

# Countryside Activities programme



**Open Country is a Yorkshire based charity that helps people with disabilities access and enjoy the countryside.**

**Welcome to our activities programme for April to June 2025.**

We run 4 groups a week aimed at adults with learning disabilities or autism. These groups run between 10am - 4pm and are chargeable day services:

## **NATURE FORCE GROUP**

Every Tuesday we carry out important nature tasks around the district like tree and wildflower planting.

## **TRAILBLAZER GROUP**

Join in with helping make our district more accessible with path improvement, cutting back vegetation and conservation projects, every Wednesday.

## **WILD WALKERS**

Every Thursday we walk between 4 - 7 miles with lots of stops for nature study and to admire the views!

## **WILD THINGS**

Every Friday we spend time down at our polytunnel growing wildflowers and wood working, or visiting open gardens and nature reserves.

## **ADAPTED CYCLING**

Our Tandem Club runs between early April - mid October on Wednesday evenings. The first ride will be on **9th April**.

## **WEEKEND OUTINGS, ADVENTURE CLUB, SCOOTER SOCIAL & WILD ABOUT WATER**

Open first to anyone with a physical disability or sensory impairment, the outings visit a wide variety of wheelchair accessible locations.

There's a £10 booking fee for the trips and we have a wheelchair accessible minibus to get you there. We pick up from local homes, Wakefield bus station, Wakefield Westgate train station or Thornes Park.

We've chosen destinations with accessible toilets and a café, but please bring a packed lunch and a flask just in case the café closed.

**Cancellations within 72 hours of the event will be charged.**



## **WEEKEND OUTINGS**

### **JORVIC VIKING CENTRE**

**Sunday 6th April**

**Admission: £17.50    Trip: £10**

An exciting journey around the famous Jorvic Viking Centre to learn about the history of Vikings at this state-of-the-art museum, followed by a gentle riverside Stroll in York.

### **NIDDERDALE GREENWAY**

**Saturday 12th April**

**Admission: FREE    Trip: £10**

An easy-going stroll along the accessible Nidderdale Greenway from Ripley. Let's also refuel and tempt our tastebuds with a visit the famous Ripley's Ice Cream Shop.

### **SPRINGTIME BABIES**

**Saturday 19th April**

**Admission: £5    Trip: £10**

Let's head to Temple Newsam for a spring themed stroll with a visit to the farm to welcome the brand new lambs and piglets.

### **FIVE TOWNS OUTING — MODEL BOAT DISPLAY**

**Sunday 20th April**

**Admission: FREE    Trip: £10**

For members of the Five Towns only.

Enjoy a scenic amble and model boat display at Manvers Lake in Barnsley.

### **UNDER THE SEA**

**Saturday 26th April**

**Admission: £23    Trip: £10**

Let's see what we can 'sea' at The Deep. Learn about the exciting under-water creatures around the world.

### **MONSAL TRAIL**

**Sunday 4th May**

**Admission: FREE    Trip: £10**

A stunning, 2-3 mile accessible walk along the Monsal Trail in the Peak District. Followed by a trip into Bakewell to treat ourselves to some delicious Bakewell tarts.

### **YORKSHIRE WILDLIFE PARK**

**Saturday 10th MAY**

**Admission £20    Trip £10**

Lets have a 'roar-some', animal filled day out at Yorkshire Wildlife Park. With hundreds of incredible animals to see, which will be your favourite?



## **RHS GARDENS HARLOW CARR**

**Sunday 18th May**

**Admission: £15.85    Trip: £10**

This beautiful gardens has lots to offer. See a variety of different landscapes, flowers and plants as we amble gently around the accessible paths.

## **MUCH ADO ABOUT PUFFIN**

**Saturday 24th May**

**Admission: £8    Trip: £10**

We will head over to RSPB Bempton Cliffs to see England's largest seabird colony. A spectacle of over half a million Puffins, Gannets and other seabirds on the white chalk cliffs is on offer.

## **BRASS BAND AT BURNBY**

**Sunday 25th May**

**Admission: £8.50    Trip: £10**

Let's enjoy listening to a brass band at a location named a 'jewel in Yorkshires crown'. Burnby Hall Gardens and Museum is famous for its lakes full of waterlilies and luscious, colourful gardens.

## **PICK YOUR OWN**

**Saturday 14th June**

**Admission: £15    Trip: £10**

Head to York's Balloon Tree Farm for an accessible pick your own strawberries session. There are other fruits on offer too. Then a trip around the award winning gardens at Breezy Knees, also known as 'the flower garden of Yorkshire'.

## **LIFE'S A BEACH**

**Saturday 21st June**

**Admission: FREE    Trip: £10**

Get your bucket and spade ready for this one! We will head to Hornsea for shallow sea paddling, games on the beach, ice creams and of course, fish and chips!



