



# Nature Buddies

## Our Journey



# The Starting Point: Why This Matters

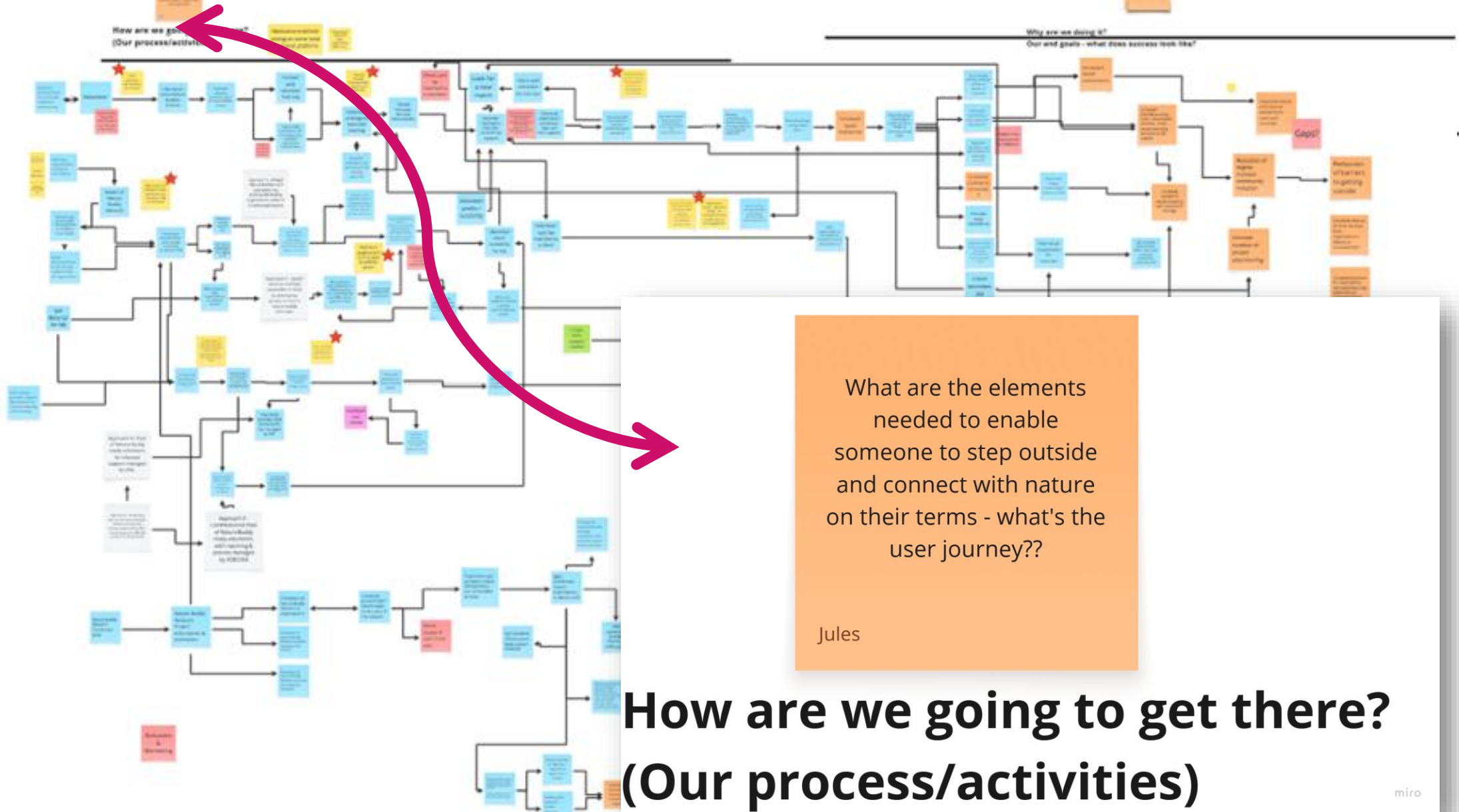
Everyone deserves equal access to nature, and all of us benefit when our communities are healthier and happier. But we are all different. We need green spaces that respect and reflect our differences.” — *Global Wellness Institute*



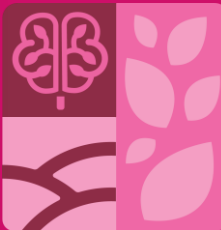
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National  
Landscape




# The Vision: What We Set Out To Do



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A photograph of two elderly women sitting outdoors on a rocky surface. The woman on the right has short, wavy white hair and is wearing a dark green jacket over a brown sweater. She is smiling broadly and holding a green plastic cup. The woman on the left has short, wavy blonde hair and is wearing a maroon jacket. She is also smiling and looking towards the first woman. The background is a blurred, rocky landscape.

