

May 2018



Activities across Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Purbeck	Running coaching, Swanage	Weekly. Saturday 8-9am	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Running coaching with Ucan Fitness - outdoors and sometimes training at places such as Dancing Ledge, Swanage Bay. For people that can run 5km minimum (at any pace). Booking required	£5 per session	Wear warm layers and suitable footwear for running, waterproofs if needed, bring water	07946 834728 or <a href="mailto:pllawtonarcher@aol.com">pllawtonarcher@aol.com</a>
Poole	Saturday walks, Poole	Weekly. Saturday 10am	Varies across Poole, see website: <a href="http://www.poole.gov.uk/leisure-and-culture/sports-clubs-fitness/healthy-walks/">www.poole.gov.uk/leisure-and-culture/sports-clubs-fitness/healthy-walks/</a>	All walks are led by experienced Walking for Health trained volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs, suitable walking footwear	01202 261312

<b>Poole</b>	<b>Conservation volunteering, practical management tasks</b>	Fortnightly. Saturday 10am-3pm between October and February	Various sites in Poole's heathland, details communicated via facebook and email	Practical heathland vegetation management tasks such as gorse coppicing, pine-pulling, rhododendron removal and small broadleaf removal. Sometimes includes a bonfire. Tools, PPE and hot drinks provided. Enjoyable physical work with a social and wildlife focus. The volunteers are a friendly welcoming bunch. Tasks always led by a Heathland Warden.	Free	Waterproofs and suitable walking footwear, packed lunch and a drink. Long sleeves and trousers advised (due to tick risk). Wellies often advised.	01202 262507
<b>Bournemouth</b>	<b>Great Run Local, Bournemouth</b>	Weekly. Sunday 9.30-10.30am	Littledown Centre, Chaseside, Bournemouth, BH7 7DX	Meet at the Cricket Pavilion at 9.20am for a 9.30am start. Great Run Local is a free, weekly, friendly running initiative organised by fantastic volunteers. Offering both 2km and 5km distances. Our aim is to increase and encourage sports participation for all abilities and ages, for absolute beginners, families and more experienced regular runners.	Free	Suitable trainers, clothing for running/ walking, water	01202 055780
<b>Weymouth and Portland</b>	<b>Park Yoga, Weymouth</b>	Weekly. Sunday 9.30-10.30am 13 May to 2 September 2018	Lodmoor Country Park, Weymouth, DT4 7SX	Every Sunday (weather permitting) July to late September 9.30-10.30am. Free outdoor family yoga. All ages and abilities welcome to come and try yoga, stretch, relax, and connect with nature and the community. Provided by The Lotus yoga	Free	Suitable footwear, money for refreshments (café), camera, mat/towel, blanket	01305 750023
<b>Poole</b>	<b>Park Yoga, Poole</b>	Weekly. Sunday 9.30-10.30am	Upton Country Park. Meet on the back lawn (behind Upton House).	Enjoy a free outdoor Park Yoga session on the Back Lawn at Upton Country Park. Suitable for all ages and abilities including children, the yoga class will allow you to take in the natural surroundings whilst taking part in gentle exercise. Please bring your own mat, a towel and a bottle of water.	Free	Suggested snack and drink, yoga mat, towel.	01202 262753 or info@uptoncountrypark.com

<b>Bournemouth</b>	<b>Park Yoga, Bournemouth</b>	Weekly. Sunday 10am-11am 13 May to 2 September 2018	Bournemouth Central Gardens, BH2 6EY	Park yoga is a free one-hour outdoor yoga session. It will be held every Sunday morning throughout the summer starting in May and running until late September. Everyone is invited, and all abilities are welcome. During this one-hour session we will practice mindful breathing techniques in synchronisation with basic flow movement, with a combination of strengthening and flexibility. It starts with gentle opening and relaxation at the end. Provided by experienced teacher Kao (Joy) Mu-Jung	Free	Snack & drink. Yoga mat or towel	No need to book
<b>North Dorset</b>	<b>Poles Ahead Nordic Walking, near Wincanton</b>	Weekly. Monday 9-10am	Penselwood Church (near Wincanton), BA9 8LS	A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

