

ParkLife

Issue 28 | Summer 2019

The **Peak District National Park** Magazine

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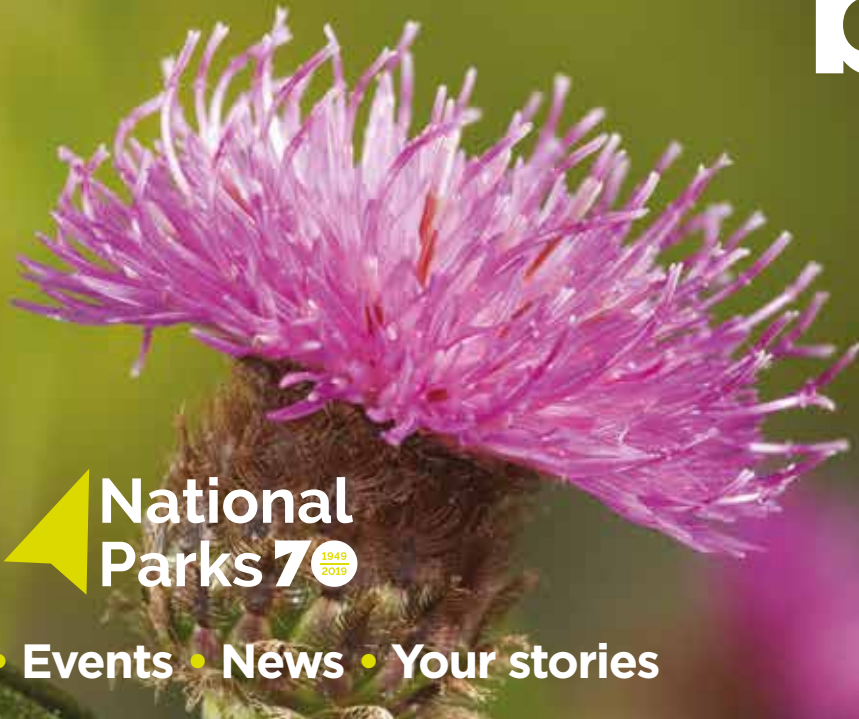
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ON THE COVER:
Furry friends – how 'Pollinating the Peak' is lending a helping hand to bumblebees. Photo by Stephen Dalton/naturepl.com

Unless otherwise stated, views expressed in this magazine may not be those of the Peak District National Park Authority.

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Working together to make a difference

World leaders are being urged by citizens across the globe to take action on plastic pollution, climate change and biodiversity loss. Giving voice to these critical global challenges is the beginning; collectively working globally, nationally and locally is where progress and success lies.

The Peak District National Park is a member of a global family of National Parks working to show how a sustainable future is possible. We are also part of our local communities, testing and working out national and global challenges at ground level. We are working hard to make a difference, and we are making progress; for example:




- We've just completed our biggest winter restoration season ever in the Dark Peak and South Pennines, planting 837 hectares of sphagnum moss (the essential building block of healthy blanket bog, which has the capability to act as a critical carbon store) and installing 405 mini dams to slow the flow of water from the moors, aiding flood alleviation.
- We've reduced our own carbon emissions as an organisation by almost a third (29%) against a 2009/10 baseline.
- We've introduced a range of bespoke products to reduce single use plastic, including coffee cups and water bottles, and our centres are also part of the 'free refill' water scheme. A recent press campaign has also sought to highlight the challenge of litter in the National Park, of which single-use plastics form a significant part.

“As an organisation, we've reduced our carbon emissions by almost a third”

There is much more yet to achieve. On biodiversity, our own plans set out ambitious five-year targets for high quality habitats in better condition, better connected and wildlife-rich. We plan to restore 1,500 hectares of degraded blanket bog; achieve 3,650 tonnes net decrease in carbon emissions from moorland; sustain at least 5,000 hectares of non-protected, species-rich grassland; create at least 400 hectares of new native woodland; and to restore breeding pairs of birds of prey in the moorlands to at least levels present in the 1990s. We cannot do this alone.

I ask you to join us in these endeavours, because the solution to global challenges lies in the hands of people and in the everyday connection we have with nature. Why? Because a connection with nature inspires, whether it's marvelling at a bee resting on a flower in a local wildlife haven or listening to the song of a curlew in a field miles from where we stand; when we connect with nature we feel great and it generates a space to connect with each other. Our mission is to inspire everybody to care. Come join us on this and help us enhance nature in your Peak District National Park.

Sarah

Chief executive Sarah Fowler
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Just what the doctor ordered
– prescribing the Peak District
for a happier and healthier life.

**“What’s the opposite of
sitting in front of your
phone for hours – nature”**

PHOTO: NATIONAL TRUST IMAGES/CHRIS JAC/NATIONAL TRUST KINDER, EDALE AND DARK PEAK ESTATE

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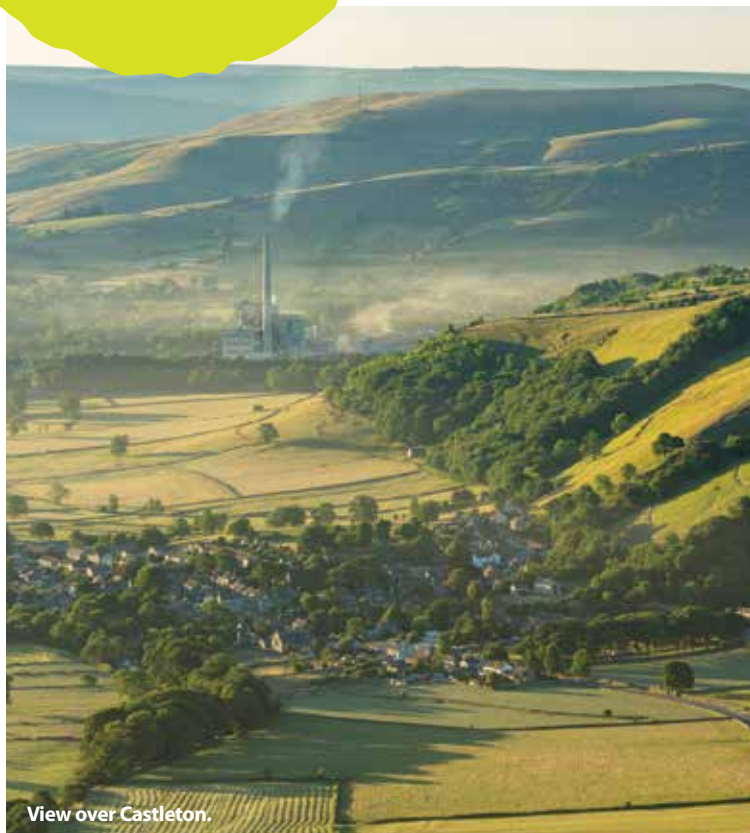
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View over Castleton.

All aboard the Hope Valley Hopper

There'll be a new way to explore the Peak District's Hope Valley this summer – and you can leave the car at home!

The new Hope Valley Hopper bus service – a partnership between the National Park Authority and Stagecoach – will see a regular hop-on, hop-off service operating between Castleton, Edale and Bamford, taking in some of the National Park's most iconic locations. With a route that includes Hope and Edale, there'll also be the opportunity to link your trip with rail services from around the region.

It will pick up and drop off in Chesterfield at the start and end of each day, with pick-ups from Dronfield and Owlter Bar en-route.

Individual and family tickets will allow visitors to make the most of the service, with many stops just a short distance from popular walking routes, villages and attractions.

The 2019 service will operate as a pilot scheme, investigating demand, visitor needs and commercial viability of the scheme for future seasons.

For timetables, ticket prices and routes, please visit: www.peakdistrict.gov.uk/hopevalleyhopper

Full steam ahead at Millers Dale Station

The Refreshment Room at Millers Dale Station officially opened in May. Parish councillors, local residents and supporters joined the Peak District National Park Authority to mark the refurbishment of the former ticket office.

In June, the National Park Authority also celebrated the confirmation of over £320,000 of funding from the European Union Farming and Rural Development Fund (EUFDR) to reinstate the roof of the adjacent goods shed. We hope to refurbish the building as a space to provide interactive information about both the site and the wider National Park.

The café at Millers Dale Station is open from 9.30am to 5.30pm each day. For more information visit www.peakdistrict.gov.uk/millersdalestation

MANIFOLD VALLEY BIKE HIRE OPEN FOR BUSINESS

A new National Park bike hire facility is now open for visitors on the Manifold Track at Hulme End. For more details visit www.peakdistrict.gov.uk/cyclehire



Peak District Mosaic held its first AGM in Hathersage.

Mosaic championing the National Park

Peak District Mosaic celebrated its success in championing the National Park at its first AGM, held at Hathersage Village Hall.

Speakers covered a range of subjects, including attracting new audiences to the Peak District and partnership working. Peak District National Park Authority chair Andrew McCloy discussed how a 'national park for everyone' could increase

understanding about the countryside and boost health, particularly among people living in urban areas.

Mosaic is a registered charity, managed by community champions and dedicated to engaging new audiences, including black, Asian and minority ethnic communities, with the Peak District National Park.



Are you 11 to 18 and love all things about nature?

Junior Rangers have a great time in the Peak District National Park, with varied activities including making bird boxes, dry stone walling, learning bush-crafts, orienteering, surveying wildlife, ranger patrols, and much more. Our Junior Rangers have an active interest in the outdoors, particularly in wildlife and conservation, and meet once a month. New members are always welcome.

