

GRILLN

The magazine for landowners

SUMMER 2015



nationalgrid

We all
scream!

Ice cream gets a
summer makeover

SECRET
SANCTUARY

The wildlife reserve
forged from fuel ash

Jane of the jungle

The grantor helping us find our inner ape

PLUS: Artisan food school • Meet the birdman • Safety in the sky then and now • Win a luxury one-night leisure break

WELCOME TO GRIDLINE

Summer's here and the **spirit of adventure** has never burned so bright in our **amazing grantors**

There's an incredible picture in this edition that graphically underlines just how much National Grid has changed in terms of safety when it comes to powering the nation.

The views of two overhead cable linesmen half a century apart show how awareness of the work they do has progressed almost as quickly as the techniques they use.

Elsewhere, we've gone for a summery feel, with the emphasis very much on enjoying the great British outdoors - perhaps some of the ventures featured will give you an idea on how to diversify.

We spotlight the business that's growing a winning partnership with the Forestry Commission, one of our most important grantors, to help families, friends and workmates get right back to basics 40 feet up a tree.

There's a bit of a slant on food too, with the family-run ice cream business that's proving a



hit with the stars of boy band One Direction and the artisan food school, where traditional cooking techniques are being kept alive.

We had a fantastic and very positive response to our readers' survey, with many of you keen to feature in future editions, so we may well be in touch soon.

I hope you enjoy this edition of Gridline, which also features a fascinating insight into a wetland conservation area that many of you will have driven past countless times without even knowing it.

Make sure you don't miss the next edition either, when we will be chewing the fat with a countryside celebrity.

Like always, please enjoy the read and let us know if you'd like to be part of it.

Dawn McCarroll
Editor, Gridline



Just like Adam Henson, who featured in the last edition, we're keen to celebrate grantor diversity.

His team, delighted with the article, told us: "We've had to rewrite quite a few articles that were factually incorrect and badly phrased, so it was a real relief to read something so well written."

Make your business the star. Just call Dawn on 01926 656325 or email gridline@nationalgrid.com

nationalgrid

Some useful contact numbers

The Land & Business Support team is responsible for acquiring all rights and permissions from statutory authorities and landowners needed to install, operate and maintain National Grid's electricity and gas transmission networks. The Group acts as the main interface for landowners who have gas and electricity equipment installed on their land. Your local contacts are listed below.

ELECTRICITY AND GAS

➔ Land teams – all regions
0800 389 5113

WAYLEAVE PAYMENTS

➔ For information on wayleave payments, telephone the payments helpline on 0800 389 5113

CHANGE OF DETAILS

➔ To inform National Grid of changes in ownership or contact details, telephone 0800 389 5113 for electric and 01926 654 844 for gas, or email grantorservices@nationalgrid.com

ELECTRICITY EMERGENCY

➔ Emergency calls to report pylon damage to National Grid can be made on 0800 404 090. Note the tower's number – found just below the property plate – to help crews locate it

ELECTRIC AND MAGNETIC FIELDS

➔ For information on electric and magnetic fields, call the EMF information line on 08457 023 270 (local call rate). Website: www.emfs.info

GAS EMERGENCY

➔ 0800 111 999

DIAL BEFORE YOU DIG

➔ Before carrying out any work in the vicinity of gas pipelines, overhead power lines or underground electric cables, you should contact Plant Protection on 0800 688 588 so that searches can be made to determine the exact position of any National Grid assets

CUSTOMER COMMENTS

➔ Write to Land & Development, National Grid House, Warwick Technology Park, Gallows Hill, Warwick, Warwickshire, CV34 6DA. Or email ld.customercomments@nationalgrid.com

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13



11



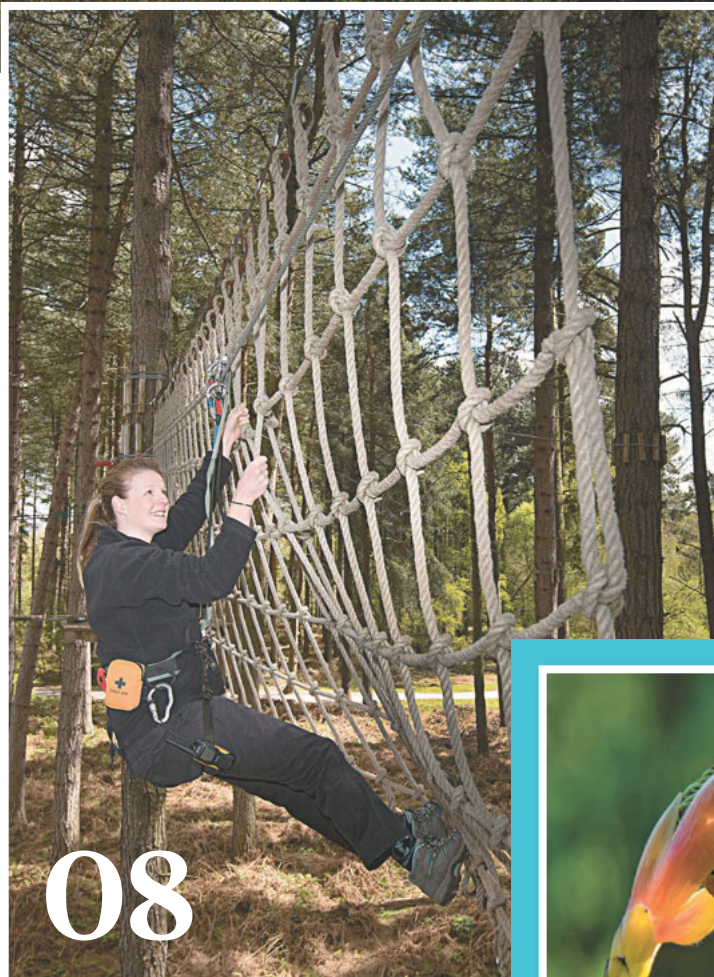
18



05



16



08

CONTENTS

Regulars

- 05** New act forces landowners to fight invasion
- 06** What happens when our heritage splits in two?
- 07** The National Grid fitter ringing the changes to save the birds

Features

- 08** Me Tarzan! The Forestry Commission's tree-topping partnership
- 11** From cow to chocolate-filled cone, is this the coolest family business?
- 13** The power station waste product that's providing a haven for wildlife
- 16** Then and now - the changing face of safety on your land
- 18** Pickles, preserves and pastries: the artisans keeping recipes alive
- 20** Win a luxurious one-night leisure break for two at a location near you



20
King Ken
wins £150

Keen photographer Ken Proudley captured this sensational sycamore bud to win a £150 shopping spree. You can too by turning to page 20.



