

# Naturally Healthy Month May 2017

Connecting people and nature

Visit [naturaldevon.org.uk](http://naturaldevon.org.uk) or [slnp.org.uk](http://slnp.org.uk) for further information

## Somerset Programme

### Wildlife Photography Talk - FREE

Wednesday 26 Apr 2017, 8-9pm

A talk by award-winning natural history photographer, Liam Marsh, sharing his insights into the technology and techniques used to capture wildlife on camera. Hot drinks provided, so arrive early to grab a drink before 8pm. **Booking required.**

**Where:** Churchinford Village Hall Taunton Road, Churchinford, Somerset TA3 7RG

**Contact:** Clare Groom on 01823 681937 or book online at [wildlife-photography.eventbrite.co.uk](http://wildlife-photography.eventbrite.co.uk)

### Nature and Wellbeing Celebration and Naturally Healthy Month Launch - CLOSED EVENT

Thursday 27th Apr 2017 1-4pm

Celebrating current Nature and Wellbeing work in Somerset. Sharing learning with partners and professionals and officially launching the Naturally Healthy Month in Somerset.

**Where:** Fyne Court, Broomfield, TA5 2EQ

**Contact:** Kristen Lambert on 01823 451884 or email [klambert@somerset.gov.uk](mailto:klambert@somerset.gov.uk)

### Beauty and the Blackdowns, Family Fun Day - FREE

Saturday 29 April, 11am-4pm

Fun-filled children's activities inspired the Camden Town artists and the landscape of the Blackdown Hills. Part of the A Fragile Beauty, an exhibition of the Camden Town artists' work in the Blackdown Hills Area of Outstanding Natural Beauty.

**Where:** The Museum of Somerset, Taunton Castle, Castle Green, Taunton, Somerset, TA1 4AA

**Contact:** Susie Simmons on 01823 255088 or email [Susie.Simmons@swheritage.org.uk](mailto:Susie.Simmons@swheritage.org.uk)

### Health Walks in Mendip - FREE

Throughout May

Walks in May for all abilities across Mendip. As well as our daytime walks, we are also offering some evening and weekend opportunities throughout May 2017.

**Where:** Various sites across Mendip

**Contact:** Jo Smith on 01749 341128 or 0800 4125502 or email [lifestyle.hub@sompar.nhs.uk](mailto:lifestyle.hub@sompar.nhs.uk) or [jsmith@sasp.co.uk](mailto:jsmith@sasp.co.uk)

### Playing Out Events - FREE

Throughout May

Family outdoor play sessions in Glastonbury, Shepton Mallet and Frome.

**Where:** Glastonbury, Shepton Mallet and Frome

**Contact:** Jo Smith on 01749 341128 or 0800 4125502, email [jsmith@sasp.co.uk](mailto:jsmith@sasp.co.uk) or visit [www.sasp.co.uk/www.zingsomerset.co.uk](http://www.sasp.co.uk/www.zingsomerset.co.uk)

### Walk Well in Wellington - FREE

Monday 1st, 8th, 15th, 22nd, 29th and Thursday 4th, 11th, 18th, 25th - 10.15am

A series of short walks from 20 minutes to 1.5 hours around the Wellington area. For more information about start locations please visit the Walk Well with Tone Website at [www.walkwellwithtone.btck.co.uk](http://www.walkwellwithtone.btck.co.uk) or use the contact below.

**Contact:** Ali Cottey on 01823 273085

### Crewkerne Health Walks - FREE

Tuesday 2nd, 9th, 16th, 23rd and 30th May 2017, 9.30am

Free health walks leaving from Crewkerne Aqua Centre and taking in the local area.

**Where:** Crewkerne Aqua Centre, Henhayes, Crewkerne, TA18 7LZ

**Contact:** Tom Baker on 01460 77665 or email [tom.baker@aquacentre.co.uk](mailto:tom.baker@aquacentre.co.uk)

### Wild Learning at Young Wood - FREE

Tuesday 2nd May, 9th, 16th and 23rd 2017, 10-2.30pm

Wild Learning is a series of regular sessions at Young Wood on the Blackdown Hills for adults (19+) from across Taunton. It is especially for people who have experienced mental or emotional distress, feel isolated or need time to reflect on life. We spend time together as a group, cook lunch, explore the woods and do practical crafts and conservation tasks. Some people describe it as ecotherapy and some describe it as Forest School for adults! **Booking required.**

