



Wendy Sweet <knowstoneparishclerk@gmail.com>

Winter, women and wellbeing in the countryside

2 messages

CPRE Campaigns <campaigns@cpre.org.uk>
Reply-To: CPRE Campaigns <campaigns@cpre.org.uk>
To: knowstoneparishclerk@gmail.com

2 February 2019 at 08:34

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Campaigns update

Dear Knowstone Parish Council,

January is now behind us, although the cold weather looks set to continue. However, we're firm believers that the countryside can be enjoyed all year round, and not only keeps us physically fit, but also contributes to our happiness and wellbeing. And the research backs us up - our connection with nature has been shown to reduce our stress levels, boost our mood, ease our pain and sharpen our attention. With such an array of immeasurable benefits, why aren't we all out there? (Just remember to wrap up warm!)



[Read more about wellbeing and the countryside](#)

Women and the Countryside

This Wednesday evening, we're holding our Women and the Countryside event in London, where we'll hear our panel of inspirational women discuss how the countryside has shaped their lives and work. We still have a few **tickets remaining**, if you'd like to join us on the night, and if you're not in the London area you can watch the event online - we'll be live on our **Facebook page** from 7pm.



Blog: Read about some of the most inspirational women in CPRE's history

Help us count the stars

Ready, steady... count! Our Star Count event begins today, so when you've got a clear night near you, take a moment to look up at the sky and tell us how many stars you can see in Orion. Your results will help us create a map showing the best places to enjoy the stars, and will also support our work to combat light pollution and reclaim our dark skies. It doesn't take long to take part and makes a great family activity.



We'll be taking submissions until 23 February, but the skies look set to be clear tonight, which makes for perfect stargazing...

Take part: how to get involved in Star Count

Forgotten families

The rising cost of living means that the very people needed to keep our countryside alive are being priced out. That's why social housing is a crucial way to provide homes for some of those at the heart of rural communities - from local healthcare professionals to farm workers.



However, last year, rural councils built just 1,336 homes for social rent, despite having over 173,000 families on the waiting list. If this rate continues, it will take a shocking 130 years for all those families to be housed...

What we're calling for

Be a winner this winter!

We have some brrr-illiant prizes on offer in our winter raffle - including £2,500 cash, hand-built British bicycles, and a luxury countryside break - and more.

Tickets only cost £1 - and every one sold will help stand up for our beautiful countryside! Entries close on 28 February.

[Click here to play now!](#)



Tell us what matters to you

It's a very exciting time for us as we develop new plans that will take us through to our centenary in 2026. Our aim is to create an inspiring and ambitious programme that will achieve lasting, positive progress for our countryside.



If you can spare five minutes, we'd love to hear what the countryside means to you, and what motivates you to care as much as you do. Your thoughts and opinions will help shape our future plans!

Take part in our Supporter Survey

Thank you for supporting our work and helping to protect the countryside.

Best wishes,

Kat Stansfield

Digital Communications Editor

Make a donation



Campaign to Protect Rural England,
[5-11 Lavington Street, London, SE1 0NZ](#)

Tel: 020 7981 2800 | www.cpre.org.uk

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CPRE fights for a better future for the English countryside. We work locally and nationally to protect, shape and enhance a beautiful, thriving countryside for everyone to value and enjoy. Founded in 1926, we're a grassroots organisation, with more than 100 local groups, a branch in every county and 60,000 members and supporters. CPRE is a registered charity (1089685) and a company registered in England (4302973).

If don't wish to receive our campaign emails any more, you can unsubscribe.

Wendy Sweet <knowstoneparishclerk@gmail.com>

4 February 2019 at 09:20

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Please send all email responses and communication of an official nature to:

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