



Activities Across Dorset

| Area | Activity summary | Day and time of activity | Meeting point for activity | Description of activity | Cost | Additional comments | To Book |
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| Poole | Saturday walks, Poole | Weekly. Saturday 10am | Varies across Poole, see website: www.poole.gov.uk/leisure-and-culture/sports-clubs-fitness/healthy-walks/ | All walks are led by experienced Walking for Health trained volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions. | Free | Waterproofs, suitable walking footwear | Just turn up or phone 01202 261312 |
| Poole | Conservation volunteering, practical management tasks | Fortnightly. Saturday 10am-3pm between October and February | Various sites in Poole's heathland, details communicated via facebook and email | Practical heathland vegetation management tasks such as gorse coppicing, pine-pulling, rhododendron removal and small broadleaf removal. Sometimes includes a bonfire. Tools, PPE and hot drinks provided. Enjoyable physical work with a social and wildlife focus. The volunteers are a friendly welcoming bunch. Tasks always led by a Heathland Warden. | Free | Waterproofs and suitable walking footwear, packed lunch and a drink. Long sleeves and trousers advised (due to tick risk). Wellies often advised. | 01202 262507 |

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| <p>Penselwood, Wincanton.</p> | <p>Poles Ahead Nordic Walking, near Wincanton</p> | <p>Weekly. Monday 9-10am</p> | <p>Penselwood Church (near Wincanton), BA9 8LS</p> | <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. 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. Runs all year round, not restricted to school term times. Booking essential.</p> | <p>£49 for 6 sessions</p> | <p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p> | <p>07745 413194</p> |
| <p>Holton Lee</p> | <p>Flourish Ecotherapy, Holton Lee</p> | <p>Weekly. Monday 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 at a disadvantage due to circumstances.</p> | <p>01202 625562</p> |

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| Dorchester | Walking for Health, Dorchester | Weekly. Monday 10.30am. | <p>Varies. See programme: www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails</p> <p>Copies can be obtained by calling 01305 263759 or 01300 341255</p> | <p>Dorchester Strollers is an accredited Walking for Health Group offering two walk occasions each week - a slow walk of up to 45 minutes and a longer faster walk of an hour. For each walk there is a leader and a backmarker. Afterwards there is always opportunity for tea/coffee. No need to book but on the first session arrive 15 minutes before the start time to complete the registration form</p> | Free | Waterproofs, suitable walking footwear, money for refreshments afterwards (optional), snack and drink | 01305 263759 |
| Poole | Hamworthy Common Healthy Walk | Weekly. Monday 1.15-2pm | Rockley Park Viewpoint, Hamworthy Common, Poole, BH15 4RW | <p>A 45 minutes' walk that commences at Rockley Park Viewpoint and encompasses Hamworthy Common before arching down to Lake Pier and then completing a circular loop. All walks are led by experienced trained Walking for Health volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.</p> | Free | Waterproofs and suitable walking footwear | Just turn up or phone 01202 261312 |

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| <p>Gillingham</p> | <p>Poles Ahead Nordic Walking, Gillingham</p> | <p>Weekly. Monday 2-3pm.</p> | <p>North Dorset Tennis Club 21 Barleyfields Gillingham</p> | <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. 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. Runs all year round, not restricted to school term times. Booking essential</p> | <p>£52 for 6 sessions</p> | <p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p> | <p>07745 413194</p> |
| <p>Bournemouth</p> | <p>Parks in Mind</p> | <p>Activity times vary. Please visit website for details: https://parksfoundation.org.uk/parks-in-mind/</p> | <p>Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.</p> | <p>An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.</p> | <p>Free</p> | <p>Waterproofs and suitable walking footwear recommended.</p> | <p>07384 790048 p.holloway@parksfoundation.org.uk</p> |

