Hallams are also part of the Glorious Grasslands project and are involved in green hay spreading – fresh species rich hay from a donor field is put on another field to drop its seeds to spread flowers and benefit insects and birds. Their organic farming delivers 'public goods' in terms of habitats, species, cultural heritage, clean water and access,



but importantly it is also good for carbon storage.

Geoff and Hazel took part in the Warslow Moors Estate Carbon Project 2016/17 which measured and modelled carbon emissions, sequestration (absorption from the atmosphere) and storage: "Our ground has never been cultivated (it stores carbon); we're organic (limited vet medicines, no vaccinations and no artificial fertiliser); we make and use our own hay (no deliveries and very low on distribution); and we store our straw and muck until it's well-rotted before spreading it (lower emissions than slurry); it all helps keep down our carbon emissions."

The Carbon Project highlighted the role of upland farmers and land managers as 'carbon stewards', and showed that the upland landscape absorbs and permanently stores carbon in its habitats and soils. For the Estate as a whole, over 300 times more carbon is stored compared to what is emitted or sequestered in a year.

Agriculture and land management accounts for 10% of UK carbon emissions. Farmers and land managers have an important role in helping meet legally binding targets by 2050 under the UK Climate Change Act.

Looking to the future, Geoff says: "Things are changing and we're seeing extremes in weather. Our response is to be aware of our impacts, keep farming in our traditional, low intensity way which looks after the soil and that will help store more carbon."

• *Originally part of the Harpur-Crewe Staffordshire estate, Brownhills Farm is part of the 2,000 hectare (5,000 acre) Warslow Moors Estate, managed by the Peak District National Park Authority since 1986 to conserve high quality wildlife habitats, heritage and access.*

## Carbon comparisons per year

- The carbon dioxide equivalent (CO<sub>2</sub>e) of an average family diesel car travelling 10,000 miles will emit 3 tonnes (t) CO<sub>2</sub>e.
- The average family home emits 8 t CO<sub>2</sub>e.
- Typical emissions from 1 hectare of wheat are 4.4 t CO<sub>2</sub>e.
- Emissions from 1 hectare of Brownhills Farm as an average are 3.21 t CO<sub>2</sub>e.
- Emissions from 1 hectare of the Warslow Moors Estate as an average across all habitats are 0.19 t CO<sub>2</sub>e.
- The amount of CO<sub>2</sub>e permanently stored in the soil for Brownhills Farm is 12,000 t.
- The amount of CO<sub>2</sub>e permanently stored in the soil for the Warslow Moors Estate is 925,000 t.

## Plants at Brownhills Farm

Hay rattle

Ox-eye daisy

Knapweed

Meadow vetchling  
(pictured)



- Up to 50 species can be found in a hay meadow.
- Since the 1930s, 97% of England's flower-rich grasslands have disappeared.

## Glorious grasslands

Find out how you can help protect hay meadows and get involved with green hay spreading, seed collecting and hand seeding in the South West Peak at [www.southwestpeak.co.uk](http://www.southwestpeak.co.uk)

For information about support for farmers and land managers, speak to a National Park farm adviser on Mondays at Bakewell market, in the Agricultural Business Centre, or call **01629 816 270**.





Splash in a puddle, breathe in the views or warm up in a visitor centre! Do yourself a power of good by getting active in the UK's original National Park. Check the website for more...

## Family fun

### WILDLINGS AT THE ROACHES

**Tuesdays 22nd October, 12th and 26th November, 10th December**  
**10.30am to 12pm**

Outdoor play for 6 months to 5 year olds with Staffordshire Wildlife Trust. Free.

[www.southwestpeak.co.uk](http://www.southwestpeak.co.uk)

### HALLOWEEN AUTUMN CRAFTS

**Thursday 31st October**  
**1pm to 4pm**

Castleton visitor centre.  
 Family drop-in session. Free.

### CHRISTMAS WREATH MAKING WORKSHOP

**Wednesday 27th November**  
**1pm to 4pm**

Edale visitor centre.  
 Booking required. Cost: £25.

## Special interest

### INTERMEDIATE NAVIGATION TRAINING

**Sunday 10th November**  
**10.30am to 4pm**

Learn navigating using a compass and route card; Naismith's rule; 3 Norths; magnetic variation; walk on a bearing.

• Meet at Longdendale Environmental Education Centre (off A628), Tintwistle, nr Glossop, Derbyshire SK13 1HS. Cost: £12 per adult.

### DERBYSHIRE ARCHAEOLOGY DAY

**Saturday 11th January 2020**

Recent discoveries and research in the Peak District National Park and Derbyshire, at Pomegranate Theatre, Chesterfield.

• Book with Chesterfield Theatres.

## Guided walks

[www.peakdistrict.gov.uk/events](http://www.peakdistrict.gov.uk/events) for all guided walks, and to book.

### FUNGUS FORAY AT CHATSWORTH

**Sunday 27th October**  
**11am to 4.30pm**

Can you tell the difference between a Common Stinkhorn and a Horn of Plenty? Join fungus expert, Kevin Gilfedder, to look at fascinating fungi on this 5-mile walk.

• Meet at Birchen Edge car park, next to the Robin Hood pub, near Baslow, DE45 1PQ. Cost: £12 per adult.

### SHUTLINGSLOE – CHESHIRE'S 'MATTERHORN'

**Saturday 7th December**  
**10.30am to 3.30pm**

Join the Rangers on a 6-mile winter walk through Macclesfield Forest to Shutlingsloe summit (1,659ft). Panoramic views.

• Meet at Trentabank Ranger Centre, SK11 0NS. Cost: £8 per adult.

