



Activities across Dorset

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Poole	<b>Saturday walks, Poole</b>	Weekly. Saturday 10am	Varies across Poole, see website: <a href="http://www.poole.gov.uk/leisure-and-culture/sports-clubs-fitness/healthy-walks/">www.poole.gov.uk/leisure-and-culture/sports-clubs-fitness/healthy-walks/</a>	All walks are led by experienced Walking for Health trained volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs, suitable walking footwear	Just turn up or phone 01202 261333
Poole	<b>Conservation volunteering, practical management tasks</b>	Fortnightly. Saturday 10am-3pm between October and February	Various sites in Poole's heathland, details communicated via facebook and email	Practical heathland vegetation management tasks such as gorse coppicing, pine-pulling, rhododendron removal and small broadleaf removal. Sometimes includes a bonfire. Tools, PPE and hot drinks provided. Enjoyable physical work with a social and wildlife focus. The volunteers are a friendly welcoming bunch. Tasks always led by a Heathland Warden.	Free	Waterproofs and suitable walking footwear, packed lunch and a drink. Long sleeves and trousers advised (due to tick risk). Wellies often advised.	01202 262507

<b>Weymouth</b>	<b>Park Yoga, Weymouth</b>	Weekly. Sunday 9.30- 10.30am May to 1 September 2019	Lodmoor Country Park, Weymouth, DT4 7SX	Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities. <a href="http://www.facebook.com/ParkYogaWeymouth">www.facebook.com/ParkYogaWeymouth</a>	Free	Bring a Yoga mat if you have one otherwise a Towel will suffice. Suitable clothing and water bottle	No need to book
<b>Poole</b>	<b>Park Yoga, Poole</b>	Weekly. Sunday 9.30- 10.30am May to 1 September 2019	Upton Country Park, Poole Road, Upton Poole, BH17 7BJ	Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities. <a href="http://www.facebook.com/Park-Yoga-Poole-203114600417166">www.facebook.com/Park-Yoga-Poole-203114600417166</a> Meet on the back lawn (behind Upton House).	Free	Please bring your own mat, a towel and a bottle of water.	No need to book
<b>Bournemouth</b>	<b>Park Yoga, Bournemouth</b>	Weekly. Sunday 10am-11am May to 1 September 2019	Bournemouth Central Gardens, BH2 6EY	Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities. <a href="http://www.facebook.com/Parkyoga.Bournemouth">www.facebook.com/Parkyoga.Bournemouth</a>	Free	Snack & drink. Yoga mat or towel	No need to book

<b>Bournemouth</b>	<b>Park Yoga, Stour Valley</b>	Weekly, Sunday 09:00 – 10:00 May to 1 September 2019	Kingfisher Barn Visitor Centre, Granby Road, Muscliffe Lane, Bournemouth, BH9 3NZ	Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities. <a href="http://www.facebook.com/Park-Yoga-Stour-Valley-401486813939220">www.facebook.com/Park-Yoga-Stour-Valley-401486813939220</a>	Free	Snack & drink. Yoga mat or towel	No need to book
<b>Ashley Heath</b>	<b>Park Yoga, Moors Valley</b>	Weekly, Sunday 09:00 – 10:00 May to 1 September 2019	Moors Valley Country Park, Horton Road, Ashley Heath, Nr Ringwood, BH24 2ET	Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities. <a href="http://www.facebook.com/parkyogamoorsvalley">www.facebook.com/parkyogamoorsvalley</a>	Free	Snack & drink. Yoga mat or towel	No need to book
<b>Swanage</b>	<b>Park Yoga, Swanage</b>	Weekly, Sunday 09:30 – 10:30 May to 1 September	Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities. <a href="http://www.facebook.com/parkyogaswanage">www.facebook.com/parkyogaswanage</a>	Free	Snack & drink. Yoga mat or towel	No need to book

<b>Yeovil</b>	<b>Park Yoga, Yeovil</b>	Weekly, Sunday 09:30 – 10:30	Yeovil Country Park, Brunswick Street, Yeovil, BA20 1QZ	<p>Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities.</p> <p><a href="http://www.facebook.com/parkyogayeovil">www.facebook.com/parkyogayeovil</a></p>	Free	Snack & drink. Yoga mat or towel	No need to book
<b>Penselwood</b>	<b>Poles Ahead Nordic Walking, near Wincanton</b>	Weekly. Monday 9-10am	Penselwood Church (near 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. 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. 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

