

Sept 2023



## Activities in North and Mid-Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
North Dorset	<b>Poles Ahead Nordic Walking, near Wincanton</b>	Weekly. Monday 9-10am	Penselwood Church (nr Wincanton), BA9 8LS	<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 everyone's health and fitness levels.</p> <p>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>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

North Dorset	<b>Poles Ahead Nordic Walking, Gillingham</b>	Weekly. Monday 2-3pm	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 everyone'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>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
North Dorset	<b>Poles Ahead Nordic Walking, Gillingham</b>	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 everyone'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>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

North Dorset	<b>Poles Ahead Nordic Walking, Shaftesbury</b>	Weekly. Thursday. 9.30-10.30am	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury SP7 8ER	<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>	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
North Dorset	<b>Poles Ahead Nordic Walking, Shaftesbury</b>	Weekly. Thursday. 11am-noon	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury SP7 8ER	<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>	£49 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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North Dorset	<b>Poles Ahead Nordic Walking, Shaftesbury</b>	Weekly. Thursday. 11am-noon	Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury SP7 8ER	<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>	£49 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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<b>Blandford</b>	<b>North &amp; Mid Dorset Health Walks</b>	Weekly, Tuesdays, 6:15pm	The Ham Car Park, DT11 7AW	<p>Key information to make your walk more enjoyable:</p> <p>Tuesday walks are 75 to 90 minutes in length and Include hills.</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather. Dogs are generally welcome but must be kept on a lead unless the walk leader advises otherwise.</p> <p>For Tuesday walks contact Bronwen 01258 458350</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	No need to book, for more information Contact Bronwen 01258 458350

<b>Blandford</b>	<b>North and Mid Dorset Health Walks</b>	Weekly, Wednesday s, 2pm	The Corn Exchange, in the market place	<p>Key information to make your walk more enjoyable:</p> <p>Meet at 2pm for a 45-to-60-minute walk. There is also a stroller option (20-to-30-minute walk).</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather. Dogs are generally welcome but must be kept on a lead unless the walk leader advises otherwise.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	No need to book, for more information Contact Bronwen 01258 458350
<b>Gillingham</b>	<b>North and Mid Dorset Health Walks</b>	Weekly, Mondays, 2:30pm	Gillingham Library	<p>Meet at 2:30pm for a 1-hour walk (approximately 2 miles) Shorter walks are available on request.</p> <p>This walk is provided by Gillingham Walkers. No dogs except assistance dogs.</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Contact Penny 01747 823774



				<p>Walks take place whatever the weather.</p> <p>For Mondays walks contact Penny 01747 823774</p>			
<b>Gillingham</b>	<b>North and Mid Dorset Health Walks</b>	Weekly, Tuesdays. 2:30pm	Gillingham Town Meadow, SP8 4AA	<p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Contact Debbie 01747 853006
<b>Shaftesbury</b>	<b>North and Mid Dorset Health Walks</b>	Weekly, Tuesdays, 7:15am for a 7:30am start	Barton Hill free Car park, SP7 8QA	<p>Sunrise walk - meet 7:15am for a 7:30am start (up to 90 minutes walking).</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Walks take place whatever the weather.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Andrew 07799542205

Shaftesbury	North and Mid Dorset Health Walks	Weekly, Wednesday s, 10:15am for a 10:30am start	Town Hall	<p>Starter walk - meet 10:15am for a 10.30am start (30 minutes walking)</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Andrew 07799542205
Shaftesbury	North and Mid Dorset Health Walks	Weekly, Wednesday, 10:15am for a 10:30am start	Tesco – under the brick gazebo	<p>Stroller walk - meet 10:15am for a 10.30am start (60 minutes walking).</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Andrew 07799542205
Shaftesbury	North and Mid Dorset Health Walks	Weekly, Wednesday, 10:15am for a 10:30am start	Barton Hill free car park, SP7 8QA	<p>Strider walk - meet at 10:15am for a 10.30am start (90 minutes walking).</p> <p>Key information to make your walk more enjoyable:</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear	Andrew 07799542205

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<b>Shaftesbury</b>	<b>North and Mid Dorset Health Walks</b>	Weekly, Thursday, 6:45pm for a 7pm start	Town Hall	<p>Evening walk - meet at 6:45pm for a 7pm start (60 minutes walking).</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p> <p>Rural walks of 90 minutes also take place throughout the year. These are within an approximate 10-mile radius of Shaftesbury. During British Summer Time they are usually on Tuesday, Wednesday or Thursday evenings, but in winter, they are on either Saturday or Sunday mornings.</p> <p>The day of each walk is chosen to take advantage of the best predicted weather conditions. To find out more about these contact Andrew on 07799542205</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Andrew 07799542205

<b>Sherborne</b>	<b>North and Mid Dorset Health Walks</b>	Weekly, Fridays, 2pm	Paddock Gardens, DT9 3DX	<p>Meet at 2pm (60 minutes walking)</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Contact Jenny 07974 590927
<b>Sturminster Newton</b>	<b>North and Mid Dorset Health Walks</b>	Weekly, Mondays, 2pm	The Medical Centre, DT10 1DU	<p>Meet at 2pm (60 minutes walking)</p> <p>Key information to make your walk more enjoyable:</p> <p>If you would like to take part, all you have to do is come along to the meeting point ten minutes before the start time so that one of our trained walk leaders can register you. Then you are free to take part in as many walks as you like, as often as you like.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	Contact Karine 01258 471968