*Buddy – “someone who  
does an activity with  
you so that you can  
support and encourage  
each other”  
Cambridge Dictionary*

# Laying the Foundations

## **Volunteer linked to an organisation offering a nature-based activity.**

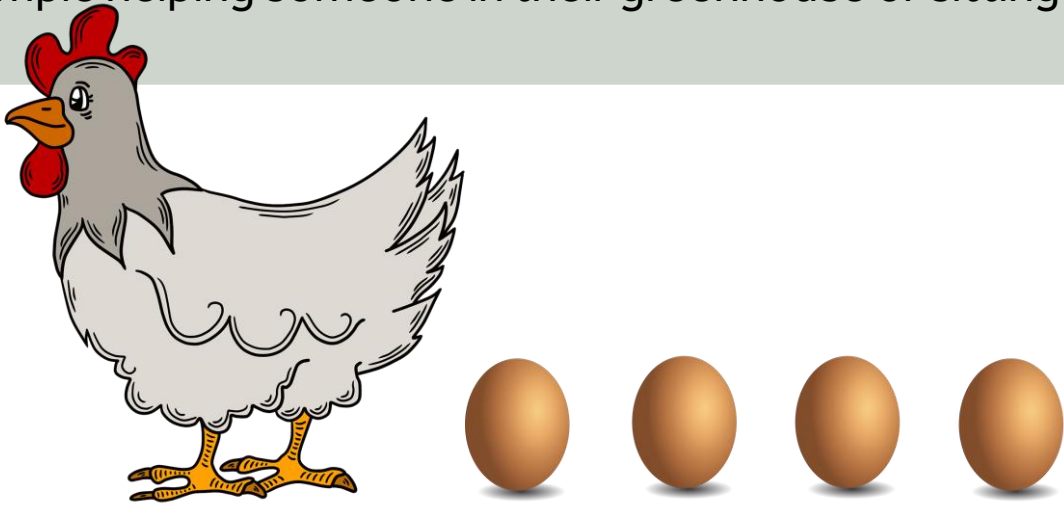
This is a volunteer that can support a person to take part in a guided activity or around a nature site where the volunteer is stationed as part of that organisation.

## **Nature Buddy volunteer walking buddy accompanying people to walk from home.**

This is a volunteer that can support a person to get out into their local greenspace, parks for a walk. This could lead to that person gaining confidence to join a guided activity, group or walking independently.

## **Nature Buddy volunteer helping someone at how to get out into nature at home.**

This is a volunteer that can help someone get out into their garden to help carry out a task together, for example helping someone in their greenhouse or sitting with someone in their garden watching wildlife.



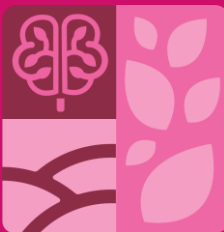
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# Building the Nature Buddies Network



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# Inclusive Farm Visits



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*I am so grateful to your organisation for providing my group of adults with learning disabilities with the opportunity to experience something completely out of their usual comfort zone and for developing their interest in rural Dorset. - Vitality*



# Community Grants

## Quarry to Castle Trail

**FROM DANCING LEDGE TO CORFE CASTLE VIA BURNGATE**

Why not keep your impact to a minimum by taking the Purbeck Breezer 40 from Corfe Castle or Swanage to Acton Lane. For timetable and route see [www.morebus.co.uk/services/WDBC/40](http://www.morebus.co.uk/services/WDBC/40)

