

Feb 2022



Activities in East Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Holton Lee	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

<p>Holton Lee</p>	<p>Flourish Ecotherapy, Holton Lee</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>
<p>St Ives</p>	<p>Volunteer Conservation Task, Avon Heath</p>	<p>Weekly. Thursday. 10am-4pm</p>	<p>Varied depending on task - to be notified prior to event Avon Heath car park, Brocks Pine, St. Leonard's, St Ives, Ringwood BH24 2DH</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>

<p>Ferndown</p>	<p>Ferndown Adventure Nordic walk</p>	<p>Weekly Thursday 10.45 - 11.45 am</p>	<p>Ferndown King Georges Recreation Ground. Meet at Ferndown Leisure Centre car park next to skate park (free parking), Cherry Grove, Ferndown BH22 9EZ</p>	<p>A moderately paced Nordic walk around recreation ground and then on to the nearby heathland led by accredited leader/instructor. You must have a freedom passport to participate.</p>	<p>£6</p>	<p>Nordic Poles: can be provided. Participants must hold a freedom passport to attend. Booking required. Suitable walking footwear and waterproofs recommended.</p>	<p>via website: www.dorsetnordicwalkin.g.co.uk</p>
<p>East Dorset</p>	<p>Urban Wildlife Volunteers, East Dorset</p>	<p>Weekly (Oct-Mar). Monthly (Apr-Sept) Thursday 10am-4pm</p>	<p>Meeting varies, but a vehicle will leave from the Urban Wildlife Centre, Corfe Mullen, BH21 3RX</p>	<p>The Dorset Wildlife Trust group carries out conservation work in East Dorset and sometimes further afield</p>	<p>Free</p>	<p>Suggested waterproof coat, suitable walking footwear, snack and drink</p>	<p>01202 692033</p>

<p>Holton Lee</p>	<p>Flourish Ecotherapy, Holton Lee</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>
--------------------------	---	--	---	--	-------------	--	---------------------