*Winter  
celebrations*

[www.visitpeakdistrict.com](http://www.visitpeakdistrict.com)

### CHRISTMAS AT CHATSWORTH

**Saturday 9th November to  
Sunday 5th January**

### CASTLETON CHRISTMAS LIGHTS SWITCH ON

**Saturday 16th November**

### HADDON HALL'S WINTER ARTISAN MARKET

**Thursday 14th to Sunday 17th  
November**

### BAKEWELL CHRISTMAS MARKET

**Saturday 23rd and Sunday  
24th November**

### CHATSWORTH CHRISTMAS MARKET

**Friday 15th November to Tuesday  
3rd December**

## Find out more

[www.peakdistrict.gov.uk/events](http://www.peakdistrict.gov.uk/events) for all National Park ranger walks, events and navigation training, and to book. Click the 'book online' button for the full programme.



# Explore your National Park

Some of our visitor and bike hire centres have seasonal opening hours during autumn and winter – please check the website below or contact us before your visit.

**EDALE VISITOR CENTRE  
& FIELDHEAD CAMPSITE**  
Tel: 01433 670207  
Postcode: S33 7ZN

**UPPER DERWENT VISITOR CENTRE  
& BIKE HIRE**  
Tel: 01433 650953  
Postcode: S33 0AQ

**CASTLETON VISITOR CENTRE**  
Tel: 01629 816572  
Postcode: S33 8WN

**NORTH LEES CAMPSITE**  
Tel: 01433 650838  
Postcode: S32 1DY

**MILLERS DALE  
STATION**  
Tel: 01298 871869  
Postcode: SK17 8SN

**NATIONAL PARK BIKE HIRE  
- PARSLEY HAY**  
Tel: 01298 84493  
Postcode: SK17 ODG

**NATIONAL PARK BIKE HIRE  
- MANIFOLD VALLEY**  
Tel: 01298 687399  
Postcode: SK17 O EZ

**NATIONAL PARK BIKE HIRE  
- ASHBOURNE**  
Tel: 01335 343156  
Postcode: DE6 2AA

**MONSAL TRAIL**

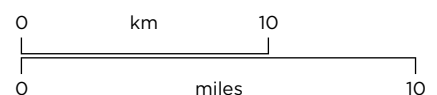
**BAKEWELL VISITOR CENTRE**  
Tel: 01629 813227  
Postcode: DE45 1DS

**HIGH PEAK TRAIL**

**TISSINGTON TRAIL**

- National Park boundary
- Pennine Bridleway
- Railway and station
- A-road
- Trail
- Reservoir/river/canal
- Pennine Way
- YHA hostel
- Motorway

**NORTH**



[www.peakdistrict.gov.uk](http://www.peakdistrict.gov.uk)

Peak District National Park Authority, Aldern House, Baslow Road, Bakewell, Derbyshire DE45 1AE  
Tel: **01629 816200** Email: [customer.service@peakdistrict.gov.uk](mailto:customer.service@peakdistrict.gov.uk)



# Curl up with a good book...

Do you love to lose yourself in the twists and turns of a novel? Or are you planning your next adventure in the great outdoors? Either way, the Peak District features in some fascinating titles this autumn... and you could win some of them too!

## *A Shadow Beyond*

by Emma-Nicole Lewis

Twilight Moon Publishing, £8.99

Locked away in the top quarters of Thornycroft, a large house on the edge of Eyam, is a centuries-old secret. Escaping the chaos of a complicated break up, Kate Saunders travels to the Peak District to stay with a great aunt. Thornycroft is a peaceful bolthole, but when Kate stumbles across a diary and an ancient jewellery box, the tranquillity is shattered as the shadows of Thornycroft's past begin to stir. This supernatural thriller is set in dual-time, in both the present day and during the plague of 1665-66.

Available from High Peak Bookstore and Café (Buxton), and Amazon.



## Book giveaways

We have three signed copies of *A Shadow Beyond* to give away. For a chance to win, please answer the question:

WIN!

**Q: During which years was Eyam gripped by plague?**

We have three copies of *Wildlife of the Pennine Hills* to give away. For a chance to win, please answer the question:

WIN!

**Q: Which two factors determine which plants grow in the Pennines?**

We have three copies of *The Pennines* to give away. For a chance to win, please answer the question:

WIN!

**Q: What part of the body is used as another name for the Pennines?**

For a chance to win a copy of *A Countryside Camera*, please answer the question:

WIN!

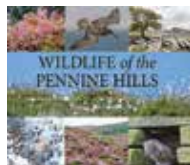
**Q: Which newspaper did Roger Redfern regularly write for?**

## *Wildlife of the Pennine Hills*

by Doug Kennedy

Merlin Unwin Books,  
£20, [www.merlinunwin.co.uk](http://www.merlinunwin.co.uk)

Doug Kennedy leads a journey through the eco-systems of the Pennine Hills, from the Peak District to the Scottish border. He explains the way in which the geology and landscape have determined the plants which can grow there – and, therefore, the animals, birds and insects which thrive or survive in the different habitats.



## *A Countryside Camera – the photography of Roger Redfern*

by Christopher Nicholson

Whittles Publishing, £12.99,  
[www.whittlespublishing.com](http://www.whittlespublishing.com)

For over half a century, Derbyshire-based writer, photographer and teacher Roger Redfern chronicled his travels across Britain and abroad in books and through *The Guardian's Country Diary*. Following his death in 2011, his collection of photographs and writing was inherited by life-long friend, Christopher Nicholson, who now shares a nostalgic photographic record of our countryside, with quotations from Redfern's books and *Country Diary* articles.