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

You can find out how to join at www.peakdistrict.gov.uk/junior-rangers

If you are over 18 and interested in helping with the groups, contact **Carina. Humberstone@peakdistrict.gov.uk**.



Eye in the sky

Derbyshire police are asking those who fly non-commercial drones to be aware of changes coming later this year.

The Civil Aviation Authority (CAA) publishes a "drone code" of best practice, and anyone flying drones for commercial or professional purposes must undergo training and obtain the CAA's Permission for Commercial Operation. From November 2019 everyone flying a drone, whether professionally or just for fun, will have to register as operators and pass an online test. Police officers will require proof from drone pilots suspected of breaching the code, with the risk of prosecutions and drones being confiscated.

If you fly drones, remember always to get the landowner's permission. People and property must not be endangered, livestock and wildlife not disturbed, protected areas such as Sites of Special Scientific Interest (SSSIs) avoided, and privacy not invaded. This can include large parts of the National Park.

To report antisocial or criminal use of drones, you can email the Derbyshire Rural Crime Team's drone pilots for more advice: drct@derbyshire.pnn.police.uk

Record number of visiting youngsters

Both summer and autumn last year were buzzing with the sound and energy of 15,000 schoolchildren exploring, learning, discovering and having fun in the Peak District National Park, resulting in a record year of school visits for our engagement team. They also provided sessions for nature tots (pre-schoolchildren), junior rangers, plus scouts, cubs, and other community groups, with outdoor activities including river dipping, map skills, team building, habitat exploring, grassland surveying and more.

You can find out more about our educational experiences at www.peakdistrict.gov.uk/learningabout



WALKING BRITAIN'S LOST RAILWAYS

Look out for the Monsal Trail and more of the National Park on *Walking Britain's Lost Railways* on Channel 5 this September.

Presenter Rob Bell.



PHOTO: ANDY TETLOW

FERNILEE RESERVOIR'S NEW EASY ACCESS UPGRADED TRAIL

Visitors to beautiful Fernilee reservoir in the Goyt Valley can now enjoy better access to a peaceful waterside trail. The upgraded trail is now a Miles without Stiles route – the flat surface makes it easier for people with mobility issues to experience the countryside.

The trail resurfacing has been achieved by the South West Peak Landscape Partnership's Better Outside project, supported by Tarmac's Landfill Communities Fund and the National Lottery Heritage Fund, with help from United Utilities and the Peak District National Park Authority.

For more information about how the Better Outside project is working to improve visitor experiences for people with health or mobility issues in the South West Peak, visit www.southwestpeak.co.uk/betteroutside



Be safe, be happy

We want everyone to enjoy experiencing the Peak District National Park and a few easy dos and don'ts can make all the difference.

Do enjoy sharing the trails. Keep left, give way to each other, and use your bell if you're on a bike.

Do take your dog for a walk. Don't let dogs run free as it can create serious challenges for other people, livestock and wildlife – especially for ground-nesting birds.

Do have a picnic! Don't leave litter, don't light fires, and don't use barbecues in the countryside.



(l-r) Ian Priddle, YHA Castleton manager; James Blake, chief executive YHA (England and Wales); YHA guests Jackson Holt and Stephanie Hall.

A pledge for National Parks to celebrate 70th anniversary

The 70th Anniversary of the 1949 National Parks and Access to the Countryside Act has been marked by five of the original groups that campaigned to introduce national parks to Britain.

The Campaign for National Parks, Campaign to Protect Rural England, the

Open Spaces Society, the Ramblers and the YHA (England and Wales) signed a pledge to protect national parks and make them more accessible.

The pledge has been buried in a time capsule in the grounds of Castleton youth hostel.



Filmmakers learn about moorland restoration from Moors for the Future Partnership's Chris Dean (3rd right) and Debra Wilson (2nd right).

Coldhouse Collective supporting the Moors for the Future Partnership

Sheffield-based filmmakers Coldhouse Collective have announced that, through their membership of 1% for the Planet, they have committed to donate 1% of their annual turnover to the Moors for the Future Partnership (MFFP). Coldhouse specialise in narrative-led adventure film and photography in the world's most challenging environments, producing

commercial film and photography campaigns, expedition films and logistics in the most remote corners of the world.

1% for the Planet connects businesses and individuals with environmental non-profits, ensuring that donations go to where they are needed. To date nearly £160m has been put back into the environment globally through the 1% initiative.

Robert Thornhill, Standhill Farm, Great Longstone: dairy farmer, recipient of a Nuffield Farming Scholarship, also keen on adventure sports.

Cows, soil & grass-roots FARMING

Dairy farmer Robert Thornhill talks to **Alison Riley** about balancing milk production and nature conservation on his farm at the edge of the White Peak.

In a pair of shorts and bright blue top, clutching a vibrant green miniature bouquet of wild plants, Robert Thornhill perhaps cuts an unlikely farming figure knee-deep in vegetation amongst one of his unconventional Peak District fields.

With wife Sarah and their two sons, the family have a dairy farm – Standhill Farm, at Great Longstone. The farm has 280 New Zealand Jersey X Friesian cows on 138 hectares (340 acres) of hillside, mostly below Longstone Moor. Robert is at least the third generation to farm there, as the Thornhill family put down roots in the village in 1665.

The fact that roots and soil in particular are subjects close to his heart is quickly evident as we clamber into a field of chicory, plantain, yarrow and other leafy herbs. Speaking with infectious passion from our first steps out of the farmyard, Robert explains: “Soil is the foundation of all agriculture, civilisation is built on it, it’s where our food comes from but it’s much more than something plants grow in – it’s a subterranean ecosystem, it’s alive.” ▶

Herb and legume-rich grasslands increase soil quality and help capture carbon from the air.



“Taking a biological approach is a good thing for farming”



Robert uses new technology to monitor soil, vegetation and milk outputs.



Standhill Farm is a ‘closed herd’ – all dairy cows and bulls are bred on the farm.

PHOTOS: TOM MARSHALL

- The farm’s environmental credentials and the welfare of his animals are of utmost importance, Robert happily confesses: “I love my cows, they have to come first.”

His goals are to have a safe, enjoyable, profitable farm: “We run a spring calving, rotational pasture grazing system, so we finish calving in April. Everything is done by the calendar to match the cows’ lactation with grass growth.” He has two full time staff, and uses contractors and part time workers too. But he’s keen to show that efficient, profitable farming can deliver high conservation worth too.

Over the past decade, Robert has developed areas of species-rich grasslands which support rare limestone-loving wildflowers such as mountain everlasting and mountain pansy; he has restored wildflower hay meadows, good for pollinating insects, birds and mammals; planted 900 field boundary trees; and reinstated six dewponds that are home to great crested newts. In doing this he’s worked with Natural England and the Peak District National Park Authority, and not least with conservation volunteers who have hand-pulled ragwort from fields to avoid using chemicals on the land.

Robert came out of agricultural college at the height of an era that pushed productivity, monoculture farming and



YARROW & SAINFOIN PHOTOS: NATUREPL.COM

using chemicals, and where others have continued the trend, he has pushed back. A few years ago he took up a Nuffield Farming Scholarship visiting farms in the UK, France, Netherlands, USA, Canada and New Zealand, which gave him insights into different production techniques and flexible approaches.

Looking to the future, Robert welcomes plans for farm subsidies to be more outcome focussed: “If we are willing to accept public money then it is right that we deliver public goods for biodiversity, carbon management and climate change, flood control, conservation of the historic environment, recreation and air quality.

“It comes down to producing high quality nutritional local food that contributes to the local economy and increases biodiversity on the farm. Increasing the number of plant species in the sward brings health benefits to your animals and the soil, as well as being better for wildlife, and diversifying pasture may help us reduce our environmental footprint.”

Robert’s keen that his endeavours aren’t categorised conventionally: “we’re not intensive farming, nor do I particularly subscribe to the ‘extensive’ description of what we’re doing here either. If anything, I guess I’d call it precision farming.”

Conventional or otherwise, Robert’s passion for precision and the natural world is a spirit that certainly has a place in the Peak District.

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**.

‘Working with farmers like Robert provides the opportunity to make a real difference’

In partnership with Natural England, the Peak District National Park Authority works closely with farmers and land managers to achieve more for nature conservation.

Ben Rodgers, land management adviser for Natural England, says: “Working with farmers like Robert is highly rewarding – it provides the opportunity to make a real difference in habitat restoration for wild pollinators and farm wildlife. Together with the land manager’s knowledge and experience, we can help

support how best to deliver wildlife recovery across the farmed landscape.

“Along with the National Park Authority, we are working with Robert to test potential ways of delivering a Nature Recovery Network in the White Peak. Collectively, we hope to be able to use the results of these tests to influence how the New Environmental Management System will work in the Peak District in the 2020s.”

Welcome to...

THE NATURAL HEALTH SERVICE

Fiona Stubbs discovers how enjoying the Peak District National Park could be the health-boosting tonic many of us need.

The figures are pretty shocking – in the UK, chief medical officers report that 1 in 6 deaths are caused by inactivity.

Adults are recommended to do at least 150 minutes of moderate physical exercise – such as walking – each week, while children should aim for more than an hour per day.

Yet 34% of UK men and 42% of women are classed as inactive – failing to meet these modest guidelines.

The benefits of exercise, however, are far-reaching

– from protecting against some cancers, heart disease and Type 2 Diabetes, to building strong bones and boosting the immune system. It can ease depression, anxiety and stress, reduce isolation and loneliness, and improve confidence.

Add fresh air and the peace and quiet of stunning countryside, and it could be a vital tonic for many people.

