



BBC

breathing  
places

# welcome to breathing places



The Breathing Places campaign has a simple purpose: to inspire you and your family, friends and neighbours to create and care for green places where you live; everywhere from neighbourhood parks, school grounds and workplaces to local nature reserves. These places are great for wildlife and for you and your community.

Over the next three years, the BBC, in partnership with the UK's leading wildlife organisations, is aiming to transform thousands of places across the UK, improving them for wildlife and for people.

We hope that this booklet will inspire you to get involved in the Breathing Places campaign. It should give you all the practical help and guidance you need to get started. And to top it all there are cash grants available from the Big Lottery Fund to help you.

Read on and be inspired!

**Bill Oddie** **Kate Humble** **Simon King**

COVER IMAGE  
Photo courtesy of  
Woodlandpictures.com

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# what are breathing places?

A Breathing Place is somewhere you can escape the hassles of everyday life and get your hands dirty; where you can listen to birdsong, admire the bluebells in spring and appreciate the stunning colours in autumn. Quite simply, it's a place where you and your family and friends can rediscover the wonders of nature.

It doesn't matter how old you are, how much time you have or where you live – we want you to have a Breathing Place.

Breathing Places are areas that have been or are being transformed by people like you – creating an oasis for people and wildlife, including insects, birds, plants and mammals.

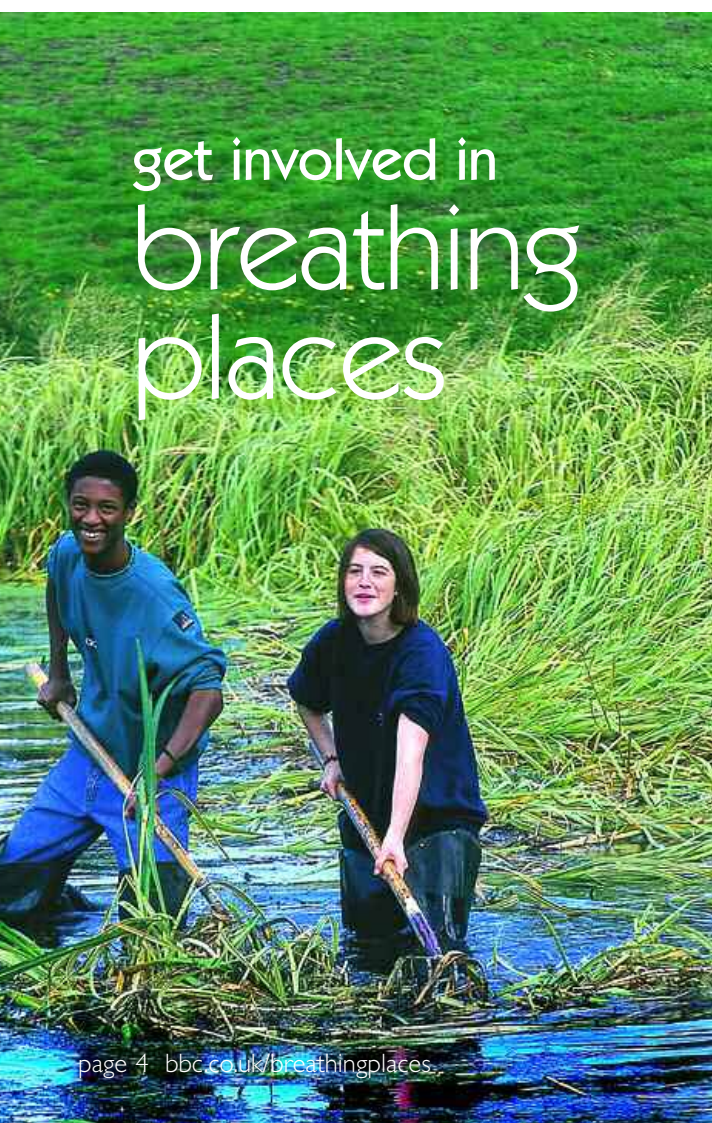
Anywhere can have the potential to be a Breathing Place:

- neighbourhood parks
- school or library grounds
- workplace surrounds
- river banks
- coastal areas
- cemeteries
- grounds of village halls
- local nature reserves.

LEFT

Photo courtesy of  
Woodlandpictures.com

# get involved in breathing places



Small actions lead to big changes.

## Be inspired

Why not visit a Breathing Place event? Hundreds of partners are dedicated to creating breathing places and run regular events.

Find out what's going on where you live on the Breathing Places website: [bbc.co.uk/breathingplaces](http://bbc.co.uk/breathingplaces)

## Get involved

Why not volunteer with a local group to help create and maintain a breathing place? Opportunities are listed on our website. If you don't have access to the internet at home, remember that you can go online at your local library.

