



## Activities in Purbeck

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Swanage	<b>Park Yoga, Swanage</b>	Weekly, Sunday 09:30 – 10:30 May to 1 September	Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities. <a href="http://www.facebook.com/parkyogaswanage">www.facebook.com/parkyogaswanage</a>	Free	Snack & drink. Yoga mat or towel	No need to book
Holton Lee	<b>Flourish Ecotherapy, Holton Lee</b>	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

<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>Swanage</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>Swanage</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

<p><b>Purbeck. West Dorset. Weymouth (for pick up)</b></p>	<p><b>Mid-week Wildlife Conservation Volunteering</b></p>	<p>Weekly. Wednesday 10am- 3.30pm</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>Volunteers should bring food &amp; drink, sturdy footwear, waterproofs and hat. Long sleeves and trousers recommended. Bring work/gardening gloves if you have them.</p>	<p>07790 219463 or <a href="mailto:eucan.dmv@gmail.com">eucan.dmv@gmail.com</a></p>
<p><b>Arne</b></p>	<p><b>Discover Arne Walk</b></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 if you don't have your own)</p>	<p>01929 553360</p>

Swanage	<b>Conservation Work Party, Durlston</b>	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. 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>	Free	Water Proofs (coats), Suitable walking footwear and old clothes which you don't mind getting mucky in!	01929 424443
---------	--	-----------------------------------	---	---	------	--	--------------

<p><b>Holton Lee</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>
--------------------------	---	---	---	--	-------------	--	-------------------------

Swanage	Yoga on the Pier	Weekly, Wednesday 08:00 – 09:00	Swanage Pier, Pier Approach, Swanage, BH19 2AW	<p>Join local senior yoga teacher, Helen McCabe, for these weekly Wednesday morning yoga sessions on the beautiful location of Swanage pier this summer. These hour-long sessions will be gentle guided flow classes suitable for all levels and will include an introduction to simple breathing techniques, some standing and seated postures and a guided relaxation. Anyone can benefit from the simple tools of yoga, which can be a wonderful practice for general wellbeing. Regular practice can develop strength, stability, flexibility and, ultimately, a calm mind. All levels and abilities welcome. Not suitable for children. These classes will take place outdoors, on the pier itself, with the beautiful views of Swanage Bay as our backdrop. The nature of the location, however, does mean that the floor surface is not as even as an indoor floor, which you need to be mindful of. We are also exposed to the elements and hopefully will be blessed with warm sunny mornings, but do please come prepared with layers for extra warmth and hat / sunscreen, as appropriate for the weather. Yoga is traditionally practiced barefoot so a mat is essential. If you prefer to wear suitable outdoor fitness shoes that is also OK. If the weather is too wet, wild and woolly the class will be cancelled, and we will let you know / post this on the Swanage Pier website/Facebook page.</p>	£6.50 per session or £30.00 for all six	Please dress in clothes that are comfortable to move about in. Please bring a yoga mat or let us know in advance if you need to borrow one. You may also like to bring a cushion to sit on and a blanket or shawl for the relaxation at the end.	
---------	------------------	---------------------------------	--	---	---	--	--

Arne	<b>Winter Conservation Tasks Taster Days</b>	Weekly, Thursdays 10:00 – 16:00	Various Nature Reserves within Purbeck. Visit RSPB webpage to check	<p>One way to stave off winter blues and colds could be to join in with a winter work party for fresh air, exercise, company and hot tea or coffee while you help provide homes for nature!</p> <p>Come along to a winter task taster session taking place on Thursdays from 3rd October at a variety of beautiful nature reserves throughout Purbeck.</p> <p>Take part in a range of conservation tasks, from pulling invasive plants to lopping back gorse and pine in wonderful locations from Studland, Winfrith Heath, RSPB Arne, Durlston, Stoborough Heath, Holton Lee, Great Ovens and Wareham Forest.</p>	Free	Wear suitable outdoor and waterproof clothing (e.g. warm, old clothing, stout shoes and Wellington boots for some tasks). Bring a packed lunch and water. We provide the Tools, gloves, snacks and hot drinks.	<p>Beverley Lagden 01929 408737 email <a href="mailto:Beverley.lagden@RSPB.org.uk">Beverley.lagden@RSPB.org.uk</a></p>
Across Dorset	<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	<p>01305 750118 or 07980 967473</p>

<p><b>Holton Lee</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>Swanage</b></p>	<p><b>Greengage Horticultural Therapy</b></p>	<p>Weekly. Friday 10.30am-3.30pm</p>	<p>Prospect Crescent, Swanage, BH19</p>	<p>The Greengage Project has been set up to become a wellbeing 'hub'. It is designed to offer a new lease of life to people in local communities through ecotherapy and therapeutic horticulture. A range of horticultural and site maintenance tasks such as seeding, digging beds, planting out, weeding and watering. There is a choice between 'heavy' tasks such as digging or lighter work in the greenhouse. Please get in touch to arrange coming along.</p>	<p>Free</p>	<p>Waterproofs and suitable footwear</p>	<p><a href="mailto:kwilkinson@dorsetwildlifetrust.org.uk">kwilkinson@dorsetwildlifetrust.org.uk</a></p>