

## Walk... talk... make

### Get into Heritage resources for Birling Gap

This resource pack was created by Culture Shift with artist educator Anne Colvin, in partnership with the National Trust at Birling Gap. It is based around the idea of 'Walk, Talk, Make' a series of creative activities created by Anne and Culture Shift to support learning disabled adults to engage creatively with their environment.

In the 'Walk, Talk, Make' model, a group is encouraged to take time exploring their environment together, then discuss what they discover as a group, perhaps using prompts, and finally to take part in a creative activity together.

These resources were funded by the Heritage Lottery Fund as part of *Get into Heritage*, a programme designed to make heritage more accessible to people with learning disabilities and to develop sustainable relationships between heritage organisations and learning disability service providers to support future visits and activity.

### How to use this resource pack

You might use this resource pack if you are a carer for a learning disabled person, or if you are bringing a group of people from a day service or residential home to visit Birling Gap.

The resource pack contains three guides, each drawing on an aspect of heritage at Birling Gap.

Each guide includes:

- A specific focus and some information about an aspect of Birling Gap
- Things to look out for, notice and discuss
- Interesting facts relating to the focus
- Creative activities to engage in during the visit
- Extended activities to engage in after the visit

Guides can be explored in any order, and offer ideas for supporting different levels of engagement.

As well as the three guides, you can also ask at the Visitor Centre to borrow binoculars and Tracker Packs on different aspects of the site, and a welcome leaflet which contains a map of Birling Gap.

### Creating memories

If your group is able to visit Birling Gap several times, perhaps you would like to start develop your own Birling Gap Memory Book. This could involve gathering photographs, objects, information, artwork, and thoughts and ideas from your visits, and making comparisons with your other experiences outside Birling Gap.

## Get Into Heritage at Birling Gap



### Walk... talk... make

You could consider holding an exhibition of photographs, artwork, poetry or stories relating to your visits at your Day Service or residential home. You could even create your own *Guide to Birling Gap* to share with friends and family.

### Before your visit

To make the most of your visit, find out about Birling Gap in advance.

You can find information on opening times, accessibility, facilities, and directions on the website: <https://www.nationaltrust.org.uk/birling-gap-and-the-seven-sisters>

Please contact the Visitor Centre in advance if you have any specific questions or concerns about facilities, accessibility, or any other aspect of your visit.