(left) David Luetchford, head of cable tunnels at National Grid, and Meg Hillier (third from left) with City Year volunteers and pupils from Whitmore School

Role model scheme set to expand

HUNDREDS OF youngsters have benefited from five years of an exciting partnership between National Grid and City Year.

Hackney South and Shoreditch MP Meg Hillier was a special guest at a celebratory event held at

Whitmore Primary School, which was one of the first schools to pilot the initiative in 2010.

National Grid played a key part in launching City Year in the UK and has sponsored it from the start. At the heart of the scheme is

the corps of dedicated young role models who volunteer for a year to support children in class.

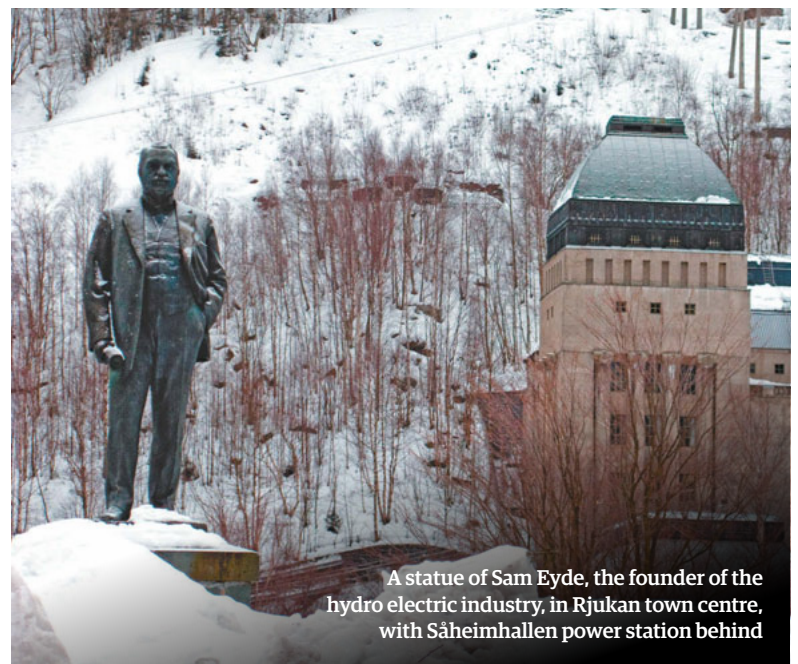
In London and Birmingham, 22 schools have signed up to City Year UK and the organisation is about to launch in Manchester.

Power to the people as two become one

National Grid and Statnett, the Norwegian electricity transmission system operator, have signed an agreement to build a 730km interconnector between the UK and Norway.

The 1400MW subsea electricity cable will connect the two countries' electricity markets directly for the first time and will have a capacity to power nearly three quarters of a million UK homes when completed in 2021.

"Access to low-carbon energy from Norway's hydro-power stations will help us meet the challenge of greener, affordable energy," said Alan Foster, director of European business development for National Grid.



A statue of Sam Eyde, the founder of the hydro electric industry, in Rjukan town centre, with Sâheimhallen power station behind

Kate's big day

FARMING CHAMPION Kate Humble is set to showcase the rich diversity of country life with a Big Day Out.

The BBC presenter's working farm in Monmouthshire's Wye Valley will showcase the best of local food, craft making and music on 4 July.

Kate, a National Grid grantor, is hosting the event alongside cookery author Genevieve Taylor and a host of local producers, cooks and foragers, who will be running demonstrations.

She said: "We thought it would be the perfect way to kick off the summer by celebrating the great outdoors, trying new things and enjoying our wonderful

countryside to the full."

The attractions will include a home-made chilli-eating contest; live music; bushcraft, den-building, mucky play and animal petting areas; micro breweries and cider-making stands; cookery demos including goulash making; feltmaking workshops; glass pendant making; and three-legged stool classes.

Kate said: "Every landowner and grantor knows the countryside is alive with potential for all ages to have fun and explore. We are bringing all that's good about the outdoors together in one place as you've never seen it before."

Visit humblebynature.com for more details and tickets.



Kate Humble's Big Day Out will be packed with activities and demos showcasing the diversity of the countryside



Down to a T

A span of six new T-pylons has been built at National Grid's training academy in Eakring, Nottinghamshire.

Five different types have been built including some that carry cables in a straight line, as well as those enabling cables to change direction and terminate at a substation or go underground.

Since Bystrup won the design competition in 2011, engineers have worked hard to make sure

the design could cope with the stresses placed on a pylon, including 80mph gusts.

The new pylon is 35 metres high, up to a third lower than the conventional lattice pylon.

"The T-ylon is not a replacement for the steel lattice pylon, but it's a new option and, in some landscapes, its shorter height and sleeker appearance can offer advantages," said David Wright, director of electricity transmission at National Grid.

Watch a film fly-through of the T-pylons at vimeo.com/77410945



Don't get tied up in knots

New powers launched to tackle the environmental threat from invasive plant and animal species could save the economy £1.8 billion a year.

Non-native invasives, such as Japanese Knotweed, will be targeted under February's

Infrastructure Act, which gives environmental authorities in England and Wales greater powers to issue species control orders to landowners or occupiers.

Under the orders, landowners can be compelled to carry out control or eradication operations or allow them to be carried out by the issuing authority.

Prior to this, it was legal for landowners to have invasive species on their land as long as they didn't allow them to spread to land owned by others.

Orders will only be issued as a last resort, when it has been impossible to reach agreement with the owner or occupier, or if action is urgently needed.



Himalayan balsam



Botallack Mine Cliffs in west Cornwall – the buildings are the most recognised symbol of the area's proud mining heritage

The changing face of our nation's heritage

ENGLISH HERITAGE, one of the UK's most important conservation bodies, has been split in two as part of a government rethink.

A new independent charity, the English Heritage Trust, is now managing the 400-plus historic sites, including Stonehenge and Hadrian's Wall, and has received an £80-million cash injection to catch up on a backlog of urgent repairs, with the intention of being self-funding by 2022.

Meanwhile, Historic England's role is to champion the historic environment by providing

expert advice and promoting constructive conservation, as well as giving guidance and grants to everyone from local communities to national policymakers.