<b>North Dorset</b>	<b>Nordic Walking, Stalbridge and Milborne Port</b>	Weekly. Monday 9.30-10.30am (term time only)	Stalbridge Hall, Car Park, DT10 2NS	Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.	£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15	Waterproofs, suitable walking footwear, snack and drink	07779 620843
<b>Weymouth and Portland</b>	<b>Nature Walk, Lorton Meadows Weymouth</b>	Weekly. Monday 10-11am	Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH	A gentle walk (30-45mins) through the Lorton Meadows Nature Reserve, focusing on the natural environment. Recommended for beginners. Walks runs from the Easter Holidays to October Half Term. Please note this will not run on Bank Holidays. Provided by Dorset Wildlife Trust	£3 to include a drink	Waterproof coat, walking footwear, money for refreshments	01305 816546
<b>Bournemouth</b>	<b>Health Walk</b>	Weekly. Monday 10am-11.30	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	We meet weekly on Mondays at 10am for a Ranger led gentle guided walk around our lovely Nature Reserve, stopping to look at wildlife and anything of interest, it's a great opportunity to enjoy being outside surrounded by Nature and fresh air	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café), snack and drink, camera	01202 451548

<p><b>Purbeck</b></p>	<p><b>Flourish Ecotherapy, Holton Lee</b></p>	<p>Weekly. Monday 10am-3pm</p>	<p>Livability Holton Lee, Poole, BH16 6JN</p>	<p>Flourish is an ecotherapy-based (green care) wellbeing project that aims to support individuals to learn new skills, improve life opportunities, reduce social isolation and increase resilience and wellbeing. As part of the programme individuals are encouraged to participate in a range of activities including horticulture, conservation, woodworking / garden maintenance, landscaping, forestry and catering. Individuals can self-refer and have a simple interview process to establish how we can help them with their development goals or recovery programme. We currently have funded places to allow participation for one day a week for up to four months. Paid access is available beyond that as are volunteering opportunities.</p>	<p>Free</p>	<p>Open to anyone over 18 with a disability, or mental health issues, or those feeling at a disadvantage due to circumstances.</p>	<p>01202 625562</p>
<p><b>West Dorset</b></p>	<p><b>Walking for Health, Dorchester</b></p>	<p>Weekly. Monday 10.30am</p>	<p>Varies. See programme download sheet on: <a href="http://www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails">www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails</a> Copies can be obtained by calling 01305 263759 or 01300 341255</p>	<p>Dorchester Strollers is an accredited Walking for Health Group offering two walk occasions each week - a slow walk of up to 45 minutes and a longer faster walk of an hour. For each walk there is a leader and a backmarker. Afterwards there is always opportunity for tea/coffee. No need to book but on the first session arrive 15 minutes before the start time to complete the registration form</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, money for refreshments afterwards (optional), snack and drink</p>	<p>01305 263759</p>

<b>Purbeck</b>	<b>Walking for Health, Holton Lee</b>	Weekly. Monday Noon-2pm	Livability Holton Lee, Poole, BH16 6JN. Meeting in the Coffee Shack at the Farmhouse.	Join us for a gentle stroll around Holton Lee, taking in some of the fantastic scenery and learning more about nature from George Hinton from the RSPB. No need to book.	Free	Waterproofs, suitable walking footwear. Optional: snack and a drink, camera and binoculars	01202 625562
<b>Poole</b>	<b>Hamworthy Common Healthy Walk</b>	Weekly. Monday 1.15-2pm	Rockley Park Viewpoint, Hamworthy Common, Poole, BH15 4RW	A 45 minutes' walk that commences at Rockley Park Viewpoint and encompasses Hamworthy Common before arching down to Lake Pier and then completing a circular loop. All walks are led by experienced trained Walking for Health volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs and suitable walking footwear	01202 261312
<b>North Dorset</b>	<b>Poles Ahead Nordic Walking, Gillingham</b>	Weekly. Monday 2-3pm	Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE	A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

<b>Across Dorset</b>	<b>Wildlife Walks with Bob Ford</b>	Weekly. Monday 2.30-4pm	Varies across Dorset. See website <a href="http://www.dorsetwalks.com/">www.dorsetwalks.com/</a>	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
<b>Purbeck</b>	<b>Circuits (for all abilities), Swanage</b>	Weekly. Monday 7-8pm (Summer only)	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Total body strength circuits for all ages and abilities. Sometimes in a hall, sometimes outdoors. Booking required for initial session	£5 per session	Wear suitable footwear for exercise, bring water	07946 834728 or <a href="mailto:pllawtonarcher@aol.com">pllawtonarcher@aol.com</a>
<b>North Dorset</b>	<b>Nordic Walking, Stalbridge and Milborne Port</b>	Weekly. Tuesday 9.30-10.30am (term time only)	Stalbridge Hall, Car Park, DT10 2NS	Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.	£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15	Waterproofs, suitable walking footwear, snack and drink	07779 620843