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| Bournemouth | Buggyfit, Southbourne | Weekly Tuesday 9.45- 10.45am. Thursday 10.30- 11.30am. (term time only) | Meet at Bistro on the Beach Café on the Prom - you can park along the clifftop on Southbourne Coast Road, BH6 4BE | Buggyfit is the perfect way to get back into shape after having a baby, while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise. | £5.00 | Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on | 07984 148702 |
| Poole | Gardening Volunteers, Upton Country Park | Weekly. Tuesday 10am-3pm | Upton Country Park, Poole Road, Upton Poole, BH17 7BJ - Meet at the Cottage, in our Tearooms Courtyard. | Our gardening volunteer group meets every Tuesday and Wednesday, to help maintain the Grounds at Upton Country Park. Tasks might include weeding, coppicing, cutting back shrubs, conservation and maintenance tasks. Under 18s will require parental/guardian permission. | Free | Suggested waterproofs (coats), suitable footwear, lunch. | 01202 262753 or info@uptonc ountrypark.c om |
| Bournemouth | Healthy Heritage, Stour Valley | Weekly. Tuesday 10am-1pm | Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ | Get involved in taking action to maintain and improve the Stour Valley Local Nature Reserve. A wide range of tasks are covered from hedge laying to making path improvements and clearing undergrowth. You will be supported by experienced volunteers from the Stour Valley Supporters group. | Free | Waterproofs, suitable walking footwear, money for café, camera | 01202 451548 |

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| Bournemouth | Gardening to Give, Kingfisher Barn Muscliff | Weekly. Tuesday 10am-1pm | Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ | Come along and help tend the beautiful wildlife garden at the Barn. Give half an hour or stay for all three. Whatever you can give. You will be supported by experienced volunteers from the Stour Valley Supporters group. Teas and coffees provided by the Rangers. | Free | Waterproofs, suitable walking footwear, money for café, camera | 01202 451548 |
| West Dorset | West Dorset Reserves Volunteer Work Party | Weekly. Tuesday 10am-3.30pm | Variable in West Dorset - contact organiser for details | Practical volunteer work party with Dorset Wildlife Trust, undertaking task such as scrub clearance and hedge laying across Dorset Wildlife Trusts West Dorset Reserves. This will consist of using bowsaws, loppers and other hand tools. There will be burning of arisings on most days and includes working on uneven and sometimes steep terrain. | Free | Suggested waterproof coats, suitable walking footwear, snack and drink, wellies, work clothing, lunch and work gloves | 07557 561624 |
| Poole | Trail Blazer Walk | Weekly. Tuesday 10.30-11.30am | Junction Leisure Centre Car Park, Station Approach, Broadstone, BH18 8AX | A 1 hour walk along the Broadstone Trailway and into Delph Woods. This is a circular walk that is suitable for beginners. All walks are led by experienced trained Walking for Health volunteer walk leaders and offer a great social opportunity to keep fit and have fun. All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions. | Free | Waterproofs and suitable footwear | Just turn up or phone 01202 261333 |

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| Swanage | 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 |
| Bournemouth | Parks in Mind | Weekly Tuesday 14.00-16.30 | Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme. | An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing. | Free | Waterproofs and suitable walking footwear recommended. | 01202 451513 p.holloway@bournemouthparksfoundation.org.uk |
| Dorchester | Walking for Health, Dorchester | Weekly. Tuesday 2.15pm | Varies. See: www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails | Dorchester Strollers is an accredited Walking for Health Group offering two walk occasions each week - a slow walk of up to 45 minutes and a longer faster walk of an hour. For each walk there is a leader and a backmarker. Afterwards there is always opportunity for tea/coffee. No need to book but on the first session arrive 15 minutes before the start time to complete the registration form | Free | Waterproofs, suitable walking footwear, money for refreshments afterwards (optional), snack and drink | 01305 263759 |

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| Swanage | 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 |
| Peacemarsh | Health Walks (Stroller – gentle or Strider moderate) | Weekly. Tuesday 14:30 – 15:30 | Peacemarsh Surgery, Marlott Road GILLINGHAM SP8 4FA | A weekly walk of around 45 mins (Stroller) or 1hr (Strider). Well behaved dogs can come along too. | Free | Please wear suitable footwear and bring waterproofs if the weather looks inclement. | No need to book, just turn up. For more information please contact Debbie Sparkes on 01747 853006 or follow this link Walking for Health |
| Bournemouth | Wessex Orienteering Club Running session, Bournemouth | Weekly. Tuesday 6-7pm | Bournemouth University Sports Centre, Wallisdown Campus | We are a regular running group of mixed ages and abilities. The youngest is early twenties and the oldest early seventies. We do a session of approximately an hour spilt into different ability groups followed by a sociable drink afterwards. | Free | Waterproofs, suitable walking footwear (preferably trainers), money for refreshments (optional drink during the session) | 01202 484523 |

