

June 2024



## Activities in East Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Christchurch	Park Yoga, Christchurch	Weekly. Sunday 10am - 11am May to September	The Kings Arms Hotel Lawn, Christchurch	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 practise 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.	Free	Snack and drink. Yoga mat or towel	No need to book

<b>Christchurch</b>	<b>Health Walks, Christchurch</b>	Weekly. Monday 10.30am	The Shelter at Highcliffe Clifftop, next to Cliffhanger, Highcliffe BH23 5JA	Suitable for people looking for more challenging walks, generally 45 to 90 minutes and may include steeper slopes, steps, stiles, and uneven surfaces.	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648
<b>Christchurch</b>	<b>Health Walks, Christchurch</b>	Weekly. Tuesday 10.30am	Saxon Cross, Saxon Square, Christchurch, BH23 1QA	Usually between 30 and 60 minutes and may include some moderate slopes, steps, stiles and uneven surfaces	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648

Christchurch	<b>Health walks, Christchurch</b>	Weekly. Wednesday 9.30am	The Globe, 266 Lymington Road, Highcliffe, BH23 5ET	Wheelchair friendly, typically 30 minutes and suitable for walkers of all abilities on mostly flat surfaces.	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648
Christchurch	<b>Health Walks, Christchurch</b>	Weekly. Thursday 10.30am	Sandpiper Pub, Mudford, 97 Bure Lane, BH23 4DN	Suitable for people looking for more challenging walks, generally 45 to 90 minutes and may include steeper slopes, steps, stiles, and uneven surfaces.	Free	Waterproofs, suitable walking footwear, money for refreshments	01202 817 648

<p><b>Christchurch</b></p>	<p><b>Health Walks, Christchurch</b></p>	<p>Weekly. Friday 10.30am</p>	<p>Highcliffe Castle café, Rothesay Drive, Highcliffe, BH23 4LE</p>	<p>Suitable for people looking for more challenging walks, generally 45 to 90 minutes and may include steeper slopes, steps, stiles, and uneven surfaces.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, money for refreshments</p>	<p>01202 817 648</p>
<p><b>Christchurch and East Dorset</b></p>	<p><b>Conservation Work Party</b></p>	<p>Weekly. Tuesdays 10am - 3.30pm from September to March</p>	<p>Held at a variety of Nature Reserves throughout Christchurch. Full details and meeting points will be provided.</p>	<p>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.</p>	<p>Free</p>	<p>Waterproofs, wellies or walking boots, scruffy clothes. Bring a packed lunch and a drink. Refreshments are provided.</p>	<p>countryside@bcpcouncil.gov.uk</p>

<p><b>Christchurch and East Dorset</b></p>	<p><b>Alzheimer's Society, Step Outside - Allotment Gardening Group, Wimborne</b></p>	<p>Fortnightly. The 1st &amp; 3rd Tuesday of the month Mar-Oct: 2pm Nov-Apr: 2.30pm</p>	<p>Kingston Lacy Allotments, Abbott Street, Pamphill, Wimborne, BH21 4EF. Meet at the allotment (Mar-Oct). From Nov-Apr at Pamphill Dairy Tea Rooms</p>	<p>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 into 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.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, money for refreshments (in winter), gardening gloves</p>	<p>0788433311 7</p>
<p><b>East Dorset</b></p>	<p><b>Volunteer Conservation Task</b></p>	<p>Weekly. Tuesdays. 10am - 3pm</p>	<p>Various Locations in East Dorset</p>	<p>Will involve conservation activities such as using hand tools to cut small pine trees and other invasive plants threatening the heathland habitats. Volunteers also help to create and tend to a fire for burning the waste during scrub season.</p> <p>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.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, warm clothes, lunch (drinks and biscuits provided)</p>	<p>Greenspace Team East 01425 483809</p>

<p><b>East Dorset</b></p>	<p><b>Dorset Health Cycle Rides</b></p>	<p>Weekly, Tuesday 10am - 11am</p>	<p>Ferndown Forset Golf Club, BH22 9PH (Meet outside the bar)</p>	<p>Two difficulties of ride available. These health cycle rides are a great way to establish a weekly routine of exercise and offer the opportunity to get out and meet new people. Led by trained volunteer leaders, these fun and free cycle rides offer you the chance to ride with other like-minded people and feel the benefits that this fantastic exercise can offer.</p>	<p>Free</p>	<p>Bike, Helmet, appropriate clothing, snack, money for refreshments, drink</p>	<p>Please arrive 10 minutes early for your first session. No need to book</p>
<p><b>East Dorset</b></p>	<p><b>Dorset Health Cycle Rides</b></p>	<p>Weekly, Wednesday 10am - 11am</p>	<p>Moors Valley Country Park and Forset, BH24 2ET (Meet outside the bike hire)</p>	<p>Two difficulties of ride available. These health cycle rides are a great way to establish a weekly routine of exercise and offer the opportunity to get out and meet new people. Led by trained volunteer leaders, these fun and free cycle rides offer you the chance to ride with other like-minded people and feel the benefits that this fantastic exercise can offer.</p>	<p>Free</p>	<p>Bike (bike hire available), Helmet, appropriate clothing, snack, money for refreshments, drink</p>	<p>Please arrive 10 minutes early for your first session. No need to book</p>

