

## Monday Morning Meanders

Walks start at 10am and last up to 2 hours.  
No need to book, and the walks are free.



### 16 Jan Bournemouth Gardens

Coy Pond, Coy Pond Road (BH12 1JU)

### 23 Jan Stour Valley (Meadows Walk)

Granby Road car park, off Muscliff Lane (BH9 3NZ)

### 30 Jan Strouden Woods

Side of Homebase, Castle Lane Retail Park (BH8 9PE)

### 6 Feb Hengistbury Head

Solent Meads Golf Course car park, Rolls Drive (BH6 4NA)

### 13 Feb Millhams Mead

St. Andrew's Church car park, Millhams Road (BH10 7LN)

### 20 Feb The Chines

Southern entrance to Alum Chine, Alumhurst Rd (BH4 8HS)

### 27 Feb Southbourne Overcliff

Fisherman's Walk cliff lift (BH6 3TD)

### 6 Mar Stour Valley (Wilderness Way)

Granby Road car park, off Muscliff Lane (BH9 3NZ)

### 13 Mar Redhill Park and Common

Redhill Park car park, off Redhill Drive (BH9 2SW)

### 20 Mar Longham Lakes

Car park off A348, just past Kings Arms (BH22 9AA)

### 27 Mar Boscombe Chine Gardens

Gravel car park off East Overcliff Drive (BH1 3HP)

### 3 Apr Turbary Common

Layby opposite 120 Turbary Park Avenue (BH11 8HJ)

### 10 Apr Littledown and Kings Park

Steps in Littledown Centre car park (BH7 7DX)

### 17 Apr Iford Meadows

Playing fields car park, off Iford Lane (BH6 5NF)

### 24 Apr Stanpit Marsh

In car park in Stanpit (road) (BH23 3ND)

### 30 Apr Sheepwash

Entrance opposite Iford Bridge pub (BH6 5RG)

## Volunteering

Our team of dedicated volunteers assists us with the day-to-day running of Hengistbury Head Visitor Centre, Kingfisher Barn and Kings Park Nursery, as well as with events, activities and practical work across our nature reserves and open spaces. We are always looking for new volunteers. If you would like to get involved, or find out more, please call 01202 451618, or email us at [Richard.hesketh@bournemouth.gov.uk](mailto:Richard.hesketh@bournemouth.gov.uk)



## Contact us



Join us on social media for the latest news and events.

### Hengistbury Head Visitor Centre / Ranger Team

Phone: 01202 451618

E-mail: [hengistbury.head@bournemouth.gov.uk](mailto:hengistbury.head@bournemouth.gov.uk)

Address: Hengistbury Head Visitor Centre  
Broadway, Bournemouth BH6 4EN

### Kingfisher Barn/Stour Valley Ranger Team

Phone: 01202 451548

E-mail: [kingfisherbarn@bournemouth.gov.uk](mailto:kingfisherbarn@bournemouth.gov.uk)

Address: Kingfisher Barn, Stour Acres, Granby Road,  
Muscliff, Bournemouth BH9 3NZ

## Working in partnership



# Guided Walks and Events

January to April 2017

Bournemouth Parks



PARKS



Join us on social media for the latest news and events.

## Hengistbury Head Events



Please phone 01202 451618 to book. Events start at the Visitor Centre.

**Sat 21 Jan, 2pm - 4pm**  
**Winter Writers** Reflect and write together, taking experiences at Hengistbury Head for inspiration. For all abilities. FREE event - no need to book.



**Tue 24 Jan, 11am**  
**Toddlers' Tales** Stories, rhymes and songs for toddlers. £3 per child (includes hot drink for the accompanying adult). **Booking essential.**

**Tue 24 Jan, 2pm - 4pm**  
**Winter Writers Course** 5 Tuesday sessions. Develop your writing in a supportive group, using various active-writing techniques. All welcome. £35 for 5 sessions, or pay-as-you-go £8 per session.

**Sat 4 Feb, 11am - 1pm**  
**Origami for Beginners** Have a go at this increasingly popular pastime. Make a bird, animal or sea creature. Suitable for all the family. No need to book, just drop in. £2 per person.

**Sat 4 Feb, 2pm - 4pm**  
**Winter Writers** Reflect and write together, taking experiences at Hengistbury Head for inspiration. For all abilities. FREE event - no need to book.

**Mon 6 Feb, 6pm**  
**See The Space Station** If the sky is clear, we will see the Space Station at least once this evening. £5 adults and £2 under-16s. **Booking essential.**

**Thu 9 Feb, 10am - 12.30pm**  
**Curlews and Cake** Enjoy some nature-spotting, and then round it off with a hot drink and cake at Hiker Café. **Booking essential.** £7 per person.