Find out more by signing up to the Breathing Places newsletter at [bbc.co.uk/breathingplaces](http://bbc.co.uk/breathingplaces)

LEFT Volunteers enjoying clearing the pond on Sanderstead Common in Croydon. Photo courtesy of Jane Alexander, BTCV.

## I'm already part of a wildlife group – can we help?

Yes. Register your group with the Breathing Places Campaign so we can tell others about you. This will give you access to resources and advice. You may also be eligible to apply for lottery funding. Email [breathingplaces@bbc.co.uk](mailto:breathingplaces@bbc.co.uk) for more information.

### BELOW

Common Blue Butterfly.  
Photo courtesy of Lorne Gill,  
Scottish National Heritage.



## I want to create my own Breathing Place

Breathing Places can offer you the opportunity to get support to champion a local space for nature. There are lots of organisations that will help you achieve your dream. Read on and find out more.

### Schools and community groups

If you are a school, a youth or community group, the Breathing Places campaign would like you to get involved.

There is help and money available for you. Sign up to the Breathing Places newsletter at [bbc.co.uk/breathingplaces](http://bbc.co.uk/breathingplaces) for the latest information.

**TOP RIGHT**  
Camley Street Nature Park, Kings Cross, London. Photo courtesy of Paul Glendell, Natural England.

**TOP FAR RIGHT**  
Common Frog. Photo courtesy of Froglife.



get involved in breathing places

## checklist

- Sign up for the Breathing Places newsletter to find out more [bbc.co.uk/breathingplaces](http://bbc.co.uk/breathingplaces)
- Take the first step by visiting a Breathing Place in your area
- Think about volunteering your time
- Involve your school or wildlife group in the Breathing Places campaign
- Find out how to create your own Breathing Place and link up with others
- Use your local library. Libraries are working closely with the BBC on this campaign, and can help you find local groups to link with.



# money for your breathing place

## The Breathing Places grants programme

Launched in June 2006, the Breathing Places grants programme is a dedicated small grants programme from the Big Lottery Fund (BIG) worth £5million.

The first £1million has now been allocated to community groups that are already up and running.

You can apply for the remaining £4million from October 2006 (see panel right).

Closing date for applications:  
13/12/06.

Decisions will be announced  
May 2007.

LEFT  
Volunteers.  
Photo courtesy of  
Graham Burns, BTCV.

**For information about the Breathing Places grants programme and an application pack, go to BIG's website at [www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk) or call 0845 367 0610 (textphone 0845 602 1659)**

### Other Lottery grants

There are many other opportunities to get hold of lottery funding for your project.

- Look out for BIG's Changing Spaces programme in England; the People and Places programme in Wales; and the Growing Community Assets programme in Scotland. Also check The Heritage Lottery Fund's website.
- Awards for All also offers grants of up to £10,000 for community projects.

## Other funding sources

Many other organisations offer funding for community projects.

Woodland Trust's Tree For All scheme offers small grants for community tree planting events.

Bodies like Scottish Natural Heritage offer environmental improvement grants, as do many landfill operators across the UK. Contact details can be found on page 9.

Don't bite off more than you can chew. A little money can make a very big difference.

Recycled materials, donated machine time and volunteer labour can all improve your environmental performance and increase the local sense of ownership without spending money.



TOP  
Autumn leaves.  
Photo courtesy of  
Louise Wordsworth.

## Win a Wood or create a wildlife haven for your community

There's £4million up for grabs. The Big Lottery Fund is offering Breathing Places grants of between £300 and £10,000 to create, maintain or improve woodlands and wildlife havens across the UK.

### Who can apply?

A community group or voluntary organisation, school, town parish or community council, or local health body. Money is available for:

- Plants and trees
- Equipment you need to create and maintain your Breathing Place
- Signage, pathways and other ways of ensuring good access
- Breathing Place Professional fees so that you can get expert help

- Research costs to help you plan your Breathing Place
- Volunteers' expenses, such as travel and subsistence costs.

### To be eligible you must:

- be part of a constituted group with a bank account (one that requires two signatories)
- have found somewhere to transform into a Breathing Place.

Closing date for applications: 13/12/06  
Decisions will be announced May 2007.



# create your own breathing place

Follow our step-by-step guide to creating your own Breathing Place.

## Find some land

A Breathing Place could be almost anywhere:

- a corner of unused land at your children's school.
- waste-land at the end of your road.
- part of a local cemetery or park.
- the grounds of your village hall or community centre.