## *The Pennines*

by Helen Shaw

Merlin Unwin Books,  
£14.99,  
[www.merlinunwin.co.uk](http://www.merlinunwin.co.uk)

Photographer Helen Shaw celebrates the magnificent range of hills and moors which make up the backbone of England. Beginning in the White Peak, she captures beautiful villages, bleak and dramatic hill-tops, caves, crags and rivers while guiding readers through the Pennines' Viking, Roman, medieval and Victorian legacies.



## *Even When They Know You*

by Sue Hepworth

Sue Hepworth, £8.99

When her best friend dies, Jane is bereft. Can her other friends fill the void? Could a lover? Or is the solace of nature and the changing seasons all she needs?

Available from Hassop Station bookshop and Amazon.



• Please email your answers – with your name, address and telephone number – to [parklife@peakdistrict.gov.uk](mailto:parklife@peakdistrict.gov.uk)

• Write either *A Shadow Beyond*, *Wildlife of the Pennine Hills*, *The Pennines* or *A Countryside Camera* in the subject line.

• The closing date for entries is **Friday 17th January, 2020**. Winners will be selected at random after this date. The competition is open to everyone except PDNPA paid staff.



# Explore. Enjoy. SUPPORT.

Jackie Wragg is helping youngsters discover wildlife on their doorstep.

Getting young people excited about wildlife is important, so it's great news that the Peak District National Park Foundation's inaugural project is helping youngsters from Buxton learn to love nature in their gardens as a first step towards appreciating the countryside.

**F**airer for Nature is the first project in the Foundation's #70kfor70 campaign, and gets underway this autumn to improve the lives and natural spaces for the residents (people and wildlife) of Fairfield, in Buxton.

Lia Roos, from the Residents of Fairfield Association, says: "Many elderly people are no longer able to look after or access their own gardens; introducing young people to help with gardening for wildlife will benefit everyone – enriching lives, beating loneliness and building a sense of community, and it will give nature a boost in our area."



Peak District  
National Park  
Foundation

Jackie Wragg, South West Peak youth engagement officer, says: "Loss of wildlife nationally means that urban habitats, particularly gardens, are increasingly important. Getting young people involved with improving gardens helps forge a connection to nature and the community of Fairfield will have a better range of habitats to support native wildlife."

"We are looking for volunteers over the age of 18, from Fairfield, to get involved with the activities and help make the project a great success. Training will be available."

To find out how to join in, email **Jackie.Wragg@peakdistrict.gov.uk**

Fairer for Nature has been funded by Derbyshire County Council's Action Grants Fund. It's a partnership between the Peak District National Park Foundation, South West Peak Landscape Partnership (funded by National Lottery Heritage), and the Residents of Fairfield Association at Buxton.

## Calling Peak District businesses!

If you're a Peak District business which appreciates the National Park, why not join our Visitor Giving scheme? It's a great opportunity for your customers to give something back to look after the places they love, and you can increase the sustainable credentials of your business.

To find out more, email or visit **hello@peakdistrictfoundation.org.uk**  
**www.peakdistrictfoundation.org.uk**

## DON'T MISS THE MERCH!

The 2020 official Peak District National Park calendar (£10), by photographer Phil Sproson (pictured), is on sale now in National Park visitor centres (page 26). For each calendar sold, Phil will make a donation to the Peak District National Park Foundation.



## Chatsworth Country Fair

Thanks to everyone who caught up with us at Chatsworth Country Fair and signed up to receive our supporters' newsletter. Congratulations to prize draw winner Carl – your lovely Rab sleeping bag is on its way to you!

## #70kfor70

Explore. Enjoy. Support – that's all you need to do to help celebrate 70 years of UK National Parks with #70kfor70.

The target is to raise £70,000 for a range of projects to care for the Peak District and make it more accessible. With your support we can make good things happen. Are you ready to help?

Find out more at **www.peakdistrictfoundation.org.uk**

## It's easy to donate

The Peak District National Park Foundation can now accept donations online at **www.peakdistrictfoundation.org.uk**





Ladies from Sheffield on a walk in the Peak District organised by SEM.

# WALK THIS WAY...

## Making changes one step at a time

From the Mass Trespass to the *Landscapes Review*... **Fiona Stubbs** looks at the ongoing quest to achieve 'landscapes for all'.

October is Black History Month, a time to celebrate the achievements and contributions of black communities. For Sheffield academic and environmental journalist Maxwell Ayamba, it is also a chance to highlight opportunities to make the countryside more inclusive to diverse audiences.

Maxwell runs the charity, Sheffield Environmental Movement (SEM) to help inner city communities access the natural environment more easily.

He regularly arranges trips to the Peak District – and other national parks – for black, Asian and minority ethnic groups who may not have the physical or financial means, or confidence, to plan their own visits.

In 2004, he co-founded – with friends Donald Mclean and Mark Hutchinson – the 100 Black Men Walking for Health group. It



Maxwell Ayamba runs Sheffield Environmental Movement (SEM).

inspired the critically-acclaimed play, *Black Men Walking* – launched last year – which is staged again at Sheffield Theatres' Studio Theatre from 14th to 19th October.

And, during Black History Month, Maxwell hopes to harness the spirit of the Mass Trespass to encourage more people to discover the health and wellbeing benefits of the great outdoors.

On Wednesday October 23rd, he will give a talk, *The Contributions of People of Black African Ancestry to the British Countryside – the Untold Story*, at Sheffield and District African Caribbean Association (SADACCA).

