

Sept 2023



Activities in West Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Purbeck. West Dorset. Weymouth (for pick up)	Mid-week Wildlife Conservation Volunteering	Weekly. Wednesday 9am-4pm	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 hedge laying 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	Waterproofs, suitable walking footwear, snack and drink, mug for hot drinks. Bring work/gardening gloves if you have them. Soup is generally provided but volunteers are recommended to bring their own lunch and snacks as well.	07790 219463 or eucan.dmv@gmail.com
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

West Dorset	Welly Wednesdays, Kingcombe Centre	Monthly. Every second and fourth Wednesday . 10:30am - 12:30pm	The Kingcombe Centre, Lower Kingcombe, Toller Porcorum, Dorchester, Dorset, DT20EQ	A group meeting monthly for a walk on Kingcombe Meadows followed by an optional visit to The Kitchen at Kingcombe. The second walk of the month is a repeat of the first walk. Bring waterproofs, suitable footwear, money for the café and / or a snack / drink. You may also want to bring your camera.	Donation based	Waterproofs, suitable footwear, money for the café and a snack / drink are advised. You may also want to bring your camera.	Please book via Eventbrite - link available on DWT website Daisy Meadowcroft 01300 320684 kingcombe@dorsetwildlifetrust.org.uk
West Dorset	Nature Tots, Kingcombe Centre	Monthly. Every third Wednesday (unless advertised) 10am - 11:30am	The Kingcombe Centre, Lower Kingcombe, Toller Porcorum, Dorchester, Dorset, DT20EQ	A group for parents/guardians to bring children aged four and under to experience the wildlife of Kingcombe.	£3 per child	Waterproofs, suitable footwear, money for the café and a snack / drink are advised.	Please book via Eventbrite - link available on DWT website Daisy Meadowcroft 01300 320684 kingcombe@dorsetwildlifetrust.org.uk
Maiden Newton	Beaminster, Maiden Newton & Cattistock Health Walks	Weekly, Tuesdays, 11am	Pound Piece Surgery, Maiden Newton DT2 ODB or alternate weeks at	The Ammonite Health Partnerships Patient Participation Group runs health walks from the practices in Maiden Newton and Beaminster, to encourage everyone to take some regular exercise. Our walks are free and friendly with an opportunity to make new friends whilst getting active.	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for	For information contact: Barbara Evans Email: barbara_evans@hotmail.co.uk

			<p>Cattistock Tea Rooms in The Village Stores, DT2 0HY</p>	<p>Key information to make your walk more enjoyable:</p> <p>Wear suitable footwear for various terrains and weather conditions. Make our walk leaders aware of any relevant medical conditions. Walk lengths range from ten, thirty, sixty to ninety minutes and are adapted to those attending. The walk routes will be gentle and last up to an hour and a half. There will be a choice of differing routes each week depending on ability and weather conditions. Refreshments are often available at local venues depending on the week. Parking is available at both surgeries. Street parking is available in Cattistock.</p> <p>We are sorry but we do not allow dogs to attend the health walks.</p> <p>For information on the next meeting place please contact the walk leader, Jackie or Barbara.</p>		<p>refreshments or own refreshments optional</p>	<p>Tel: 07810 153012 Website: https://www.cattistockvillage.co.uk/</p>
Beaminster	<p>Beaminster, Maiden Newton & Cattistock Health Walks</p>	<p>Weekly, Wednesdays, 11:30am</p>	<p>Tunnel Road Surgery, Beaminster DT8 3AB (every first, second fourth and fifth Wednesday of each month) and Beaminster Museum, DT8 3NB (every third</p>	<p>The Ammonite Health Partnerships Patient Participation Group runs health walks from the practices in Maiden Newton and Beaminster, to encourage everyone to take some regular exercise.</p> <p>Our walks are free and friendly with an opportunity to make new friends whilst getting active.</p> <p>Key information to make your walk more enjoyable:</p>	Free	<p>Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own</p>	<p>For information contact Barbara Evans Email: barbara_evans@hotmail.co.uk Tel: 07810 153012</p>

			Wednesday of each month)	<p>Wear suitable footwear for various terrains and weather conditions. Make our walk leaders aware of any relevant medical conditions. Walk lengths range from ten, thirty, sixty to ninety minutes and are adapted to those attending. The walk routes will be gentle and last up to an hour and a half. There will be a choice of differing routes each week depending on ability and weather conditions. Refreshments are often available at local venues depending on the week. Parking is available at both surgeries. Street parking is available in Cattistock. For Beaminster Museum, use either The Square, Beaminster for up to two hours, or Yarn Barton DT8 3EF</p> <p>We are sorry but we do not allow dogs to attend the health walks.</p> <p>To confirm the next walk location please contact Barbara.</p>		refreshments optional	Website: https://www.cattistockvillage.co.uk/
Bridport	Bridport Health Walks (weekly)	Weekly, every Wednesday 9:45am (30 – 40 minute walks)	Bridport United Church, East Street, DT6 3LJ	<p>Walks are free!</p> <p>No need to book, just turn up. Risk assessed routes with trained walk leaders. The friendly walkers and leaders socialise nearby after the walks (free or reasonably priced refreshments available, bring your own mug on Thursday for outdoor refreshments). New walkers always welcome, please arrive 5 to 10 minutes early to complete a short form. Walkers should wear suitable footwear and clothing.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	<p>Name: Sarah Davies</p> <p>Email: Sarah.Davies@dorsetcouncil.gov.uk</p> <p>Tel: 01305 252263</p>

