Countryside Events 2020

- Walks
- Wildlife Watching
- KIDS GO WILD Events
- Conservation and Crafts

SPONSORED BY

Happyandwell.me/health-checks

Walking for Health

www.eastridingcoastandcountryside.co.uk

EAST RIDING
OF YORKSHIRE COUNCIL
KEY
- Gentle walk suitable for most levels of fitness. Short countryside walks mainly on flat paths. Walks on local nature reserves are on surfaced paths.
- Moderate walk suitable for average fitness. Countryside walks with a few gradients and on local nature reserves with steps. Boots recommended.
- Strenuous walk suitable for those with a good level of fitness. Countryside walks with steep gradients, steps or rough terrain. Boots essential.
- A wildlife event.
- A conservation event or craft workshop.
- An event suitable for people of all ages.

KIDS GO WILD EVENT
Fun wildlife events for children accompanied by an adult.

No dogs allowed.

In partnership with the Friends of Oakhill.
In partnership with the Friends of Humber Bridge Country Park.
In partnership with the Quarry to Country Park Project.

Orienteering event provided by Humberside and Lincolnshire Orienteers.

An outdoor interactive performance with Rusticus.
An event in partnership with Yorkshire Wildlife Trust
An event in partnership with Enjoy Spring in the Yorkshire Wolds
An event in partnership with Active Coast

We aim to provide countryside events that are suitable for people of varying abilities. If you are in any doubt as to the suitability of an event please call (01482) 395207.

BOOKING INFORMATION

BOOKING TICKETS
Many events have a maximum number of participants and booking is essential. Some events require a returnable deposit.

General enquiries and availability
Office hours:
Monday to Thursday 9am-4.30pm
Friday 9am-4pm

Online booking
eastridingcoastandcountryside.co.uk/whats-on

Telephone
(01482) 395320

CHARGES

<table>
<thead>
<tr>
<th>Adults.</th>
<th>£3.50</th>
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<tbody>
<tr>
<td>Adults over 60.</td>
<td>£2.50</td>
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<tr>
<td>Children/young people under 16.</td>
<td>£2.50</td>
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<tr>
<td>Family ticket.</td>
<td>£9</td>
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<td>(up to 2 adults and 3 children).</td>
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</tbody>
</table>

There is a 10% booking fee on all online bookings for chargeable events.

Look out for special FREE events

CANCELLATIONS AND REFUNDS
No refunds will be given unless the event is cancelled by the countryside access team or there are exceptional circumstances.

ABOUT THIS GUIDE
This document can be made available in other languages or formats if required. To request another format, please contact us on Tel: (01482) 395320.

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Designed by www.printanddesignonline.co.uk
ARRIVING AT YOUR EVENT
You are advised to arrive at the event at least ten minutes before the start time. There will be a member of staff there to meet you whatever the weather. In unsafe conditions a safety assessment will be made and a decision may be taken to cancel the event.

PHOTOGRAPHS
We take photographs at some events which may be used in future leaflets and publicity. We will always ask permission and request completion of a short permissions form if participants may be recognized in the image.

YOUNG PEOPLE ATTENDING EVENTS
All young people under 16 years must be accompanied by a parent or guardian.

CLOTHING AND WHAT TO BRING WITH YOU
Warm and waterproof clothing and suitable footwear is recommended on all events. Please wear walking boots on all walks. On longer events please bring a packed lunch and plenty of drinks. In warm and sunny weather please bring sun protection, including a hat. We retain the right to refuse to take anyone who arrives at an event with unsuitable clothing.

OUTDOOR WORKSHOPS
All events are outdoors. Please wear outdoor clothing, strong boots/shoes and bring a packed lunch and drink if staying all day. All equipment will be provided. No previous experience is required as you will be shown what to do. Please take part at a level suitable to your own ability.

DOGS
Dogs are welcome on walks when the route is suitable. Please see each walk for guidance. For wildlife watching events and children’s activities we ask that dogs are left at home.

What do you think?
In 2019, 100% of participants who completed a feedback card told us that the event they attended was either very good or good.

This year there are events linked to several new exciting local projects. We are showcasing events in the Quarry to Country Park project at the Humber Bridge Country Park. There are lots of opportunities to discover the hidden heritage of this popular nature reserve, on one of the special walks or by looking inside the restored Whiting Mill on Hessle Foreshore.

We are delighted to contribute to the promotion of a Geopark for East Yorkshire. A Wolds team is looking at the outstanding qualities of the Wolds, by investigating UNESCO Global Geopark accreditation. Often called a ‘hidden gem’, join a walk on the Yorkshire Wolds to find out more.

Butterfly City aims to increase the number of brimstone butterflies in and around Hull. We are supporting the project on our local nature reserves and planting buckthorn bushes, their food plant. Visit the Country Park in May and see how they’re doing.

Any queries?
get in touch!
If you have an enquiry about any of the countryside events, please free to call or email the countryside access team:
(01482) 395207
bev.hylton@eastriding.gov.uk
### Wildlife watching

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Birds of Millington Wood and Eastrington Ponds talk</td>
<td>Wednesday, 29 January</td>
<td>13</td>
</tr>
<tr>
<td>Bird watching for beginners: Buzzards and Bullfinches</td>
<td>Sunday, 5 April</td>
<td>18</td>
</tr>
<tr>
<td>Small mammal safari</td>
<td>Sunday, 19 April</td>
<td>19</td>
</tr>
<tr>
<td>Waddling with sea parrots!</td>
<td>Sunday, 26 April</td>
<td>20</td>
</tr>
<tr>
<td>A spring woodland birdwatch</td>
<td>Wednesday, 27 May</td>
<td>22</td>
</tr>
<tr>
<td>A quest for butterflies</td>
<td>Sunday, 31 May</td>
<td>23</td>
</tr>
<tr>
<td>Oakhill pond safari</td>
<td>Sunday, 14 June</td>
<td>26</td>
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<tr>
<td>Wildlife in the Woods</td>
<td>Sunday, 14 June</td>
<td>26</td>
</tr>
<tr>
<td>Mini-mammal safari</td>
<td>Saturday, 25 July</td>
<td>28</td>
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<tr>
<td>Dragonfly watch</td>
<td>Sunday, 26 July</td>
<td>28</td>
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<tr>
<td>Bats and moths at Oakhill</td>
<td>Friday, 31 July</td>
<td>29</td>
</tr>
<tr>
<td>Batty bats and majestic moths at South Landing</td>
<td>Friday, 21 August</td>
<td>33</td>
</tr>
<tr>
<td>Bats and moths at Eastrington Ponds</td>
<td>Friday, 4 September</td>
<td>34</td>
</tr>
<tr>
<td>Fluttering bats and flittering moths</td>
<td>Friday, 11 September</td>
<td>34</td>
</tr>
<tr>
<td>Bat in boxes at Millington Wood</td>
<td>Saturday, 12 September</td>
<td>36</td>
</tr>
<tr>
<td>Fungi foray at Millington Wood</td>
<td>Sunday, 20 September</td>
<td>37</td>
</tr>
<tr>
<td>Fungi foray at Eastrington Ponds</td>
<td>Saturday, 3 October</td>
<td>38</td>
</tr>
<tr>
<td>Fungi foray at Oakhill</td>
<td>Sunday, 4 October</td>
<td>39</td>
</tr>
<tr>
<td>Autumn migration birdwatch</td>
<td>Saturday, 24 October</td>
<td>40</td>
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</table>

### Rambles and walks with photography, navigation, bushcraft, geocaching and orienteering

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<tr>
<th>Event</th>
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<tbody>
<tr>
<td>A new year walk</td>
<td>Sunday, 19 January</td>
<td>13</td>
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<tr>
<td>Enjoy Spring in the Wolds: Millington Meander</td>
<td>Thursday, 26 March</td>
<td>16</td>
</tr>
<tr>
<td>Bushcraft adventures</td>
<td>Saturday, 4 April</td>
<td>18</td>
</tr>
<tr>
<td>Enjoy Spring in the Wolds: Geocaching treasure hunt</td>
<td>Saturday, 18 April</td>
<td>19</td>
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<tr>
<td>Toward a Geopark for East Yorkshire: Building Stone</td>
<td>Wednesday, 29 April</td>
<td>20</td>
</tr>
<tr>
<td>National Mills Weekend</td>
<td>Sat, 9 and Sun, 10 May</td>
<td>21</td>
</tr>
<tr>
<td>Enjoy Spring in the Wolds</td>
<td>Thursday, 21 May</td>
<td>21</td>
</tr>
<tr>
<td>Toward a Geopark for East Yorkshire: A trip to the White Cape</td>
<td>Saturday, 23 May</td>
<td>21</td>
</tr>
<tr>
<td>Spring photography walk</td>
<td>Sunday, 31 May</td>
<td>23</td>
</tr>
<tr>
<td>Heritage Open Days: Hessle Whiting Mill</td>
<td>Sat, 12 and Sat, 19 September</td>
<td>35</td>
</tr>
<tr>
<td>Geocaching treasure hunt</td>
<td>Saturday, 12 September</td>
<td>35</td>
</tr>
<tr>
<td>The Yorkshire Wolds Walking and Outdoors Festival</td>
<td>Monday, 14 September</td>
<td>36</td>
</tr>
<tr>
<td>Wild foraging walk</td>
<td>Tuesday, 15 September</td>
<td>36</td>
</tr>
<tr>
<td>Introduction to bushcraft</td>
<td>Saturday, 3 October</td>
<td>38</td>
</tr>
<tr>
<td>Holme on Spalding Moor ramble</td>
<td>Wednesday, 14 October</td>
<td>39</td>
</tr>
<tr>
<td>Orienteering at the Humber Bridge Country Park</td>
<td>Saturday, 17 October</td>
<td>39</td>
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<tr>
<td>Winter wildlife wander</td>
<td>Sunday, 13 December</td>
<td>43</td>
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<tr>
<td>Event</td>
<td>Date</td>
<td>Page</td>
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<td>----------------------------------------------------------------------</td>
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<tr>
<td>Kids Go Wild – wildlife events for children, accompanied by an adult</td>
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<tr>
<td>Nest building for beginners!</td>
<td>Tuesday, 7 April</td>
<td>18</td>
</tr>
<tr>
<td>Have a field day</td>
<td>Thursday, 28 May</td>
<td>22</td>
</tr>
<tr>
<td>Butterfly safari</td>
<td>Tuesday, 21 July</td>
<td>27</td>
</tr>
<tr>
<td>Londesborough treasure trail</td>
<td>Thursday, 23 July</td>
<td>27</td>
</tr>
<tr>
<td>Rusticus Encounter: Explorer!</td>
<td>Tuesday, 28 July</td>
<td>28</td>
</tr>
<tr>
<td>Bumble bee safari</td>
<td>Thursday, 30 July</td>
<td>29</td>
</tr>
<tr>
<td>Pond safari and picnic</td>
<td>Tuesday, 4 August</td>
<td>30</td>
</tr>
<tr>
<td>Rusticus Encounter: Forest fairy</td>
<td>Thursday, 6 August</td>
<td>30</td>
</tr>
<tr>
<td>Bushcraft adventures and woodland art</td>
<td>Tuesday, 11 August</td>
<td>31</td>
</tr>
<tr>
<td>Fantastic frogs</td>
<td>Thursday, 13 August</td>
<td>32</td>
</tr>
<tr>
<td>Pond safari</td>
<td>Tuesday, 18 August</td>
<td>32</td>
</tr>
<tr>
<td>Rusticus Encounter: Resourceful Rabbit</td>
<td>Thursday, 20 August</td>
<td>32</td>
</tr>
<tr>
<td>Minibeast safari</td>
<td>Tuesday, 25 August</td>
<td>33</td>
</tr>
<tr>
<td>Rusticus Theatre: The Three Muskateers</td>
<td>Thursday, 27 August</td>
<td>33</td>
</tr>
<tr>
<td>Hibernation dens</td>
<td>Tuesday, 27 October</td>
<td>40</td>
</tr>
</tbody>
</table>

