



Public Health Dorset along with partners are encouraging people across Dorset, Bournemouth, Poole and Christchurch to get outside in May as part of Naturally Healthy Month.

Naturally Healthy Month is happening across the south west and encourages people to get outside to improve their wellbeing through being in nature.

✘ Spending time outside is not only fun but has great health benefits such as lowering blood pressure, increases intake of vitamin D, and encourages residents to be active.

People can go for a walk, run, cycle, wild swim, paddle, stroll or try gardening.

Public Health Dorset is working with partners from Dorset Local Nature Partnership, Natural Choices, Stepping into Nature, community groups, Dorset Council and BCP Council to promote a number of events and activities to get people enjoying their local areas.

Events include Picnic in the Park. The free family events invite everyone bring a picnic, have fun and try a new activity. There will be music, stalls and free taster sessions of local activities such as zumba, yoga, woodwork and orienteering.

Picnic in the Park will be at:

- Durlston Country Park, Swanage, 11am -3pm, Saturday 4 May
- Radipole Gardens, Weymouth, 11am - 3pm, Saturday 4 May
- Borough Gardens, Dorchester 11am - 3pm, Saturday 18 May

Purbeck Pledge will be launched at Picnic in the Park at Durlston Country Park. This year's pledge is Get Outdoors, Boost Wellbeing. People can sign up to take [the pledge](#).

There are lots of activities for adults to get involved with during [Naturally Healthy Month](#) such as health, nature, poetry, sensory, and mindfulness walks, park yoga, gardening and conservation volunteering.

Rachel Partridge, Assistant Director, Public Health Dorset said: "We are really pleased to be supporting Naturally Healthy Month. There is a great schedule of events and activities planned for people to enjoy our fantastic parks and open spaces across all of Dorset. Not only is exploring outdoors free and fun but there are many benefits to being outside such as improving physical fitness and mental wellbeing.

"Being outside supports the five steps to wellbeing which are connect, be active, take notice,



Get outside this May

keep learning and give. I would encourage as many people as possible to take part in as many events as they can during May.”

Maria Clarke Dorset Local Nature Partnership Manager and Coordinator for Natural Choices said “As part of Naturally Healthy Month this May, we are encouraging everyone to get outside, spend some time in nature, have fun and support your health and wellbeing. There is a lot of evidence which shows how being in nature helps our physical and mental wellbeing by being active and making us happy.

For more information about [Naturally Healthy Month](#).