

Countryside Activities programme



KEY to features on activities:



WEEKDAY OPPORTUNITIES:

NATURE FORCE (Tuesdays)

We carry out important nature tasks around the district, including tree planting, pond creation, wild flower meadow cuts and more!

WILD WALKERS (Thursdays)

We walk between 4 and 7 miles in the countryside, with plenty of stops along the way to look at nature.

WILD THINGS (Fridays)

We spend time at the polytunnel at Thornes Park, carry out gardening tasks or visit nature reserves.

Groups run from 10am to 4.15pm and are chargeable day services. At present only the Wild Walkers group has spaces, but please ring to add your name to the waiting list.

ADAPTED CYCLING

The tandem rides have almost finished for the year, thank you to everyone who has taken part; we've had some fantastic rides and great weather to boot! Join us for our *End of Season Meal* on **Wednesday 28th October at 7pm.** Please contact us to book your place.

Don't forget on Monday evenings we run our *On 'Yer Bike* spin class on Zoom, from 6.30-7.30pm. It's free and we may be able to loan you an exercise bike. Get in touch if you would like to join in.



DATES FOR YOUR DIARY:

- Tuesday 3rd November:
Advisory Group Meeting
6pm - 7.30pm
- Friday 4th December:
Volunteer Christmas Social
At Syhiba, George Street at 7pm

WEEKEND OUTINGS

Open first to anyone with a physical disability or sensory impairment, there are a range of wheelchair accessible locations. The fully accessible bus costs £12 or £15 depending on the distance.

Sunday 29th November
OLD MOOR RSPB



A trip to this wetland reserve in the Dearne Valley, looking out for flocks of winter ducks and geese. We can warm up with a cuppa in the cafe after.

Cost: £7, Carers FREE Trip: £12
Travel time: 45 minutes



Saturday 19th
December
BENINGBROUGH
HALL, GALLERY &
GARDENS



We'll explore the gardens and the 300 year old hall at this lovely National Trust property just outside York.

Sunday 13th December
CHRISTMAS LUNCH



A bracing walk around Yeadon Tarn followed by a carvery lunch at Hawthorne Farm restaurant.

Meal price: TBC
Trip: £12 Travel time: 1 hour

ADVENTURE CLUB

Sunday 25th October
LADYBOWER HIKE



A hike at Ladybower Reservoir in the beautiful Peak District. Sorry this walk is not wheelchair accessible.

Trip: £15 Travel time: 1 hour

Saturday 12th December
TEN PIN BOWLING



A trip to GoBowling in Shipley - the 'premier destination for bowling fun!' We'll also enjoy a walk at Roberts Park and along the Leeds Liverpool canal.

Two games £13 Trip: £12
Travel time: 45 minutes

Date to be confirmed
ARCHERY



An accessible archery session hosted by Selby Archers.

Archery: Price TBC Trip: £12
Travel time: 45 minutes

OUT THERE TOGETHER IN THE PARK

The following activities are wheelchair accessible and free of charge. With thanks to Wakefield Council Culture Grants for supporting this project.

Saturday 3rd October PILATES IN THE PARK



An inclusive pilates session with 'BodyBeats' at Thornes Park, followed by some sketching and a stroll at Anglers Country Park.

Saturday 10th October POETRY IN THE PARK



A walk around Frickley Country Park and a poetry workshop with Helen Wilby.

Saturday 17th October FORAGING IN THE PARK

We will head to Newmillerdam for a foraging workshop with Pickle and Brew whilst ambling around the lake.



Saturday 24th October PHOTOGRAPHY IN THE PARK

Autumnal photography workshop with Tom Marsh and a walk at Hemsworth Water Park.



Saturday 31st October ART IN THE PARK

A walk at Pugneys collecting materials and inspiration before heading to The Art House for a painting workshop with artist Helen Thomas.



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As part of
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West
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Nature
Season

Supported with a Culture Grant from
wakefieldcouncil

Saturday 7th November
DANCING IN THE PARK

Inclusive dance session with DAZL at Thornes Park followed by a wander around the park.

Saturday 21st November
PRINTING IN THE PARK

A stroll at Newland Country Park to collect materials, then back to The Art House for a Gelli Printing workshop.

Saturday 28th November
YOGA IN THE PARK

(A FIVE TOWNS OUTING)

A morning session of yoga and mindfulness at Thornes Park with Linzi Clark-Boyle before heading to Pontefract Park for a walk and some watercolour art.

Saturday 5th December
WILLOW WEAVING IN THE PARK

A stroll in Thornes Park to forage decorations followed by a willow weaving Christmas decoration workshop with Gemma Foley.



Please email wakefield@opencountry.org.uk if you would prefer to receive our newsletter electronically or if you want to be taken off our mailing list.

BOOK A PLACE/GET IN TOUCH...

Please do let us know if you've booked and then cannot come to a Countryside Activity, so we can give someone else your place.

Be aware that late cancellation or non-attendance on activities is time-consuming, costly and above all prevents other members from enjoying the countryside.

Please only book on to the activities if you really want to come out with us. If you must cancel, do so as early as possible, so that we can give someone else your place.

Cancellation less than 48 hours in advance may result in you being liable for any costs.

Thank you.

To book a place, contact us on:

Tel: **(01423) 507227**

press 2 for Wakefield.

Email: **wakefield@opencountry.org.uk**

We look forward to seeing you on an activity soon!

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