**MAP KEY**

- The Trail
- Alternative route
- Medieval Tracks
- Medieval Village Site

**Points of Interest**

**SOUTHERN LOOP**

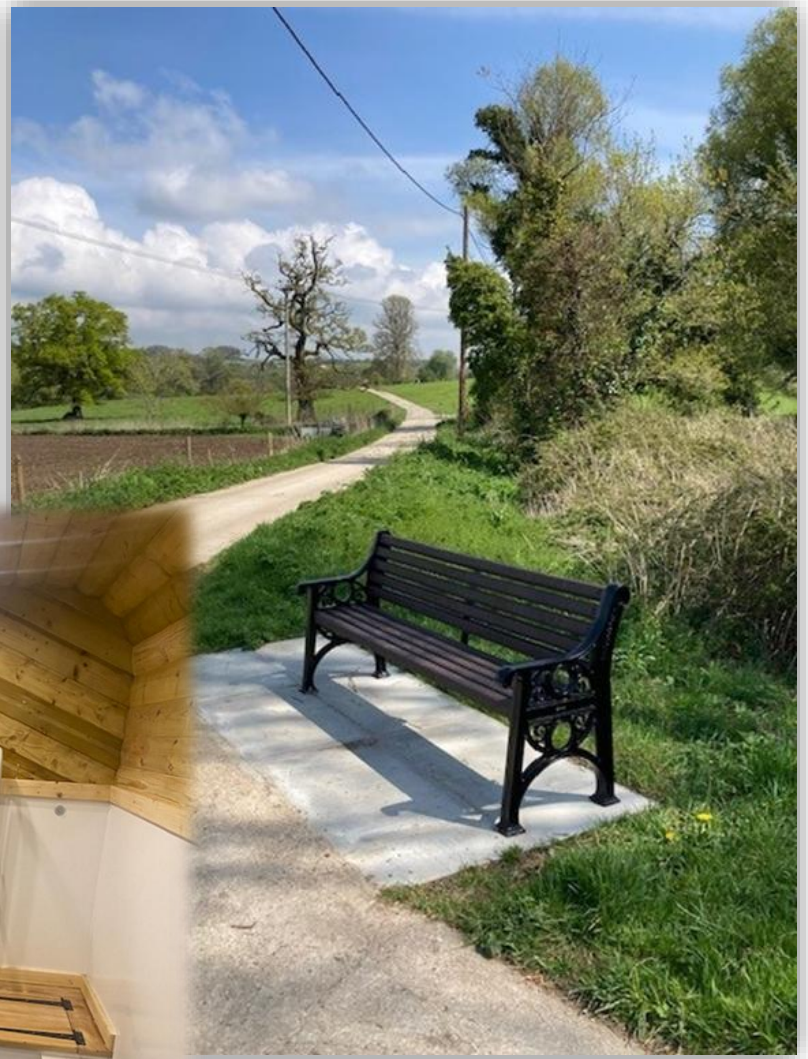
- Dancing Ledge. Quarry in the Portland (Cliff) Freestone. Mostly exported by sea. Cart tracks visible
- Old quarry (New Ven) workings and trackway above Hedbury
- Old trackway up from Seacombe, used to carry stone
- Dinosaur footprints (Inland Freestone)
- Modern open cast quarries in the Purbeck Inland Freestone
- Burngate Purbeck Stone Centre (stone carving)
- Langton Museum (exhibit on Purbeck Stone Quarrying)

**NORTHERN TRAIL**

- Wilkswood – site of many ancient Purbeck Marble Quarries
- Afflington – site of an abandoned hamlet during medieval boom in Purbeck Stone Quarrying
- Afflington Manor – built with mix of Portland and Purbeck Freestone
- Surface outcrop of Burr in the bridleway and nearby Afflington Wood marble quarries
- Corfe Castle Village – buildings of Purbeck Freestone
- Corfe Castle – Castle built in 11th with ashlar of “Burr”, and various rubble limestones, red, chalk, fire and Tertiary gritstone. One of four early castles in UK built in stone.

**WAYFINDER MARKERS**

Markers guide the full length of the trailpath. Scan our QR codes at the start and finish for the routes.