Maxwell says: "In 1932, the Mass Trespass was a class issue, where the landowners were protective of their land for game and sport and working people were fighting for their rights for access to the countryside.

"We live in different times now, but there's still a lack of access for certain people. The government talks about access for everyone, but it's just not possible for some. Transport is a big problem and, for many people, it can also be too expensive to buy suitable footwear and clothing.

"If we want to make a statement now, we need to do practical things, as we do through SEM. We take groups out into the countryside to visit rural locations and working farms. We empower people with the knowledge and confidence to access



# Looking to the future

The recently published review of National Parks, the independent *Landscapes Review*, calls for greater diversity among visitors, in terms of ethnicity, age and socio-economic background.

*The Landscapes Review: National Parks and Areas of Natural Beauty* (AONB) acknowledges the work of Peak District Mosaic to encourage black, Asian and minority ethnic visitors to the National Park, though describes its success as an 'exception' in terms of the wider country.

The review states: "Our national landscapes should be alive for people, places where everyone is actively welcomed in and there are unrivalled opportunities to enjoy their natural beauty and all it offers: landscapes for all."

It adds: "We need England's national landscapes to reach out and actively connect all parts of society with these special places to support the nation's health and wellbeing."

Yvonne Witter, chair of Peak District Mosaic and a member of the Peak District National Park Authority said: "We're delighted that the review recognises the efforts of Peak District Mosaic to encourage more people from different ethnic and social backgrounds to visit and engage with the National Park. We also welcome its emphasis on the need, countrywide, for National Parks and AONBs to re-engage in their outreach work with these communities."

"The significant lasting impact of Mosaic is the recruitment, training and support of Community Champions. As active and enthusiastic volunteers,



**Yvonne Witter, chair of Peak District Mosaic and a member of the Peak District National Park Authority.**

supported by staff, other volunteers and members, they help people to visit, enjoy, explore and protect their National Park.

"We'll continue working in partnership with PDNPA and other organisations to engage with communities."

Sarah Wilks, head of engagement for the Peak District National Park, said: "We're very pleased to see the work of Peak District Mosaic acknowledged in this way and look forward to continuing to work with them. We are committed to introducing new audiences to the National Park and are looking for new ways to do this in the future."

these places - and also provide the logistics.

"For example, we work with Gift Your Gear - an initiative which provides donated outdoor clothing and equipment to community organisations, youth groups and charities working with young people in the outdoors. SEM is one of their partners, helping them to reach the people who most need their help."

Maxwell is studying for a PhD in Black Studies at the University of Nottingham and is writing a thesis looking at the 'lived experience' of people of black ancestry in terms of access and use of the Peak District National Park.

He adds: "Black people have not typically been recognised as part of the history of Britain's landscape. We are in a situation now in which black faces in white landscapes are seen as something new - but that is not true."

"There were black people in Britain during the Roman Empire and there have



**The Kinder Mass Trespass, 1932.**

been black communities from Tudor times. Black people will have worked in country houses. However, there appears to be a lack of black or ethnic people's stories or contributions in the countryside.

"We can't change things in a day but we can plant the seeds of change. We need joined up thinking in a holistic way. One organisation alone can't solve the problem."

Find out more about SEM at <https://www.semcharity.org.uk>

## Peak of health



**Tiny Powell and Cora Gordon are regular visitors to the Peak District through SEM.**

Last year, Maxwell Ayamba was named one of Sheffield's Community Champions - an initiative to recognise and celebrate community spirit.

This summer he used his prize to fund a trip for a group of women, some from Sheffield's Windrush generation, to the Great Yorkshire Show in Harrogate. Through SEM, the ladies are also regular visitors to the Peak District.

**“After breathing clean air and hearing birdsong, you come home feeling refreshed”**

Tiny Powell relishes trips to the National Park. She says: "Walking in green spaces calms me and eases away stress. After breathing clean air and hearing birdsong, you come home feeling refreshed."

Cora Gordon discovered the Peak District as a young mum but has only really explored it in recent years. She explains: "When my children were young, I'd drive from Sheffield to the Peak District and park near a stream for them to play. But the wider Peak District seemed so distant. Now, I've been to so many places and done so much, thanks to the SEM trips. We've been fishing and horse riding in the countryside as well as walking and it's so therapeutic, mentally and physically."

"I'm 70 years old and the exercise keeps me healthy and well. I've taken my granddaughter riding as a result of a group trip - it's a lovely experience to share."



The brown long-eared bat lives up to its name: weighs 10g, wingspan 20 to 30cm.

# Moor BATS

PHOTO: TOM MARSHALL

Derbyshire Bat Group's recorder Alan Roe tells **Alison Riley** how they have joined forces with Moors for the Future Partnership (MFFP) to monitor bats in moorland areas.

**W**ith Derbyshire Bat Group's detector equipment in place on high moorland and stream valleys, and MFFP staff downloading the data and sending it to the Group, the Moor Bats project is helping to fill the gaps in Derbyshire bat records.

Alan Roe said: "We were short of information for the north-west of the county and wanted to find out which species are in the area, and why – are they roosting, breeding, feeding or passing through?"

"Bats emit sounds too high-pitched for the human ear, they echolocate to sense their surroundings. When hunting, bats pick up the returning echoes and home in on their food – flying insects. The detector



Derbyshire bat recorder Alan Roe hands a bat detector to MFFP's Dave Chandler.

picks up and records all these sounds as data that we analyse, we can then draw up distribution maps. Early results are building a fascinating picture and we're finding a variety of species."

MFFP's science programme manager Dave Chandler said: "Studying bats is a new area of research for us and it is adding to our understanding of moorland biodiversity. We will find out if bats are living near our moorland restoration sites."

