

I come here regularly. Been coming here since 1957 or 58. I was just a boy then.



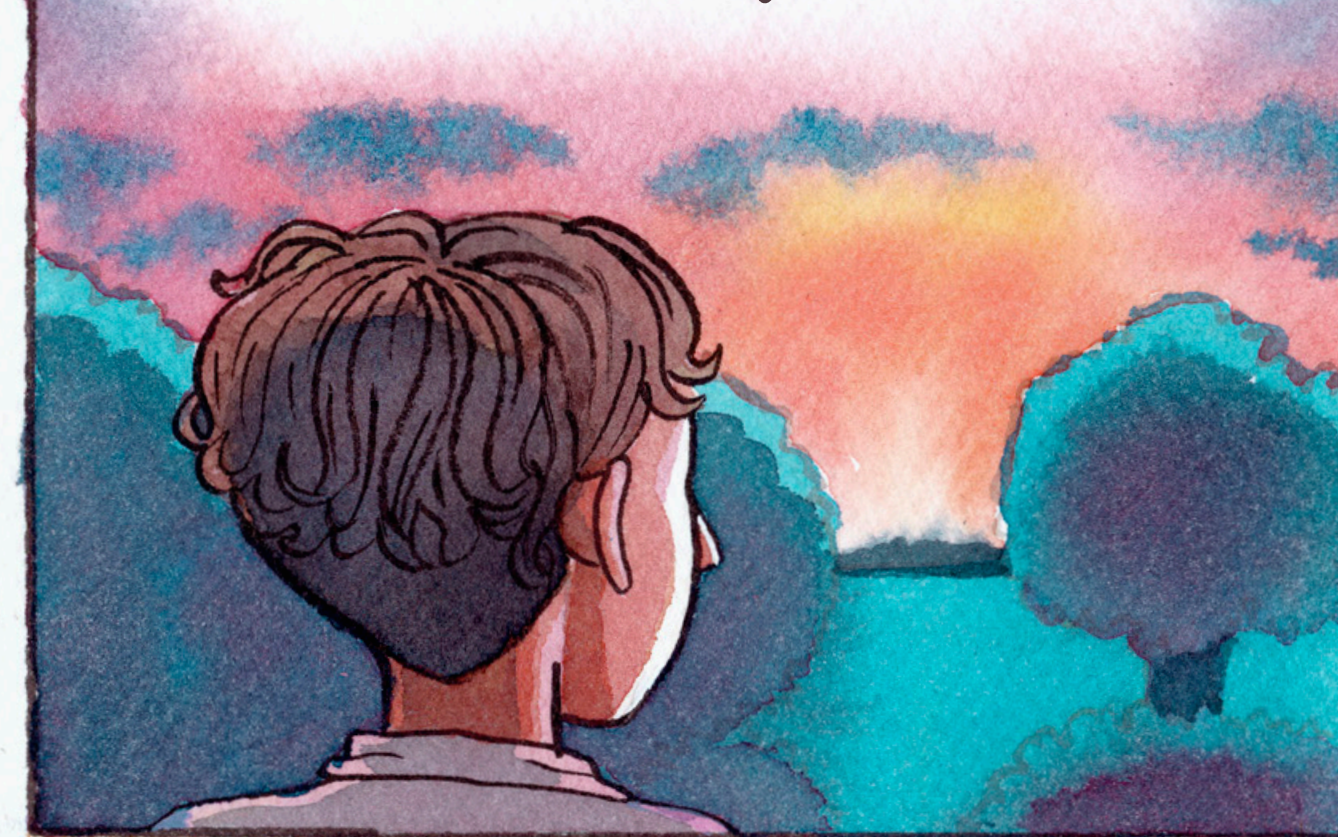
My father was a shift worker and he used to go off to work six in the morning. I used to say to him, 'When you get up at five or four, wake me up.'



I went through a barbed wire fence. I was about eight years old. I'd have a wander here and then go to school.



I love it, you know what I mean? Morning.