| Conservation days and natural craft workshops                        |                             |      |
| Hedgelaying conservation day                                         | Saturday, 25 January        | 13   |
| Hedgelaying conservation day                                         | Saturday, 8 February        | 15   |
| Willow craft workshop                                                | Sunday, 16 February         | 15   |
| Build a bird box                                                     | Tuesday, 18 February        | 15   |
| Waves of waste beach clean                                          | Sunday, 29 March            | 16   |
| Wood carving workshop                                                | Saturday, 30 May            | 22   |
| Wood carving workshop                                                | Sunday, 31 May              | 22   |
| Woodland charcoal workshop                                           | Saturday, 6 June            | 25   |
| Wood carving workshop                                                | Saturday, 6 June            | 25   |
| Wood carving workshop                                                | Sunday, 7 June              | 25   |
| Waves of waste beach clean                                          | Sunday, 14 June             | 26   |
| Stone carving workshop                                               | Saturday, 11 July           | 27   |
| Waves of waste beach clean: Great British Beach Clean                | Sunday, 20 September        | 37   |
| The Big Draw Festival: Hessle Mill                                   | Saturday, 3 October         | 38   |
| Coppicing workshop                                                   | Sunday, 25 October          | 40   |
| Hedgelaying conservation day                                         | Saturday, 7 November        | 41   |
| Hedgelaying conservation day                                         | Saturday, 21 November       | 41   |
| Living willow conservation day                                       | Sunday, 22 November         | 41   |
| Christmas willow wreaths and festive decorations                     | Sunday, 6 December          | 42   |
| Christmas wreath workshop                                            | Sunday, 6 December          | 42   |
| Creative Christmas wreaths                                           | Saturday, 12 December       | 42   |
| Waves of waste beach clean                                          | Sunday, 13 December         | 43   |
The countryside access team is responsible for some of the local nature reserves in the East Riding. We work towards conserving and improving the reserves for their wildlife value whilst providing a fantastic natural haven for everyone to visit safely at their leisure.

We promote the use of the reserves by people of all ages, abilities and interests; for education, for play, relaxation and for the sheer joy of being in a wild place with the freedom that it offers. Partnerships with volunteers and friends groups at a local level help us carry out this work.

The countryside access team officers are also responsible for ensuring that countryside walks are well maintained and open for you to use and enjoy. We are working towards improving access on priority paths and work with communities and the voluntary sector to provide the best quality. The public rights of way network is a wonderful asset giving the public access to the best viewpoints, the best landscapes and the best wildlife in the East Riding. Search out these routes on our Walking the Riding website.

Disused railway lines stretch out across the East Riding as linear wildlife corridors where you can walk, cycle and horse ride in peace and safety. These are managed by the team to ensure that you will always find the lines attractive and enjoyable to use.

The countryside access team hold the Customer Service Excellence Award and always endeavour to provide the highest standards of customer service. If you would like to make a comment about our services, suggest an improvement or make a complaint then please contact team leader Patrick Wharam.

The team, pictured at Burnby Hall
Our service standards for you

The countryside access team holds the Customer Service Excellence Award. Each year we look for improvements in the way we work, so we can offer you the best service. Our service standards are agreed with the Local Access Forum.

<table>
<thead>
<tr>
<th>Our commitment to you</th>
<th>Evidence</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 People will feel welcome and able to visit nature reserves, rail trails and public rights of way</td>
<td>Entrance signs, Website text, Public right of way signage</td>
<td>All sites featured on websites, 90% of public right of way are signed where they leave a metalled road</td>
</tr>
<tr>
<td>2 We will make it easy for you to know about our local nature reserves, rail trails and public rights of way</td>
<td>Up to date website information, Leaflets, Public transport information, Ability to contact officer</td>
<td>100% of sites have all four elements of evidence</td>
</tr>
<tr>
<td>3 We will make sure our countryside sites are well maintained, and are accessible to a high standard</td>
<td>Entrance signage, path surfaces and facilities are maintained to a high standard, Path network meets the prescribed standard</td>
<td>85% of those questioned were satisfied with the condition and quality of the facilities, 90% of formal paths meet a prescribed standard</td>
</tr>
<tr>
<td>4 We will make sure our countryside sites are clean, safe and enjoyable to use</td>
<td>Data from regular inspections, Evidence of dog fouling, litter and poor behaviour</td>
<td>85% of those questioned were satisfied with the safety and cleanliness of the site</td>
</tr>
<tr>
<td>5 We will ensure that wildlife and natural processes are given priority on countryside sites</td>
<td>Habitats are well managed, Management is explained, Management plans are in place</td>
<td>85% of those questioned were satisfied with the condition of the natural environment</td>
</tr>
<tr>
<td>6 We will utilise community / local interest in managing countryside sites</td>
<td>Development of friends groups, Opportunities for community action and events</td>
<td>75% of sites have an element of practical conservation work with volunteers, At least 500 people engage with LNRs in practical management</td>
</tr>
<tr>
<td>7 We will endeavour to keep as many public rights of way open and available for use as possible</td>
<td>Percentage of routes open for use from a random sample survey, Percentage of stile free routes from a random sample survey</td>
<td>75% of routes open and available for use, 100% of routes that are stile free by 2020</td>
</tr>
<tr>
<td>8 We will provide customers with an indication of how long it will take to resolve a defect</td>
<td>Defects resolved within set timescales, Percentage of defects resolved within stated timescales</td>
<td></td>
</tr>
<tr>
<td>9 We will provide a varied and extensive programme of countryside events alongside the voluntary and community sector</td>
<td>Number and type of event, Involvement of voluntary and community partners</td>
<td>95% of customers are satisfied with events, 50% of events involve voluntary or community sector</td>
</tr>
<tr>
<td>10 We will make it easy for you to let us know what you think of our services</td>
<td>Monitoring of corporate feedback process</td>
<td>100% of complaints responded to within ten days, Less than five complaints annually</td>
</tr>
</tbody>
</table>

**KEY**

😊 on track / ahead
😊 slightly behind / not measuring data yet
😊 behind target
Local Access Forum

DID YOU KNOW?

The Local Access Forum (LAF) is an independent group which advises local authorities and other public bodies on matters relating to access, rights of way and open-air recreation.

All the members are volunteers representing a wide range of countryside interests, including walkers, horse riders, cyclists, off road vehicle users, naturalists and landowners. They are passionate about the East Riding and work closely with the countryside access team to help improve enjoyment of and access to the countryside for everyone.

Please visit the LAF’s webpage to find out more about their work and to read the latest annual report. The forum’s meetings are held quarterly - in March, June, September and December - and interested members of the public are very welcome to attend.

DURING 2019

In the last year forum members have continued to work closely with East Riding of Yorkshire Council and other organisations on important local access issues.

The LAF’s recent work has included providing advice on the introduction of a new planning guidance document, assessing the impact of large infrastructure projects on public rights of way, recommending new measures to help manage green lanes in the Yorkshire Wolds, and responding to a variety of consultations to improve public access in the local area.

The Forum is keen to encourage everyone to enjoy the many green spaces in the East Riding and to experience the healthy benefits of walking and riding in the countryside.

Please contact the LAF if you have any strategic recommendations for improving access to the countryside in the East Riding, the members will be very pleased to hear from you and consider your ideas. If you would like to find out more about the LAF, or may be interested in becoming a voluntary member in the future, please do not hesitate to contact the forum secretary.

Email: accessforum@eastriding.gov.uk
Telephone: (01482) 391696
Post: c/o Rural Policy & Partnerships Team (Room CF55), County Hall, Beverley HU17 9BA
Web: www.eastriding.gov.uk/jlaf

‘The Forum advises on the improvement of public access to land for the purposes of open-air recreation and the enjoyment of the area’.
Please take your recyclables home

Any rubbish you have, take home with you and recycle everything you can in your bins.

If you do find traces of fly-tipping, report it for investigation. Fly-tipping is a criminal offence and prosecutions will be sought where possible.

For more info on what to recycle at home and to report fly-tipping, visit www.eastriding.gov.uk/fly-tipping
Hessle Whiting Mill and The Chalk Walk

This year sees the opening of Hessle Foreshore’s Whiting Mill as part of the Humber Bridge Country Park’s brand new heritage trail; The Chalk Walk.

The trail leads through the Little Switzerland area of the Country Park, through railway and road underpasses, continuing inside the mill on four levels. Throughout The Chalk Walk you can discover the site’s 700 year history as a chalk quarry and see the working life of the mill, a rare example of an early 19th century chalk-crushing windmill. You can also learn about Little Switzerland’s importance as a place of leisure and recreation which stretches back over a century.

Accompanying The Chalk Walk is an exciting programme of events that provide an opportunity for people of all ages to learn more about the Country Park’s fascinating natural, industrial and social history. These include The National Mills Weekend (May), The Yorkshire Wolds Walking and Outdoors Festival (September), Heritage Open Days (September) and the Big Draw Festival (October).

The Chalk Walk is part of Quarry to Country Park, a 3-year heritage lottery funded project which is being delivered by East Riding of Yorkshire Council. You can get involved in the project by becoming one of our Quarry to Country Park volunteers, either as a Mill Steward or as a Learning Event team member.

Alternatively, you could become an oral history interviewer or share memories of the quarry, mill and Little Switzerland for our new oral history archive. For more information about The Chalk Walk or becoming a volunteer please visit our website.

www.quarrytocountrypark.co.uk
“Friendly informative staff”
– A New Year Walk 2019

SUNDAY, 19 JANUARY

1 A NEW YEAR WALK
Join us for a gentle walk around the nature reserve to observe the winter wildlife, and use up some of those spare calories too.


Time: 10am-1pm
Length: 2 miles
Booking: Essential - see page 2
Cost: Free event

2 HEDGELAYING CONSERVATION DAY 1
Join in, learn new skills and practice the old art of hedgelaying. Learn how to lay a hedge and at the same time recreate an excellent habitat for wildlife on this coastal reserve for years to come.

Meet: Danes Dyke Local Nature Reserve overflow car park, located on the right side of the reserve’s exit road (pay & display charges apply), near Bridlington YO15 1AA. OS Explorer Map 301, grid ref: TA 215 695. Public toilets available.

