

Sept 2023



Activities in Poole

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Poole	Outdoor Mindfulness, Poole	Weekly. Saturday 12.30-2pm On hold until further notice	Poole Park	An hour of Guided Mindfulness of in the great outdoors followed but a cup of tea and a chat in the Café. Provided by Dorset Mental Health Forum	£2.50	Suggested suitable walking footwear, money for refreshments	01305 257172
Poole	Park Yoga, Poole	Weekly. Sunday 9.30-10.30am	Upton Country Park. Meet on the back lawn (behind Upton House)	Enjoy a free outdoor Park Yoga session on the Back Lawn at Upton Country Park. Suitable for all ages and abilities including children, the yoga class will allow you to take in the natural surroundings whilst taking part in gentle exercise. Please bring your own mat, a towel and a bottle of water.	Free	Suggested snack and drink, yoga mat, towel.	01202 262753 or info@uptoncountrypark.com

Poole / Purbeck	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
Poole / Purbeck	Walking for Health, Holton Lee	Weekly. Monday Noon-2pm	Livability Holton Lee, Poole, BH16 6JN. Meeting in the Coffee Shack at the Farmhouse.	Join us for a gentle stroll around Holton Lee, taking in some of the fantastic scenery and learning more about nature from George Hinton from the RSPB. No need to book.	Free	Waterproofs, suitable walking footwear. Optional: snack and a drink, camera and binoculars	01202 625562

Poole / Purbeck	Mindfulness walk, Holton Lee	Weekly. Wednesday 10am-11am	Livability Holton Lee, Poole, BH16 6JN. Meeting at the Farmhouse.	A walk around Livability Holton Lees beautiful and diverse site led by our resident mindfulness teacher. The walk will be for participants that want to learn and experience mindfulness walking with the opportunity to receive support and guidance on their mindfulness practise. This walk is for complete beginners and those with plenty of experience alike.	Free	Waterproofs, suitable walking footwear. Optional: snack and a drink, camera and binoculars	01202 625562
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