

**DORSET**

# FOOTNOTES

Newsletter of the Dorset Area of the Ramblers Association

**ISSUE NO. 76**

**Spring 2017**

## Dorset Scores Highly in England's Heritage League Table for 2016

The Royal Society for the encouragement of the Arts, Manufactures and Commerce (RSA) are responsible for the Government recognised Heritage League Table. The Heritage League Table is based upon local authority administrative boundaries rather than specific areas that may have outstanding heritage credentials. Dorset has three areas in the top 30, out of 325 local authority areas in England, with two in the top 4%.

Weymouth and Portland made the TOP TEN; Purbeck was 14th and West Dorset 29th. We live in a wonderful county.

The 'Dashboard' scores show how the Index is compiled with Weymouth and Portland doing extremely well in Industrial Heritage and the Historic Built Environment. Purbeck does well on the Historical Built Environment and with Parks and Open Spaces.

For the Heritage Potential Score the higher score indicates high levels of assets relative to activities, with Weymouth and Portland having more potential than Purbeck. Dorset itself has vast potential; with tourism dropping, we all need to work on this to help increase jobs in Dorset.

Assets in each category are self-explanatory and are counted individually or by area. Dorset scores highly on Landscape and Natural Heritage because of the World Heritage Jurassic Coast. Imagine the score if we also had a Dorset National Park which would directly benefit Dorset's communities, economy and the environment.

Activities are measured directly by participation numbers and indirectly by the external funding levels achieved.

What shines through clearly is the quality of both Weymouth/Portland and Purbeck, they are both in the top 4% overall – it doesn't get better than this! West Dorset's top 8% is possibly under-stated because the League Table is based upon local authority areas, but it definitely 'cuts the mustard'.

There is a vast amount of data on the RSA website. This is not a simple League Table calculation. Well worth further study.

Check it all out at [www.thersa.org/action-and-research/rsa-projects/public-services-and-communities-folder/heritage-and-place/England](http://www.thersa.org/action-and-research/rsa-projects/public-services-and-communities-folder/heritage-and-place/England)

<b>WEYMOUTH AND PORTLAND</b>		
RSA/HLF Heritage Index 2016	2016 rank (of 325)	
	<b>Overall score</b>	<b>10</b>
	Assets	<b>10</b>
	Activities	<b>68</b>
	Heritage potential	234
<b>Historic Built Environment</b>		
		<b>13</b>
	Assets	9
	Activities	248
<b>Museums, Archives &amp; Artefacts</b>		
		<b>53</b>
	Assets	48
	Activities	266
<b>Industrial Heritage</b>		
		<b>4</b>
	Assets	4
	Activities	296
<b>Parks and Open Space</b>		
		<b>26</b>
	Assets	27
	Activities	159
<b>Landscape &amp; Natural Heritage</b>		
		<b>16</b>
	Assets	23
	Activities	11
<b>Cultures and Memories</b>		
		<b>54</b>
<b>General/Infrastructure</b>		
		<b>13</b>

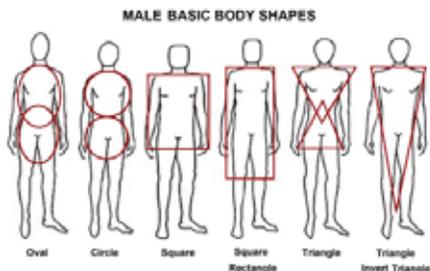
<b>PURBECK</b>		
RSA/HLF Heritage Index 2016	2016 rank (of 325)	
	<b>Overall score</b>	<b>14</b>
	Assets	<b>17</b>
	Activities	<b>31</b>
	Heritage potential	186
<b>Historic Built Environment</b>		
		<b>11</b>
	Assets	13
	Activities	27
<b>Museums, Archives &amp; Artefacts</b>		
		<b>77</b>
	Assets	107
	Activities	14
<b>Industrial Heritage</b>		
		<b>42</b>
	Assets	40
	Activities	204
<b>Parks and Open Space</b>		
		<b>14</b>
	Assets	15
	Activities	77
<b>Landscape &amp; Natural Heritage</b>		
		<b>19</b>
	Assets	12
	Activities	255
<b>Cultures and Memories</b>		
		<b>71</b>
<b>General/Infrastructure</b>		
		<b>19</b>

