**Open Country Wakefield Hub Programme**

**July-September 2024**

For bookings, please ring 07426 716677 or email wakefield@opencountry.org.uk

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 and cut back work, as well as conservation projects, every Tuesday.

WILD WALKERS

Every Thursday we walk between 3-6 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 to learn something new about our great British wildlife.

All of the above groups run between 10am - 4pm and are chargeable day services aimed at adults with learning disabilities or autism.

ADAPTED CYCLING

Our Tandem Clubs run between early April - late October on Wednesday and Thursday evenings between 6-9pm. New tandem riders, front and back, are welcomed. All training is provided. Our next weekend ride is:

Wonders of Wakefield Ride

Sunday 4th August, 10am - 3pm

Join us for a 22 mile ride around some of the most scenic sites in our district, and a brunch stop en route.

WEEKEND OUTINGS

Primarily for anyone with a physical disability or sensory impairment, the outings visit a wide variety of wheelchair accessible locations, advertised over the next few pages. The accessible bus costs £10.

Dates for the diary…

Walking and Wild Things Residential Felldyke Bunkhouse, Lake District.

Friday 4th - Sunday 6th October

£130 per person including food, transportation and accommodation.

We have just two spaces left on this weekend away - give us a bell to find out more.

OUTINGS

FIVE TOWNS OUTING

Sunday 14th July

Admission: FREE Trip: £10

Travel time: 1 hour

Join us for a tour of Pontefract Castle followed by a picnic in the grounds.

THE HATCHLING

Sunday 25th August

Admission: FREE Trip: £10

Stay Up Late!

An opportunity to be part of the biggest events of 2024! Open Country members and volunteers are invited to come play with a giant dragon puppet at Pugneys Country Park as part of a huge theatrical production. Tandem riders, wheelchair and scooter users, and all other members are invited to join in the fun — what a show it will be!

NOSTELL

Monday 26th August

Admission: £12.95

Trip: £10 Travel time: 1 hour

A nice local tour of National Trust Nostell Priory on the edge of Wakefield, including the lakeside stroll, tour in the house, kitchen gardens, parkland and a café stop to finish.

AND ALL THAT SHI-RAZ!

Sunday 8th September

Admission: £25 Trip: £10

Travel time: 1 hour

A return visit to Yorkshire’s Heart Vineyard to enjoy the a tipple, a late lunch in the restaurant and a tour of their grapevines in their grounds.

A MAJOR OAK-LY ADVENTURE

Sunday 22nd September

Admission: Free Trip: £10

Travel time: 45 minutes

Get your Robin Hood suit at the ready as we head to Sherwood

Forest for some fungi spotting and an amble up to the Major Oak (one of the oldest trees in England!) to discover the ecology that can be found in ancient woodlands, then hot drinks in the café.

ADVENTURE CLUB

DRAGONBOAT RACE

Saturday 13th July

Admission: FREE Trip: £10

Come row with me, come row with me!

We need ambulant rowers to join the team of paddlers in this year’s Dragon Boat Race at Pugneys Country Park.

WATERSKI-ING

Saturday 24th August

Admission: £25 for 1 go, £30 for 2 goes, £35 for 3 goes Trip: £10

Travel time: 1 hour

A range of adapted water-skiing and watersports to suit most abilities up at Calmwater Bay in Knaresborough.

SPORT INCLUSION FESTIVAL

Saturday 7th September

Admission: FREE Trip: £10

Travel time: 30 minutes

Come have a go at a range of sports - archery and adapted cycling, boccia to bowling and wheelchair basketball to walking football.

DERWENT EDGE LONG WALK

Saturday 21st September

Admission: FREE Trip: £10

Travel time: 1 hour

Sorry, this is not wheelchair accessible. An 8 mile circular walk from Fairholmes Visitor Centre across the moorland and up Back Tor.

SCOOTER SOCIAL

Open to anyone who uses a mobility scooter or electric wheelchair. We go to a range of local venues on the first Saturday of every month. Our electric-assist wheelchair bike is also available on these sessions.

Saturday 6th July

Bowls and Putting Golf

Thornes Park

A leisurely afternoon taking in some outdoor summer games.

Saturday 3rd August

Bird Watching

Anglers Country Park

A 2 mile flat stroll around the beautiful Anglers Country Park near Ryhill followed by an ice cream.

Saturday 7th September

Sport Inclusion Festival

Thornes Park Stadium

A range of accessible sports to have a go at followed by a Relay Race around the park.

WILD ABOUT WATER

Accessible weekday outings to a range of local waterside locations. Funded by Wakefield Council.

July

Wednesday 3rd: Nature Scavenger Hunt – Searching for hidden objects around Newmillerdam Country Park.

Wednesday 10th: Creative Walk - A walk and some sculpture making with foraged materials at Frickley Country Park.

Wednesday 17th: Seated Dance in the Park – A stroll around the pond in Thornes Park followed by a seated dance session with David Cremins.

Wednesday 24th: Bird Safari – A bird spotting stroll at RSPB Fairburn Ings

Wednesday 31st: Waterside Sketching – A gentle stroll at Pontefract Park, followed by some sketching by the lake.

August

Tuesday 6th: Yoga And Mindfulness – A seated yoga session with Linzi Boyle Clarke at Newmillerdam.

Tuesday 13th: Sailing on the Lake– An accessible sailing session at Leeds Sailing and Activity Centre.

Tuesday 20th: Canalside Stroll – A gentle walk along the canal at Stanley to the Southern Washlands.

Tuesday 27th: Audio Walk Recording – Listening to an audio walk, then

recording our own whilst strolling at Newmillerdam with Tom Marsh.

September

Tuesday 3rd: Gouache Painting – Lake and river themed painting workshop with Steven Busfield at the Navigation Inn’s canal side tables.

Tuesday 10th: Embossing Workshop – An embossing (tactile drawing) workshop with Ruth Fones at Pugneys Country Park.

Tuesday 17th: Ready, Steady, Go -

Nature raft and leaf boat building and racing at Hemsworth Water Park and Vale Head Park.

Tuesday 24th: Fungi Walk – A stroll around Anglers Country Park and Haw Park Woods for some fungi spotting with Artist, Andy Woodall.

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