



YOUNG PERSON'S GUIDE TO A GREEN FUTURE



WHAT IS GREEN FUTURES?



Green Futures gives environmental opportunities to young people in the Yorkshire Dales and surrounding area. Led by Yorkshire Dales Millennium Trust (YDMT) and driven by local young people, our aims are:

- To create and develop young people's connection to the environment
- To promote and support practical environmental action
- To develop skills and leadership
- To create green mentors and role models in the community.

The steps in our Green Futures pathway aim to support young people on their journey through our different projects, developing their awareness, skills and confidence as they go.

Green Guardians provides inspirational experiences and practical skills to groups who would not usually get the opportunity to connect with the natural environment.

Young Rangers provides regular practical conservation activities for young people aged 11-16 in the north of the Yorkshire Dales National Park.

Eco-Schools promotes positive environmental change in secondary schools and colleges and supports them towards achieving Green Flag Eco-School status.

Dales & Fells Trainees provide up to two year countryside apprenticeships with a range of rural employers, for young people aged 16-24.

Young people come together from across all these projects to explore issues, share ideas and take practical action at our Youth Environment Forum and annual Youth Environment Summit. Young people can also get funding and support to run their own environmental projects in their communities through our Youth Environmental Action Fund.

Now you know a bit about Green Futures lets meet some of the young people who are part of it.



HELLO



Green Futures was launched in 2016 by Yorkshire Dales Millennium Trust as part of Our Bright Future, a £33 million programme funded by the National Lottery Community Fund.

In this booklet we meet some of the inspirational young people who are fighting for a better future for our planet, celebrate their impact and find out how you can get involved...

“ HI, I'M RHIANNON

I became involved in Green Futures in 2018 after I watched a programme on environmental destruction. I was really upset that this devastation was happening, and I wanted to do something practical to make a difference. So, my mum and I looked online for youth groups that worked to improve the environment and enabled young people to have a voice. Since then, I've become a Young Ranger and joined the Green Futures Youth Forum – which do both of those things.

Green Futures is brilliant! I have met other young like-minded people, who are now my friends. As a group we discuss ways to solve environmental issues and take part in events to raise

awareness. We have fixed fences, built bird boxes, planted trees and so much more!

If like me, you're passionate about the environment, read on to find out more about Green Futures and how you can get involved! ”





ORIN'S BIOBLITZ

“ I love surveying wildlife. Seeing the animals gives me such joy and I love watching the ecosystems around me. I really wanted to organise my own BioBlitz event to help local people find out what wildlife lives in the area.

I applied to the Youth Environmental Action Fund for a grant of £1000. I aimed the event at young people and families by buying survey equipment to use such as a pond dip kit and binoculars, but also clay and paper for craft activities so everyone could take part.

The National Trust agreed to host the event, I contacted local experts who agreed to help, and we planned the timetable for 24 hours to make sure everyone could learn and get involved. We made soup and flapjack for people to have lunch and sent out invitation flyers to all year 6's in local schools.

The day itself was brilliant. One hundred and sixty two people came and we were really excited to record 468 species. I loved seeing so many people come to look for wildlife, there were many more people than we thought.

My hope is that lots of people and especially young people were inspired to love the natural world around us. I believe that if people know and understand what lives alongside them, they will be more passionate about protecting it.

BRING YOUR GREEN IDEAS TO LIFE



Orin gained funding and support for his BioBlitz through the Youth Environmental Action Fund, which helps young people to run their own small scale environmental projects. A panel of young people decide which projects should get funding. The survey equipment that was funded is now available for schools to borrow and Orin was short-listed for the National Biodiversity Network Young Person of the Year!



ACTIVITY: MAKE YOUR OWN NATURAL LIP BALM

by Willow



Do you know what goes into your skincare products? If you make your own products, you know exactly where the ingredients come from, you can tailor-make it to suit your needs and you can decide exactly what type of sustainable packaging to use and where to buy your ingredients from.

YOU WILL NEED:

- Honey
- Coconut oil
- Essential oils like almond, peppermint or lavender (optional)
- A teeny tiny tin

STEP 1:

Get a jug or bowl or something to mix everything together in.

STEP 2:

Add two teaspoons of honey and two teaspoons of coconut oil. Did you know that coconut oil is good for the skin and can help smooth and soften it?



