

Families at Malham © Stephen Garnett

Case Study
Feel Good Factor Leeds

Feel Good Factor is a registered charity which works to improve the health and wellbeing of families living in some of the most disadvantaged areas of Leeds.



Our Common Cause residential, Feb 2023
© Kiri Wood, YDNPA

The Yorkshire Dales National Park Authority's (YDNPA) Learning and Engagement (L&E) team has supported a series of visits to the National Park for more than 250 service users drawn from all sections of the community.

We spoke to community wellbeing worker Beverley Gilbert about the transformational impact of these trips on the participants.

How it began…

Many of our service users have never been outside Leeds and really struggle to access green spaces. The cost and availability of public transport are a big barrier and many of our clients simply aren't aware of the beautiful countryside beyond the city limits. I became aware that the YDNPA L&E team were starting to focus a lot of their outreach work in Inner East and North East Leeds. I got in touch with the team and they were incredibly helpful from the outset.

We've been working together for three years and delivered a series of day visits and overnights to places like Malham, Grassington, Clapham and Ingleton.

Our first trip was to Malham, where we took a diverse group of 50 people to explore the cove. The children were fascinated by people rock climbing and abseiling on the limestone crags and many of the group managed to walk to the top of the cove to admire the views. Around 98 per cent of the participants had never been there before and they were amazed to find themselves in a landscape they recognised from the film Harry Potter and the Deathly Hallows.

YORKSHIRE DALES
National Park

www.yorkshiredales.org.uk/learning-and-engagement

Left
Group visit their Scarecrow at the festival
© Beverley Short, Feel Good Factor

Right
Hill Skills course, March 2023
© Kiri Wood YDNPA





"The walk was incredible, gently challenging, visually stunning and serene. We dipped in the water around the main waterfalls and had a wonderful time."

8
Visits to the Dales over 3 years

58
Adults

+104
Kids

=162
Visitors over 3 years

The outcomes and benefits

"If I'd realised just how demanding the Waterfalls Walk was going to be beforehand, I'm not sure I would have attempted it, but once I'd finished the walk, I felt really pleased that I'd taken it on and completed it because I really feel like I achieved something."

- The knowledge the group gained inspired some to return to the Dales on their own thanks in part to the confidence they gained on this trip. Others have been more inclined to visit green spaces in Leeds like Roundhay Park now that they have experienced the benefits of spending time outdoors.
- Group leader Beverley Gilbert completed a Hill Skills qualification to increase confidence on the fells and improve map reading and navigation. "It was an excellent course aimed at beginners, I would heartily recommend it".
- She has since organised a trip to Ingleton to take on the Waterfalls Trail – a 5-mile walk beside the River Twiss with some steep climbs. A large group of 55 took on the challenge – ranging from four-year-old children to pensioners. They were able to do this with support from the L&E team by filling out the Wild Ingleborough Community Fund application.
- They also took a group of 24 parents and children to a bunk Barn in Grassington where they stayed for two nights and explored the area. It was such a big adventure and the fact that they are still talking about the trip a year on indicates what a profound impact it had. Staying overnight created opportunities to fit more activities into the schedule, while allowing the group to really settle into this completely new environment and feel comfortable there.
- "I'm constantly asked when we are going back again and we're so grateful to the National Park for providing the funding to facilitate these trips, which might be the closest our clients get to having a holiday for several years".

FEEL GOOD FACTOR
creating opportunities
strengthening communities

Established in 2003, Feel Good Factor is a registered charity whose overall aim is to improve the health and wellbeing of communities in Leeds by enhancing lifestyles and increasing access to opportunities by providing a range of health and wellbeing services and activities which are reflective of the needs of the communities it serves. Feel Good Factor works in partnership with other agencies to ensure the widest range of services and activities is available that best matches the needs of the communities we serve:

- Focusing on promoting physical and mental wellbeing in its widest sense.
- Providing opportunities for local people to access education and training.
- Provision of activities that promote inclusion and break down social isolation.

As of September 2023, Feelgood Factor had helped 36,872 service users improve their mental and physical health. **www.fgfleeds.org**