<b>Poole</b>	<b>Oakdale Library Gardening Volunteers</b>	Weekly March-October Mondays 09.00 to 12.00 (Fortnightly Nov - Feb)	Oakdale Library, Wimborne Rd, Poole BH15 3EF Meet at rear of library where there is an entrance to the main garden for volunteers only.	We are looking for physically fit individuals to help our small existing volunteer team to maintain and enhance the gardens at Oakdale Library. A regular commitment would be ideal. We welcome individuals with some gardening knowledge particularly those who use an organic approach to gardening. Examples of tasks – Pruning established shrubs, Using on-site compost to enhance border fertility, Weeding borders, Mowing and edging lawn areas, Maintaining compost bins, Maintaining garden furniture.	Free	Book in advance by email. Tools provided and gloves provided if required. Tea coffee & biscuits provided. Parking available at library. Waterproofs and suitable footwear recommended.	<a href="mailto:Purpleray2708@yahoo.co.uk">Purpleray2708@yahoo.co.uk</a>
<b>Stalbridge</b>	<b>Nordic Walking, Stalbridge and Milborne Port</b>	Weekly. Monday 9.30-10.30am (term time only)	Stalbridge Hall, Car Park, DT10 2NS	Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.	£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15	Waterproofs, suitable walking footwear, snack and drink	07779 620843
<b>Bournemouth</b>	<b>Health Walk</b>	Weekly. Monday 10am-11.30	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 refreshments (café), snack and drink, camera	01202 451548

<p><b>Holton Lee</b></p>	<p><b>Flourish Ecotherapy, Holton Lee</b></p>	<p>Weekly. Monday 10am-3pm</p>	<p>Livability Holton Lee, Poole, BH16 6JN</p>	<p>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.</p>	<p>Free</p>	<p>Open to anyone over 18 with a disability, or mental health issues, or those feeling at a disadvantage due to circumstances.</p>	<p>01202 625562</p>
<p><b>Dorchester</b></p>	<p><b>Walking for Health, Dorchester</b></p>	<p>Weekly. Monday 10.30am</p>	<p>Varies. See programme: <a href="http://www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails">www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails</a> Copies can be obtained by calling 01305 263759 or 01300 341255</p>	<p>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</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, money for refreshments afterwards (optional), snack and drink</p>	<p>01305 263759</p>

<b>Poole</b>	<b>Hamworthy Common Healthy Walk</b>	Weekly. Monday 1.15-2pm	Rockley Park Viewpoint, Hamworthy Common, Poole, BH15 4RW	A 45 minutes' walk that commences at Rockley Park Viewpoint and encompasses Hamworthy Common before arching down to Lake Pier and then completing a circular loop. All walks are led by experienced trained Walking for Health volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs and suitable walking footwear	Just turn up or phone 01202 261333
<b>Gillingham</b>	<b>Poles Ahead Nordic Walking, Gillingham</b>	Weekly. Monday 2-3pm	Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE	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. 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. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194

<b>Bournemouth</b>	<b>Parks in Mind</b>	Weekly Monday 14.00-16.30	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	01202 451513 <a href="mailto:p.holloway@bournemouthparksfoundation.org.uk">p.holloway@bournemouthparksfoundation.org.uk</a>
<b>Across Dorset</b>	<b>Wildlife Walks with Bob Ford</b>	Weekly. Monday 2.30-4pm	Varies across Dorset. See website <a href="http://www.dorsetwalks.com/">www.dorsetwalks.com/</a>	All walks are for 90 minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed so please check the website for details.	Free	Waterproofs and suitable walking footwear	01305 750118 or 07980 967473
<b>Stalbridge</b>	<b>Nordic Walking, Stalbridge and Milborne Port</b>	Weekly. Tuesday 9.30-10.30am (term time only)	Stalbridge Hall, Car Park, DT10 2NS	Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.	£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15	Waterproofs, suitable walking footwear, snack and drink	07779 620843