**Half Term Week, 13 - 17 Feb**  
**Heads Up! Club** Fun action-writing sessions for children. Afternoons, 2pm - 4pm. Phone ahead to confirm dates. No need to book - just drop in. Free.

**Sat 11 Feb, 2pm - 4pm**  
**Sand Art** Come along and make a beautiful sand art picture. Pictures vary from £2.50 to £5. No need to book - just turn up.



**Wed 15 Feb, 2pm - 4pm**  
**Sand Art** Come along and make a beautiful sand art picture. Pictures vary from £2.50 to £5. No need to book - just turn up.



**Tues 28 Feb, 11am**  
**Toddlers' Tales** Stories, rhymes and songs for toddlers. £3 per child (includes hot drink for the accompanying adult). **Booking essential.**

**Mon 6 Mar, 7pm - 9.30pm**  
**A Beginner's Guided to Stargazing** Find out how to get started as a stargazer. We will go outside if clear. £5 adults, £2 under-16s. **Booking essential.**

**Tue 7 Mar, 10am - 12.30pm**  
**Peewits and Poetry** Look for birds and other wildlife, and enjoy some nature poetry. Followed by hot drinks and flapjacks at Hiker Café. £7 per person. **Booking essential.**



**Sat 11 Mar, 2pm - 4pm**  
**Sand Art** Come along and make a beautiful sand art picture. Pictures vary from £2.50 to £5. No need to book - just turn up.

**Tues 28 Mar, 11am**  
**Toddlers' Tales** Stories, rhymes and songs for toddlers. £3 per child (includes hot drink for the accompanying adult). **Booking essential.**



**Thu 6, Thu 13, Thu 27 April & Thu 4th May, 10am - 12.30pm**  
**Bird Song for Beginners** Four-session course. Learn the songs of resident and migrant birds. We'll be outside as much as possible. Tea, coffee and biscuits provided each week! £45 per person. **Booking essential.**

**Tue 11 Apr, 10am - 12.30pm**  
**Spring Bird Song** Learn some of the bird songs to be heard at this time of year. Followed by refreshments at Hiker Café. £7 per person. **Booking essential.**

**Wed 12 Apr, 2pm - 4pm**  
**Sand Art** Come along and make a beautiful sand art picture. Pictures vary from £2.50 to £5. No need to book - just turn up.

**Wed 13 Apr, 10am - 12.30pm**  
**Wildlife Garden Mystery Challenge** Come and find out about wildlife in our garden by doing our Mystery Challenge. No need to book. £2 to enter - includes a free map of the garden.

**Sun 16/Mon 17 Apr, 10am - 4pm**  
**Easter Trail** Collect a small prize by figuring out the missing word. Starts from the Visitor Centre. £3 per child - no need to book

**Tue 18 Apr, 10.30am - 12pm**  
**Pushchair Safari** Every Tuesday until 18th July. No need to book. £3 per person (free for under-5s).



**Sat 22 Apr, 2pm - 4pm**  
**Sand Art** Come along and make a beautiful sand art picture. All materials provided. Pictures from £2.50 to £5.00. No need to book - just turn up.

**Tue 25 Apr, 10.30am - 12pm**  
**Pushchair Safari** Every Tuesday until 18th July. No need to book. £3 per person (free for under-5s).



**Tues 25 Apr, 11am**  
**Toddlers' Tales** Stories, rhymes and songs for toddlers. £3 per child (includes hot drink for the accompanying adult). **Booking essential.**



## Stour Valley Events

Unless otherwise stated, all Stour Valley events are free with no need to book. For events requiring booking, please phone 01202 451548. These events all start at Kingfisher Barn Visitor Centre in Muscliff (see back of leaflet for address).

### Regular events

**Mondays, 10am - 11am**  
**New Leaf - Healthy Walk** Get into nature in 2017 and live a healthier life! These weekly walks run by Sam will help get you active in nature! **Booking essential** via the Kingfisher Barn. For more information on the health benefits call LiveWell Dorset 0800 840 1628 and ask about Natural Choices.

**Tuesdays, 10.30am - 11.30am**  
**Nature Tots** Give your little ones a love of nature with these fun activities. Suggested donation £2 per child - free hot drinks for adults!

**Tuesdays, 1pm - 2pm**  
**New Leaf** Get into nature in 2017 and live a healthier life! These weekly sessions run by Sam - include wildlife identification, arts, mindfulness and sensory activities designed to help you feel at home in nature **Booking essential** via the Kingfisher Barn. For more information on the health benefits call LiveWell Dorset 0800 840 1628 and ask about Natural Choices.