Dr Rangan Chatterjee, Cheshire-based GP and resident doctor on BBC Breakfast, advocates the health benefits of escaping into the great outdoors. ►



A family enjoying a healthy walk at National Trust High Peak Estate.

PHOTO: NATIONAL TRUST IMAGES/TREVOR RA

► In his latest book, *The Stress Solution*, Dr Chatterjee looks at the causes of stress, how it can affect physical and mental health – and offers guidance on how to take back control. He says: “I’m seeing more and more patients in my surgery who I believe are suffering from a brand-new diagnosis – nature deficiency.”

“Nature helps put some distance between the ‘noise’ of daily life and ourselves. It encourages us to look beyond ourselves. Even the simple sound of birds can be incredibly relaxing.”

He adds: “There are many studies that confirm the multitude of benefits of spending more time in nature, including improved mental focus, reduced stress levels, reduced anxiety, improved job satisfaction.”

Dr Chatterjee prescribes getting into the open air as “the antidote to technology” and explains: “We’re living in an era of information overload and work overload and sugar, alcohol and sitting-on-our-backsides-all-day overload.”

He adds: “What’s the opposite of sitting down and staring at your phone for hours and allowing yourself to be sucked into its vortex of endlessly moving pixels? Nature.”

In the Peak District National Park, we’re committed to sharing the health benefits of outdoor exercise. In addition to our guided ranger walks (<https://www.peakdistrict.gov.uk/events>), we run a number of specialist activities. For 27 years, we have organised health walks, providing a high level of support for people who would otherwise be unable to enjoy the National Park, through poor health or disability, low income, social isolation or old age. Walks take place once a month between February and November and community transport is available.

A new series of Next Steps walks will enable people to progress from health walks as their fitness improves (<https://www.peakdistrict.gov.uk/visiting/access-for-all/healthwalks>). Donations to the Peak District National Park Foundation’s

Dementia is no barrier to exercise for former competitive fell runner Don Rigg

Don, aged 85, and his wife Sonia, from Tideswell, regularly enjoy both our health and dementia walks.

Sonia says: “Don has always been very fit – he last competed in the English fell running championships 10 years ago, aged 75, and finished second in his category.”

“He has vascular dementia but is still physically very fit. We both enjoy the company on the health and dementia walks. Don and I walk a lot together, but those walks are very quiet because he doesn’t speak at all. But on the ranger walks I chat to everybody!”



#70kfor70 campaign will help to fund health walks in the future.

Working with Derbyshire Dales Walking for Health, we offer a regular programme of short walks (www.derbyshiredales.gov.uk/dementiafriendlywalks) to enable those living with dementia and their carers to enjoy exercise, good company and the outdoors (see page 18).

Engagement ranger Sally Wheal says: “We try to overcome barriers – whether actual or perceived – for people to visit the countryside and to feel comfortable in it.

“As rangers, we can introduce people to the National Park and help them to discover the physical and mental health benefits it can bring in a safe and supported environment.”

We also highlight the benefits of mindfulness in a series of walks for the general public. Led by volunteer rangers,

that are experienced mindfulness practitioners, the walks promote a deeper connection with nature and the calming influence of quiet contemplation.

Head of engagement Sarah Wilks adds: “Many of us know that we don’t exercise enough and yet, for some, it can be like a magic pill. Some people, of course, need medication for their ailments but lifestyle changes can make a huge difference to wellbeing, at little cost.

“Some people want to explore the countryside but aren’t sure how to do it – for example, they might not be confident at map reading. But we run navigation courses to help overcome that.

“It’s important to understand that getting out into stunning countryside is not just good fun – it’s also good for you.”

www.peakdistrict.gov.uk/naturalhealthservice



Head of engagement
Sarah Wilks



Engagement ranger
Sally Wheal



“I’m seeing more and more patients in my surgery who I believe are suffering from a brand-new diagnosis – nature deficiency”

Dr Rangan Chatterjee



Don't worry, be happy

Jen Lowthrop is a digital marketing consultant and chair of the Peak District National Park Foundation. She is a certified happiness trainer and works with businesses and individuals to improve health and wellbeing.

Jen says: "I've always had an interest in both happiness and fun – and how they can have an effect on health, wellbeing and productivity.

"Happiness is a buzz word at the moment and I think that's a good thing. People often don't realise that happiness is a process – you can control your thoughts and the way you react to different situations more than you think. My studies to become a happiness trainer involved looking at the theory of happiness – what makes us happy and the techniques we can all use to achieve that.

"One of key things that makes people happy is the ability to be outdoors. I lived in London for 10 years, but I came back to live in Derbyshire because I needed

to breathe country air and to be in the great outdoors. My general wellbeing has improved exponentially since I came back. I still commute to London for two days every week for a client and I can feel myself relax and breathe better as soon as I'm home.

"Businesses are also beginning to realise the benefits of the outdoors and bringing happiness techniques into their organisations. Netwalking events – where people network while walking – are increasingly popular as people tend to talk more freely and think more creatively.

"There are also exercises based around laughter and gratitude to increase feelings of happiness. I often feel grateful for living in Derbyshire. I think for people living in cities, the opportunity to come into the countryside regularly is so important."

Learn more via Jen's blog at <https://shegetsaround.co.uk>

How will you enjoy the great outdoors?



Camp in comfort

Why not take time out to immerse yourself in nature, by hiring one of our cosy camping pods at North Lees campsite?

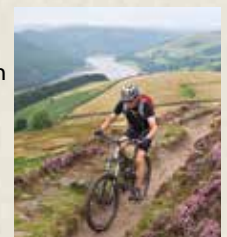
All of our pods are set within wooded areas and three overlook a small stream. The site is alive with birdsong whatever the season – and provides the perfect base for exploring the dramatic scenery around Stanage and North Lees or the village of Hathersage.

A super-convenient way to enjoy camping, our pods will keep you warm and dry, without the hassle of carrying and putting up a tent. To plan a trip, please visit <https://www.peakdistrict.gov.uk/camping> email northlees.campsite@peakdistrict.gov.uk or call 01433 650838.



Pedal power

From family-friendly trails to challenging terrain – the Peak District National Park has something for cyclists of all disciplines and abilities.



Get away from it all on two wheels – or three or four! We have everything from wheelchair bikes to hardtail mountain bikes, available to hire from our cycle centres.

To learn more, please visit <https://www.peakdistrict.gov.uk/cyclehire>

Welcoming walks

Not able to tackle a strenuous hike? No problem!

Discover some of the Peak District's most accessible routes through our Miles without Stiles guide. Showcasing some of our finest landscapes, the routes are well-surfaced, free from stiles, steps and narrow gates. They are suitable for people of all fitness levels and those with limited mobility, including wheelchair users, families with pushchairs and the visually impaired.

For more details of Miles without Stiles, go to <https://www.peakdistrict.gov.uk/mws>



PHOTO: TOM MARSHALL

The rare bilberry bumblebee *Bombus monticola* is at the heart of the Pollinating the Peak programme, working on the urban fringes of the National Park and beyond.



A special **TREASURE**

The Peak District National Park is known for its big views and sweeping landscapes, but sometimes it's the smaller side of nature that needs a helping hand. **Tom Marshall** discovers an innovative project looking after one of our tiniest wild gems.

“**S**he’s beautiful, absolutely gorgeous,” says Sally Cuckney as we enjoy the sunshine from an unassuming office near urban Chesterfield. The source of Sally’s delight as we pore over some colourful photographs? Not a new pet or other addition to the family, but something a little more diminutive, in the shape of a bilberry bumblebee. Measured in millimetres rather than miles, this Peak District ‘pollinator’ has become an unlikely hero for a project focusing on the loss of bumblebees across not just the Peak District, but throughout the UK.

With her small team of four, Sally and the Pollinating the Peak Project – led by the Bumblebee Conservation Trust – have made impressive headway in creating a buzz about a group of creatures we rely on more than most of us realise.

In just a couple of years, the project has engaged with over 15,000 people – including 1,200 schoolchildren, helping to share the story of how we rely on bees as plant pollinators for everything from our breakfast baked beans to our Friday night pizza.

“So many of our bumblebee species are found in the south, that it sparked the idea that it was time to do something in the north,” says Sally. “The Peak District may be hundreds of square miles with millions of visitors, but it’s also somewhere that people see as their backyard, with a real sense of ownership.”

With backing from the National Lottery Heritage fund, the project kicked off, with no small task ahead of it. “People may not be interested in science and conservation, but they’re definitely keen when it comes to the food they eat,” adds Sally.

“If you plant one thing, you’re creating a habitat and the biggest threat to bees is loss of habitat”

“This wasn’t going to be about ‘don’t do this, or do that’, but making the experience fun for everyone.

A key project element is the aptly-named B.E.E – the Bumblebee Education Experience; unusually targeted at secondary, rather than primary age youngsters, and as Sally is keen to point out, “taking the science to the school” rather than the other way around. Not the easiest of audiences, the results with teenagers have been overwhelming says Sally. Improving even the basic level of understanding can make a big difference



Up close – taking the bumblebee story to schools is at the heart of the project.

– the fact that there are so many species of bumblebee (no fewer than 24), knowing that males have no sting, or the fact that not all bees make honey.

“It seemed like a silly pipedream idea, but we pulled it off,” adds Sally.

When it comes to wider audiences, like the bees themselves, it’s all in the small details.

“The difference in a challenging, urban community can be as simple as a single plant,” says Sally. “If they can’t afford that, it could be a plant swap, or even a giveaway event – it’s the start of making a difference that’s key. We want to make it easy for people to take action for bumblebees so help them to make small changes to make a big difference.”

