

March 2018



Activities in Purbeck

Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
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 pllawtonarcher@aol.com
Flourish Ecotherapy, Holton Lee	Weekly. Monday 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 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.	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
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
Circuits (for all abilities), Swanage	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 pllawtonarcher@aol.com
Walking for Health, Swanage	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. www.walkingforhealth.org.uk/swanage	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000

Walking for Health, Swanage	Weekly. Tuesday 2-3.30pm (no walks in August)	Venues vary - see website www.walkingforhealth.org.uk/walkfinder/swanage-walking-for-health	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. www.walkingforhealth.org.uk/swanage	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000
Mid-week Wildlife Conservation Volunteering	Weekly. Wednesday 9am-4pm	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.	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.	Free	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.	07790 219463 or eucan.dmv@gmail.com

<p>Discover Arne Walk</p>	<p>Weekly. Wednesday 10am-12noon</p>	<p>Meet by the visitor hut in the car park, Arne Nature Reserve, Wareham, BH20 5BJ</p>	<p>2 hours walk around RSPB Arne taking in the fantastic wildlife and amazing landscape of the Purbecks.</p>	<p>£3.00</p>	<p>Waterproofs, suitable walking footwear, money for refreshments (café), binocular (you can hire these from the shop)</p>	<p>01929 553360</p>
<p>Mindfulness walk, Holton Lee</p>	<p>Weekly. Wednesday 10am-11am</p>	<p>Livability Holton Lee, Poole, BH16 6JN. Meeting at the Farmhouse.</p>	<p>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.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear. Optional: snack and a drink, camera and binoculars</p>	<p>01202 625562</p>

Conservation Work Party, Durlston	Weekly. Wednesday. 10am-1pm	Learning Centre, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	<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.</p> <p>Free parking is available while volunteering at Durlston. To find out more about Durlston, volunteering or how to get here, please visit www.durlston.co.uk If you would like to give it a go, or would like to find out more, please give the Rangers a ring.</p>	Free	Waterproofs (coats), Suitable walking footwear and old clothes which you don't mind getting mucky in!	01929 424443
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Running for beginners, Swanage	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 pllawtonarcher@aol.com
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
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