STEP 4:

Go wild and choose your essential oils to flavour it and add in a couple of drops (we like spearmint, rose or vanilla).



STEP 3:

Mix them together.



STEP 5:

Get your teeny tiny tin and scoop in as much mixture as can fit. Decorate with your own label to make it extra special.



Rosemary pictured Left

ROSEMARY'S STORY

FROM CUMBRIA TO CALIFORNIA



Rosemary first got involved with Green Futures through her school wildlife garden and from there became one of our first Young Rangers. She went on to become a key member of our Green Futures Youth Forum and helped to organise the annual Youth Summit. After attending the summit one year she returned the next to run her own workshop!

She wasn't always this confident though, Rosemary says:

“ The Youth Forum definitely helped me improve in confidence. The summits always revive my passion for the environment and remind me that other people care. When I joined the Youth Forum, I wasn't confident speaking in

large groups. I still find that it is the case sometimes but generally, now I am much more confident. I'm okay speaking to large crowds and leading workshops. ”

In the summer of 2020, mid-way through a global pandemic, Rosemary swapped Cumbria for Deep Springs College in California to live, study and labour on a small farm university.

Rosemary says that it wasn't just being able to include Green Futures on her CV that helped her get a full scholarship to Deep Springs College. It was also the self-confidence and connections she had the opportunity to develop that got her there.

OUR BRIGHT FUTURE: THREE ASKS

The Our Bright Future
Three Asks campaign
asked young people



“ IF YOU COULD
CHANGE ONE THING
FOR YOU AND THE
ENVIRONMENT, WHAT
WOULD THIS BE? ”

Young people replied that they
wanted three key changes
around the following themes:

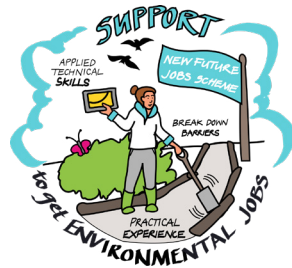
ASK 1

More time spent learning in and about
nature. Calling for policy makers
to produce guidance to schools stating
that at least an hour of lesson time per
day should be spent outdoors.



ASK 2

Support to get into environmental jobs
Calling for policy makers to fund a
new scheme that would allow the
environmental sector to support young
people into green jobs.



ASK 3

Policy makers, employers, businesses,
schools and charities to pay more
attention to the needs of young people
and the environment.



Join the campaign now!

ourbrightfuture.co.uk/campaign



DYLAN'S STORY

“HOW I VIEW THE WORLD IS COMPLETELY DIFFERENT”

We first met Dylan when his young carers group completed their John Muir Award through the Green Guardians project.

He came along to our first Youth Environment Summit and became a founding member of our Youth Forum. He's since helped to shape how the group is run and helped plan events.

Dylan said: “I wouldn't usually have the chance to visit the Dales. The people I met were completely different to people I'd met at home. It was really good and refreshing, really easy to get into it. It was hands-on with everyone involved, even people who were shy still had a say. I really enjoyed all the activities and even led a couple of things at the summit, making bee hotels.

“ It's given me more knowledge of the environment and better understanding of what I can do to help it. I definitely care more about it. I do simple things like not wasting stuff, like electricity and food. I'm aware of bigger issues like palm oil – you can help by buying things that don't contain it, especially chocolate. Before I wouldn't have thought about what I was eating or doing. I know I'm very different now to how I used to be. How I view the world is completely different. I know a lot more about a lot of other things - like how the government works and campaigning. ”



ACTIVITY: BEESWAX FOOD WRAPS



HOW TO: Make your own beeswax food wraps

Did you know more than 1.2 billion metres of single-use plastic cling film is used by households across Britain every year? You can help reduce plastic waste and save money by making your own reusable beeswax food wraps!

YOU WILL NEED:

- Beeswax pellets (no more than 20g)
- Cotton fabric (20cm x 20cm)
- Baking paper
- Iron
- Tea towel

STEP 1:

Lay the baking paper on your work surface and your fabric on top of that. Make sure you have a couple of inches of paper outside the edge of the fabric to catch the wax.

STEP 2:

Sprinkle your beeswax pellets (sparingly) over the fabric and lay another sheet of baking paper on top.