**Tuesdays, 10 Jan, 14 Feb, 14 Mar, 10am - 12pm**  
**Explore the Stour** Explore the Stour - its wildlife and history. Suggested donation £2.50.



**Mon 23, 30 Jan & 6 Feb or Fri 24 Feb, 3 & 10 Mar 10am - 12pm**  
**Beginners' Birdwatching Course** Learn to watch birds on a 3 week course with the RSPB - choosing and using binoculars, identifying birds and more. Free - donations welcome. **Booking essential.**

### One-off events

**Sun 8 Jan, 11-3pm**  
**(Turn over a) New Leaf** Start the new year by visiting Kingfisher Barn and the River Stour. Hot soup and nature activities for all ages.



**Sun 15 Jan, 11am - 3pm**  
**Kingfisher Day** Come along and see a kingfisher with the RSPB - the Stour is packed with them at this time of year.

**Tue 17 Jan, 10am - 3pm**  
**Coppicing with the Rangers** Try some coppicing with the Rangers at Stour Valley reserve. Meet at Kingfisher Barn



**Sun 22 Jan, 11am - 3pm**  
**Beginner Birdwatching for all** Ahead of the Big Garden Birdwatch come down to the Barn to learn how to identify common garden birds in our wildlife garden. Suitable for kids and adults.

**Sun 29 Jan, 11am - 3pm**  
**Big Garden Birdwatch Bioblitz** Help us record the birds around the Stour Valley LNR - and don't forget to do your own Big Garden Birdwatch - visit [rspb.org.uk/birdwatch](http://rspb.org.uk/birdwatch)

**Tue 31 Jan, 10am - 3pm**  
**Hedgelaying with the Rangers** Have a go at hedgelaying. Meet at Kingfisher Barn.

**Sun 5 Feb, 11am - 3pm**  
**Game of Nature's Homes** As the breeding season looms join Emily and find out about all the different types of homes for nature found by the River, and make your own to take home with you.

**Sat 11 Feb, Sun 19 Feb**  
**Bunting and Punting** Drop in any time between 11-3 to make your own flag for our bunting that shows your love for the River Stour - being run with the Stour Power WI as part of their national campaign. Also make a boat/float out of natural materials then come back on Sunday 19 Feb and sail in our Big Wild Regatta

**Tue 14 Feb, 10am - 3pm**  
**Coppicing with the Rangers** Try some coppicing at Stour Valley reserve. Meet at Kingfisher Barn.

**Sun 19 Feb, 2pm - 4pm**  
**Big Wild Regatta on the Stour** Come along and sail your creation made during half term with others - meet at Kingfisher Barn at 2pm.



**Sun 26 Feb, 11am - 3pm**  
**Dirty Den Building Day** Get muddy and get building in our temporary den building area... campfire cooked soup available all day.

**Tue 28 Feb, 10am - 3pm**  
**Hedgelaying with the Rangers** Have a go at hedgelaying at the Stour Valley. Meet at Kingfisher Barn.

**Sun 5 Mar, 11am - 3pm**  
**Tracks and signs** Join Miriam to discover how to become a better nature detective by recognising the tracks and signs of animals along the river.



**Sun 12 Mar, 10am - 4pm**  
**Frog Day** Froggy themed day at the Barn, with lots of activities and loads of info about how you can give frogs a home in your garden.

**Tue 14 Mar, 10am - 3pm**  
**Coppicing with the Rangers** Try some coppicing at Stour Valley reserve. Meet at Kingfisher Barn.

**Sun 19 Mar, 11am - 3pm**  
**Minibeast Bioblitz** Get out along the river with Esmay at the Stour Valley Local Nature Reserve and help us record which minibeasts have emerged this spring

**Tue 21 Mar, 11am - 12.30pm**  
**Walk with the Rangers** Find out all about the wildlife of the Stour Valley Local Nature Reserve, with the help of the rangers. We will be looking for kingfishers, egrets and other birds, as well as flowers, mammals and more.

**Sun 26 Mar, 10am - 4pm**  
**Make your mum a Wildflower Window Box for Mothers Day** Come along with your mum and make a wildflower window box/pot that will give nature a home for the rest of the year! Call the Barn to book and to find out about cost.



**Tue 28 Mar, 10am - 3pm**  
**Hedgelaying with the Rangers** Have a go at hedgelaying at the Stour Valley. Meet at Kingfisher Barn.

**Sun 2 Apr, 10am - 4pm**  
**Otter Day** Otter-themed day at the Barn, with lots of activities and volunteer spotters along the river to hopefully show you one.