<b>Project grant offered</b>	<b>Total project cost</b>
<b>£59,075.80</b>	<b>£224,546.26</b>



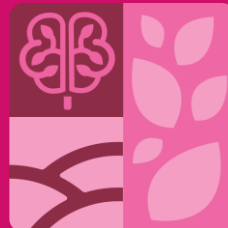
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# Host Organisations



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# Nature Buddy Volunteers



“I'm looking forward to sharing with others my own enjoyment of working in the Park while supporting them to also see the value of being outside, helping their local community, all while making friends and having a laugh.”

*Frances*

# Building Skills and Confidence



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# People at the Heart



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# Spreading the Word

Webinars

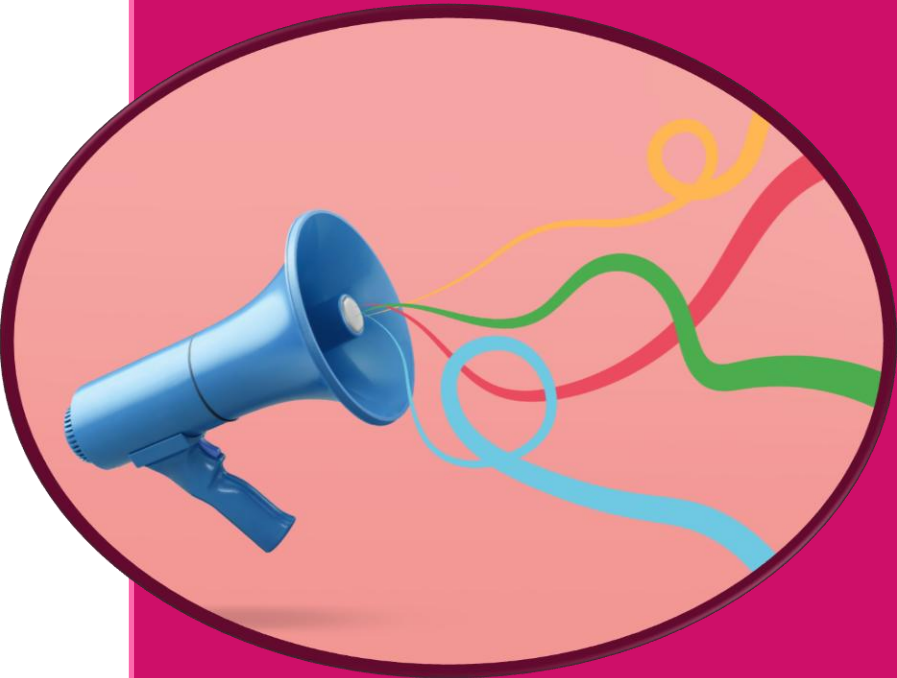
Social Media

Events

Presentations

Press

Enews



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# Digital Access & Activity Finder



## Introduction to Bird Watching - Upton Country Park

Guided walks through the Country Park to



## Have a Go - Gardening / Conservation - Upton Country Park

Our Nature Buddies will help you join in with



## Conservation Activities - Bere Marsh Farm, Shillingstone

A range of practical activities are available with your Nature Buddy, all within a friendly and welcoming group.

and more



## Waggly Walks - Weymouth & Portland

Enjoy Dorset's scenery and friendly company on a relaxed Waggly Walk — dogs optional!

and more



**Location:** Christchurch, at alternating BCP Nature Reserves – Hengistbury Head, Mudeford Woods, Stanpit Marsh and Riversmeet Meadow. Location is sent out in advance.

**When:** Tuesdays from 10am – 2pm (no obligation to stay for the full duration, there are coffee and lunch breaks)

**No. of Nature Buddy sessions offered:** 6 sessions

**Level of Support:** 0-2

**Site accessibility info:** Check with Sarah

**Joining information:** Send an email to Sarah West, a Countryside Ranger who will be your Nature Buddy via [countryside@bcpcouncil.gov.uk](mailto:countryside@bcpcouncil.gov.uk) for further information.

**Website:** [Practical conservation volunteering at nature reserves | BCP](#)

**All welcome**



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# Digital Access – All Ways Out



**ALL  
WAYS  
OUT**

Visit [allwaysout.com](http://allwaysout.com)  
to begin your journey.