Doug Pigg

## The One You Campaign - Encouraging People to Consider their Health in 2017

Analysis from Public Health England shows that eight out of ten middle-aged people in the UK weigh too much, drink too much or do not exercise enough. The One You Campaign is aimed at the 40 to 60 year olds who are 'are overweight or exercise too little'; 83% of them weigh too much or drink above the recommended guidelines. With our ageing demographics 87% of men and 79% of women are in this age bracket; in Dorset it will be even higher.

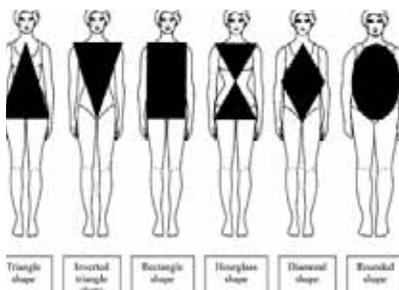
Modern life is harming the health of the nation; obesity is one of the biggest problems for this group with 77% of men and 63% of women in middle age being overweight or obese, a rise of 16% in the past 20 years. With these high proportions of obesity research has found that many people cannot identify a healthy body shape which suggests that being overweight has become the new norm. Now where's that mirror?



Prof Sir Muir Gray, a clinical adviser to One You, said: *"The demands of modern day living are taking their toll on the health of the nation and it's those in middle age that are suffering the consequences most, as their ill-health reaches worrying new levels. More than 15 million Britons are living with a long-term health condition, and busy lives and desk jobs make it difficult to live healthily. But just making a few small changes will have significant benefits to people's health now and in later life."*

One consequence of being overweight can be diabetes. The rate of diabetes in the 40 to 60 age group has doubled in the past 20 years. Obese adults are more than five times more likely to develop type 2 diabetes, which 90% of adults with diabetes have, than those who are a healthy weight. A healthy weight is a body mass index (BMI) of between 18.5 and 24.9. The BMI is a way of seeing if your weight is appropriate for your height. BMI charts are calculated for adults only (separate charts are available for children's weight and heights). The actual calculation is your weight (in kilograms) divided by your height (in metres) squared but it's also easy to read on the chart: check yours out at [www.bbc.co.uk/health/tools/bmi\\_calculator/bmi.shtml](http://www.bbc.co.uk/health/tools/bmi_calculator/bmi.shtml)

Dan Howarth, the head of care at Diabetes UK, said: *"There are an estimated 11.9 million people at increased risk of developing type 2 diabetes in the UK because of their lifestyle and more than one million who already have the condition, but have not yet been diagnosed. Type 2 diabetes can lead to serious complications such as amputation, blindness, heart attack, stroke and kidney disease. We know how hard it is to change the habits of a lifetime, but we want people to seek the help they need to lose weight, stop smoking and take more exercise."*



People are being urged to consider their health and the simple steps they can take, think of it as a belated new year's resolution. The online quiz 'how are you?' helps participants assess their health and offers advice on how they can eat better, be more active, stop smoking and consider their alcohol consumption. Prof Kevin Fenton, the director of health and wellbeing at PHE, said: *"The 'how' are you quiz will help anyone who wants to take a few minutes to take stock and find out quickly where they can take a little action to make a big difference to their health."* More than 1.1 million people have taken the quiz so far; you can try it at [www.nhs.uk/oneyou/how-are-you](http://www.nhs.uk/oneyou/how-are-you)

After receiving an individual's lifestyle information, the website provides a health score and links to free and personalised information, apps and tools.