It has recently issued advice to



Planning law changes make it easier to convert farm buildings

help owners convert redundant traditional farm buildings in the wake of changes to planning laws in 2014, making it easier to convert them into homes and commercial premises. The guidance details the process for changing buildings while retaining and enhancing their historic character and significance.

For more information...



... on both organisations go to english-heritage.org.uk and historicengland.org.uk



One-minute interview



Barry Cullimore,
land officer
south-east

BACKGROUND: After working in admin roles at Cliff Quay Power Station, I joined the south-east wayleaves team in 1980.

CURRENT FOCUS: Lead land officer on overhead power line projects to connect a new sub-sea electricity interconnector at Richborough, Kent, and an offshore wind farm at King's Lynn, Norfolk.

LEISURE INTERESTS: I'm a keen sports fan, watch Chelsea FC when I can, and like swimming and walking.

NOT MANY PEOPLE KNOW: I enjoy writing poetry.

FAVOURITE HOLIDAY: Kefalonia, for the peace and quiet, the food and scenery.

IF YOU COULD GO BACK IN TIME: Probably the 1960s and 70s, when the music and fashion was new and exciting.

BEST ADVICE: Always ask if you don't understand something.

IDEAL DINNER GUEST: Paul McCartney – would be endlessly fascinating to hear about his life and how he managed to write so many good songs.

DREAM JOB: A drummer in a successful rock band. You could be as noisy as you like and nobody would complain!

PET HATE: Snobbery and people who brag about their wealth.



The power of the tube

London Underground is one of the latest companies to sign up to an innovative emergency back-up service operated by National Grid.

Under the terms of the Demand Side Balancing Reserve (DSBR) service, National Grid pays companies to use less power or switch to their own generators to help it manage peak demand between November and February.

London Underground is one of the biggest power consumers in London, but also has its own stand-alone

emergency back-up supply at the Greenwich Power Station on the Thames.

The power station's main role is to provide emergency back-up power if normal supplies are interrupted, enabling the safe evacuation of passengers.

Under the terms of the DSBR agreement, at times of stress on the grid, London Underground can quickly switch to its five gas turbines at Greenwich, offering a significant demand reduction of 55MW.



Ken with a peregrine chick that had been nesting on a pylon. The chick was recovered two years later, having travelled 141km from the nest

The birdman of Yorkshire

IN HIS SPARE TIME, National Grid employee Ken Pearson is part of an army of 3,000 volunteers gathering vital information to underpin crucial bird conservation work.

Ken, a fitter at the company's circuit breaker refurbishment centre at Thorpe Marsh in Yorkshire, has been a bird ringer since the 1970s. He is also helping to monitor a National Grid and Yorkshire Wildlife Trust project to manage non-operational areas of the site for the benefit of nature and the local community.

The British & Irish Ringing Scheme is funded by a partnership between the British Trust for Ornithology (BTO) and the Joint Nature Conservation Committee. The ringers themselves buy their own rings and equipment.



One focus of the project is to provide safe nesting sites away from pylons

"We are fully trained and operate under licence," said Ken. "It's a real privilege to be able to do this work."

After capture, a lightweight metal ring is fitted around one of the bird's legs - bearing a unique number that enables it to be identified if re-trapped or found dead.

Details recorded by bird ringers include the species, the time and place of capture, the bird's age and sex, and its wing length, weight and, depending upon the season, breeding status and/or moult.

Ken said: "Ringing birds enables the BTO to track bird movements and monitor how well they are surviving and breeding, which contributes to a much better understanding of the causes of population change."





BRANCHING OUT

The team at one of the UK's greatest **outdoor success stories** are used to seeing grown **men tremble** and nervous climbers discover their inner **Tarzan**



There's something obviously primal - or should that be primate? - about swinging through trees 50 feet above the ground, the sun scything shards of light through the canopy just above.

It's not so much a dance with danger as the brush with the perception of it that has tempted 4.7 million Britons to get back in touch with their inner monkey at one of Go Ape's 28 locations around the UK.

It all started in 2001, when Rebecca and Tristram Mayhew were inspired by the looks of delight on the faces of a young family visiting a tree-top adventure course in France.

The couple got home, jumped gleefully off the London corporate ladder and opened their first site in Thetford, Norfolk, a year later.

"We are always patrolling and in radio contact, but we don't hold customers' hands because that would defeat the object"

Now more than a decade on and, thanks to a thriving partnership with the Forestry Commission delighted by the symbiotic leap in visitor numbers, the business is one of the nation's enduring success stories.

Just as the Mayhews did, visitors to the site in Staffordshire's Cannock Chase are encouraged to take a leap of faith, abandon the

humdrum and live life more adventurously.

It's a mantra that comes with strict safety messages though, and the 35 staff - many of them university or college graduates who 'didn't fancy sitting behind a desk all day' - are all dedicated to creating what they call good, healthy risk.

Breath of fresh air

The fact that there's no nannying or constant supervision once visitors have been through a ground-level practical safety briefing on how the harnesses work is a breath of fresh air to many.

"We are always patrolling and in radio contact, but we don't hold customers' hands because that would defeat the object. They

have to do this on their own for it to be of any value," insisted deputy manager Cara Mayne.

"We can normally spot people who are going to struggle when they're having the safety briefing, but most people conquer any fear they have to complete the course and emerge a different person at the other end."

Cannock's Go Ape!, set in stunning pine



forest, consists of five sections featuring initially jaw-dropping challenges, from crossing between trees on the most slender of wooden steps to seemingly never-ending zip wires, one of them the longest in England at 853 feet.

It takes around three hours from start to ecstatic finish, with screaming and, yes, a few muttered expletives in-between, as groups looking to turn 'I can't' into 'I can' work their way around the mid-air swinging.

The inevitable hen parties and stags, some dressed as monkeys and even bananas, often make up some of the 200 people who complete the tree-top adventure on a busy weekend day.

The drop-out rate of people finding it all too much and choosing not to continue after the safety harness practical is less than 1%, according to instructor Claudia Deeley.

But if you think this is no place for the faint-hearted, then you'd be wrong.

"We get a lot of people chronically scared of heights who come here to conquer their fear," she said. "Some are shaking even when they do the practice, and that's on the ground."

"But a big part of this job is having empathy with people and knowing how to encourage and excite them, and once they step off the first platform, it's like a leap of faith and most of them never look back."

Human spirit

For those who decide it's break rather than make, Go Ape! offers money back or the chance to leave the tree dancers behind and try out a two-wheeled Segway around the beautiful forest, just one of 54 adventures over 28 sites.