**Where:** Young Wood, Blackdown Hills Nr Staple Fitzpaine

**Contact:** Jenny Archard on 07541 080397 or email [jenny@nerochewoodlanders.org](mailto:jenny@nerochewoodlanders.org). You can also find out more at [www.youngwood.org.uk/wild-learning.html](http://www.youngwood.org.uk/wild-learning.html)

### Playing in the Park - FREE

Wednesday 3rd, 10th, 17th and 24th May 2017, 3.30pm

Join 'Zing Somerset' for a series of four after school family play sessions at Apex Park in Highbridge. Lots of activities and active play opportunities for parents/carers to enjoy with their children. Wildlife talks and activities and a few snacks may also be available too!

**Where:** Apex Park, Marine Dr, Burnham-on-Sea TA8 3YY

**Contact:** Lianne Clarke on 07342 063730 or email [lclarke@sasp.co.uk](mailto:lclarke@sasp.co.uk). After 29th April 07342 063735 or email [jwoodland@sasp.co.uk](mailto:jwoodland@sasp.co.uk)

### Health Walks in Taunton - FREE

Wednesday 3rd, 10th, 17th 24th and 31st May 2017

A series of short walks from 20 mins - 1 1/2 hours, in and around Taunton. For more information about locations /starting points and contact details of group leaders please visit [www.walkwellwithtone.btck.co.uk](http://www.walkwellwithtone.btck.co.uk) or use the contact below to request a printed copy of the walks on offer.

**Contact:** Ali Cottey 01823 273085

### Magnificent Meadows Conservation Work Day

Thursday 4th May, 10.30am-4pm

Join the Magnificent Meadows Conservation Volunteers for a day of dry-stone walling at Somerset Wildlife Trust's Cooks Fields Nature Reserve. No experience is required as full training will be given; just bring a packed lunch and plenty of enthusiasm! **Booking required.**

**Where:** Cook Fields, Nature Reserve

**Contact:** Pippa Rayner on [pippa.rayner@somersetwildlife.org](mailto:pippa.rayner@somersetwildlife.org) or phone 01823 652472

### Natural Art Workshop: Making Patterns of the Landscape - FREE

Thursday 4th May, 10-12pm

Come and create 'Patterns of the Landscape' as part of the Camden Town Blackdown Hills Art Exhibition. Open to all but particularly good for those who may find it more difficult to visit the Blackdown Hills.

**Where:** Museum of Somerset, Castle Green, Taunton, TA1 4AA

**Contact:** Susie Simmons on 01823 255088 or email [Susie.Simmons@swheritage.org.uk](mailto:Susie.Simmons@swheritage.org.uk)

### Therapeutic Gardening and Gentle Yoga Taster Session - FREE

Thursday 4th May, 11am-3pm

Seed of Hope is a therapeutic gardening project for people with mental health problems, based in the Walled Gardens of Cannington. Join us for a taster session with some some light gardening jobs, an easy Yoga lesson, and our usual Recovery session.

**Where:** The Walled Gardens of Cannington, Church Street, Cannington, Nr Bridgwater, Somerset TA5 2HA

**Contact:** Kris Scotting on email at [kris@seedofhope.org.uk](mailto:kris@seedofhope.org.uk) or call 07969 816110 or visit [www.seedofhope.org.uk](http://www.seedofhope.org.uk)



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## Sing and Stroll at Otterhead Lakes - FREE

**Saturday 6 May 2017, 2pm – 4pm**

A singing walk at the serenely beautiful Otterhead Lakes. Sing simple songs and rounds as we explore and discover the history of this enchanting nature reserve. Stroll and sing or simply enjoy the melodies and scenery. Everyone welcome. **Booking required.**

**Where:** Otterhead Lakes, Otterhead, Somerset, TA3 7EE

**Contact:** Clare Groom on 01823 681937 or book online at [sing-stroll.eventbrite.co.uk](http://sing-stroll.eventbrite.co.uk)



## Families on the Farm - FREE

**Saturday 6th to Sunday 7th May 2017**

An exciting one night sleepover for families who have a child with Autism. The package includes accommodation in our purpose built centre and converted farmhouse, home cooked meals using as much produce from our own farm and activities led by trained staff. Our activities are based out and about on our working organic farm and are based on the abilities of everyone in the group. This is a great opportunity for families to enjoy time together as well as meeting and sharing with others. **Booking required.**