With more traditional routes of impact like working with partners including the National Park Authority, Wildlife Trust, National Trust or local councils, it’s ‘filling the gaps’ with the project’s specialist knowledge. At the Peak District National Park Authority head office in Bakewell, this has meant leaving a ‘wild’ area that is traditionally scythed each year in an approach that encourages wild flowers to bloom and return – providing a vital fly-through restaurant for bumblebees. Away from towns and villages, dedicated training of rangers helps people to identify at-risk species like the bilberry bumblebee.

“With only eight of the 24 species of UK bumblebees able to be described as common, it makes the others so much more ▶

The Pollinating the Peak team and partners, at Chatsworth.



- precious, and our real treasure here is of course the bilberry bumblebee," says Sally.

"We're all losing a bit of connection with where our food comes from, so a cream tea with a back story can make all the difference," adds Sally. "When it comes to children – and adults alike – simply turning over a range of food at an event to show which are reliant on bumblebees can be a game-changer. With kids of course, it's always the humour – like learning that bees have smelly feet!

As well as attending local events, the project is also taking a proactive role with communities that may not be able to access areas crucial to the bumblebee story.

"By working with refugee groups for example, we want to offer minibus journeys to 'bumblebee picnics', for those who perhaps don't have a chance to enjoy that experience normally, which is boosted by our lottery funding that allows these opportunities to take place for free."

Although with humble beginnings, the project has already taken centre-stage at RHS Chatsworth, working with the team behind show garden 'Mind the Gap' in 2018, which went on to win gold with its pollinator-friendly wildflower borders.

For Sally though, young people remain at the heart of what the project delivers.

"If we can create that spark at an early



Youngsters earn their stripes with the Bumblebee Conservation Trust.

age, that first 'in' for the understanding of what bumblebees do for us then we've done it".

"If you plant one thing, you're creating habitat and the biggest threat to bees is loss of habitat, with 97 per cent of wildflower meadows lost in a couple of generations."

For Sally though, the signs of success – much like growing a wildflower meadow – can be a few months in the making.

"Sometimes it's not the immediate event, but an email you receive six months later from a parent, saying their seven-year-old is now in love with bees and constantly asking about food and where it comes from."

Whatever Sally and her team are doing right, it's certainly creating the kind of buzz we can all benefit from.

Creating a buzz

Just some of the Pollinating the Peak Project's work includes:

- A 'Bee Kind' gardening tool – helping you score your garden for bee friendliness!
- Seed collection and propagation encouraging low-cost opportunities for bee-friendly planting
- Creation of bee friendly habitat on publically-owned land
- Talks, guided walks and an exciting curriculum-linked education roadshow 'The Bumblebee Education Experience'
- Research with local colleges and universities
- Joining wider community and major events across Derbyshire and the National Park
- Volunteer training in surveys and other techniques to support bumblebee conservation.



Flower power – B.E.E – the Bumblebee Education Experience in action.

Make a beeline...

You can learn more about Pollinating the Peak at:

<https://www.bumblebeeconservation.org/pollinating-the-peak/>

@BuzzingPeak and @BumblebeeTrust

@bumblebeeconservationtrust





Whether you enjoy the Peak District National Park all year, or you are just visiting for the day, make the most of the summer season by joining in with events and activities in the UK's first national park – there's something for everyone.

Family fun

Escape from digital screens and find fun things to do for all ages in the Peak District National Park.

FESTIVAL OF ARCHAEOLOGY AT CASTLETON VISITOR CENTRE

Wednesday 24th July and Saturday 27th July

11am to 4pm

Explore Peak District archaeology, and delve into the past with activities for all the family:

- learn about Bronze Age burials and have a go at making your own pygmy cup.
- get your hands dirty in our dig pits, unearthing real artefacts.
- find out about Arbor Low and make your own model to take home.
- try our sorting challenge and tricky stratigraphy game.
- discover the archaeology of Castleton.

Peak District National Park Authority archaeologists will be there to answer questions.

FAMILY NATURE DISCOVERY AT FAIRHOLMES VISITOR CENTRE

Friday 26th July

10am to 12pm, and 1pm to 3pm

Bring the kids to explore our outdoor nature area at Fairholmes, with guided and self-led activities to help you explore and play in the natural world. Drop-in event suitable for under 8s.

WILD WEDNESDAYS (summer holidays only)

12.30pm to 4.30pm

Get outside with your children this summer holidays. In a series of Wild Wednesdays, we will be popping up in some fantastic spots with activities and ideas to help you explore the great outdoors with your family.

Wednesday 31st July – Edale. Call in at the visitor centre for location.

Wednesday 7th August – Winnats Pass (opposite Speedwell Cavern).

Wednesday 14th August – Fairholmes visitor centre.

Wednesday 21st August – Fairholmes visitor centre.

Special interest

Go on... try something different this summer.

GREEN WOODWORKING WORKSHOPS AT EDALE VISITOR CENTRE

Sunday 11th and Tuesday 13th August

10am to 4pm

Try your hand at a variety of basic green woodworking techniques. Use materials sourced through conservation work in the National Park. Suitable for over 18s only due to sharp tools.

Booking essential. Cost: £25 per adult.

JUNIOR RANGERS

Age 11 to 18? Want to learn practical conservation skills and help look after the UK's first National Park? Junior Rangers meet once a month throughout the year. We have groups at Dovestones (run by Saddleworth Environment Education); Eastern Moors (run by Eastern Moors Partnership); Edale (run with Moors For the Future Partnership), Hardwick Hall (run by the National Trust); Longdendale; Marsh Farm near Tittesworth Reservoir; Millers Dale; Langsett; and we hope to set one up in Buxton.

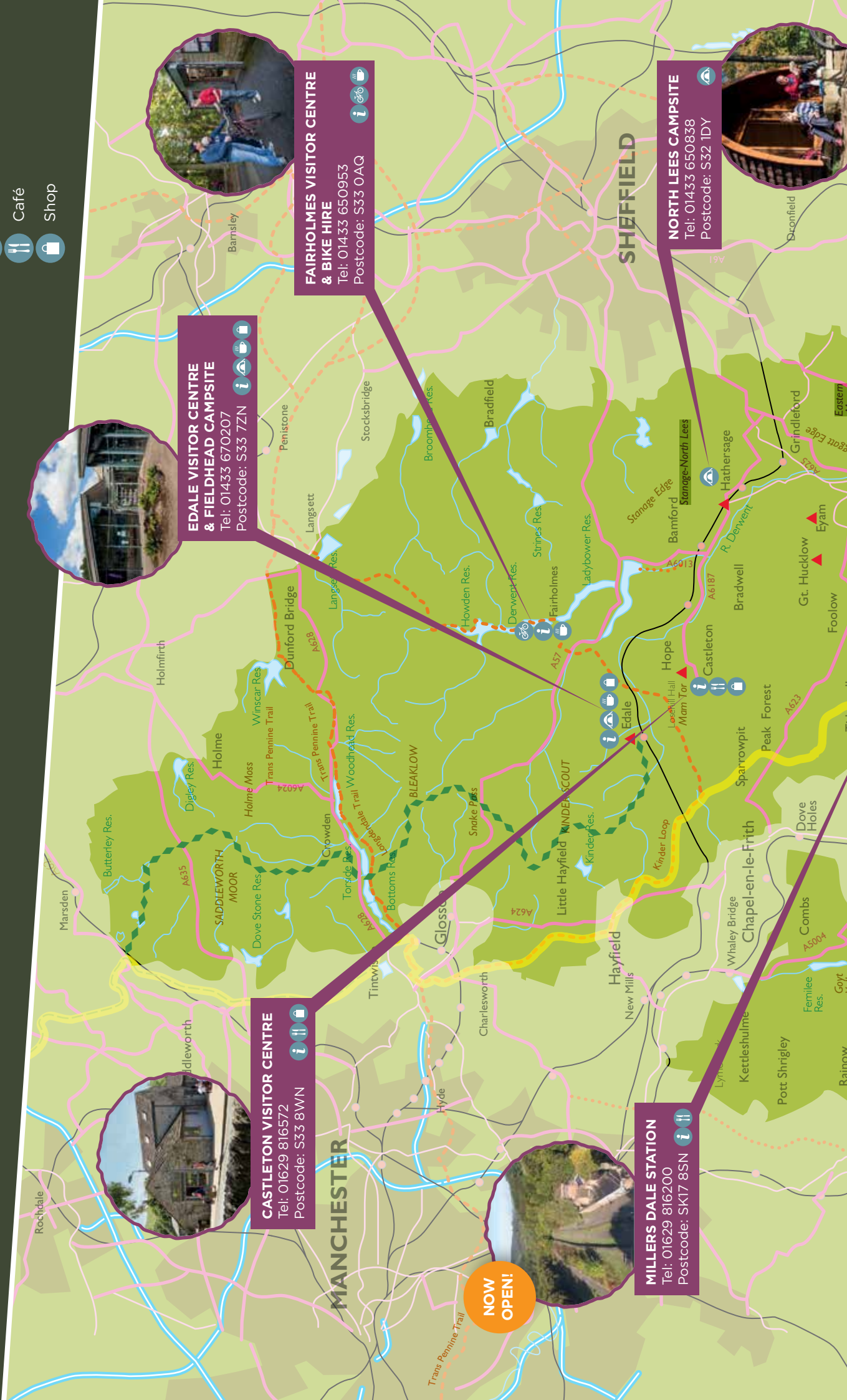
• Find out more at www.peakdistrict.gov.uk/junior-rangers

More events and booking details on page 18 ►



PEAK DISTRICT NATIONAL PARK

- Information
- Bike hire
- Camping
- Drinks and refreshments
- Café
- Shop



EDALE VISITOR CENTRE & FIELDHEAD CAMPSITE

Tel: 01433 670207
Postcode: S33 7ZN

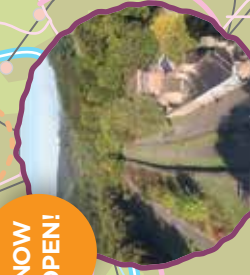


FAIRHOLMES VISITOR CENTRE & BIKE HIRE

Tel: 01433 650953
Postcode: S33 0AQ



NOW
OPEN!



