



Activities Across Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Bournemouth	Great Run Local, Bournemouth	Weekly. Sunday 9.30-10.30am	Littledown Centre, Chaseside, Bournemouth, BH7 7DX	Meet at the Cricket Pavilion at 9.20am for a 9.30am start. Great Run Local is a free, weekly, friendly running initiative organised by fantastic volunteers. Offering both 2km and 5km distances. Our aim is to increase and encourage sports participation for all abilities and ages, for absolute beginners, families, and more experienced regular runners.	Free	Suitable trainers, clothing for running/walking, water	01202 055780
Bournemouth	Park Yoga, Bournemouth	Weekly. Sunday 10am-11am May to September	Bournemouth Central Gardens, BH2 6EY	Park yoga is a free one-hour outdoor yoga session. It will be held every Sunday morning throughout the summer starting in May and running until late September. Everyone is invited and all abilities are welcome. During this one-hour session we will practise mindful breathing techniques in synchronisation with basic flow movement, with a combination of strengthening and flexibility. It starts with gentle opening and relaxation at the end. Provided by experienced teacher Kao (Joy) Mu-Jung	Free	Snack & drink. Yoga mat or towel	No need to book

Bournemouth	Nature Walk, Stour Valley	Weekly. Monday 10am-11.30	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	A gentle walk along the River Stour, focusing on the natural environment. Suitable for beginners and people wanting to improve their health or fitness. There are benches and places to stop along the way. Take it at your own pace. We walk for about an hour then return to Kingfisher Barn for coffee and conversation. Provided by the RSPB	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café), camera	01202 451548
Bournemouth	New Leaf at Stour Valley	Weekly. Monday 1pm-2.30pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Come down to the River Stour and experience the natural environment to get a quick boost to your health and wellbeing. This is an easy accessible session and is suitable for those who want to build confidence about getting out in nature. Join a guided stroll/roll or just sit in the wildlife garden and have a cup of tea and a chat with our friendly rangers and activity assistants.	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café), camera	01202 451548
Bournemouth	Buggyfit, Southbourne	Weekly Tuesday 9.30-10.30am (term time only)	Meet at Bistro On the Beach Café on the Prom - you can park along the clifftop on Southbourne Coast Road, BH6 4BE	Buggyfit is the perfect way to get back into shape after having a baby, while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6-week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702

Bournemouth	Healthy Heritage, Stour Valley	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Get involved in taking action to maintain and improve the Stour Valley Local Nature Reserve. A wide range of tasks are covered from hedge laying to making path improvements and clearing undergrowth. You will be supported by experienced volunteers from the Stour Valley Supporters group.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548
Bournemouth	Gardening to Give, Kingfisher Barn Muscliff	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Come along and help tend the beautiful wildlife garden at the Barn. Give half an hour or stay for all three. Whatever you can give. You will be supported by experienced volunteers from the Stour Valley Supporters group. Teas and coffees provided by the Rangers.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548
Bournemouth	Wessex Orienteering Club Running session, Bournemouth	Weekly. Tuesday 6- 7pm	Bournemouth University, Sports Centre, Wallisdown Campus	We are a regular running group of mixed ages and abilities. The youngest is early twenties and the oldest early seventies. We do a session of approximately an hour split into different ability groups followed by a sociable drink afterwards.	Free	Waterproofs, suitable walking footwear (preferably trainers), money for refreshments (optional drink during the session)	01202 484523
Bournemouth	Boscombe Health Walk	Weekly. Thursday 10am- 10.45am	JOY Café Churchill Gardens, Boscombe, BH1 4ES	Walking for Health trained volunteer led walk. Meet at 9.50 ready for a 10am start. Join us for a leisurely stroll down through Boscombe Chine Gardens to the seafront, and back again before stopping for a cup of tea and a chat for those who can stay!	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café)	01202 055780