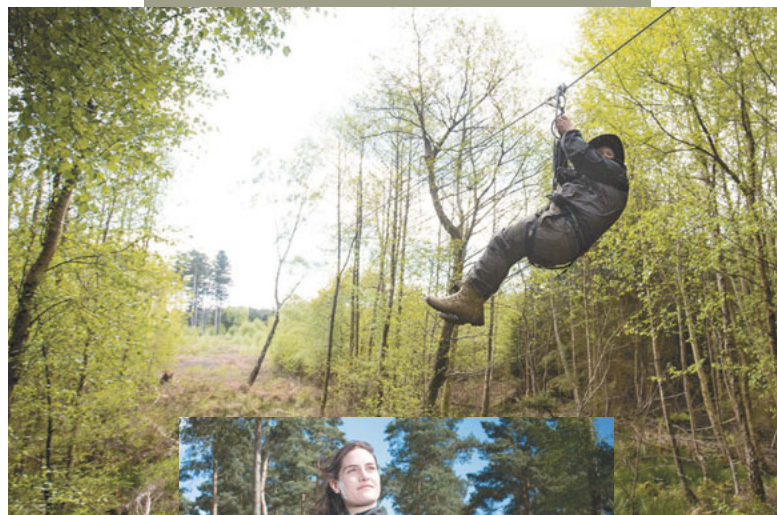
Cara, a graduate in graphic design who decided an outdoor life was more her thing, said: "It's amazing what encouragement can do to the human spirit. I've seen people face their fears, beat them and rush up to the instructors to hug them at the end of their session."

The three main attractions at Cannock - there's also a Tree Top Junior area for children - attracted 26,000 visitors last year, almost double the 15,000 who flocked there in 2008.



Tall stories

- Go Ape! operates at 28 sites, from Aberdeenshire to Devon.
- Zip trekking, consisting of seven lengthy zip wires, has just been launched at the Lake District site.
- 30-45 minutes - the time it takes to train rookies into would-be Tarzans.
- Forest Segways are great for exploring at ground level and can reach 12mph.



Cara (above) and Claudia (main picture) love the outdoor life

Claudia said: "We get a lot of companies holding team-bonding events because there's nothing quite like encouraging colleagues to overcome adversity for bringing them together. The same applies to families and friends."

"Because we're in the middle of the country, we also get a lot of school reunions with people meeting up from all over the country, from as far away as Cornwall and Scotland."

But behind the shrieks and laughter, there's a constant awareness among the team, all of them continuously assessed after rigorous start-up training, that safety is paramount.

"Go Ape!'s record on safety is market-leading and we want to keep it that way. We patrol all the time and are always there if needed, but the training in how to clip the safety lines in and out is usually enough to give people the confidence they need," said Claudia.

"We check the course equipment every morning and night, and also monitor all the wires to check everything is in perfect condition. All the ladders up to the trees are in security-coded climb-proof stockades."

Monkey business

Only thunderstorms, high winds and a break between November and February halt the monkey business - bad weather makes it more fun - which relies heavily on the support of the firm's Forestry Commission partners.

Cara said: "They are fantastic to work with and maintain the forest environment to let us concentrate on what we do best. It's a great relationship because we bring people on to the Chase who might go on and explore the countryside further."

"The adventures we run around the country bring people together and remind us all what really matters - that there's nothing quite like working in the heart of the countryside."

For more information...



... about prices, locations and how to book, visit www.goape.co.uk
... about the Forestry Commission, go to www.forestry.gov.uk



FROM COW TO CONE

People travel a long way to sample the **delicious summer staple** of grantor June Wilkinson

You can't get more home-made than the ice cream produced by the herd of Holstein Friesian cows in a lush and verdant corner of England.

Perhaps that's why the reputation of Great Budworth Real Dairy Ice Cream has spread far and wide, to now include boy band stars One Direction among its devotees.

The ice cream is produced at New Westage farm, on the outskirts of picturesque Great Budworth in Cheshire, from the fresh milk

of the farm's herd of 98 cows, run by dairy farmer Bob Wilkinson and his son Dave.

In the early 1990s, Bob's wife June was working as a living history guide at Tatton Park. "The estate farm produced ice cream in the traditional way and it occurred to me that we could diversify on our own dairy farm and add value to the milk we produced," she said.

At the time, her knowledge of ice cream making was limited to watching Delia Smith on TV, so it was a steep learning curve. ➔



Farmer Dave Wilkinson watches the 98 Holstein Friesians in the adjoining field



Rachel hand-fills the small tubs of ice cream

“We purchased some Italian-made equipment and a recipe from a wholesale supplier, and my youngest daughter Sarah did a food and dairy technology course, which gave us the confidence to give it a go,” June said.

June started selling ice cream from a shed with a drop-down hatch in August 1993. Trade was helped by the fact that the farm is close to visitor attractions, such as Arley Hall, the Anderton Boat Lift, Stockley Farm Park and Marbury Countryside Park, and is a popular stop-off point for walkers and cyclists.

Family affair

In 2003, stable buildings were converted into an ice cream dairy and tea room, and a new car park added in a field. “We started serving hot drinks, freshly baked cakes and light lunches,” said Dave’s wife Rachel, who joined the

business after having children. She runs the tea room and helps June with ice cream production, while her husband Dave is the herdsman.

The farm sells ice cream daily from April through to October, opening to the public at 12pm after the morning’s production run.



One Direction singer Harry Styles gets set to slurp



June has come a long way since picking up cool tips from Delia Smith

“Many of our customers came here when they were young and now bring their own children”

Each week a base mix is made in the dairy using fresh milk from the bulk tank, along with locally sourced cream and glucose (which creates a smooth consistency).

Over the next three or four days, batches of ice cream in different flavours are produced using concentrated fruit purées and essences like chocolate and coffee.

“We pasteurise the mix at 80 degrees to kill off harmful bacteria, after which it is cooled down quickly and churned,” explained June. “The liquid ice cream then goes into freezer tubs for hardening down to -25° C, or into individual small tubs - all by hand.”

The ice cream is sold by the scoop or in 1-litre tubs. As well as 18 mouth-watering ice cream flavours and two to three sorbets, there are indulgent seasonal flavours.

Special novelty ices are also popular. These have included one in the Brazil team colours of yellow and green for the 2014 World Cup.

A lot of work has gone into creating a family-friendly venue with goats, sheep and rare breed chickens, and play tables and mats for toddlers. The farm hosts annual events too, such as a summer maize trail and Easter egg hunt.