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| <p>Blandford</p> | <p>Blandford Health Walks</p> | <p>Weekly. Tuesday (Summer Only) Meet at 6pm (90 mins walking).</p> | <p>The Ham Car Park, DT11 7AW</p> | <p>A walk of around 90 minutes on, generally flat, terrain. Meet at 6pm.</p> <p>Well behaved dogs can come along too and there's typically the option to have a cup of something, hot or cold, at the end of the walk.</p> | <p>Free</p> | <p>Please wear suitable footwear and bring waterproofs if the weather looks inclement.</p> | <p>No need to book, just turn up For more information please contact Bronwen on 01258 458350, email blandfordhealthwalks@gmail.com or follow this link Walking for Health</p> |
| <p>Purbeck. West Dorset. Weymouth (for pick up)</p> | <p>Mid-week Wildlife Conservation Volunteering</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 & drink, sturdy footwear, waterproofs and hat. Long sleeves and trousers recommended. Bring work/gardening gloves if you have them.</p> | <p>07790 219463 or euca.dmv@gmail.com</p> |

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| Gillingham | 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> | £52 for 6 sessions | Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number | 07745 413194 |
| Poole | Gentle Nordic Walk - Upton Country Park | Weekly Wednesday 9.30- 10.30am | Meet next to the pay machine and toilets in main car park of Upton Country Park, Poole Road, Upton Poole, BH17 7BJ | A gentle midweek Nordic stroll around Upton Country Park using Nordic walking poles. Walk includes warm up and stretch exercises. A freedom passport is required to participate. | £6 | Nordic Poles: can be provided. Booking required. Suitable walking footwear and waterproofs recommended. | via website: www.dorsetnordicwalking.co.uk |

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| Arne | Discover Arne Walk | Weekly. Wednesday 10am- 12noon | Meet by the visitor hut in the car park, Arne Nature Reserve, Wareham, BH20 5BJ | 2 hours walk around RSPB Arne taking in the fantastic wildlife and amazing landscape of the Purbecks. | £3.00 | Waterproofs, suitable walking footwear, money for refreshments (café), binocular (you can hire these from the shop if you don't have your own) | 01929 553360 |
| Swanage | 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 | Water Proofs (coats), Suitable walking footwear and old clothes which you don't mind getting mucky in! | 01929 424443 |

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| Bournemouth | Parks in Mind | Weekly Wednesday 10am-2pm | Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme. | An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing. | Free | Waterproofs and suitable walking footwear recommended. | 01202 451513 p.holloway@bournemouthparksfoundation.org.uk |
| Weymouth | Conservation Work Party, Lorton Meadows Weymouth | Fortnightly. Wednesday 10am-3pm | Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH | A range of conservation tasks to suit all abilities, with Dorset Wildlife Trust. You can attend for a few hours or all day. | Free | Waterproof coat, walking footwear, snack/drink/lunch if staying all day. Tea & coffee, gloves and tools provided | 01305 816546 |

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| Holton Lee | Flourish Ecotherapy, Holton Lee | Weekly. Wednesday and Friday 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 disadvantaged due to circumstances. | 01202 625562 |
| Dorchester | General Gardening, Dorchester | Weekly. Wednesday 10am-4pm | Max Gate, Alington Avenue, Dorchester, DT1 2AB | Gardening in General, weeding, pruning, lawn care, with the National Trust | Free | Waterproofs, suitable footwear, snack/drink/ lunch if staying all day. Tea and coffee provided. Steel Toe Cap boots provided if regular. | 07826 890940 |