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# Local Tales

# Explore from Home

# Creative Activities



## Audio Journey from Land to Sea →

This audio journey takes you along the Wessex Ridgeway Trail from the highest village in Dorset, Ashmore, t...

Explore from Home



## Tales of Dorset →

Over the centuries, Dorset landscapes have inspired poets, authors and artists. Reading, sharing and even...

Explore from Home

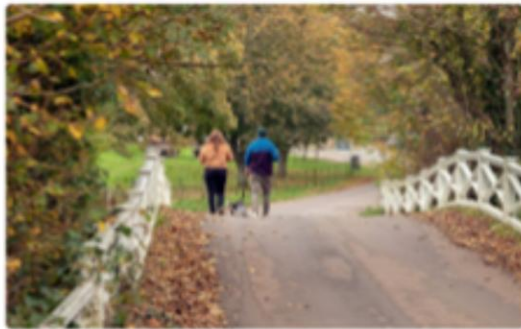
# Get Active

# Noticing Nature

# Your Dorset



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## Step out and explore →

Step into the heart of our National Landscape with a series of walking routes we've carefully compiled for...

Get Active



## Your Seasons of Stories →

Encourage creative conversation, community and nature connection. Your Seasons of Stories was a Dorse...

Creative Activities



## Wild Writing →

Combine the benefits of writing and connection to nature and you are onto a winner!

Creative Activities



## Art, stories and poetry →

Feeling inspired, the project's storyteller, poet and artists created their own work reflecting nature and...

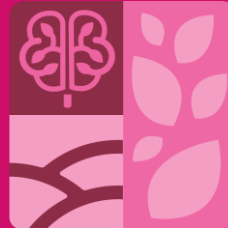
Creative Activities



# The Learning Curve



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**Nature Buddies**  
Make a referral



### Support patients to connect with nature.

A free, non-clinical service designed to complement social prescribing, that helps people improve their wellbeing through gentle, nature-based support.

Whether someone is anxious about going outside, feeling isolated or unsure, trained volunteers help them take a first step - on a walk, at a local group or even from home.

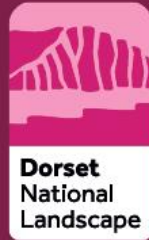
Nature Buddies offers a flexible, person-centred approach that builds confidence, connection and wellbeing. We work closely with local partners to ensure smooth referrals and meaningful outcomes. Suitable for people with mild to moderate mental health needs or limited mobility.

Photo © Centre for Ageing Better

**Make nature part of your toolkit.**  
Full information at [dorset-nl.org.uk/nature-buddies-referrals](http://dorset-nl.org.uk/nature-buddies-referrals)  
Or contact Kate & Jules at [stepin2nature@dorsetcouncil.gov.uk](mailto:stepin2nature@dorsetcouncil.gov.uk) or call 01305 228246



Find out more: [www.dorset-nl.org.uk/project/naturebuddiesnetwork](http://www.dorset-nl.org.uk/project/naturebuddiesnetwork)



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**Wellbeing Through Nature**  
Spending time outdoors can lift your mood, reduce stress, and improve your wellbeing.



Photo © Centre for Ageing Better

**Request a Nature Buddy**  
If you'd like support to get outside, try a new activity or join a local group, Nature Buddies will match you with a friendly volunteer who shares your love of nature.  
Scan the QR code, visit the Nature Buddies Network at [www.dorset-nl.org.uk](http://www.dorset-nl.org.uk) or ask your GP /social prescriber.



Find out more: [www.dorset-nl.org.uk/project/naturebuddiesnetwork](http://www.dorset-nl.org.uk/project/naturebuddiesnetwork)



# Nature Buddies: What's Next?

**(NEW) Facilitate and promote peer to peer NB support within existing groups**

Build relationships with potential peer to peer and support groups within the community

Deliver information session on Nature Buddies role and outline to organisations/groups

Deliver Nature Buddie training with in-house (peer to peer ) Nature Buddie volunteers.

Develop and deliver taster sessions



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# Thank You

**Any queries?**

**Email Kate & Jules at  
[stepin2nature@dorsetcouncil.gov.uk](mailto:stepin2nature@dorsetcouncil.gov.uk)**



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Find Out More About Nature  
Buddies and End of Event  
Feedback