MILLERS DALE STATION

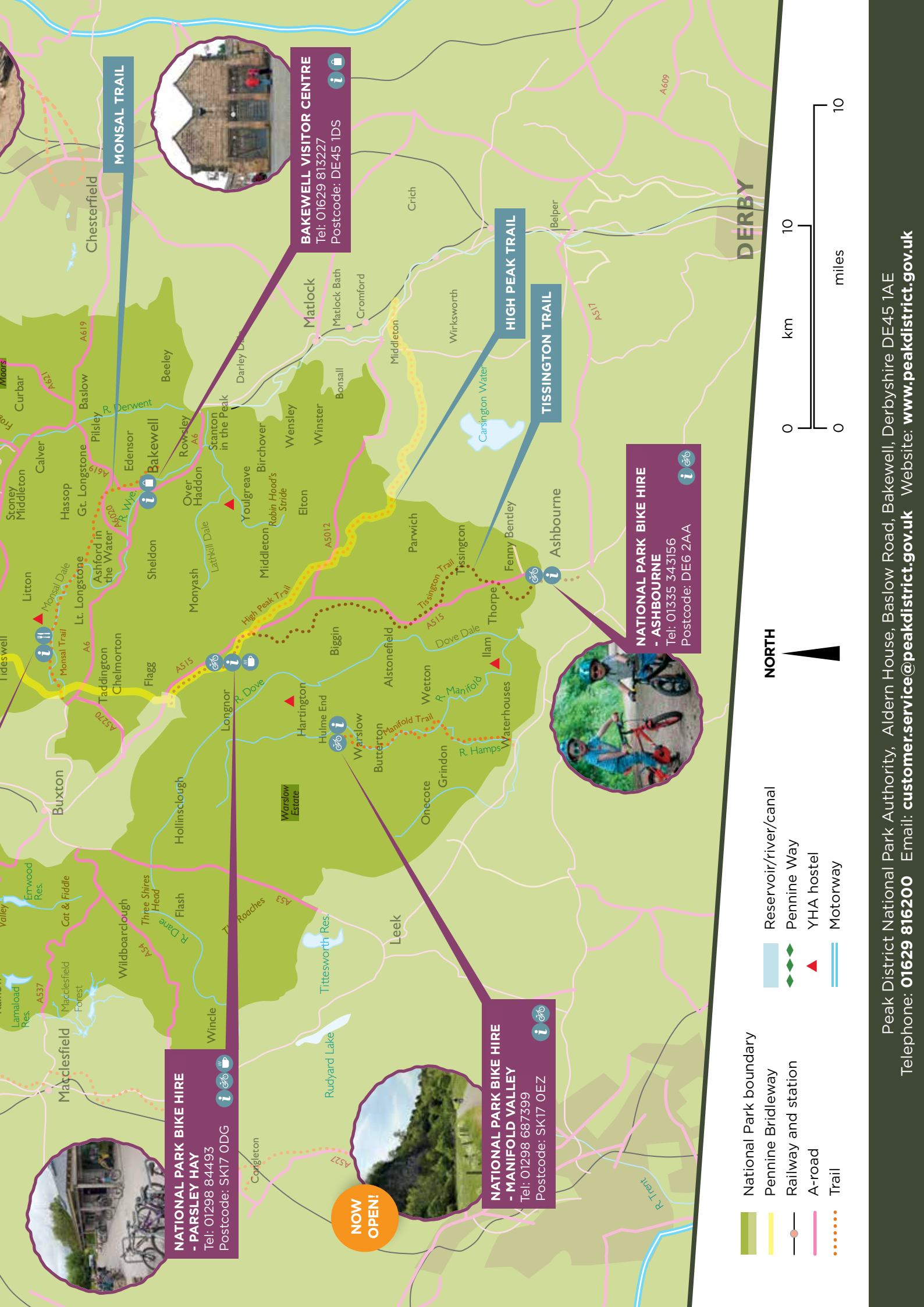
Tel: 01629 816200
Postcode: SK17 8SN



NORTH LEES CAMPSITE

Tel: 01433 650838
Postcode: S32 1DY





MONSAL TRAIL



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

HIGH PEAK TRAIL

TISSINGTON TRAIL

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

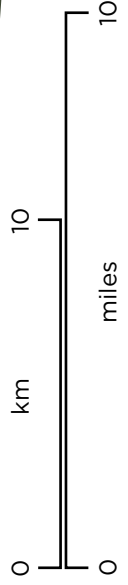
NATIONAL PARK BIKE HIRE
- PARSLEY HAY
Tel: 01298 84493
Postcode: SK17 0DG

NATIONAL PARK BIKE HIRE
- MANIFOLD VALLEY
Tel: 01298 687399
Postcode: SK17 0EZ

NOW OPEN!

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

NORTH



EVENTS

▶ Continued from page 15

Guided walks

Discover local legends, history and wildlife on walks with Peak District National Park rangers. Here are just a few of our summer events. Book via the website.

DEMONS DALE AND FIN COP

Sunday 28th July

11am to 4.30pm

Step back in time for legends, supernatural beings and unexpected discoveries from archaeological excavations, on a leisurely 6-mile walk through beautiful limestone scenery with wonderful panoramic views.

• Meet outside the Monsal Head Hotel, DE45 1NL. Cost: £8 per adult.

WALLABIES AND GREEN KNIGHTS

Saturday 10th August

9.30am to 5pm

Walk the Roaches ridge, visit Doxey Pool, Hanging Stone, Lud's Church chasm. Explore history, myth, wildlife and landscape on this 10-mile walk.

• Meet in the lay-by opposite Roaches Tea Room, near Upper Hulme, ST13 8TY. Cost: £8 per adult.

LANTERN PIKE VIA KINDER RESERVOIR

Sunday 22nd September

10.30am to 4.30pm

A 9-mile walk over Chunal Moor to the site of the Liberator aircraft wreck, on to Mill Hill and views of Kinder Scout. Walk down William Clough, scene of the 1932 Mass Trespass, on to Little Hayfield and the steep hike to Lantern Pike.

• Meet at Chunal lay-by on the A624, SK13 6JY. Cost: £8 per adult.

Health & well-being

Discover the benefits to taking exercise in the Peak District National Park. For more information visit our website.

WALKING WITH MINDFULNESS – HARTINGTON TO PILSBURY

Sunday 4th August

10:30am to 4pm

Mike Pupius, mindfulness trainer and ranger, offers an opportunity to truly appreciate the National Park's peace and tranquillity on this 7-mile walk through the Dove Valley, to Pilsbury Castle and Carder Low. Refreshment stop at Bank Top Farm café.

• Meet at the village pond in Hartington, SK17 0AL. Cost: £8 per adult.

CYCLES, COTTON AND CHEESE

Sunday 1st September

11am to 4pm

A leisurely 12-mile cycle ride through part of the White Peak landscape with stunning views of the Dove Valley and taking in parts of Dovedale, the Tissington Trail and the national cycle network. Suitable for occasional or regular cyclists who are comfortable riding on quiet roads (but not beginners).

• Meet at Parsley Hay cycle hire centre, SK17 0DG. Cost: £8.00 per adult.

RUN WITH A RANGER: LIMESTONE LEG IT

Sunday 15th September

9.30am to 11.45am

Burn and learn on a 6.5-mile circular 'sight-running' tour, with stops, from the delightful village of Over Haddon. Explore cultural heritage in Lathkill Dale and enjoy the far-reaching views from Haddon Fields. You must be able to run 10km at average pace 12 minutes per mile (8 minutes per km).

• Meet at Over Haddon village car park, DE45 1JE. Cost: £12 per adult.



DEMENTIA FRIENDLY WALKS

Easy walks for people living with dementia and their carers, supporting them to enjoy exercise outdoors. Fully accessible wheelchair-friendly walks, in partnership with Walking for Health and the Alzheimer's Society. Sorry we aren't able to support people on their own, please bring a companion.

• All start at 2pm, no need to book, just turn up. There are four locations, all end with a café stop:

First Tuesday of the month: Hope Valley. Meet at Castleton visitor centre for a short walk around Castleton with National Park rangers. Pay and display parking.

Second Tuesday: Darley Dale. Meet at the Whitworth Centre for a short walk around the park and linked trails. Free car park.

Third Tuesday: Bakewell. Meet at Hassop Station for a short walk along the Monsal Trail with National Park rangers. Pay and display parking.

Fourth Tuesday: Ashbourne. Meet outside the Co-op in Shawcroft car park for a walk in and around the park with National Park rangers. Pay and display parking.

More information: www.derbyshiredales.gov.uk/dementiafriendlywalks

What's on
this summer?
www.visitpeakdistrict.com



A fine creation of a well dressing.

