

Naturally Healthy May

#Stepoutside



Family Coastal Foraging Somerset Wildlife Trust

Saturday 4th May | 16:00–18:00 | Brean Down

Join Chris Holland as he takes families on a playful and tasty coastal foraging adventure on Brean Down and the beach. Enjoying a foraged supper cooked over a beach campfire and learn the medicinal and culinary uses of coastal plants. Suitable for children aged 5–11, all children must be accompanied by an adult.

Brean Down, Burnham-On-Sea TA8 2RS. Families £10.

Booking required 01823 652400. For further information contact Tilda Gibbs matilda.gibbs@somersetwildlife.org

Forest Bathing Holford Coombe Nature and Wellbeing Project Lead

Tuesday 7th May | 10:00-11:30 | Holford Coombe | Free

Come and join Nature and Wellbeing Coordinator Kristen Lambert and try out the Japanese practice of 'Shinrin Yoku', connecting with nature through mindfulness exercises. There will be a short walk through the coombe and time spent within the woods on rough terrain, so please wear sensible footwear. No experience or prior knowledge of Forest Bathing needed – just an open mind and a love of nature!

Meet at Holford Carpark. For more information or to book please contact Quantock Hills Office on 01823 451884 or visit quantockhills.com/aonbevents

A Walk from Quants Nature Reserve Taunton Deane Ramblers and Blackdown Hills

Wednesday 8th May | 14:00 | Quants Nature Reserve | Free

An easy to moderate walk of four-and-a-half-miles with Taunton Deane Ramblers. You'll be walking along footpaths, bridleways and quiet country lanes, often with stiles and inclines. This is a walk for those who are used to walking. Non-members welcome. Please wear good walking boots.

Meet at Quants Nature Reserve, nearest postcode TA3 7SU, Free and no need to book

**[Map to Quants Nature Reserve
ramblers.org.uk/taunton-deane](http://ramblers.org.uk/taunton-deane)**

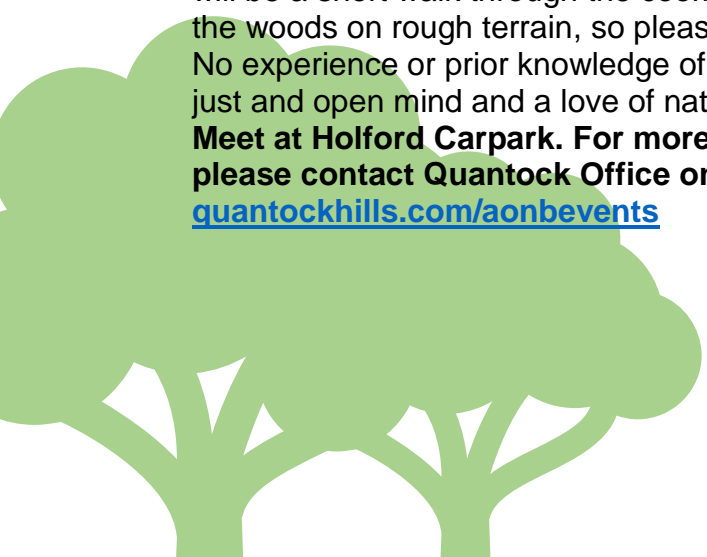
Wellbeing Walk Quantock Hills

Wednesday 8th May | 18.30 – 20.00 | Aisholt

Led by local volunteer, Peter Baker, come and enjoy a walk with stops to relax and appreciate the joys of the countryside with birdsong, wildflowers and spectacular Quantock landscape views.

Booking essential call Peter on 01278 671311 or email pete.baker6@btopenworld.com. Cost £5

For more information on Naturally Healthy Month 2019, please contact Kristen Lambert on 01823 451 884 or email klamberrt@somerset.gov.uk



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Monumental Trek

National Trust and Blackdown Hills

Saturday 11th May | from 09.00 | Wellington Monument

Join this sponsored walk of either 10k or 21k in support of the Wellington Monument appeal. The National Trust is raising money to return this iconic monument to its original stature and make it a more enjoyable place to visit.

Meet at Wellington Monument (nearest postcode TA21 9PB). Registration fee: From £10. Booking required.

nationaltrust.org.uk/wellington-monument

Working Well Group

Quantock Hills

Wednesday 15th May | 10.00-14.00 | Quantock Hills | Free

A monthly volunteering group with our Quantock Hills Ranger Andy. A supportive and friendly group with the opportunity to try out various physical conservation tasks.