## Moor bats recorded so far

- Common pipistrelle
- Nathusius' pipistrelle
- Soprano pipistrelle (pictured left)
- Brown long-eared bat
- Noctule
- Myotis species

## BAT FACTS

- Bats are the only true flying mammal in the world.
- There are some 1,400 bat species worldwide.
- Of the 17 UK bat species, 10 are found in the Peak District National Park.
- UK bats eat insects such as midges, mosquitoes, moths and beetles. A pipistrelle may eat up to 3,000 midges in one night.
- Bat numbers tell us about the health of the environment.

## How you can help bats

Put up bat boxes in your garden.

If you find a grounded or injured bat, call **0345 1300 228**.

Join a county bat group to support bats.

## Moor bats information

Derbyshire Bat Group is a registered charity working to protect and conserve bats, their roosts, feeding and hibernation sites.

**[www.derbyshirebats.org.uk](http://www.derbyshirebats.org.uk)**

Find out how you can join in with wildlife surveys, and download the MoorWILD app to record wildlife sightings at **[www.moorsforthefuture.org.uk](http://www.moorsforthefuture.org.uk)**

Soprano pipistrelle is the smallest moor bat: weighs 5g, wingspan 18 to 25cm.

PHOTO: ALAN ROE



Andy Bentham examining an apotropaic mark.

# Out of the SHADOWS

PHOTO: TOM MARSHALL

Witch marks cast a tantalising glimpse into the Peak District's superstitious past, as **Fiona Stubbs** discovers.

**F**or centuries they lay unnoticed, keeping secret the hopes and fears of generations of Peak District farmers, families and worshippers. Now, however, apotropaic marks – also known as ritual protection and witch marks – are capturing the attention of researchers keen to learn more about their origins and meanings.

Marks are being recorded in farm buildings, churches, cottages and grand houses across the UK and other countries, but remain largely shrouded in mystery.

Andy Bentham is researching marks found in Peak District farm buildings and explains: "Apotropaic comes from a Greek word meaning to avert evil. It is used today to describe a range of marks and symbols, thought to have been made as protective devices against all manner of misfortune – protecting the building, its occupants and contents from disaster such as fire, disease, storms and even witchcraft.

"The marks provide fascinating evidence of past superstitious beliefs and some symbols have been in use for a long time. Large numbers have been recorded in medieval and early modern buildings, while in farm buildings it seems the tradition continued well into the 19th century."

He adds: "There are quite a range of marks considered to have protective



*“The marks provide fascinating evidence of past superstitious beliefs”*

qualities but various circular designs are common forms and have been found in buildings all over the country, incised into timber, stone and plaster work. There are many examples to be found in churches and secular buildings in and around the Peak District."

The best known example of these circular designs is a hexafoil – or daisy wheel – symbol, whose many lines, it is believed, were designed to confuse and entrap evil spirits. Other examples include circular designs with four arcs – similar to consecration crosses found in medieval

churches – as well as plain, concentric and intersecting circles.

Other mysterious markings include small flame-shaped burn marks. "It was thought that these marks had been caused by accident – candles or rushlights left to burn too close to the timber," says Andy. "But observation of burns by many researchers and some thorough experimental research has established that the majority of these marks must have been made deliberately."

Andy, a Peak District National Park Authority countryside maintenance ranger, first began exploring local buildings looking for marks and symbols in 2013. "My fascination lies in the fact that, although these marks and symbols are surprisingly common, we don't know a great deal about them," he says. "There appears to be very little in the way of documentary evidence describing the use of these marks. But I'm intrigued by the idea of people using symbols as a form of protection.

"Marks have been found all over this country and across Europe and the tradition was also taken to Australia and North America.

"I'm hoping my research will answer a few questions, specifically about the use of symbols in Peak District farm buildings. In the long-term, I hope it will contribute to the study of apotropaic marks nationally."

• Andy is interested to hear about further examples in farm buildings in the Peak District. Email [peakfarmgraffiti@gmail.com](mailto:peakfarmgraffiti@gmail.com)





## Si Homfray

Si Homfray battled physical and mental health challenges following a major motorbike accident. Now he tells **Fiona Stubbs** how his enduring love for the Peak District helped to shape his new outlook on life.

*Si Homfray is an artist, designer, photographer, adventurer and author. He runs Peak District Design, based in Hathersage.*

**O**ne way of looking at my relationship with the Peak District is that I am married to it. At least it feels a bit like that.

It all started as a sort of teenage crush in the 1970s. My parents moved around a lot and I kept going to new schools. When I was about 13, my parents dropped me off at a farm at the top of Winnats Pass with a tent, a geological hammer and some food for a few days.

Armed with Geological Survey maps I tried to find Blue John seams as well as minerals discarded as old mine waste. I returned home with geological specimens and a glee borne of time spent in the area.

The Peak District felt like home.

A few years later, I went to Sheffield University so that I could climb in the Peak District. To me, it has always been a place to go climbing, running, cycling, drinking tea – not necessarily in that order!

It's the daft things you seem to remember. I associate Carl Wark on Hathersage Moor with many moments – walks with a girlfriend, capturing a sunset on camera, even teenage parties. But the most enduring memory was running across it, narrowly dodging three lightning strikes as I fled to lower ground in the late '90s.

As soon as I could afford it, I bought a house in Grindleford – the smallest and cheapest I could find. It was brilliant. At the

time, I had a really stressful job as a furniture maker in Sheffield. But I'd ride home on my bike or motorbike and instantly feel relaxed.

Now as a 50-something-year-old, I find my enthusiasm for the places and the freedom to run and cycle no less joyous.