<p><b>East Dorset</b></p>	<p><b>Dorset Health Cycle Rides</b></p>	<p>Weekly. Thursday 10am – 11am</p>	<p>Kingston Lacy House (National Trust), BH21 4EA</p>	<p>Two difficulties of ride available. These health cycle rides are a great way to establish a weekly routine of exercise and offer the opportunity to get out and meet new people. Led by trained volunteer leaders, these fun and free cycle rides offer you the chance to ride with other like-minded people and feel the benefits that this fantastic exercise can offer.</p>	<p>Free</p>	<p>Bike, Helmet, appropriate clothing, snack, money for refreshments, drink</p>	<p>Please arrive 10 minutes early for your first session. No need to book</p>
<p><b>East Dorset</b></p>	<p><b>Dorset Health Walks</b></p>	<p>Weekly. Monday 10am – 11am</p>	<p>Moors Valley Country Park. Meet by the Totem Poles by Bike Hire at Visitor Centre. BH24 2ET</p>	<p>Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, money for refreshments</p>	<p>01425 480811</p>

East Dorset	Dorset Health Walks	Weekly, Monday 10.30am - 11.15am	Wimborne Library, BH21 1HH	Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.	Free	Waterproofs, suitable walking footwear, money for refreshments	01425 480811
East Dorset	Dorset Health Walks	Weekly. Tuesday 2pm – 2.30pm	Avon Heath Country Park, Brocks Pine, St. Leonard's, St Ives, Ringwood, BH24 2DH	Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.	Free	Waterproofs, suitable walking footwear, money for refreshments	01425 480811



East Dorset	Dorset Health Walks	Weekly. Tuesday 2pm – 3pm	Avon Heath Country Park, Brocks Pine, St. Leonard's, St Ives, Ringwood, BH24 2DH	Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.	Free	Waterproofs, suitable walking footwear, money for refreshments	01425 480811
East Dorset	Dorset Health Walks	Weekly. Tuesday 10am – 11am	The Hub, Verwood, BH31 7QE	Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.	Free	Waterproofs, suitable walking footwear, money for refreshments	01425 480811

<p><b>East Dorset</b></p>	<p><b>Dorset Health Walks</b></p>	<p>Weekly. Tuesday 10.30am - 11.15am</p>	<p>Wimborne Library, BH21 1HH</p>	<p>Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, money for refreshments</p>	<p>01425 480811</p>
<p><b>East Dorset</b></p>	<p><b>Dorset Health Walks</b></p>	<p>Weekly. Tuesday 10am – 11am</p>	<p>The Angel Inn, Ferndown, BH22 9AP</p>	<p>Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, money for refreshments</p>	<p>01425 480811</p>

East Dorset	Dorset Health Walks	Weekly. Tuesday 10.15am – 11.15am	BHLive Leisure Centre, Wareham Road, Corfe Mullen, BH21 3LE	Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.	Free	Waterproofs, suitable walking footwear, money for refreshments	01425 480811
East Dorset	Dorset Health Walks	Weekly. Wednesday 10am – 11am	Moors Valley Country Park. Meet by the Totem Poles by Bike Hire at Visitor Centre. BH24 2ET	Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.	Free	Waterproofs, suitable walking footwear, money for refreshments	01425 480811

East Dorset	Dorset Health Walks	Weekly. Thursday 10am – 10.30am	The Penn Court Café, West Moors, BH22 0HX	Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.	Free	Waterproofs, suitable walking footwear, money for refreshments	01425 480811
East Dorset	Dorset Health Walks	Weekly. Thursday 10am – 11am	The Penn Court Café, West Moors, BH22 0HX	Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.	Free	Waterproofs, suitable walking footwear, money for refreshments	01425 480811

<p><b>East Dorset</b></p>	<p><b>Dorset Health Walks</b></p>	<p>Weekly. Friday 10am – 11am</p>	<p>The Hub, Verwood, BH31 7QE</p>	<p>Led by trained volunteers, these health walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge, please just turn up, there is no need to book. Please dogs are not allowed.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, money for refreshments</p>	<p>01425 480811</p>
<p><b>East Dorset</b></p>	<p><b>Volunteer Conservation Task, Avon Heath</b></p>	<p>Weekly. Thursday. 10am-4pm</p>	<p>Varied depending on task - to be notified prior to event</p>	<p>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.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, warm clothes, lunch (drinks and biscuits provided)</p>	<p>01425 478082</p>