

About Dorset Wildlife Trust



Dorset Wildlife Trust is the largest conservation charity in Dorset supported by over 25,000 members, with strong local knowledge and influence and a powerful mandate to protect the county's natural heritage. We have more than 40 nature reserves which contain some of Dorset's most beautiful places and are havens for some of our most important wildlife. These are a tremendous resource for local people and tourists to enjoy.

DWT recognises that wildlife and the natural environment make a vital contribution to our quality of life and works to make opportunities open to all. With regular contact with nature known to improve our general health and well being, the conservation sector promotes the integration of wildlife and habitats with human activity in living landscapes and living seas that enable people to live healthy and prosperous lives and wildlife to flourish.

I have been doing conservation for about 5 months with the DWT. I have had mental ill health for 15 years and find that doing conservation gives me a sense of purpose. I also feel a sense of achievement. The exercise is enjoyable and relaxing. I find the wardens pleasant to work with, and friendly. It is a bonus when we have jacket potatoes on the bonfire, they taste so good.

Mark
Richmond Fellowship.

After spending three months in rehab, and supported by Bournemouth Churches Housing Association, Neil Reed comments on his experience helping to remove invasive rhododendron from Brownsea Island Nature Reserve

I needed something to occupy my days before going into full time employment. It felt good doing something for the wildlife, the community and actually not getting paid for it. I never thought I would work for nothing. The job of cutting down these trees is massive and never ending. It has opened my eyes to how I can give a little back. It has made me feel better about myself and I'm even looking into more voluntary work surrounding wildlife and I hope to make a career of this experience.

Healthy environment, healthy people

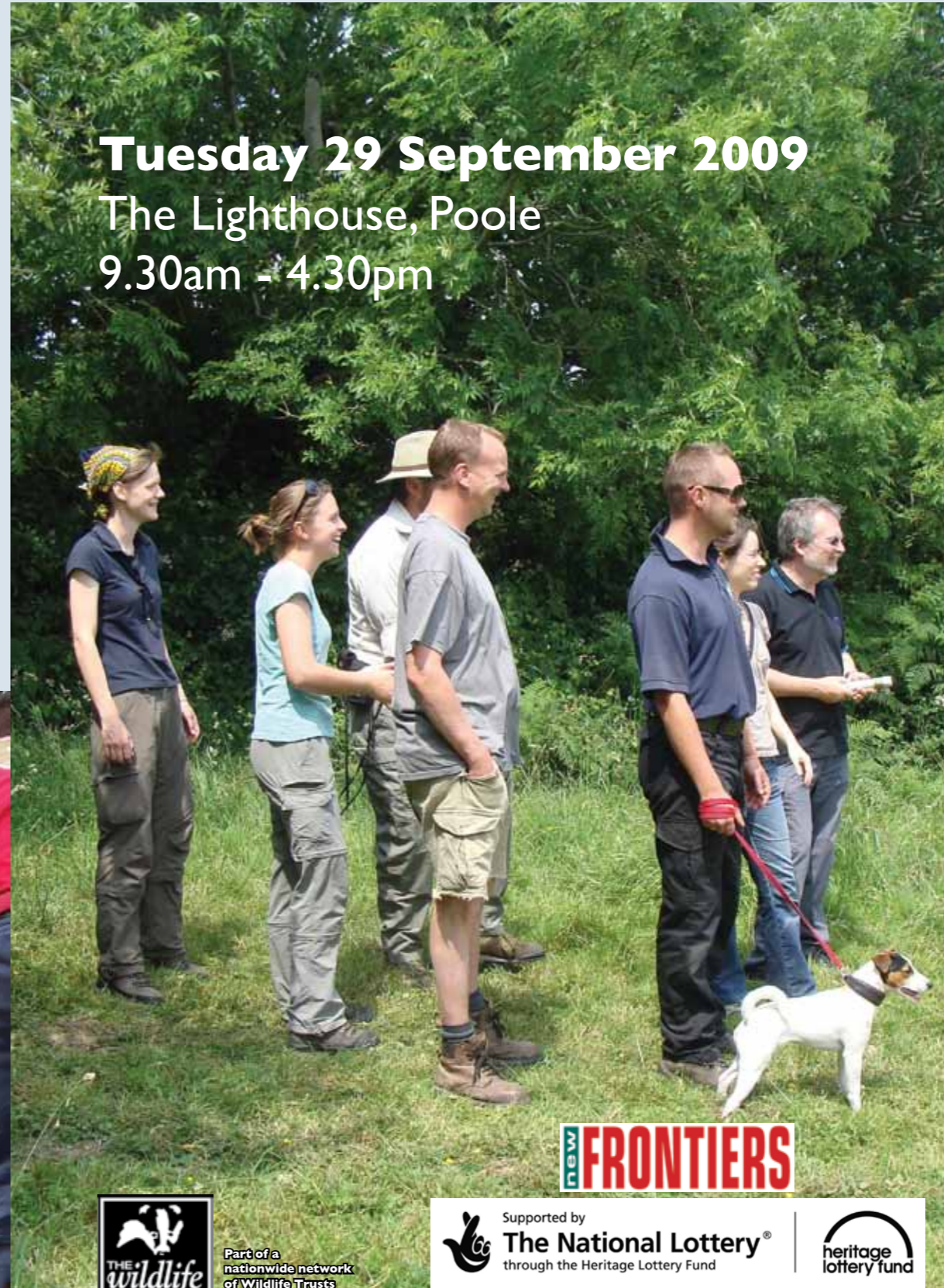
A day exploring the social benefits of wildlife and the natural environment



