

SUMMARY TABLE – DRAFT ARNSIDE & SILVERDALE AONB MANAGEMENT PLAN 2019-2024

KEY OUTCOME: An outstanding landscape rich in natural and cultural heritage

Landscape and seascape

OBJECTIVES	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
<p>1. Conserve, enhance and improve understanding of the natural beauty, landscape and seascape character, and special qualities of Arnside & Silverdale AONB</p> <p>2. Conserve, enhance and improve understanding of the natural capital of the AONB and the range and value of the public benefits and services that it provides to society</p>	<ul style="list-style-type: none"> • A high quality landscape, seascape and undeveloped coastline where natural beauty and special qualities are conserved and enhanced • A landscape and seascape that is resilient to climate change and other pressures • The natural and cultural heritage of the AONB is in good condition and is well researched and understood • The natural capital of the AONB and the public benefits and services derived from it are well understood and valued 	<ul style="list-style-type: none"> • manage the area based on natural capital and ecosystems services approach to increase landscape resilience especially resilience to climate change • involve people, research and improve understanding of the natural capital and ecosystem services that the landscape provides • take coordinated landscape-scale approaches to conserving and enhancing natural and cultural heritage • manage the mosaic of landscape types to conserve and enhance the distinctive character of the AONB and create a resilient landscape • protect soil carbon stores such as saltmarsh where possible • protect undeveloped coastline and conserve and enhance coastal features and seascape character • support and encourage appropriate and sensitive land management approaches such as uptake of agri-environment schemes or site/farm/woodland management plans • achieve appropriate grazing regimes on limestone grassland sites • conserve and restore distinctive landscape features such as hedgerows, drystone walls and field barns • remove infrastructure that adversely affects the landscape, such as pylons and overhead cables wherever possible such as through the undergrounding for visual amenity project • conserve ancient, veteran and notable trees and ensure succession planting • carry out a programme of landscape monitoring and produce a State of the AONB report every 5 years • improving knowledge of landscape and seascape character and how people perceive it • periodically review and update the AONB Landscape and Seascape Character Assessment • promote the importance of good soil management for carbon storage, water quality and flood regulation by establishing and implementing soil management plans • ensure no increased light and noise pollution which would cause adverse impacts on tranquillity or dark skies • reinforce the AONB’s distinctive sense of place • maintain open views from key view points by managing vegetation and tree growth as appropriate

Biodiversity and geodiversity

OBJECTIVES	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
<p>3. Conserve, enhance and restore the AONB’s characteristic mosaic of habitats and improve their connectivity, take targeted action for key species and improve understanding of the biodiversity of the AONB.</p> <p>4. Conserve and improve understanding of the geodiversity of the AONB.</p>	<ul style="list-style-type: none"> • Increased area of priority habitats that are well connected • Priority habitat condition is favourable or improving • Key species are being conserved or are recovering • The area’s biodiversity is well researched and understood • Geodiversity is in favourable condition • The area’s geodiversity is well researched and understood 	<ul style="list-style-type: none"> • take a coordinated and landscape-scale approach to nature conservation within the AONB and across the Morecambe Bay area, including by supporting the work of the Morecambe Bay Local Nature Partnership • deliver net gains in biodiversity, developing robust ecological networks that are resilient to climate change through habitat enhancement, expansion, restoration and creation including improving habitat connectivity by establishing buffer zones, linear corridors and ‘stepping stones’, with a focus on priority habitats and enhancing landscape character • improve understanding of the attributes of healthy, resilient landscapes and how this relates in detail to the AONB – for example, what habitat diversity, patch size and connectivity is needed to build resilience • ensure that any proposed actions do not have an adverse effect on the species or habitats for which Natura 2000 sites are designated • recognise the statutory importance of designated sites and strive to ensure they are adequately protected • ensure positive management of Natura 2000 and SSSIs to achieve favourable condition status and carry out regular condition monitoring