When you have found a likely place, you will need to:

- find out who owns the land.
- check the owners are happy for you to create a Breathing Place there.
- apply for planning permission (if applicable).
- Register your Breathing Place by emailing [breathingplaces@bbc.co.uk](mailto:breathingplaces@bbc.co.uk)

LEFT  
Photos courtesy of  
[Woodlandpictures.com](http://Woodlandpictures.com)

## Find some people

Other people will share the workload, as well as the joy and the tears! Try to find out if there are any groups locally to link with who already work to improve the environment for nature.

If there isn't a local group:

- why not organise a local letter drop to recruit volunteers? Or involve your school, library or community centre.
- a few dedicated people will need to manage your Breathing Place, others may like to help out from time to time.
- once people are interested, set up a committee with clearly defined roles.
- make sure friends and neighbours know what you're planning – they may want to get involved too.

## Talk to the experts

It isn't always easy to know what's best. There are lots of local and national organisations that can help you realise your dream, and by involving them at this stage you may save yourself a lot of work in the future. Your local authority is a great place to start. Not only can they help in finding a place to transform, but they can also offer advice about creating a Breathing Place. Another good place to start is the

BTCV website, where you can find useful handbooks and lots of practical advice.

You can find a list of other organisations that can help on page 9.

### RIGHT

Robin. Photo courtesy of Woodlandpictures.com

### BELOW RIGHT

Photo courtesy of The Friends of Troopers Hill

Safety is really important, and you need to make sure you have appropriate insurance cover. Organisations like BTCV (see page 9 for contact details) will be able to give you advice about this.



create your own breathing place

## Troopers Hill

Two years ago a group of local residents in east Bristol got together to help encourage wildlife in their local nature reserve:

"I've met loads of new people and I've found out about plants, insects and wildlife. It's great to see families enjoying the space."

"A letter drop recruited local volunteers."

"We built up from an initial interest of ten people to now having 300 on our mailing list."

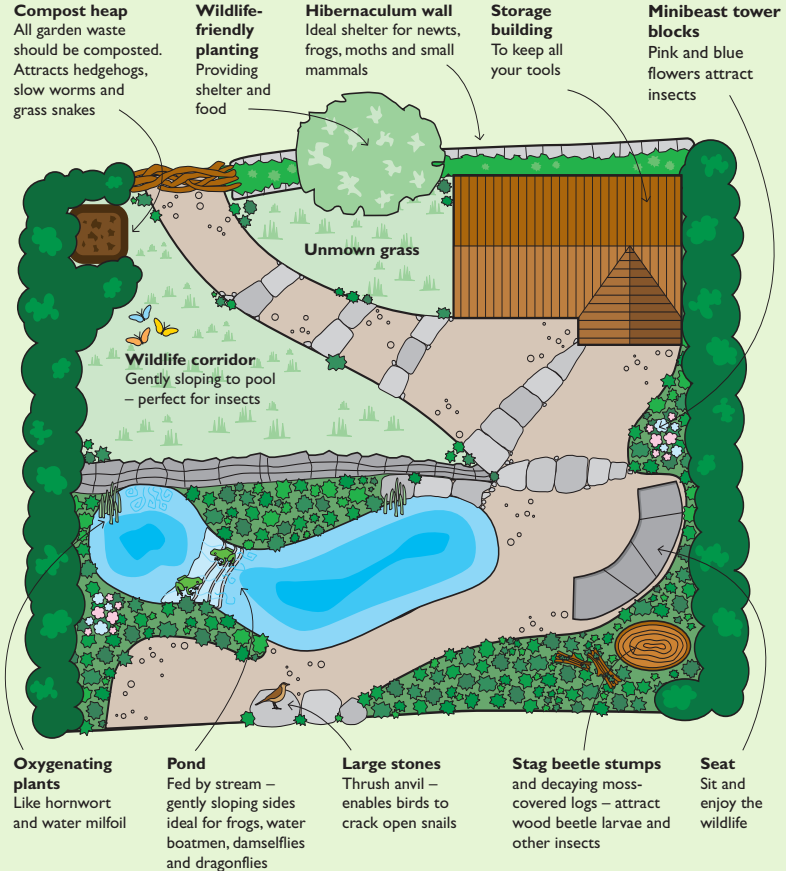


**RIGHT**  
 Plan courtesy of  
 Stephen Hall from  
 Giles Landscapes for  
 The Wildlife Trusts  
 Lush Garden.

## Make a plan

- Draw up a plan to work out what you need to do.
- Note down what is already in your Breathing Place.
- Which features serve wildlife well and which features need to be altered?
- Do you need to create new habitats or shelter, such as bird boxes, or provide new food supplies, such as plants?
- Is access to the site possible for your local community, including people with special needs?
- Consider safety – are there any potential hazards that you need to address when planning the space?
- Make sure you have appropriate insurance cover. Organisations like BTCV could give you advice about this.
- Think through how you are going to maintain your Breathing Place.