“Many of our customers came here when they were young and now bring their own children,” said Rachel. “It’s a place where they can have a cuppa or an ice cream while their children let off steam.”

Happy hour

To boost weekday sales, there’s a special after-school ‘happy hour’ deal of two flavours for the price of one. The majority of sales are from the farm, although Bob delivers to a number of local outlets, including the Anderton Boat Lift and Stockley Farm.

“We have a stall at the Cheshire Show each year and attend fetes and events, like weddings, on request,” said June. “We don’t go to farmer’s markets because ice cream doesn’t travel well and we believe it’s better eaten fresh where it’s made.

“People often urge us not to lose the small-scale, friendly nature of what we offer. Being a family-run business gives us total control over how we develop, and as long as our customers are happy, so are we.”

In numbers

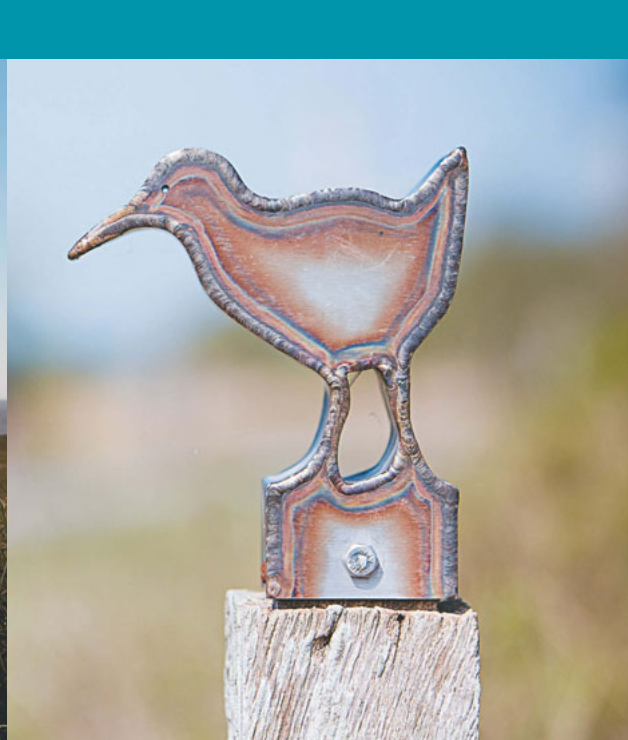
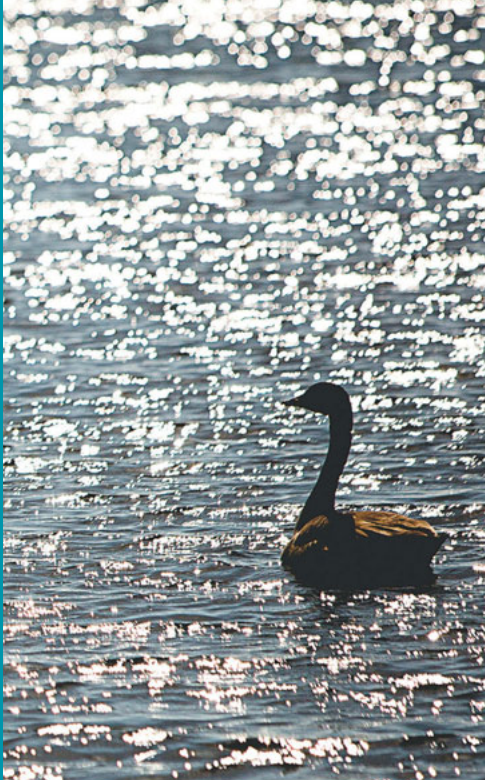
9 litres of ice cream, on average, consumed by Brits a year (small fry compared to the 26 litres eaten by Americans)

1,000 UK artisan ice cream makers, selling from farm shops and specialist ice cream parlours



REED ALL ABOUT IT

Just off the **motorway into Wales** there's a **tranquil stretch** of forgotten coastline where **wildlife is king**



Wheeling, twisting and swooping in breathtaking acrobatic unison, a murmuration of starlings is one of nature's most incredible phenomena.

Several years ago, more than 30,000 performed their synchronised aerial display in the sky high above one of the UK's newest man-made wetlands.

Last autumn, the size of this most welcome of dark clouds had swollen to nearer 110,000, proof that Newport Wetland Reserve's reputation is spreading among the bird population.

To be fair, us humans haven't been far behind, with a steady stream of 100,000 people visiting the artificially created reserve, five minutes' drive from the Welsh side of the Severn Crossing, each year.

Helping hand

Tucked away between the river's estuary and the River Usk, the entire reserve is built on fuel ash discarded by two giant power stations - one of them still connected to the national grid - from the 1950s through to the 70s.

The land was sold by National Grid to the Cardiff Bay Corporation, which built the reserve to mitigate for losses of wildlife following the Cardiff Bay barrage development in 1999, a year before handing it over to Natural Resources Wales, who manage the site with the Royal Society for the Protection of Birds (RSPB) and Newport City Council.

It was named a national nature reserve eight years later, since when senior reserve manager Tom Dalrymple has

overseen every aspect of the nine huge reed beds, wet grasslands and saline lagoons that have got the South Wales bird population in a flap.

Shielding his eyes from the sun as he gazes over the beds, past the site's still operational 120-year-old unmanned East Usk lighthouse, he admitted: "This is the part of the job I love best, being out here seeing the birds come in."

Constant monitoring of winged and human visitor data, paperwork and other

administrative duties mean much of his time is now spent in the office... unless the reserve needs a little helping hand.

He explained: "The reed swamp areas are cut out of the ash and are linked, so there's a lot of management involved in maintaining the reed beds and the water levels."

With a turn of a pump or wedging of a board to block the flow to a certain bed, Tom can manipulate the conditions from wet to dry and coax an entirely different kind of visitor.

Waterfowl from the Severn thrive in the open pools of the wet reed beds, while warblers, bearded tits and water rail prefer the dense reed.



Suspending

The reserve is a tribute to man's incredible bond with nature and his ability to influence it - a fact celebrated by Tom, who identifies at a stroke the calls of each bird nesting deep within the reed beds.

After the water level is manually reduced using a sluice and pump system, a local farmer cuts and bales a proportion of the reed each year, which he takes for his cattle, to stop the reed bed drying out. "Regularly cutting the reed encourages different plant species, benefiting lots of wildlife," Tom said.

When the water level is high, an amphibious cutting machine creates jagged bed edges here and there to stimulate diversity.