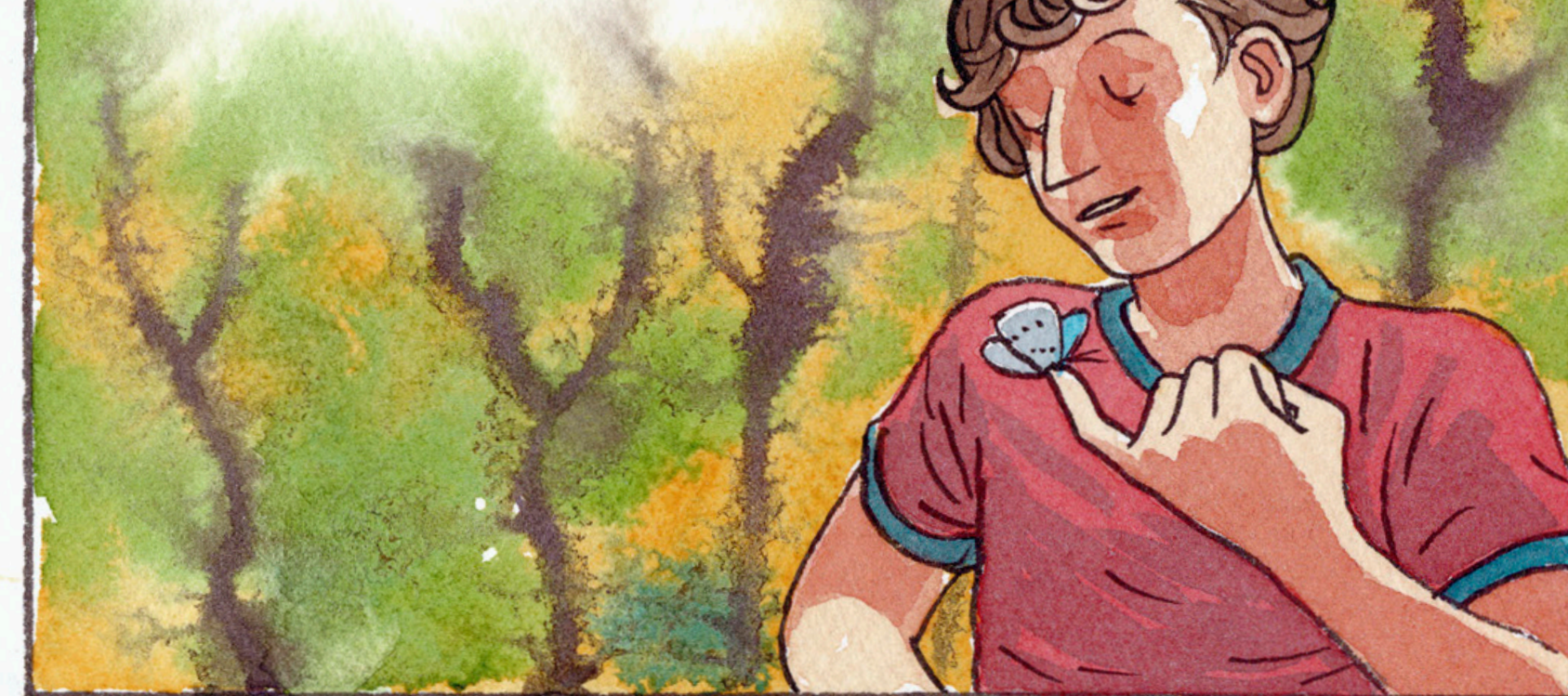
Then at night time, sometimes I'd come over here again.