Time: 10am-3pm - stay as long as you wish
Booking: Essential - see page 2
Cost: Free event. Suitable for adults, young people aged 16-18 can attend if accompanied by an adult.

WEDNESDAY, 29 JANUARY

3 BIRDS OF MILLINGTON WOODS AND EASTRINGTON PONDS
Millington Wood and Eastrington Ponds are popular local nature reserves, and are the theme for this beautifully illustrated wildlife talk. See the findings of our recent bird surveys which established how successfully birds are nesting and thriving in these very different environments. Presented by ornithologist Richard Baines, a knowledgeable ecologist and passionate conservationist, this will be an enthralling evening suitable for everyone who loves wildlife.

Meet: Pocklington Arts Centre, Market Place, Pocklington YO42 2AR

Time: 7.15-8.45pm
Booking: Essential

www.pocklingtonartscentre.co.uk

Cost: Adults £3.50
Children/young people (under 16) and Adults over 60 £2.50

“Knowledgeable and relaxed instructor. Good venue.”
– Hedgelaying Conservation Day 2019
SEWERBY HALL AND GARDENS
25 April to 5 July 2020
Standard admission to Sewerby Hall and Gardens apply

WILDLIFE PHOTOGRAPHER OF THE YEAR
SATURDAY, 8 FEBRUARY

4 HEDGELAYING CONSERVATION DAY 2

Join in, learn new skills and practice the old art of hedgelaying. Learn how to lay a hedge and at the same time recreate an excellent habitat for wildlife on this coastal reserve for years to come.

Meet: Danes Dyke Local Nature Reserve overflow car park, located on the right side of the reserve’s exit road (pay & display charges apply), near Bridlington YO15 1AA. OS Explorer Map 301, grid ref: TA 215 695. Public toilets available.

Time: 10am-3pm - stay as long as you wish
Booking: Essential - see page 2
Cost: Free event. Suitable for adults, young people aged 16-18 can attend if accompanied by an adult.

SUNDAY, 16 FEBRUARY

5 WILLOW CRAFT WORKSHOP

Come along and find out how to weave locally harvested willow. Make a decorative obelisk to take home for your garden, or make a gift for a friend or family member. Guidance given by arts and crafts tutor, Helen Kerr.


Time: 10am-2pm
Booking: Essential - see page 2
Cost: £5 per box

“Excellent value workshop. Lovely end product. Thank you!”
— Willow Craft Workshop 2019

TUESDAY, 18 FEBRUARY

6 BUILD A BIRD BOX

National Nest Box Week runs from 14 to 21 February when it is a good time of year to encourage the birds in your garden to find a safe place to nest. Rather than buying a box why not have a go at building a nest box with us. All equipment and materials provided.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: Arrive anytime between 10am-1pm
Booking: Essential - see page 2
Cost: £5 per box

swap food and drink for ones without added sugar
Visit nhs.uk/change4life

change 4 life sugar swaps
THURSDAY, 26 MARCH

ENJOY SPRING IN THE WOLDS: MILLINGTON MEANDER

Discover the Yorkshire Wolds Way and enjoy the breathtaking views over Millington Pastures while exploring some of the country’s finest open access land and most challenging parts of the National Trail. No dogs allowed due to livestock along the route.

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530
Time: 10am-12 noon
Length: 3.5 miles, challenging terrain with steep slopes and unsurfaced paths
Booking: Essential - see page 2
Cost: See charges box - page 2

SUNDAY, 29 MARCH

WAVES OF WASTE BEACH CLEAN

Come along and really make a difference to protecting our coastal wildlife by helping Yorkshire Wildlife Trust give South Landing beach a thorough clean. Everyone welcome. Equipment provided but please bring work gloves if you have them. Wear sturdy footwear and dress for the weather.

Meet: YWT Living Seas Centre, South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1AE. OS Explorer Map 301, grid ref: TA 231 695. Toilets available.
Time: 11am-1pm
Booking: No need to book, just turn up. Further details from the Living Seas Centre, (01262) 422103 or email livingseas@ywt.org.uk. Full details at www.ywt.org.uk/whats-on
Cost: Free event

“Both leaders were pleasant and informative. Lovely walk.”
– Enjoy Spring in the Wolds: Millington 2019
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EAST RIDING OF YORKSHIRE COUNCIL
SATURDAY, 4 APRIL

9 BUSHCRAFT ADVENTURES

Head outside for an adventure in the woods and learn how to survive and thrive in our miniature wilderness. Have a go at building an improvised tarp shelter and discover how to improve your awareness in a wood through tracking and natural navigation. Enjoy bushcraft and marshmallows on the fire too!


Time: 10am-12 noon
Booking: Essential - see page 2
Cost: See charges box - page 2

SUNDAY, 5 APRIL

10 BIRD WATCHING FOR BEGINNERS: BUZZARDS AND BULLFINCHES

Spring has sprung and the Country Park is full of birds. Find out where to see them, how to identify them and pick up a few tips on using binoculars too. Help us spot a buzzard overhead and spy on the bullfinches, and we’ll surely leave smiling. All levels of knowledge and ability are welcome – no questions are too silly! Binoculars are available to borrow. Led by a local bird watching guide with Yorkshire Coast Nature.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-12 noon or 1.30-3.30pm
Booking: Essential - see page 2
Cost: Children £2.50 Accompanying adults free

“My two boys enjoyed it, and so did I! So much to do for a small cost!”

– Kids Go Wild: Nest Building for Beginners 2019

TUESDAY, 7 APRIL

11 KIDS GO WILD: NEST BUILDING FOR BEGINNERS!

Spring is a busy time for our feathered friends in the Country Park. Discover how and why birds build their comfy nests and have a go at building your own! Make some decorative clay eggs with wildlife artist Michele Davy and see if you can find some special eggs we have hidden in the woods too! Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-12 noon
Booking: Essential - see page 2
Cost: See charges box - page 2
**SATURDAY, 18 APRIL**

**ENJOY SPRING IN THE WOLDS: GOODMANHAM GEOCACHING TREASURE HUNT**

Join the countryside access team and take part in a special geocaching treasure hunt. Use our GPS units to follow part of the Yorkshire Wolds Way, along an old rail trail and through the village of Goodmanham. Then, why not reward your efforts with a cuppa and cake at The Fiddle Drill tearooms? Dogs are welcome on a lead or under close control.

Meet: The treasure hunt starts at The Fiddle Drill tearooms on Main Street, Goodmanham YO43 3JA. However please use the car park in the village (also on Main Street YO43 3HX) and walk past the church to the tearooms. OS Explorer Map 294, grid ref: SE 888 430

Time: 9.30-11.30am or 11.30am-1.30pm. Arrive at any time to get started during the session you have booked on.

Length: 2.5 miles

Booking: Essential - see page 2

Cost: £5 per group (1-6 people) with a minimum of one adult per group. Each group will have use of one GPS unit.

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**SUNDAY, 19 APRIL**

**SMALL MAMMAL SAFARI**

A unique opportunity to explore the nature reserve and track down some of our secretive small mammals. Assist with finding and opening the special live capture survey traps which have been specially prepared for the safari, and discover who is inside. See the mammals released back into their natural homes.


Time: 10am-12.30pm

Length: Up to 2 miles around the reserve

Booking: Essential - see page 2

Cost: Free event

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“Great event, well organised. Great value for money. Would definitely do it again.”

– Enjoy Spring in the Wolds: Geocaching 2019
SUNDAY, 26 APRIL

14 WADDLING WITH SEA PARROTS!

Flamborough Outer Headland is a great place to see puffins that have arrived back to nest on our chalk cliffs. With the nick name ‘parrots of the sea’ they never fail to dazzle with their colourful beak and waddling walk! Take a look at these fantastic birds with our bird watching guide from Yorkshire Coast Nature. A telescope will be available for close up views, please bring binoculars if you have a pair.

Be inspired and visit the Natural History Museum’s Wildlife Photographer of the Year exhibition at Sewerby Hall, 23 April – 5 July.

Meet: Flamborough Outer Headland Local Nature Reserve Lighthouse car park (pay & display charges apply), near Bridlington (meet next to the Lighthouse) YO15 1AR.

Time: 10am-12.30pm
Length: Up to 2 miles
Booking: Essential - see page 2
Cost: See charges box - page 2

“Excellent - highly recommended. Wish they were more frequent.”
– Waddling with Sea Parrots 2019

WEDNESDAY, 29 APRIL

15 TOWARDS A GEOPARK FOR EAST YORKSHIRE – BUILDING STONE AND LANDSCAPE OF THE EDGE OF THE WOLDS

Look back through time on this circular walk from Market Weighton to Londesborough, and unravel the events that have shaped this area of the proposed Geopark. Discuss the landscape, visit its churches and geological sites and learn about Geoparks.

Meet: All Saints Church, Market Weighton YO43 3BB. OS Explorer Map 294, grid ref: SE 877 418

Time: 10.30am-3pm
Length: 7.5 miles, with uneven paths, steep slopes and muddy fields. Wear walking boots!
Booking: Essential - see page 2
Cost: See charges box - page 2

“Excellent - highly recommended. Wish they were more frequent.”
– Waddling with Sea Parrots 2019

for more information visit nhs.uk/change4life

eat well, move more, live longer
SAT, 9 AND SUN, 10 MAY
NATIONAL MILLS WEEKEND

16 SATURDAY, 9 MAY

As part of National Mills Weekend and the Quarry to Country Park Project, explore the industrial heritage of Hessle Whiting Mill and the Country Park; a former quarry which once supplied the mill with chalk. Take one of our guided walks around the Country Park and inside the mill or bring the children along to our drop-in sessions, where they can learn about windmills through craft-learning.

www.quarrytocountrypark.co.uk

National Mills Weekend is an annual festival of British milling heritage, with more than 300 windmills and watermills opening their doors to the public. It is organised by the Mills Section of Society for the Protection of Ancient Buildings (SPAB).


Time: Guided walks: 10-11am, or 3-4pm

Craft and learning activities: 10am-12 noon or 1-3pm

Booking: Essential for guided walks, see page 2. Craft-learning sessions – drop in.

Cost: Free event

17 SUNDAY, 10 MAY

THURSDAY, 21 MAY

18 ENJOY SPRING IN THE WOLDS

Discover the Yorkshire Wolds Way and the beautiful landscape around Huggate and Fridaythorpe. Then rest up on the Huggate Poetry Bench and admire the view that inspired Yorkshire poet Ian McMillan’s poem ‘Looking, Listening’. No dogs allowed due to livestock along the route.

Meet: Fridaythorpe village green and duck pond, Back Street YO25 9RT. Please park responsibly. OS Explorer Map 294, grid ref: SE 874 591

Time: 10am-2pm

Length: 7.5 miles

Booking: Essential - see page 2

Cost: See charges box - page 2

SATURDAY, 23 MAY

19 TOWARDS A GEOPARK FOR EAST YORKSHIRE:
A TRIP TO THE WHITE CAPE

Enjoy a trip to Flamborough Head to find out about Geoparks, with a stroll along the beach looking at the local rocks, fossils and minerals. We will go back through time looking at the events that have shaped the coastline of the proposed Geopark.