<b>Bournemouth</b>	<b>Buggyfit, Southbourne</b>	Weekly Tuesday 9.30-10.30am (term time only)	Meet at Bistro on the Beach Café on the Prom - you can park along the clifftop on Southbourne Coast Road, BH6 4BE	Buggyfit is the perfect way to get back into shape after having a baby, while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702
<b>Poole</b>	<b>Gardening Volunteers, Upton Country Park</b>	Weekly. Tuesday 10am-3pm	Upton Country Park. Meet at the Cottage, in our Tearooms Courtyard.	Our gardening volunteer group meets every Tuesday and Wednesday, to help maintain the Grounds at Upton Country Park. Tasks might include weeding, coppicing, cutting back shrubs, conservation and maintenance tasks. Under 18s will require parental/guardian permission.	Free	Suggested waterproofs (coats), suitable footwear, lunch.	01202 262753 or info@uptoncountrypark.com
<b>Bournemouth</b>	<b>Healthy Heritage, Stour Valley</b>	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Get involved in taking action to maintain and improve the Stour Valley Local Nature Reserve. A wide range of tasks are covered from hedge laying to making path improvements and clearing undergrowth. You will be supported by experienced volunteers from the Stour Valley Supporters group.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548
<b>Bournemouth</b>	<b>Gardening to Give, Kingfisher Barn Muscliff</b>	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Come along and help tend the beautiful wildlife garden at the Barn. Give half an hour or stay for all three. Whatever you can give. You will be supported by experienced volunteers from the Stour Valley Supporters group. Teas and coffees provided by the Rangers.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548

<b>Christchurch</b>	<b>Conservation Work Party</b>	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 <a href="mailto:countryside@christchurchandeastdorset.gov.uk">countryside@christchurchandeastdorset.gov.uk</a> 0120279568 4
<b>West Dorset</b>	<b>West Dorset Reserves Volunteer Work Party</b>	Weekly. Tuesday 10am- 3.30pm	Variable in West Dorset - contact organiser for details	Practical volunteer work party with Dorset Wildlife Trust, undertaking task such as scrub clearance and hedge laying across Dorset Wildlife Trusts West Dorset Reserves. This will consist of using bowsaws, loppers and other hand tools. There will be burning of arisings on most days and includes working on uneven and sometimes steep terrain.	Free	Suggested waterproof coats, suitable walking footwear, snack and drink, wellies, work clothing, lunch and work gloves	07557 561624
<b>Poole</b>	<b>Trail Blazer Walk, Broadstone</b>	Weekly. Tuesday 10.30- 11.30am	Junction Leisure Centre Car Park, Station Approach, Broadstone, BH18 8AX	A 1 hour walk along the Broadstone Trailway and into Delph Woods. This is a circular walk that is suitable for beginners. All walks are led by experienced trained Walking for Health volunteer walk leaders and offer a great social opportunity to keep fit and have fun. All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs and suitable footwear	01202 261312

<b>Purbeck</b>	<b>Walking for Health, Swanage</b>	Weekly. Tuesday 10.30-11am (no walks in August)	Meet outside the Mowlem Theatre, Shore Rd, Swanage, BH19 1DD on the seafront.	Swanage Walking for Health is part of Walking for Health, which is run in partnership with the Ramblers and Macmillan Cancer Support. We offer short walks, which are open to everyone but are particularly suitable for those who may find it hard to be active due to health conditions. Well behaved dogs welcome, but must be under control on a fixed lead at all times. <a href="http://www.walkingforhealth.org.uk/swanage">www.walkingforhealth.org.uk/swanage</a>	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000
<b>East Dorset</b>	<b>Alzheimer's Society, Step Outside - Allotment Gardening Group, Wimborne</b>	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
<b>West Dorset</b>	<b>Walking for Health, Dorchester</b>	Weekly. Tuesday 2.15pm	Varies. See: <a href="http://www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails">www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails</a>	Dorchester Strollers is an accredited Walking for Health Group offering two walk occasions each week - a slow walk of up to 45 minutes and a longer faster walk of an hour. For each walk there is a leader and a backmarker. Afterwards there is always opportunity for tea/coffee. No need to book but on the first session arrive 15 minutes before the start time to complete the registration form	Free	Waterproofs, suitable walking footwear, money for refreshments afterwards (optional), snack and drink	01305 263759

