



# OUTDOOR PHYSICAL ACTIVITY GUIDE *2018*



Get active in your local countryside across Christchurch and East Dorset



Walking, Cycling, Running, Orienteering, Nordic Walking, Yoga and many more

# WELCOME

This 2018 guide details lots of opportunities for you and your family to get active in the great outdoors across Christchurch and East Dorset.

The Activate Coast and Countryside programme aims to encourage people to get more active through a wide range of coast and countryside based activities. When it comes to exercise, you can't beat getting out and about in the fresh air!

All activities are welcoming and inclusive to people of all ages, fitness levels and abilities.

From Nordic Walking to cycling, running to outdoor fitness, there is something for everyone, so come and get involved. Keeping active helps you achieve a healthy lifestyle and we can help you have fun along the way!

## Health and Activity Team

**Christchurch & East Dorset Councils.**



Christchurch and East Dorset Councils  
delivering services together

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## KEY TO SYMBOLS



Dress to be outdoors in all weather conditions. Wear suitable footwear and bring waterproof clothing.



Old and comfortable clothing should be worn. There is a possibility that clothes will get dirty on this event.



Booking is essential. Unless alternative contact details are provided, booking for all activities can be made in person at Moors Valley Country Park & Forest, by telephone

☎ **01425 480811** or online

📍 [moors-valley.co.uk/onlinebooking](https://moors-valley.co.uk/onlinebooking).



Helping you and your children get active together in the great outdoors.



Please bring a snack and a small bottle of water for the duration of the event, ideally in a rucksack.

# MOVE MORE, FEEL THE DIFFERENCE

To be fit and healthy you need to be physically active.

Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis.

Just sitting can have negative effects on your health. Aim to get up and move at least every 30 mins; do a few stretches, make a cuppa or have a walk and talk meeting.

## HOW MUCH IS ENOUGH?

To keep healthy experts recommend:

Children should aim for  
**60 MINUTES+**

of **moderate** intensity of aerobic activity each day.

This can be achieved by walking to school, playing in the playground or riding a scooter.

Adults should aim for at least

**150 MINUTES**

of **moderate** intensity activity, in bouts of 10 minutes or more, each week. This can also be achieved by 75 minutes of vigorous activity across the week or a mixture of moderate and vigorous.

## WHAT DOES MODERATE ACTIVITY MEAN?

Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're exercising at a moderate level is if you can still talk but can't sing the words to a song.

All adults should undertake muscle strengthening activities at least twice a week such as:



Exercising with weights



Yoga



Carrying heavy shopping

## WHAT WOULD INSPIRE YOU TO MOVE MORE?

Remember 99% of us will never be an Olympian and it is important to start small and build up. Everyone is different, it's all about finding something you can enjoy to suit you, your location, interest and needs.

## TOP TIPS TO HELP YOU MAKE THE FIRST STEPS...

- Write a list of your favourite things. These could include: fresh air, learning something new, a nice cup of tea, meeting new friends, spending time together as a family and helping your community or environment. These can all be linked to ways of getting more active.
- What is most important to you?
- The Health & Activity team are available to give help and advice to get you started; **01202 795682** [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk)
- Why not try some of our taster sessions?



Can you limit your time sitting and sleeping to just 23½ hours a day?

# WALKING

Walking is a great way to lose weight and become healthier.

It's underrated as a form of exercise, but walking is ideal for people of all ages and fitness levels who want to be more active.

It is one of the best and easiest things you can do for your health.

Regular walking has been shown to reduce the risk of chronic illnesses, such as heart disease, type 2 diabetes and stroke to mention just a few!



## WANDER

These 4-week blocks of gentle walks encompass short wanders around the forest and lakes to enjoy the fresh air and beautiful countryside. The sessions include seated exercises and balance and strength conditioning. They are led by an exercise referral specialist and are ideal for building your confidence.

### Date:

**Block 1:** Mon 16 Apr - Mon 14 May

**Block 2:** Mon 21 May - Mon 18 Jun

**Block 3:** Mon 25 Jun - Mon 16 Jul

**Block 4:** Mon 23 Jul - Mon 13 Aug

**Block 5:** Mon 20 Aug - Mon 17 Sept

**Block 6:** Mon 24 Sept - Mon 15 Oct

**Block 7:** Mon 29 Oct - Mon 19 Nov

**Block 8:** Mon 26 Nov - Mon 17 Dec

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 9.45 - 10.30am

**Price:** £18 per block

**Age:** Adults

**Notes:** Excludes bank holidays



## AMBLE

These 4-week blocks of gentle walking, with an exercise referral specialist, are the next step up from Wander. The exercise classes encompass a slightly longer 'amble' around the park and forest to enjoy the scenery. The sessions include seated exercises and balance and strength conditioning, so are an ideal class to continue building your fitness and strength.

### Date:

**Block 1:** Mon 16 Apr - Mon 14 May

**Block 2:** Mon 21 May - Mon 18 Jun

**Block 3:** Mon 25 Jun - Mon 16 Jul

**Block 4:** Mon 23 Jul - Mon 13 Aug

**Block 5:** Mon 20 Aug - Mon 17 Sept

**Block 6:** Mon 24 Sept - Mon 15 Oct

**Block 7:** Mon 29 Oct - Mon 19 Nov

**Block 8:** Mon 26 Nov - Mon 17 Dec

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 10.45 - 11.30am

**Price:** £18 per block

**Age:** Adults

**Notes:** Excludes bank holidays



# HEALTH WALKS


Led by volunteer health walk leaders, these walks are ideal for beginners and offer a great opportunity to get out in the fresh air and meet new people. The walks are free of charge and you can just turn up on the day and enjoy.

## Mondays


**Moors Valley Country Park & Forest, BH24 2ET\***

10 - 11am  10 - 10.30am 

**The Hub, Verwood, BH31 7QE (Buggy Walk)**


10 - 11am 

**Allendale Centre, Wimborne, BH21 1AS**


10.30 - 11.15am 

## Tuesdays


**The Hub, Verwood, BH31 7QE**

10 - 11am 


**Allendale Centre, Wimborne, BH21 1AS**

10.30 - 11.15am 

**The Pure Drop, Ferndown, BH22 9NA**

10 - 11am 

**Saxon Square, Christchurch, BH23 1QA**


10.30 - 11.30am 

**BH Live Active, Corfe Mullen, BH21 3LE**


10.15 - 11.15am 

## Wednesdays

**Golf Club, Sturminster Marshall, BH21 4BD**

10 - 11am 

**West Parley Sports & Social Club, BH22 8SQ**

10 - 11am 

**Moors Valley Country Park & Forest, BH24 2ET\***

10 - 11am  10 - 10.30am 

**QE Leisure Centre, Wimborne, BH21 4DT\*\***

10.30am - 12pm 

**Sandpiper Pub, Mudeford, BH23 4DN**

10.45 - 11.45am 


## Thursdays

**The Penn Court Café, West Moors, BH22 0JD**

10 - 11am  10 - 10.30am 

## Fridays

**The Hub, Verwood, BH31 7QE**

10 - 11am 

**Highcliffe Castle, Christchurch, BH23 4LE**

10.15 - 11.15am 

# WALK LEVELS



## Level One

Suitable for people who are looking to be more active or are returning from injury or illness. This is up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.



## Level Two

Suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes, steps and uneven surfaces.



## Level Three

Suitable for people looking for more challenging walks. They are generally 45-90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.



## VOLUNTEER

If you would like to become a health walk leader contact us on:  **01202 795682.**

\* Please note that you are entitled to free parking at Moors Valley Country Park & Forest for your first 3 consecutive weeks. Monday walks exclude bank holidays.  
\*\* Once a month this walk runs from varying locations, call 01425 480811 or visit the website [www.moors-valley.co.uk/events](http://www.moors-valley.co.uk/events) for details.

## SUMMER EVENING HEALTH WALKS

Enjoy the summer evenings at Moors Valley Country Park & Forest with these volunteer led health walks. They are free of charge, no booking required, just turn up 15 minutes before the start time and have fun!

**Date:** Mon 23 Jul - Mon 20 Aug

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 6.30 - 7.30pm

**Price:** Free

**Notes:** The walks are suitable for buggies



## FITNESS WALKING

A progression from normal walking, these sessions are for those who enjoy walking but want more than just a gentle aerobic workout. The sessions will include walking at increased speed, relays, lower and upper body exercises with minimal impact on the joints. No special clothing is needed other than light walking apparel. You can book on to as many sessions as you want.

**Date:** Wed 18 Apr - Wed 11 Jul

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 9.30 - 10.30am

**Price:** £4.75 per person

**Notes:** Excludes school holidays



## AMBLE WITH EXERCISES

Enjoy a health walk around Christchurch Marsh with light exercises along the way with a qualified instructor.