Finding what you love, doing what you love in a place you love seems to be a rare thing. And as an older, hopefully wiser and certainly humbler, person I am so grateful for the opportunity to live here, exploring the great natural patterns of nature, the footpaths that lead to new adventures. Every discovery, however small, is a lift.

I'd run successful businesses in Sheffield and Hathersage before my motorbike accident at Dore Moor in May 2012 changed everything. I was cannonballed over a car at 50mph and into a ditch. I broke nearly every bone in my body and needed facial surgery,

Stanage Edge is Si's favourite place.





Si wants to design, build and write about products which promote outdoor spaces to inspire younger generations.

*Si Homfray*

**Born:** Cosford, Shropshire

**Family:** Son Max

**Favourite place:** Stanage, for climbing and running. It's my spiritual home. I've visited a major mountain range on every continent except Antarctica, but Stanage is still the most special to me. I have always felt an emotional bond with the landscape. I regularly take time to find quiet and an inner calm in certain places, including Burbage and a bench in Bakewell for eating fish and chips. Special places you go to reset and lose the frenzy of mental activity after a hard day's work.

**Ambition:** To become an established artist and designer and to help other people to achieve balance and wellbeing through experiencing the Peak District National Park. And to complete my trip to Everest. It's unfinished business!



## HOW CAN THE OUTDOORS HELP PEOPLE TO LIVE HAPPIER LIVES?

I'd say that many British people are struggling with the demands of modern life – they're stressed and spending more than they earn. I think a lot of people are hiding their problems and need some space to see the reality and find some balance. One of the greatest things we get from fresh air and open space is clarity – the ability to be honest with yourself about what you want and actually need.

followed by eight months of rehabilitation. I was extraordinarily lucky to be alive.

The accident mushed my brain. I had a stammer and couldn't look at a computer for six months, so I couldn't work.

It also changed my personality. Before, I was all about money and ambition but I suddenly became calm and developed empathy. It was like pressing a reset button. I basically thought about my life from scratch and embarked on a two-year process of healing.

My solution was to travel – I ran 3,500 miles to the centre of Turkey, across 12 countries, towing a little trailer on foot. It was a remarkable opportunity to experience new cultures, meet new people and think about everything. It was an epiphany.

*“ I want to share the sublime beauty of all things Peak District ”*

I was planning to finish my journey at the top of Mount Everest – I'd always promised myself that I'd climb it one day. Family matters meant I had to come back before I achieved that but I hope to complete my journey in the future.

Travelling made me realise how privileged we are to have national parks and green spaces. I felt a need to settle down and, with friends' encouragement and fresh eyes on the previously familiar, I returned to the Peak District – the love of my life.

My products are inspired by my renewed love of design – and totally inspired by the special places around the Peak District.



A range of mugs designed by Si.

As an artist, I'm trying to say 'look at this amazing, beautiful place – if you can build it into your life, you'll have a better life.'

You have to help people who don't have easy access to it – I'm passionate about that. My latest product is a teapot, called the Stanage Pot of Gold. It's a glamorous, bling teapot, but it serves a social function – proceeds from sales support a Sheffield homeless project.

I like balance and promoting the benefits of outdoor spaces. I want to design, build and write about products which promote outdoor spaces and encourage younger generations to enjoy them. You get the feeling that they are not getting enough experience of the outdoors. I grew up mucking about in the garden and playing in the mud, but many youngsters don't get that now – especially in the cities.

I am married to the National Park, no doubt about it, and want to share the wonders of the great open spaces and sublime beauty of all things Peak District.

## *Si's advice for enjoying the outdoors*

“ I have a favourite saying: 'just stop and look at the detail'. Literally smell the roses or whatever flowers are there. Travel made me realise that there is beauty everywhere. You can be in the most neglected place but still see a plant pushing through the pavement. There's always something that will pick you up. ”







The Peak District National Park Foundation charity calendar 2020 with photography by Phil Sproson.

# Seasonal goodies that support the National Park

## A year to remember

Photographer Phil Sproson has teamed up with the Peak District National Park Foundation to produce a beautiful charity calendar (£8.50) for 2020, giving you a glorious seasonal view every month.

Phil said: "I never grow tired of the subtle differences produced by the changing seasons, weather and light across the Peak District National Park landscape. This calendar is a tribute to the places that

inspire me. For each calendar sold, I will make a donation to the Peak District National Park Foundation to ensure that these outstanding landscapes we are so lucky to share with nature, are available for future generations to enjoy."



Photographer Phil Sproson

## Greetings from our National Park



Some of the nation's best-loved landscapes are celebrated in our two sets of notecards: Peak District Landscapes features Monsal Dale, Peveril Castle, Stanage Edge and Howden Dam; and Castleton has Peveril Castle, the Great Ridge, Winnats Pass, and the road to Edale. These 100% recycled, eco-friendly cards are blank inside so you can use them for any occasion. Each set contains eight notecards, two each of four designs (£5.99).

*stockists*  
(see p17 map for locations)

You can buy the Peak District calendars, greeting cards, plus bottles, maps, books, clothing, locally-made products and souvenirs in National Park visitor centres at Bakewell, Castleton, Derwent and Edale.

Or shop online at [www.peakdistrict.gov.uk/shop](http://www.peakdistrict.gov.uk/shop). Your purchases help us look after the Peak District National Park for everyone to enjoy.