**Where:** Magdalen Farm, Winsham, Maudlin, Chard, TA20 4PA

**Contact:** Lisa Herbet on 01460 30144 or email [info@magdalenfarm.org.uk](mailto:info@magdalenfarm.org.uk)

## Meadow Outdoor Exhibition - FREE

**Sunday 7th May 2017, 10-4pm**

View our beautiful tapestry, bunting and photographs displayed outdoors in Yeovil Country Park. They were co-created last year by Artist in Residence Carolyn Lefley and local community groups. We will also be launching a free meadow finds trail guide and selling a booklet of Carolyn's photographs taken during the residency. Why not view the exhibition, follow the meadows walk meandering through the wildflower meadows and pop in for a hot drink and cake at the Ninesprings Café?

**Where:** Yeovil Country Park

**Contact:** Becky Russell on 07971 111970 or email [becky.russell@southsomerset.gov.uk](mailto:becky.russell@southsomerset.gov.uk) or visit [www.southsomersetcountryside.com/](http://www.southsomersetcountryside.com/)

## 'Meadow Finds' Photo Walk

**Sunday 7th May 2017 2-4pm**

Join local artist Carolyn Lefley for a photo walk around the wildflower meadows at Ninesprings, Yeovil Country Park. Carolyn was Artist in Residence in 2016, where she made artwork with community groups in the meadow and created the 'Meadow Finds' photography walking trail. Please bring your own camera or camera phone. Carolyn will be on hand to advise participants on their photography. A booklet of Carolyn's photographs taken during the residency last year will be launched at the event, adult participants will receive a free copy. **£7 adult. £2 child. Booking required.**

**Where:** Ninesprings, Yeovil Country Park

**Contact:** Becky Russell on 07971 111970 or email [becky.russell@southsomerset.gov.uk](mailto:becky.russell@southsomerset.gov.uk) or visit [www.southsomersetcountryside.com/](http://www.southsomersetcountryside.com/)

## Mindfulness in the Meadow, East Mendip

**Monday 8th May 2017, 1.00-2.00pm**

Paying more attention to the present moment can improve your mental well being. Join us for a pleasant hour led by Miranda Bevis at Somerset Wildlife Trust's beautiful Edford Meadow Nature Reserve. **Booking required.**

**Where:** Edford Meadow Nature Reserve

**Contact:** Steph Wheeler on 01823 652400 or email [stephanie.wheeler@somersetwildlife.org](mailto:stephanie.wheeler@somersetwildlife.org)

## Community Wellbeing Walk – N. Taunton/ Priorswood Area - FREE

**Tuesday 9th May 2017, 10.30am**

A social, friendly, short walk around North Taunton and Priorswood area. Everyone welcome.

**Where:** Lyngford Park, Eastwick Road, Taunton

**Contact:** Ali Cottey on 01823 273085 or visit [www.walkwellwithtone.btck.co.uk](http://www.walkwellwithtone.btck.co.uk)



## Lunchtime Nature Walk – FREE

**Tuesday 9th May, 12.30-1.30pm**

Join Longrun Meadow Volunteer, Helen and Somerset Wildlife Trust and take some time for yourself during your lunchbreak. Enjoy a nature walk around Longrun Meadow and bring a pack lunch for a picnic afterwards.

**Where:** Meeting at Somerset County Council Offices Main Entrance/Reception, Taunton

**Contact:** Jolyon Chesworth 01823 652400 or email [Jolyon.Chesworth@somersetwildlife.org](mailto:Jolyon.Chesworth@somersetwildlife.org)

## Quantock Explorer Walk Fyne Court to Cothelstone

**Wednesday 10th May 2017, 10am-5pm**

This is part of a series of guided walks led by specially trained Quantock Volunteer Rangers to help you better explore the Quantock Hills. Quantock Volunteer Rangers John & Don will take you on a strenuous walk of some 10 kilometres (6 miles) starting at Fyne Court and going to the summit of Cothelstone Hill. The walk will go through woodlands, fields and open hilltop and for short distances along some lanes. The route includes descending and climbing some steep pathways and lanes, as well as a couple of tricky road junctions, where care will be needed. Some of the pathways will be very muddy, and some will be stony, so sturdy and waterproof footwear will be necessary, as well as clothing appropriate for the weather conditions. The walk will take about five hours so you should bring a packed lunch and liquid refreshment with you. Dogs are welcome but must be on a lead. **£5 per person. Booking required.**