**Date:** Every Thursday

**Location:** Two Riversmeet Leisure Centre, Christchurch, BH23 1HW

**Time:** 9.45 - 10.45am

**Price:** £2.95 per person

**Notes:** No need to book, just turn up on the day. Cost of session includes tea or coffee.



## MINDFULNESS WALKING COURSE

Mindfulness is about paying attention in the present moment with a sense of non-judgement towards our present moment experience. Mindfulness can help create a space between our thoughts, our emotions and our actions, helping us to focus and feel better emotionally and physically. Experience the healing power of nature through these mindful walks at Moors Valley Country Park.

Led by an experienced mindfulness Practitioner, these walks are a perfect way for beginners to practice the art of Mindfulness within the natural environment.

All participants will receive a mindfulness recording to continue practicing their new found skills at home.

### Course 1

**Date:** Thu 7 Jun - Thu 28 Jun

**Time:** 10 - 11.15am

### Course 2

**Date:** Tue 3 Jul - Tue 24 Jul

**Time:** 5.30 - 6.45pm

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Price:** £47 for a 4 week course

**Age:** Adults

**Notes:** Price of a course will include a recording for participants.



## COUNTRYSIDE WALKING GROUP

A group of local walkers have got together to organise monthly walks in countryside locations in the area. These walks are informal and not part of an organisation. The leaders are just keen walkers, but every walk is route checked prior to the event.

The group meet every 3rd Thursday from various locations and usually finish somewhere you can get refreshments and food.

For more information email:

✉ [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk)

## WALK THIS WAY WITH US IN MAY

To kick start you into the habit of walking we have outlined a list of walks that you can access throughout a fortnight from 14 - 27 May. There is everything from Health Walks, Nordic Walking, Countryside Walks, Rambles and Guided Nature Walks.

Why not try some of these walks during this time. For a full timetable of walks visit

✉ [www.moors-valley.co.uk](http://www.moors-valley.co.uk)

## OTHER WALKING OPPORTUNITIES

### Walking for Health

Walking for Health is England's largest network of health walks with over 400 active schemes, helping people across the country lead a more active lifestyle. You can find the health walk schemes closest to you, by visiting their website and just entering your postcode. You'll then find all the information you need to either join the group for one of their regular walks or contacting the local scheme coordinator to find out more.

✉ [www.wfh.org.uk](http://www.wfh.org.uk)

### Ramblers Association

The Ramblers Association organise group walks led by walk leaders across Britain. Each year 300,000 people take part in Ramblers organised walks. You can become a member and join a walk anywhere in the country.

✉ [www.ramblers.org.uk](http://www.ramblers.org.uk)

### Every Step Counts

Every step counts is a 12 week programme of free short walks, specifically designed to help you. Walks are short and led by trained walk leaders to support you along the way.

During the 12-week programme you'll get to experience the benefits of regular group walks, meet others and you may discover new and exciting places in your local area. As part of the programme you will receive a personal activity diary and step counter.

Every Step Counts programmes are taking place in Christchurch & East Dorset, please contact the Health and Activity Team on ☎ **01202 795682** to find out more.



# NORDIC WALKING

Nordic Walking is an enhancement of ordinary walking. This type of walking will not only make you work harder but will give you a whole body workout. Using specially designed Nordic Walking poles, you will use 90% of your major muscles and burn 20 - 40% more calories than an ordinary walk. What better way to get more out of a walk!



## HOW DO I LEARN?

### Taster Sessions

Taster sessions will give you a little flavour of what Nordic Walking is and will help you understand just how beneficial this form of exercise is. You will discover it is far more than just walking with poles! You can experience just how light you feel on your feet and enjoy a whole body workout. These sessions last between 45 - 60 minutes.

### "Learn To" Courses

With the support from a Nordic Walking instructor these courses will help you master the basics and improve your Nordic Walking technique over a period of time. Each session you will learn something new and understand how to develop your technique, giving you the all-round benefits this activity provides. These courses are generally over 4 sessions suitable for all abilities. We also offer condensed 'Learn To' courses over 2 weeks.

## TASTER SESSIONS

### 📍 Moors Valley Country Park & Forest

**Date/Time:**

Sat 21 Apr 11am - 12pm or  
Fri 7 Sept 10.30 - 11.30am

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Price:** £4.50 per person

**Age:** Adults

**Notes:** Nordic Walking poles are provided



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### 📍 Christchurch

**Date:** Mon 16 Apr

**Time:** 11am - 12pm

**Location:** Stour Way Recreation Ground Way, Stour Way, Christchurch BH23 2PQ

**Price:** £4.50 per person

**Age:** Adults

**Notes:** Nordic Walking poles are provided



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### 📍 Kingston Lacy

**Date:** Tue 22 May

**Time:** 10 - 11am

**Location:** Kingston Lacy House, Wimborne, BH21 4EA

**Price:** £4.50 per person

**Age:** Adults

**Notes:** Nordic Walking poles are provided



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## “LEARN TO” COURSES

Enjoy our 'Learn To' courses in a variety of lovely locations across Christchurch and East Dorset. You can choose either a four-week course which includes four one-hour sessions or a two-week course which includes two two-hour sessions.

### 📍 Moors Valley Country Park & Forest

**Date:** Sat 28 Apr & Sat 5 May

**Time:** 9.30 - 11.30am

**Date:** Tue 1 May - Tue 22 May

**Time:** 10.30 - 11.30am

**Date:** Wed 16 May & Wed 23 May

**Time:** 6 - 8pm

**Date:** Sat 15 Sept & Sat 22 Sept

**Time:** 9.30 - 11.30am

**Date:** Mon 10 Sept - Mon 1 Oct

**Time:** 10.30 - 11.30am

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Price:** £32 per course

**Age:** Adults

**Notes:** Nordic Walking poles are provided



### 📍 Kingston Lacy

**Date:** Tue 5 Jun - Tue 26 Jun

**Time:** 10.45 - 11.45am

**Date:** Tue 11 Sept & Tue 18 Sept

**Time:** 9.30 - 11.30am

**Location:** Kingston Lacy House, Wimborne, BH21 4EA

**Price:** £32 per course

**Age:** Adults

**Notes:** Nordic Walking poles are provided



### 📍 Christchurch

**Date:** Mon 23 Apr & Tue 24 Apr

**Time:** 11am - 1pm

**Date:** Wed 12 Sept - Wed 3 Oct

**Time:** 1.30 - 2.30pm

**Location:** Iford Bridge Bowling Club, Barrack Road, Christchurch, BH23 2BA

**Price:** £32 per course

**Age:** Adults

**Notes:** Nordic Walking poles are provided



## WELLNESS WALKS

A gentle Nordic Walk incorporates mobility exercises to help with flexibility, balance and strength whilst using your poles to improve your general fitness. These sessions are suitable for those who are starting at a lower level of fitness, returning from injury or have a medical condition. Nordic Walking poles are provided.

### Mondays

These Nordic Walking sessions are ideal for those people who may have; lost fitness or mobility due to inactivity, a medical condition, an injury or recovering from an operation and want to commit to a regular habit of exercise.

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 10 - 11am

**Price:** £4.75 per session or 11 sessions for £47.50

**Age:** Adults

**Notes:** Monday sessions exclude bank holidays



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### Tuesdays

These sessions are ideal for those people who need support to regain their fitness or maintain overall health.

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 10 - 11am

**Price:** £4.75 per session or 11 sessions for £47.50

**Age:** Adults



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## WORKOUT WALKS

These one hour walks are designed to help you improve your fitness levels and get noticeable results. Combining technique, gradients, terrain and exercises, these sessions will help develop your fitness, endurance and speed under the guidance of a qualified instructor. Nordic Walking poles are provided.

### Moors Valley Country Park & Forest

These sessions are suitable for competent Nordic walkers who have completed a 'Learn To' course and are looking for a regular exercise routine, each week.

**Date/Time:**

**Mondays** 9.45 - 10.45am

**Fridays** 9.45 - 10.45am

**Saturdays** 10 - 11am

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Price:** £4.75 per session or 11 sessions for £47.50

**Age:** Adults

**Notes:** Monday sessions exclude bank holidays



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### Kingston Lacy

These sessions are suitable for competent Nordic walkers who have completed a 'Learn To' course and are looking for a regular exercise routine, each week around the beautiful grounds of Kingston Lacy.

**Date:** Tuesdays

**Time:** 9.30 - 10.30am

**Location:** Kingston Lacy House, Wimborne, BH21 4EA (meet in main car park)

**Price:** £4.75 per session or 11 sessions for £47.50

**Age:** Adults



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## NORDIC ADVENTURE WALKS

These longer two hour Adventure Nordic Walks will help you improve your fitness and endurance whilst exploring the beautiful countryside and coastal areas in the district, guided by a qualified Nordic Walking Instructor. Nordic Walking poles are provided.