Doug Pigg (With a little help from The Guardian)

## **A Proposed National Park for Dorset and East Devon**

Dear Editor,

In your autumn edition, your lead story on the front page was about a proposed National Park for Devon and East Dorset. I have a number of reservations about the proposal, at least in its present format:

- *The name of the proposed park is itself long and cumbersome*
- *The area lacks a central core or cohesive area - the original National Parks such as Dartmoor or the Peak District clearly had this.*
- *The boundaries are very long east-west with a major arm missing between Dorchester and Blandford.*
- *Some very attractive countryside in north Dorset is excluded, including two of Dorset's highest hills to the south east of Shaftesbury.*
- *The unique area of Portland is also missing.*

Perhaps a better proposal would be for a Dorset National Park covering the entire geographic county, except the Bournemouth-Poole conurbation. This might tie in well with the emerging proposals for unitary local government in Dorset.

Yours sincerely, Ralph Holmes, Wareham

Dear Editor,

Many thanks for publishing an article about the National Park proposal in the last number of Footnotes, and thank you to Ralph Holmes for his interest and questions.

National Parks come in various shapes and sizes, and the very close comparator for the Dorset & East Devon NP is the South Downs NP, designated in 2011 and already making a very beneficial and inspiring difference for that area.

The South Downs NP is very similar in area, economic profile, population density and character. By way of illustration both areas include many significant communities, tourism centres, heritage and market towns, and villages; they are even similar in shape! The close comparison with the South Downs NP is examined in the independent economic report on the D&EDNP: <https://dorsetandeastdevonnationalpark.wordpress.com/2016/05/18/economic-opportunities-for-dorset-and-east-devon/>

The suggested area and boundaries of the National Park are just a starting point. They embrace the two Areas of Outstanding Natural Beauty (AONB) in Dorset and East Devon, and reflect the original proposal for a Dorset NP first mooted in 1945. It's up to communities to consider whether they would like to make a case for inclusion. In Portland, mentioned by Ralph, the Town Council has already said it supports the proposed NP and wishes to be included, and some communities in N Dorset are also considering this.

The coming re-organisation of local government is relevant, as Ralph says, and a National Park would complement and bring additional resources and influence to 'Shire' Dorset.

The NP Team can be contacted and welcomes comments: [info@dorsetandedevonnnp.co.uk](mailto:info@dorsetandedevonnnp.co.uk)

Kind Regards, Sandra Brown, Dorset and East Devon National Park Team

[Editor's Note: I declare an interest here as I am a supporter of the DEDNP Team – Doug Pigg]

## **England Coast Path – Proposed (Dorset) Stretch 2 – Lyme Regis to Rufus Castle Lyme Regis to Rufus Castle; Objection by: Ilchester Estates Land affected by: Chapter 6, Map 6b, 6c, 6d, 6e and 6f**

*The National Parks and Access to the Countryside Act 1949; Marine and Coastal Access Act 2009;  
The Coastal Access Reports (Consideration and Modification Procedure) (England) Regulations 2010.*

**F**ollowing the publication by Natural England (NE) of their proposed route under the above Acts, objections were received relating to the Abbotsbury to Rodden Hive section. This related to Chapter 6 of the 12 chapter report to the Secretary of State on Dorset Stretch 2 (Lyme Regis to Rufus Castle) to land east of Abbotsbury.

An Inspector was appointed by the Secretary of State for the Environment, Food and Rural Affairs (the Appointed Person), and a public inquiry into the objection was scheduled for 10.00 am on Tuesday 1 November 2016, at Dorchester Town Hall. The Appointed Person requested that any further relevant

evidence and any statements of case or proofs of evidence about any of the following issues should be submitted to the Planning Inspectorate, prior to the Inquiry:

1. The need for an appropriate assessment as required by the Habitats Directive and Habitats Regulations and whether the appraisals carried out by Natural England form the required Habitats Regulation Assessment.
2. The effect on the management of the objector's agricultural land and tourism enterprises.
3. An alternative route proposal of the objector, including restrictions on access to the coastal margin, from Chester's Coppice to follow an old drove to meet New Barn Road following a public footpath after New Barn Farm along the edge of Wyke Wood to join the existing South West Coast Path, continuing towards Rodden Hive to its junction with the proposed route at the junction of LRR-6-S026 and LRR-6-S027.

