



Activities in Christchurch and East Dorset

Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Wildlife Walks with Bob Ford	Weekly. Monday 2.30-4pm	Varies across Dorset. See website www.dorsetwalks.com/	All walks are for 90 minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed so please check the website for details.	Free	Waterproofs and suitable walking footwear	01305 750118 or 07980 967473
Conservation Work Party	Weekly. Tuesdays 10am - 3.30pm from September to March	Held at a variety of Nature Reserves throughout Christchurch. Full details and meeting points will be provided.	Provided by Christchurch and East Dorset Countryside Team. The task for each session varies to suit what is needed on the Nature Reserve. Sometimes, this can be pulling up Pine Trees to help special Heathland Habitats, cutting down invasive species to help nature take its course, or sometimes tasks to help specific creatures such as the nationally scarce Sand Lizard. No previous experience is necessary, and each session is led by an experienced Countryside Officer who will provide instructions on the day. We provide all tools and gloves	Free	Waterproofs, wellies or walking boots, scruffy clothes. Bring a packed lunch and a drink. Refreshments are provided.	Via email or phone countryside@christchurchandeastdorset.gov.uk 01202795684

Alzheimer's Society, Step Outside - Allotment Gardening Group, Wimborne	Fortnightly. The 1st & 3rd Tuesday of the month Mar-Oct: 2pm Nov-Apr: 2.30pm	Kingston Lacy Allotments, Abbott Street, Pamphill, Wimborne, BH21 4EF. Meet at the allotment (Mar-Oct). From Nov-Apr at Pamphill Dairy Tea Rooms	During the growing season (Mar-Oct) we meet at the allotments and garden together or just enjoy being outside. As well as gardening, people can cut flowers and arrange in to bouquets to take home, as well as making lavender bags. Crops are harvested and people can take vegetables home to enjoy. We always have tea and biscuits! We can provide seating plus shade in the summer and a dry place to shelter if it is cold or raining. For people living with dementia and their carers/families.	Free	Waterproofs, suitable walking footwear, money for refreshments (in winter), gardening gloves	01202 764352
Volunteer Conservation Task, Avon Heath	Weekly. Thursday. 10am-4pm	Varied depending on task - to be notified prior to event	Will involve conservation activities (with Dorset County Council) such as using hand tools to cut small pine trees and other invasive plants threatening the heathland. Tasks will reflect the needs of the park depending on the season and may even be based round visitor facilities if required to support the running of the park such as creating planters. Volunteers also help to create and tend to a fire for burning the waste. Volunteers will ideally be able to bend and lift/carry item (within their limit), but the rangers are happy to discuss any special needs and may be able to organise activities to suit the individual with the activity as a whole.	Free	Waterproofs, suitable walking footwear, warm clothes, lunch (drinks and biscuits provided)	01425 478082

Urban Wildlife Volunteers, East Dorset	Weekly. Thursday 10am-4pm	Meeting varies, but a vehicle will leave from the Urban Wildlife Centre, Corfe Mullen, BH21 3RX	The Dorset Wildlife Trust group carries out conservation work in East Dorset and sometimes further afield	Free	Suggested waterproof coast, suitable walking footwear, snack and drink	07970 552673
Conservation Work Party	Weekly. Thursdays 10am - 3.30pm from September to March	Held at a variety of Nature Reserves throughout East Dorset. Full details and meeting points will be provided.	With Christchurch and East Dorset Countryside Team. The task for each session varies to suit what is needed on the Nature Reserve. Sometimes, this can be pulling up Pine Trees to help special Heathland Habitats, cutting down invasive species to help nature take its course, or sometimes tasks to help specific creatures such as the nationally scarce Sand Lizard. No previous experience is necessary, and each session is led by an experienced Countryside Officer who will provide instructions on the day. We provide all tools and gloves	Free	Waterproofs, wellies or walking boots, scruffy clothes. Bring a packed lunch and a drink. Refreshments are provided.	Via email or phone countryside@christchurchandeastdorset.gov.uk 01202795684
Wildlife Walks with Bob Ford	Weekly. Fridays 10-11.30	Varies across Dorset. See website www.dorsetwalks.com/	All walks are for 90minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed - so please check the website for details.	Free	Waterproofs and suitable walking footwear	01305 750118 / 07980 967473