Contact Dave Topham at Mind if interested

01823 334 906 david.topham@mindinsomerset.org.uk

Sing and Stroll

Blackdown Hills

Sunday 19th May | 14.00-15:30 | Corfe | Free

Learn simple songs and take a melodic mini meander in the beautiful Blackdown Hills. There is evidence to show that both singing and experiencing the natural environment benefit our physical and mental wellbeing. So, for Naturally Healthy Month, we've put the two together! Walk level easy. Novices very welcome.

Meet at Corfe Village Hall, Newton Lane, Taunton TA3 7LS

Booking Required. blackdownhills.org.uk/sing&stroll

or the Blackdown Office on 01823 681933

Bee Identification Day

Friends of Long Run Meadow

Friday 17 May | 10:00-14:00 | Long Run Meadow

John Butler, a volunteer with The Bumblebee Conservation Trust, will help you to learn how to identify bees and then take you on a guided walk on Longrun Meadow to put your new skills into practice. Please bring packed

lunch. **SWT Head Office, 34 Wellington Road, Taunton TA1 5AW. £5 Booking essential. For further information and to book contact Philipp Lausen at**

volunteer@longrunmeadow.co.uk

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Rocky Shore Survey Somerset Wildlife Trust

Monday 20th May | 13:00–15:30 | Lilstock Beach | Free
Mark Ward, Somerset's Brilliant Coast Project Manager, will be joined by Nigel Phillips, Somerset Wildlife Trust's Coastal Ambassador and Kevin O'Connell, EDF Marine Biologist for Hinkley Point C, to lead a survey of the rocky shore below the Hinkley site. We will investigate the diverse range of species found and find out about the work EDF have been doing to protect these important communities during the construction work. **Lilstock Beach Car Park, TA5 1SU. but donations welcome. Booking essential via SWT website. For further information contact Mark Ward a 01823 652400/ mark.ward@somersetwildlife.org**

Discover Great Breach Wood Somerset Wildlife Trust

Saturday 25th May | 09:00–12:00 | Great Breach Wood | Free
A guided walk around this SWT woodland reserve looking at flora and fauna along the way. This excellent example of ancient woodland has a great deal to offer with many plants, invertebrates, birds and woodland mammals. **Park at Christmas tree sales carpark, off the Kingweston–Street road, south of Wickham's Cross. Free but donations welcome. Booking essential. For further information and to book contact Roger Dickey at roger.dickey52@gmail.com**

Wild Family Day

Mendip Hills Area of Outstanding Natural Beauty

Sunday 26th May | 11:00-15:00 | Slader's Leigh | Free

Join us for a free event for the family at Slader's Leigh Nature Reserve. This will be a day filled with bug and reptile spotting, land art, den building, badge, mask making and more. There will be guided trips through Shute Shelve Tunnel, rock displays and the orchids will be out in all their glory.

Booking is essential, please click visit

mendiphillsaonb.org.uk/event/family-wild-day-out/ or

contact the office on 01761 462338. The best car park to use is Winscombe Recreation Ground BS25 1AZ.

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Baby Carrying Walk

Quantock Hills and The National Trust

Wednesday 28th May | 10.30-12:00 | Fyne Court | Free

Taking in the sights and sounds of the beautiful countryside surrounding The National Trust's Fyne Court. This walk is about bringing people who already carry their babies and toddlers together for an off-road stroll in a beautiful setting, as well as encouraging those new to carrying to give it a go! With this in mind the route will not be suitable for pushchairs but children are also welcome to join the walk. Parent's/carers remain responsible for all babies, toddlers and children throughout. Please wear sensible footwear as terrain will be uneven.

Includes a Free cup of tea/coffee for adults. Booking essential 01823 451884 or at

quantockhills.com/events/may-half-term-baby-carrying-walk

A Wild Day Out with the Family

Forestry Commission and Blackdown Hills

Friday 31 May | 10:30-15:00 | Castle Neroche | Free

Join staff and volunteers from Blackdown Hills AONB, Forestry Commission and Neroche Woodlanders for nature-themed fun including bug hunting, wild art, seed scattering and practical conservation. **To book and for more information call Blackdown Office on 01823 681933 or visit blackdownhills.org.uk/URL**

Family Fossil Day

Quantock Hills

Saturday 1st June | 11:00-14:00 | Kilve | Free

Join staff and volunteers from the Quantock Hills AONB and the Somerset Wildlife Trust from 11am for a free activity filled day for the family at the beautiful Kilve Beach.

The event is FREE but there will be a £3 fee for adults (children free) if you choose to attend the guided fossil walks – this is optional. For this element you will need to book at 01823 451 884 or

quantockhills.com/events/kilve-beach-family-explorer-day-2

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