Meet: Flamborough Outer Headland LNR Lighthouse car park (pay & display charges apply), near Bridlington (meet next to the Lighthouse) YO15 1AR. OS Explorer Map 301, grid ref: TA 254 706. Public toilets available.

Time: 10am-1pm

Length: 1 mile, down to the beach and back on uneven paths, steep slopes, steps, rock pools and slippery surfaces.

Booking: Essential - see page 2

Cost: See charges box - page 2
**WEDNESDAY, 27 MAY**

**20 A SPRING WOODLAND BIRDWATCH**

Millington Wood is a perfect place to be surrounded by birdsong, early in the morning and evening too. Join us on this discovery walk, seeking out our familiar resident birds as well as newly arrived summer migrants. Relax in the wood, and our guide will reveal the wildlife which we love and treasure. Bring binoculars if you have a pair, some will be available to borrow. Led by a local bird watching guide from Yorkshire Coast Nature.

Be inspired and visit the Natural History Museum’s Wildlife Photographer of the Year exhibition at Sewerby Hall, 23 April – 5 July.

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

Time: 7-9pm

Length: 1 mile

Booking: Essential - see page 2

Cost: See charges box - page 2

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**THURSDAY, 28 MAY**

**21 HAVE A FIELD DAY**

The perfect opportunity to get outdoors with family and friends. Come and join us in the meadows at the Country Park for lots of outdoor activities and half term fun. More information at www.activecoast.org


Time: Arrive anytime between 11am-3pm

Booking: No need to book, just turn up at any time

Cost: £25 adults (minimum age 16)

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**SATURDAY, 30 AND SUNDAY, 31 MAY**

**WOOD CARVING WORKSHOP**

**22 SATURDAY, 30 MAY**

Experience wood carving in green timber at this outdoor workshop. Learn to use wood carving chisels with a mallet. No previous experience is needed. The day is also open to those who have attended previously, to continue developing your skills. All timber and tools provided. Bring a packed lunch. Wear shoes or boots (no sandals) and dress for the outdoors.

Tutored by professional sculptor Saffron Waghorn www.saffronwaghorn.co.uk

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hesle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park. There is a ten minute walk from the car park to the outdoor workshop space.

Time: 10am-4pm

Booking: Essential - see page 2

Places for six participants

Cost: £25 adults (minimum age 16)
**SUNDAY, 31 MAY**

### A QUEST FOR BUTTERFLIES 🦋

Venture into the meadows of the Country Park and see how many different butterflies live among the long grass, flowers and shrubs. Look out for brimstone butterflies in buckthorn trees. As part of Hull’s Butterfly City project we are doing everything we can to encourage butterflies.

**Meet:** Humber Bridge Country Park Local Nature Reserve, in the meadows HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car parks.

**Time:** 1-4pm, drop in anytime.

**Booking:** No need to book.

**Cost:** Free event, with the Friends of the Humber Bridge Country Park and artist Michele Davy.

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### SPRING PHOTOGRAPHY WALK 🌸

Bring your camera and stroll from Kirby Underdale up to Megdale Brow on the Yorkshire Wolds. Improve your photography with expert Paul Moon. All levels of interest and skill welcome.

**Be inspired and visit the Natural History Museum’s Wildlife Photographer of the Year exhibition at Sewerby Hall, 23 April – 5 July.**

**Meet:** By the phone box in Kirby Underdale YO41 1QY. OS Explorer Map 294 grid ref: SE 807 586.

**Time:** 1-4pm

**Length:** 3 miles

**Booking:** Essential - see page 2.

**Places limited to 15 participants**

**Cost:** £10 Adults

£5 Young people (under 16)
Humber Bridge Country Park
Brand new heritage trail and renovation of Hessle Mill

Plan your visit at
www.quarrytocountrypark.co.uk
SATURDAY, 6 AND SUNDAY, 7 JUNE

WOOD CARVING WORKSHOP

SATURDAY, 6 JUNE

Experience wood carving in green timber at this outdoor workshop. Learn to use wood carving chisels with a mallet. No previous experience is needed. The day is also open to those who have attended previously, to continue developing your skills. All timber and tools provided. Bring a packed lunch. Wear shoes or boots (no sandals) and dress for the outdoors.

Tutored by professional sculptor Saffron Waghorn
www.saffronwaghorn.co.uk

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets in the car park. There is a 10 minute walk from the car park to the outdoor workshop space.

Time: 10am-4pm

Booking: Essential - see page 2

Cost: £25 adults (minimum age 16)

“ Incredible day with Saffron, learnt SO much.”
– Wood Carving Workshop 2019

SUNDAY, 7 JUNE

WOODLAND CHARCOAL WORKSHOP

This workshop in the woods introduces you to the concepts and practices involved in producing charcoal; including timber extraction and splitting, filling and lighting the kiln, emptying after the burn and grading and bagging the charcoal. Hot drinks provided and a BBQ lit for lunch. Please bring your own food to cook on the BBQ and wear overalls/old clothing and sturdy footwear. Take home your own bag of locally made charcoal!

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

Time: 10am-5.30pm

Booking: Essential - see page 2

Cost: £20 adults
Young people (aged 16-18) can also attend if accompanied by an adult
SUNDAY, 14 JUNE

29 OAKHILL POND SAFARI

Join us for an exciting exploration of the Oakhill pond and discover the variety of creatures lurking in its murky depths! From the safety of the shore look out for ferocious water scorpions, curious water stick insects and amazing dragonfly nymphs dwelling below! Pond dipping nets and trays provided.


Time: 10am-1pm
Length: Up to 1 mile
Booking: Essential - see page 2
Cost: Free event

SUNDAY, 14 JUNE

30 WAVES OF WASTE BEACH CLEAN

Come along and really make a difference to protecting our coastal wildlife by helping Yorkshire Wildlife Trust give South Landing beach a thorough clean. Everyone welcome. Equipment provided but please bring work gloves if you have them. Wear sturdy footwear and dress for the weather.

Meet: YWT Living Seas Centre, South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1AE. OS Explorer Map 301, grid ref: TA 231 695. Toilets available.

Time: 2-4pm
Booking: No need to book, just turn up.
Cost: See charges box - page 2

31 WILDLIFE IN THE WOODS

Take an evening stroll around Danes Dyke woods, and soak up the wonderful atmosphere among the trees. Let our bird watching guide show you our summer birds, listen to their sounds and savour the beautiful evening light. Bring binoculars if you have a pair, some will be available to borrow. Led by a local bird watching guide from Yorkshire Coast Nature.

Be inspired and visit the Natural History Museum’s Wildlife Photographer of the Year exhibition at Sewerby Hall, 23 April – 5 July.


Time: 7-9pm
Booking: Essential - see page 2
Cost: See charges box - page 2

“Guides were excellent, very knowledgeable.”

– Bird watching walk 2019

Photo © Ella Garrud

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swap food and drink for ones without added sugar
**SATURDAY, 11 JULY**

### 32 STONE CARVING WORKSHOP

As part of the Quarry to Country Park Project we are offering a unique one-off experience – an introduction to working stone with professional sculptor and stone mason Saffron Waghorn. Stone and tools are provided at this outdoor workshop. Bring a packed lunch and wear shoes or boots (no sandals).

www.saffronwaghorn.co.uk
www.quarrytocountrypark.co.uk


Time: 10am-4pm

Booking: Essential, see page 2. Places for 6 participants.

Cost: £5 adults (minimum age 16)

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**TUESDAY, 21 JULY**

### 33 KIDS GO WILD: BUTTERFLY SAFARI

How many butterflies can you spot on our safari at the Humber Bridge Country Park today? Take part in the Big Butterfly Count with and enjoy making some colourful butterflies to take home with wildlife artist Michele Davy. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-12 noon or 1.30-3.30pm

Booking: Essential - see page 2

Cost: Children £2.50, accompanying adults free

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**THURSDAY, 23 JULY**

### 34 KIDS GO WILD: LONDESBOROUGH TREASURE TRAIL

Beginning in the heart of this attractive village, use our GPS to follow the Yorkshire Wolds Way National Trail through the village and to the lake and parkland beyond, in your search to treasure caches. Bring a flask and take time to pause and admire the views across this picturesque estate. No dogs allowed due to livestock on route.

Meet: The treasure hunt starts at All Saints Church, in Londesborough YO43 3LJ. Roadside parking is available around the village; please park responsibly. OS Explorer Map 294, grid ref: SE 888 430.

Time: 9.30-10.30am or 11.30am-1.30pm. Arrive at any time to get started during the session you have booked.

Length: 2.5 miles

Booking: Essential - see page 2

Cost: £5 per group (1-6 people) with a minimum of 1 adult per group. Each group will have use of one GPS unit.

“Excellent with two grandkids aged 9 and 6. Easy to follow directions and fun to find the hidden boxes.”

– Kids Go Wild: Geocaching Treasure Hunt 2019
SATURDAY, 25 JULY

35 MINI-MAMMAL SAFARI

Explore the nature reserve see small mammals up close and personal. Find out which clever mini-mammals have spent the night safely in our live catch traps.


Time: 9-11am
Booking: Essential - see page 2
Cost: See charges box - page 2

SUNDAY, 26 JULY

36 DRAGONFLY WATCH

Explore Oakhill nature reserve with members of the Dragonfly Society and Oakhill rangers for a fascinating glimpse into the magical, ephemeral world of damselflies and dragonflies.


Time: 10am-1pm
Length: Up to 2 miles around the reserve
Booking: Essential - see page 2
Cost: Free event

“Loved seeing frogs, climbing to touch tree roots and making a shelter.”

– Rusticus Encounter: Explorer! 2019

TUESDAY, 28 JULY

37 KIDS GO WILD: RUSTICUS ENCOUNTER: EXPLORER!

Join us on an expedition into the wilds of Humber Bridge Country Park, with our young intrepid explorer! Hear stories of adventure in the natural world whilst navigating, scavenging and finding shelter in the woods. Suitable for families of all ages, to enjoy together.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-11.30pm or 1.30-3pm
Booking: Essential - see page 2
Cost: Children £2.50 Accompanying adults free

READY FOR A NEW YOU?

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**THURSDAY, 30 JULY**

**38 KIDS GO WILD: BUMBLE BEE SAFARI**

How many bumble bees and honey bees can you spot on our safari at Beverley Parks today? Discover more about our buzzing friends in the orchard and enjoy making a crafty bee to take home. With wildlife artist Michele Davy. Suitable for children, accompanied by adults.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 10am-12 noon or 1.30-3.30pm

Booking: Essential - see page 2

Cost: Children £2.50

Accompanying adults free

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**“A perfect night weatherwise and our grandson thoroughly enjoyed it.”**

– Bats and Moths at Oakhill 2019

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**FRIDAY, 31 JULY**

**39 BATS AND MOTHS AT OAKHILL**

See bats hunting around the meadows and ponds of the reserve tonight. Gather round the bright moth light uniquely installed for the evening and marvel at the moths when they are attracted to the light. With specialist Ian Marshall and the East Yorkshire Bat Group.