### 📍 Sixpenny Handley

**Date:** Thu 3 May  
**Time:** 10.30am - 12.30pm  
**Location:** Church Farm Caravan and Camping Park, Sixpenny Handley, SP5 5ND  
**Price:** £6.50 per person



### 📍 Highcliffe Castle

**Date:** Thu 7 Jun  
**Time:** 10.30am - 12.30pm  
**Location:** Highcliffe Castle, Christchurch, BH23 4LE  
**Price:** £6.50 per person



### 📍 Fordingbridge

**Date:** Thu 5 Jul  
**Time:** 10.30am - 12.30pm  
**Location:** The Compasses Inn, Damerham, Fordingbridge, SP6 3HQ  
**Price:** £6.50 per person



### 📍 Cranborne

**Date:** Thu 6 Sept  
**Time:** 10.30am - 12.30pm  
**Location:** Cranborne Garden Centre, Cranborne, BH21 5PP  
**Price:** £6.50 per person



### 📍 Wimborne

**Date:** Thu 4 Oct  
**Time:** 10.30am - 12.30pm  
**Location:** High Hall, Wimborne, BH21 1AS (Allenview Car park)  
**Price:** £6.50 per person



### 📍 Christchurch

**Date:** Thu 1 Nov  
**Time:** 10.30am - 12.30pm  
**Location:** Wick Lane Car park, BH23 1HX  
**Price:** £6.50 per person



### 📍 Ringwood

**Date:** Thu 6 Dec  
**Time:** 10.30am - 12.30pm  
**Location:** Blashford Lakes, Rockford Common  
**Price:** £6.50 per person



# RUNNING

Everyone knows that running is a great way to get into shape, but did you know that it can benefit almost every part of your body, and help lift your mood? Running is actually a great way to increase your overall level of health. From relieving stress to eliminating depression and helping with weight loss. Running just 5 to 10 minutes a day is a great way to start!



## COUCH TO 5K

With the support of a volunteer run leader, you will be able to develop your running fitness over 9 weeks. These sessions are suitable for a beginner who would like support in progressing their running fitness, using the Couch to 5k app.

### 📍 Moors Valley Country Park & Forest

**Date:**

**Block 1:** Tue 17 Apr - Tue 19 Jun

**Block 2:** Tue 11 Sept - Tue 13 Nov

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 9.45 - 10.30am

**Price:** £9 per block

**Age:** Adults

**Notes:** Excludes school holidays



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### 📍 Wimborne

**Date:** Tue 10 Apr - Tue 5 Jun

**Location:** BytheWay Recreation Field, Wimborne, BH21 2BY

**Time:** 6.30 - 7.30pm

**Price:** £9 per block

**Age:** Adults



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## INSTRUCTOR LED BEGINNERS/ INTERMEDIATE RUNNING

These fun and friendly 8-week courses are aimed at people who are new to running or those who are able to run but would like support to develop their running further.

Our qualified fitness instructor will support participants through the basic elements of running, gradually building fitness, through teaching technique, speed and endurance. Perfect for those wishing to build up to a 5k run.

### 📍 Moors Valley Country Park & Forest

**Date:**

**Course 1:** Sat 5 May - Sat 23 Jun

**Course 2:** Sat 30 Jun - Sat 18 Aug

**Course 3:** Sat 1 Sept - Sat 20 Oct

**Course 4:** Sat 27 Oct - Sat 15 Dec

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 9.15 - 10.15am

**Price:** £36 per course

**Age:** Adults



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# OTHER RUNNING OPPORTUNITIES

## Moors Valley Runners

The Moors Valley Runners are a friendly and welcoming community group of mixed ability runners who get together every Tuesday morning. Sessions are suitable for those who are able to run at least 5k (slowly is fine). The sessions are led by qualified volunteer run leaders who support participants to develop fitness levels with fun drills and challenges each week. You do not need to book, just turn up on the day and enjoy!

**Date:** Tuesdays

**Location:** Moors Valley Country Park & Forest, BH24 2ET\*

**Time:** 9.30 - 10.30am

**Price:** Free

**Notes:** Excludes school holidays. Car parking charges apply.

**Contact:** Health and Activity Team

✉ [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk) or ☎ **01425 480811**

*\* please note that you are entitled to free parking at Moors Valley Country Park and Forest for your first 3 consecutive weeks.*

## Kingston Lacy Runners

This ladies running group is a mixed age/ability group led by a qualified and experienced volunteer run leader. The sessions are suitable for beginners, improvers or those who just want to run in the company of a supportive group.

**Date:** Mondays

**Location:** Kingston Lacy, Wimborne, BH21 4EA (meet in main car park)

**Time:** 9.15 - 10.15am

**Price:** £2

**Notes:** Will include bank holidays

**Contact:** Kingston Lacy Run Leader

✉ [glynjen50@gmail.com](mailto:glynjen50@gmail.com)



## Verwood Runners

A friendly community focused running group to give local people the opportunity to run with a group of like minded people around Verwood. There are several qualified run leaders available to give new joiners extra support and guidance. This is a great way to enjoy running, meet new friends and feel fitter. These runs are suitable for people who are able to run 5k without stopping (slowly is fine). Longer runs are also arranged. Couch to 5K courses also held during the year.

**Date:** Tuesdays & Thursdays

**Location:** Verwood Hub, Brockway, Verwood, BH31 7QE

**Time:** 7 - 7.45pm

**Price:** Free

**Notes:** Visit the Verwood Runners Facebook group page and just ask to join in!

**Contact:** Run leader ☎ **07800 930174**

## Wimborne Athletics Club

The club aims to promote and encourage participation in recreational and competitive athletics in Wimborne and surrounding areas.

The focus is on fun and enjoyment for all abilities and ages.

The club has four sections: Track & Field, Sportshall, Cross Country and Road Running. The club also delivers the Wimborne Couch to 5k programme (see page 12 for more information).

The Road Running section organise two road races each year - the Wimborne 10 in November and the Wimborne 20 in March.

Training sessions are held on Thursday evenings to enable runners to enjoy their running and help them towards their own personal goals, whether competitive or simply to maintain a healthy level of fitness.

☎ **07899 782622**

✉ [run@wimborne10.co.uk](mailto:run@wimborne10.co.uk)

🌐 [www.wimborneac.co.uk](http://www.wimborneac.co.uk)

## Christchurch Runners

Everyone is welcome, no matter what your standard. Established in 1982 and registered with England Athletics, the Christchurch Runners Club organises the Christmas Pudding 10K and the Hoburne 5 road races. Weekly club training events are held on Wednesday lunch times and early evenings which are designed to give variety to a training plan and give everyone an equal chance to excel.

**Date:** Wednesdays

**Location:**

East Christchurch Sports and Social Club, Grange Road, Christchurch, BH23 4JE

**Time:** 12.30pm & 6pm  
(attend either, or both!)

**Price:** For more information about club membership please email or visit the website

**Notes:** The club provides free Couch to 5k sessions (NHS Choices) delivered by experienced club volunteers.

The East Christchurch Sports and Social Club facilities in Grange Road offer members free parking, shower facilities and access to the clubhouse bar.

 [www.christchurch-runners.org.uk](http://www.christchurch-runners.org.uk)  
 [club@christchurch-runners.org.uk](mailto:club@christchurch-runners.org.uk)

## RunTogether

RunTogether has been created by England Athletics to provide fun, friendly, supportive and inclusive running opportunities in England. Visit the website to find out where the nearest RunTogether group is near you!

 [www.runtogether.co.uk](http://www.runtogether.co.uk)  
 01213 476543

## Couch to 5k

If you prefer to build up slowly by yourself or with a friend, why not try this self-led programme. Couch to 5K has been designed to get you off the couch and running in just 9 weeks. Grab your trainers and follow the step-by-step instructions on the website.

 [www.nhs.uk/LiveWell](http://www.nhs.uk/LiveWell)

## 3-2-1 Routes

Run England 3-2-1 is Run England's project which aims to provide a range of permanently marked out running routes across the country that anyone can have a go at. It's a way of providing a meaningful challenge to help you to get running when it best suits you. There are 3 options to choose from, a 3-mile, 2-mile or 1-mile route.

**Location:**

Moors Valley Country Park & Forest, BH24 2ET

To find out more visit  
 [www.englandathletics.org](http://www.englandathletics.org)



parkrun is a free weekly timed run, open to everyone no matter their ability, and takes place across the world. If you like the idea of running with others and want to establish a routine this could be for you!

Moors Valley Country Park & Forest has a 5K parkrun that starts at 9am every Saturday. This run is open to any age, although children under 11 years must be accompanied by a participating adult.

Moors Valley Country Park & Forest also has a 2K junior parkrun that starts at 9am every Sunday. This run is open to children aged 4-14 years who can run by themselves or accompanied by an adult. In order to run, visit the website to pre-register and obtain your parkrun barcode.

 [www.parkrun.org.uk](http://www.parkrun.org.uk)

# CYCLING

Cycling is a healthy, fun and low-impact exercise that can be enjoyed by people of all ages. Riding a bike regularly is one of the best ways to reduce your risk of health problems associated with an inactive lifestyle. Cycling can be done at very low intensity to begin with, if recovering from injury or illness, but can be built up to a demanding physical workout.



## HEALTH CYCLE RIDES

These health rides are a great way to establish a weekly routine of exercise and offer the opportunity to get out and meet new people. Led by volunteer leaders - every week come rain or shine - this fun and free activity offers you the chance to ride with other like-minded people and feel the benefits this fantastic exercise will give you.