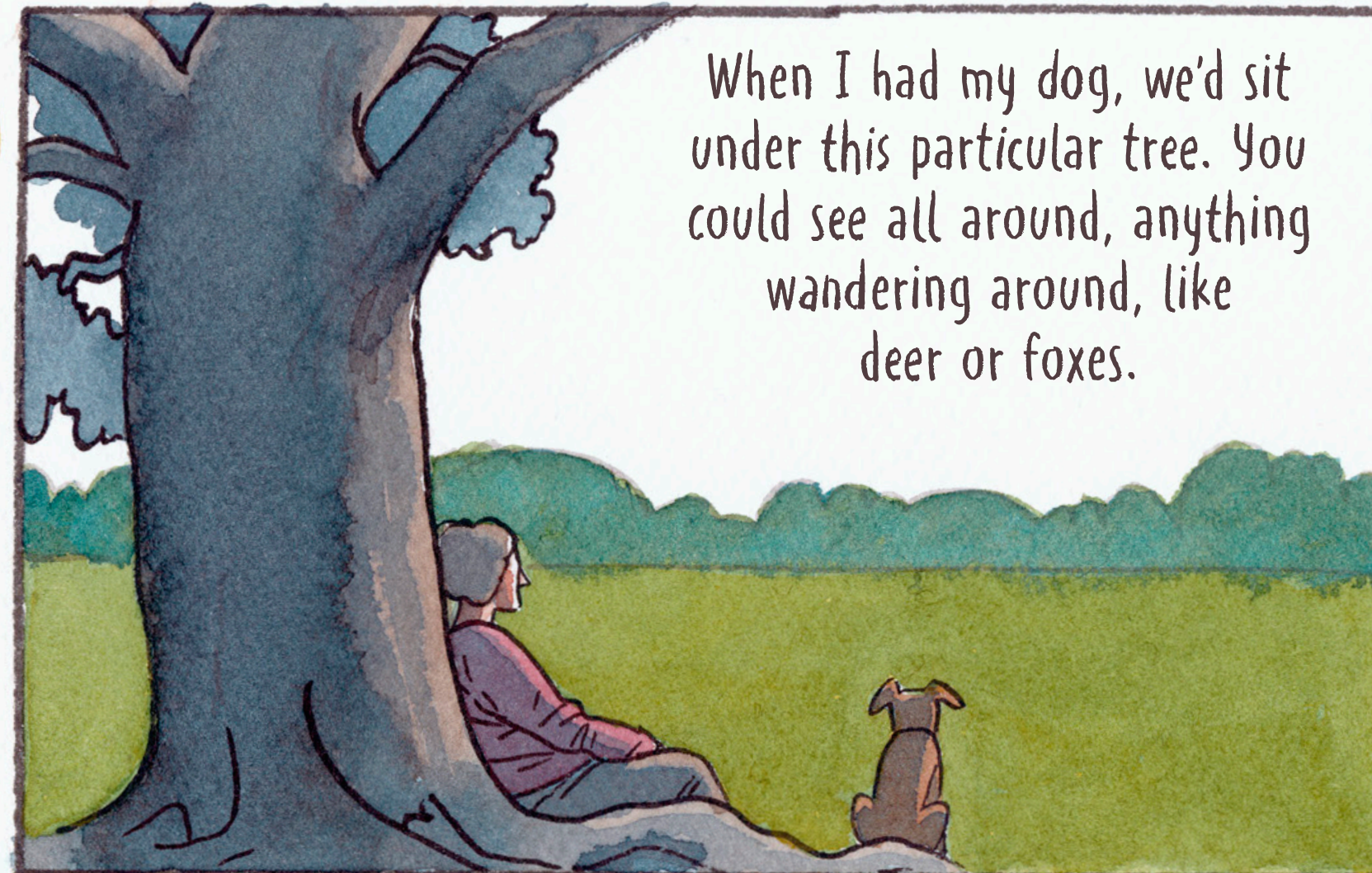
Sometimes I hunted rabbits so I ran away from the police. I got caught over eight times. This was 1963 onwards.



But I love the peace and quiet of the place, the nature and wildlife.



When I had my dog, we'd sit under this particular tree. You could see all around, anything wandering around, like deer or foxes.



You get favorite places where you like to sit. Even on my own, when I didn't have the dog, I sat under the same tree.