**Where:** Fyne Court Car Park, Broomfield TA5 2EQ

**Contact:** Katy Coate on 01823 451884 or email [KLCoate@somerset.gov.uk](mailto:KLCoate@somerset.gov.uk)

## Monthly Supported Volunteering Group, Quantock Hills - FREE

**Wednesday 10th May 2017, 10.30am-1pm**

Come and help us look after the beautiful landscape of the Quantock Hills by getting involved in a supported practical volunteering group led by Ranger Andy Stevenson. It is a friendly group with no pressure to finish tasks – we just want people to enjoy being involved in a positive activity in a beautiful and varied landscape. The group is aimed at those who may benefit from volunteering outside with staff and volunteers who are there to support, encourage and assist where needed. If you know someone who may be interested in getting involved in this group we take referrals from support workers and as well as individuals. **Booking required.**

**Where:** Meeting at Cothelstone Hill or if transport is required meet at Taunton Deane Council Offices on Station Road (Please book transport beforehand if required).

**Contact:** Dave Topham on 01823 334906 or email [davidtopham@mindtws.org.uk](mailto:davidtopham@mindtws.org.uk)

## Mindfulness in the Meadow, Taunton

**Wednesday 10th May 2017, 12.30-1.30pm**

Paying more attention to the present moment can improve your mental well being. Join us for a pleasant hour led by Miranda Bevis in one of Taunton's wonderful green spaces, Longrun Meadow. **Booking required**

**Where:** Longrun Meadow

**Contact:** Steph Wheeler on 01823 652400 or email [stephanie.wheeler@somersetwildlife.org](mailto:stephanie.wheeler@somersetwildlife.org)

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## Trail Blazing: Practical Volunteering Task on the Mendip Hills - FREE

Wednesday 10th May, 1-3pm

Join a practical task group, meet regular Mendip Hills Area of Outstanding Natural Beauty Volunteers and get involved in the spring maintenance of the Blackmoor Reserve access trail. Come and see the woods, industrial remains and wetlands of this beautiful natural environment.

**Where:** Charterhouse Outdoor Activity Centre, Bristol BS40 7XR

**Contact:** Andy Mallender on 01761 462338 or email [andy@mendiphillsaonb.org.uk](mailto:andy@mendiphillsaonb.org.uk)

## Waterways Wildlife Walk

Wednesday 10th May 2017, 1.00-2.00pm

A guided walk with Somerset Wildlife Trust exploring Taunton's waterways, looking out for the amazing wildlife that lives on the river and canals, such as kingfishers and egrets.

**Booking required**

**Where:** TBC upon booking

**Contact:** Steph Wheeler on 01823 652400 or email [stephanie.wheeler@somersetwildlife.org](mailto:stephanie.wheeler@somersetwildlife.org)



## Mindful Walking and Forest Bathing, Quantock Hills - FREE

Thursday 11th May 2017 (Timings TBC)

Enjoy a beautiful, gentle walk around the grounds of Fyne Court on the Quantocks. Try cloud gazing, forest-bathing, and even walk barefoot on the lawn! Learn to practice the powerful wellbeing technique of Mindfulness. **Booking required.**

**Where:** Fyne Court, Broomfield

**Contact:** Katy Coate on 01823 451884 or email [KLCoate@somerset.gov.uk](mailto:KLCoate@somerset.gov.uk)

## Dundon Beacon Wildwalk - FREE

Thursday 11th May 2017, 7pm-9pm

A 2 mile, cross-country footpath walk from the centre of Compton Dundon to the top of Dundon Beacon SWT reserve. Walking shoes/boots are required as open fields will be crossed. Dogs are very welcome in the pub but must be kept on a lead on the walk.

**Where:** Castlebrook Inn, Compton Dundon, TA11 6PR

**Contact:** Roger Dickey by email at [roger@dickey4444.freereserve.co.uk](mailto:roger@dickey4444.freereserve.co.uk) or visit [www.somersetwildlife.org/heart\\_of\\_the\\_levels\\_group.html](http://www.somersetwildlife.org/heart_of_the_levels_group.html)

## Wildflower Walk - FREE

Thursday 11th May, 10am

Join us for a walk to explore the flowers in Longrun Meadow.