Time: 8.45-10.30pm

Length: Up to 2 miles around the reserve

Booking: Essential - see page 2

Cost: Free event
**TUESDAY, 4 AUGUST**

**40 KIDS GO WILD: POND SAFARI AND PICNIC**

Take part in a children’s safari looking at the wildlife living in the large pond. Have a go at pond dipping and environmental art activities with wildlife artist Michele Davy. Bring a picnic for lunch. Suitable for children aged 5 to 11 years old, accompanied by adults.

Meet: Oakhill Nature Reserve car park, off Tom Pudding Way, Goole DN14 6XL. (Near Tesco distribution centre on link road between M62 junction and Anderson Road). OS Explorer Map 291, grid ref: SE 728 234. There are no toilets at the reserve.

Time: 11am-2.30pm Note: There is a 15 minute walk to the pond after driving onto the reserve.

Booking: Essential - see page 2

Cost: Children £2.50
      Accompanying adults free

“Magical! Thanks for organising and making it affordable.”
– Rusticus Encounter: Forest Fairy 2019

**THURSDAY, 6 AUGUST**

**41 KIDS GO WILD: RUSTICUS ENCOUNTER: FOREST FAIRY**

Join us for a walk into the woods, where the Forest Fairy is waiting to take us on a magical adventure. Hear her tell wonderful stories of the creatures that call the woods their home, and help her weave a little forest magic too! Suitable for families of all ages, to enjoy together.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10-11.30am or 1.30-3pm

Booking: Essential - see page 2

Cost: Children £2.50
      Accompanying adults free

“It was absolutely brilliant! Kids loved it. Knowledgeable staff... when is the next one???”
– Kids Go Wild: Pond Safari and Picnic 2019
**TUESDAY, 11 AUGUST**

**42 **KIDS GO WILD: BUSHCRAFT ADVENTURES

Discover how to survive and thrive in our miniature wilderness. Have a go at building an improvised tarp shelter and discover how to improve your awareness in a wood through tracking and natural navigation.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-12 noon

Booking: Essential - see page 2

Cost: Children £2.50 Accompanying adults free

**43 **KIDS GO WILD: WOODLAND ART

Stay for the day in the Country Park and get creative in the woods using natural materials. Everything you need to create your masterpiece is found here among the sculptural roots and tall twisting trees.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 1.30-1.30pm

Booking: Essential - see page 2

Cost: Children £2.50 Accompanying adults free

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**THURSDAY, 13 AUGUST**

**KIDS GO WILD: FANTASTIC FROGS**

Hop along to the Country Park for our Amazing Amphibious Animal Adventure with wildlife artist Michele Davy. Explore the world from an amphibian’s point of view and find out fascinating facts about their metamorphic life-cycle. Discover who lives on the reserve and create a mini-home for them. Make a frog mask to see how many ‘flies’ you can catch with your extra long tongue. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-12 noon or 1.30-3.30pm

Booking: Essential - see page 2

Cost: Children £2.50
     Accompanying adults free

**THURSDAY, 20 AUGUST**

**KIDS GO WILD: RUSTICUS WOODLAND ENCOUNTER: RESOURCEFUL RABBIT**

Join Resourceful Rabbit’s band of bunnies as she goes on a very special raid this summer! Determined to throw off her cute and furry image, Rabbit is on a mission to outwit her deadly enemies - the squirrels! It’s survival of the fittest in this joyous exploration of the woods led by a most charismatic woodland character! Suitable for all ages, to enjoy together!

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-11.30am or 1.30-3pm

Booking: Essential - see page 2

Cost: Children £2.50
     Accompanying adults free

**TUESDAY, 18 AUGUST**

**KIDS GO WILD: POND SAFARI**

Go on safari at Eastrington Ponds and discover the creatures living in the pond. Take part in pond dipping and environmental art activities with wildlife artist Michele Davy. Suitable for children, accompanied by adults.


Time: 10am-12 noon or 1.30-3.30pm

Booking: Essential - see page 2

Cost: Children £2.50
     Accompanying adults free

“It was excellent fun!”

– Kids go wild: Rusticus Encounter 2019

Search One You to take a few days off with our new app.

**COULD YOU USE SOME TIME OFF THE BOOZE?**

Because there’s only one you.
FRIDAY, 21 AUGUST

47 BATTY BATS AND MAGICAL MOTHS AT SOUTH LANDING

Discover the wildlife that makes the woods and meadows at South Landing their home when night falls. Learn how to use a bat detector with the East Yorkshire Bat Group and for listen for bats hunting around us. See the true beauty of moths as we gather round the moth light with specialist Allan Rodda. Before the sun sets you can take part in arts, crafts and activities with the Yorkshire Wildlife Trust in the Living Seas Centre.

Meet: South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1PQ. OS Explorer Map 301, grid ref: TA 231 695. Toilets available at the Living Seas Centre next to car park.

Time: 7.45-9.45pm
Booking: Essential - see page 2
Cost: See charges box - page 2

TUESDAY, 25 AUGUST

48 KIDS GO WILD: MINIBEAST SAFARI

Take part in a bug hunt in the woods and discover who is hiding in the undergrowth! Have a go using clay to make your favourite bug with wildlife artist Michele Davy. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-12 noon or 1.30-3.30pm
Booking: Essential - see page 2
Cost: Children £2.50
Accompanying adults free

THURSDAY, 27 AUGUST

49 KIDS GO WILD: RUSTICUS WOODLAND THEATRE: THE THREE MUSKATEERS

No story is too big to tell - if you have enough imagination! Join our woodland creatures in their performance of The Three Musketeers; brim-full of French royals, swashbuckling swordsters and featuring Rabbit’s legendary vegetable collection. Then try your hand at carrot swordplay whilst finding out what it takes to be a hero! Suitable for all ages, to enjoy together!

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10-11.30am or 1.30-3pm
Booking: Essential - see page 2
Cost: Children £2.50
Accompanying adults free

“It was excellent fun, wonderful explorer and helpers and giving children chance to explore and celebrate what they found.”

– Rusticus Encounter 2019
FRIDAY, 4 SEPTEMBER

50 BATS AND MOTHS AT EASTRINGTON PONDS

Eastrington Ponds is a small tranquil nature reserve and a great place to watch the mesmerising Daubenton’s bats hunting over the pond. As darkness falls take a look at the moth light with specialist Ian Marshall, and see some of the 100 species recorded on the reserve. With the East Yorkshire Bat Group.


Time: 7.45-9.30pm

Length: Up to 1 mile around the reserve

Booking: Essential - see page 2

Cost: See charges box on page 2

FRIDAY, 11 SEPTEMBER

51 FLUTTERING BATS AND FLITTERING MOTHS

Visit the Country Park tonight and watch bats hunting around the meadows and over the ponds. Learn to use a bat detector to listen to their echolocation calls with the East Yorkshire Bat Group. Gather round the special moth light with specialist Ian Marshall and be amazed how beautiful moths are as they flitter and flutter towards the light.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 7.15-9.15pm

Booking: Essential - see page 2

Cost: See charges box - page 2
SATURDAY, 12 SEPTEMBER

53 GEOCACHING TREASURE HUNT

Join the countryside access team and take part in a special geocaching treasure hunt. Borrow our GPS units to explore the Humber Bridge Country Park and follow a trail along the Yorkshire Wolds Way from Hessle Foreshore, discovering hidden boxes on the way.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 9.30-11.30am, or 11.30am-1.30pm. Arrive at any time to get started during the session you have booked.

Length: 1.5 miles

Booking: Essential, see page 2

Cost: £5 per group (1-6 people) with a minimum of 1 adult per group. Each group will have use of one GPS unit.

“Nice family event. Good explanations, well organised.”

– Geocaching Treasure Hunt 2019

SAT, 12 AND SAT, 19 SEPTEMBER

52 HERITAGE OPEN DAYS: HESSLE WHITING MILL

Come along to Hessle Mill’s very first participation in Heritage Open Days and learn about the working life of this unique early 19th century whiting windmill. Children can also learn about the history and technology of this fascinating structure throughout the day via craft-learning.

www.quarrytocountrypark.co.uk


Time: 10am-4pm

Booking: No need to book

Cost: Free event
“Fantastic event, lots of information, friendly staff, very interesting. We really enjoyed it. Thanks to the organiser and the wonderful Bat Group!”

– Bat Boxes at Millington Wood 2018

SUNDAY, 13 SEPTEMBER

54 BATS IN BOXES AT MILLINGTON WOOD

As part of The Yorkshire Wolds Walking and Outdoors Festival, we offer a unique opportunity to observe our autumn check of the bat boxes. Enjoy a stroll around the wood with the East Yorkshire Bat Group, and take a special close look at the bats roosting in the boxes this autumn.

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530

Time: 10am-12.30pm

Length: Up to 1 mile round the reserve

Booking: Essential - see page 2

Cost: See charges box - page 2

MONDAY, 14 SEPTEMBER

55 THE YORKSHIRE WOLDS WALKING AND OUTDOORS FESTIVAL: HESSLE QUARRY AND WHITING MILL

As part of The Yorkshire Wolds Walking and Outdoors Festival, take one of our guided walks around the Humber Bridge Country Park and Humber Foreshore where you can learn about the park’s previous life as quarry, which once supplied the nearby Whiting Mill with chalk.


Time: 10-11.30am

Booking: Essential - see page 2

Cost: Free event

TUESDAY, 15 SEPTEMBER

56 WILD FORAGING WALK

Discover more about the culinary, medicinal and herbal uses of plants on a forage around the nature reserve. Taking only what we need in a sustainable way, we can gain an understanding of this fascinating subject. With outdoors expert Brian Bate.


Time: 10am-12.30pm

Length: Up to 2 miles around the reserve

Booking: Essential - see page 2

Cost: Free event

Aged 40-74? Find out about our FREE NHS Health Check Visit: happyandwell.me/health-checks
SUNDAY, 20 SEPTEMBER

57 FUNGI FORAY AT MILLINGTON WOOD

As part of The Yorkshire Wolds Walking and Outdoors Festival, explore the woods looking for fungi with expert mycologist Caroline Hobart. Discover why more fungi appear in autumn, learn how to identify them and have their names revealed to you.

Meet: Millington Wood Local Nature Reserve, near Pocklington YO42 1TZ. OS Explorer Map 294, grid ref: SE 838 530
Time: 10am-12.30pm
Length: Up to 1 mile round the reserve
Booking: Essential - see page 2
Cost: See charges box - page 2

“Started promptly. Leader was enthusiastic, knowledgeable and spoke very clearly – she was patient. Ten out of ten!”
– Fungi Foray at Millington Wood 2019

SUNDAY, 20 SEPTEMBER

58 WAVES OF WASTE BEACH CLEAN, A PART OF THE GREAT BRITISH BEACH CLEAN

Come along and really make a difference to protecting our coastal wildlife by helping Yorkshire Wildlife Trust give South Landing beach a thorough clean as part of this national event. Everyone welcome. All equipment provided but please bring work gloves if you have them. Wear sturdy footwear and dress for the weather.