Ramblers submitted a response to the Objector's points, and were therefore invited to submit further documentary evidence, and to speak at the Inquiry. Brian Panton (Coastal Access Officer, RADA) supported by Jan Wardell, submitted a statement of case, and thus was able to speak at the Inquiry.

The Public Inquiry was opened, and the format, agreed by both NE and Ilchester Estates (IE), was that NE's case was heard first, with witnesses' cross-examination, followed by supporters of NE (the Open Spaces Society, Ramblers, SWCP Association and DLAF). IE would then present their case. During recesses, it was agreed that one day would be insufficient, and therefore it was decided to adjourn the Public Inquiry to December 13th, a mutually convenient date. Having heard the opening witness for IE, and his subsequent cross-examination, the Inquiry was formally adjourned by the Inspector at 16.45 hrs until 10.00 hrs on December 13th.

The PI was re-commenced at the appointed time, and witnesses for IE were cross-examined at length, with the emphasis placed on the potential impact of the proposed route on the wildlife of the Fleet (1) above) and the lack of sea views along the objector's proposed alternative route (3) above). The closing statements of both sides completed the proceedings, and the Inspector closed the PI, around 4.30 pm. His decision will be announced in two/three months.

*Jan Wardell - AFP Secretary*



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**Ramblers – East Dorset Group**  
**Purbeck Plod – Sunday 25 June 2017**

Start at Swanage Pier at 08 30 walkers (09 30 runners)

(Entry on the day – Please arrive at least 15 minutes earlier)

25 miles via SWCP, Kimmeridge, Ridgeway Hill, Corfe Castle, Nine Barrow Down, Ballard Down

Finish by 20 00 at All Saints Church Hall, Swanage

A shorter 16 mile route is available for walkers only

Entries and Information – please contact Event Secretary, 76 Bloxworth Road, Poole BH12 4BW  
Either email [PurbeckPlod@eastdorsetramblers.org.uk](mailto:PurbeckPlod@eastdorsetramblers.org.uk) OR click on the Purbeck Plod page  
online [www.eastdorsetramblers.org.uk](http://www.eastdorsetramblers.org.uk)

**Can you help on the day please?**

We need marshals to help out at the Start and Finish and at Checkpoints.

Please contact Keilah Towers – 01202 848128 Email - [keilahtowers@compuserve.com](mailto:keilahtowers@compuserve.com)

**The Big Pathwatch Reveals 59,000 on our Path Network**

**T**he Ramblers have released the results of the Big Pathwatch, the nation's biggest ever footpath survey. Citizen surveyors walked every path in almost half the total area of England and Wales recording more than 100,000 features including attractive views and interesting flora and fauna; and locked gates, barbed wire across paths and missing or misleading signs.

The results revealed that although more than half (56%) of paths are well-kept and signposted, more than a third (35%) are in need of improvement and nearly a tenth (9%) are difficult or impossible to use. Just over half of reported features were negative (55%), with muddy, potholed paths, unsafe stiles, gates or bridges, heavy undergrowth or overhanging vegetation. However, 45% of features identified were positive, with attractive views topping the charts.

The good news is that the problem is far from insurmountable – and we are now calling for everyone to take responsibility and report any problems they find using the free Pathwatch App.

Nicky Philpott, the Ramblers' director of advocacy and engagement, said: *"It shouldn't just be up to local authorities to ensure the upkeep of our paths. We all have a part to play in looking after them, which is why we want everyone to take responsibility for their paths. It can be as simple as regularly using your local paths. Get out and walk them. If you see a problem, use the Pathwatch app to report it and we'll pass the information on to the local authority. Problems reported early that would be quick and cheap to fix can become difficult and costly over time."*

The top reported problem across all regions was missing or misleading signs. We will therefore be concentrating the first leg of our campaign to resolving this problem.

To get involved in protecting the nation's paths, visit [www.ramblers.org.uk/pathwatch](http://www.ramblers.org.uk/pathwatch).

