



Activities in Poole

Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Saturday walks, Poole	Weekly. Saturday 10am	Varies across Poole, see website	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. www.poole.gov.uk/leisure-and-culture/sports-clubs-fitness/healthy-walks/	Free	Waterproofs, suitable walking footwear	01202 261312
Conservation volunteering, practical management tasks, Poole	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
Park Yoga, Upton Country Park	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

Flourish Ecotherapy, Holton Lee	Weekly. Monday 10am-3pm	Livability Holton Lee, Poole, BH16 6JN	<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>	Free	Open to anyone over 18 with a disability, or mental health issues, or those feeling at a disadvantage due to circumstances.	01202 625562
Walking for Health, Holton Lee	Weekly. Monday Noon-2pm	Livability Holton Lee, Poole, BH16 6JN. Meeting in the Coffee Shack at the Farmhouse.	<p>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.</p>	Free	Waterproofs, suitable walking footwear. Optional: snack and a drink, camera and binoculars	01202 625562
Hamworthy Common Healthy Walk	Weekly. Monday 1.15-2pm	Rockley Park Viewpoint, Hamworthy Common, Poole, BH15 4RW	<p>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.</p>	Free	Waterproofs and suitable walking footwear	01202 261312

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.	£4	Waterproofs and suitable walking footwear	01305 750118 or 07980 967473
Gardening Volunteers, Upton Country Park	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
Trail Blazer Walk, Broadstone	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
Mindfulness walk, Holton Lee	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 practise. 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

Flourish Ecotherapy, Holton Lee	Weekly. Wednesday 10am-3pm	Livability Holton Lee, Poole, BH16 6JN	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.	Free	Open to anyone over 18 with a disability, or mental health issues, or those feeling disadvantaged due to circumstances.	01202 625562
Gardening Volunteers, Upton Country Park	Weekly. Wednesday 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
Bourne Valley Nature Reserve Walks	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

Conservation volunteering, practical management tasks, Poole	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
Poole Park Health Walks	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
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.	£4	Waterproofs and suitable walking footwear	01305 750118 or 07980 967473

Flourish Ecotherapy, Holton Lee	Weekly. Friday 10am-3pm	Livability Holton Lee, Poole, BH16 6JN	<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>	Free	Open to anyone over 18 with a disability, or mental health issues, or those feeling disadvantaged due to circumstances.	01202 625562
Upton Heath Healthy Walks	Weekly. Friday at Midday	Upton County Park, Poole Road, Upton, Poole, BH17 7BJ	<p>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.</p>	Free	Waterproofs and suitable footwear	01202 261312