<b>Purbeck</b>	<b>Walking for Health, Swanage</b>	Weekly. Tuesday 2-3.30pm (no walks in August)	Venues vary - see website <a href="http://www.walkingforhealth.org.uk/walkfinder/swanage-walking-for-health">www.walkingforhealth.org.uk/walkfinder/swanage-walking-for-health</a>	Swanage Walking for Health is part of Walking for Health, which is run in partnership with the Ramblers and Macmillan Cancer Support. We offer short walks, which are open to everyone but are particularly suitable for those who may find it hard to be active due to health conditions. Well behaved dogs welcome, but must be under control on a fixed lead at all times. <a href="http://www.walkingforhealth.org.uk/swanage">www.walkingforhealth.org.uk/swanage</a>	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000
<b>West Dorset</b>	<b>Health and Wellbeing Walk, Kingcombe Centre</b>	Fortnightly. Tuesday 3pm-4pm	The Kingcombe Centre, Lower Kingcombe, Toller Porcorum, Dorchester, Dorset, DT20EQ	A gentle walk of 1-2 miles exploring part of the beautiful Kingcombe Meadows Nature Reserve. Being in nature is proven to be beneficial for both physical and mental health. This walk is recommended for beginners and people wanting to improve their wellbeing. Come dressed for the weather and enjoy the daylight. Some walking on uneven ground but no hills. Optional hot drink, snack and chat afterwards at The Kingcombe Centre. Free but donations welcome. Current dates: 1 May, 15 May, 29 May and 12 June 2018.	Free	Water proofs, suitable footwear, walking poles if required, snack and a drink	kvolunteer@dorsetwildlifetrust.org.uk 07800 881590
<b>Bournemouth</b>	<b>Wessex Orienteering Club Running session, Bournemouth</b>	Weekly. Tuesday 6-7pm	Bournemouth University Sports Centre, Wallisdown Campus	We are a regular running group of mixed ages and abilities. The youngest is early twenties and the oldest early seventies. We do a session of approximately an hour split into different ability groups followed by a sociable drink afterwards.	Free	Waterproofs, suitable walking footwear (preferably trainers), money for refreshments (optional drink during the session)	01202 484523

<p><b>Purbeck. West Dorset. Weymouth (for pick up)</b></p>	<p><b>Mid-week Wildlife Conservation Volunteering</b></p>	<p>Weekly. Wednesday 9am-4pm</p>	<p>Conservation tasks are held in a variety of different places mainly in south and west Dorset, minibus pickups are arranged from Weymouth and Dorchester and en route.</p>	<p>The EuCAN DMV activities range from hedgelaying and dry-stone walling to scrub clearance and fencing. We operate on a number of different sites between Wareham in the east of Dorset and as far west as Lyme Regis, working on nature reserves and private sites. We recommend that you telephone or email the organiser, David Searle to discuss the plans and to reserve a seat on the minibus if necessary.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, snack and drink, mug for hot drinks. Bring work / gardening gloves if you have them. Soup is generally provided but volunteers are recommended to bring their own lunch and snacks as well.</p>	<p>07790 219463 or eucan.dmv@gmail.com</p>
<p><b>North Dorset</b></p>	<p><b>Poles Ahead Nordic Walking, Gillingham</b></p>	<p>Weekly. Wednesday 9.30-10am</p>	<p>Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE</p>	<p>A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential</p>	<p>£49 for 6 sessions</p>	<p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p>	<p>07745 413194</p>

<b>Purbeck</b>	<b>Discover Arne Walk</b>	Weekly. Wednesday 10am-12noon	Meet by the visitor hut in the car park, Arne Nature Reserve, Wareham, BH20 5BJ	2 hours walk around RSPB Arne taking in the fantastic wildlife and amazing landscape of the Purbecks.	£3.00	Waterproofs, suitable walking footwear, money for refreshments (café), binocular (you can hire these from the shop if you don't have your own)	01929 553360
<b>Purbeck</b>	<b>Mindfulness walk, Holton Lee</b>	Weekly. Wednesday 10am-11am	Livability Holton Lee, Poole, BH16 6JN. Meeting at the Farmhouse.	A walk around Livability Holton Lees beautiful and diverse site led by our resident mindfulness teacher. The walk will be for participants that want to learn and experience mindfulness walking with the opportunity to receive support and guidance on their mindfulness practice. This walk is for complete beginners and those with plenty of experience alike.	Free	Waterproofs, suitable walking footwear. Optional: snack and a drink, camera and binoculars	01202 625562

