



Activities in Poole

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

<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>
<p>Poole</p>	<p>Hamworthy Common Healthy Walk</p>	<p>Weekly. Monday 1.15-2pm</p>	<p>Rockley Park Viewpoint, Hamworthy Common, Poole, BH15 4RW</p>	<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>	<p>Free</p>	<p>Waterproofs and suitable walking footwear</p>	<p>Just turn up or phone 01202 261312</p>

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@uptoncountrypark.com
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
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.dorsetnordicwalkin.co.uk

Holton Lee	Flourish Ecotherapy, Holton Lee	Weekly. Wednesday 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
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

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
Holton Lee	Flourish Ecotherapy, Holton Lee	Weekly. 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

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.
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