- increase the proportion of Local Wildlife Sites that are in positive management
- support high nature-value farming and forestry/woodland management providing bespoke advice and support to landowners, land managers and farmers
- support and encourage appropriate and sensitive land management approaches such as uptake of agri-environment schemes or site/farm/woodland management plans
- implement grazing regimes that enable livestock farming to be sustainable and characteristic habitats to flourish
- retain, improve and expand areas of species-rich calcareous grassland including by clearing scrub and ensuring appropriate grazing regimes
- ensure appropriate seasonal cutting of hay meadows
- facilitate species-rich green hay spreading using appropriate donor and receptor sites
- create more transitional habitats such as woodland edge
- prioritise protection and enhancement of ancient semi-natural woodlands
- sustainably manage woodland through coppicing, selective thinning, creating rides and glades, freeing up veteran trees, retaining deadwood and felling within woodlands where appropriate
- support use of sensitive low-impact woodland management techniques, such as horse-logging, particularly on challenging sites
- manage grey squirrels in a coordinated way through the Westmorland Red Squirrels group and monitor red squirrel sightings
- manage deer in a coordinated way through the Deer Initiative and the Arnside and Burton Deer Management Group
- install and monitor wildlife boxes in appropriate locations
- restore and enhance wetland habitats in appropriate locations including wet grassland, moss and fenland, and reedbed
- ensure collaboration and joined-up habitat management at key sites such as Warton Crag
- raise awareness of, monitor, control, manage, prevent spread and/or eradicate invasive non-native species and diseases including Giant Hogweed, Himalayan Balsam, Piri-piri Burr, Japanese Knotweed, Cotoneaster, Chalara dieback of ash, Phytophthora spp. Grey Squirrel etc. (through Cumbria Freshwater Invasive Non-Native Species, Rapid Response Plans, Tree Health Group, volunteer work parties and focussed projects etc.)
- take planned targeted action to conserve key species with a focus on S41 priority species including High Brown Fritillary, Lady's-slipper Orchid, Maidenhair Fern, Autumn Lady's Tresses, Teesdale Violet, Bittern, Red Squirrel
- implement appropriate species reintroduction working with appropriate bodies and according to IUCN and other appropriate guidelines e.g. floral restoration, dormouse etc.
- tackle wildlife crime in a coordinated way
- support efforts to conserve swift populations and other species reliant on the built environment
- carry out regular litter picks and beach cleans
- conserve, enhance and improve the resilience of pollination as an ecosystem service supporting actions to create pollinator habitat and help pollinating insects
- encourage sensitive management of roadside margins and verges to enhance their biodiversity value
- conserve, manage and improve understanding of geodiversity – both statutory (Special Areas of Conservation, Limestone Pavement Orders, SSSI) and non-statutory (Local Geological Sites) sites and also non-designated geological features and assets
- raise awareness of the importance of geodiversity as part of the landscape character and cultural heritage of the AONB, its importance in providing ecosystem services and its key link to biodiversity
- increase awareness and appreciation of geology and the conservation of geodiversity in a sustainable way for example through the publication of geotrails, interpretation etc.
- coordinate a programme of biodiversity and geodiversity monitoring and research
- carefully manage works to conserve or research historic assets or archaeological sites with a multi-objective approach so that they do not cause harm to biodiversity or geodiversity

