

Stepping into Nature

Steph Aburrow – Project Officer
Jules Hammon – Project Coordinator





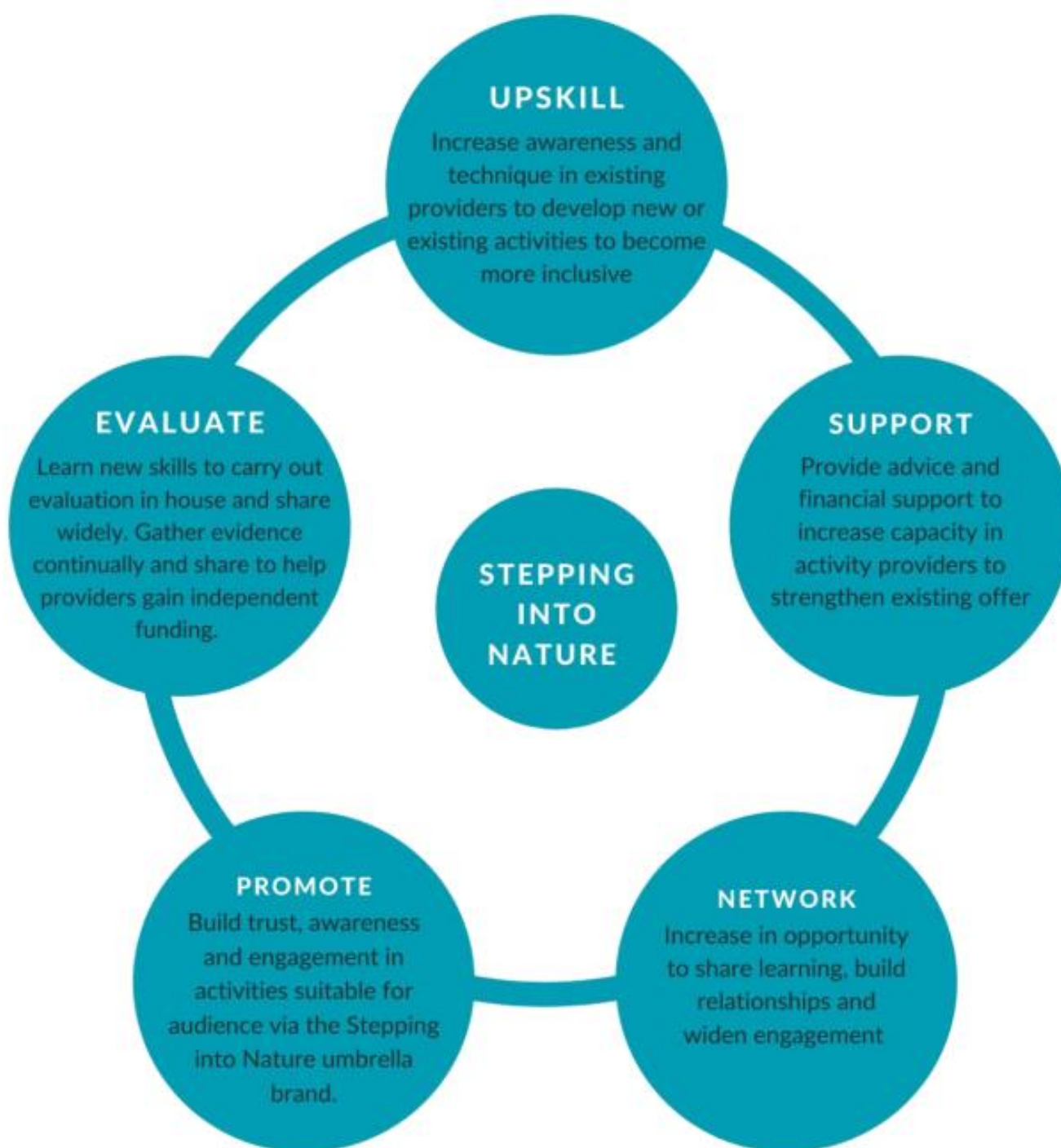
The challenge in Dorset

- High proportion of people aged over 65, living with long term health conditions and carers.
- Affects daily lives.
- Keep active to delay/prevent disability, frailty and dementia.



Overcoming the challenge

- Nature for all
- Barriers
 - lack of information
 - safety concerns
 - Stigma
 - physical setting



Stepping into Nature delivery model

- Taken time to build activities, attendees, trust in project.



Some extra challenges...