Meet: YWT Living Seas Centre, South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1AE. OS Explorer Map 301, grid ref: TA 231 695.
Toilets available.
Time: 10am-12 noon
Booking: No need to book, just turn up. Further details from the Living Seas Centre, (01262) 422103 or email livingseas@ywt.org.uk
Full details at www.ywt.org.uk/whats-on
Cost: Free event

change 4 life sugar swaps
Visit nhs.uk/change4life
**SATURDAY, 3 OCTOBER**

**59 THE BIG DRAW FESTIVAL: HESSLE MILL**

Join us at Hessle Whiting Mill in the Humber Bridge Country Park, a former chalk quarry, and get creative with chalk at one of our Big Draw Festival workshops.

www.quarrytocountrypark.co.uk


Time: 10am-12 noon

Booking: Essential - see page 2

Cost: Free event

**SATURDAY, 3 OCTOBER**

**60 INTRODUCTION TO BUSHCRAFT**

Come along for an introduction to some of the basic skills required to survive and thrive in the wilderness. We will look at building an improvised tarp shelter, and how to light a fire. Discover how to improve your awareness of the woodland and your environment through tracking, natural navigation and foraging.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 10am-12.30pm

Booking: Essential - see page 2

Cost: See charges box - page 2

“Jim and Brian were brilliant. Wet and cold but they were great! And we learnt loads.”

– Introduction to Bushcraft 2019

**SATURDAY, 3 OCTOBER**

**61 FUNGI FORAY AT EASTRINGTON PONDS**

Enter the mysterious world of fungi and learn more about the crucial contribution they make to maintaining life on earth. Join mycologist Caroline Hobart on our annual autumnal foray searching for fungi across the nature reserve.


Time: 10am-12.30pm

Length: 1 mile around the reserve

Booking: Essential - see page 2

Cost: See charges box - page 2

Call us TODAY on freephone 0800 9177752

Email us HNF-TR.healthtrainers@nhs.net

www.readytostop.co.uk

FREE NRT Nicotine Replacement Therapy
“Knowledgeable person leading the walk. Learnt a lot!”

– Fungi Foray at Oakhill 2018

**SUNDAY, 4 OCTOBER**

**62 FUNGI FORAY AT OAKHILL**

See our fascinating fungi and discover more about their curious lives on this autumnal exploration of the nature reserve. Help mycologist Caroline Hobart hunt for different species, some growing in the most curious places too.

**Meet:** Oakhill Nature Reserve car park, off Tom Pudding Way, Goole DN14 6XL. (Near Tesco distribution centre on new link road between M62 junction and Anderson Road). OS Explorer Map 291, grid ref: SE 728 234

**Time:** 10am-1pm

**Length:** Up to 2 miles around the reserve

**Booking:** Essential - see page 2

**Cost:** Free event

**WEDNESDAY, 14 OCTOBER**

**63 HOLME ON SPALDING MOOR RAMBLE**

Spend an autumn morning exploring the footpaths around this pretty village. Take in the stunning views from the top of Church Hill and enjoy the tranquillity of the old rail trail.

**Meet:** The village hall, Holme on Spalding Moor YO43 4EN. OS Explorer Map 291, grid ref SE 805 384

**Time:** 10.30am-1pm

**Bring a drink and snack**

**Length:** 5 miles

**Booking:** Essential - see page 2

**Cost:** See charges box on page 2

**SATURDAY, 17 OCTOBER**

**64 ORIENTEERING AT THE HUMBER BRIDGE COUNTRY PARK**

The orienteering courses at the Country Park range from short and easy for navigating on paths, to longer, more technical ones. This afternoon is primarily aimed at beginners, but there is also a course for more experienced orienteers. Electronic timing will be used for the event which is run by HALO, the Humberside and Lincolnshire Orienteers. Coaching is available from British Orienteering qualified coaches.

**Meet:** Humber Bridge Country Park Local Nature Reserve, follow signs from the black mill on Hessle Foreshore HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available.

**Time:** Take part any time between 11am-1pm

**Booking:** No need to book. Enquiries: Ken Hutson, ken.hutson@gmail.com, 07748 763368.

**Cost:** £4 adults, £2 juniors, £4 for group taking part together. Pay on the day, fee includes map and dibber hire.
“Found out fascinating facts about migration patterns.”
– Autumn Migration Birdwatch 2019

**SATURDAY, 24 OCTOBER**

**65 AUTUMN MIGRATION BIRDWATCH**

Flamborough Headland is one of the best places in the UK to experience bird migration. Scandinavian migrants rush across the North Sea for our berries and milder winters. A telescope will be available for close up views but please bring binoculars if you have a pair. Led by a local bird watching guide with Yorkshire Coast Nature.

Meet: South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1PQ. OS Explorer Map 301, grid ref: TA 231 695. Toilets available at the Living Seas Centre next to car park.

Time: 1.30-3.30pm
Length: Up to 2 miles of easy walking
Booking: Essential - see page 2
Cost: See charges box - page 2

**SUNDAY, 25 OCTOBER**

**66 COPPICING WORKSHOP**

Spend a peaceful couple of hours away from town and find refuge in the woods at Beverley Parks. See, learn and try your hand at coppicing our small hazel trees. Take home a bundle of hazel stems to use in your garden instead of bamboo. All tools provided, tutored by experienced woodland workers.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 10am-1pm
Booking: Essential - see page 2
Cost: Free event

**TUESDAY, 27 OCTOBER**

**67 KIDS GO WILD: HIBERNATION DENS**

Help wildlife on the nature reserve by building hibernation homes in the woods for insects, amphibians and small mammals. Suitable for children, accompanied by adults.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB. OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park.

Time: 10am-12 noon or 1.30-3.30pm
Booking: Essential - see page 2
Cost: Children £2.50
Accompanying adults free

“Very good, with bonus of taking some hazel for my allotment.”
– Coppicing workshop 2019
“Was really good and informative.”
– Hedgelaying Conservation Day 2019

SATURDAY, 7 NOVEMBER

68 HEDGELAYING CONSERVATION DAY 3

Join in, learn new skills and practice the old art of hedgelaying. Learn how to lay a hedge and at the same time recreate an excellent habitat for wildlife on this coastal reserve for years to come.

Meet: Danes Dyke Local Nature Reserve overflow car park, located on the right side of the reserve’s exit road (pay & display charges apply), near Bridlington YO15 1AA. OS Explorer Map 301, grid ref: TA 215 695. Public toilets available.

Time: 10am-3pm - stay as long as you wish

Booking: Essential - see page 2

Cost: Free event. Suitable for adults, young people aged 16-18 can attend if accompanied by an adult.

SUNDAY, 22 NOVEMBER

70 LIVING WILLOW CONSERVATION DAY

Join us on the nature reserve and help conserve our living willow arbour. The shelter was constructed several years ago, and is now at an ideal age for further development. Learn techniques in working with willow, and help rejuvenate this much-loved feature.


Time: 10am – 2pm

Booking: Essential - see page 2

Cost: Free event
“Found making the wreaths absorbing and relaxing. It felt good to have created something at the end.”

– Christmas Willow Wreaths and Festive Decorations 2018

**SUNDAY, 6 DECEMBER**

**71 CHRISTMAS WILLOW WREATHS AND FESTIVE DECORATIONS**

Get into the seasonal spirit and make a rustic Christmas wreath and festive decorations using natural materials that Mother Nature has provided. Learn tips and techniques from artist Michele Davy and add your own special festive finishing touches. This is an outdoor workshop in the meadow.

Meet: Humber Bridge Country Park Local Nature Reserve, meet at the Hessle Foreshore entrance next to the black mill car park HU13 0HB

OS Explorer Map 293, grid ref: TA 023 254. Public toilets available in the car park. There is a 5 minute walk from the car park to the meadow.

Time: 10am-12 noon or 1-3pm

Booking: Essential - see page 2

Cost: See charges box - page 2

**SATURDAY, 12 DECEMBER**

**73 CREATIVE CHRISTMAS WREATHS**

Spend a peaceful couple of hours outside in the orchard at Beverley Parks. Create a uniquely decorated willow wreath for your Christmas celebrations, or as a seasonal gift for loved ones. Creative guidance by artist Michele Davy and our countryside team.

Meet: Beverley Parks Local Nature Reserve (signposted off Long Lane, Beverley) HU17 0RN. OS Explorer Map 293, grid ref: TA 042 370.

Time: 10am-12 noon or 1-3pm

Booking: Essential - see page 2

Cost: See charges box - page 2

“Excellent tuition, would recommend to anyone.”

– Christmas Wreath Workshop 2019

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**SUNDAY, 6 DECEMBER**

**72 CHRISTMAS WREATH WORKSHOP**

Join us out on the nature reserve for a festive treat and make a beautiful Christmas wreath to hang at your door or lintel, together with decorative ornaments for your tree. Materials include locally coppiced willow. Tuition and guidance from arts and crafts tutor Helen Kerr.


Time: 10am-1pm

Booking: Essential - see page 2

Cost: See charges box - page 2

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**SUNDAY, 6 DECEMBER**

**71 CHRISTMAS WILLOW WREATHS AND FESTIVE DECORATIONS**

Join us out on the nature reserve for a festive treat and make a beautiful Christmas wreath to hang at your door or lintel, together with decorative ornaments for your tree. Materials include locally coppiced willow. Tuition and guidance from arts and crafts tutor Helen Kerr.


Time: 10am-1pm

Booking: Essential - see page 2

Cost: See charges box - page 2

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“Excellent tuition, would recommend to anyone.”

– Christmas Wreath Workshop 2019

**Ready to change to a healthier lifestyle?**

**Call us TODAY on free phone 0800 9177752**

**www.nhs-health-trainers.co.uk**

Healthy Eating Alcohol Mental Wellbeing Weight Loss Physical Activity Smoking
“Lovely Christmassy morning doing something different, really enjoyed it.”
– Christmas Wreath Workshop 2019

SUNDAY, 13 DECEMBER

74 WAVES OF WASTE BEACH CLEAN
Come along and really make a difference to protecting our coastal wildlife by helping Yorkshire Wildlife Trust give South Landing beach a thorough clean. Everyone welcome. Equipment provided but please bring work gloves if you have them. Wear sturdy footwear and dress for the weather.

Meet: YWT Living Seas Centre, South Landing Local Nature Reserve car park (pay & display charges apply), Flamborough, near Bridlington YO15 1AE. OS Explorer Map 301, grid ref: TA 231 695. Toilets available.

Time: 11am-1pm

Booking: No need to book, just turn up.

Further details from the Living Seas Centre, (01262) 422103 or email livingseas@ywt.org.uk. Full details at www.ywt.org.uk/whats-on

Cost: Free event

75 WINTER WILDLIFE WANDER
Come and join us at Oakhill for our traditional festive ramble around the reserve. Observe the wildlife and soak in the winter colours as we get into festive mood with a mince pie and a mug of hot chocolate.