Bournemouth	Buggyfit, Durley Chine	Weekly Thursday 11am-noon (term time only)	Meet by the Harvester on the Prom at Durley Chine (free parking along the road BH2 5JF)	Buggyfit is the perfect way to get back into shape after having a baby while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6-week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702
Bournemouth	West Howe Health Walk	Weekly. Friday 10am-10.30am	Wellbeing Café, Henry Brown Youth Centre, Cunningham Crescent, West Howe, Bournemouth, BH11 8DU	Meet at 9.50 for a 10am start. A gentle 30-minute walk from the Wellbeing Café to Turbary Park Common and back again. Led by a trained, experienced Walking for Health volunteer	Free	Waterproofs, suitable walking footwear, money for refreshments	07952 317894
Bournemouth Parks	Health Walk, Bournemouth	Weekly. Monday 10am	Kingfisher Barn, Granby Road, Muscliff, Bournemouth BH9 3NZ	We meet weekly on Mondays at 10am for a Ranger led gentle guided walk around our lovely Nature Reserve, stopping to look at wildlife and anything of interest, it's a great opportunity to enjoy being outside surrounded by Nature and fresh air.	Free	Waterproofs, suitable walking footwear, money for café, snack and drink, camera	01202 451548

Christchurch and East Dorset	Conservation Work Party	Weekly. Tuesdays 10am - 3.30pm from September to March	Held at a variety of Nature Reserves throughout Christchurch. Full details and meeting points will be provided.	Provided by Christchurch and East Dorset Countryside Team. The task for each session varies to suit what is needed on the Nature Reserve. Sometimes, this can be pulling up Pine Trees to help special Heathland Habitats, cutting down invasive species to help nature take its course, or sometimes tasks to help specific creatures such as the nationally scarce Sand Lizard. No previous experience is necessary, and each session is led by an experienced Countryside Officer who will provide instructions on the day. We provide all tools and gloves	Free	Waterproofs, wellies or walking boots, scruffy clothes. Bring a packed lunch and a drink. Refreshments are provided.	countryside@bcpcouncil.gov.uk
Christchurch and East Dorset	Alzheimer's Society, Step Outside - Allotment Gardening Group, Wimborne	Fortnightly. The 1st & 3rd Tuesday of the month Mar-Oct: 2pm Nov-Apr: 2.30pm	Kingston Lacy Allotments, Abbott Street, Pamphill, Wimborne, BH21 4EF. Meet at the allotment (Mar-Oct). From Nov-Apr at Pamphill Dairy Tea Rooms	During the growing season (Mar-Oct) we meet at the allotments and garden together or just enjoy being outside. As well as gardening, people can cut flowers and arrange in to bouquets to take home, as well as making lavender bags. Crops are harvested and people can take vegetables home to enjoy. We always have tea and biscuits! We can provide seating plus shade in the summer and a dry place to shelter if it is cold or raining. For people living with dementia and their carers/families.	Free	Waterproofs, suitable walking footwear, money for refreshments (in winter), gardening gloves	01202 764352
East Dorset	Volunteer Conservation Task	Weekly. Tuesdays. 10am - 3pm	Various Locations in East Dorset	Will involve conservation activities such as using hand tools to cut small pine trees and other invasive plants threatening the heathland habitats. Volunteers also help to create and tend to a fire for burning the waste during scrub season. Volunteers will ideally be able to bend and lift/carry item (within their limit), but the rangers are happy to discuss any special needs	Free	Waterproofs, suitable walking footwear, warm clothes, lunch (drinks and biscuits provided)	Greenspace Team East 01425 483809

