



Project helps people into the countryside

http://www.dinningtontoday.co.uk/news/local-news/project_helps_people_into_the_countryside_1_2948833

Published on Thu Jan 20 11:39:38 GMT 2011

The health benefits of being out in the fresh air are well documented.

But many people find it difficult to access the countryside because of age, disability or social circumstances.

The Let Nature Feed Your Senses scheme sets out to change all that.

Thanks to the work of the Sensory Trust and Linking Environment and Farming (LEAF), a network of volunteers have been busy coordinating visits to farms and nature sites for excluded groups from all over the Yorkshire, Humberside and the East Midlands regions.

One of the more local host sites for the project is the Yorkshire Wildlife Trust's Potteric Carr reserve near Doncaster.

The reserve offers activities to inspire people of all ages and backgrounds to take an active interest in local wildlife and it's conservation.

Helen Gottschalk, education programme manager at the reserve said that without the project, some people simply wouldn't have the chance to experience the reserve.

She said: "It's crucial that our local communities are involved in conservation and it is wonderful that groups are able to learn more about their local environment, and hopefully be inspired to take action back at their home or local centre."

"Without Let Nature Feed Your Senses, many people would miss out on the opportunity to have these wonderful experiences."

To find out more about how you can arrange a sensory experience by visiting a farm or nature reserve near to where you live, visit www.letnaturefeedyoursenses.org.

Alternatively, call LEAF project manager James Taylor on 02476 413 911.