



Activities in West Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Dorchester	Walking for Health, Dorchester	Weekly. Monday 10.30am.	Varies. See programme: www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails Copies can be obtained by calling 01305 263759 or 01300 341255	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
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

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
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
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

<p>Toller Porcorum</p>	<p>Gardening for Goodness, Kingcombe Centre</p>	<p>Weekly. Friday 10am-1pm</p>	<p>The Kingcombe Centre, Lower Kingcombe, Toller Porcorum, Dorchester, DT2 0EQ</p>	<p>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.</p>	<p>Free</p>	<p>Waterproofs, Suitable footwear, wellies, money for refreshments (café), or snack & drink</p>	<p>01300 320684</p>
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