MANIFOLD SHOW

Saturday 10th August

HOPE SHOW

Monday 26th August

CHATSWORTH COUNTRY FAIR

**Friday 30th August to
Sunday 1st September**

WELL DRESSINGS

GREAT LONGSTONE AND LITTLE LONGSTONE

**Saturday 13th July to
Saturday 20th July**

BONSALL

**Saturday 27th July to
Friday 2nd August**

BRADWELL

**Saturday 3rd August to
Saturday 10th August**

GREAT HUCKLOW

**Thursday 8th August to
Wednesday 14th August**

EYAM, FOOLOW AND WORMHILL

**Saturday 24th August to
Saturday 31st August**

HARTINGTON

**Saturday 7th September to
Saturday 14th September**

• See centrefold map for all directions

Find out more

For full details of all National Park ranger guided walks, visitor centre events and navigation skills training – and to book – please visit www.peakdistrict.gov.uk/events

Click 'book online' to see the full range for 2019.

Discover the new Peak District National Park branded bottles at visitor centres.

Have you got the bottle to help create a...

#PlasticFreePeakDistrict?

Ditch the disposable habit in the UK's first National Park!

Fresh on visitor centre shelves this summer, discover the new Peak District National Park branded bottles: classic Klean Kanteen bottles, 592ml (£29.99), in brushed steel or plum, and trendy Chillys, 500ml (£26.99), choose from silver, burnt orange and neon green.

Choose quality and durability over cheap and short-lived – these groovy bottles speak to the long term benefits for the environments we love. We're talking sustainability, baby! It's about keeping the hills, dales, woodlands and moorlands special without making mountains of waste. It's about making healthy choices for people and the planet, reducing single-use waste, and choosing function over fashion – although with these bottles, you're as likely to be trend-setting as bog-trotting!

Keep cold drinks cold and hot drinks hot for hours in these practical, stylish insulated bottles – great to use all year round. What you put in your reusable bottle is entirely up to you!

Eco-credentials

- Reusable time after time
- Lasts a lifetime
- Reduces the need to use plastic bottles
- Helps reduce litter

Test yourself by trying the **#PlasticFreePeakDistrict** challenge! How far can you go without using plastic in the Peak District National Park?



**Trendy Chillys,
500ml, £26.99.**

**Classic Klean Kanteen,
592ml, £29.99.**

stockists

(see centrefold map for locations)



You'll find the bottles, plus maps, books, clothing, locally-made products and souvenirs, on sale in Peak District National Park centres. Or shop online at www.peakdistrict.gov.uk/shop. Your purchases help us look after the Peak District National Park for everyone to enjoy.

- Bakewell visitor centre
- Castleton visitor centre
- Derwent visitor centre

- Edale visitor centre
- Parsley Hay cycle hire centre



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.

Litter: it's a fact

60 tonnes of rubbish each year are picked up from places including the Monsal Trail and Stanage.

£37,000 per year is the cost to remove litter from Peak District National Park car parks, trails, visitor centres and properties.

- One in four items of plastic-based litter in the Peak District are single-use plastic bottles.
- One in five items are crisp or sweet wrappers, or plastic bags.
- Over 80% of people said they had seen plastic litter at some point during their visit.

Sheffield Hallam University graduate study, 2018.

Help keep the National Park tidy and safe for wildlife by taking your rubbish home.

Lorna's DONE IT!

It seemed an almost impossible feat. Yet Lorna Fisher is all smiles after completing her epic Pedalling the Parks challenge.

Our adventurous engagement manager, Lorna Fisher, cycled 1,658 miles and visited all of the UK's 15 national parks – in Scotland, England and Wales – in just 15 days.

Lorna had planned to match the distance by raising £1,658 for the Peak District National Park Foundation's #70kfor70 campaign – but smashed her target, raising over £2,000 during the journey.

Along the way, she overcame exhausting head-winds, driving rain and a couple of punctures.

She says: "There were some tough moments, but generally I felt really good. By the 400-mile mark, my legs were feeling strong and by the time I reached the Peak District (about halfway), I was loving the challenge. I really choked up as I rode towards Stanage Edge... it was so lovely."

Lorna's epic bike ride began in the Cairngorms National Park in Scotland and ended in the Norfolk Broads National Park. She was joined by friends Grace Lambert-Smith and Cathy Wallace for the final leg

“I really choked up as I rode towards Stanage Edge... it was so lovely”

and recalls: "When I got to within a few miles of the Broads National Park, I felt a surge of energy. It was pouring with rain and I was soaking wet but I was pedalling really, really fast. I got a bit teary!"

At various points through the journey, Lorna was joined by family, friends, national parks staff, rangers and volunteers and local cycling clubs.

She adds: "It was great to talk to local



Lorna's epic bike ride began in the Cairngorms National Park in Scotland and ended in the Norfolk Broads National Park.



people and visitors along the way. Many couldn't believe how far I was cycling! I'm overwhelmed with the support I've received, whether from people joining me for a while or making donations to the Foundation. To see all the messages of support on my JustGiving page – many

from people I don't actually know – is very touching.

"I'm pleased that the challenge has raised awareness of national parks and inspired people to want to help look after them. I feel as though I've achieved the purpose of my challenge.

“I’m pleased that the challenge has raised awareness of national parks and inspired people to want to help look after them”



Thank you!

“I’ve also learned that I love cycling a whole day by myself – which I’d never done before. I’d recommend it to anyone – just cycling in a mindful state.”

It is still possible to donate to Lorna’s challenge by visiting www.peakdistrict.gov.uk/pedallingtheparks

Big thanks to the companies who supported Lorna on her challenge:

- **YHA England and Wales** – accommodation for seven nights of the challenge at youth hostels across England and Wales;
- **Clif Bar** – provision of energy bars;
- **Alpkit Foundation** – provision of kit and a donation towards Lorna’s costs;
- **Beyond Marathon** – provision of a GPS tracker for Lorna’s bike to track her progress and safety;
- To everyone who helped Lorna complete her astonishing challenge!

Artist's impression of the new housing development in Bradwell.

PROGRESS & PROTECTION

– it's a balancing act

Developing derelict sites, creating new homes and energy efficient schemes – there's a lot to consider in the planning process while at the same time protecting the National Park, as **Fiona Stubbs** discovers.

A new Aldi supermarket, a number of new housing sites and plans for a Premier Inn – there's no shortage of development underway in the Peak District National Park.

At the heart of the planning process, however, is a delicate balancing act: to match the march of progress with our duty to protect the National Park.

Head of development management Jane Newman says: "We have a development plan in the National Park which sets out our approach. Most new development will be directed into Bakewell and other existing settlements to ensure it is sustainable. Developments also have to conserve and enhance the special qualities of the National Park."

Head of development management
Jane Newman



An example of this is the recently opened Aldi supermarket, built on the site of the former Cintride factory on Ashford Road. The factory manufactured drill bits and small tools but closed in 2001 and the vacant site had become a derelict eyesore.

When planning permission was granted to Aldi, a condition was that the company

install solar panels on the roof. These are due to be installed soon.

Jane adds: "Climate change is a major concern and we are increasingly looking for efficiency and sustainability from development. We are looking for the highest possible standards in carbon reduction and water efficiency.

"Just because a scheme is energy efficient doesn't mean we'd grant permission for something that was otherwise unacceptable, but our aspiration is that all schemes make a positive contribution to climate change mitigation."

Another key consideration in the National Park is the availability of affordable homes for local people. Permission has been granted for 30 affordable homes on land next to Lady Manners secondary school



The Aldi site was an eyesore before development started.



The recently opened Aldi in Bakewell.

in Bakewell. The development includes two and three-bedroomed houses, two bungalows and four one-bedroom flats. A condition of development is that local gritstone and limestone are used – along with some render, to make it financially viable.

Ground preparations are also under way for a mixed development of open market and affordable homes on the former Newburgh Engineering site in Bradwell. Permission was granted in June 2016 to build 55 houses, including 43 three to five-bedroomed houses for the open market and 12 two-bedroomed affordable homes to meet local needs through Bradwell Community Land Trust, along with new industrial units. The houses are required to be built in natural stone, in keeping with the village character.

Other smaller schemes for affordable housing to meet a local need have also recently been permitted in several villages, including Taddington and Winster.

Jane explains: "With new housing proposals, we look for good quality of design, and developments being an appropriate scale and using distinctly local materials rather than generic alternatives. Schemes need to make a positive long term contribution to the villages and towns of the National Park.

"We understand that, in development, there's a bottom line and that there are costs involved. Providing the sort of design qualities we need will potentially make schemes more expensive – but the priority is the conservation and enhancement of the National Park. There's a balance to be achieved, but the need for housing doesn't outweigh the need to look after



Permission was granted in June 2016 to build 55 houses on the old Newburgh Engineering site in Bradwell. (Inset) Artist's impression of the new Premier Inn being built on the site of a former cotton mill in Bakewell.



the National Park. "In the case of the Newburgh development, it is an enhancement because the land was previously an industrial site. But it would not have been viable had it been entirely for affordable homes."

She adds: "People may be surprised to learn there is quite a bit of development in the National Park, but where development is sustainable and meets our policy outcomes, it can be a good thing. We want our communities to be thriving and viable in the long term.

"We currently permit around 88 per cent of applications and, of the percentage we initially refuse, often the applicants come back with revised plans which address problems and can then be permitted.

"We have a pre-application advice service that we recommend all applicants engage with. It allows us to look at a

proposal, discuss any changes we'd like to see and gives a better chance of an application running smoothly through the planning system."

Work has begun on the site of a new 72-bed Premier Inn hotel in Bakewell – on the site of a former cotton mill built by the 18th century inventor and industrialist Sir Richard Arkwright.