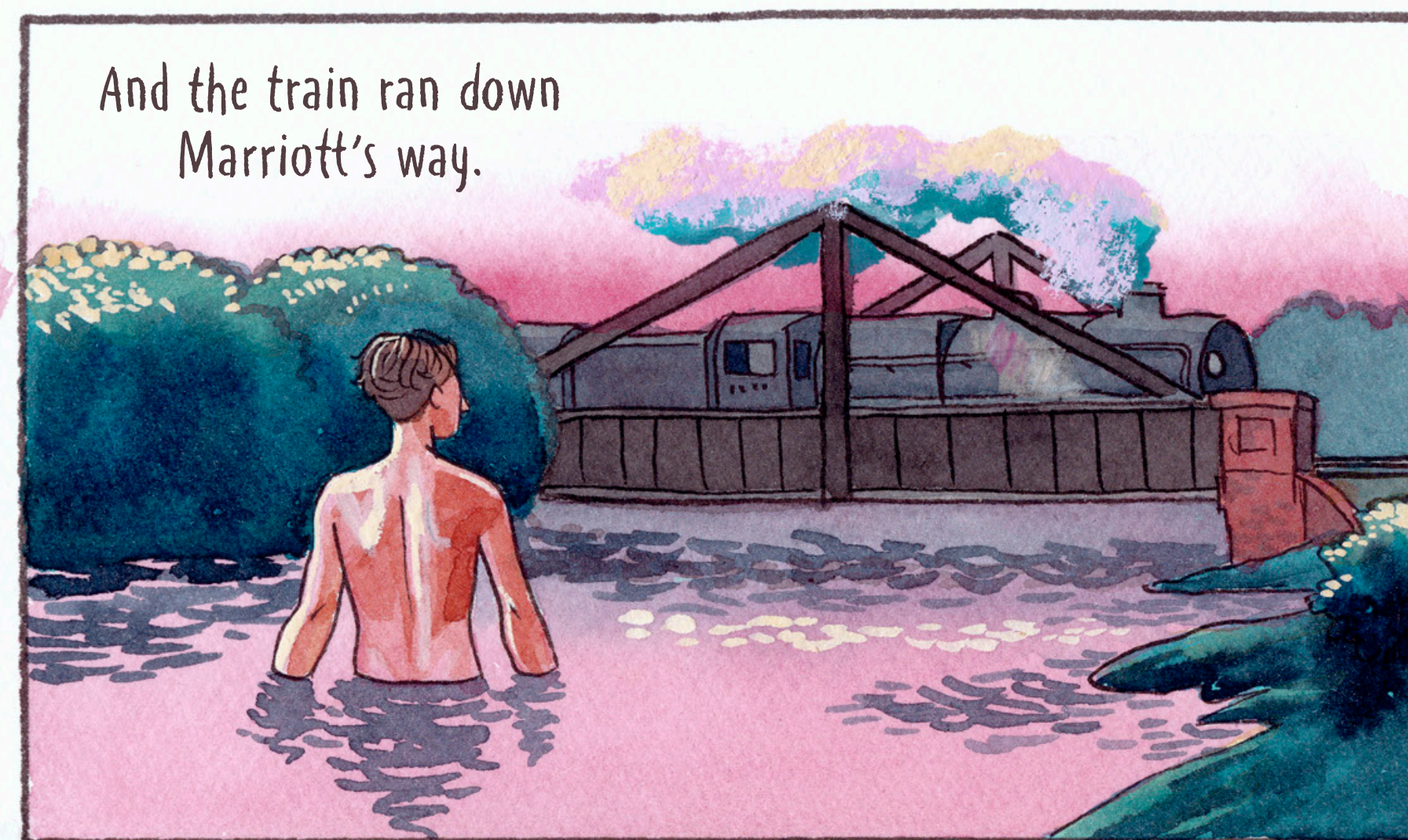
I remember when there used to be sugar beet and barley fields and all that sort of stuff.