Water environment		
OBJECTIVES	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
<p>5. Improve water quality and condition of watercourses and waterbodies in the AONB and support natural flood management.</p>	<ul style="list-style-type: none"> • High water quality and good condition of water courses and water bodies • Sensitive and sustainable flood risk management 	<ul style="list-style-type: none"> • take a coordinated approach to catchment management through Catchment Partnerships delivering projects to help increase flood resilience and improve the quality of the water environment and supporting delivery of the NW River Basin Management Plan and to meet Water Framework Directive objectives • implement real improvements in the water environment using the catchment approach to dealing with water quality, wider environmental issues and water efficiency • support measures which protect and enhance aquatic ecosystems, both terrestrial and coastal/estuarine, thus supporting progress towards 'Good Ecological Status' • improve water quality in and around the AONB and Morecambe Bay working with Environment Agency, South Cumbria Rivers Trust and Lune Rivers Trust to encourage and support local action to protect and enhance the water environment • support effective delivery of the Leighton Moss and Hawes Water Diffuse Water Pollution Plan • implement a comprehensive programme of monitoring water quality in water courses and water bodies if feasible • implement catchment sensitive farming initiatives to tackle agricultural diffuse and point source pollution in target areas • raise awareness of issues and what action residents can take to improve condition and management of septic tanks through initiatives such as the Love My Beach campaign • ensure any new development implements high quality sewerage infrastructure • support research and projects to prevent water pollution • support the restoration and enhancement of wetland habitats and the reinstatement of natural processes, in appropriate locations • support appropriate natural flood management schemes and ensure engagement with local authorities, EA, Catchment Partnerships (South Cumbria rivers Trust and Lune Rivers Trust), wherever appropriate to help reduce inland and coastal flood risk and deliver relevant projects within/adjacent to the AONB • implement sustainable and integrated coastal zone management supporting measures which protect and enhance the coastal and estuarine habitats of the area and protect bathing waters • ensure appropriate involvement in marine planning (e.g. Shoreline Management Plan, North West Marine Plan etc.) regarding internationally and nationally important coastal and intertidal wildlife sites, water quality management, the seascape, the coastal historic environment, climate change adaptation and mitigation, coastal change and flooding, shell fisheries, tourism and recreation (particularly coastal access) • reduce marine and coastal litter • ensure engagement in the development of any coastal zone management and flood risk strategy for the Kent estuary or coastal defence strategy for outer Kent estuary, including Grange and Arnside or any realignment and habitat creation studies • conserve and enhance the water environment within and beyond the AONB (i.e. Morecambe Bay) to minimise diffuse pollution within the AONB and minimise flood risk and enhance resilience to climate change via EA and Catchment Partnerships • encourage uptake of agri-environment schemes to help deliver multiple benefits including flood risk benefits, supporting restoration of natural floodplain wherever possible • sustainably manage Warton Sands shellfishery through Hybrid Fishery Order for Morecambe Bay

Historic and cultural heritage		
OBJECTIVES	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
<p>6. Conserve, restore and improve understanding of the historic environment of the AONB including heritage assets, historic landscape character, and cultural heritage</p>	<ul style="list-style-type: none"> • Historic landscape character is conserved • Key heritage assets and features retained and sensitively restored • The area's heritage is well researched and understood 	<ul style="list-style-type: none"> • establish an historic environment working group to ensure a coordinated AONB-wide approach to conserving, enhancing and improving understanding of historic and cultural heritage • reduce number of heritage assets that are 'at risk' • conserve and enhance heritage assets and their settings • improve knowledge and understanding of heritage and culture through surveys and research programmes • monitor condition of heritage assets and use this to inform future management and/or restoration • maintain and improve the Historic Environment Record for the area • provide advice, guidance and support for owners • ensure succession planting for ancient, veteran, notable and parkland trees • restore orchards in need of concentrated restoration work • undertake surveys to record historical interest before conversion of historic buildings such as farmsteads and barns to new uses • research and record oral history and cultural heritage • manage and interpret heritage assets and features • take targeted action to protect heritage assets at risk of damage due to climate change • carry out research, field survey and recording of features along the coast that are likely to be lost due to erosion of saltmarsh and sea level rise including the chimney at Jenny Brown's Point • support the local authorities in preparation of Local Heritage Lists as part of the protective framework for heritage assets • support local organisations and projects to enhance local capacity, increase awareness of and public involvement in the management of the local historic environment • encourage uptake of agri-environment schemes to enhance the historic landscape • raise the profile of archaeology and support the delivery of archaeology-related projects • promote the historic environment so that people can appreciate and enjoy heritage assets • research and describe non-designated heritage assets and features • carefully manage works to conserve or restore biodiversity or geodiversity using a multi-objective approach so that they do not cause harm to heritage