## Free water refills

Ask for a free water refill in the cafés at Castleton visitor centre and Millers Dale station and more – check out the app [refill.org.uk](http://refill.org.uk)

## Reduce and reuse

Ditch disposables and love reusables? Our organic bamboo eco cups (£10.95) and branded metal bottles are must-haves for fans of Britain's first national park. Classic Klean Kanteen bottles, 592ml (£29.99), in brushed steel or plum, and trendy Chilllys, 500ml (£26.99), choose from silver, burnt orange and neon green. These practical, stylish insulated bottles keep cold drinks cold and hot drinks hot for hours – great for hot chocolate or soup in these colder months.

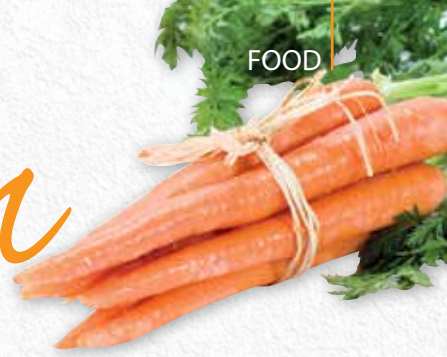
#PlasticFreePeakDistrict

(left) Trendy Chilllys, 500ml, £26.99. (right) Classic Klean Kanteen, 592ml, £29.99.





# Taste of *autumn*



Owner Deborah Hofman

**A**utumn is traditionally the season of comfort food – a time to hunker down with soothing stews and hearty meat pies. However, tastes and attitudes are changing as more of us embrace a greener lifestyle.

The good news is you don't have to compromise on comfort, as this vegan cottage pie deliciously proves.

Deborah Hofman, owner of Wheeldon Trees Farm Holiday Cottages at Earl Sterndale, created the dish with cook Lisa Bagshaw.

She explains: "Lisa and I prepare and freeze dishes which our guests can order and heat up

if they don't feel like cooking themselves. We've noticed an increased interest in vegan and vegetarian food as people try to eat less meat. Research has shown that if every family in the UK swapped a red meat meal to a plant-based meal just once a week, the environmental impact would be the same as taking 16 million cars off the road."

She adds: "This one-pot meal – made, where possible, with local produce – is packed with healthy ingredients, so it's good for us as well as for the environment."

\*Wheeldon Trees Farm Holiday Cottages hold the Peak District Environmental Quality Mark (EQM).

## Vegan Cottage Pie

SERVES 8

### Ingredients

- 1 large/3 small onions, finely chopped
- 2 large cloves garlic, roughly sliced
- 2 large carrots, peeled and chopped
- 1 broccoli, cut onto small florets, including stalk peeled and chopped
- 200g frozen or fresh peas
- 4 sticks celery, trimmed and finely chopped
- 800g potatoes, peeled and chopped
- 500g sweet potatoes, peeled and chopped
- 180g brown or green lentils
- 2 tbsp coconut oil or rapeseed oil
- 1 can coconut milk
- 500ml/680g passata
- 2 tbsp rapeseed oil
- 2 tbsp tomato puree
- 1 tbsp Henderson's Relish/  
Worcestershire Sauce
- 2 tbsp Wheeldon Trees fresh chopped sage  
(or use dried)
- 2 tbsp Wheeldon Trees fresh chopped  
parsley (or use dried)
- 1 tsp dried chilli flakes (optional)
- 1 tsp salt, pepper

### Method

1. Preheat the oven to 180C.
2. Oil a 32cm x 22cm baking dish (or four smaller dishes, each serving two) with rapeseed oil.
3. Boil the potatoes until soft enough to mash, drain and return to pan.

4. Wash the lentils thoroughly and drain. Place in a saucepan and cover with cold water. Bring to the boil, reduce heat and cook for about 15 minutes or until cooked and tender. Drain and leave to one side.

5. Mash potatoes until smooth with vegan margarine or olive oil. Season with salt and pepper to taste.

6. In a large frying pan, heat the oil. Add the carrots, onions, celery, garlic, broccoli and cook gently for eight minutes, stirring occasionally.

7. Stir in salt, sage, parsley (and chilli flakes

if using) and cook for a further two minutes, stirring from time to time.

8. Remove pan from heat. Stir in drained lentils, peas, passata, tomato puree, coconut milk and Henderson's Relish or Worcestershire Sauce. Season with pepper.

9. Spoon the mixture evenly into the baking dish(es). Smooth the mash over the top and run a fork across to make patterns.

10. Bake for 40-45 minutes, until the edges start to turn light brown and the sauce starts bubbling up.



PHOTOS: TOM MARSHALL



# Peak views

It's great to see how you're enjoying the UK's original National Park. Join in the conversation and tell us about your National Park adventures – tag us with #peakdistrict.



I'm 6, autistic, and this is my view of Derwent Dam.

Posted by Paul Brown #DerwentDam

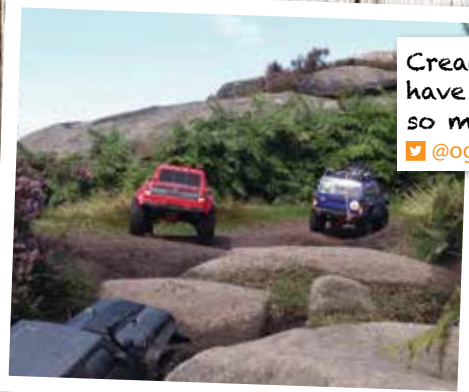
On Radio 4 Today prog... with Martha Kearney (BBC) and Sue Fletcher (PDNPA)... talking Kinder, the Mass Trespass, National Parks, bilberry bumblebees and the future of conservation.

@MarkCocker2  
#futureofconservation



Creative photography above Surprise View, have to include the one to show scale, as so many fall for it looking real!

