



Try This ... 2016 Newsletter

An Introduction to Indoor Bowls:

We have an Open Day at Dorchester Bowls Club on Saturday 24th September. Beginner's coaching starts the following Saturday, 1st October. Phone 01305 260817 for more information.
Sandringham Sports Centre, Armada Way, Dorchester DT1 2TN

Managing Life with a Long Term Health Condition:

For ongoing support to manage life with a health condition, through one to one coaching, group courses or online tools, please contact My Health My Way on 0303 303 0153 or visit www.myhealthdorset.org.uk

Bellringing for Beginners:

Please contact Janet Collins if you would like more details on Bell Ringing at Bradford Peverell Church.
email: Janetmcollins@hotmail.com Tel: 01305 266757 mobile: 07718658919
There are other towers which may be more convenient for participants. She can let you know about these also.

Adult Badminton:

Sadly there is nothing running at present but attendees can contact Dorchester Sports Centre for information in the future. Simon is keen to run a beginners/refreshers course if there is enough interest.

Thomas Hardy – a brief introduction to his life and writing:

You do not have to be either an academic or a Thomas Hardy aficionado to join and enjoy many of the events put on by the Thomas Hardy Society including the biennial International Festival and Conference which is running this year.
The event runs from Saturday 23rd July to Friday 30th July and you can probably still get tickets to some of the events "on the door".

The New Hardy Players are now well established and have many opportunities for new members both on stage and backstage.

Balance with Movement to Music:

This was very popular and enjoyable. Sally hopes to set up a class in Dorchester. Do please let her know if you are interested and would like more information:
tc.cunningham@btinternet.com

Beginners Yoga for Relaxation:

Sue is a holistic therapist, workshop leader and student yoga teacher studying a two year diploma with Devon School of Yoga, and has completed the first year. Sue also holds a PTLLS teaching certificate. Sue is offering gentle yoga sessions for beginners in Bridport on a Wednesday morning in exchange for a donation. More information available on: www.suewheeler.moonfruit.com or mobile: 0777 0779646

Walking Tour of Dorchester:

Alistair, The Town Crier, writes: I always enjoy showing people around our extraordinarily rich and varied town with its many local, national and international connections. I hope similar, but more frequent, opportunities to "Walk Dorchester" may become available in the future. Look out for details in the local press.

Stargazing:

Due to the amazing level of interest in our recent Stargazing session as part of Dorchester Try This 2016, there will be another session on either Friday 29th or Saturday the 30th of July (weather dependent). Again, the location will be Maiden Castle car park in Dorchester, and the session will run from 10.00pm till midnight.

Please note that this is not an open session. Please do not turn up without making a booking first. Places are limited, and will be on a first come first served basis. You can book a place and register your interest in any future sessions by sending an email to: kevq100@gmail.com where your contact details can be added to any future mailing lists.

Nordic Walking – taster session:

This is one of the fastest growing outdoor activities sweeping Europe and the UK. Nordic walking was developed in Finland as summer training for elite cross-country skiers, but has since become one of the fastest growing outdoor fitness activities worldwide. Specific training techniques and the propulsion gained from the specially designed poles makes it feel easier to work harder without fatigue; a great activity if you feel unfit, but want to enhance your normal walking pace.

Courses are offered throughout 2016 in Dorchester. To book your Learn to Nordic Walk course, please email: laura@nordic-walking-bournemouth.co.uk or call or text mobile 07779943430.

Braided Rag Rugs:

If you are interested in more original handcraft opportunities, contact Nicole Smith by email: dnjnjer.smithfamily@talktalk.net

Foraging Walk:

Thank you to all that joined us on our FORAGING walks as part of Try This... I hope you enjoyed yourself, learnt a lot and went away enthused to find some more wild food and turn it into something delicious to eat or drink.

We found a remarkable number of edible (and a few poisonous) species in such a short distance - wild vegetables, fruit, flowers, herbs and salad leaves. There are many more wild foods to discover through the seasons and in different habitats. To help you learn more, we hope you will join us on a full or half-day foraging course. Details can be found on our web site at www.hedgerow-harvest.com. Use Coupon Code *Try This* for a 10% discount. Details of our favourite foraging books can also be found on the web site.

Wishing you enjoyable, safe, legal and sustainable foraging. James

Cryptic Crosswords:

Henry teaches beginners how to solve cryptic crosswords at U3As and residential learning centres, and have taught over 300 adults. He is also the author of *Learn How to Solve Cryptic Crosswords*, which is available online and can be ordered in bookshops.

Almost anyone can learn how to solve cryptic crosswords and the approach he uses makes learning this skill an engaging and enjoyable experience. People always provide very positive feedback about the courses and the book. Find out more at www.czdcrosswords.co.uk

The next course in Dorchester

Cryptic Crosswords for Beginners: Monday 5 December; Age UK Dorchester; 9:30am – 12:30pm; £15 course fee. Ring Henry on 0791 777 6467 or email courses@czdcrosswords.co.uk to book your place.

Henry Howarth

www.czdcrosswords.co.uk



Writing for Fun and Therapy:

Following the very successful 'Try This' week in Dorchester, did you know that Skills & Learning, Bournemouth, Dorset and Poole have a number of courses for interested people to enrol on all across Dorset?

See www.skillsandlearningbdp.co.uk – Courses in IT, Creative Writing, Art, Textiles, Photography and many more subjects.

How to Crowdfund Workshop:

Learn how to crowdfund your great idea!

Crowdfunder.co.uk and Dorset County Council have teamed up to offer crowdfunding support across the region to make ideas happen. Plus there is £200,000 in extra funds available now for youth projects.

Join the free workshop on How To Crowdfund at 7pm on Wednesday 3 August in Bridport.

Discover:

- What is crowdfunding
- How to create a crowdfunding project
- Build a network
- Get funded
- Get extra funding

There's never been a better time to discover how you can get started and unlock even more money for your project.

To book your place, email abby@crowdfunder.co.uk