Time: 10am-1pm

Length: Up to 2 miles around the reserve with a few steps

Booking: Essential, see page 2

Cost: Free event, with the Friends of Oakhill

Search One You to take a few days off with our new app.
Aged 40-74? Find out about our FREE NHS Health Check Visit: happyandwell.me/health-checks
COASTAL EXPLORERS

Active and fun nature-themed activities. Join our friendly staff during the holidays for weekly outdoor adventures and to explore the captivating East Yorkshire coast. All Coastal Explorer activities are free of charge.

BEACH COMBING AND CRAFTS
DROP IN Monday, 17 February | 2-4pm
Withernsea Beach (Pier Towers)
Join us for some beach combing fun on Withernsea Beach and create key rings, jewellery and crafts with your beach finds back at The Hut.

BEACH COMBING AND CRAFTS
Wednesday, 19 February | 1-3pm
Flamborough South Landing,
Living Seas Centre YO15 1AE
Join us for some beach combing fun and create key rings, jewellery and crafts with your beach finds.

BEACH COMBING
DROP IN Friday, 21 February
10am-12 noon | Hornsea (chalet)
HU18 1NJ
Make a difference and help clean up the beach.

BEACH COMBING AND CREATE
DROP IN Wednesday, 8 April
10am-1pm | Bridlington North
(near chalets) YO15 2LX
Clean up the beach and create somearty, eco-fun boards with what we find.

FOSSIL HUNT AND BEACH FUN
Wednesday, 15 April | 1-3pm
Mapleton Beach HU18 1XX
Fossil hunting, beach art and fun games.

ROCKPOOING
Wednesday 27 May | 1-3pm
Flamborough South Landing,
Living Seas Centre YO15 1AE
Follow the tide out at for a rock pooling adventure and finish with some beach art fun.

CLIFFS AND CAVES
Wednesday, 22 July | 12noon-2pm
Flamborough North Landing YO15 1BJ
Explore the area, try rockpooling and enjoy some beach art fun in the cove.

WOODLAND CREATE
Monday, 27 July | 10am-12 noon
Danes Dyke YO15 1AA
Get creative in the woodland using natural resources.

BEACH CLEAN AND CREATE
DROP IN Wednesday, 29 July
9.30am-1pm | Hornsea (chalet)
HU18 1NJ
Clean up the beach and create somearty, eco-fun boards with what we find.

SAND, STONE AND FOSSILS
Monday, 3 August | 10am-12 noon
Mapleton Beach HU18 1XX
Hit the beach for sand drawing, stone art and fossil hunting.

BEACH CLEAN AND CREATE
DROP IN Wednesday 5 August
10am-1pm | Withernsea (pier towers) HU19 2DN
Clean up the beach and create somearty, eco-fun boards with what we find.

BEACH CLEAN
DROP IN Wednesday, 12 August
10am-12 noon | Hornsea (chalet)
HU18 1NJ
Make a difference and help clean up the beach.

BEACH FUN AND GAMES
DROP IN Monday, 24 August
1.30-3.30pm | Withernsea (pier towers) HU19 2DN
Hit the beach for a range of beach art and games activities.

DANES DYKE HIKE AND FIRELIGHT
Monday, 26 October | 10am-2pm
Danes Dyke YO15 1AA
Enjoy bushcraft, woodland art and marshmallows on the fire.

BEACH CLEAN
DROP IN Wednesday, 28 October
10am-12 noon | Hornsea (chalet)
HU18 1NJ
Make a difference and help clean up the beach.

BOOKING ESSENTIAL UNLESS STATED www.activecoast.org (01482) 395320
Have a little less, feel a lot better. drinkaware.co.uk/littleless
Humber Bridge Have A Field Day
Thursday, 28 May | 11am-3pm
Humber Bridge Country Park
The perfect opportunity to get outdoors with family and friends. Come and join us at the Country Park for lots of family fun.

Active Coast Watersports and Adventure
Coming Summer 2020
Look out for new watersports and adventure sessions in 2020, including Coasteering, Stand-up Paddle Boarding and plenty of watersport fun!

Car parking charges may apply at all events
What is Walking for Health?

The scheme is a series of free guided walks for all ages and abilities, aimed at anyone who has an interest in walking or wants to slowly introduce exercise into their daily routine as part of rehabilitation from illness, injury or to get fit.

We offer a range of walks starting from 30 minutes to 2 hours. The most important thing is that you start where you are at and gradually build up to the longer walks.

Please note: 2 hour walks are not part of the Walking for Health programme but part of a progression walk provided by volunteers and supported by East Riding of Yorkshire Council.

Volunteer with us?

The Walking for Health scheme around the East Riding simply wouldn’t exist without our wonderful volunteers.

Volunteering for East Riding’s Walking for Health scheme can be a great experience. If you’d like to volunteer on one of our Health Walks then please get in touch using the contact details provided in this section of this booklet.

The scheme coordinator will then be able to let you know about the processes for training and how it could benefit you.
What do I need for walking?

Walking is almost perfect exercise, requiring no expense, almost anyone can do it, it can be done anywhere at any time, it is the best way for people from all walks of life to become more active gradually.

All you need are a good pair of shoes, that are comfortable, provide good support and don’t cause blisters. Loose fitting clothing allows you to move more freely. Wear thin layers rather than heavy clothing. If it’s a hot day take a bottle of water.

Are the walks wheelchair and buggy friendly?

Due to the terrain around the East Riding some walks will not be suitable for wheelchair users and buggies.

If you would like to come on a walk and are in a wheelchair please contact the Healthy Lifestyles Development Officer to check to see whether the walk is accessible.

Can I bring a dog?

Please call beforehand to check. If a dog is allowed on the walks they must be on a short lead that won’t trip up any fellow walkers.

Do I need to book?

No need to book, just turn up 15 minutes before the walk starts.

For more information about the walks in the East Riding please contact:

Laura Hutchinson, Healthy Lifestyles Development Officer
(01482) 392527
laura.hutchinson@eastriding.gov.uk

www.walkingforhealth.org.uk

For longer, more challenging walks, why not try The Ramblers?

For more information about The Ramblers in your area, please contact:

Beverley
Joe Neal
jjdneal@hotmail.com
(01482) 860282

Howden and Goole
Marion Thomas
thomas.marion@btinternet.com
(01430) 431766

Hull and Holderness
Steve Mullarkey
aspill@aspill.karoo.co.uk
07834 690020

Pocklington
Martin Hill
mph60@btinternet.com
(01377) 270731
Macmillan Cancer Evening Walk

East Riding Leisure Beverley, Flemingate, Beverley HU17 0LT
Everyone is welcome to attend.

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Bridlington – East Riding Leisure Bridlington

Mile Marker Walk – The Promenade, Bridlington YO15 2QQ (Meet inside at the café)
www.eastridingleisure.co.uk/bridlington

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Bridlington – Kingfisher Cafe [NEW FOR 2020]

22 West Street, Bridlington YO15 3DX

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<th>30 minute walks (every Wednesday) at 10.30am</th>
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Mental Health Mates

WALK AND TALK BEVERLEY

“A PLACE TO WALK AND TALK WITHOUT FEAR OF JUDGEMENT”

FIND OUT WHEN THE NEXT WALK IS AT:
WWW.MENTALHEALTHMATES.CO.UK

MENTAL HEALTH MATES WALK AND TALK - BEVERLEY

THE FIVE WAYS TO WELL-BEING

BE ACTIVE
Exercise has been shown to increase mood and lower depression and anxiety.
Brough Methodist Church
51 Welton Road, Brough HU15 1DL

1 – 1.5 hour walks (Tuesday) at 10am

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*On the dates marked with an asterisk, please meet outside the Half Moon Pub, Elloughton

Cottingham Sports Centre
King George V Playing Fields, Northgate, Cottingham HU16 5QW • www.cottinghamsportscentre.co.uk

30 – 45 minute walk (every other Monday) 10.30am

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1 hour walk (3rd Wednesday of the month) at 1pm

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LONGER PROGRESSION WALK 2 hour walk (1st Wednesday of the month) at 1pm

Feb 5 Cottingham Sports Centre
Mar 4* Bay Horse, Cherry Burton
Apr 1 Cottingham Sports Centre
May 6* Garden Centre, Cranswick
June 3 Cottingham Sports Centre
July 1* Crown and Anchor, Tickton
Aug 5 Cottingham Sports Centre
Sept 2* Gnu, North Newbald

* If you require transport for the 2 hour walks in March, May, July or September email Jan Tweedale: jansimon@tweedale.karoo.co.uk

Driffield  NEW FOR 2020

Library and Customer Service Centre
Cross Hill, Driffield YO25 6RQ

30 minute walk (Thursday) at 10am

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Visit nhs.uk/change4life

swap food and drink for ones without added sugar
Driffield – East Riding Leisure Driffield
Bridlington Road, Driffield YO25 5HZ • www.eastridingleisure.co.uk/driffield

**1 hour walks (Tuesday) at 11am**

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*On the dates marked with an asterisk, please meet at the Millennium Clock in the Town Centre.*

**LONGER PROGRESSION WALK 2 Hour Walk (Tuesday)**

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<th>Month</th>
<th>Jan 14</th>
<th>Feb 11</th>
<th>Mar 10</th>
<th>Apr 14</th>
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<th>June 9</th>
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<tbody>
<tr>
<td></td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
<td>Meet at the Fridaythorpe Pond (10.30am start)</td>
<td>Meet at the Wetwang Layby (10.30am start)</td>
<td>Meet at the Bainton Layby (10.30am start)</td>
<td>Meet at Main Street, Lockington (10.30am start)</td>
<td>Meet West Lutton opposite church (10.30am start)</td>
<td>Meet at the Watton Layby (10.30am start)</td>
<td>Meet at the Bracey Bridge layby (10.30am)</td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
<td>Meet East Riding Leisure Driffield (10am start)</td>
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</table>

**NOTE:** Some of these walks may exceed 2 hours.

**Goole – East Riding Leisure Goole**
North Street, Goole DN14 5QX • www.eastridingleisure.co.uk/goole

**Up to 1 hour walks (Thursday) at 10am**

|-------|-------|--------|--------|--------|--------|--------|-------|-------|-------|-------|--------|--------|-------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|

**Goole – West Park**
Airmyn Road, Goole DN14 6XA

**30 minute walk (Wednesday) at 10.30am**

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**THE FIVE WAYS TO WELL-BEING**

3. **TAKE NOTICE**

Reflecting on your experiences will help you appreciate what matters to you.
## Hornsea – Floral Hall Café

Esplanade, Hornsea HU18 1NQ • www.eastridingleisure.co.uk/hornsea

Please note: Once East Riding Leisure Hornsea opens the walks will start from there.