*Editor: Whether you have the App or not if you see a problem on a Right of Way please report it directly to Dorset County Council, this gives the ROW staff the opportunity to arrange repairs. The following link will take you directly to the Right of Way reporting page: <https://mapping.dorsetforyou.gov.uk/rightsofway/reportproblem/LocateArea>*

*Doug Pigg*

**Get those Endorphins Flowing by Helping Others to Enjoy Walking Together**

Island Community Action (ICA) on Portland have been awarded Dorset POPP funding to deliver a series of 'Sunday Strolls,' for those not quite able to manage a full ramble due to their age or health. ICA are currently recruiting sociable people who enjoy the outdoors and would be willing to give up a few hours a week, fortnight or month to enable others to share the health benefits of getting out and exploring the Island in the company of others.

The volunteer role of walk leader will include planning, risk assessing and leading a gentle local walk for up to an hour initially. So ICA would love to hear from people who not only enjoy walking, but also have local knowledge and an approachable demeanour. Full training, insurance and support will be provided.

*For more information contact: Island Community Action, The Easton Centre, Portland, Dorset, DT5 1EB  
OR email office@islandcommunityaction.org.uk T: 01305 823789*

## Changes to Rights of Way in Dorset

Orders affecting changes to the following rights of way have been confirmed since Issue 75 and effectively cover the period from September to December 2016. If you would like more details please send a DL (9"x4<sup>1</sup>/<sub>4</sub>") stamped, self-addressed envelope marked ROW to the Area Footpath Secretary  
 Note: PINS is the abbreviation for the Planning Inspectorate – the Government agency that deals with opposed Orders which are seeking to either:-

- create, divert or extinguish rights of way
- modify the definitive map and statement for an area

They also deal with unopposed orders which require modification in some way.

**Please be aware** that the planning inspectorate website is now incorporated into the gov.uk website. The link for Rights of Way and Access is: <https://www.gov.uk/topic/outdoor-access-recreation/rights-of-way-open-access>



### Confirmed Orders

### (# identifies any New Numbers)

Castleton BR18 (parts):	Modification to delete, and add RBs.
Corfe Mullen FP1 (part):	Diversion. (Section 119, HA 1980)
Corfe Mullen FP47#:	Modification to add footpath. (# denotes a new number)
Marnhull FP17 (part):	Diversion. (Section 257, TCPA 1990)

### The following 12 were all confirmed under one Order "Footpaths and Bridleway at Church Farm, Marnhull":

Marnhull FP36 (parts):	Diversion (Section 119, HA 1980) (part to be renumbered FP117)
Marnhull FP39 :	Diversion (Section 119, HA 1980)
Marnhull FP40 (parts):	Diversion (Section 119, HA 1980)
Marnhull FP42:	Diversion (Section 119, HA 1980)
Marnhull FP48 (part):	Diversion (Section 119, HA 1980)
Marnhull BR50 (part):	Diversion (Section 119, HA 1980)
Marnhull FP51:	Diversion (Section 119, HA 1980)
Marnhull FP53 (parts):	Diversion (Section 119, HA 1980)
Marnhull FP76:	Diversion (Section 119, HA 1980)
Marnhull FP78:	Diversion (Section 119, HA 1980)
Marnhull FP37:	Extinguishment (Section 118, HA 1980)
Marnhull FP52 (part):	Extinguishment (Section 118, HA 1980)
Marnhull FP115#:	Created by agreement.
Marnhull FP116#:	
Sherborne BR16:	Modification to upgrade to RBs
Castleton BR22:	
Symondsburry BR29:	Extinguishment (Section 118, HA 1980)
Symondsburry FP92#:	Creation (Section 26, HA 1980)
Symondsburry FP22 (part):	Diversion (Section 119, HA 1980) (to be renumbered FP93)
Symondsburry FP23 (part):	Diversion (Section 119, HA 1980) (to be renumbered part FP25)
Symondsburry FP26:	Diversion (Section 119, HA 1980)
Symondsburry BR28 (parts):	Diversion (Section 119, HA 1980)

Unless otherwise stated, the above Orders are confirmed under the Wildlife & Countryside Act 1981(Section 53A (2))

### Long Term Temporary Closures/Diversions under Road Traffic Regulation Act 1984: Section 14(1)

(Note that unless otherwise stated, the following Orders are Under Road Traffic Regulation Act 1984: Section 14(1))