<b>Bournemouth</b>	<b>Buggyfit, Southbourne</b>	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
<b>St Ives</b>	<b>Avon Heath Adventure Walks</b>	Weekly Tuesday 9.30 - 10.30 am	Avon Heath car park, Brocks Pine, St. Leonard's, St Ives, Ringwood BH24 2DH	Enjoy sociable Nordic walking in and around the Avon Heath. Begins with a selection of warm-up exercises before the walk and finishes with cool down stretches. The walks are led by an accredited instructor or leader and are a relaxing way to enjoy being active outdoors. Participants must hold a freedom passport to attend.	£6	Nordic Poles needed - can be provided. Participants must hold a freedom passport to attend. Booking required. Suitable walking footwear and waterproofs recommended.	via website: <a href="http://www.dorsetnordicwalking.co.uk">www.dorsetnordicwalking.co.uk</a>
<b>Poole</b>	<b>Gardening Volunteers, Upton Country Park</b>	Weekly. Tuesday 10am-3pm	Upton Country Park, Poole Road, Upton Poole, BH17 7BJ - Meet at the Cottage, in our Tearooms Courtyard.	Our gardening volunteer group meets every Tuesday and Wednesday, to help maintain the Grounds at Upton Country Park. Tasks might include weeding, coppicing, cutting back shrubs, conservation and maintenance tasks. Under 18s will require parental/guardian permission.	Free	Suggested waterproofs (coats), suitable footwear, lunch.	01202 262753 or <a href="mailto:info@uptoncountrypark.com">info@uptoncountrypark.com</a>

<b>Bournemouth</b>	<b>Healthy Heritage, Stour Valley</b>	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
<b>Bournemouth</b>	<b>Gardening to Give, Kingfisher Barn Muscliff</b>	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
<b>West Dorset</b>	<b>West Dorset Reserves Volunteer Work Party</b>	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
<b>Poole</b>	<b>Castleman Trailway, Broadstone</b>	Weekly. Tuesday 10.30-11.30am	Junction Leisure Centre Car Park, Station Approach, Broadstone, BH18 8AX	A 1 hour walk along the Broadstone Trailway and into Delph Woods. This is a circular walk that is suitable for beginners. All walks are led by experienced trained Walking for Health volunteer walk leaders and offer a great social opportunity to keep fit and have fun. All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs and suitable footwear	Just turn up or phone 01202 261333

<b>Swanage</b>	<b>Walking for Health, Swanage</b>	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. <a href="http://www.walkingforhealth.org.uk/swanage">www.walkingforhealth.org.uk/swanage</a>	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000
<b>Wimborne</b>	<b>Alzheimer's Society, Step Outside - Allotment Gardening Group, Wimborne</b>	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 into 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

<b>Bournemouth</b>	<b>Parks in Mind</b>	Weekly Tuesday 14.00-16.30	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	01202 451513 <a href="mailto:p.holloway@bournemouthparksfoundation.org.uk">p.holloway@bournemouthparksfoundation.org.uk</a>
<b>Dorchester</b>	<b>Walking for Health, Dorchester</b>	Weekly. Tuesday 2.15pm	Varies. See: <a href="http://www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails">www.walkingforhealth.org.uk/walkfinder/dorchester-strollers#schemedetails</a>	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
<b>Swanage</b>	<b>Walking for Health, Swanage</b>	Weekly. Tuesday 2-3.30pm (no walks in August)	Venues vary - see website <a href="http://www.walkingforhealth.org.uk/walkfinder/swanage-walking-for-health">www.walkingforhealth.org.uk/walkfinder/swanage-walking-for-health</a>	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. <a href="http://www.walkingforhealth.org.uk/swanage">www.walkingforhealth.org.uk/swanage</a>	Free	Waterproofs, suitable walking footwear, money for refreshments, snack and drink, camera	01929 481000

<b>Bournemouth</b>	<b>Wessex Orienteering Club Running session, Bournemouth</b>	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 spilt 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
<b>Purbeck. West Dorset. Weymouth (for pick up)</b>	<b>Mid-week Wildlife Conservation Volunteering</b>	Weekly. Wednesday 10am- 3.30pm	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 hedgelaying 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	Volunteers should bring food & drink, sturdy footwear, waterproofs and hat. Long sleeves and trousers recommended. Bring work/gardening gloves if you have them.	07790 219463 or <a href="mailto:eucan.dmv@gmail.com">eucan.dmv@gmail.com</a>