### CYCLE LEVELS

#### LEVEL 1

60-minute ride led at a gentle, leisurely pace on flat terrain (where available) with occasional stops for people who are less active or are less confident with cycling (5-7 miles).

#### LEVEL 2

60-minute ride on mixed terrain, which has occasional hills. This leisurely ride is for people who are generally more active and confident on a bike (6-9 miles).

#### LEVEL 3

Minimum 60-minute ride, led at a fast pace with no stops. It uses hills and mixed terrain and riders must be self-reliant in terms of punctures and navigation (8-10 miles).

### Mondays

**Location:** Highcliffe Castle, BH23 4LE. Meet outside the café.

**Time:** 10 - 11am

LEVEL 1

LEVEL 2

### Tuesdays

**Location:** Ferndown Forest Golf Club, BH22 9PH. Meet outside the bar.

**Time:** 10 - 11am

LEVEL 1

LEVEL 2

### Wednesdays

**Location:** Moors Valley Country Park & Forest, BH24 2ET\*. Meet outside Bike Hire.

**Time:** 10 - 11am

LEVEL 1

LEVEL 2

LEVEL 3

### Thursdays

**Location:** Kingston Lacy House, BH21 4EA. Meet in main car park.

**Time:** 9.30 - 10.30am

LEVEL 1

LEVEL 2

LEVEL 3

*\* Please note that you are entitled to free parking at Moors Valley Country Park & Forest for your first 3 consecutive weeks. During summer holidays this ride starts at 9.30am.*



## VOLUNTEER

If you would like to become a health cycle leader contact us on: ☎ **01202 795682.**

# SUMMER EVENING HEALTH RIDES

Led by volunteers these free health rides will guide you around the trails of Moors Valley Country Park with your family and friends. No need to book, just turn up 15 minutes before the start time. Meet at bike hire.

**Date:**

Mon 23 Jul - Mon 20 Aug

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 6.30 - 7.30pm

**Price:** Free guided ride. Bike hire available at extra cost.

**Notes:** Suitable for children aged 8+ and must be accompanied by a participating adult.



# GET BACK ON THE SADDLE

These adult cycling sessions are suitable for those who can ride a bike but may not have cycled for a long time or have lost their confidence. Get back in the saddle sessions are a great progression for those coming from a 1-2-1 tuition course or anyone who wants to get some extra practice before embarking on a health ride. During the sessions you will learn the correct riding position and saddle height, how to use brakes and appropriate gear selection, different types of gear systems and different terrains.

**Date:**


**Course 1:** Wed 6, 13 & 20 Jun

**Course 2:** Wed 26 Sept, 3 & 10 Oct

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 9.30 - 11 am

**Price:** £24 per course

**Notes:** Subsidised bike hire can be pre-booked for £2.50. Please  **01202 795682** for availability in the Christchurch area.



# NOT CYCLED BEFORE?

Have you ever thought about learning to ride a bike? We can teach you! These adult 1-2-1 tuition courses will be perfect for you. With the guidance and support of a qualified instructor, you will be able to gradually build up your confidence, practice your riding skills and improve your balance over 3 consecutive sessions.

**Date:**

**Course 1:** Thu 10, 17 & 24 May


**Course 2:** Mon 10, 17 & 24 Sept

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 2 - 3.30pm

**Price:** £59 per course

**Notes:** Bike hire included.

Please  **01202 795682** for availability in the Christchurch area.





# CHILDREN'S MOUNTAIN BIKING

Incorporating a mixture of mountain biking skills, these fun and engaging sessions will help kids adventure in the great outdoors, under the watchful eye of a qualified mountain bike instructor.

## 📍 Moors Valley Country Park & Forest

8-9 YEARS

**Date:** Thu 12 Apr, Thu 31 May, Tue 31 Jul or  
Thu 2 Aug

**Location:** Moors Valley Country Park &  
Forest, BH24 2ET

**Time:** 9.30am - 12.30pm

**Price:** £15 per session

10-11 YEARS

**Date:** Thu 12 Apr, Thu 31 May,  
Tue 31 Jul or Thu 2 Aug

**Location:** Moors Valley Country  
Park & Forest, BH24 2ET

**Time:** 1.30 - 4.30pm

**Price:** £15 per session



BOOK





## WINTER WARMER FAMILY NIGHT RIDE

Don't let the dark stop your family getting out and active, enjoy the experience of riding through the forest in the dark with high powered night lights with an instructor to lead the way! Come back for a warming mug of soup and crusty bread after the ride.

**Date:** Mon 22 Oct

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 6 - 7.30pm

**Price:** £10 per person

**Notes:** Suitable for children aged 8+ and must be accompanied by a participating adult. Bike hire is available for £6 per bike.



BOOK



## A CHRISTMAS 'CRACKER' FAMILY NIGHT RIDE

A pre-Christmas activity for all the family to enjoy. An exhilarating cycle ride in the forest at night before returning for a warm mug of hot chocolate and a pressie for the kids.

**Date:** Wed 12 Dec

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 5 - 6.30pm

**Price:** £10 per person

**Notes:** Suitable for children aged 8+ and must be accompanied by a participating adult. Bike hire is available for £6 per bike.



BOOK



# INTRODUCTION TO NIGHT CYCLING

An opportunity to try the thrill of cycling on off-road tracks and trails at night, using high powered lights, whilst under the watchful eyes of qualified instructors. You can book onto as many night cycles as you would like to. These sessions are suitable for all levels of fitness.

## Adult Night Cycling

**Date:** Wed 14 Nov or Wed 5 Dec

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 6 - 7.30pm

**Price:** £7.50 per person

**Notes:** Pre-booked bike hire available for £6 per bike. Night lights and helmets are provided.



## Family Night Cycling

**Date:** Wed 31 Oct or Wed 21 Nov

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 6 - 7.30pm

**Price:** £7.50 per person

**Notes:** Pre-booked bike hire available for £6 per bike. Night lights and helmets are provided.



## Ladies Only Night Cycling



**Date:** Wed 7 Nov or Wed 28 Nov

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 6 - 7.30pm

**Price:** £7.50 per person

**Notes:** Pre-booked bike hire available for £6 per bike. Night lights and helmets are provided.



# OTHER CYCLING OPPORTUNITIES

## Breeze Rides

These ladies only cycling clubs/groups are set up throughout the UK for ladies of all ages to discover or rediscover their love of cycling. To find your local Breeze Ride visit [www.letsride.co.uk/breeze](http://www.letsride.co.uk/breeze).

## Bikeability

Bikeability is about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

There are three Bikeability levels, each designed to improve cycling skills, no matter what is known already. Levels 1, 2 and 3 take trainees from the basics of balance and control, all the way to planning and making an independent journey on busier roads.

[www.dorsetforyou.gov.uk/bikeability](http://www.dorsetforyou.gov.uk/bikeability)

## Dorset Cyclists' Network

Dorset Cyclists' Network campaigns for improved conditions for cyclists throughout Dorset, with groups in most towns. Several of them organise regular gentle rides of various lengths, and make sure no one gets left behind.

[www.dcn.org.uk](http://www.dcn.org.uk) ☎ 01202 880966

## Dorset Rough Riders Club

The Dorset Rough Riders is almost 400 members-strong and includes riders who have just picked up a mountain bike for the first time, right up to those who travel the world pursuing the sport they love so much. Becoming a member gives you access to a fun club atmosphere, subsidised skills sessions, discounts at local bike shops, subsidised away days and most importantly, facilitates mountain biking throughout the year with likeminded people. What better way to discover new trails and make new friends for just £15 a year!

[www.dorsetroughriders.co.uk](http://www.dorsetroughriders.co.uk)

# ACCESSIBLE CYCLING

Accessible cycling enables everyone to enjoy this fantastic sport regardless of age, health condition or impairment. Cycling is great for fitness, mobility and a great excuse to meet up with friends.



## WORKING TOGETHER

The inclusive cycling sessions are made possible through partnership working.



## BIKE FLEET

Moors Valley Country Park & Forest has a fleet of adaptive bikes suitable for a range of needs. Please visit [www.moors-valley.co.uk](http://www.moors-valley.co.uk) to see the full range of bikes available.



## 1 - 2 - 1 CONSULTATION

If you have not cycled before please let us know and we will arrange for you to chat and meet with one of the Wessex Accessible Club leaders or one of our trained volunteers to work out which bike will best suit your needs. Please contact the Health and Activity Team ✉ [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk) or ☎ **01202 795682**.

## LOCAL GROUPS AND ORGANISATIONS

If you know of a group or organisation that would benefit from this accessible cycling activity, please contact the Health and Activity Team ✉ [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk) or ☎ **01202 795682**.

## WEEKLY RIDES

Weekly opportunity to enjoy a relaxing ride around the trails of Moors Valley Country Park & Forest. Led by a Wessex Accessible Cycling Club leader or trained cycle volunteers.