**Where:** Willow Cathedral, Longrun Meadow, Taunton

**Contact:** Helen Lawy by email at [helenlawy@gmail.com](mailto:helenlawy@gmail.com) or visit [www.somersetwildlife.org](http://www.somersetwildlife.org)

## Beacon Hill Health Walk

Friday 12 May, 10.30am

Beacon Hill Wood Management Committee and Shepton Mallet Health Walk leaders will be running a walk at Beacon Hill Wood starting and lasting for 1.5 hours. Beacon Hill volunteers will provide information on the plants and animals found in the wood and the very interesting archaeology of the area.

**Where:** Beacon Hill Wood Car Park (Grid Ref: ST639459)

**Contact:** Joanna Smith on [JSmith@sasp.co.uk](mailto:JSmith@sasp.co.uk) or Lesley Rowan on 07930 115804 or email [letsrowan@yahoo.co.uk](mailto:letsrowan@yahoo.co.uk)

## Tea and Talk: The Blackdown Hills, a Landscape of Patterns and Pictures

Friday 12 May, 2.30pm-3.30pm

A talk by Blackdown Hills AONB Manager Linda Bennett on the protected landscape of the Blackdown Hills and why it's special. In association with A Fragile Beauty, an exhibition of the Camden Town artists' work in the Blackdown Hills. £5 per person. **Booking required.**

**Where:** Museum of Somerset, Taunton Castle, Castle Green, Taunton, TA1 4AA

**Contact:** Susie Simmons on 01823 255088 or email [Susie.Simmons@swheritage.org.uk](mailto:Susie.Simmons@swheritage.org.uk)

## Dawn Chorus Walk - FREE

Saturday 13th May, 5am-7am

Rise and shine with Somerset Ornithological Society and the British Trust for Ornithology to experience the dawn chorus at its best. Walking woodland and lakeside paths you'll be given help to identify various bird songs and calls. Sturdy boots and warm clothing essential. **Booking required.**

**Where:** Otterhead Lakes, Otterhead, Somerset TA3 7EE

**Contact:** Clare Groom on 01823 681935/01823 681937 or book online at [dawn-chorus.eventbrite.co.uk](http://dawn-chorus.eventbrite.co.uk)

## Coleridge Way Walk, Quantock Hills

Saturday 13th May 2017, 10am - 12.30pm

Follow in the footsteps of Romantic poet Samuel Taylor Coleridge, when he lived at Nether Stowey in 1797. A prolific walker STC inspired the Coleridge Way, a 51 mile route from Nether Stowey to Lynmouth. Join our Ranger Andy Stevenson to walk a section of the Quantock route, and find out about Coleridge and how the walk was created. Medium to tough walk, hilly in places, dogs on leads (due to lambing season). **£5 per person. Booking required.**

**Where:** Coleridge Cottage, Nether Stowey

**Contact:** Katy Coate on 01823 451884 or email [KLCoate@somerset.gov.uk](mailto:KLCoate@somerset.gov.uk) or visit [quantockhills@somerset.gov.uk](mailto:quantockhills@somerset.gov.uk)

## Framing the Landscape Art Workshop - FREE

Sunday 14th May 2017, 1-4pm

Take inspiration from the natural landscape of the Mendip Hills and make your own artwork using natural materials. This Artwork shop will be led by local artist Ruth Worsley and will involve a short walk (approximately ½ mile).

**Where:** Deer Leap

**Contact:** Andy Mallender on 01761 462338 or email [andy@mendiphillsaonb.org.uk](mailto:andy@mendiphillsaonb.org.uk)

## Mindfulness Walk - FREE

Sunday 14th May 2017, 10.45am

Take some time to appreciate the great outdoors & join us for a 1 hour walk at a slow & mindful pace, with a guided mindfulness session half way through the route.

**Where:** Ninesprings Café, Yeovil Country Park

**Contact:** Zoe White on 01935 474875 or visit [www.southsomersetmind.co.uk](http://www.southsomersetmind.co.uk)



## Butterfly Walk at Buckland Wood - FREE

Sunday 14th May 2017 11am-1.30pm

Flit down to Buckland Wood for a guided butterfly walk. We'll be looking at butterflies found in woodland and flowery grassland, such as the Duke of Burgundy, dingy skipper and grizzled skipper. Children and beginners especially welcome. Bring a packed lunch if you wish. For parking take the road opposite the Merry Harriers and follow the signs.