<p><b>Gillingham</b></p>	<p><b>Poles Ahead Nordic Walking, Gillingham</b></p>	<p>Weekly. Wednesday 9.30-10am</p>	<p>Thorngrove Garden Centre, Common Mead Lane, Gillingham, SP8 4RE</p>	<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. 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. Runs all year round, not restricted to school term times. Booking essential</p>	<p>£49 for 6 sessions</p>	<p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p>	<p>07745 413194</p>
<p><b>Poole</b></p>	<p><b>Gentle Nordic Walk - Upton Country Park</b></p>	<p>Weekly Wednesday 9.30-10.30am</p>	<p>Meet next to the pay machine and toilets in main car park of Upton Country Park, Poole Road, Upton Poole, BH17 7BJ</p>	<p>A gentle midweek Nordic stroll around Upton Country Park using Nordic walking poles. Walk includes warm up and stretch exercises. A freedom passport is required to participate.</p>	<p>£6</p>	<p>Nordic Poles: can be provided. Booking required. Suitable walking footwear and waterproofs recommended.</p>	<p>via website: <a href="http://www.dorsetnordicwalking.co.uk">www.dorsetnordicwalking.co.uk</a></p>

<b>Arne</b>	<b>Discover Arne Walk</b>	Weekly. Wednesday 10am-12noon	Meet by the visitor hut in the car park, Arne Nature Reserve, Wareham, BH20 5BJ	2 hours 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
<b>Swanage</b>	<b>Conservation Work Party, Durlston</b>	Weekly. Wednesday. 10am-1pm	Learning Centre, Durlston Country Park, Lighthouse Rd, Swanage, BH19 2JL	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. Free parking is available while volunteering at Durlston. To find out more about Durlston, volunteering or how to get here, please visit <a href="http://www.durlston.co.uk">www.durlston.co.uk</a> If you would like to give it a go, or would like to find out more, please give the Rangers a ring.	Free	Water Proofs (coats), Suitable walking footwear and old clothes which you don't mind getting mucky in!	01929 424443

<b>Bournemouth</b>	<b>Parks in Mind</b>	Weekly Wednesday 10.00-14.00	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	01202 451513 <a href="mailto:p.holloway@bournemouthparksfoundation.org.uk">p.holloway@bournemouthparksfoundation.org.uk</a>
<b>Weymouth</b>	<b>Conservation Work Party, Lorton Meadows Weymouth</b>	Fortnightly. Wednesday 10am-3pm	Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH	A range of conservation tasks to suit all abilities, with Dorset Wildlife Trust. You can attend for a few hours or all day.	Free	Waterproof coat, walking footwear, snack/drink/lunch if staying all day. Tea & coffee, gloves and tools provided	01305 816546



<b>Holton Lee</b>	<b>Flourish Ecotherapy, Holton Lee</b>	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
<b>Dorchester</b>	<b>General Gardening, Dorchester</b>	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

<b>Poole</b>	<b>Bourne Valley Nature Reserve Walks</b>	Weekly. Wednesday 10.30am	Rossmore Library, Herbert Avenue, Poole, BH12 4HS	A circular walk that commences at Rossmore Library before heading towards Bourne Valley Nature Reserve and completing the loop. All walks are led by experienced Walking for Health trained volunteer walk leaders and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs, suitable walking footwear	Just turn up or phone 01202 261333
<b>Dorchester</b>	<b>Explore Thorncombe Wood Nordic Walk</b>	Weekly Wednesday 13.00-14.30	Meet at Thorncombe Woods Visitor Centre, Higher Bockhampton, nr Dorchester, DT2 8QJ	Delightful and scenic Nordic walk through Thorncombe Woods. Sociable Nordic walking with warm-up exercises and cool down stretches, led by an accredited leader. A relaxing way to enjoy being active outdoors. Participants must hold a freedom passport to attend.	£6	Nordic Poles: can be provided. Booking required. Suitable walking footwear and waterproofs recommended.	via website: <a href="http://www.dorsetnordicwalkin.co.uk">www.dorsetnordicwalkin.co.uk</a>

