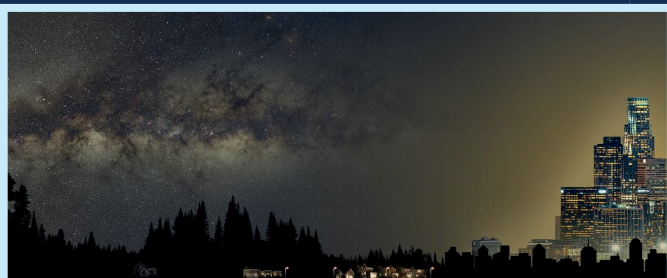


What is a Dark Sky?

A dark sky is a place where the night sky is relatively free of interference from artificial light.

In a city centre you will be lucky to make out 10 stars whereas under a good dark night sky in the UK you should be able to see 25-30 stars.



← Excellent Dark Sky

City Sky →

A message from the National Trust

"Dark skies are an often overlooked part of our natural world. The night sky has inspired science, religion, philosophy, art and literature that has created our heritage today.

The Dedham Vale, considering it's proximity to London, boasts incredible dark skies.

The incredible night sky of the Dedham Vale enables us to feel truly at one with our landscape and observe the same sky that has looked over us for our entire history. Artists such as Constable and Gainsborough and all our ancestors before them would have looked up to the same stars that we do.

As well as reducing climate emissions, reducing light pollution reduces disruption to our natural environment. Nocturnal animal behaviours, blossoming of flowers, migration patterns, wake-sleep habits of wildlife and habitat formation, such as bat roosting sites are all adversely impacted by artificial light. Large numbers of insects, a primary food source for birds and other animals, are drawn to artificial lights and are harmed upon contact with it's sources."

Leigh Freeman
General Manager, the NationalTrust, Essex & Suffolk Countryside



Get in touch...

Your Dedham Vale Dark Skies Campaign Leaders

- Mike Barrett**, Astronomer, Polstead
- Marcia Brocklebank**, Campaign Chair, Stoke by Nayland
- Sukey Dunn**, Assistant, Hadleigh
- Emma Hamilton-Russell**, Administrator, Bulmer
- Lucinda de Jasay**, Funding Assistant, Boxted
- Beverley McClean**, National Landscape Planning Officer, Ipswich
- William Shearer**, Acting Chair Dedham Vale Society, Mistley
- Nik Szymanek**, Astronomer, Boxted

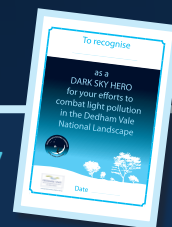
dedhamvaleastronomy@gmail.com
www.dedhamvalesociety.org.uk
or scan the QR codes



SCAN ME



SCAN ME



Protecting the night sky starts with you..

We are celebrating and rewarding those within the Dedham Vale community who are joining us in protecting the skies over Dedham Vale from light pollution - will you be a Dark Sky Hero?...

Leaflet kindly sponsored by Essex Community Foundation



John Constable RA (1776-1837) 'Moonlight Landscape with Hadleigh Church' 1796 (detail).
Courtesy of Sotheby's



The Dedham Vale National Landscape

Defend our Night Skies



The right light, in the right place, at the right time...

The Dedham Vale National Landscape covers 17 sq mi and is the 4th smallest out of the 33 sites in England.

According to extensive light metre readings, the Vale has an average light level of between 20.5 to 21 magnitudes per square arcsecond. A reading of 21 plus is our goal in rural areas and as close to 20 as possible in suburban areas, where the milky way will start to become visible.

In all zones, an installed upward light level of ZERO is sought and may be enforced.



Light pollution in Boxted, Essex. Photo: Nik Szymanek

“Dark-Sky equals reduced energy use and reduced carbon emissions - which helps solve the climate crisis.”

Simon Sturgis AADip RIBA

Everyone can ASSIST the Dedham Vale Dark Skies Campaign

- A** AIM lights down at target area, use 500LED, warm amber colour below 2500Kelvins
- S** SHIELD light fixtures so bulb is hidden, to prevent upper or lateral light spill
- S** SAVE energy & money, reduce carbon emissions, use lights only where needed
- I** INSTALL motion sensors, timers and automatic cut off switches
- S** SITE light fixtures low to the ground, several small lights are better than one big one
- T** THINK of your neighbours and avoid light trespass

What is light pollution & its effects?

Light pollution is the presence of unwanted, inappropriate, or excessive artificial lighting. Light pollution affects many different aspects of society. Poorly designed and badly installed lighting can harm nature and wildlife, increase energy costs, and impair health and well-being.

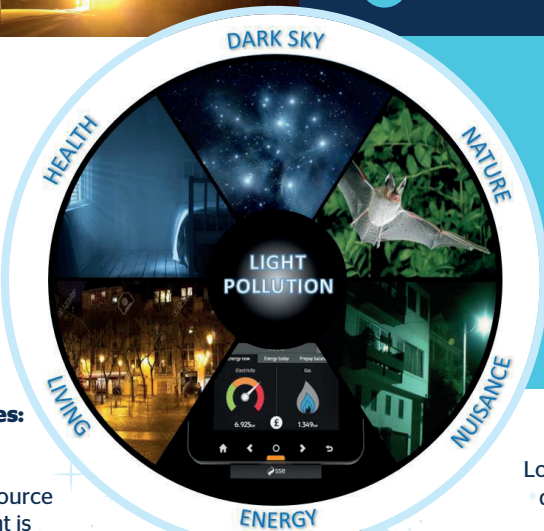
Light pollution has three main sources: Sky glow, glare and light trespass.

The strength and direction of any light source can exacerbate pollution. Blue-white light is particularly damaging as it is able to penetrate the atmosphere at greater distances.

Light pollution is reversible!

Unlike other forms of pollution, light pollution is a problem with solutions that are easy to implement and deliver immediate and lasting results.

Top Image: The effects of light pollution, taken from the “Lighting Design Guide, Dedham Vale National Landscape & Coast & Heaths National Landscape” document. Bottom Image: City and town light pollution across the UK and northern Europe. Photo: NASA, Goddard Space Flight Centre.



Lumens measure the amount of light emitted. Domestic bulbs (lamps) should be 500 lumens or less, never use more than 1500.

Kelvins measure the colour of the light; the higher the colour temperature, the bluer the light will appear. Blue/white light should be avoided. Warm/ochre white is 3000 - 4000K (Kelvins). 2500 - 3000K is ideal.

Neighbourhood Plans

Local town and village councils are encouraged to draft **Neighbourhood Plans** to include specific lighting requirements that planners will specify and developers must meet.

Good lighting practice is good business...

By protecting our night skies from light pollution, we hope to encourage **‘Astro Tourism’** in local hotels and pubs, especially during quiet winter months, when visitors with an interest in astronomy may explore our area and see the wonders of the night sky.



We aim for DarkSky International to recognise us for fulfilling two categories: **‘Night Sky Place’** and **‘Night Sky Community’**

With any installation, domestic, commercial or public, there are lots of easy ways to take action. Below are examples of good lighting fixtures for homes, gardens, parks, farms, schools and commercial buildings. Avoid spotlights, flood lights and bulkhead lights.