@ogden557 #liveforthehills



## More of your moments

Camera ready? Let's see your Peak District National Park selfies!

@PeakDistrictmoments



Junior rock climber on Curbar Edge.  
@Russellegdell



Mam Tor.  
@Martin\_C1960



Now this is a sight worth seeing.  
@artypartyco

Let us know where your most Instagrammable places are – we're thinking Bakewell bridge, Dovedale stepping stones, Kinder Downfall, Mam Tor, Monsal Head, Stanage Pole... where to next?!

@peakdistrict

/peakdistrictnationalpark

/peakdistrictnationalpark

You can write to us at:  
ParkLife team, Peak District National Park office, Aldern House, Baslow Road, Bakewell, Derbyshire, DE45 1AE. We read all your letters but we aren't able to respond personally.



# 5 minutes with...

# Sarah

What's your earliest memory of the Peak District National Park?  
For our biodiversity partnerships officer, **Sarah Bird**,  
it's paddling in Padley Gorge in her 'jelly shoes'!

**I've worked for the Peak District National Park Authority since 2015.**

Before, I was an RSPB conservation adviser in Scotland. I worked with farmers in the Clyde Valley and the Borders to conserve and create habitats for birds.

**In the Peak District, my job involves managing ecological data,** recording it digitally on a geographical information system; administering partnerships such as the White Peak Partnership; representing the Authority on steering groups e.g. Derwent Catchment Partnership and Pollinating the Peak project; coordinating ecological surveys for snipe, lapwing and curlew; and helping projects like the Longdendale Landscape Enhancement Initiative and South West Peak Landscape Partnership.

**The best aspect of my job is the variety.**

On a typical day, I might work out how much species-rich grassland there is in the National Park, have a meeting about a conservation project, and organise a training event.

**My favourite place for wildlife in the Peak District National Park** is the ancient oak woodland alongside Burbage Brook, near Grindleford. It's my go-to place for birds such as pied flycatcher, redstart, wood warbler and dipper. My favourite bird is lapwing – their complex calls and swooping flight fill me with joy. Plus, their chicks are really cute!

**We get some rare wildlife in the National Park;** the rarest is Derbyshire feather moss, native to the Peak District, and not found anywhere else in the world.

**The biggest challenge for all living things is climate change.** In the Peak District

National Park we find lots of species at the edge of their distribution – if habitats change we could lose them.

**One of the easiest things people can do to help wildlife is to follow the countryside code:** take your litter home, and keep your dog on a lead as ground-nesting birds are particularly sensitive to disturbance which can cause them to abandon their eggs and chicks.

**For people who want to actively support our Peak District wildlife, my advice is to get out there and get involved** – join in with the Moors for the Future Partnership's citizen surveys, or volunteer for a project

Sarah's role sees her working with partners across the National Park for the benefit of biodiversity, including at our Bakewell HQ where flower borders and a dedicated meadow help pollinators like bees and butterflies.

like the South West Peak Landscape Partnership's Glorious Grasslands project – you can find out more on their websites.

**If I could visit anywhere in the world to see wildlife,** I'd go to South Georgia to see penguins.

**Bakewell tart or Bakewell pudding?**  
Neither, but I love Yorkshire puddings!



PHOTO: TOM MARSHALL





Andrew McCloy in Mljet National Park, an island near Dubrovnik.

## A world apart... and right at home

### *Chair's blog – Andrew McCloy*

**O**n our family holiday in Croatia this summer we visited Mljet National Park, an island near Dubrovnik. You have to pay to enter and its strict rules forbid (amongst other things) throwing litter, fishing, camping, collecting plants and “circulating outside the main roads and villages at night”.

It's a beautiful and well-run place, but a world apart from the Peak District National Park where, in addition to the millions of visitors, around 38,000 people make their home (and where, dare I say, some circulating at night almost certainly goes on).

The IUCN (International Union for the Conservation of Nature) lists six official categories for protected areas around the world, ranging from tightly controlled nature reserves and wilderness areas such as Mljet or the North American national park network through to living, working landscapes – like Britain's 15 national parks.

Our more open model means that we sometimes have to take different approaches to caring for the park's natural and cultural beauty, but it also means that the Peak District is a

place of relative freedom, energy and life.

In carrying out its statutory purposes to conserve the landscape and help people enjoy and understand its special qualities, the National Park Authority has a duty to look after the economic and social welfare of its local communities.

I'm one of six elected Parish Members

*“It's up to us to work with local people and keep this living landscape special”*

that live in the national park and a key role is to provide a direct link with local people. Many of the issues faced by our rural communities are not unique to the national park, such as the viability of village services, public transport or provision of high speed broadband.

However, we recognise that living in a such a popular place can bring added pressures, so a key part of our 5-year management plan is to support thriving

and sustainable communities. We work with our councils to develop locally needed affordable housing to allow young people to stay in our villages; we provide expert advice to farmers and land managers; and we help communities develop neighbourhood plans so that they can better shape the place they live in.

I regularly go out and meet residents to discuss these kinds of issues, most recently in Parwich and Grindleford to talk about planning and climate change, but in many ways our residents are also our visitors. Although I live in its heart, I take great pleasure and pride in visiting every part of the national park and have to remind myself how lucky I am to live in this special landscape. It's up to us to work with local people and keep this living landscape special.

Follow our chair Andrew on Twitter  
@PeakChair

• See the National Park Management Plan at [www.peakdistrict.gov.uk/looking-after-national-park-management-plan](http://www.peakdistrict.gov.uk/looking-after-national-park-management-plan)



# Peak District National Park Authority Members



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