STEP 3:

Set your iron to a medium heat (no steam) and gently iron your wrap through the paper. You will see the baking paper become see-through as the wax melts into the fabric. Add a few more pellets if you need to, cover with the paper again and re-iron until all the fabric is covered in wax.

STEP 4:

Lift the paper, and quickly lift your wrap by the corners before it cools to stop it sticking to the paper. The wax will cool almost instantly, so wave it about for a couple of seconds and it's ready!

Clean your iron while it is still warm by ironing a piece of scrap fabric or an old towel and turning your steam setting to full while ironing to make sure you clear the steam vents of any residue!

For more detailed instructions go to:
ydm.t.org/saving-the-planet



JADE'S STORY

HOW TO GET YOUR DREAM JOB



An apprenticeship with Green Futures gives young people up to two years work experience, a vocational qualification and your own training budget – and you get paid at the same time! Here's what Jade said about her experience.

“ My apprenticeship with Cumbria Wildlife Trust through the Green Futures programme has been incredible.

Two years ago, I didn't know what I was passionate about or wanted to do. This apprenticeship gave me the opportunity to learn about the natural world, and about myself.

At school I tried hard, got good grades, but never stood out or got praise. I never needed extra help either. I was somewhere in the middle. I didn't want to go to university after A levels. I felt lost.

Now I am exceeding my own expectations and enjoying work for the first time.

One of my biggest achievements has been getting my chainsaw ticket due to my determination and refusal to be beaten by anxiety. This has been one of my biggest take-aways, that even when things are big, scary and seem impossible, if you care enough, try your best and refuse to let your own self-doubt get in the way, you're going to succeed.

None of this would have been possible if it wasn't for my apprenticeship. I would still be stuck in a job I didn't want, working all hours and feeling unfulfilled.

I believe everyone should have the opportunity to progress with the right support, not just those at either end of the academic spectrum. Green Futures helps people who really care about the natural world and gives them a chance. No matter their background or grades, if they think they can help you they will try their hardest to get you where you want to be. ”

HOW TO GET YOUR DREAM GREEN JOB!



You might not hear much about environmental or green jobs at school or college but imagine if you could make your living doing something you really love, whilst also helping the environment.

We spoke to young people working in the environment sector, to find out their top tips for getting your dream green job.

- Volunteer to learn new skills and meet people in the sector. Ask local organisations for work experience or volunteer opportunities.
- Talk to people you meet and ask how they got into their job.
- Apprenticeships - get paid to train!
- Awards - Duke of Edinburgh or John Muir Award looks great on your CV.
- Prepare for job applications and interviews by addressing each point on the person specification.
- Don't give up! Finding the right job for you might take some time – if you're unsuccessful ask for feedback and use it to improve your chances next time.



WHERE TO LOOK:

Check out these websites for job and volunteer opportunities:

countryside-jobs.com

environmentjob.co.uk

outdoor-learning.org

www.yorkshiredales.org.uk/park-authority/looking-after/volunteering



BENJI'S STORY

After doing a John Muir Award with his home education group, Benji joined the Young Rangers. There he's been able to regularly meet other young people with the same interests, share ideas and get involved in practical conservation and environmental action.

After Benji sadly lost his dad he told us,

“After my dad died, being able to get out and get a bit of normality back...was really helpful.

Not having any outdoor space at home meant that lockdown was hard. Eventually being able to get out and about with Green Futures has really helped in these difficult times. Whatever the weather, getting out into the Dales has certainly helped my mental wellbeing. I've gotten to know young people from all over the Dales too.

“ I'VE ALWAYS LOVED NATURE AND BEING OUTDOORS, DOING LOTS OF ACTIVITIES. I LOVE THE YORKSHIRE DALES AND ALL ITS DRAMATIC LANDSCAPES. ”

Benji has also become a Young Ambassador for Yorkshire Dales Millennium Trust and is helping to raise awareness about his experiences and the benefits of being involved in environmental action. In 2021 Benji joined our apprenticeship scheme and is now working with the ranger team at Yorkshire Dales National Park Authority.

We can't underestimate the resilience and perseverance of young people like Benji, and we can't wait to see what the future holds for him.