**Sat 8 Apr - Sun 23 Apr, 10am - 4pm**  
**Stour A-Z Easter Egg Hunt** Drop in over the Easter hols to complete our 2017 challenge, exploring the Barn and River to complete the A-Z of the Stour for a chocolatey prize. Suggested donation £2 per person.



**Sun 9 Apr, 10am - 2pm**  
**Art Workshop with Lisa Lewis** Explore the area and make some wonderful art. Bring a packed lunch. £5 per person. Suitable for ages 5 to 16. **Booking essential.**



**Tue 11 Apr, 11am - 12.30pm**  
**Walk with the Rangers** Find out about the wildlife of the Stour Valley.

**Tue 18 Apr, 10am - 2pm**  
**Art Workshop with Lisa Lewis** Explore the area and make some wonderful art. Bring a packed lunch. £5 per person. Suitable for ages 5 to 16. **Booking essential.**

**Sun 23 Apr, 10am - 4pm**  
**Find the Dragons on St George's Day** Discover all about the reptiles and amphibians of the Stour.



**Tue 25 Apr, 10am - 11am**  
**Moth Morning with the Rangers** Find out what was caught in the moth trap over night.

**Sun 30 Apr, 10am - 4pm**  
**Dorset Dialect Day** Return of the native language as we challenge you to complete our trail and spot-it challenge using the names of the past!

## Discover Queen's Park in 2017

If you are looking for an activity in the New Year that can improve physical and mental health and wellbeing, why not try golf? Queen's Park has a reputation for being one of the best municipal courses in the country, and there are many benefits to be had from taking up this popular sport:

**1 Keeps you active - 18 holes will burn at least 900 calories, achieving more than 10 000 steps by walking four to five miles**

**2 Quality time with friends - golf is a social activity both on the fairway and at the clubhouse afterwards.**



**3 Reduces stress levels - the peaceful, green scenery of the golf course can make you feel calm and relaxed.**

**4 Learn something new - gain a sense of achievement, purpose and confidence.**

**5 Improve your work-life balance - get some 'me time' and help recharge your batteries.**

**6 A healthier life - the combination of outdoor exercise and social interaction help ward off dementia, help lower cholesterol and reduce the risk of heart disease.**

**7 Sleep well - golf, along with yoga, gardening and running, are great forms of exercise for encouraging good quality sleep.**

For more information about golf at Queen's Park, pop into the golf shop or visit [queensparkgolfcourse.com](http://queensparkgolfcourse.com)

Queen's Park is also popular with families, walkers and runners. A series of footpaths have been created for the enjoyment and safety of all parks users, including a wildlife trail, and a 2km and 3km running route.

## Sheep on Hengistbury Head

We have some new arrivals on the Head – six Shetland sheep. They have been brought in to help the Rangers to manage the Double Dykes ancient earthwork. This was built as a defensive structure to protect the Iron Age harbour and settlement that was located to the east of this point. However, it has become overgrown in parts with scrubby plants, the roots of which could be harmful to the structure itself. The presence of the scrub also hides the true scale of these impressive fortifications.



Our herd of six Shetland rams will be munching their way through the dense scrub of the Double Dykes to return it to an open grassland. This will hopefully add nesting opportunities for Skylarks and Meadow Pipits, as well as attracting many other

species of plants, insects and mammals. It will also help to preserve this earthwork from decay.



**For more information about the management of Hengistbury Head, please pop in and ask for one of the Rangers, phone 01202 451618, or email [hengistbury.head@bournemouth.gov.uk](mailto:hengistbury.head@bournemouth.gov.uk).**

## The Outdoor Office - Corporate Conservation Days

At Hengistbury Head and Stour Valley, we can offer a great day for team-building. We can be flexible and create a day to suit your team's needs, but here is an example of the sort of day we usually run:

9.30am - **Meet and greet**

10.00am - **Begin conservation work** – this will vary depending on the time of year, but can include scrub clearance, pond creation, footpath repairs and more.

12.30pm - **Break for lunch** (included). Meeting/networking time.

1.30pm - **Resume work**

2.30pm - **Guided walk or challenge**

4.00pm - **Team photo and finish.**



### Sample prices:

**30-39 employees:** £20 per head (including lunch), £14 without lunch

**20-29 employees:** £25 per head (including lunch), £19 without lunch

**10-19 employees:** £30 per head (including lunch), £24 without lunch.

**Lunch** - lunch can be provided if required. We work with local suppliers and can provide a buffet lunch or hot snacks in Hiker Café.

**For more information, please phone 01202 451618, or email [richard.hesketh@bournemouth.gov.uk](mailto:richard.hesketh@bournemouth.gov.uk).**