Bridport	Bridport Health Walks (monthly - Wednesdays)	Monthly, first Wednesday of the month, 9:45am (less than 30 minutes)	Bridport United Church, East Street, DT6 3LJ	<p>Walks are free!</p> <p>No need to book, just turn up. Risk assessed routes with trained walk leaders. The friendly walkers and leaders socialise nearby after the walks (free or reasonably priced refreshments available, bring your own mug on Thursday for outdoor refreshments). New walkers always welcome, please arrive 5 to 10 minutes early to complete a short form. Walkers should wear suitable footwear and clothing.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	<p>Name: Sarah Davies</p> <p>Email: Sarah.Davies@dorsetcouncil.gov.uk</p> <p>Tel: 01305 252263</p>
Bridport	Bridport Health Walks (monthly - Thursdays)	Monthly, first Thursday of the month, 10:30am (50-60 minute walk)	Bridport United Church, East Street, DT6 3LJ	<p>Walks are free!</p> <p>No need to book, just turn up. Risk assessed routes with trained walk leaders. The friendly walkers and leaders socialise nearby after the walks (free or reasonably priced refreshments available, bring your own mug on Thursday for outdoor refreshments). New walkers always welcome, please arrive 5 to 10 minutes early to complete a short form. Walkers should wear suitable footwear and clothing.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	<p>Name: Sarah Davies</p> <p>Email: Sarah.Davies@dorsetcouncil.gov.uk</p> <p>Tel: 01305 252263</p>
Bridport	Bridport Health Walks (monthly - Thursdays)	Monthly, third Thursday of the month, 10:30am (50-60 minute walk)	Bridport United Church, East Street, DT6 3LJ	<p>Walks are free!</p> <p>No need to book, just turn up. Risk assessed routes with trained walk leaders. The friendly walkers and leaders socialise nearby after the walks (free or reasonably priced refreshments available, bring your own mug on Thursday for outdoor refreshments). New walkers always welcome, please arrive 5 to 10 minutes early to</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for	<p>Name: Sarah Davies</p> <p>Email: Sarah.Davies@dorsetcouncil.gov.uk</p> <p>Tel: 01305 252263</p>

				complete a short form. Walkers should wear suitable footwear and clothing.		refreshments or own refreshments optional	
Dorchester	Dorchester Strollers Health Walks (Mondays)	Weekly, Mondays (including bank holidays) 10:30 am	Various meeting places in Dorchester	<p>Key information to make your walk more enjoyable:</p> <p>Registration is simple, we just ask for some contact details so we can make sure we regularly update you with our programme and newsletter. If coming for the first time, please arrive ten minutes before the start time so that we can take some contact details and welcome you. No need to book, just turn up on the day. Walk leaders always turn up, regardless of the weather. Only assistance dogs are allowed on our walks.</p> <p>Occasionally we organise special walks that start outside Dorchester and last up to 90 minutes. These are generally timetabled for weekends, early summer evenings or Thursday afternoons.</p> <p>Each Monday and Tuesday you can choose from a one hour fairly brisk walk or a shorter, slower walk of up to 45 minutes. If you aren't sure which walk to try, we recommend that you start with the shorter walk, especially if you are returning to walking following an illness or injury.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	<p>Name: Maureen Haywood Email: maureenhaywood@me.com Tel: 07771 623973</p>

				Please contact the walk leader to confirm the location of the next walk.			
Dorchester	Dorchester Strollers Health Walks (Tuesdays)	Weekly, Tuesdays, 2:15pm	Various meeting places in Dorchester	<p>Key information to make your walk more enjoyable:</p> <p>Registration is simple, we just ask for some contact details so we can make sure we regularly update you with our programme and newsletter. If coming for the first time, please arrive ten minutes before the start time so that we can take some contact details and welcome you. No need to book, just turn up on the day. Walk leaders always turn up, regardless of the weather. Only assistance dogs are allowed on our walks.</p> <p>Occasionally we organise special walks that start outside Dorchester and last up to 90 minutes. These are generally timetabled for weekends, early summer evenings or Thursday afternoons.</p> <p>Each Monday and Tuesday you can choose from a one hour fairly brisk walk or a shorter, slower walk of up to 45 minutes. If you aren't sure which walk to try, we recommend that you start with the shorter walk, especially if you are returning to walking following an illness or injury.</p> <p>Please contact the walk leader to confirm the location of the next walk.</p>	Free	Specifically targeted at people aged 50 + Waterproofs and suitable footwear recommended, money for refreshments or own refreshments optional	<p>Name: Maureen Haywood Email: maureenhaywood@me.com Tel: 07771 623973</p>