

GREENWOOD FOREST

'Breakfree' walks leaflets

accessible woodlands & green spaces



Project Summary

The production of award-winning packs of walks leaflets, designed to make the countryside more readily accessible to everyone.

Background

Many people find it difficult to experience the health-giving benefits of greenspace. What prevents them are both obvious things such as physical obstacles to access, and also more elusive issues such as a lack of confidence when going out into the country – where to go, how difficult it might be, how to get back in time.

The Project

The Greenwood Team consulted with people with a range of special needs and together identified various barriers to accessing greenspace, including matters such as the length of time needed for a

walk, the distance involved and physical obstacles such as stiles and gates.

Based on the consultation exercise, and using guidelines provided by the Sensory Trust, the Greenwood Team researched and produced two 'Breakfree' walks packs, each containing 6 walks that had been field-tested by volunteers.

What has been achieved?

Over 5,000 free copies of the 'Breakfree' packs have been distributed - and they can also be downloaded from the Greenwood website. In recognition of their high quality, they were awarded a Gold Award in the 'Excellence in England, Tourism for All' awards of the Heart of England Tourist Board. Furthermore, the Sensory Trust has adopted the packs as a model of good practice.

Testimony from users and special needs groups has shown how the packs have made a real difference to many people. Users have developed increased confidence and awareness of the countryside, giving them the courage to explore more widely. One 85 year-old lady was so taken with the walks that she chose to walk the entire set of routes as part of her Discovery Gold Award!

KEY FACTS	
DATES	2000 – 2001
Partners	Nottingham Disability Living Centre, Sensory Trust, local authority partners
Costs	£16,000
Funders	Countryside Agency, local authority partners, Nottingham Health Authority
Size/scale	2 packs of 6 walks each with 5,000 distributed to date