

Feb 2022



Activities in Swanage & Purbeck

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

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
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
Purbeck. West Dorset. Weymouth (for pick up)	Mid-week Wildlife Conservation Volunteering	Weekly. Wednesday 10am-3.30pm	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.	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.	Free	Volunteers should bring food & drink, sturdy footwear, waterproofs and hat. Long sleeves and trousers recommended. Bring work/gardening gloves if you have them.	07790 219463 or eucan.dmv@gmail.com

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
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

<p>Swanage</p>	<p>Conservation Work Party, Durlston</p>	<p>Weekly. Wednesday 10am-1pm</p>	<p>Learning Centre, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL</p>	<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 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>	<p>Free</p>	<p>Water Proofs (coats), Suitable walking footwear and old clothes which you don't mind getting mucky in!</p>	<p>01929 424443</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</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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