**Where:** Buckland Wood, near Chelmsine, Somerset TA3 7SU

**Contact:** Clare Groom on 01823 681935/01823 681937

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## Get outside and let nature nurture

## Singing for the Brain Outdoor Performance – FREE

**Tuesday 16th May. 10.30-11.30pm**

Come and join Taunton's Singing for the Brain Group, led by The Alzheimer's Society for an outdoor performance outside the Museum of Somerset. The group will be singing some of the songs they practice at their regular groups and the museum would like to welcome people to come along to hear the group sing whilst enjoying the outdoor.

**Where:** Museum of Somerset Taunton Castle, Castle Green, Taunton, TA1 4AA

**Contact:** Susie Simmons on 01823 255088 or email [Susie.Simmons@swheritage.org.uk](mailto:Susie.Simmons@swheritage.org.uk)



## Bat walk around Vallis Vale (Site of Specific Scientific Interest) - FREE

**Friday 19th May 2017, 8.15pm-10pm**

Come join us for a night-time walk around Vallis Vale SSSI to listen and look out for bats, as part of SWT's celebration of Naturally Healthy month. Mells is one of the best areas in the country to hear Greater horseshoes. Led by Adel Avery from the Somerset Bat Group. This event is suitable for adults and children over 8 accompanied by an adult. Donations welcome.

**Where:** Mells

**Contact:** Lila Morris at [lila.morris@somersetwildlife.org](mailto:lila.morris@somersetwildlife.org) or phone 01823 652474.

## Wonderful Woodlands - FREE

**Saturday 20th May 2017, 11-3pm**

Explore your local woodland at this free family day out. Investigate the wildlife of the woods, create your own woodland inspired artwork, join a forest school taster session, have woodland adventures and find out all about our wonderful woods.

**Where:** Yeovil Country Park

**Contact:** Becky Russell on 07971 111970 or email [becky.russell@southsomerset.gov.uk](mailto:becky.russell@southsomerset.gov.uk) or visit [www.southsomersetcountryside.co.uk](http://www.southsomersetcountryside.co.uk)

## Family Day at Kilve

**Sunday 21st May 2017**

An open day for families to come and try enrichment taster sessions (with our tutors in subjects like story telling) and activities. There will also be refreshments, face painting and live music. Entry charge £5 per adult, £2.50 per child (under 3s free) £15 for a family of up to 5.

**Where:** Kilve Court Outdoor Education Centre, Kilve, Bridgwater, Somerset, TA5 1EA.

**Contact:** Jo O'Callaghan on [kilvecourt@somerset.gov.uk](mailto:kilvecourt@somerset.gov.uk), call 01278 741270 or visit [www.kilvecourt.co.uk](http://www.kilvecourt.co.uk)

## Rock Walk and Cave Art - FREE

**Sunday 21st May 2017, 1-4pm**

Take inspiration from the caves and local history of the Mendip Hills and create your own cave painting using pigments made from local soils. This Artwork shop will be led by local artist Ruth Worsley and will involve a short walk (approximately ½ mile).

**Where:** Ebbor Gorge

**Contact:** Andy Mallender on 01761 462338 or email [andy@mendiphillsaonb.org.uk](mailto:andy@mendiphillsaonb.org.uk)

## Coastal Discovery Walk – FREE

**Tuesday 23rd 10.30-12.00pm**

Walk along Blue Anchor bay exploring its history, geology and wildlife. Approx 3km. (Relatively flat, over shingle with sometime in the rockpools- good footwear needed).

**Where:** Blue Anchor Bay Nr Watchet, TA24 6LD

**Contact:** Rebecca MacDonald on 01823 652400 or email [rebecca.macdonald@somersetwildlife.org](mailto:rebecca.macdonald@somersetwildlife.org)

## Quantock Explorer Walk - Bicknoller Loop

**Tuesday 23rd May 2017 10am-1pm**

Quantock Volunteer Rangers Philip & George will take you on a guided walk from Bicknoller to Vinny Combe, Beacon Hill and Trendle Ring Settlement. A fairly strenuous walk of 8km, heading north along the Coleridge Way, up through Staple Plantation, into Vinny Combe and up Beacon Hill (with great views across to Wales & Exmoor). This walk includes some fairly steep ascents & descents on rocky paths so sturdy footwear will be necessary along with clothing appropriate for the weather conditions. The walk should take approximately 3 hours, so bring refreshments as required. Please wear sturdy footwear and bring wet weather gear / sun protection clothing as appropriate. Dogs are welcome, but must be kept on leads. **£5 per person. Booking required.**