<table>
<thead>
<tr>
<th>1 hour walks (every Wednesday) at 11am</th>
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## Haltemprice – East Riding Leisure Haltemprice

Springfield Way, Anlaby HU10 6QJ • www.eastridingleisure.co.uk/haltemprice

1 hour walk (Wednesday) at 1.45pm for 2pm start

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30 minute walk (Wednesday) at 1.45pm for 2pm start

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## Hessle – Hessle Community Centre

Old School House, The Hourne, Hessle HU13 9LJ

1 hour walks (every Wednesday) at 11am

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30 minute walk (Wednesday) at 11am

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**Howden – Shire Hall**

11 Market Place, Howden DN14 7BJ

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Up to 1 hour walk (Thursday) at 1.30pm for 1.45pm start

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**Leven – Leven Sports & Social Club**

North Street, Leven HU17 5NF

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1 hour walk (every Thursday) at 10am

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**Market Weighton**

**St John’s Methodist Church**

Market Place, Market Weighton YO43 3AJ

For more information about the Market Weighton Walks please contact David Battams 07875 550413 or Andrew F Barber 07843 784763 or visit www.weightonwalkers.org

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1 – 1.5 hour walk (every Wednesday) at 10am

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**THE FIVE WAYS TO WELL-BEING**

**KEEP LEARNING**

Learning new things will make you more confident as well as being fun
Weighton Walkers – Friday Walks

All walks start at 10am, unless notified nearer the day. For more information about meeting points please contact David Battams 07875 550413 or Andrew F Barber 07843 784763 or visit www.weightonwalkers.org

### Longer Progression Walk at 10.30am

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Distance</th>
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<tbody>
<tr>
<td>Jan 17</td>
<td>Westow</td>
<td>7 miles</td>
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<tr>
<td>Feb 21</td>
<td>Bishop Wilton – Yapham</td>
<td>6 miles</td>
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<tr>
<td>Mar 20</td>
<td>Welton</td>
<td>7 miles</td>
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<tr>
<td>Apr 17</td>
<td>Kirkham Priory</td>
<td>7 miles</td>
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<tr>
<td>May 15</td>
<td>Goathland</td>
<td>8 miles</td>
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<tr>
<td>June 19</td>
<td>Melbourne</td>
<td>7 miles</td>
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<tr>
<td>July 17</td>
<td>Hotham/North Cave</td>
<td>8 miles</td>
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<tr>
<td>Aug 21</td>
<td>Goathland</td>
<td>10 miles</td>
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<tr>
<td>Sept 19</td>
<td>TBC</td>
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<td>Oct 16</td>
<td>Wetwang</td>
<td>9 miles</td>
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<tr>
<td>Nov 20</td>
<td>Holme-on-Spalding-Moor</td>
<td>8 miles</td>
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<tr>
<td>Dec 18</td>
<td>Millington (Christmas walk)</td>
<td>6.5 miles</td>
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### Paull – St Andrew Church

Thorgumbald Road, Paull HU12 8AX

<table>
<thead>
<tr>
<th>30 minute walk (Monday) at 10.30am</th>
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<tbody>
<tr>
<td>Date</td>
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Search One You and take the free How Are You health quiz today.

READY FOR A NEW YOU?

BECAUSE THERE’S ONLY ONE YOU
Preston Walkers – Preston Community Hall

Main Street, Preston, Hull HU12 8SA • www.prestonwalkers.weebly.com
Please contact Keith Lockyer on 07939 829923 email: houndaway@live.co.uk,
Pam (01482) 899836 email: pammie49uk@yahoo.com or Colin Storr 07989 469299.
All walks in January, November and December will start at 1pm.

1 hour walk (Wednesday) at 1.30pm – please call to confirm

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1.5 hour walk (Wednesday) at 1.30pm – please call to confirm

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* Dates marked with an asterisk is a coach trip walk with lunch

Pocklington – East Riding Leisure Francis Scaife

Burnby Lane, Pocklington YO42 2QE • www.eastridingleisure.co.uk/francisscaife
For more information about the walks and the meeting points please contact Wendy (01759) 305613, Sue (01430) 871367 or Janet 07973 305666.
Anyone willing to give lifts or who needs a lift please contact walk leaders.

1.5 hour walk (Friday) at 10am

<table>
<thead>
<tr>
<th>Jan 10</th>
<th>Meet at East Riding Leisure Francis Scaife</th>
<th>Jul 10</th>
<th>Meet at Tows thorpe Corner Layby (off A614)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 24</td>
<td>Meet at Canal Head</td>
<td>Jul 24</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
</tr>
<tr>
<td>Feb 7</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
<td>Aug 7</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
</tr>
<tr>
<td>Feb 21</td>
<td>Meet at North Cave Wetlands Car Park</td>
<td>Aug 21</td>
<td>Meet at Coates Bridge</td>
</tr>
<tr>
<td>Mar 6</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
<td>Sept 4</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
</tr>
<tr>
<td>Mar 20</td>
<td>Meet at the pub in Bishop Wilton</td>
<td>Sept 18</td>
<td>Meet Nunburnholme Layby (outskirts of village)</td>
</tr>
<tr>
<td>Apr 3</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
<td>Oct 2</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
</tr>
<tr>
<td>Apr 17</td>
<td>Meet at Plough Inn, Allerthorpe</td>
<td>Oct 16</td>
<td>Meet at Village Green in Huggate</td>
</tr>
<tr>
<td>May 1</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
<td>Oct 30</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
</tr>
<tr>
<td>May 15</td>
<td>Meet at North Cliffe Woods Reserve (YO43 4XE)</td>
<td>Nov 13</td>
<td>Meet at Millington Woods Car Park</td>
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<tr>
<td>May 29</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
<td>Nov 27</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
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<tr>
<td>Jun 12</td>
<td>Meet at Kilnwick Percy Golf Club Car Park</td>
<td>Dec 11</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
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<tr>
<td>Jun 26</td>
<td>Meet at East Riding Leisure Francis Scaife</td>
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Sewerby – Sewerby Hall and Gardens

Clock Tower Café • Church Lane, Sewerby, Bridlington YO15 1EA • www.sewerbyhall.co.uk

1 hour walk (Tuesday) at 10.30am

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LONGER PROGRESSION WALK  2 hour walk (Tuesday) at 10am

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South Cave – East Riding Leisure South Cave

Church Street, South Cave HU15 2EP • www.eastridingleisure.co.uk/southcave

1 – 1.5 hour walk (Tuesday) at 10am

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Wetwang – Village Hall  NEW FOR 2020

Southfield Road, Wetwang YO25 9XX

1 hour walk (Tuesday) at 10am

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Helping you prevent Diabetes, Heart and Kidney disease, Stroke and Dementia. Visit: happyandwell.me/health-checks
## Welwick – Welwick Village Hall

Welwick Village Hall, North Lane, Welwick, Hull HU17 0RY
For more information about the walks please contact Janet via email at janetwheelwright51@gmail.com, or call Janet 07931 863002, Pat (01964) 630455, Gill (01964) 630906 or Dave (01964) 630739

### 1 hour walk (Thursday) at 1.30pm

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### LONGER PROGRESSION WALK

### 2 hour walk (Thursday) at 1.30pm

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## Withernsea

### East Riding Leisure Withernsea

Station Road, Withernsea HU19 2QA • www.eastridingleisure.co.uk/withernsea

### 1 hour walk (Wednesday) at 9.30am

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### LONGER PROGRESSION WALK

### 2 hour walk (Monday) at 9am

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### change4life

**eat well, move more, live longer**

for more information visit

nhs.uk/change4life

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Helping you prevent Diabetes, Heart and Kidney disease, Stroke and Dementia. Visit:
happyandwell.me/health-checks

---

WALKING FOR HEALTH 2020  57
Weighton Walkers – Pub Walks 2020

All walks start at 10.30am. For further details please contact Andrew F Barber on 07843 784763 or visit www.weightonwalkers.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Area</th>
<th>Pub Meeting Point</th>
<th>Address</th>
<th>Distance</th>
<th>Length (approx)</th>
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<tbody>
<tr>
<td>January 10</td>
<td>Walkington</td>
<td>The Dog and Duck</td>
<td>East End, Walkington</td>
<td>5 miles</td>
<td>2 ½ hours</td>
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<td>HU17 8SX</td>
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<tr>
<td>February 14</td>
<td>Flamborough</td>
<td>The Seabirds</td>
<td>Tower Street, Flamborough</td>
<td>6 miles</td>
<td>3 hours</td>
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<td>YO15 1PD</td>
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<tr>
<td>March 13</td>
<td>Millington</td>
<td>The Gait Inn</td>
<td>Main Street, Millington</td>
<td>5 miles</td>
<td>2 ½ hours</td>
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<td>YO42 1TX</td>
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<tr>
<td>April 10</td>
<td>Welton</td>
<td>The Green Dragon</td>
<td>Cowgate, Welton</td>
<td>5 miles</td>
<td>2 ½ hours</td>
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<td>HU15 1NB</td>
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<td>May 8</td>
<td>Harpham</td>
<td>St Quintins Arms</td>
<td>Main Street, Harpham</td>
<td>6 miles</td>
<td>3 hours</td>
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<td>YO25 4QY</td>
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<tr>
<td>June 12</td>
<td>Allerthorpe</td>
<td>The Plough Inn</td>
<td>Main Street, Allerthorpe</td>
<td>5 miles</td>
<td>2 ½ hours</td>
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<td>YO42 4RW</td>
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<td>July 10</td>
<td>Sewerby</td>
<td>The Ship Inn</td>
<td>Cliff Road, Sewerby</td>
<td>6 miles</td>
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<td>YO15 1PD</td>
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<td>August 14</td>
<td>Market</td>
<td>The Bay Horse</td>
<td>Holme Road, Market</td>
<td>6 miles</td>
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<td>September 11</td>
<td>Bishop Wilton</td>
<td>The Fleece Inn</td>
<td>47 Main Street, Bishop</td>
<td>6 ½ miles</td>
<td>3 hours</td>
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<td>October 9</td>
<td>Kilham</td>
<td>The Old Star</td>
<td>Church Street, Kilham,</td>
<td>6 miles</td>
<td>3 hours</td>
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<td>YO25 4RG</td>
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<td>November 13</td>
<td>Burton Pidsea</td>
<td>The Nancy</td>
<td>Church Street, Burton</td>
<td>6 miles</td>
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<td>Pidsea HU12 9AU</td>
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<td>December 13</td>
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<td>Wolds Inn</td>
<td>Driffield Road, Huggate</td>
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Please be aware that the walks may be over steep or uneven or muddy ground and as such suitable footwear must be worn. Wear clothing suitable for the weather and bring waterproofs, just in case.

Neither East Riding of Yorkshire Council nor the organisers of the walks condone drink driving. If you wish to have a drink after the walk please arrange a designated driver or make alternative transport arrangements.
Free Health Checks

Aged 40-74? Get your FREE NHS health check.

Available at any East Riding Leisure Centre.
For more details call into your local East Riding Leisure Centre, visit our website or call (01482) 595223.

Exercise Referral

For people with medical conditions who could benefit from a more active lifestyle.

For more information about our Health Programmes, please call into your local East Riding Leisure Centre, visit our website or call (01482) 395149.
In our adult years, the lifestyle choices we make can dramatically increase our chances of becoming ill later in life.

Making small changes now can improve your health right away and double your chances of staying healthy as you get older. It’s never too late to start.

**Search One You** and take the free health quiz to see how you score.