<p><b>Purbeck</b></p>	<p><b>Conservation Work Party, Durlston</b></p>	<p>Weekly. Wednesday. 10am-1pm</p>	<p>Learning Centre, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL</p>	<p>Our Wednesday Conservation Work Party is great chance to get outdoors, learn some new skills, get fitter and have fun, with a friendly and varied group of other volunteers in the beautiful coast and countryside of Durlston. A Ranger is always on hand to make sure you get the most out of the morning and will help you get to grips with tasks including dry-stone walling, scrub cutting, path maintenance, tree planting and more. Volunteers range from 16 years old up to 80+ years old and you can do as much or as little as you like. Tea, coffee (and usually cake!) is provided. Free parking is available while volunteering at Durlston. To find out more about Durlston, volunteering or how to get here, please visit <a href="http://www.durlston.co.uk">www.durlston.co.uk</a> If you would like to give it a go, or would like to find out more, please give the Rangers a ring.</p>	<p>Free</p>	<p>Water Proofs (coats), Suitable walking footwear and old clothes which you don't mind getting mucky in!</p>	<p>01929 424443</p>
<p><b>Weymouth and Portland</b></p>	<p><b>Conservation Work Party, Lorton Meadows Weymouth</b></p>	<p>Fortnightly. Wednesday 10am-3pm</p>	<p>Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH</p>	<p>A range of conservation tasks to suit all abilities, with Dorset Wildlife Trust. You can attend for a few hours or all day.</p>	<p>Free</p>	<p>Waterproof coat, walking footwear, snack/drink/ lunch if staying all day. Tea &amp; coffee, gloves and tools provided</p>	<p>01305 816546</p>

<p><b>Purbeck</b></p>	<p><b>Flourish Ecotherapy, Holton Lee</b></p>	<p>Weekly. Wednesday 10am-3pm</p>	<p>Livability Holton Lee, Poole, BH16 6JN</p>	<p>Flourish is an ecotherapy-based (green care) wellbeing project that aims to support individuals to learn new skills, improve life opportunities, reduce social isolation and increase resilience and wellbeing. As part of the programme individuals are encouraged to participate in a range of activities including horticulture, conservation, woodworking / garden maintenance, landscaping, forestry and catering. Individuals can self-refer and have a simple interview process to establish how we can help them with their development goals or recovery programme. We currently have funded places to allow participation for one day a week for up to four months. Paid access is available beyond that as are volunteering opportunities.</p>	<p>Free</p>	<p>Open to anyone over 18 with a disability, or mental health issues, or those feeling disadvantaged due to circumstances.</p>	<p>01202 625562</p>
<p><b>West Dorset</b></p>	<p><b>General Gardening, Dorchester</b></p>	<p>Weekly. Wednesday 10am-4pm</p>	<p>Max Gate, Alington Avenue, Dorchester, DT1 2AB</p>	<p>Gardening in General, weeding, pruning, lawn care, with the National Trust</p>	<p>Free</p>	<p>Waterproofs, suitable footwear, snack/drink/ lunch if staying all day. Tea and coffee provided. Steel Toe Cap boots provided if regular.</p>	<p>07826 890940</p>

<b>Poole</b>	<b>Bourne Valley Nature Reserve Walks</b>	Weekly. Wednesday 10.30am	Rossmore Library, Herbert Avenue, Poole, BH12 4HS	A circular walk that commences at Rossmore Library before heading towards Bourne Valley Nature Reserve and completing the loop. All walks are led by experienced Walking for Health trained volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs, suitable walking footwear	01202 261312
<b>Bournemouth</b>	<b>Boscombe Health Walk</b>	Weekly. Thursday 10am- 10.45am	JOY Café Churchill Gardens, Boscombe, BH1 4ES	Walking for Health trained volunteer led walk. Meet at 9.50 ready for a 10am start. Join us for a leisurely stroll down through Boscombe Chine Gardens to the seafront, and back again before stopping for a cup of tea and a chat for those who can stay!	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café)	01202 055780
<b>East Dorset</b>	<b>Volunteer Conservation Task, Avon Heath</b>	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