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| Shaftesbury | Shaftesbury Health Walks (Starter, Short or Long options) | Weekly. Wednesday 10:15 – 12:00 (Starter and Short walk finish earlier) | Tesco car park Christy's Lane SHAFTESBURY SP7 8PF | <p>A weekly walk of around:</p> <p>30 mins (Starter)</p> <p>40 mins – 1 hr (Short) or</p> <p>1 - 1.5 hr (Long).</p> <p>Please arrive at 10:15 for a prompt 10:30 start for all walks.</p> <p>Well behaved dogs can come along too.</p> <p>Look for Walk Leaders wearing bright yellow Hi-Viz jacket.</p> | Free | Please wear suitable footwear and bring waterproofs if the weather looks inclement. | No need to book, just turn up. For more information please contact Peter Wells on 07732 106713 or follow this link Walking for Health |
| Poole | Bourne Valley Nature Reserve Walks | Weekly. Wednesday 10.30am | Rossmore Library, Herbert Avenue, Poole, BH12 4HS | A circular walk that commences at Rossmore Library before heading towards Bourne Valley Nature Reserve and completing the loop. All walks are led by experienced Walking for Health trained volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions. | Free | Waterproofs, suitable walking footwear | Just turn up or phone 01202 261333 |
| Blandford | Blandford Health Walks | Weekly. Wednesda, Meet at 2pm (60 mins walking). | Eagle House Surgery, DT11 7DQ | <p>A walk of around 60 minutes on, generally flat, terrain. Meet at 6pm.</p> <p>Well behaved dogs can come along too and there's typically the option to have a cup of something, hot or cold, at the end of the walk.</p> | Free | Please wear suitable footwear and bring waterproofs if the weather looks inclement. | No need to book, just turn up For more information please contact Bronwen on 01258 458350, |

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| | | | | | | | email blandfordhe althwalks@g mail.com or follow this link Walking for Health |
| Shaftesbury | Shaftesbury Evening Walk | Weekly. Wednesday 18:45 – 20:00 | Tesco car park Christy's Lane SHAFTESBURY SP7 8PF | A weekly walk of around 1 - 1.5 hr. Meet 18:45 for 19:00 start. Well behaved dogs can come along too. Look for Walk Leaders wearing bright yellow Hi- Viz jacket. | Free | Please wear suitable footwear and bring waterproofs if the weather looks inclement. | No need to book, just turn up. For more information please contact Peter Wells on 07732 106713 or follow this link Walking for Health |

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| St Ives | Volunteer Conservation Task, Avon Heath | Weekly. Thursday. 10am-4pm | Varied depending on task - to be notified prior to event Avon Heath car park, Brocks Pine, St. Leonard's, St Ives, Ringwood BH24 2DH | 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. | Free | Waterproofs, suitable walking footwear, warm clothes, lunch (drinks and biscuits provided) | 01425 478082 |
| Shaftsbury | Poles Ahead Nordic Walking, Shaftsbury | Weekly. Thursday. 9.30-10.30am | Shaftsbury starting from the Upper School, Salisbury Rd, Shaftsbury, SP7 8ER | 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. 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. Runs all year round, not restricted to school term times. Booking essential. | £52 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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| <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.dorsetnordicwalking.co.uk</p> |
| <p>Shaftesbury</p> | <p>Poles Ahead Nordic Walking, Shaftesbury</p> | <p>Weekly. Thursday. 11am-noon</p> | <p>Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER</p> | <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. 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. Runs all year round, not restricted to school term times. Booking essential</p> | <p>£52 for 6 sessions</p> | <p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p> | <p>07745 413194</p> |

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| East Dorset | Urban Wildlife Volunteers, East Dorset | Weekly (Oct-Mar). Monthly (Apr-Sept) Thursday 10am-4pm | Meeting varies, but a vehicle will leave from the Urban Wildlife Centre, Corfe Mullen, BH21 3RX | The Dorset Wildlife Trust group carries out conservation work in East Dorset and sometimes further afield | Free | Suggested waterproof coat, suitable walking footwear, snack and drink | 01202 692033 |
| Dorchester | General Gardening, Hardy's Cottage | Weekly. Thursday 10am-4pm | Hardy's Cottage, Higher Bockhampton, DT2 8QJ | Gardening in General, weeding, pruning, lawn care. Provided by the National Trust | Free | Waterproofs, suitable footwear, snack/drink/lunch if staying all day. Tea and coffee provided. Steel Toe Cap boots provided if regular. | 07826 890940 |

