



**Cyfoeth  
Naturiol  
Cymru  
Natural  
Resources  
Wales**

**Easy Read**

# Creating more ways for people to do outdoor activities

## Our plan for making it happen

2015 - 2020



This is an Easy Read version of 'Outdoor Recreation and Access Enabling Plan 2015 - 2020' April 2015

March 2015



# How to use this document

This is an Easy Read version. The words and their meaning are easy to read and understand.



You may need help and support to read and understand this document. Ask someone you know to help you.

Some words may be difficult to understand. These are in **bold blue writing** and have been explained in a box beneath the word.

If any of the words are used later in the booklet they are shown in **normal blue writing**. If you see words in **normal blue writing**, you can look up what they mean in a list of the **Hard words** on page 18.



Where the document says 'we', this means Natural Resources Wales.

If you would like this document in a version to suit your needs, or would like to speak to us about our work please get in touch:



**Phone:** 0300 065 3000 (8am - 6pm Monday to Friday)

**Minicom textphone:** If you are hard of hearing we have a textphone service. Phone: 03702 422 549

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# Contents

Page

How to use this document.....	2
Who we are.....	5
Introduction to our plan .....	6
Why outdoor activities are important.....	9
How we will make it happen .....	12
Checking our work .....	14
Hard words.....	16



## Flooding

For information on flooding ring the Floodline.  
Phone 0345 988 1188 (Open 24 hours)



This document was made into Easy Read by  
Learning Disability Wales using Photosymbols 5.



## Who we are

Natural Resources Wales is a new organisation. It was set up in April 2013 to look after the **environment** and **natural resources** in Wales.



The **environment** is where we live. It includes the land, the sea, the air, and everything that lives in and on it. For example: plants, animals and fish.



**Natural resources** are things in the environment we can use. For example: water to drink, food to eat, air to breathe, wind and water to make energy.



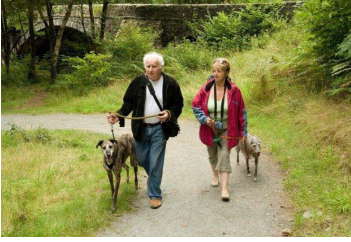
If we take care of the **environment**, we will be able to use its **natural resources** for many years to come.



Llywodraeth Cymru  
Welsh Government

We are supported by Welsh Government, and advise them on how to look after the **environment** and our **natural resources**.

# Introduction to our plan



Part of our work to look after **natural resources** in Wales is to help people take part in **outdoor activities**.

**Outdoor activities** are things you do in your spare time for fun - to make you feel good and to learn. This includes:



- Walking
- Having a picnic



- Sight seeing
- Bird watching



- Fishing
- Horse riding



- Cycling
- Boating and canoeing.



In Wales a lot of people enjoy taking part in **outdoor activities**.

Sometimes people might not take part in **outdoor activities**. This may be because:



- of their disability



- of their poor health



- of old age or



- they do not have the time.



This plan is about helping more people take part in **outdoor activities**.

We want to create more ways for people to do **outdoor activities**.



It is our job to make it happen. We will do this by working with other organisations to support and help them.



Llywodraeth Cymru  
Welsh Government

This work will help Welsh Government's aims to make Wales a better place to live.



We want everyone to be able to use the services that we provide. To make sure we do this, we have an equality plan called **'Our plans for treating everyone equally April 2015 to March 2019'**.





# Why outdoor activities are important



Getting more people to use the outdoors for fun activities is important.



A survey about **outdoor activities** in Wales has shown that there are many good reasons for us to do this work.

## It is good for the environment



When people do **outdoor activities** they learn more about the **environment**. They care about it more and want to help look after it.



Walking or cycling instead of using a car is better for the **environment**. It can also be more fun and help people keep fit.



Making this plan will help us take care of our **natural resources** in a way that will not stop people enjoying the countryside.

## It is good for people



**Outdoor activities** help people stay fit and healthy. People who are active are healthy for longer. They have less chance of getting a serious illness.



1 in 3 people in Wales stay active by doing **outdoor activities**. This means **outdoor activities** are important in helping people in Wales be healthy.



1 in 4 people in Wales have **mental health problems**. Being outside in the countryside can make people feel better.

People with **mental health problems** need support with their thoughts or emotions.



Everyone can enjoy the outdoors - it does not have to cost much.



Enjoying the outdoors helps people to be grateful for and proud of our **culture**.

**Culture** is the language, history and ideas that we share.

## It is good for business



**Outdoor activities** can attract more people to a certain place. This is good for businesses like hotels and shops that are nearby because they will have more customers.



**Outdoor activities** can help children who are very poor have the same opportunity to play. It gives them the same chances to have good experiences.



Walking as an activity makes a lot of money for Wales.



Many jobs are created through **outdoor activities** and more money is spent in places where people can do them.



For example, each year 12 million people visit the National Parks in Wales - such as Brecon Beacons, Pembrokeshire and Snowdonia. They spend a lot of money when they are here.

# How we will make it happen

We will help create more ways for people to do **outdoor activities** by:



- making sure people have good **access**

**Access** means having the chance to do outdoor activities and being able to get to them.



- making sure people can get information in a way that they can understand



- making sure people who do **outdoor activities** know how to look after the **environment**



- writing plans for helping people do **outdoor activities**



- writing how we can take care of the countryside for the future



- making sure people have the chance to do **outdoor activities** in the right place at the right time



- making sure activities help people have fun, build confidence and learn new skills



- helping young people start good habits for living healthy and active lives



- working together with other organisations



- helping poorer communities



- supporting the creation of new jobs and helping businesses make money from **outdoor activities**



- making the most of things like the Wales Coast Path, National Trails and National Nature Reserves.

# Checking our work



We have written an action plan to help us do this work. This sets out what we want to do, who we will work with and when we want to do it.



Some organisations will be able to create ways for people to do **outdoor activities** better than we can. We will help these organisations.



We will help organisations join together to do work that helps make our plan happen.



We will keep making sure what we are doing is working.



We will look at how our work is making a difference to people.



We will make sure people are better off because of our work.



We will make sure this plan stays up to date.



We will talk with our partners and other organisations and let them know what is happening.



# Hard words

## Access

Access means having the chance to do outdoor activities and being able to get to them.

## Culture

Culture is the language, history and ideas that we share.

## Environment

The environment is where we live. It includes the land, the sea, the air, and everything that lives in and on it. For example: plants, animals and fish.

## Mental health problems

People with mental health problems need support with their thoughts or emotions.

## Natural resources

Natural resources are things in the environment we can use. For example: water to drink, food to eat, air to breathe, wind and water to make energy.

## Outdoor activities

Outdoor activities are things you do in your spare time for fun, to make you feel good and to learn. This includes:

- Walking
- Having a picnic
- Sight seeing
- Bird watching
- Fishing
- Horse riding
- Cycling
- Boating and canoeing.