<p><b>Swanage</b></p>	<p><b>Yoga on the Pier</b></p>	<p>Weekly, Wednesday 08:00 – 09:00</p>	<p>Swanage Pier, Pier Approach, Swanage, BH19 2AW</p>	<p>Join local senior yoga teacher, Helen McCabe, for these weekly Wednesday morning yoga sessions on the beautiful location of Swanage pier this summer. These hour-long sessions will be gentle guided flow classes suitable for all levels and will include an introduction to simple breathing techniques, some standing and seated postures and a guided relaxation. Anyone can benefit from the simple tools of yoga, which can be a wonderful practice for general wellbeing. Regular practice can develop strength, stability, flexibility and, ultimately, a calm mind. All levels and abilities welcome. Not suitable for children. These classes will take place outdoors, on the pier itself, with the beautiful views of Swanage Bay as our backdrop. The nature of the location, however, does mean that the floor surface is not as even as an indoor floor, which you need to be mindful of. We are also exposed to the elements and hopefully will be blessed with warm sunny mornings, but do please come prepared with layers for extra warmth and hat / sunscreen, as appropriate for the weather. Yoga is traditionally practiced barefoot so a mat is essential. If you prefer to wear suitable outdoor fitness shoes that is also OK. If the weather is too wet, wild and woolly the class will be cancelled, and we will let you know / post this on the Swanage Pier website/Facebook page.</p>	<p>£6.50 per session or £30.00 for all six</p>	<p>Please dress in clothes that are comfortable to move about in. Please bring a yoga mat or let us know in advance if you need to borrow one. You may also like to bring a cushion to sit on and a blanket or shawl for the relaxation at the end.</p>	
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<p><b>St Ives</b></p>	<p><b>Volunteer Conservation Task, Avon Heath</b></p>	<p>Weekly. Thursday. 10am-4pm</p>	<p>Varied depending on task - to be notified prior to event Avon Heath car park, Brocks Pine, St. Leonard's, St Ives, Ringwood BH24 2DH</p>	<p>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.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, warm clothes, lunch (drinks and biscuits provided)</p>	<p>01425 478082</p>
<p><b>Shaftsbury</b></p>	<p><b>Poles Ahead Nordic Walking, Shaftsbury</b></p>	<p>Weekly. Thursday. 9.30-10.30am</p>	<p>Shaftsbury starting from the Upper School, Salisbury Rd, Shaftsbury, SP7 8ER</p>	<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.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. Runs all year round, not restricted to school term times. Booking essential.</p>	<p>£49 for 6 sessions</p>	<p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p>	<p>07745 413194</p>

<p><b>Cerne Valley</b></p>	<p><b>Cerne Valley Community Landscape Project conservation work party</b></p>	<p>Weekly. Thursdays 10.00am- 3.30pm from September to March inclusive</p>	<p>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.</p>	<p>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.</p>	<p>Free</p>	<p>Volunteers should bring food &amp; drink, sturdy footwear, waterproofs and hat. Long sleeves and trousers recommended. Bring work/gardening gloves if you have them.</p>	<p>Phone or email <a href="mailto:nigelspring@yahoo.co.uk">nigelspring@yahoo.co.uk</a> 07981 776767</p>
<p><b>Poole</b></p>	<p><b>Conservation volunteering, practical management tasks</b></p>	<p>Fortnightly. Thursday 10am-3pm between October and February</p>	<p>Various sites in Poole's heathland, details communicated via facebook and email</p>	<p>Practical heathland vegetation management tasks such as gorse coppicing, pine-pulling, rhododendron removal and small broadleaf removal. Sometimes includes a bonfire. Tools, PPE and hot drinks provided. Enjoyable physical work with a social and wildlife focus. The volunteers are a friendly welcoming bunch. Tasks always led by a Heathland Warden.</p>	<p>Free</p>	<p>Waterproofs and suitable walking footwear, packed lunch and a drink. Long sleeves and trousers advised (due to tick risk). Wellies often advised.</p>	<p>01202 262507</p>

<p><b>Ferndown</b></p>	<p><b>Ferndown Adventure Nordic walk</b></p>	<p>Weekly Thursday 10.45 - 11.45 am</p>	<p>Ferndown King Georges Recreation Ground. Meet at Ferndown Leisure Centre car park next to skate park (free parking), Cherry Grove, Ferndown BH22 9EZ</p>	<p>A moderately paced Nordic walk around recreation ground and then on to the nearby heathland led by accredited leader/instructor. You must have a freedom passport to participate.</p>	<p>£6</p>	<p>Nordic Poles: can be provided. Participants must hold a freedom passport to attend. Booking required. Suitable walking footwear and waterproofs recommended.</p>	<p>via website: <a href="http://www.dorsetnordicwalkin.g.co.uk">www.dorsetnordicwalkin.g.co.uk</a></p>
<p><b>Shaftesbury</b></p>	<p><b>Poles Ahead Nordic Walking, Shaftesbury</b></p>	<p>Weekly. Thursday. 11am-noon</p>	<p>Shaftesbury starting from the Upper School, Salisbury Rd, Shaftesbury, SP7 8ER</p>	<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. 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. Runs all year round, not restricted to school term times. Booking essential</p>	<p>£49 for 6 sessions</p>	<p>Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number</p>	<p>07745 413194</p>