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| Poole | Poole Park Health Walks | Weekly. Thursday 10.30am | Ark Café, Poole Park, Parkstone Road, Poole, BH15 2SF | A circular walk around Poole Park Lake taking in the scenery. All walks are led by experienced, trained Walking for Health volunteer walk leaders, and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions. | Free | Waterproofs and suitable footwear | Just turn up or phone 01202 261312 |
| Bournemouth | Buggyfit, Durley Chine | Weekly Thursday 11am-noon (term time only) | Meet by the Harvester on the Prom at Durley Chine (free parking along the road BH2 5JF) | Buggyfit is the perfect way to get back into shape after having a baby while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise. | £5.00 | Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on | 07984 148702 |
| Bournemouth | Therapeutic Horticulture Volunteer Friend taster session | Weekly. Thursday 11am-12.30pm | Cherry Tree Nursery, Off New Road Roundabout, Northbourne, Bournemouth BH10 7DA | Want to find out what it's like to work in a therapeutic horticulture environment? Looking to make a difference in mental health? Join Cherry Tree Nursery for a Volunteer Friend taster session. Be prepared to work outside with plants and people! Tasks include weeding, potting and moving plants, either individually or as a team. The session would involve gentle and natural exercise at your own pace therefore giving a great opportunity to experience the benefits of therapeutic horticulture first hand. | Free | Waterproofs and suitable footwear | 01202 593537 |

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| Shaftesbury | Poles Ahead Nordic Walking, Shaftesbury | Weekly. Friday. 9.30-10:30 am | Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER | 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. IT IS FUN! Nordic walking allows participant the chance to chat and socialize, 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. Runs all year round, not restricted to school term times. Booking essential | £52 for 6 sessions | Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number | 07745 413194 |
| Toller Porcorum | Gardening for Goodness, Kingcombe Centre | Weekly. Friday 10am-1pm | The Kingcombe Centre, Lower Kingcombe, Toller Porcorum, Dorchester, DT2 0EQ | Dorset Wildlife Trust's Kingcombe Centre is set in a wonderful peaceful location, in the heart of the amazing nature reserve and wildflower meadows. These sociable gardening mornings are an opportunity to get outdoors and meet like-minded people, build your confidence, make new friends and improve your gardening skills working in the centre's vegetable garden, poly tunnel and wildlife garden. It doesn't matter if you're not an experienced gardener. Although gardening knowledge is welcomed, the main thing is that you enjoy being outside and are happy to join in. There will be a variety of gardening tasks to take part in for all abilities. Tea, coffee and biscuits included. | Free | Waterproofs, Suitable footwear, wellies, money for refreshments (café), or snack & drink | 01300 320684 |

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| <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> |
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| Weymouth | General Gardening, Portland House | Weekly. Friday 10am-3.30pm | Portland House, 24 Belle Vue Road, Weymouth, DT4 8RZ | Gardening in General, weeding, pruning, lawn care. Provided by the National Trust | Free | Waterproofs, suitable footwear, snack/drink/lunch if staying all day. Tea and coffee provided. Steel Toe Cap boots provided if regular. | 07826 890940 |
| Poole | Upton Country Park | Weekly. Friday. 12noon | Upton Country Park, Bus shelter, Poole Road, Upton Poole, BH17 7BJ | A 2/3km lunchtime walk around the park, taking in some of the fantastic scenery overlooking Poole Town and Holes Bay. | Free | Waterproofs, suitable walking footwear. | Just turn up, or phone 01202 261312. |
| Sherborne | Sherborne Health Walks (Friday Walk) | Weekly. Friday Meet at 2pm (60 mins walking). | Paddock Gardens, DT9 3DX. | A weekly walk around the town of around 60 minutes. Meet at 2pm. Well behaved dogs on leads are welcome and the walks are suitable for wheelchairs. | Free | Please wear suitable footwear and bring waterproofs if the weather looks inclement. | No need to book, just turn up. For more information please contact Keith Harrison |

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