Tuesday 29 September 2009

The Lighthouse, Poole

9.30am - 4.30pm



Healthy environment, healthy people

To book a place please
complete the form overleaf



Part of a
nationwide network
of Wildlife Trusts

Supported by
The National Lottery
through the Heritage Lottery Fund



A bit about our keynote speakers

Judy Ling Wong, CBE, FRSA, is the UK Director of Black Environment Network, an organisation with an international reputation as the pioneer in the field of ethnic participation in the built and natural environment. BEN works across diverse sectors, integrating social, cultural and environmental concerns. Judy is a major voice on policy towards social inclusion and is uniquely placed to take forward the development of an integrated approach to environmental participation, bringing together different fields and sharing cultural visions.

Dr William Bird is the strategic health advisor for Natural England leading the health programme to develop the natural environment as a major health resource. He chairs the Outdoor Health Forum that unites all major UK environment organisations to influence health professionals to use the natural environment for prevention and treatment. While as a GP in South Oxfordshire he set up Health Walks and the Green Gym in the late 1990s which are now throughout the UK, using the natural environment to increase physical activity and wellbeing.



Afternoon parallel workshops

Afternoon parallel workshops – these interactive sessions will include a 20 minute presentation followed by 20 minutes of questions, answers and general discussion. Each delegate may attend two of these sessions during the afternoon.

- 1. Well-being and wildlife**
Explore the health benefits of contact with the natural environment, with case studies of work between DWT and mental health service providers.
Led by Brian Bleese, DWT, and the Richmond Fellowship.
- 2. Involving people with wildlife**
Examine opportunities for volunteering in the natural environment and how to achieve the best for, and from, volunteers. Case studies on engaging disadvantaged groups.
Led by Noel Bergin, DWT, and Steve Davis, DWT.
- 3. Community participation in improving the local environment**
Look at ways to consider wildlife and the environment in parish planning, with a case study on Corfe Mullen Nature Watch.
Led by Andrew Pollard, Dorset Biodiversity Partnership, and Jane Adams, Corfe Mullen Nature Watch.
- 4. Greenspaces in urban areas – integrating the needs of people and wildlife**
This session will include the new South East Dorset Green Infrastructure Framework, with a case study on the Bournemouth Wildlife Survey.
Led by Phil Sterling and Tony Harris, Dorset County Council, and Stuart Clarke, Bournemouth Borough Council
- 5. The outdoor classroom**
Explore the potential of the outdoors to inspire and educate people.
Led by Amanda Broom, DWT, and Joy Wallis, DWT.
- 6. Managing nature reserves in the urban environment**
Discuss the human pressures on our urban heathland sites and the ways of managing these to enable wildlife to flourish whilst allowing people to enjoy the heaths.
Led by Andy Fale, DWT, and Amy Schuring Urban Heaths Partnership warden.



Programme

Time Session name

- 9.30** Arrivals
- 10.00** Welcome and Opening remarks
Simon Cripps, Chief Executive, Dorset Wildlife Trust
- 10.10** The natural environment and social inclusion
Developing an integrated approach to environmental participation
Judy Ling Wong, UK Director of Black Environment Network
- 10.40** Case study: The Dorset Wildlife Trust's New Frontiers Project
Brian Bleese, Dorset Wildlife Trust
Roger Goulding, Heritage Lottery Fund
- 11.05** Refreshments, networking and exhibitions
- 11.35** The natural environment and public health
Improving health and wellbeing through contact with nature
William Bird, Natural England
- 12.05** Case studies:
Christine Wollage Paragon ITE and
Noel Bergin, Dorset Wildlife Trust
- 12.30** Explanation of afternoon session
Jim White, Trustee, Dorset Wildlife Trust
- 12.40** Cold buffet lunch and exhibitions
- 14.00** Split into first parallel workshop/interactive sessions
- 14.50** Split into second parallel workshop/interactive sessions
- 16.00** Closing remarks
Jim White

Booking Form - Healthy environment, healthy people

To book a place please return this slip with payment to **Nicki Brunt, Dorset Wildlife Trust, Urban Wildlife Centre, Beacon Hill Lane, Corfe Mullen, Wimborne, Dorset BH21 3RX** by 11 September. Please indicate below if you would prefer an invoice. Please note places are limited and we expect high demand so please book early to secure a place.

Name _____ Job title _____
 Organisation _____
 Address _____
 _____ Postcode _____
 Tel no. _____ Email _____

Workshop choices: *please number your top 3 choices in order of preference*

- 1. Well-being and wildlife
- 2. Involving people with wildlife
- 3. Community participation
- 4. Greenspaces in urban areas
- 5. The outdoor classroom
- 6. Managing nature reserves in urban areas

I enclose payment of £20 (voluntary organisations/
 community groups)
 £30 (statutory organisations)
 Cheques payable to 'Dorset Wildlife Trust'
 Or
 Please invoice _____ for the delegates fee

Dietary requirements _____

Signed _____ date _____