Charminster FP9:	From SY 688 919 for 60 m from 03.10.16 for 26 weeks. Refurbishment water treatment works. No alternative route.
Hurn FP3:	From SZ 10723 97305 to SZ 10772 97323 from 16.11.16 for 26 weeks (delayed start) Wessex Water construction. Alternative route available
Symondsburry FP33:	From SY 4568 9062 to SY 4527 9095 from 19.09.16 to 18.03.17. Path non-existent on ground due to landslips. Alternative route via SWCP.
West Parley FP17:	From SZ 085 982 to SZ 086 982 from 16.01.17 for six months. Relay gas mains and services. Alternative route available.
Weymouth FP125:	From SY 6754 7764 to SY 6757 7765 and from SY 6784 7780 to SY 6815 7780 from 30.11.16 for 52 weeks. Footpath damage. Alternative route available. It should be noted the Footpath No125 Weymouth between grid reference SY 6757 7765 and grid reference SY 6784 7780 has a permanent closure in force since 2001 due to unstable ground.

*Please Note: All the above closures are for Health and Safety reasons. Any person who uses or permits the use of the footpaths in contravention of any of the above orders will be liable on summary conviction to a fine not exceeding £1,000.*

Jan Wardell

## The South Dorset Group Meets the Snowdon Challenge

For our group holiday in 2016 we chose an HF Holidays location in the Snowdonia National Park. September 9th saw 27 of us rise up early and make our way to Craflwyn Hall, near Beddgelert in northern Wales.



We arrived to find that our accommodation was a converted 19th century hunting lodge, modernised, owned by the National Trust and rented by HF Holidays since 2012. As one might expect from an historic building some of the rooms were a little quirky. This was more than compensated for by the friendliness of the staff, the excellent meals and, of course, the magnificent scenery afforded by the National Park. We could not have asked for a better walking location and we were soon to find out how good it was.

One of the reasons we chose HF Holidays is that they offer three walks on each of the five designated walking days, each classified as easier, medium or hard. With such a large group

we felt it important that we catered for a range of abilities and this seemed to fit the bill.

The classification worked as there was no doubt that the hard walks were the most difficult; on the second day a good contingent of hardened walkers made their way up the Ranger Path to the summit of Snowdon. Just to make it more exciting the walk detoured over Moel Cynghorion and descended via the Rhyd Ddu Path. The GPS record showed a total distance of eight miles with 3,700 feet of ascent and the biological memory recorded quite a lot of scrambling. Gale force winds at the top added even more excitement to the descent but it was only a few hats that were casualties of the day – everyone returned safely. For the weary a return by train wasn't an option as the gales had stopped the train from running.

The classification between the walks was on a fine margin with the medium walks proving to be only a little easier than the hard walks, if at all! Ranging up to 10 miles in distance and with ascents of up to 3,200 feet (climbing to the highest point of Y Garn for example) all our members were challenged, especially with the steepness of some of the descents.

There was a medium walk to the summit of Snowdon via the Pyg track which returned down the so-called Miner's track. So over the week there was the opportunity to walk four of the six paths up Snowdon – and some did.

Moving on to the euphemistic 'easier' walks. Indeed one or two were relatively short at six miles but even so ascents of over 1,400 feet still exercised the heart and lungs. When the terrain is taken into account, with steep descents down wet tracks on slippery stones, some of the walks would have been classified as strenuous if they were part of our normal walks programme in Dorset. We all felt we had earned our pint at the end of the day.

So another successful, enjoyable and challenging South Dorset Walking Holiday. We had a really great week's walking in a fantastic mountain setting and with beautiful weather, yes even in Wales! This was only excelled by the evening entertainment.

There were no injuries beyond a bruised ego or two which is testament to the efficiency and attentiveness of the HF Holidays walk leaders. If they were paid I would call them professionals but of course they were all volunteers doing what they love and doing it extremely well.



Our next South Dorset Walking Holiday will be in Majorca. Fully booked and ready to go in April.

*Peter Evans SDG*