<b>East Dorset</b>	<b>Urban Wildlife Volunteers, East Dorset</b>	Weekly (Oct-Mar). Monthly (Apr-Sept) 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
<b>Dorchester</b>	<b>General Gardening, Hardy's Cottage</b>	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
<b>Poole</b>	<b>Poole Park Health Walks</b>	Weekly. Thursday 10.30am	Ark Café, Poole Park, Parkstone Road, Poole, BH15 2SF	A circular walk around Poole Park Lake taking in the scenery. All walks are led by experienced, trained Walking for Health volunteer walk leaders, and offer a great social opportunity to keep fit and have fun! All walks are free and are suitable for people of all ages and abilities. They will go ahead in all weather conditions.	Free	Waterproofs and suitable footwear	Just turn up or phone 01202 261333
<b>Bournemouth</b>	<b>Buggyfit, Durley Chine</b>	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

<b>Pamhill</b>	<b>Pamhill Wellbeing Nordic walks</b>	Weekly Thursday 11 am to 12 noon.	Meet in overflow carpark around back of Pamphill Dairy (BH21 4ED)	A gentle way to get fitter. These Nordic walks include exercises that help with flexibility, balance and strength whilst using poles to improve general fitness and increase joint mobility. Suitable for those who want to build up to the longer or more vigorous walks or who may have concerns about their health. Poles and equipment provided.	£6	Suitable walking footwear and waterproofs recommended. Booking required.	via website: <a href="http://www.dorsetnordicwalkin.g.co.uk">www.dorsetnordicwalkin.g.co.uk</a>
<b>Bournemouth</b>	<b>Therapeutic Horticulture Volunteer Friend taster session</b>	"Weekly. Thursday 11am-12.30pm "	Cherry Tree Nursery, Off New Road Roundabout, Northbourne, Bournemouth BH10 7DA	Want to find out what it's like to work in a therapeutic horticulture environment? Looking to make a difference in mental health? Join Cherry Tree Nursery for a Volunteer Friend taster session. Be prepared to work outside with plants and people! Tasks include weeding, potting and moving plants, either individually or as a team. The session would involve gentle and natural exercise at your own pace therefore giving a great opportunity to experience the benefits of therapeutic horticulture first hand.	Free	Waterproofs and suitable footwear	01202 593537
<b>Stalbridge</b>	<b>Nordic Walking, Stalbridge and Milborne Port</b>	Weekly. Friday 9.30-10.30am (term time only)	Village Hall Car Park, Springfield Road, DT9 5RE	Nordic Walking is a fun and sociable way to get fit, that is accessible for all. It offers full body workout, using 90% of the body's skeletal muscles and burning 46% more calories than ordinary walking. Nordic Walking uses special designed poles which help to improve posture, strengthen back and abdominal muscles and reduce the impact on the joints. We walk for 1 hour, covering approximately 3 miles. Poles can be provided. Booking Essential. Classes held in Stalbridge and Milborne Port, please phone for further details. Booking essential.	£5.00 if 6 weeks paid in advance or £7.50 pay as you go. One to One from £15	Waterproofs, suitable walking footwear, snack and drink	07779 620843