				and may be able to organise activities to suit the individual with the activity as a whole.			
East Dorset	Volunteer Conservation Task, Avon Heath	Weekly. Thursday. 10am-4pm	Varied depending on task - to be notified prior to event	Will involve conservation activities (with Dorset County Council) such as using hand tools to cut small pine trees and other invasive plants threatening the heathland. Tasks will reflect the needs of the park depending on the season and may even be based round visitor facilities if required to support the running of the park such as creating planters. Volunteers also help to create and tend to a fire for burning the waste. Volunteers will ideally be able to bend and lift/carry item (within their limit), but the rangers are happy to discuss any special needs and may be able to organise activities to suit the individual with the activity as a whole.	Free	Waterproofs, suitable walking footwear, warm clothes, lunch (drinks and biscuits provided)	01425 478082
East Dorset	Urban Wildlife Volunteers, East Dorset	Weekly. Thursday 10am-4pm	Meeting varies, but a vehicle will leave from the Urban Wildlife Centre, Corfe Mullen, BH21 3RX	The Dorset Wildlife Trust group carries out conservation work in East Dorset and sometimes further afield	Free	Suggested waterproof coat, suitable walking footwear, snack and drink	07970 552673

North Dorset	Poles Ahead Nordic Walking, near Wincanton	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. 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	Poles Ahead Nordic Walking, Gillingham	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	Poles Ahead Nordic Walking, Gillingham	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.</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	Poles Ahead Nordic Walking, Shaftesbury	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 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	Poles Ahead Nordic Walking, Shaftesbury	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 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	Poles Ahead Nordic Walking, Shaftesbury	Weekly. Friday. 9.30-10am	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 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

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
Poole / Purbeck	Flourish Ecotherapy, Holton Lee	Weekly. Wednesday 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 disadvantaged due to circumstances.	01202 625562

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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	Walking for Health, Swanage	Weekly. Tuesday 2-3.30pm (no walks in August)	Venues vary - see website www.walkingforhealth.org.uk/walkfinder/swanage-walking-for-health	Swanage Walking for Health is part of Walking for Health, which is run in partnership with the Ramblers and Macmillan Cancer Support. We offer short walks, which are open to everyone but are particularly suitable for those who may find it hard to be active due to health conditions. Well behaved dogs welcome, but must be under control on a fixed lead at all times. www.walkingforhealth.org.uk/swanage	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000
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 a 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.	<p>Visit www.durlston.co.uk/everyone-needs-a-shed for more information.</p>

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 <u>www.durlston.co.uk/everyone-needs-a-shed</u> 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 pllawtonarcher@aol.com
Purbeck	Walking for Health, Swanage	Weekly. Tuesday 10.30-11am (no walks in August)	Meet outside the Mowlem Theatre, Shore Rd, Swanage BH19 1DD on the seafront.	Swanage Walking for Health is part of Walking for Health, which is run in partnership with the Ramblers and Macmillan Cancer Support. We offer short walks, which are open to everyone but are particularly suitable for those who may find it hard to be active due to health conditions. Well behaved dogs welcome, but must be under control on a fixed lead at all times. www.walkingforhealth.org.uk/swanage	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000

<p>Purbeck. West Dorset. Weymouth (for pick up)</p>	<p>Mid-week Wildlife Conservation Volunteering</p>	<p>Weekly. Wednesday 9am-4pm</p>	<p>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.</p>	<p>The EuCAN DMV activities range from hedge laying and dry-stone walling to scrub clearance and fencing. We operate on several 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.</p>	<p>Free</p>	<p>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.</p>	<p>07790 219463 or eucan.dmv@gmail.com</p>
<p>Purbeck</p>	<p>Nature Wellbeing Walks</p>	<p>Monthly, Thursday, 11am – 1pm</p>	<p>RSPB Arne, Arne Road, Wareham, BH20 5BJ Meet at the Welcome Area</p>	<p>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</p>	<p>Free, booking essential</p>	<p>Waterproofs, suitable walking footwear, money for café, snack and drink. Dementia Friendly</p>	<p>Booking essential Contact Rachel.Martin@rspb.org.uk or 07548153996</p>
<p>Purbeck</p>	<p>Parent and Baby Nature Walks</p>	<p>Weekly, Fridays, 10am – 11:30am</p>	<p>RSPB Arne, Arne Road, Wareham, BH20 5BJ Meet at the Welcome Area</p>	<p>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.</p>	<p>Free, booking essential</p>	<p>Waterproofs, suitable walking footwear, money for café, snack and drink, and a buggy or sling for your baby.</p>	<p>Booking essential Contact Rachel.Martin@rspb.org.uk or 07548153996</p>