"The Peak District National Park was designated not just for the right to roam, but partly to prevent urban sprawl into the open countryside and to control the pressure of development from nearby cities," says Jane.

"Since the designation of the National Park, planning has been an essential way of helping to keep the National Park a special place. We all benefit from the way planning directs and encourages the right development into the right places. That's why managing development in the National Park continues to be so important."



Ghazala Razzaq

Drawing on her lifelong love of the outdoors, Ghazala Razzaq tells **Fiona Stubbs** how she helps Asian women from inner city Sheffield to find peace in the Peak District.

Ghazala Razzaq is co-ordinator of the Sheffield Asian Women's Resource Centre, Roshni. As part of her role, she introduces groups of women to the health and wellbeing benefits of the Peak District National Park, by leading walks and other outdoor activities.

I've always loved green spaces. I was born in Pakistan and came to Sheffield with my mum when I was a one-year-old. We joined my dad, who'd come over to work in the steel industry.

One of my earliest memories is of a little park in Attercliffe, where we lived until I was 10. I relished visits to that park from an early age.

A housing demolition scheme in Sheffield meant hundreds of families were relocated and we moved to leafy Nether Edge. We had a massive garden – my mum loved gardening and I used to help her. We'd grow seeds in our greenhouse then plant herbs and vegetables in the garden.

I've always felt a connection to nature. My first memories of the Peak District were family drives to Bakewell. As well as working in the steel industry, my dad was a part-time taxi driver and every so often he'd drive us to Bakewell or to the seaside. I loved Bakewell!

When I was growing up, it was typical for Asian girls to get married at 16 or 17 but I was a bookworm and wanted to go to university. I studied Public Administration at Sheffield Hallam University and went on to become an advice and outreach worker.

I've always had a busy work and family life. I have four children, aged between 24 and 10, I work full-time and have extended

family too, so weekends are spent trying to keep everybody happy! I've also recently become a grandma, which is lovely.

It's difficult to find time for yourself, but my husband and I had a phase of visiting Longshaw regularly. There are so many different walks, hills to climb, woods to explore. I love the quiet and peacefulness – and the colours of nature are so lovely. Along with our oldest daughter, we became Peak District champions through Mosaic.

It's wonderful to introduce our Roshni ladies to the Peak District. Roshni is a bridge between the community and mainstream organisations. Many of our ladies have previously felt quite isolated – for people with families it can be difficult to get out, when you've got caring responsibilities, shopping and cleaning to do and helping kids with their homework.

The stunning view across Longshaw meadows.



Ghazala loves the connection with people and nature that walking brings.

Ghazala Razzaq

Born: Rawalpindi, Pakistan, raised in Sheffield.

Family: Four children and one grandson.

Favourite place: Longshaw.

Best thing to do: Walk and talk – connect with people and nature.

Ambition: Every day at Roshni is very different and very challenging. Development is a lifelong journey – you never stop learning. I'm now training to be an elite coach, to try to help people with emotional issues. I am also looking to utilize the amazing cooking skills of women we work with at Roshni by setting up a Community Café based on the principles of Ayurveda – an ancient Indian system of health, which is still successfully practised all over the world. The café will be the first of its kind in Sheffield and will focus on cooking with health and healing in mind. So watch this space!



SUPPORTING THE WELFARE AND EDUCATION OF SOUTH ASIAN WOMEN IN SHEFFIELD

Roshni, which means 'light' in Urdu, supports the welfare and education of South Asian women in Sheffield.

Visits to Longshaw by Roshni have been supported by a National Trust and Peak District National Park partnership. Using herbs as medicine and fishing and horse riding activities have been supported by The Sheffield Environmental Movement.

• To find out more about Roshni and to join walks and activities, contact Ghazala on **0114 2508898**. We are currently working in partnership with the National Trust and Peak District National Park to recruit female volunteers to lead walks for women for whom English is their second language. To find out more, please visit <https://www.myvolunteering.nationaltrust.org.uk>

“The Peak District reminds many of our ladies of their past, growing up in India, Bangladesh or Pakistan”

I love being outdoors so, for me, leading groups is a great opportunity to enjoy it through work. What I really like is that people are so friendly when out walking. They say hello – that's nice and it breaks down so many barriers. It is hoped that the (Roshni) ladies will feel that Longshaw is a welcoming place they can enjoy again and again.

The Peak District reminds many of our ladies of their past, growing up in India, Bangladesh or Pakistan. They remember running up hills, around fields and through countryside in sandals or bare feet. It brings back good, positive memories of their childhood. They really appreciate it.

“Sometimes people have lived here 30 or 40 years but have never had an opportunity to visit the National Park. In India, Bangladesh and Pakistan, walking in itself isn't a cultural thing, as it is here. In those

countries, people do walk in the countryside but it's for practical purposes – to fill water clay pots, look after cattle and chickens and work in the fields. It's labour intensive.

Over the last year we've taken groups to Longshaw and organised fishing and horse riding trips for ladies. Another group walked around Bakewell, looking at the plants and herbs that grow around there. They loved that day – it took them back to their childhood when people didn't go to the doctor for a pill, you sorted out ailments with herbs.

One group trip was part of a carers' project and included a lady carer whose husband had significant mental health issues. When we first arrived in the Peak District she was so sad but, by the time we left, she was completely transformed. Being out in the open air, your problems seem to wash away...

What are the challenges to accessing the countryside?

“The biggest barrier is cost... walking boots and coats can be expensive. For the women we work with, a huge issue is transport. Many people live hand-to-mouth and it's a real struggle. For some people, to spend £4 or £5 on bus fare is a huge luxury.”



Ghazala's advice for enjoying the outdoors

“Have a fixed slot on your calendar to get out with your family – whether it's to a local park or out into the countryside. It's so important to get together and spend time together, talking, exploring and having fun. When you're walking, talking doesn't feel intrusive – you feel more relaxed and comfortable, which makes it easier to talk and connect with people.

Take some food with you, so you're not stuck, hungry, in the middle of nowhere. But take home your own litter. If you want a nice environment, you've got to look after it. It's nice to have bins but, if there aren't any, put your litter in your bag and take it home.”

Junior Rangers discover and learn in the Peak District National Park.

Building a firm FOUNDATION

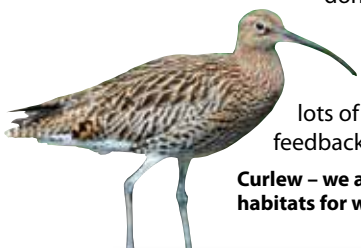
What a start! We've been delighted with the response to the newly-formed Peak District National Park Foundation.

The registered charity has been established to grow support and raise money to care for our National Park for everyone to enjoy, forever.

Lorna Fisher launched our fundraising in the most adventurous style with her epic Pedalling the Parks cycle challenge (see pages 20-21) – while customers have donated generously in National Park visitor centres.

And we've had lots of encouraging feedback from our funders.

Curlew – we aim to improve habitats for wading birds.



We're currently working on our #£70kfor70 campaign, to raise £70,000 to celebrate the 70th anniversary of legislation which led to the creation of National Parks.

With the money raised we aim to:

- support more accessible routes as part of the Miles without Stiles initiative;
- fund kit for Junior Rangers to enable more young people to become future custodians of our National Park;
- improve habitats for wading birds;
- support volunteers to work on a range of conservation projects across the National Park.

Looking ahead, we want to see more land managed for wildlife, more rare habitats protected and more people able to enjoy our National Park.



HOW YOU CAN HELP

With your help we can make sure the Peak District is better conserved for future generations to enjoy.

Be a fundraising hero!

Your challenge doesn't need to be as extreme as Lorna's! Perhaps a sponsored fun run, hike, a bake-sale, coffee morning or school fair.

Do let us know if you are going to take on a challenge to raise money for the Foundation so that we can thank you and promote your event.

Visit the Foundation website for more information – www.peakdistrictfoundation.org.uk or call 01629 816 254.

Make a donation

If you're at a Peak District National Park visitor centre or cycle hire centre, please consider making a donation to support the Foundation.

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 a little something back to look after the places they love and you can increase the sustainable credentials of your business.



Please consider making a donation when you're at one of our visitor centres.

To find out more email hello@peakdistrictnationalparkfoundation.org.uk or visit www.peakdistrictfoundation.org.uk
Follow us on [@pdpn_foundation](https://www.facebook.com/pdpn_foundation) [@peakdistrictfoundation](https://www.instagram.com/peakdistrictfoundation)

Taste of *summer*



Warm summer evenings are just made for relaxed al fresco dining with friends and family. And this recipe from Graham Mitchell, head chef at Hassop Station Café, is bursting with sunny, seasonal flavours. The café, which nestles alongside the Monsal Trail, has extended opening hours during the summer and is well known for its stone-baked pizzas, served after 5pm.



Head chef
Graham Mitchell.

Owner Duncan Stokes says: "The trail is lovely on summer evenings and, as people tend to stay a little longer at this time of year, we spotted an opportunity to try some special, seasonal dishes.

"We have a varied evening menu, including our 'build your own pizza' with a wide choice of toppings. We love simple, fresh food, done really well – and a summery pizza, served with salad and fries, is something all the family can enjoy."

Hassop Station café opens until 9pm Wednesday to Saturday until the end of September.

It is a holder of the Peak District Environmental Quality Mark (EQM).