## **CASTLE HOWARD**

**Sunday 22nd June**

**Admission: £20    Trip: £10**

Follow a digital guide, voiced by Nicholas Howard as you explore this stunning stately home. Find bursts of colour and floral fragrance in the dramatic gardens. There are also many trails to explore in the grounds here.

## **HORBURY SHOW**

**Sunday 29th June**

**Admission: FREE    Trip: £10**

Show your support for Open Country on our stall at Horbury Show in Carr Lodge Park. We will be running a tombola (prize donations gratefully accepted) and spreading the word about Open Country. There are, of course, lots of other stalls and exhibitions to explore, usually including birds of prey and brass band displays.



## **ADVENTURE CLUB**

### **INDOOR SKIING**

**Sunday 27th April**

**Admission: £30    Trip: £10**

Join our friends at Disability Snowsport UK at Chill Factor-e in Manchester for an adapted skiing session on their indoor slope.

### **SWINSTY AND FEWSTON**

**Saturday 17th May**

**Admission: FREE    Trip: £10**

A 7 mile walk around the surrounding moors at Swinsty and Fewston Reservoirs in North Yorkshire. This one is not wheelchair accessible.

### **SURF'S UP**

**Sunday 15th June**

**Admission: £54    Trip: £10**

A fully accessible, exciting surfing lesson in the sea at Scarborough with The Wave Project. Let's go and make a splash! They have lots of specialist equipment available.



## **SCOOTER SOCIAL GROUP**

Open to anyone who uses a mobility scooter or electric wheelchair, we meet up at Thornes Park Nursery for a catch up with like-minded friends.

The next Scooter Social dates are:

### **SPRING AT ANGLERS**

**Saturday 5th April**

We will head to Anglers Country Park for a lovely spring stroll around the lake.



### **TREE-MENDOUS TREES**

**Saturday 3rd May**

Meet us at Thornes Park for a tree-mendous stroll around the park while we learn all about the local tree species.

### **GAME ON!**

**Saturday 7th June**

Come to Thornes Park for some exciting putting golf and boccia, followed by a sociable stroll around the park.

## **WILD ABOUT WATER GROUP**

Connecting people to blue spaces with creative activities.

### **RIVERSIDE POTTERY**

**Tuesday 1st April**

A trip to Riverside Paint a Pot to make and decorate plant pots and garden ornaments.

### **ACCESSIBLE FISHING**

**Tuesday 8th April**

An accessible fishing trip in the Peak District with Ladybower Fisheries.

### **SPRING BEAD CRAFTING**

**Tuesday 15th April**

A spring and easter themed bead crafting session with Ania Grudna at Anglers Country Park.



### **ARTISTIC NATURE**

**Tuesday 22nd April**

A nature themed walk and painting workshop with Helen Thomas at Thornes Park to make a collective artwork.

### **WILDLIFE SAFARI**

**Tuesday 29th April**

A nature spotting walk at RSPB St Aidans with ecologist Andy Woodall.

### **MACRAME PLANT SHELVES**

**Tuesday 6th May**

A workshop with Ruth Fones to learn macrame (yarn knotting) techniques and using log slices to make plant shelves on the canal side tables at The Navigation Inn.

### **YOGA AND MINDFULNESS**

**Tuesday 13th May**

Another lovely session with Linzi Clarke-Boyle in Thornes Park followed by a stroll.

### **CANAL BOAT JOURNEY**

**Tuesday 20th May**

A relaxing barge trip with Safe Anchor Trust along the River Calder.

### **START BIRDING**

**Tuesday 27th May**

A guided birding session with expert Linda Jenkinson where we will learn how to recognise lots of bird calls and species at RSPB St Aidans.

### **PADDLEBOARDING**

**Tuesday 3rd June**

Adapted paddleboarding, kayaking and wild swimming in the beautiful Ellerton Lake with SUP Active Yorkshire.





## **COASTER CRAFTING**

**Tuesday 10th June**

Imprinting clay with foliage and natural objects, then decorating to make coasters with Ruth Fones at Anglers Country Park.

## **DANCING IN THE PARK**

**Tuesday 17th June**

Another fabulous seated or standing dance session with DAZL Inclusive Dance Experts in Thornes Park.

## **PADDLESPORTS**

**Tuesday 24th June**

A session with Bob at Manvers Lake where we will sample a selection of paddlesports.

## **EXTRA DATES FOR THE DIARY:**

**Saturday 5th July — Dragon Boat Race**

**Friday 22nd August to Sunday 24th August — Adventure Residential.**

A selection of adventure activities over a fun filled weekend at Parson House Outdoor Pursuits Centre —£250.



**A big thank you to all the National Lottery players for supporting our Wild about Wakefield project.**