<p><b>North Dorset</b></p>	<p><b>Poles Ahead Nordic Walking, Shaftesbury</b></p>	<p>Weekly. Thursday. 9.30-10.30am</p>	<p>Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER</p>	<p>A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential.</p>	<p>£49 for 6 sessions</p>	<p>Waterproofs, suitable walking footwear, drink, non restrictive clothing (no jeans), sun cream, hat and emergency contact number</p>	<p>07745 413194</p>
<p><b>West Dorset</b></p>	<p><b>Cerne Valley Community Landscape Project conservation work party</b></p>	<p>Weekly. Thursdays 9.30am-3.30pm from September to March inclusive</p>	<p>Meeting points to be confirmed each week. Minibus transport can be provided from Weymouth and Dorchester and lifts from other parts of Dorset can usually be arranged.</p>	<p>We are carrying out practical conservation management on several downland sites in the Cerne Valley. The work involves cutting small trees and bushes and stacking or burning the debris. Volunteers will be using handtools, bowsaws and loppers; some of the team will be certificated power tool users and will be using chainsaws and brushcutters.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, snack and drink, mug for hot drinks. We generally provide soup for lunch, but volunteers are recommended to bring their own lunch and snacks as well.</p>	<p>Phone or email <a href="mailto:nigelspring@yahoo.co.uk">nigelspring@yahoo.co.uk</a> 07981 776767</p>

<b>Poole</b>	<b>Conservation volunteering, practical management tasks</b>	Fortnightly. Thursday 10am-3pm between October and February	Various sites in Poole's heathland, details communicated via facebook and email	Practical heathland vegetation management tasks such as gorse coppicing, pine-pulling, rhododendron removal and small broadleaf removal. Sometimes includes a bonfire. Tools, PPE and hot drinks provided. Enjoyable physical work with a social and wildlife focus. The volunteers are a friendly welcoming bunch. Tasks always led by a Heathland Warden.	Free	Waterproofs and suitable walking footwear, packed lunch and a drink. Long sleeves and trousers advised (due to tick risk). Wellies often advised.	01202 262507
<b>North Dorset</b>	<b>Poles Ahead Nordic Walking, Shaftesbury</b>	Weekly. Thursday. 11am-noon	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER	A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
<b>East Dorset</b>	<b>Urban Wildlife Volunteers, East Dorset</b>	Weekly (Oct-Mar). Monthly (Apr-Sept) 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 coat, suitable walking footwear, snack and drink	07970 552673

<b>East Dorset</b>	<b>Conservation Work Party</b>	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 <a href="mailto:countryside@christchurchandeastdorset.gov.uk">countryside@christchurchandeastdorset.gov.uk</a> 01202 795684
<b>West Dorset</b>	<b>General Gardening, Hardy's Cottage</b>	Weekly. Thursday 10am-4pm	Hardy's Cottage, Higher Bockhampton, DT2 8QJ	Gardening in General, weeding, pruning, lawn care. Provided by the National Trust	Free	Waterproofs, suitable footwear, snack/drink/lunch if staying all day. Tea and coffee provided. Steel Toe Cap boots provided if regular.	07826 890940
<b>Poole</b>	<b>Poole Park Health Walks</b>	Weekly. Thursday 10.30am	Ark Café, Poole Park, Parkstone Road, Poole, BH15 2SF	A circular walk around Poole Park Lake taking in the scenery. All walks are led by experienced, trained Walking for Health volunteer walk leaders, and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs and suitable footwear	01202 261312

<b>Bournemouth</b>	<b>Buggyfit, Durley Chine</b>	Weekly Thursday 11am-noon (term time only)	Meet by the Harvester on the Prom at Durley Chine (free parking along the road BH2 5JF)	Buggyfit is the perfect way to get back into shape after having a baby while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702
<b>Purbeck</b>	<b>Running for beginners, Swanage</b>	Weekly. Thursday 6-7pm (starting on 11 January and running for 10 weeks)	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Beginners running with Ucan Fitness. A 10-week progressive course for absolute beginners. Booking required	£40 for the full 10 weeks	Wear warm layers and suitable footwear for running, waterproofs if needed, bring water	07946 834728 or <a href="mailto:pllawtonarcher@aol.com">pllawtonarcher@aol.com</a>
<b>North Dorset</b>	<b>Nordic Walking, Stalbridge and Milborne Port</b>	Weekly. Friday 9.30-10.30am (term time only)	Village Hall Car Park, Springfield Road, DT9 5RE	Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.	£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15	Waterproofs, suitable walking footwear, snack and drink	07779 620843