Development management		
OBJECTIVES	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
<p>7. Implement a landscape capacity-led approach to development planning and management, which conserves and enhances the natural beauty, landscape and special qualities of the AONB and its setting.</p>	<ul style="list-style-type: none"> • Implementation of a landscape-capacity led approach to development policy and management • All development is appropriate and sensitive, conserves and enhances the natural beauty, landscape and seascape character and special qualities of the AONB, and helps meet identified local needs 	<ul style="list-style-type: none"> • ensure all development conserves and enhances the AONB, and avoid major development, consistent with paragraph 172 of the NPPF • implement a landscape capacity-led approach to planning and development management as set out in the AONB Development Plan Document (AONB DPD) and the districts' Local Plans • ensure all development conserves and enhances the natural beauty of the AONB and prevent development that would cause harm to the natural and cultural heritage and special qualities of the AONB • ensure that all development management decisions relating to proposals within the AONB or its setting have regard to the AONB Management Plan, AONB Landscape and Seascape Character Assessment and relevant county landscape character assessments • ensure that the national importance of the AONB landscape is recognised and that policies to ensure the conservation and enhancement of the area are included in new and reviewed plans and policies relevant to the area • enable the AONB Partnership to provide independent landscape-related planning and policy advice to local authorities, reviewing and making formal responses to planning applications • provide design guidance in order to encourage sensitive design appropriate to the AONB • conserve and enhance the landscape and natural beauty of the area, in particular its characteristic features, rural nature, historic character, local distinctiveness, coastal landscape and seascape, visual amenity and views, tranquillity, dark skies and sense of place and space • respect local traditional settlement character including pattern, layout, scale, design, vernacular tradition and materials • encourage robust landscape and visual amenity impact assessments which take full account of cumulative and incremental impacts to be undertaken • deliver housing which closely reflects identified local needs (with affordable housing a high priority) in appropriate locations • protect and enhance the natural environment in particular the robustness, function and value of ecological networks and ecosystem services • protect public open space and recreational networks • support the designation and protection of areas of open space within settlements that make a key contribution to landscape and settlement character as Key Settlement Landscapes • protect and enhance the historic environment, including historic buildings, heritage assets and their settings and historic landscape features such as drystone walls, field barns, hedgerows, veteran trees etc. • encourage the highest standards of design, construction and landscaping that respond to the character of the landscape and local built environment and reinforce what is special and locally distinctive about the area • retain and improve rural services and community facilities in a way that conserves and enhances the special qualities of the AONB • ensure economic development supports an environment-based economy, is appropriate and environmentally sustainable and does not harm the natural beauty or special qualities of the AONB and environment based economy • require new development to contribute towards new infrastructures in a way that reflects the AONB purpose with high priority being given to green infrastructure and benefiting walking, cycling and public transport • restrict caravan, chalet cabin or lodge style development and ensure tourism development is appropriate and environmentally sustainable and does not harm the natural beauty or special qualities of the AONB • improve and deliver new high quality sewerage infrastructure and sustainable drainage systems • ensure advertising and signage is appropriate to the AONB implementing restrictions as required • ensure sensitive design and management of highway and public realm schemes