- Covid
- Ukraine conflict
- Fuel shortages
- Flooding / heat waves
- cost of living crisis

- Impacts:
 - Face to face group delivery and attendee numbers reduced
 - Picnic in the Parks events cancelled
 - Capacity of partners reduced

Access resources on Picnic in the Parks

www.picnicintheparks.org

“Its like being in a sweetie shop with so much to choose from and don't know which exciting thing to choose first”



Picnic in the Parks

Invite your friends

Share

Picnic in the Parks is full of ideas to help you live well and love nature. Take your time to explore this Dorset-inspired park to find inspiration, discover new experiences and enjoy fun health and nature-related activities. Activities will grow and change seasonally so keep visiting for fresh ideas.



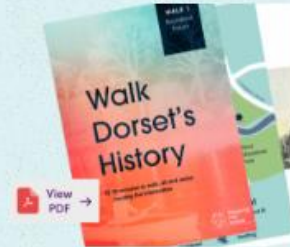


WALK DORSET'S HISTORY



Explore the history of a place using these easy access walk guides that introduce you to what is unique in Dorset's villages and towns.

Self Guided Walks



Walk 1: Blandford

Distance: 1.2 miles
Difficulty: Generally level route on tarmac paths. Slight incline around the church.

Visit →



Walk 2: Cerne Abbas

Distance: 1 mile/1.6km
Difficulty: Generally level route on tarmac paths with a few small grassy areas and an optional short slope. Near the end of the walk the path narrows with some raised tree roots, if this is an issue use the alternative path shown on the map.

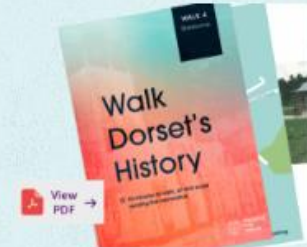
Visit →



Walk 3: Eastern Dorchester and Fordington

Distance: 1.2 miles/2km
Difficulty: Generally level route with one downhill section on the outside of Dorchester's town centre and local streets. Steps to access church.

Visit →



Walk 4: Sherborne

Distance: 1 mile/1.6km
Difficulty: Generally level route on tarmac paths. Not a dog friendly route.

Visit →



Walk 5: Swanage



Walk 6: Weymouth



TALES OF DORSET: STORIES INSPIRED BY THE LANDSCAPE AND WILDLIFE IN DORSET →

Much loved Dorset storyteller, Martin Maudsley, re-tells his mesmerising stories. A winner for adults and children alike!



Watch **Raven**

"Raven". In this story the Raven, a bird full of character and charisma seen often along the Jurassic Coast, takes a leading role in this magical myth about the creation of the world.

Visit →



Watch **"King of the Birds"**

"The King of the Birds". In this story the birds of Britain flock together on Maiden Castle to decide which of them should become King of the Birds, each stepping forward to gloat about why they should be the king.

Visit →



Watch **"The Singing Barrow"**

"The Singing Barrow". Above Weymouth on Bincombe Hill lies the Bincombe Bumps, 9 bronze age burial mounds, known long ago as the Singing Barrows. In this story, greed overcomes one



WILD WRITING WORKSHOPS →

Creative writing workshops to make writing easy and fun!

A promotional graphic for 'activate WILDWRITING!' featuring a PDF viewer button and a 'Need a printed version?' text. The graphic includes a green and blue background with text: 'TIPS AND IDEAS activate WILDWRITING! WITH SARAH ACTON! BLACK PEN POETRY'. It also features a 'View PDF' button with a red PDF icon and an arrow, and a 'Need a printed version?' text. The graphic includes a photo of a person writing in a notebook and a photo of Sarah Acton.

A grid of six video thumbnails for Wild Writing Dorset workshops. Each thumbnail shows a person in a checkered shirt writing in a notebook outdoors. The thumbnails are arranged in two rows of three. Below each thumbnail is a title and a 'Visit' button with an arrow.

Workshop 1 - Trees
Visit →

Workshop 2 - Birds
Visit →

Workshop 3 - Seasons
Visit →

Workshop 4: Plants, Flowers & Insects

Workshop 5: Day and Night

Workshop 6: Weather

Seasons of Stories

SUMMER



Seasons of Stories

AUTUMN



Seasons of Stories

SPRING







Group activities

- Walk for Wellbeing
- Dorset History Walks
- Wild Writing

Community Grants





Increasing capacity

- Building relationships with partners
- Health and Nature Dorset
 - Further successful bids
- Thriving Communities
- Nature, Art and Wellbeing Fund
- Your Seasons of Stories

400 activities

3000 attendees

6000 quality resources shared

£48k grants given out

People learnt skills, made friends, felt happy and relaxed

Cheesy tips in summary

We are stronger together

Rise to the challenge

Perfection can stifle progress, be flexible

Never know if you don't try, just do it

We'll be back!

“Providing these things is like providing seeds
in the soil of people’s lives that will grow and
blossom that wouldn’t have been there
otherwise”



Your Seasons of Stories

Using public funding by the National Lottery through Arts Council England