Stone baked pizza topped with mozzarella, wild garlic, goats curd and lime blushed tomato

Pizza dough

- 500g strong plain flour
- 300ml lukewarm water
- 15g dried yeast
- 20g salt
- 40ml olive oil

Dissolve yeast in warm water with the olive oil. Mix salt and flour, and then mix in the water. Knead for 5 minutes and leave to prove somewhere warm for 15 minutes. You will need 250g of dough for a thin 12inch pizza base. Any excess will freeze well – do this before proving!

Tomato sauce

- 2 tins of chopped tomatoes, excess juice strained off
- 1 tbsp tomato puree
- 2 cloves of garlic, crushed
- 1 tbsp vinegar
- salt and pepper to taste

Simmer and reduce all ingredients in a pan slowly, until most of the liquid has evaporated, then pulse with a hand blender. Don't blitz too much – leave some chunky bits! Finish with some freshly chopped basil.

Lime blushed tomato

- 20 halved cherry tomatoes
- 1 lime

Sprinkle 20 halved cherry tomatoes with salt, sugar, lime juice and zest and a drizzle of olive oil. Leave cut side up on a cooling rack, under a very low grill or somewhere warm, until they are semi-dehydrated and have intensified in flavour.



PHOTO: FIONA STUBBS

Goats curd

- 250g pot of goat's milk yoghurt

Pour a 250g pot of goat's milk yoghurt, mixed with a large pinch of salt, into a fine cloth or fine sieve above a bowl and stand somewhere cool for about three hours, until the liquid drains out, leaving the curd.

Wild garlic oil

- 30 leaves of wild garlic

Bring 200ml of rapeseed oil to 80C in a saucepan. Add 30 leaves of wild garlic and a pinch of salt, and blitz with a hand blender. Pass through a sieve and into a bottle.

For the pizza

1. Use a pizza stone if you can. Preheat the oven to 300C or as hot as it will go.
2. Using plenty of flour, thinly roll 250g of dough and lay pizza base on top of greaseproof paper.

3. Spread the pizza sauce thinly on the base and dot plenty of baby mozzarella balls over the top.

4. Sprinkle with chopped wild garlic and bake for four minutes, on the paper, on the stone.

5. Remove from oven and add the lime blushed tomatoes and generously dot the goats curd over the pizza.

6. Return to the oven for a further two minutes or until the pizza is crispy and the mozzarella has melted. Finish with finely sliced wild garlic and a drizzle of the wild garlic oil.

Enjoy al fresco with chilled Prosecco!

For an alternative to wild garlic try sorrel or spinach. Goat's yoghurt can be found in leading supermarkets.

Peak views

Get in touch with us by email, Twitter, Facebook, Instagram, or write. We love to hear from you.

Enjoying some sunshine on our Adventure Camp! What a brilliant week we had!

@PeakActiveSport #rockscrambling



Lucky to have this on my doorstep, and to introduce my friends too.

@jo_hickyd #beautifulplace



A local's adventure in the Peak District.

@AndrewBurdett #MyPeakDistrict



Director Krennic overseeing Imperial preparations at Dalehead.

@adamspink #StarWars



More of your moments

Whether you're posting a great Peak District National Park selfie, wowing with wildlife, or capturing priceless memories with your family, we'll share some of our favourites here.



📍 Your tweets help people avoid disturbing breeding birds at Stanage: Ring Ouzel looking proud darting around High Neb. Returning to Hueco Heaven, Stanage North.

@philcollierMI #ringouzel



📍 Young Rabbits, Leam, nr Hathersage, Hope Valley, Derbyshire.

@andyjonesfoto1 #rabbit



📍 My favourite things.

@Sorsby #PeakDistrict



@peakdistrict



/peakdistrictnationalpark



/peakdistrictnationalpark



@PeakMillie

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...

Jonathon

Cycles, scenery and helping people to enjoy their experiences of the Peak District National Park. No wonder our visitor experience and cycle hire assistant **Jonathon Parrish** loves his job!

Before joining the Peak District National Park Authority, I was studying Music Tech at college in Nottingham. I had a summer job, which I did for about four years, at a bike hire shop in the Snowdonia National Park. I started working as a casual at Parsley Hay in July 2017 and went full-time in February last year.

I'd visited the Peak District from a very young age. My parents and I would go walking most weekends – in all weathers! I've grown to love the place. Living in the city, I really appreciate the opportunity to work in such a beautiful setting. The city is just not me.

I enjoy serving customers of all ages and abilities. It's fantastic to see people having a great day! I especially like having a fully equipped workshop at Parsley Hay and the satisfaction of fixing bikes while enjoying a wonderful 'office' view. Also, the Peak District National Park Authority has supported me through my Cytech Level 2 course (practical training in assembly, set-up, servicing and maintenance of bikes) which I'm really pleased about. It's great to be able to put what I've learned into practice!

The least exciting bit about my job is having to sweep constantly and clean the windows! But it can be quite therapeutic and satisfying too.

It's hard to choose a favourite place in the Peak District but I'd have to say the road to Longnor, just before Crowdecote. I remember discovering the view when cycling to Longnor fish and chip shop – how it just opens up. It takes my breath away every time... though cycling back up that road isn't quite as nice.



PHOTO: TOM MARSHALL

The variety of my job continues to surprise me. No two days are the same and I enjoy that. We get customers from all over the world, coming to hire bikes from us and experience the Peak District – in all weathers too.

My top tip for getting the most out of the Peak District National Park would be to just get out and see it. Park the car, take a hike, hire a bike. At Parsley Hay there's a bike for everyone – including electric bikes, trikes, wheelchair bike or our electric all terrain Boma wheelchair.

The strangest question we're asked from time to time is: "Where is the Peak District?"

Jonathon Parrish's top tip on getting the most out of the Peak District National Park is to park the car, take a hike, hire a bike.

If I could be anywhere else in the world, I'd love to visit South Germany again – the Baden Württemberg area. I went there on a school trip and have many happy memories. I'd love to cycle there again and swim in Lake Constance. Cycling there is amazing, just like it is in our National Park.

Bakewell tart or Bakewell pudding?
Bakewell Pudding all the way – especially warm with custard!



Young banner bearers at the *Spirit of Kinder* event; below – Jarvis Cocker.



Spirit of Kinder speakers: front – Lynne Robinson, President of the British Mountaineering Council; Ruth George, High Peak MP; middle – Sue Hayman MP, Shadow Environment Minister; Jarvis Cocker; back – Lord David Blunkett, Andrew McCloy. Not featured, but spoke at the event – Hilary McGrady, Director General of the National Trust.

Chair's blog – Andrew McCloy

People and the Peak District are indivisible. A Saxon hilltribe called the *Pecsaetan* ('people of the peak') were among the first to settle here, since when small communities have tried to make a living from the land or the minerals in the rocks beneath. But wind forwards a millennium or so and people power also helped establish this distinctive upland area as Britain's first national park, a place so popular and vital today.

So it was in April this year I spoke at the *Spirit of Kinder* event, hosted by the National Trust in Castleton. This annual event commemorates the Kinder Scout Mass Trespass of 1932. This celebrated act of civil disobedience involved groups of mostly young, working class people from industrial Manchester and Sheffield protesting at the lack of public access in the Peak District by deliberately walking on the privately owned grouse moors of Kinder Scout. The heavy handed response

of the authorities (six young men were jailed) evoked widespread popular outrage and fuelled the sense of injustice that this wild, open moorland was out of bounds.

The Mass Trespass didn't directly lead to the creation of the Peak District National Park 20 years later, but it played a significant part in shaping public sentiment and support. With such a huge and growing urban hinterland, the Peak District provided (as it still does now) the green lungs for millions of people; but the threat of development from roads, quarries and houses also meant that its breathtaking natural beauty, and the freedom and escape it offered, had to be urgently protected.

Since being established in April 1951, seeking ways to help people understand and responsibly enjoy the national park has been one of our core purposes. We've negotiated new public access rights to

over 80 square miles of land, purchased major upland estates like Stanage North Lees and Warslow Moors, set up the first ever national park ranger service and Local Access Forum, and latterly have created a new Access Fund to continue improving public access.

At the recent event in Castleton we heard from a number of VIP speakers who reminded us of the importance of this hard-won public access. But, most significantly for me, we also listened to the next generation – our inspirational Junior Rangers – who pledged to continue guardianship of 'the people's park'. They follow in the footsteps of those young men and women who, eight decades earlier, were so passionate about the basic human right to walk on the hills and moors of the Peak District that they were prepared to go to prison to achieve it.

We should be grateful to them all.

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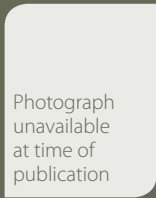
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The above information was correct at time of publication. There are also a number of vacancies at time of publication, so individuals shown above may be subject to change.

To find more information about our Members go to: www.peakdistrict.gov.uk/members

CYCLE INTO SUMMER

Make the most of summer evenings
with longer opening times at our cycle
centres at Ashbourne, Parsley Hay,
Derwent and Manifold Valley



ENJOY EXTENDED OPENING HOURS - UNTIL 7PM AT:

ASHBOURNE

Saturdays and Sundays from
20th July until 1st September;
Tuesdays 30th July and 6th, 13th,
20th, 27th August

DERWENT

Tuesdays and Sundays throughout
July and August

PARSLEY HAY

Saturday 20th July; Sunday 28th July;
Saturdays 3rd, 17th, 31st August;
Sundays 11th, 25th August;
Sunday 1st September

MANIFOLD VALLEY

Saturdays 27th July and 3rd, 10th,
17th, 24th, 31st August

By hiring our bikes, you're helping us to
look after the Peak District National Park and
to maintain our traffic-free trails and facilities

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