KEY OUTCOME: Vibrant and sustainable communities

Rural livelihoods and an environment-based economy

OBJECTIVE	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
<p>8. Support landowners and managers to sustainably manage the landscape in a way that enhances the special qualities of the AONB and delivers a range of environmental, community and local economic benefits.</p> <p>9. Ensure that the visitor economy is environmentally sustainable and contributes to the conservation and enhancement of the area's special qualities, and enable visitors to have high quality experiences of nature, culture and quiet recreation.</p>	<ul style="list-style-type: none"> • Viable high nature-value farming and forestry delivering a wide range of public benefits including conservation and enhancement of natural beauty • Sustainable land management producing high quality products with short supply chains • Environmentally-sustainable businesses linked strongly to the nature and culture of the AONB • A high quality sustainable tourism offer – quiet recreation, nature, culture, local food/ products, arts and crafts - benefitting the local landscape, environment and economy 	<ul style="list-style-type: none"> • promote an environment-based local economy strongly linked to conserving and enhancing the AONB • provide bespoke advice and support to landowners and managers • establish an AONB Land Management Network providing information, knowledge sharing, training and events • implement the Morecambe Bay Countryside Stewardship Facilitation Scheme • influence, test and trial new approaches to agri-environment schemes post-Brexit and support and encourage uptake of any new environmental land management scheme once it is launched • develop and support a network of woodland management and woodfuel businesses to make greater use of under-managed woodlands and add value to locally produced wood products • support social forestry initiatives including Silverdale District Wood Bank • deliver an AONB rural skills programme (competitions, demonstrations and training events) • provide apprenticeships / graduate traineeships / internships/ training contracts • deliver local food and products initiatives - support development of short supply chains which link land management, local products and tourism, and promote local food and products • ensure tourism development is consistent with the AONB purpose of designation and does not cause harm to the AONB's special qualities including encouraging an environmentally responsible tourism industry (e.g. by encouraging uptake of schemes which improve environmental performance of a business such as the Green Tourism Business Scheme) and managing impacts of tourism growth • establish an AONB Business Network providing information, advice, knowledge sharing, familiarisation visits, training and events • promote and support Silverdale and Arnside Arts Trail • improve understanding of visitor numbers, perceptions and spend within the area by carrying out a business and visitor survey • effectively market and promote the area using Morecambe Bay destination branding – a collective approach by local authorities, Cumbria Tourism and Marketing Lancashire and a range of other organisations • ensure appropriate, accurate and positive messages are promoted about the sustainable tourism offer in the AONB • promote the AONB Visitor Charter • liaise with local economic partnerships and other relevant organisations • enable businesses to understand and to work together to promote the wildlife, cultural and recreational experiences the area has to offer • develop a sustainable visitor giving package • manage key visitor sites and gateways and monitor impacts including recreational disturbance

Affordable housing and rural services

OBJECTIVE	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
<p>10. Enable the delivery of affordable housing and services to help meet local community needs in a way that conserves and enhances the special qualities of the AONB.</p>	<ul style="list-style-type: none"> Retention/enhancement of rural services and delivery of appropriate affordable housing schemes and facilities to meet local needs and in a way that conserves and enhances the special qualities of the AONB 	<ul style="list-style-type: none"> prioritise delivery of affordable housing in appropriate locations and retention of local services and facilities in policy and decision-making ensure any new infrastructure and/or facilities are delivered in a way that conserves and enhances the special qualities of the AONB promote use of sustainable transport options particularly bus/train travel, cycling and walking for both residents and visitors to help retain usage of local services and mitigate against climate change improve station facilities and information so that Arnside and Silverdale stations act as arrival hubs for visitors promote the interests of the Furness train line as a key transport link especially through the activities of the Furness Line Community Rail Partnership (FCRP) support Broadband 4 the Rural North (B4RN) and other bodies to achieve enhanced super/hyperfast broadband connections and mobile phone signal coverage in a way that does not harm the special qualities of the AONB and avoids new vertical infrastructure in sensitive locations

Community engagement and volunteering

OBJECTIVE	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
<p>11. Engage local communities with conserving and enhancing the AONB and encourage active involvement through volunteering.</p>	<ul style="list-style-type: none"> Communities are engaged and involved with caring for the AONB 	<ul style="list-style-type: none"> ensure effective inclusive consultation and participation regarding AONB policy seek people's views, experiences and ambitions for their environment, in order to understand what environmental features and services people value and how people wish to access the natural environment maintain Parish Council representation on AONB Executive Committee deliver the AONB Grants Fund – a small grants scheme managed by the AONB Partnership and Landscape Trust working together, to enable projects which support AONB Management Plan delivery support and build the capacity of community-led organisations which directly support the conservation of the AONB in particular the AONB Landscape Trust, Bittern Countryside CIC and Silverdale District Wood Bank support and promote practical volunteering programmes via the AONB Partnership, Landscape Trust, National Trust, RSPB, Butterfly Conservation, Natural England etc. support and encourage community initiatives and groups which help to conserve and enhance the area including Friends groups, Arnside District Natural History Society, John Barnes Memorial Trust, Mourholme Society, Arnside Archive etc. run a successful AONB Volunteer Programme providing opportunities to engage in practical conservation management tasks, monitoring, administration and event support support sustainability and low carbon living initiatives work alongside communities, helping them to identify local issues and develop innovative solutions, whilst conserving and enhancing the special qualities of the local natural and built environment deliver a programme of litter picks and beach cleans