Hundreds of species of birds drop in throughout the year, with sedge, reed and Cetti's warbler, reed bunting and water rail nesting in the reed bed. Reed warblers and harvest mice



“There’s a lot of management involved in maintaining the reed beds and the water levels... there’s something going on all year round”



and map the exact numbers of pairs of Cetti’s warblers going through their dawn chorus. Or Richard Clarke, another dedicated bird lover who, like a Welsh Pied Piper, plays a tape of the water rail’s pig-like squealing to attract mates of this most noisy yet reclusive freshwater wetlands inhabitant.

Moorhens, lapwing, heron, the duck-like wigeon and wading birds such as the dunlin, all mix with otters and mice in this wildlife city largely unnoticed by oblivious drivers heading deeper into Wales or over to England.

Increasing numbers of schoolchildren leave inspired after Wildlife Explorer tours that involve hunting minibeasts, doing pond-dipping, and skipping among butterflies and dragonflies.

An incredible sight

Tom, previously at reserves in Slimbridge, Gloucestershire, and Arundel in West Sussex, says creating optimum conditions for all visitors is critical to the long-term future of wetlands areas.

An RSPB visitor centre, shop and cafe, with glorious views across the reed beds, draw a steady stream of people, while three giant lagoons, with carefully regulated saline levels, are a breeding ground for invertebrates including shrimp and ragworm - like a bird canteen.

Tom said: “The pools are regulated to maximise invertebrate biomass, which helps attract some of the many species of birds, especially the waders. Beyond the sea wall we have salt marshes, mudflats and a Sabellaria reef. All play important roles in the overall ecosystem.”

He added: “There’s something going on all year round. Warblers arrive in spring, swallows in summer and the starlings do their murmuration from autumn before dropping on to the reeds for the night, sometimes flattening them. It’s an incredible sight, but I’m very lucky that my job allows me to see so many beautiful things.”



make nests delicately suspended on reed stems.

It’s the result of nearly 20 years of Tom’s experience and the dedication of a small team of colleagues and volunteers, who diligently make sure ingredients such as the tufted vetch, everlasting pea and stinging nettle are plentiful to ensure the perfect habitat.

People like volunteer Darryl Spittle, who gets to the beds at 4am during May with earphones and a microphone to monitor

GOING UP IN THE WORLD

Two **linesmen** from very **different eras** reveal how **safety innovations** over the past 50 years have **transformed** the job

"As sure-footed as cat burglars, the men clamber about the steel network as though there was a safety net below, while most of us get giddy standing on a chair."

So went the breathless commentary of a 1956 Pathé News cinema newsreel, which called them The Pylon Men.

There is a sense of awe at the exploits of the linesmen working at heights of more than 130ft - without an item of safety equipment in sight - as they build new pylons bringing power to millions for the first time.

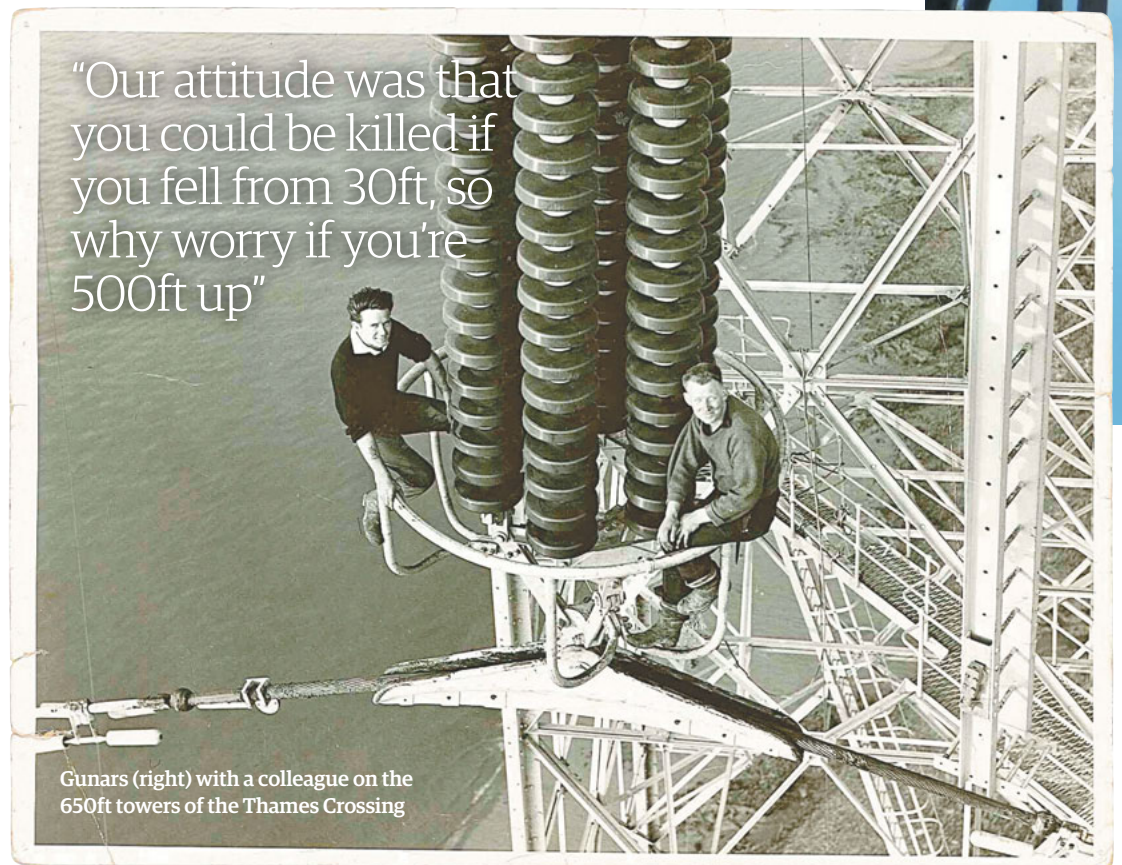
Fast-forward more than half a century and National Grid is busier than ever connecting up new sources of low-carbon energy and maintaining the network. But safety, once almost an afterthought, is now an absolute priority.

Then - Gunars 'Gunner' Sturitis

"Today I'm a National Grid grantor with a pylon on my land, but for nearly two decades I climbed them for a living as a linesman for British Insulated Callender's Cables (BICC), and later the Central Electricity Generating Board. I've always been one for an outdoors kind of life and had previously been a forestry worker.