ACTIVITY: BEE BATHS



HOW TO: Make a bath for bees

You don't need a big garden or lots of time to make a real difference to wildlife in your own outdoor space. Just like birds, bees need access to clean water in hot weather. Here's how you can help create a place for them to drink and cool down on a hot day.

YOU WILL NEED:

- A terracotta plant pot saucer
- Pebbles or small stones
- Glass pebbles
- Mosaic tiles
- Waterproof glue

STEP 1:

Glue your pebbles, stones and tiles to the inside surface of your saucer. You want a mix of raised and flat stuff.

STEP 2:

When the glue has dried, fill the saucer with water so some of the pebbles stick out above the water. Bees can sit on the higher points without drowning in the water.



STEP 3:

Put your bee bath in a sunny flower bed or container and watch the bees stop off for a drink!



WHY WE SAY **NO** TO PALM OIL

WHAT IS PALM OIL?

Palm oil is the most widely used vegetable oil. It's in about half of all supermarket products, including processed foods and household products like soap, shampoo and makeup.

Palm oil is often hidden in a product's ingredients list, look out for ingredients with the word 'palm', like palmitate, palm kernel oil and palmitic acid. It can also go by other names like stearic acid, vegetable fat and vegetable oil.

WHAT'S THE PROBLEM WITH PALM OIL?

At least 300 football-pitches worth of rainforest are cleared every hour to make way for palm oil plantations, which is:

- Driving lots of species to extinction.
- Releasing huge amount of carbon into the atmosphere and so contributing to climate change.
- Resulting in theft of land from Indigenous People, human rights abuses, child labour and exposure to toxic pesticides (chemicals) and pollution.



WHAT CAN YOU DO TO HELP?

Boycotting palm oil could push the issue elsewhere as production of other oils, which require larger areas of land to grow, is likely to increase. Here's what you could do instead...

- Sign a petition or join a social media campaign. Every voice counts.
- Only buy from brands that are transparent about where their palm oil comes from. Download WWF's 2020 Palm Oil Buyers Scorecard for more info palmoilscorecard.panda.org/
- Support charities working to break the link between palm oil and deforestation.
- Try reducing what you consume or make your own cakes and cosmetics.



RACHEL'S 'LOW CARBON' CHOCOLATE CAKE

“ I took up baking a few years ago largely because I really enjoy the baking process. I feel like sharing what you create is a small way of giving back to the community around you!

I try to buy locally sourced ingredients, especially in recipes that involve fresh produce. Supporting farmers in Britain and buying locally can be good for the environment as the carbon footprint for the food is often smaller as it has less to travel than things from abroad. ”

YOU WILL NEED:

150g butter
275g plain flour
175g caster sugar
300ml almond milk
1 tbsp lemon juice
3 tbsp golden syrup
4 tbsp cocoa powder
3 tsp baking powder
1 tsp bicarbonate of soda

STEP 1:

Preheat oven to 180c/160c (fan)/ gas 4 and grease a baking tin.

STEP 2:

Stir the lemon juice into the milk and set aside.

STEP 3:

In a pan, over medium heat, melt the butter and syrup together then set aside to cool.

STEP 4:

Sieve the dry ingredients (flour, sugar, cocoa, baking powder and bicarbonate of soda) into a bowl and mix together.

STEP 5:

Pour the milk in gradually and stir. Then add the butter and syrup mixture and stir until smooth.

STEP 6:

Bake for 40 minutes or until a skewer comes out clean.

STEP 7:

Allow the cake to cool before removing it from the pan and be careful when taking it out as it is somewhat fragile.

STEP 8:

Place on a stand and decorate as desired. Enjoy!



GET YOUR VOICE HEARD



Our environmental challenges are so big it's easy to feel helpless. But by standing up and taking action, you can make a difference. Here's how to make your voice count.

SIGN A PETITION

Make your voice heard in parliament. If 10,000 people sign a petition parliament must respond, if 100,000 sign the issue will be debated in parliament.

JOIN A LOCAL GROUP

Where people are interested in similar things to you, like our Green Futures Youth Forum! It's a great way to meet new people and find ways to take action that matters to you!