KEY OUTCOME – A strong connection between people and the landscape

Enjoyment and understanding

OBJECTIVES	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
12. Provide high quality information, events and activities to enable people to enjoy, learn about and celebrate the AONB's special qualities in a sustainable way.	<ul style="list-style-type: none"> • High awareness and understanding of the AONB designation and the special qualities of the AONB • More and wider range of people connecting deeply to nature and the landscape through opportunities to enjoy and appreciate the special qualities of the AONB 	<ul style="list-style-type: none"> • take a strategic approach to communications, providing a variety of high quality online and printed communication and interpretation materials with a recognisable and consistent 'AONB identity' • provide high quality visitor information and interpretation • promote walking, running, cycling, horse riding and wildlife watching and other forms of quiet recreation as ways of enjoying the AONB • offer an integrated and coordinated annual AONB programme of events, guided walks, festivals, talks and conferences - including a flagship biennial AONB event (Apple Day or similar) and Annual Conference • run and support education programmes for primary and secondary schools (e.g. Forest Schools, John Muir Award, links with urban areas) in particular offering structured educational visits to key sites such as the Local Nature Reserves and RSPB Leighton Moss • connect with and work in partnership with Universities to encourage research projects and field studies • operate the AONB Information Centre at Arnside Station • deliver projects to interpret and celebrate the special qualities of the AONB • use AONB events and educational visits to encourage participation and engagement by young people, helping develop their voice in setting future policy for conserving and enhancing the AONB

Access and recreation

OBJECTIVES	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
13. Maintain and improve access to the coast and countryside in a sustainable way for a diverse range of people and promote responsible and safe quiet recreation.	<ul style="list-style-type: none"> • A high quality and well managed access network facilitates enjoyment of the AONB for a diverse range of people • People are enjoying the coast and countryside safely and responsibly 	<ul style="list-style-type: none"> • Maintain PRow network to a high standard • Identify opportunities to improve and/or expand public access, engage partners and deliver appropriate schemes • Work in partnership to adopt the section of the England Coast Path through the AONB • Increase opportunities for disabled people and those with additional needs to enjoy the countryside • Continue to make the AONB Trammer available for use at RSPB Leighton Moss and develop the network of Trammer routes through the More to Explore project • Improve network and connectivity of bridleways for horses • Secure agreements for permissive paths at appropriate strategic locations • Provide high quality and consistent style of path waymarker signposts throughout the area • Encourage and promote responsible behaviour in the countryside, particularly in relation to dogs • Actively promote The Countryside Code • Work with landowners to address site specific access issues where appropriate • Develop and promote a new Coastal Code which raises awareness about public safety on the sands and recreational disturbance of wildlife • Work towards securing a new footpath/cycleway link to Grange over Sands across Arnside viaduct • Provide a variety of downloadable self-guided routes on the AONB website • Promote sustainable forms of travel including public transport, walking and cycling (including electric bikes) to contribute to people's wellbeing and mitigate climate change • Develop and promote a Coastal Code • Minimise recreational disturbance of sensitive sites wherever possible, restricting access if required

Health and wellbeing		
OBJECTIVES	OUTCOMES	TO ACHIEVE OBJECTIVES AND OUTCOMES, DECISIONS, LAND MANAGEMENT AND PROJECT DELIVERY SHOULD:
14. Provide opportunities for people to improve their health and wellbeing by connecting with nature, culture and the landscape	<ul style="list-style-type: none"> The natural and cultural heritage of the AONB offers a wide range of opportunities to improve people's health and well being 	<ul style="list-style-type: none"> enable people to improve their health and wellbeing through accessing natural beauty and nature deliver Walking for Health-style initiatives offer a programme of therapeutic walks / outdoor experiences for people with a range of needs, e.g. dementia support promote regular and meaningful physical activity and help to improve mental health and wellbeing, tackle social inclusion (e.g. such as through leading walks and promoting walking, running, cycling and other physical activities within the AONB) and attempt to increase grassroots participation promote the network of footpaths and public rights of way, outdoor tourism and associated activities offer opportunities for schools from nearby urban areas to access and discover the AONB build new partnerships between the environmental and health and wellbeing sectors