The photos (left and above right) were taken in 1961, when I was about 20 and we were installing conductors on the 650ft towers of the Thames Crossing.

In those days you'd wear a woolly jumper or donkey jacket, jeans and



Gunars (right) with a colleague on the 650ft towers of the Thames Crossing

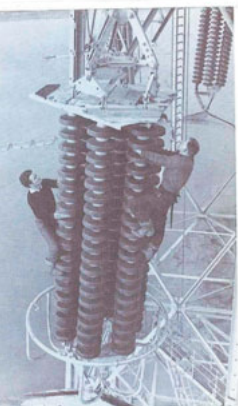
rubber boots. My hair was cut short because dust blowing from a cement factory across the river made it hard to keep clean.

When you first joined, you were given a belt with a tool bag for your spanners, but it wasn't for clipping on to the steelwork. There was a fatalistic attitude towards safety, which we all accepted as being part and parcel of getting the job done. Risk taking was the norm and falling from height or injury from falling objects weren't really classified as hazards that needed

managing. Our attitude was that you could be killed if you fell from 30ft, so why worry if you're 500ft up. I suppose we developed a bulletproof mentality.

You climbed with most of the tools and equipment you needed, and larger items were hoisted into place using large static cranes called derricks.

It was physically demanding work, but there was a great sense of camaraderie with your workmates."





Mick Pullen safely scales some steelwork

“Today, safety governs everything we do and there have been many improvements that have made the job easier and safer”

Geared for safety

- 1 OUTERWEAR:** Cotton trousers or boiler suits paired with high-vis waterproof jackets, or full-body weather suits, as required.
- 2 HARD HATS:** Made from high-density polyethylene, with ventilation slots and peak-less design for unobscured vision when climbing.
- 3 FOOTWEAR:** The lightweight ankle boots have steel toecaps and a Kevlar-reinforced mid-sole for climbing step bolts. They are fully laced for greater ankle stability.
- 4 EYEWEAR:** Work glasses with UV protection to guard against glare when climbing towers, as well as dust and debris.
- 5 HARNESS:** A full-body harness with three D-ring attachments for clipping Step-Safe lanyards on to steelwork as a fall-prevention measure. The rear-mounted D-ring is preferred because in the event of a fall, it is most likely to prevent any contact with steelwork.
- 6 TOOLS:** The tool bag is capable of carrying tools weighing 40kg and is attached to the harness. Tools are also tethered to the structure during work to prevent them from being accidentally dropped from height.
- 7 GLOVES:** Leather or cloth protective gloves guard against sharp objects.

Now - Mick Pullen

“For the past nine years I’ve been part of a National Grid Overhead Lines team based at Staythorpe substation near Newark.

Today, safety governs everything we do and there have been many improvements that have made the job easier and safer.

Just before I joined, the bar had been raised by the Working at Height regulations in 2005, which placed a greater onus on risk assessment, training, supervision and the use of the right equipment.

Full-body harnesses with a double-clip attachment were introduced in the late 1980s. We now use the Step-Safe system in which you employ the two lanyards from your harness to clip on to step bolts - leapfrog fashion - as you ascend. The system ensures you’re anchored to the structure at all times as a fall-prevention measure.

The harnesses also have a built-in shock absorber with an inertia reel that dispels and cushions much of the impact in the unlikely event of a fall.

All linesmen undergo instruction in abseiling rescue techniques as part of our three-year course at the National Training Centre in Eakring, so we can react quickly if a colleague becomes suspended in mid-air after a fall.

There are numerous safety controls in place at the work site and we wear full Personal Protection Equipment (PPE - hard hats and protective clothing) when climbing a tower or being within the inner drop zone to guard against injury from items dropped from height.

Linesmen still need to have a head for heights, be physically fit and be a good team player, but a variety of technologies has reduced the physical demands. For example, powerful capstan winches mounted on vehicles hoist heavy items into place, such as replacement insulators, work platforms and mini-platforms called pladders. MEWPs (cherry pickers) are also used in certain circumstances to access pylons, reducing the amount of climbing required.”



AN APPETITE FOR LEARNING

A school **with a difference** is keeping **traditional handmade** food production techniques alive, thanks to simple **raw ingredients** and a focus on **quality rather than quantity**

When Alison Parente couldn't find a baker with the skills to run a new artisan bakehouse, she realised part of Britain's rich heritage was fading into the history books.

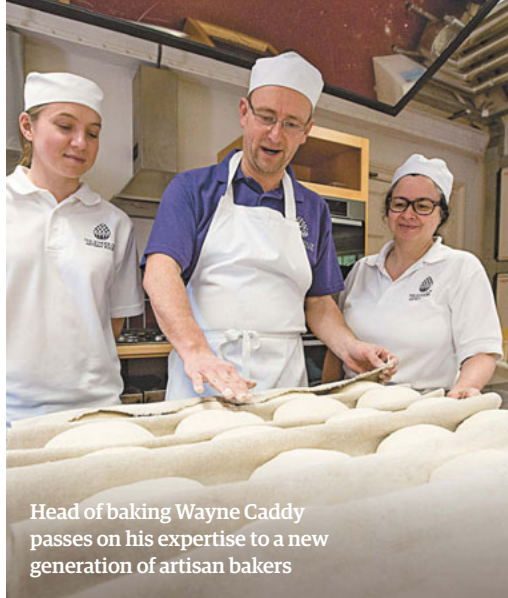
Techniques handed down through generations risked being lost forever to the march of mass-produced, industrialised breadmaking. So the School of Artisan Food, the UK's only not-for-profit organisation dedicated to all aspects of artisan food crafts, was born.

Located on grantor Alison and husband

William's beautiful Welbeck Estate in North Nottinghamshire, the School is now a foodie's paradise where enthusiasts learn a range of artisan skills from baking and patisserie, brewing, butchery and charcuterie to making cheese, pickles, preserves and chocolate.

In addition to a 10-month Advanced Diploma in Baking, there are short courses catering for all levels of ability, from half-day demos for absolute beginners to professional-level courses lasting from one to five days and one to three weeks.





Head of baking Wayne Caddy passes on his expertise to a new generation of artisan bakers

“Alison realised that the skills of producing food by non-industrialised methods, often handed down over generations, were in danger of being lost,” said Joe Piliero (pictured below), director of the School, who has responsibility for admissions. “From that grew the idea of a centre of excellence that could train up a new wave of artisan food producers.”