<b>Shaftsbury</b>	<b>Poles Ahead Nordic Walking, Shaftsbury</b>	Weekly. Friday. 9.30-10:30 am	Shaftsbury starting from the Upper School, Salisbury Rd, Shaftsbury, SP7 8ER	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. IT IS FUN! Nordic walking allows participant the chance to chat and socialize, 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. Runs all year round, not restricted to school term times. Booking essential	£49 for 6 sessions	Waterproofs, suitable walking footwear, drink, non-restrictive clothing (no jeans), sun cream, hat and emergency contact number	07745 413194
<b>St Ives</b>	<b>Avon Heath Adventure Walks</b>	Weekly Friday 9.30-10.30	Meet outside the café. Avon Heath Country Park, Brocks Pine, St. Leonard's, St Ives, Ringwood BH24 2DH	Enjoy sociable Nordic walking in and around the Avon Heath. Begins with a selection of warm-up exercises before the walk and finishes with cool down stretches. The walks are led by an accredited instructor or leader and are a relaxing way to enjoy being active outdoors. Participants must hold a freedom passport to attend.	£6	Nordic Poles: can be provided. Booking required. Suitable walking footwear and waterproofs recommended.	Via website: <a href="http://www.dorsetnordicwalking.co.uk">www.dorsetnordicwalking.co.uk</a>
<b>Across Dorset</b>	<b>Wildlife Walks with Bob Ford</b>	Weekly. Fridays 10-11.30	Varies across Dorset. See website <a href="http://www.dorsetwalks.com/">www.dorsetwalks.com/</a>	All walks are for 90minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed – so please check the website for details.	Free	Waterproofs and suitable walking footwear	01305 750118 or 07980 967473

<p><b>Toller Porcorum</b></p>	<p><b>Gardening for Goodness, Kingcombe Centre</b></p>	<p>Weekly. Friday 10am-1pm</p>	<p>The Kingcombe Centre, Lower Kingcombe, Toller Porcorum, Dorchester, DT2 0EQ</p>	<p>Dorset Wildlife Trust's Kingcombe Centre is set in a wonderful peaceful location, in the heart of the amazing nature reserve and wildflower meadows. These sociable gardening mornings are an opportunity to get outdoors and meet like-minded people, build your confidence, make new friends and improve your gardening skills working in the centre's vegetable garden, poly tunnel and wildlife garden. It doesn't matter if you're not an experienced gardener. Although gardening knowledge is welcomed, the main thing is that you enjoy being outside and are happy to join in. There will be a variety of gardening tasks to take part in for all abilities. Tea, coffee and biscuits included.</p>	<p>Free</p>	<p>Waterproofs, Suitable footwear, wellies, money for refreshments (café), or snack &amp; drink</p>	<p>01300 320684</p>
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<b>Holton Lee</b>	<b>Flourish Ecotherapy, Holton Lee</b>	Weekly. Friday 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
<b>Weymouth</b>	<b>General Gardening, Portland House</b>	Weekly. Friday 10am-3.30pm	Portland House, 24 Belle Vue Road, Weymouth, DT4 8RZ	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

<b>Swanage</b>	<b>Greengage Horticultural Therapy</b>	Weekly. Friday 10.30am- 3.30pm	Prospect Crescent, Swanage, BH19	The Greengage Project has been set up to become a wellbeing 'hub'. It is designed to offer a new lease of life to people in local communities through ecotherapy and therapeutic horticulture. A range of horticultural and site maintenance tasks such as seeding, digging beds, planting out, weeding and watering. There is a choice between 'heavy' tasks such as digging or lighter work in the greenhouse. Please get in touch to arrange coming along.	Free	Waterproofs and suitable footwear	<a href="mailto:kwilkinson@dorsetwildlifetrust.org.uk">kwilkinson@dorsetwildlifetrust.org.uk</a>
<b>Poole</b>	<b>Upton Country Park</b>	Weekly. Friday. 12noon	Upton Country Park, Bus shelter, Poole Road, Upton Poole, BH17 7BJ	A 2/3km lunchtime walk around the park, taking in some of the fantastic scenery overlooking Poole Town and Holes Bay.	Free	Waterproofs, suitable walking footwear.	Just turn up, or phone 01202 261333.
<b>Poole</b>	<b>Sandbanks Wellbeing Walk</b>	Weekly, Friday 15.30 – 16.30	Meet outside Jazz café, 28 Shore Rd, Poole BH13 7PJ	A gentle way to get fitter. These Nordic walks include exercises that help with flexibility, balance and strength whilst using poles to improve general fitness and increase joint mobility. Suitable for those who want to build up to the longer or more vigorous walks or who may have concerns about their health. Poles and equipment provided.	£6	Booking required. Suitable walking footwear and waterproofs recommended.	Via website: <a href="http://www.dorsetnordicwalkin.co.uk">www.dorsetnordicwalkin.co.uk</a>