A 1-2-1 consultation with a cycle leader must be carried out prior to attending the weekly rides.

**Date:** Tuesdays and Thursdays

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 11 am - 12 pm

**Price:** Free (suggested donation £3 per bike)

**Notes:** You are very welcome to bring your own bike.

Sessions exclude the summer holidays



BOOK



# VOLUNTEER

The delivery of this accessible cycling programme is only made possible through the hard work and commitment of Wessex Accessible Cycling Club and the Accessible Cycle Volunteer Team.

We are actively looking to expand this amazing team and have some new voluntary roles;

**Accessible Cycle Leaders**

**Set up and pack away support**

**Bike Maintenance**

**Meet & Greet/Demo**

If you are interested in any of these opportunities or would just like to chat and find out more, please contact the Health and Activity Team ☎ **01202 795682**.

## OTHER ACTIVE ACCESSIBLE OPPORTUNITIES

**Wessex Accessible Cycling Club**

👉 [www.wessexacc.org.uk](http://www.wessexacc.org.uk)

**Dorset Destroyers Wheelchair Rugby Team**

👉 [www.thedorsetdestroyers.co.uk](http://www.thedorsetdestroyers.co.uk)

**Dorset Disability Sport**

👉 [www.disabilitysportsdorset.weebly.com](http://www.disabilitysportsdorset.weebly.com)

**Access Dorset**

👉 [www.accessdorset.org.uk](http://www.accessdorset.org.uk)

**Cycles4All Eastleigh**

👉 [www.paviliononthepark.org/cycles4all](http://www.paviliononthepark.org/cycles4all)

**Pedall New Forest**

👉 [www.pedall.org.uk](http://www.pedall.org.uk)

**Wheels For All Portsmouth**

👉 [www.facebook.com/wheelsforallcycleproject](http://www.facebook.com/wheelsforallcycleproject)  
☎ 02392 728899

**Wheels For All Wiltshire**

👉 [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)  
👉 01722 434770

# SUMMER EVENING YOGA

Yoga provides a total mind-body workout that combines strengthening and stretching poses with deep breathing. These sessions are perfect for beginners to experience Yoga in the great outdoors and are led by a qualified yoga instructor.



## BEGINNERS SESSIONS

**Date:** Mon 2 Jul, Mon 9 Jul, Mon 16 Jul, Mon 23 Jul, Mon 30 Jul  
Mon 6 Aug, Mon 13 Aug or Mon 20 Aug

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 5.30 - 6.30pm

**Price:** £4.75 per person

**Age:** Suitable for 14 years and over

**Notes:** Book onto as many sessions as you like. Fitness mats are provided. Please park at Moors Valley Golf Club on arrival unless informed otherwise.



## TAI CHI

Tai chi, also called tai chi chuan, combines deep breathing and relaxation with flowing movements. It is ideal for inactive people wanting to raise their activity levels gently and gradually. Studies have shown that tai chi can help people to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs. These outdoor tai chi sessions are suitable for everyone.



## BEGINNERS SESSIONS

**Date:**

**Block 1:** Tue 1 May - Tue 22 May

**Block 2:** Tue 5 Jun - Tue 26 Jun

**Block 3:** Tue 3 Jul - Tue 24 Jul

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 10 - 11am

**Price:** £18 per block

**Age:** Adults

**Notes:** Excludes school holidays. Fitness mats are provided.



## MINDFUL EXERCISE

There is an opportunity to experience mindful exercise with the Mindfulness Walking Courses, see **page 6** for more details.

# OUTDOOR SUMMER CIRCUITS

A sociable and fun way to exercise. You will get fitter, breathe in some fresh air and meet new people. You will soon develop your fitness level over six weeks with a qualified instructor to keep you motivated.



## 📍 Moors Valley Country Park & Forest

### Date:

**Block 1:** Wed 9 May - Wed 13 Jun

**Block 2:** Wed 20 Jun - Wed 25 Jul

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 5.45 - 6.45pm

**Price:** £20 per block

**Notes:** Suitable for all levels of fitness. Children over 14 years are welcome but must be accompanied by a participating adult.



## 📍 Verwood

### Date:

**Block 1:** Tue 8 May - Tue 12 Jun

**Block 2:** Tue 19 Jun - Tue 24 Jul

**Location:** Potterne Park, Potterne Way, Verwood, BH21 6RS

**Time:** 6 - 7pm

**Price:** £20 per block

**Notes:** Suitable for all levels of fitness. Children over 14 years are welcome but must be accompanied by a participating adult.



## 📍 Christchurch

### Date:

Mon 7 May - Mon 11 Jun

**Location:** Highcliffe Castle, Christchurch, BH23 4LE (meet in car park)

**Time:** 6 - 7pm

**Price:** £20 per block

**Notes:** Suitable for all levels of fitness. Children over 14 years are welcome but must be accompanied by a participating adult. Includes bank holiday.



## DID YOU KNOW?

There are permanent outdoor fitness trails in the district, providing a wide variety of exercise options such as; parallel bars, chin up bars and sit up benches with information to give you examples of exercises.

📍 **Potterne Park, Verwood, BH21 6RS**

📍 **Moors Valley Country Park & Forest**



# GOLF



Being in an outdoor area where you can interact with others who share your interests is a great way to relax whilst also getting some exercise. Golf involves carrying clubs, walking and posture rotation which will help gently increase your heart rate, enhance your mood and help strengthen your muscles. Did you know... playing a game of 18 holes involves taking up to 10,000 steps, walking 5 - 6 miles and burning up to 900 calories!

## BEGINNERS SESSIONS

### 📍 Two Riversmeet Golf Park

**Date/Time:**

**Tue 17 Apr - Tue 8 May**

9.30 - 10.30am

**Tue 4 Sept - Tue 25 Sept**

9.30 - 10.30am

**Sun 24 Jun** 'Learn Golf in a Day'

10am - 4pm

**Location:** Two Riversmeet Golf Park, Stony Lane South, Christchurch, BH23 1HW

**Price:** £15 per block

**Ages:** Adults

**Notes:** Golf clubs are provided



### 📍 Moors Valley Golf Course

**Date/Time:**

**Sat 21 Apr - Sat 12 May** 1 - 2pm

**Wed 6 Jun - Wed 27 Jun** 6 - 7pm

**Sat 8 Sept - Sat 29 Sept** 1 - 2pm

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Price:** £15 per block

**Ages:** Adults

**Notes:** Golf clubs are provided



We are a friendly woodland Golf Complex perfectly suited to beginners and intermediates. We offer coaching and social golf to get you in to golf. We have ladies and mixed group lessons starting throughout the year with our very popular winter programme starting in October.

Winter courses start on the following dates and lasts for 20 weeks (excluding school holidays) of 2 hours per week for just £150.

**Mon 1 Oct** 10am - 12pm

**Tue 2 Oct** 12 - 2pm, 2 - 4pm or 6 - 8pm

**Wed 3 Oct** 10am - 12pm or 12 - 2pm

**Thu 4 Oct** 2 - 4pm

**Sat 5 Oct** 9.30 - 11.30am

We offer 6 weeks of 60 minutes for £48 and these groups start every 6 weeks. Please see our website for details.

[www.ferndownforestgolfcourse.co.uk](http://www.ferndownforestgolfcourse.co.uk)

## GOLF BOOKING

To book your place or to find out more visit:

 [www.exploregolfschools.net](http://www.exploregolfschools.net) or

 [www.getintogolf.org/dorset](http://www.getintogolf.org/dorset)

# ORIENTEERING

This fantastic sport offers many health benefits but the real attraction is that it is fun! Being outdoors, walking or running through the forest and fields will improve your fitness levels, whilst challenging your mind. Orienteering is a perfect activity for families to enjoy, practicing your navigation and problem solving skills whilst exercising together.



## WESSEX ORIENTEERING CLUB

Wessex Orienteering Club is a local group which organises a number of events throughout the year, including orienteering races, training sessions, evening street and park events and relays.

[www.wessex-oc.org](http://www.wessex-oc.org)  
[secretary@wessex-oc.org.uk](mailto:secretary@wessex-oc.org)

## WIMBORNE ORIENTEERING CLUB

Wimborne Orienteers are a local family friendly club providing orienteering events in Dorset and the New Forest.

We welcome members of all ages and abilities, so whether you are simply looking for a way of getting out and seeing the countryside, wanting to extend your existing fitness regime or looking to compete in a new sport, orienteering is for you.

[www.wimborne-orienteers.org.uk](http://www.wimborne-orienteers.org.uk)

## ORIENTEERING TASTER EVENTS

### FAMILY FUN PARK ORIENTEERING

**Location:** Potterne Park, Verwood, BH21 6RS  
**Date:** Sat 23 Jun **Time:** 11am - 2pm\* **Price:** Free



### FAMILY FUN COASTAL ORIENTEERING

**Location:** Steamer Point car park, Penny Way, Christchurch, BH23 4TA  
**Date:** Thu 9 Aug **Time:** 11am - 2pm\* **Price:** Free



### FAMILY FUN COUNTRYSIDE ORIENTEERING

**Location:** BytheWay Recreation Field, Leigh Road, Wimborne, BH21 2BY  
**Date:** Tue 14 Aug **Time:** 11am - 2pm\* **Price:** Free



### FAMILY FUN URBAN ORIENTEERING

**Location:** Willow Walk, Wimborne Town Centre (next to Waitrose) BH21 1AN  
**Date:** Sat 8 Sept **Time:** 11am - 2pm\* **Price:** Free



\* Turn up anytime between 11am - 2pm.  
No need to book just turn up on the day and have a go.