**Where:** Bicknoller Village Hall Car Park

**Contact:** Katy Coate on 01823 451884 or email [KLCoate@somerset.gov.uk](mailto:KLCoate@somerset.gov.uk) or visit [quantockhills@somerset.gov.uk](mailto:quantockhills@somerset.gov.uk)

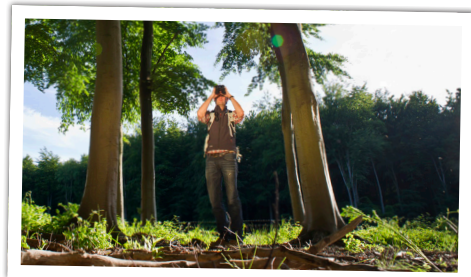
## Outdoor Yoga at Fyne Court - FREE

**Tuesday 23rd May 2017 6-7pm with tea in the courtyard afterwards**

Come and join us for a beginner's yoga session in the courtyard at Fyne Court.

**Where:** Fyne Court, Broomfield

**Contact:** Katy Coate on 01823 451884 or email [KLCoate@somerset.gov.uk](mailto:KLCoate@somerset.gov.uk) or visit [quantockhills@somerset.gov.uk](mailto:quantockhills@somerset.gov.uk)



## Taunton and West Somerset Children's Centre Team Day (CLOSED EVENT)

**Wednesday 24th May 10-3pm**

As part of a programme of work the Nature and Wellbeing Project has been doing with Children's Centre Staff in Taunton and West Somerset, this Team Day will provide staff the opportunity to share their Nature Play learning and continue to develop ideas about future work connecting families to natural environments local to them.

**Where:** Fyne Court, Broomfield

**Contact:** Kristen Lambert on 01823 451884 or email [klambert@somerset.gov.uk](mailto:klambert@somerset.gov.uk)

## Wildlife Wonder with the Forestry Commission - FREE

**Wednesday 24th May 2017, 10-1pm**

A Forest Ranger led gentle walk looking out for wildlife in the forest from wood ants to red deer. The walk will follow the Red Route Trail in Great Wood starting from the Events Room (ST 168 376) with refreshments. If the weather allows a short bird ringing demonstration will be given along the route. Please bring food/ a snack and a drink. The trail is easy access but does include moderate uphill sections and in order to see the bird ringing demonstration we may need to leave the forest path.

**Where:** Events Room Great Wood

**Contact:** Andy Harris on 01278 732319 or email [andy.harris@forestry.gsi.gov.uk](mailto:andy.harris@forestry.gsi.gov.uk)

## Mendip Hills, Children's Art Exhibition - FREE

**Monday 29th May – Sunday 4th June**

Displaying work from Stoberry Park Primary School Pupils Mendip Hills Area of Outstanding Natural Beauty Project. Including photographs they have taken and other art work.

**Where:** Venue TBC, Mendip Hills

**Contact:** Kristen Lambert on 01823 451884 or email [klambert@somerset.gov.uk](mailto:klambert@somerset.gov.uk)

## Wildlife Discovery Day – FREE

**Friday 2nd June 2017, 10.30-3.30pm**

This half-term join Blackdown Hills Natural Futures team for a day of discovery, exploring the natural world. A host of local experts will be on hand to help you seek out and learn about native animals and plants found in this area. Hunt for butterflies, mini-beasts and reptiles; take a closer look at moths; do a spot of bird-watching and learn how to identify plants and wildflowers. You can even try your hand at river-dipping to explore fascinating freshwater creatures. (Please bring wellies!) If you feel like getting creative there'll be plenty of nature-themed craft activities too. Feel free to drop in any time during the day. Suitable for all ages. Children must be supervised. **Booking required.**

**Where:** Forde Abbey Chard, Somerset TA20 4LU

**Contact:** Clare Groom on 01823 681937 or book online at [wildlifediscoveryday.eventbrite.co.uk](http://wildlifediscoveryday.eventbrite.co.uk)

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