



Dorset Area of Outstanding Natural Beauty

Stepping into Nature – Get involved

Tuesday 26th September 2017

Dorchester Corn Exchange, High East Street. Dorchester, DT1 1HF

Schedule

9.30am	Registration & Refreshments
10.00am	Welcome and Introduction
10.15am	Chris Skelly & Rupert Lloyd - Public Health England “The Greenspace Prescription” <ul style="list-style-type: none"> • The evidence for greenspace being good for our health and wellbeing • What is holding the health sector back from being more involved
10.40am	Dr Philip H. Sterling - Coast & Countryside Service Manager, Dorset County Council <ul style="list-style-type: none"> • What does our greenspaces in Dorset have to offer and how does this fit in with DCC.
11.05am	Wendy Brewin - Sensory Trust, Creative Spaces Cornwall. <ul style="list-style-type: none"> • How dementia friendly walking groups can evolve into peer support groups.
11.30am	Participants & Providers <ul style="list-style-type: none"> • What getting out into the countryside means to me
12.00am	Lunch & Market Place <ul style="list-style-type: none"> • An hour to enjoy lunch by Andrew James Catering and find out a little more about the activities. • Choose your taster session to take part in after lunch (some will be limited on numbers)



1.00pm	<p>Taster Sessions:</p> <ol style="list-style-type: none"> 1. Dementia Friendly Sensory Walk - Claire Platten, Hardy's Birthplace and Thorncombe Woods (outside activity) A short walk to experience what a dementia friendly walk entails. 2. Greenwood Club - Jill Hooper, Dorset Forest Schools (outside activity) Find out what happens at Dementia Friendly Greenwood Club delivered by Dorset Forest Schools 3. Wild Watching Pack – RSPB (inside activity TBC) Come and see what the RSPB are working on to help bring nature to those who are less mobile. 4. Inspired by Archives – Maria Gayton, Dorset History Centre Enjoy a brief introduction to getting Inspired by Archives (inside activity)
1.45pm	Final Word
2.00pm	End