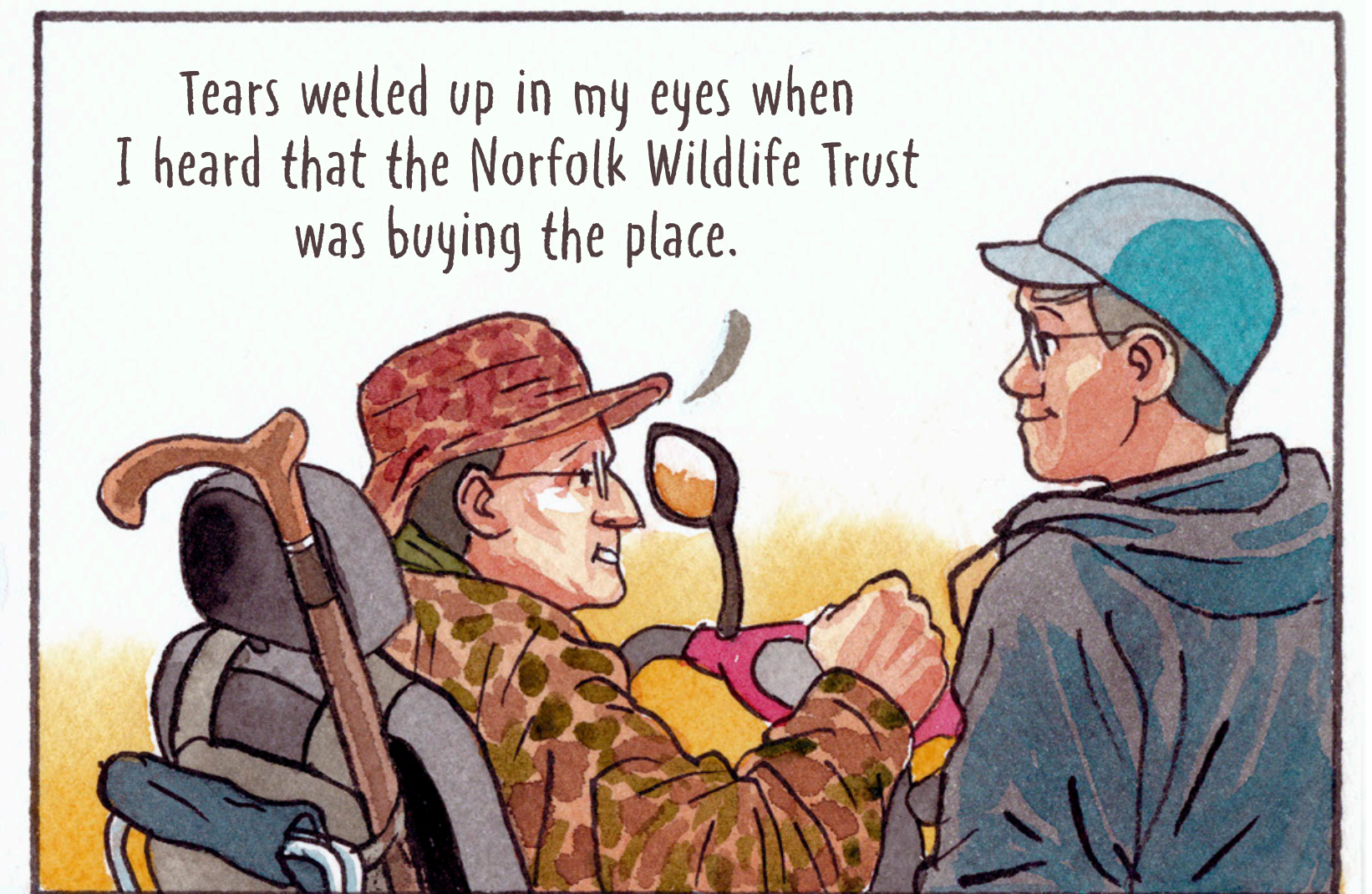
And the last field, the one nearest to the A-frame bridge, they used to have wheat.



And the train ran down Marriott's way.



Tears welled up in my eyes when I heard that the Norfolk Wildlife Trust was buying the place.



I had no vision in one eye and no central vision in the other. What vision I do have only works very close up.

I take close-up pictures. But I can only tell if they are any good when I get home and load the shots on my computer.

First I've got to find things to take the pictures of.

Nature just turns the noise down. Turns down pain levels, anxiety levels, all of it. That's what I love about being in nature.

Mental and physical health go together. If you don't have good opportunities to boost one, the other goes down too.

The fact that Norfolk Wildlife Trust really worked with us on making the place physically accessible also makes it feel mentally welcoming to me.

I feel more part of the community here than I do in a lot of other places.

I got the feeling that we matter. We're not just on the side, a burden on society. We're part of society and that's an important feeling to have.

When you've got a disability for different reasons, your life can be sometimes really hard, very unpleasant, stressful and just miserable.

And if a place is accessible to you, you are as equal as you can be to somebody who doesn't have a disability.

If there are good, accessible paths, it's good for everybody, for parents with buggies, people in wheelchairs or limited mobility.

We don't want to pave the entire universe. That would be awful. This place can be wild and accessible at the same time, and that's really important.