Life changing

Helped by a £900,000 grant from the East Midlands Development Agency, extensive renovations were made to premises in an attractive stone courtyard that once housed the estate's horse-drawn fire service. The completely remodelled interior boasts fully equipped training rooms for breadmaking, butchery and dairy, a library, study areas and even an 80-seater lecture theatre.

More than 7,000 students have passed through the School's doors since its launch in 2009. For some, the experience has been life-changing. Jim Bishop, who turned his back on a 27-year career as a bomb-disposal expert, enrolled on the Advanced Diploma and used his new skills as an artisan breadmaker to open a community bakery in Southwold.

“For some people unhappy in their current job, it's an opportunity to do something they really enjoy - and that is often related to food,” said Joe. “Equally, we have college leavers taking their first step on the career ladder.”

Agriculture is also well represented, including dairy farmers looking to diversify by using some of their milk production for artisan cheese, butter or ice cream.

“Some of the best seasonal, local produce comes from the UK and we need to champion our farmers and growers, and the producers who work with them,” said Joe.



Seasonal factors

Leading artisan food experts act as tutors. They include cheesemakers Paul Thomas and Ivan Larcher, bakers Emmanuel Hadjiandreou and Wayne Caddy, and master butchers Andrew Sharp and Chris Moorby.

“We take what we do seriously, but making food should be fun. We want people to enjoy themselves and take that passion away and do something with it,” added Joe.

Diploma students receive about 40 hours a week of practical work, getting to make some 200 kilos of dough over the year and then baking it all off by hand. Contact time is high because artisan food can't be rushed. Tastes and processes are designed to develop slowly and naturally, in stark contrast to industrialised foods containing additives and preservatives to enable bulk processing or a longer shelf life.

“The skilled artisan producer understands the whole process from start to finish”



Joe Piliero in the courtyard where the School is based

The Welbeck Estate

➤➤ The Welbeck Estate is owned by William Parente (the grandson of the 7th Duke of Portland) and his wife Alison.

➤➤ Centred on the 12th-century Welbeck Abbey, the 15,000-acre estate includes a Grade II-listed 18th-century park, woodlands, a chain of lakes, farmland and a deer park.

➤➤ The owners have embarked on a project to transform 33 listed and architecturally significant buildings into a 21st-century business community based on rural diversification, education and creative industries.

➤➤ Businesses include a garden centre, farm shop, bakery, brewery, the Stichelton cheese dairy and Lime House cafe and restaurant.



Applying the finishing touches to a handmade loaf

“The skilled artisan producer understands the whole process from start to finish and is intimately involved in it,” said Joe. “It involves knowledge, for example, that the taste and quality of a cheese can be affected by seasonal factors such as what the cows are eating.”

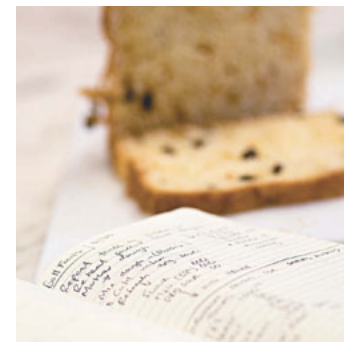
Commercial knowledge

Alongside practical skills, the students learn the science of food and its historical and social context, and are taught the commercial knowledge required to set up in business. The diploma includes a work experience placement with an artisan food producer. The School also offers one and two-day business entrepreneurship courses.

“It's one thing to create something at home for leisure, but quite another to launch a small start-up where you are producing for 16 hours a day, as well as sourcing new customers, doing the deliveries and accounts, and pitching up at a farmer's market at 5am,” said Joe.

In keeping with its charity status, the School fundraises through commercial sponsorship and other initiatives, and has awarded £500,000 of bursary funding to students from local FE colleges since it launched. And the seal was set on the School's worldwide reputation with the award of top prize at the 2014 British Cookery School Awards.

Joe said: “We like to think our students leave here as our ambassadors and we're very proud of creating a whole new community of artisan producers that is keeping traditions alive for the future.”



For more information...



... go to www.schoolofartisanfood.org

Lastword

Your chance to enter two great competitions



Budding photographer

Ken Proudley, from Easingwold near York, took this shot of a sycamore bud 'on the spur of the moment'

to win a £150 shopping spree. He said: "It summed up spring, so I thought 'why not enter?'. I'm glad I did."



A £150 SPREE AT JOHN LEWIS

A quick snap could set you on your way to a bumper shop at John Lewis or Waitrose. Send your shot on the theme of 'summer colours' by email to gridline@summersault.co.uk before 7 August 2015. National Grid grantors only.

WIN!



WIN a luxury one-night leisure break

INDULGE YOURSELF with a day and night of richly deserved luxury for two in the latest Gridline competition.

There's something for everyone at nine locations around the country, from hotels offering wine and chocs in the

room, plus breakfast and dinner, to others featuring tranquil spas.

The winner of the last spa break was Mr J Foley from Stockton-on-Tees in Durham.

To be in with a chance of winning, simply answer the question on the right.

Q How many people visit the Newport Wetland Reserve each year?

Send your answer, name and contact details to Summersault Gridline Spa Break Competition, Victoria Court, 8 Dormer Place, Leamington Spa, Warwickshire CV32 5AE or email them to gridline@summersault.co.uk
CLOSING DATE IS 7 AUGUST 2015.

THANK YOU

A big thank you to the many of you who took part in the reader survey in the last edition. Your views will help us make the magazine even better.

Congratulations too to Robert Smith from Welling in Kent who won an iPad mini when his name was pulled from the hat.

Our editorial team are sifting through all your comments and will be acting on some of the things you said you wanted to see in future editions of the magazine.

It's your magazine, so if you've got a story to tell just drop us an email and we'll get in touch.



Contact Gridline

It couldn't be easier. Call 01926 656325 or email gridline@nationalgrid.com

COMPETITION TERMS AND CONDITIONS: LUXURY BREAK: The winner will be the first entrant selected at random who correctly identifies the answer (to be featured in the next edition) and who is a National Grid grantor at the time of the draw. The editor's decision is final and no correspondence will be entered into. Gridline reserves the right to change the prize without prior notice. The prize is not transferable and cannot be exchanged for cash. Closing date is 7 August 2015.
PHOTO: The winning image will be the one judged to be the most visually appealing, original and relevant to the theme and will feature in the next edition. The winner must be a National Grid grantor. The editor's decision is final and no correspondence will be entered into. Gridline reserves the right to change the prize without prior notice. The prize is not transferable and cannot be exchanged for cash. The closing date is 7 August 2015.

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