## TRY ORIENTEERING

An opportunity to learn the basic skills of orienteering with a member of Wimborne Orienteering Club. The session will give you the information needed to help you read a map, identify features, practice pacing and compass work and have a go putting your skills into practice.

**Date:** Sat 14 Apr, Sat 12 May, Sat 9 Jun, Sat 14 Jul, Sat 8 Sept, Sat 13 Oct or Sat 10 Nov

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** 1.30 - 3pm

**Price:** £2.50 per person

**Notes:** Maps and compasses are provided. Suitable for families and children aged 8+.



BOOK

## MOORS VALLEY ORIENTEERING FUN DAY

A chance to have a go at orienteering either by bike or on foot and put your navigation skills to the test! There will be an easy course for children and beginners and an opportunity to use electronic timing equipment for those that want a competitive challenge. No need to book, just turn up. A great family activity open to all ages and abilities.

**Date:** Sat 7 Jul

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Time:** Between 11am - 2pm

**Price:** Free (donations welcome)



## OTHER ORIENTEERING OPPORTUNITIES

### HAVE A GO YOURSELF

Throughout Christchurch and East Dorset there are opportunities for you and your family to access permanent orienteering courses. Here is a list of where you can find them and how you can have a go;

#### Highcliffe Castle

Located around the grounds of Highcliffe Castle and Steamer Point beach is a picturesque orienteering course. Perfect for exploring the woods and coast with your family. Get your orienteering map from the Highcliffe Castle shop for £3.

#### Moors Valley Country Park & Forest

Within the beautiful surroundings of Moors Valley Country Park, this permanent course gives you the opportunity to explore the forest by either foot or mountain bike. Get your orienteering map from the Visitor Centre shop for £3.


#### BytheWay Recreation Field, Wimborne

iOrienteering allows anyone with a smart phone to try the sport. All you need is the iOrienteering App (free), which includes the BytheWay Recreation Field course.

You choose when you start and at the end you can upload your results to this site to compare your times if you wish.

 [www.iorienteering.com](http://www.iorienteering.com).

Download the map at:

 [www.dorsetforyou.co.uk](http://www.dorsetforyou.co.uk) or buy a waterproof map from Wimborne Tourist Information Centre for £1.

# KAYAKING AND CANOEING



Paddling is a great way to explore our local waterways whilst getting some fresh air and exercise at the same time. Both kayaking and canoeing are low impact activities that can improve your aerobic fitness, strength and flexibility as well as being a peaceful and relaxing form of exercise. You only need to be water confident to try out this lovely sport.

## BEGINNER SESSIONS

These two hour kayaking sessions will cover the basics of kayaking or canoeing, lifting and carrying, safety, getting afloat, basic paddling skills and include other opportunities if participants want to do more. At the end of the session most paddlers should achieve the British Canoeing Paddlepower Start Award.

<b>Sat 26 May</b>	ADULTS ONLY   12.30 - 2.30pm	8+ YEARS   3 - 5pm
<b>Tue 29 May</b>	8+ YEARS   2 - 4pm	ADULTS ONLY   6 - 8pm
<b>Wed 30 May</b>	ADULTS ONLY   10am - 12pm	8+ YEARS   2 - 4pm
<b>Sat 28 Jul</b>	8+ YEARS   12.30 - 2.30pm	ADULTS ONLY   3 - 5pm
<b>Sun 29 Jul</b>	ADULTS ONLY   11am - 1pm	8+ YEARS   2 - 4pm

**Location:** Wimborne Riverside, meet at Dreamboats, Wimborne, BH21 1QU

**Price:** £10 per person

**Notes:** All equipment is provided. Bring a towel/change of clothes. The £10 cost can be offset against membership fee if you join the club.



## KAYAKING BOOKING

To book email

 [phccriverside@gmail.com](mailto:phccriverside@gmail.com)

or call club coach  07594 607981



## A CHANCE TO GET AFLOAT

Dreamboats and Poole Harbour Canoe Club are offering three fun opportunities to have a go at this fantastic sport and experience either a canoe or kayak (small donation of £3 requested), or hire a row boat (from £10 per half hour). There is also a chance to chat with members of Poole Harbour Canoe Club.

### Riverside Canoeing and Kayaking Open Day

Come along and try out canoes or kayaks under the guidance of British Canoeing Coaches. Find out how you can do more if you want to.

**Date:** Sun 29 Apr

**Location:** Wimborne Riverside, Dreamboats, Wimborne, BH21 1QU

**Time:** 11 am - 4pm

**Notes:** No need to book, just turn up on the day.

### Dreamboats Race Day

Rowing boat races plus opportunities to hire rowing boats and try out canoes and kayaks!

**Date:** Sun 15 Jul

**Location:** Wimborne Riverside, Dreamboats, Wimborne, BH21 1QU

**Time:** 1 - 5pm

**Notes:** No need to book, just turn up on the day. More details of the Dreamboats Race can be found at

🔗 [www.dream-boats.org.uk](http://www.dream-boats.org.uk).

### Dreamboats Raft Race

See if you can build a raft that floats and race it - plus try out canoes and kayaks.

**Date:** Sun 19 Aug

**Location:** Wimborne Riverside, Dreamboats, Wimborne, BH21 1QU

**Time:** 1 - 5pm

**Notes:** For canoeing or kayaking no need to book just turn up on the day. More details of the Dreamboats Race can be found at

🔗 [www.dream-boats.org.uk](http://www.dream-boats.org.uk).

Entry cost will be £5. Pre- entry advised.

## PADDLE - ABILITY SESSIONS

These sessions are for people who have or are affected by mobility issues, sensory impairment and disabilities. They are also suitable for older people or those who do not feel confident to join a regular adult session.

These sessions will be arranged with potential participants who make contact to ensure their needs can be met in the best way possible. The sessions will be delivered by Dorset Paddle-Ability. To find out more about Paddle-Ability sessions please email Poole Harbour Canoe Club on: ✉ [phccriverside@gmail.com](mailto:phccriverside@gmail.com)



**i** If you would like more information about any of these events or are interested but can not attend these sessions listed in the brochure please email ✉ [phccriverside@gmail.com](mailto:phccriverside@gmail.com).

# TRIATHLON



A triathlon consists of a swim, bike and run. Competitors race against the clock which starts as they begin the swim and stops as they cross the finish line after the run. Race distances vary depending on age and preference and there are plenty of opportunities for beginners to get involved in this highly social and stimulating sport.



## SKILLS SCHOOL FOR KIDS

If you are a complete beginner or would like a chance to improve your triathlon skills, these short Bike/Run courses offer a fantastic opportunity to enjoy two elements of triathlon within the safe off-road environment of Moors Valley Country Park & Forest. Led by The British Triathlon Skills School Lead Coach, for The South Central Region, this unique opportunity will include ideas on how to ride your bike more skilfully, run pacing and how to complete the transition from bike to run.

Each course will end with a fun competition to test out your new found skills. Sessions will cater for a range of abilities however children should be able to cycle and run for minimum of 5 minutes.

### Date/Time:

**Course 1:** Mon 4, 11 & 18 Jun **6 - 7pm**

**Course 2:** Mon 2, 16 & 30 Jul **6 - 7pm**

**Course 3:** Mon 20, Tue 21 & Wed 22 Aug **9.30 - 10.30am**

**Location:** Moors Valley Country Park & Forest, BH24 2ET

**Price:** £15 for 3 week course

**Age:** 10+ years

**Notes:** This event is run in partnership with British Triathlon.



***“Skills School will enhance the process of Young Triathlete Development by helping athletes and coaches explore fun and creative ways to be their best. The aim is to create a constructive learning atmosphere focused on developing skills in engaging environments. This will improve the athlete and coach experience and increase retention in triathlon.”***

Skills School Lead Coach , South Central Region

[www.britishtriathlon.org/gb-teams/talent/english-talent/skills-school/about](http://www.britishtriathlon.org/gb-teams/talent/english-talent/skills-school/about)

The local Leisure Centres across Christchurch and East Dorset also offer classes and sessions to complement triathlon including spinning and swim fit. See below links for further information on this growing sport.

[www.britishtriathlon.org/get-involved](http://www.britishtriathlon.org/get-involved) [www.uktriathlon.co.uk/beginners](http://www.uktriathlon.co.uk/beginners)

# LIFESTYLE ACTIVE

 lifestyle-active.co.uk

Find out about the sport facilities and swimming pools available in Christchurch and East Dorset. Lifestyle Active's facilities include; the Verwood Hub, Queen Elizabeth Leisure Centre and Two Riversmeet Leisure Complex. Lifestyle Active gives you many options to get and keep fit with six modern, well equipped gyms, three swimming pools, over 150 weekly exercise classes, golf, tennis, health suite, squash and much more.



