

Sept 2023



Activities in Swanage & Purbeck

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Purbeck	Running coaching, Swanage	Weekly. Saturday 8-9am	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Running coaching with Ucan Fitness - outdoors and sometimes training at places such as Dancing Ledge, Swanage Bay. For people that can run 5km minimum (at any pace). Booking required	£5 per session	Wear warm layers and suitable footwear for running, waterproofs if needed, bring water	07946 834728 or pllawtonarcher@aol.com
Purbeck	Circuits (for all abilities), Swanage	Weekly. Monday 7-8pm (Summer only)	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Total body strength circuits for all ages and abilities. Sometimes in a hall, sometimes outdoors. Booking required for initial session	£5 per session	Wear suitable footwear for exercise, bring water	07946 834728 or pllawtonarcher@aol.com

Purbeck	Discover Arne Walk	Weekly. Wednesday 10am-12noon	Meet by the visitor hut in the car park, Arne Nature Reserve, Wareham, BH20 5BJ	2 hour 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
Purbeck	Conservation Work Party, Durlston	Weekly. Wednesday . 10am-1pm	Learning Centre, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	<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.</p> <p>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>	Free	Water Proofs (coats), Suitable walking footwear and old clothes which you don't mind getting mucky in!	01929 424443

Purbeck	Cuppa & Chat at The Shed	Weekly, Mondays 2pm - 4pm	The Shed, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	Enjoy a cuppa and make some new friends in the lovely woodland surroundings of Durlston Country Park. Just drop in and say hello!	Free	Open to all including those with disabilities or long-term health problems.	Visit www.durlston.co.uk/everyone-needs-a-shed for more information.
Purbeck	Practical Work Group at the Shed	Weekly, Tuesdays 2pm - 4pm	The Shed, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	Join a ranger and our team of Sheddies to take part in various practical tasks at the Shed– you could be painting, sanding, woodworking, gardening, or carrying out other DIY projects to support the park.	Free	Open to all including those with disabilities or long-term health problems.	Visit www.durlston.co.uk/everyone-needs-a-shed for more information.

Purbeck	Running for beginners, Swanage	Weekly. Thursday 6-7pm (starting on 11 January and running for 10 weeks)	St Marks Primary School Field, High Street, Swanage, BH19 2PH	Beginners running with Ucan Fitness. A 10 week progressive course for absolute beginners. Booking required	£40 for the full 10 weeks	Wear warm layers and suitable footwear for running, waterproofs if needed, bring water	07946 834728 or pllawtonarch er@aol.com
Purbeck	Nature Wellbeing Walks	Monthly, Thursday, 11am – 1pm	RSPB Arne, Arne Road, Wareham, BH20 5BJ Meet at the Welcome Area	Enjoy a gentle, sociable nature walk with regular stops. Some uneven ground, walks no longer than 1.5 miles. Get outdoors and meet others. We have a café, accessible toilets and accessible parking. We have two all-terrain mobility scooters that can be booked in advance. There is a shuttle bus from Wareham station and quay. 11am – 1pm. Meet at the Welcome Area	Free, booking essential	Waterproofs, suitable walking footwear, money for café, snack and drink. Dementia Friendly	Booking essential Contact Rachel.Marti n@rspb.org. uk or 0754815399 6
Purbeck	Parent and Baby Nature Walks	Weekly, Fridays, 10am – 11:30am	RSPB Arne, Arne Road, Wareham, BH20 5BJ Meet at the Welcome Area	Enjoy a gentle Autumn nature walk with regular stops, suitable for babies under 12 months in buggies or slings. Improve your nature knowledge. Use your senses in nature. Facilities include baby changing, toilets and cafe.	Free, booking essential	Waterproofs, suitable walking footwear, money for café, snack and drink, and a buggy or sling for your baby.	Booking essential Contact Rachel.Marti n@rspb.org. uk or 0754815399 6

Swanage	Swanage & Purbeck Health Walks	Weekly, Tuesdays, 10:30am	The Mowlem, Swanage Sea Front	<p>The morning walks are ideal as an introduction to our scheme and are perfect for the less able and those recovering from illness or injury. We often split into two groups to suit the varying abilities of those attending, but there is always a walk of about twenty minutes, on the flat, along the seafront.</p> <p>Key information to make your walk more enjoyable:</p> <p>It's free, it's friendly and it keeps you fit. All walks are run by trained and certificated walk leaders. All routes are risk assessed. Most of the walks are accessible by public transport. We aim to ensure that there is adequate parking at the starting points. We encourage car-sharing in normal circumstances. Well behaved dogs welcome but must be under control, on a fixed lead, at all times.</p> <p>For more info contact: Sue Vince Tel: 01929 426942</p>	Free	Please visit Swanage and Purbeck Health Walks - Dorset Council for more information.	Please contact the walk leader before attending your first session Sue Vince Tel: 01929 426942
Swanage	Swanage & Purbeck Health Walks	Weekly, Tuesdays, 2pm	Various meeting places around Swanage	<p>The afternoon walks cater for a range of abilities and often split, to allow optimum walking speeds and distances for individuals.</p> <p>The duration is usually sixty to ninety minutes, and we always meet at 2pm. It's free, it's friendly and it keeps you fit. All walks are run by trained and certificated walk leaders. All routes are risk assessed. Most of the walks are accessible by public transport. We aim to ensure that there is adequate parking at the starting points. We encourage car-sharing in</p>	Free	Please visit Swanage and Purbeck Health Walks - Dorset Council for more information about meeting places	Please contact the walk leader before attending your first session Name: John Kirwin Email: swanage.wfh@gmail.com

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