## Ideas for your Breathing Place



## Further advice and information

### For advice on nature conservation and biodiversity

#### Government agencies:

Countryside Council for Wales  
Tel: 0845 130 6229  
[www.ccw.gov.uk](http://www.ccw.gov.uk)

Environment and Heritage Service  
Northern Ireland  
Tel: 028 9025 1477  
[www.ehsni.gov.uk](http://www.ehsni.gov.uk)

Forestry Commission  
Tel: 0845 367 3787  
[www.forestry.gov.uk](http://www.forestry.gov.uk)

Natural England  
Tel: 0845 600 3078  
[www.naturalengland.org.uk](http://www.naturalengland.org.uk)

Scottish Natural Heritage  
Tel: 01738 444 177  
[www.snh.org.uk](http://www.snh.org.uk)

#### Charitable organisations:

The Bat Conservation Trust  
020 7627 2629  
[www.bat.org.uk](http://www.bat.org.uk)

BTO (British Trust for Ornithology)  
Tel: 01842 750 050  
[www.bto.org](http://www.bto.org)

Butterfly Conservation  
Tel: 0870 774 4309  
[www.butterfly-conservation.org](http://www.butterfly-conservation.org)

The National Trust  
Tel: 0870 458 4000  
[www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

Plantlife  
Tel: 01722 342 730  
[www.plantlife.org.uk](http://www.plantlife.org.uk)

RSPB  
Tel: 01767 680 551  
[www.rspb.org.uk](http://www.rspb.org.uk)

The Royal Horticultural Society  
[www.rhs.org.uk](http://www.rhs.org.uk)

The Wildfowl and Wetlands Trust  
Tel: 01453 891 900  
[www.wwt.org.uk](http://www.wwt.org.uk)

The Wildlife Trusts  
Tel: 0870 036 7711  
[www.wildlifetrusts.org](http://www.wildlifetrusts.org)

The Woodland Trust  
Tel: 01476 581 111  
[www.woodland-trust.org.uk](http://www.woodland-trust.org.uk)

### For advice about organising events, working with volunteers and setting up your own group

BTCV (British Trust for Conservation Volunteers)  
Tel: 01302 572 200  
[www.btcv.org.uk](http://www.btcv.org.uk)

Conservation Volunteers Northern Ireland  
Tel: 028 9064 5169  
[www.cvnri.org.uk](http://www.cvnri.org.uk)

CSV (Community Service Volunteers)  
Tel: 020 7278 6601  
[www.csv.org.uk](http://www.csv.org.uk)

Federation of City Farms and Community Gardens  
Tel: 0117 923 1800  
[www.farmgarden.org.uk](http://www.farmgarden.org.uk)

Groundwork  
Tel: 0121 236 8565  
[www.groundwork.org.uk](http://www.groundwork.org.uk)

NICVA (Northern Ireland Council for Voluntary Action)  
Tel: 028 9087 7777  
[www.nicva.org](http://www.nicva.org)

### For educational projects and work with children in school grounds

Grounds for Learning  
Tel: 01786 445 922  
[www.gflscotland.org.uk](http://www.gflscotland.org.uk)

Learning Through Landscapes  
Tel: 01962 845 811  
[www.ltl.org.uk](http://www.ltl.org.uk)

**Also look out for Breathing Places initiatives and resources for schools and young people available soon – keep checking [bbc.co.uk/breathingplaces](http://bbc.co.uk/breathingplaces) for details.**

### For help with projects in public parks and open spaces

GreenSpace  
Tel: 0118 946 9060  
[www.green-space.org.uk](http://www.green-space.org.uk)

Greenspace Scotland  
Tel: 01786 465 934  
[www.greenspacescotland.org.uk](http://www.greenspacescotland.org.uk)

### For sources of funding

Awards for all  
Tel: 0845 6002040  
[www.awardsforall.org.uk](http://www.awardsforall.org.uk)

Big Lottery Fund (BIG)  
Tel: 0845 410 2030  
[www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk)

Heritage Lottery Fund  
Tel: 0207 591 6042  
[www.hlf.org.uk](http://www.hlf.org.uk)

Lottery Funding  
Tel: 0845 275 0000  
[www.lotteryfunding.org.uk](http://www.lotteryfunding.org.uk)

**Contact your local authority if you need advice on things like land ownership or planning permission, on local environmental improvement schemes, or on local facilities, such as schools, parks and local nature reserves. Look in your local telephone directory for details or visit [www.direct.gov.uk](http://www.direct.gov.uk) for a list of all local authorities.**

Written by Chris Baines  
& Sophie Duncan

BBC

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