**Two Riversmeet  
Leisure Complex**



**Queen Elizabeth  
Leisure Centre**



**Verwood Hub  
Community & Leisure**

Two Riversmeet Leisure Complex includes; two swimming pools, two fitness suites, 3G football pitches, a golf and FootGolf course and over 45 weekly fitness classes.

 [dorsetforyou.gov.uk/2-rivers-meet](https://dorsetforyou.gov.uk/2-rivers-meet)


 [facebook.com/2RMLC](https://facebook.com/2RMLC)



**2 RIVERSMEET  
LEISURE COMPLEX**

Queen Elizabeth Leisure Centre includes a swimming pool, three gyms, a sauna and steam room, a climbing and bouldering wall, various outdoor facilities and over 50 weekly fitness classes.

 [dorsetforyou.gov.uk/qe-leisure-centre](https://dorsetforyou.gov.uk/qe-leisure-centre)

 [facebook.com/QueenElizabethLeisureCentre](https://facebook.com/QueenElizabethLeisureCentre)



**QUEEN ELIZABETH  
LEISURE CENTRE**

The Verwood Hub includes a modern gym with MyWellness™ technology, a 300 seat theatre, a sports hall, 3G football pitches, a café and over 40 weekly fitness classes.

 [dorsetforyou.gov.uk/verwoodhub](https://dorsetforyou.gov.uk/verwoodhub)

 [facebook.com/lifestyleverwood](https://facebook.com/lifestyleverwood)



**VERWOOD HUB  
COMMUNITY & LEISURE**

# Active 4 Health



Active 4 Health is a partnership that aims to encourage local people across Christchurch and East Dorset to become more active to benefit their health. The partnership is particularly focused on those who currently do little exercise and/or may be living with a health condition.

Active 4 Health incorporates the use of large green spaces in the natural environment and provides leisure opportunities to meet each client's: health needs, activity interests and location preferences.



## TWO RIVERSMEET LEISURE COMPLEX, QUEEN ELIZABETH LEISURE CENTRE, THE VERWOOD HUB, MOORS VALLEY COUNTRY PARK AND FOREST, FERNDOWN LEISURE CENTRE

The Active 4 Health Team strongly believe that choice is the key. It might be that taking part in a range of activities benefits you the most or just one specific class or activity. This is where the Active 4 Health Team can help you.

## ACTIVE 4 HEALTH LIFESTYLE HUB

The Active 4 Health Lifestyle Coordinator receives all exercise referrals from our local health professionals across Christchurch and East Dorset and through careful screening, the Coordinator can help individuals find a safe and suitable activity choice for their location, interest and health needs. The Active 4 Health Lifestyle Hub receives approximately 1,600 referrals every year.

## WHO QUALIFIES FOR AN EXERCISE REFERRAL?

If you have one or more of the health conditions listed on our website which affect your health and wellbeing [dorsetforyou.gov.uk/active-4-health/lifestyle-hub](https://dorsetforyou.gov.uk/active-4-health/lifestyle-hub) you can be referred by a health professional (i.e. GP, Nurse, Physio) to an exercise referral programme. Ask your health professional today to be referred. Please contact the Lifestyle Coordinator for more information.

### Lifestyle Coordinator

 [active4health@christchurchandeastdorset.gov.uk](mailto:active4health@christchurchandeastdorset.gov.uk)  
 01202 795141





## FURTHER LIFESTYLE SUPPORT FOR PEOPLE LIVING IN DORSET

### LiveWell Dorset

LiveWell Dorset offer free health and wellbeing information, advice and support to improve your wellbeing in one or more of the following ways: help you to stop smoking, increase your physical activity, manage your weight and reduce your alcohol intake.

[livewelldorset.co.uk](http://livewelldorset.co.uk)  
0800 8401628

### My Health My Way

Personalised support for people living with long term health conditions.

[myhealthdorset.org.uk](http://myhealthdorset.org.uk)  
0303 303 0153

### Dorset Mind

Dorset Mind mental health charity educates, challenges stigma and provides support towards peoples' wellbeing and recovery from mental ill health in Dorset.

[dorsetmind.uk](http://dorsetmind.uk)  
[contact@dorsetmind.uk](mailto:contact@dorsetmind.uk)

### Christchurch Angels

The aim is to support people in the Christchurch area who don't have a network of family or friends, in order to give practical help and support in times of crisis or illness.

[christchurchangels.org.uk](http://christchurchangels.org.uk)  
07443 476798

### Alzheimer's Society

Providing support to anyone affected by dementia and helping them stay connected to their lives and the people who matter most.

[alzheimers.org.uk](http://alzheimers.org.uk)  
0300 222 1122

### Dorset Mental Health Forum

Dorset Mental Health Forum exists to improve the lives of everyone affected by mental illness by promoting wellbeing and recovery.

[dorsetmentalhealthforum.org.uk](http://dorsetmentalhealthforum.org.uk)  
01305 257172  
[admin@dorsetmentalhealthforum.org.uk](mailto:admin@dorsetmentalhealthforum.org.uk)

### Access Dorset

Access Dorset is a user led organisation and registered charity, run by disabled people, older people and carers. They work to remove the physical, attitudinal and communication barriers that exist and are faced daily, and enhance everyday lives.

[accessdorsetcentre.org](http://accessdorsetcentre.org)  
01202 771336

# CONSERVATION

Connection to nature is essential to many aspects of our health and wellbeing. Digging, cutting or maintaining hedges are just some of the activities that can not only improve your physical health but can also develop your self-esteem.



## MOORS VALLEY COUNTRY PARK AND FOREST

Moors Valley is a lovely Country Park in East Dorset which has an amazing team of volunteers helping to look after the habitats and facilities.

The practical conservation group get together on the first Wednesday of every month and carry out extra tasks in between meetings. The Wednesday meet ups can get busy, with up to 30 volunteers joining forces to look after heathland or woodland sites, share views and keep the park looking its best. Smaller task days have included activities such as hedge laying, bridge building and bird box checking.

Working in partnership with the Forestry Commission and East Dorset District Council, volunteers can discover new areas of Moors Valley whilst getting active in the great outdoors.

Survey volunteers keep a keen eye on what is fluttering about in the park including; birds, butterflies and Moors Valley's famous dragonflies. The Rangers are especially keen to hear from anyone who would like to make use of their wildlife knowledge, providing valuable data to help make sure it is looked after well.

### VOLUNTEER

If you would like to join any volunteering opportunities at Moors Valley Country Park & Forest, please email

 [rangers@moors-valley.co.uk](mailto:rangers@moors-valley.co.uk)  
or call  01425 470721

# CHRISTCHURCH AND EAST DORSET

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So what is it all about? Usually, fresh air, exercise and plenty of biscuits! The Countryside Team at Christchurch and East Dorset work to look after a number of special spaces in a variety of ways. Their work would not be possible without the help from volunteers.

Throughout the winter months of September to March, the Conservation volunteers gather on Tuesdays and Thursdays to help tackle a variety of tasks on sites around the area. These can range from coppicing stands of hazel, clearing waterways, removing invasive species and everyones favourite, having a bonfire: a great way to keep busy and get active outdoors. Please get in touch if you would like to be part of these practical volunteering groups.

## VOLUNTEER

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Christchurch & East Dorset Countryside Team and the wardens of Stanpit Marsh are always keen to hear from anyone who might be able to offer some of their time to help. If you would like to explore the option of volunteering with them, please contact:

### **Countryside Officer (Engagement)**

Christchurch & East Dorset Councils

 01202 795630

 [countryside@christchurchandeastdorset.gov.uk](mailto:countryside@christchurchandeastdorset.gov.uk)

## OTHER CONSERVATION OPPORTUNITIES

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### **Amphibian and Reptile Conservation Trust**

 [www.arc-trust.org](http://www.arc-trust.org)

### **Christchurch Harbour Ornithological Group**

 [www.chog.org.uk](http://www.chog.org.uk)

### **Dorset Wildlife Trust**

 [www.dorsetwildlifetrust.org.uk](http://www.dorsetwildlifetrust.org.uk)

### **National Trust**

 [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)

# Moors Valley

Country park and forest



## More fun...

Enjoy the unique play sculptures on the **Play Trail** or a walk through the trees on the **Tree Top Trail**.

## More adventure...

Discover the thrill of trekking from tree to tree on the **Go Ape Tree Top Adventure** or whizzing through the Forest on a **Go Ape Forest Segway**.



## More memories...

Experience the feeling of travelling by steam on an authentic narrowgauge **Steam Railway**, speeding along cycle trails through the Forest or coming face-to-face with a life-size **Gruffalo sculpture**.