<b>North Dorset</b>	<b>Poles Ahead Nordic Walking, Shaftesbury</b>	Weekly. Friday. 9.30-10am	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER	A one-hour session involves learning the Nordic walking technique initially (usually 4 - 6 weeks to learn the basics). Each week has a different theme and route that involves Nordic walking and other functional exercises using the poles whilst out on a walk. A short Physical Activity Readiness Questionnaire will need to be filled in before starting the activity. IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve each individual's health and fitness levels. Participants are carefully monitored and advised on how much to do. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
<b>Bournemouth</b>	<b>West Howe Health Walk</b>	Weekly. Friday 10am-10.30am	Wellbeing Café, Henry Brown Youth Centre, Cunningham Crescent, West Howe, Bournemouth, BH11 8DU	Meet at 9.50 for a 10am start. A gentle 30 minute walk from the Wellbeing Café to Turbary Park Common and back again. Led by a trained, experienced Walking for Health volunteer	Free	Waterproofs, suitable walking footwear, money for refreshments	07952 317894
<b>Across Dorset</b>	<b>Wildlife Walks with Bob Ford</b>	Weekly. Fridays 10-11.30	Varies across Dorset. See website <a href="http://www.dorsetwalks.com/">www.dorsetwalks.com/</a>	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 or 07980 967473

West Dorset	<b>Gardening for Goodness, Kingcombe Centre</b>	Weekly. Friday 10am-1pm	The Kingcombe Centre, Lower Kingcombe, Toller Porcorum, Dorchester, Dorset, DT2 0EQ	Dorset Wildlife Trust's Kingcombe Centre is set in a wonderful peaceful location, in the heart of the amazing nature reserve and wildflower meadows. These sociable gardening mornings are an opportunity to get outdoors and meet like-minded people, build your confidence, make new friends and improve your gardening skills working in the centre's vegetable garden, poly tunnel and wildlife garden. It doesn't matter if you're not an experienced gardener. Although gardening knowledge is welcomed, the main thing is that you enjoy being outside and are happy to join in. There will be a variety of gardening tasks to take part in for all abilities. Tea, coffee and biscuits included.	Free	Waterproofs, Suitable footwear, wellies, money for refreshments (café), or snack & drink	01300 320684
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<p><b>Purbeck</b></p>	<p><b>Flourish Ecotherapy, Holton Lee</b></p>	<p>Weekly. Friday 10am-3pm</p>	<p>Livability Holton Lee, Poole, BH16 6JN</p>	<p>Flourish is an ecotherapy-based (green care) wellbeing project that aims to support individuals to learn new skills, improve life opportunities, reduce social isolation and increase resilience and wellbeing. As part of the programme individuals are encouraged to participate in a range of activities including horticulture, conservation, woodworking / garden maintenance, landscaping, forestry and catering. Individuals can self-refer and have a simple interview process to establish how we can help them with their development goals or recovery programme. We currently have funded places to allow participation for one day a week for up to four months. Paid access is available beyond that as are volunteering opportunities.</p>	<p>Free</p>	<p>Open to anyone over 18 with a disability, or mental health issues, or those feeling disadvantaged due to circumstances.</p>	<p>01202 625562</p>
<p><b>Weymouth and Portland</b></p>	<p><b>General Gardening, Portland House</b></p>	<p>Weekly. Friday 10am-3.30pm</p>	<p>Portland House, 24 Belle Vue Road, Weymouth, DT4 8RZ</p>	<p>Gardening in General, weeding, pruning, lawn care. Provided by the National Trust</p>	<p>Free</p>	<p>Waterproofs, suitable footwear, snack/drink/lunch if staying all day. Tea and coffee provided. Steel Toe Cap boots provided if regular.</p>	<p>07826 890940</p>

<b>Poole</b>	<b>Upton Heath Healthy Walks</b>	Weekly. Friday at Midday	Upton County Park, Poole Road, Upton, Poole, BH17 7BJ	An extended walk that lasts up to 90 minutes in duration which starts and ends in Upton Country Park and encompasses Upton Heath. All walks are led by experienced trained volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs and suitable footwear	01202 261312
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