WRITE TO YOUR MP

It's their job to make your voice heard in Parliament, whether you voted for them or not. Introduce yourself, include your age, a bit of background about the issue you're passionate about and ask them to act. Find your local MP here: members.parliament.uk/FindYourMP

“Because of the opportunities given to me I know what I do can make a change and that I am also not alone, I know there are other people my age in my area who are also fighting for the same outcomes.”

Emilie, Green Futures Youth Forum Member

REPRESENT YOUNG PEOPLE ON A YOUTH BOARD OR STEERING GROUP

Projects like Green Futures and Our Bright Future often have a steering group that works together to steer the project. It's worth contacting organisations you're interested in to ask if they have any opportunities – having a young person's voice and opinions can be really valuable.

BECOME A YOUNG TRUSTEE

18-24-year-olds make up less than 0.5% of all charity trustees. By having a young person on their board, organisations can benefit from your perspective, skills and experience. It is also an incredible opportunity to develop skills that will help boost your career. Find opportunities and information here: youngtrusteesmovement.org

The Green Futures programme led to YDMT having their first ever Young Trustee, Ellie.

ECO-SCHOOLS

Eco-Schools is a pupil-led national award from Keep Britain Tidy that guides, empowers and motivates pupils to drive change and improve environmental awareness in their school, local community and beyond.



Skipton Academy became the second secondary school in Yorkshire to gain their Eco-Schools Green Flag award.

Working with our guidance they created a school eco-committee and completed an audit of their school to see where they could improve. They noticed that litter and waste was a huge problem and organised litter picks in the school grounds as well as the local community.

A grant from the **Green Futures Youth Environmental Action Fund** allowed them to supply each classroom with recycling bins. Students designed a rota to empty the bins and stop materials going to landfill.

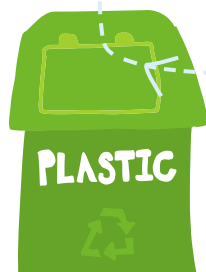
A teacher from Skipton Academy said:

“ The bins have had a massive effect on the school and the students, as there are now more cautions taken by students when putting things in the bin. Littering has been reduced dramatically, meaning our school is a cleaner place to learn. ”

Student Emilie told us that

“ People in school now understand the importance of recycling due to the bins and all the issues with not recycling that we have been able to tell them about. ”

THE SCHOOL ESTIMATES THE RECYCLING BINS SAVE 100 LITRES IN VOLUME FROM GOING TO LANDFILL EACH WEEK!



WHERE ARE THEY NOW?

Green Futures is often just the start of an incredible journey for many of the young people who take part.

Here's what happened next for a few of our Green Futures graduates!

ISAAC

Isaac joined the John Muir Trust as a ranger at Glendridding Common, Cumbria.

JADE

Jade completed a Level 3 Apprenticeship with the National Trust and is now an area Ranger in Patterdale, Cumbria.



BENJI

Benji joined the YDMT Apprenticeship scheme, working for the Yorkshire Dales National Park Authority.

ROSEMARY

Rosemary went to Deep Springs College in California.



ELLIE

Ellie works for the Ribble Rivers Trust and is a YDMT Trustee.

TOM

Tom got the job of Access Ranger in the Yorkshire Dales National Park.



AMELIA

Amelia became part of the Our Bright Future evaluation panel.

ABI

Abi works as a project assistant for Wild Ingleborough with Yorkshire Wildlife Trust.

WHERE TO GO NOW?

At Yorkshire Dales Millennium Trust we continue to put young people at the heart of everything we do. Over the next three years, through our Green Futures programme, we aim to support 1,000 young people to drive environmental change, make their voices heard and get jobs that make a difference.

FOLLOW US AND FIND OUT MORE

ydmt.org/green-futures

Facebook [@GreenFuturesYDMT](https://www.facebook.com/GreenFuturesYDMT)

Twitter [@GreenYdmt](https://twitter.com/GreenYdmt)

Instagram [@greenfuturesydmt](https://www.instagram.com/greenfuturesydmt)

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OTHER USEFUL SITES

Our Bright Future:
ourbrightfuture.co.uk

Young Rangers:
Facebook [@dalesyoungangers](https://www.facebook.com/dalesyoungangers)

Eco Schools:
eco-schools.org.uk

John Muir Award:
johnmuirtrust.org/john-muir-award



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