## More peace...

Explore the peace and quiet of the Park and Forest along easy to follow **waymarked trails**. Relax with a delicious ice cream, a home cooked lunch in **Seasons Restaurant** or a few holes on our quality **Golf Course**.

The park and forest is open every day except Christmas day, from 8.00am. Some facilities have seasonal opening times.

Entrance on foot or bike is free however vehicle charges apply, from £1.50 to £11 depending on time of year and length of stay.

For more information please contact the Rangers on **01425 470721** or email **rangers@moors-valley.co.uk** or visit **moors-valley.co.uk**

Moors Valley is a joint venture between East Dorset District Council and the Forestry Commission.



## ACTIVE VOLUNTEERING OPPORTUNITIES



With trained volunteers leading 19 health walks, 4 health rides, 2 weekly accessible cycling sessions, 3 running sessions and monthly conservation tasks, it has never been more evident how important volunteers are in keeping local residents active.

The Health and Activity team now has over 200 volunteers, with each person being an essential part of that team and each one making a huge difference.

Giving up their time, all of our volunteers have established new friendships and responsibilities and have benefitted from the great camaraderie and sense of pride that helping your community generates.

So whether it is helping someone with accessible needs to take part in a bike ride, help conserve a local wood, or lead a gentle walk in your local area, why not join our team and try volunteering? Any time you can give up is valued and appreciated and no previous experience is necessary and the best thing is its fun!

📞 01202 795682

✉️ [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk)

# escape pain

**ESCAPE-pain is a group-based rehabilitation programme for the management of osteoarthritis.**

The courses comprise of 12 sessions that are delivered by trained exercise referral specialists over a 6 week period. Each class integrates a short education session, followed by exercise. A selection of courses are being delivered across Christchurch and East Dorset, both in a Leisure Centre and outdoor setting, please contact the Active 4 Health Lifestyle Coordinator for further information

📞 01202 795141 ✉️ [active4health@christchurchandeastdorset.gov.uk](mailto:active4health@christchurchandeastdorset.gov.uk)

 LOTTERY FUNDED |  SPORT ENGLAND

#thisgirlcan

I'm slow but I'm lapping everyone on the couch.

THIS  
GIRL  
CAN



## Highcliffe Castle Heritage Centre & Grounds

Highcliffe Castle is the perfect location for socialising and getting active.

You can participate in a variety of activities in the beautiful grounds, including; coastal walks, orienteering, health walks, health cycles and a range of classes within the castle itself.

For more information please contact us on 01425 278807 or email enquiries@highcliffecastle.co.uk or visit [www.highcliffecastle.co.uk](http://www.highcliffecastle.co.uk)



Highcliffe Castle, Rothesay Drive,  
Highcliffe, Christchurch BH23 4LE

## Active Dorset

We are one of 44 County Sports Partnerships (CSPs) across England, committed to working together to increase participation in sport and physical activity.

We run a wide range of programmes such as Satellite Clubs and the Dorset School Games throughout the county which aim to increase participation. We also help to support the work of clubs, coaches, volunteers, educators and facilities.

[info@activedorset.org](mailto:info@activedorset.org) [www.activedorset.org](http://www.activedorset.org)

## Bournemouth Velodrome

The Velodrome is a brilliant public facility, set in Slades Farm Open Space in Ensbury Park, Bournemouth, which was opened in 2011 and has provided excellent cycling experiences for thousands of people. The facility, which is available to all, is managed by Active Dorset in partnership with Bournemouth Borough Council, British Cycling and the local cycling clubs.

We would be delighted to welcome you to use this facility, whatever standard of rider you are. We can provide high quality sessions for all users; from novices through to experienced track riders.

[velodrome@activedorset.org](mailto:velodrome@activedorset.org)  
[www.activedorset.org/velodrome](http://www.activedorset.org/velodrome)

**Go Ape!**  
LIVE LIFE  
ADVENTUROUSLY

**UK's NO.1  
FOREST  
ADVENTURE**

**10% OFF  
PER PERSON\***

at Moors Valley Country Park  
near Bournemouth

**Book at [goape.co.uk](http://goape.co.uk)  
quote ACTIVE18**

\*Offer valid until 31st December 2018 at Go Ape Moors Valley only, excludes Saturdays, Bank Holidays, Corporate Events. Discount code must be entered at time of booking. Participation and supervision ratios apply - please see our website.

## Rowing Boat & Canoe Hire

[www.dream-boats.org.uk](http://www.dream-boats.org.uk)

Open weekends, bank  
and school holidays

Find us:

@DreamboatsWimborne

Dreamboats Wimborne



# TERMS AND CONDITIONS

## Online Bookings

For online booking through Moors Valley Country Park & Forest, customers will need to register their details. Essential registration information will need to be provided. This includes name, telephone number, e-mail address and postcode.

A 4-digit PIN number will be generated for you. Any customers who forget their PIN number can request a reminder through the online booking screen.

Booking is only confirmed when you pay in full for your activity, and you receive payment confirmation via email from the system.

Members are only permitted to make bookings for themselves or their immediate family members as part of a group booking. Transfer of a booking to another person is not permitted.

By booking on the event you are confirming you meet the event criteria including age and ability. Please refer to the event listing on the website for full details as refunds cannot be given.

Bookings can be made up to 2-hours before the start time of the activity.

## Cancellations

Labelling a booking must be done more than 72-hours in advance of the start time of the booked activity.

We reserve the right to cancel or postpone an activity/event if there are insufficient numbers, extreme weather conditions or should unforeseen circumstances arise. Full refunds will be given under these conditions. If you are unable to attend an event please let the organiser know as soon as possible.

## Refunds

It is the discretion of the event organiser if a refund will be given.

## Parking at Moors Valley Country Park and Forest

Parking is free for the duration of your first bookable course or activity if you are a NEW Health and Activity event participant (those who have not taken part in a Health and Activity event since April 2017). Free parking is only available to each new participant for their first beginner course or activity, normal charges will apply for subsequent beginner courses of the same and/or different type. This offer is not valid for the following; Kids Triathlon (p30), Childrens Mountain Biking (p17), Try Orienteering (p27), turn up activities unless otherwise stated.

An Early Risers Season Ticket can be purchased for £39 and lasts for 12 months allowing free car access until 12 noon and after 4pm until closing, every day.

An All hours Season Ticket can be purchased for £55.  
[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

## External Providers

Please contact external providers directly for terms and conditions relating to their advertised events and activities within this brochure.

## General

Customer/participants must follow the normal rules and regulations that apply to any of the sites or buildings in use and follow any instructions/guidance given by the event/activity leader.

Certain activities require additional forms to be completed to enable participation e.g. health questionnaire, consent forms.

Health – it is the duty of customers/participants to make the organiser of the activity/event aware of any health issues, disability or illness which may affect the safe running of an activity.

Appropriate clothing must be worn for all activities for example: appropriate shoes and clothing for outdoor exercise activities. Participants should come prepared for wet weather or strong sunshine.

The Council accepts no responsibility for the loss of, or damage to any property or for any injury to or the illness or death, on or at Moors Valley and other sites, unless caused by its own negligence.

Refreshments are generally not provided, unless otherwise stated. Please bring along any refreshments you will require for the duration of the activity.

A reasonable standard of behaviour is expected of all customers. Any customer whose behaviour compromises the safety of themselves, other customers or the general public will be asked to leave or be collected. No refund will be given in such circumstances.

## Photographs

From time to time photographs of people on events will be used in promotional material. If you have any objections to your photo being taken or used then please let the relevant person know on the day of your activity/ event. If you have further queries, please phone the Health & Activity team.

## Data Protection Act

The council adheres to the Data Protection Act 1998. We hold information for the purposes specified in our notification made to the Information Commissioner. We will not give information about you to anyone outside of the organisation, unless the law permits us to do so.

Please be aware that from 25 May 2018 the new General Data Protection Regulation (GDPR) comes into force. Christchurch and East Dorset Councils control and process data in line with GDPR.

## Nordic Walking Subscriptions

Valid for both workout and wellness sessions at Moors Valley and Kingston Lacy, Wimborne. The 11 sessions for £47.50 can be used over a 15 week period. 72 hours notice is required to transfer a usage or to reimburse a usage if you are unable to attend the session.

# BOOKING

To take part in these activities (unless otherwise stated) you can book in 3 ways:

 Visit: [www.moors-valley.co.uk/onlinebooking](http://www.moors-valley.co.uk/onlinebooking)

 Call the Health and Activity booking line: **01425 480811**

 Book in person at: **Moors Valley Country Park & Forest information point**

*\* For full terms and conditions please see page 39.*

# GENERAL ENQUIRIES

If you have any questions or would like to find out more about the activities please call the Health and Activity Team on:  **01202 795682** or

 [activate@christchurchandeastdorset.gov.uk](mailto:activate@christchurchandeastdorset.gov.uk)

# FOLLOW US

You can stay up to date with all our events by finding us on Facebook at [facebook.com/communitylinksdorset](https://facebook.com/communitylinksdorset) or follow us on Twitter @[cb\\_edd\\_councils](https://twitter.com/cb_edd_councils)