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</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

				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.			Email: swanage.wfh@gmail.com Tel: 01929 481000
West Dorset	Walking for Health, Dorchester	Weekly. Monday 10.30am	Varies. See programme download sheet on www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#scheme edetails 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

West Dorset	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
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
West Dorset	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

West Dorset	Cerne Valley Community Landscape Project conservation work party	Weekly. Thursdays 9.30am-3.30pm from September to March inclusive	Meeting points to be confirmed each week. Minibus transport can be provided from Weymouth and Dorchester and lifts from other parts of Dorset can usually be arranged.	We are carrying out practical conservation management on several downland sites in the Cerne Valley. The work involves cutting small trees and bushes and stacking or burning the debris. Volunteers will be using handtools, bowsaws and loppers; some of the team will be certificated power tool users and will be using chainsaws and brushcutters.	Free	Waterproofs, suitable walking footwear, snack and drink, mug for hot drinks. We generally provide soup for lunch but volunteers are recommended to bring their own lunch and snacks as well.	Phone or email nigelspring@yahoo.co.uk 07981 776767
West Dorset	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
West Dorset	Furzecutters	Fortnightly. Tuesday 10:am - 2:00pm	Hardy's Birthplace Visitor Centre, Thorncombe Wood, Higher Bockhampton,	The Furzecutters is a friendly group of volunteers who meet fortnightly to help the Rangers conserve and maintain Thorncombe Wood Local Nature Reserve. The day starts at 10am and work continues until 3pm, weather permitting, but volunteers are able to stop whenever they wish. If staying	Free	Bring waterproofs, suitable outdoor footwear and a packed lunch or	claire.platten@dorsetcouncil.gov.uk

			Dorchester, DT2 8QH	for lunch then packed lunches are required but teas and coffees are always provided. Tasks may include: scrub clearance livestock checks path clearance site patrols wildlife surveys traditional woodland crafts (coppicing and hedge-laying) reserve maintenance (fencing, clearing drainage channels, repairing gates and signage) Please contact the Hardy's Birthplace Team for more information.		money for the café.	
Weymouth and Portland	Dorset Health Walks	Weekly, Thursday 10.30am	Meet at the Jubilee Clock and Prom café at the advertising drum	We walk along the Promenade towards Greenhill Gardens (where there is an incline into the gardens) or the Stone Pier and return to the beginning.	Free	Wear suitable footwear for various terrains and weather conditions, money for refreshments	01425 480811
Weymouth and Portland	Dorset Health Walks	Weekly, Friday 10.30am	Meet to the right of the entrance to the Swannery Carpark	We walk either through Radipole Gardens, around Radipole Lake Nature Reserve (which involves gravel pathways) or the inner Harbour	Free	Wear suitable footwear for various terrains and weather conditions, money for refreshments	01425 480811
Weymouth and Portland	Dorset Health Walks	Monthly longer walks - see website for details https://www	See website for locations https://www.dorsetcouncil.gov.uk/w/weymouth-health-walks	A monthly longer walk of up to 4 miles. The duration is approximately 80 to 90 minutes. The walk will include non-pavement paths and go through fields, so please wear appropriate footwear.	Free	Waterproof coat, walking footwear, money for refreshments	01425 480811

		w.dorsetcouncil.gov.uk/w/weymouth-health-walks					
Weymouth and Portland	Dorset Health Walks	Weekly, Monday 10.30am	Easton Gardens, Easton, Portland	The Monday morning walk typically takes 45 minutes, ending up at a local coffee shop (optional). The walk is dog friendly and open to all abilities - you won't get left behind. There is a bus stop near the start and finish of the walk.	Free	Waterproof coat, walking footwear, money for refreshments	davidmackay53@gmail.com