

June 2024



**Activities in
North and Mid-Dorset**

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
North Dorset	Poles Ahead Nordic Walking, near Wincanton	Weekly. Monday 9-10am	Penselwood Church (nr Wincanton), BA9 8LS	<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.</p> <p>IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve everyone's health and fitness levels. Participants are carefully monitored and advised on how much to do.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

North Dorset	Poles Ahead Nordic Walking, Gillingham	Weekly. Monday 2-3pm	Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE	<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.</p> <p>IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve everyone's health and fitness levels. Participants are carefully monitored and advised on how much to do.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
North Dorset	Poles Ahead Nordic Walking, Gillingham	Weekly. Wednesday 9.30-10am	Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE	<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.</p> <p>IT IS FUN! Nordic walking allows participant the chance to chat and socialise, as well as doing activity together, designed to improve everyone's health and fitness levels. Participants are carefully monitored and advised on how much to do.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

North Dorset	Poles Ahead Nordic Walking, Shaftesbury	Weekly. Thursday. 9.30-10.30am	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury SP7 8ER	<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.</p> <p>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.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
North Dorset	Poles Ahead Nordic Walking, Shaftesbury	Weekly. Thursday. 11am-noon	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury SP7 8ER	<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.</p> <p>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.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

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North Dorset	Poles Ahead Nordic Walking, near Wincanton	Weekly. Monday 9-10am	Penselwood Church (nr Wincanton), BA9 8LS	<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.</p> <p>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.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

North Dorset	Poles Ahead Nordic Walking, Gillingham	Weekly. Monday 2-3pm	Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE	<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.</p> <p>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.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
North Dorset	Poles Ahead Nordic Walking, Gillingham	Weekly. Wednesday 9.30-10am	Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE	<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.</p> <p>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.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

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North Dorset	Poles Ahead Nordic Walking, Shaftesbury	Weekly. Thursday. 11am-noon	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury SP7 8ER	<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.</p> <p>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.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

North Dorset	Poles Ahead Nordic Walking, Shaftesbury	Weekly. Friday. 9.30-10am	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury SP7 8ER	<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.</p> <p>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.</p> <p>Runs all year round, not restricted to school term times. Booking essential</p>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
Blandford	North & Mid Dorset Health Walks	Weekly, Tuesdays, 6:15pm	The Ham Car Park, DT11 7AW	<p>Key information to make your walk more enjoyable:</p> <p>Tuesday walks are 75 to 90 minutes in length and Include hills.</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather. Dogs are generally welcome but must be kept on a lead unless the walk leader advises otherwise.</p> <p>For Tuesday walks contact Bronwen 01258 458350</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	No need to book, for more information Contact Bronwen 01258 458350

<p>Blandford</p>	<p>North and Mid Dorset Health Walks</p>	<p>Weekly, Wednesday s, 2pm</p>	<p>The Corn Exchange, in the market place</p>	<p>Key information to make your walk more enjoyable:</p> <p>Meet at 2pm for a 45-60-minute walk. There is also a stroller option (20-to-30-minute walk).</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather. Dogs are generally welcome but must be kept on a lead unless the walk leader advises otherwise.</p>	<p>Free</p>	<p>Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional</p>	<p>No need to book, for more information Contact Bronwen 01258 458350</p>
<p>Gillingham</p>	<p>North and Mid Dorset Health Walks</p>	<p>Weekly, Mondays, 2:30pm</p>	<p>Gillingham Library</p>	<p>Meet at 2:30pm for a 1-hour walk (approximately 2 miles) Shorter walks are available on request.</p> <p>This walk is provided by Gillingham Walkers. No dogs except assistance dogs.</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	<p>Free</p>	<p>Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional</p>	<p>Contact Penny 01747 823774</p>

				<p>Walks take place whatever the weather.</p> <p>For Mondays walks contact Penny 01747 823774</p>			
Gillingham	North and Mid Dorset Health Walks	Weekly, Tuesdays. 2:30pm	Gillingham Town Meadow, SP8 4AA	<p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Contact Debbie 01747 853006
Sturminster Newton	North and Mid Dorset Health Walks	Weekly, Monday 2pm	The Medical Centre, Sturminster Newton, DT10 1DU	<p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Karine 01258 471968

Shaftesbury	North and Mid Dorset Health Walks	Weekly, Tuesdays, 7:15am for a 7:30am start	Barton Hill Carpark, SP7 8QA	<p>Sunrise walk - meet 7:15am for a 7:30am start (up to 90 minutes walking).</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Andrew 0779954220 5
Shaftesbury	North and Mid Dorset Health Walks	Weekly, Wednesdays, 10:15am for a 10:30am start	Shaftesbury Town Hall, High Street, SP7 8JE	<p>Starter walk - meet 10:15am for a 10.30am start (30 minutes walking)</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Andrew 0779954220 5

Shaftesbury	North and Mid Dorset Health Walks	Weekly, Wednesday, 10:15am for a 10:30am start	Tesco - under the gazebo, Christy's lane, Shaftesbury, SP7 8PF	<p>Stroller walk - meet 10:15am for a 10.30am start (60 minutes walking).</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Andrew 0779954220 5
Shaftesbury	North and Mid Dorset Health Walks	Weekly, Wednesday, 10:15am for a 10:30am start	Barton Hill free car park, SP7 8QA	<p>Strider walk - meet at 10:15am for a 10.30am start (90 minutes walking).</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Andrew 0779954220 5
Shaftesbury	North and Mid Dorset Health Walks	Weekly, Thursday, 6:45pm for a 7pm start	Shaftesbury Town Hall, High Street, SP7 8JE	<p>Evening walk - meet at 6:45pm for a 7pm start (60 minutes walking).</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended,	Andrew 0779954220 5

				<p>before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Rural walks of 90 minutes also take place throughout the year. These are within an approximate 10-mile radius of Shaftesbury. During British Summer Time they are usually on Tuesday, Wednesday or Thursday evenings, but in winter, they are on either Saturday or Sunday mornings.</p> <p>The day of each walk is chosen to take advantage of the best predicted weather conditions. To find out more about these contact Andrew on 07799542205</p>		<p>money for refreshments or own refreshments optional</p>	
Shaftesbury	North and Mid Dorset Health Walks	Various times	Various locations within a 10 mile radius of Shaftesbury.	<p>The day of each walk is chosen to take advantage of the best predicted weather conditions. To find out more email Andrew on sensedgefootpathrep@uwclub.net</p>	Free	<p>Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional</p>	<p>Andrew sensedgefootpathrep@uwclub.net</p>

<p>Sturminster Newton</p>	<p>North and Mid Dorset Health Walks</p>	<p>Weekly, Mondays, 2pm</p>	<p>The Medical Centre, Sturminster Newton DT10 1DU</p>	<p>Meet at 2pm (60 minutes walking)</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	<p>Free</p>	<p>Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional</p>	<p>Contact Karine 01258 471968</p>
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