

## Monday Morning Meanders

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



### 4 Sep Redhill Park and Common

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

### 11 Sep Stour Valley (Meadows Walk)

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

### 18 Sep Sheepwash

Entrance opposite Iford Bridge pub (BH6 5RG)

### 25 Sep Kinson Common

By play area on Common, off Poole Lane (BH11 9DP)

### 2 Oct Riverlands and Wick

Wick Lane car park (BH6 4LF)

### 9 Oct Bournemouth Gardens

Coy Pond, Coy Pond Road (BH12 1JU)

### 16 Oct Strouden Woods

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

### 23 Oct Throop

Throop Mill car park, Throop Road (BH8 0DH)

### 30 Oct Boscombe Chine Gardens

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

### 6 Nov Turbary Common

Layby opposite 120 Turbary Park Avenue (BH11 8HJ)

### 13 Nov Littledown and Kings Park

Steps in Littledown Centre car park (BH7 7DX)

### 20 Nov Longham Lakes

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

### 27 Nov Iford Meadows

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

### 4 Dec Stanpit Marsh

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

### 11 Dec Millhams Mead

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

## Volunteering

Our team of dedicated volunteers assists us with the day-to-day running of Hengistbury Head Visitor Centre and Kingfisher Barn, 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**



## 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

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

### Kingfisher Barn/Stour Valley Ranger Team

**Phone:** 01202 451548

**E-mail:** stour.valley@bournemouth.gov.uk

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

## Working in partnership

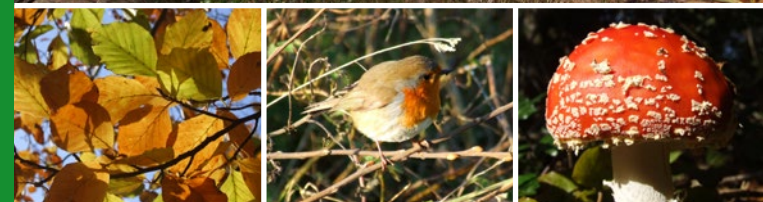


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# Guided Walks and Events

September to December 2017

Bournemouth Parks



PARKS





Join us on social media for the latest news, and details of events not listed here.



## Hengistbury Head Events

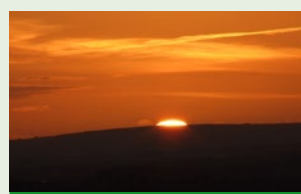
For Hengistbury Head events, please phone **01202 451618**. These events all start at the Visitor Centre.

**Sun 3 Sep** 1.30pm – 3.30pm  
**Sand Art**

A fun activity for children. Make a colourful picture using sand. No need to book. Pictures from £2.50 to £5.

**Tue 5 Sep** 2pm – 4pm  
**Hengistbury Writers**

Join this friendly group and get creative with your writing. Share ideas, share your work, and get help and feedback. No previous writing experience necessary. The group meets each month on the first Tuesday. No need to book. Free event – donation welcome.



**5pm Fri 8 – 10am Sat 9 Sep**  
**The Hengistbury Head Big Wild Sleepout**

Join the RSPB and spend a night at one of Bournemouth's most beloved landmarks. This is a unique opportunity to enjoy Hengistbury Head like never before, creating memories and experiences that'll stay with you and your family forever! Enjoy dinner over a campfire and stay up late with all the wildlife the reserve has to offer, then wake up to breakfast and a perfect sunrise. In partnership with Bournemouth Parks, the Hengistbury Head Big Wild Sleepout will bring out the wild side in your family! Adults £23, children £13. **Booking essential.** To book, please phone RSPB Arne on 01929 551693.



**Sat 9 Sep** 2pm – 3pm  
**Fossil Art**

Make some superb fossil art using natural materials – your work will look and feel like a real fossil. Receive a genuine fossil to keep along with your artwork. £5 per person. **Booking essential.**



**Sat 16 Sep** 6.30pm  
**Twilight Walk**

Join a Ranger for an evening walk at Hengistbury Head, to look and listen for wildlife. This walk was very popular last year. £5 adults, £3 under-16s. **Booking essential.**

**Sat 23 Sep** 6.30pm  
**Twilight Walk**

See Sat 16 Sep for details.

**Sun 24 Sep** 1.30pm – 3.30pm  
**Sand Art**

Make a picture using colourful sand. A fun activity and easy to do. No need to book. Pictures £2.50 to £5.

**Mon 25 Sep** 7pm – 9.30pm  
**Saturn and Soup**

Enjoy a warm bowl of celestial soup whilst chatting about the stars, then head outside to see Saturn, the crescent moon and more. **Booking essential.** £7 adults, £3 under-16s. Event will go ahead regardless of the weather.



**Sun 1 Oct** 11am – 12pm  
**Poetry Competition Awards**

We will be celebrating the third annual Hengistbury Head poetry competition, with readings of the winning poems, information about poetry writing, and a chance to find out about the Hengistbury Writers group. Free event – no need to book.

**Tues 3 Oct** 10am – 12pm  
**Adult Clay Workshop**

Join ceramic artist Julie Massie to explore hand building with clay. All work will be kiln fired. £15 per person. **Booking essential.**

**Tue 3 Oct** 2pm – 4pm  
**Hengistbury Writers**

See Tue 5 Sep for details.

**Sat 7 Oct** 1.30pm – 3.30pm  
**Autumn Wall Hangings**

Join Debra for a craft activity. We will be making lovely seasonal wall hangings, featuring leaves, robins and other autumnal decoration. No need to book – just turn up. £4 per wall hanging.

**Sat 14 Oct** 11am – 1pm  
**The Ugly Bug Ball**

Our craft expert, Debra, will be getting children to make ugly bugs using all sorts of craft materials – the uglier the bug the better! No need to book. £4 per bug.



**Sat 14 Oct** 2pm – 3.30pm  
**Hengistbury Head illustrated talk**

Bill Hoodless, author of 'Hengistbury Head – The Whole Story', will be giving a talk about all things Hengistbury Head. He will also be happy to sign copies of his book. Free event, but **booking essential.**

**Sun 15 Oct** 1.30pm – 3.30pm  
**Sand Art**

A fun activity for children. Make a colourful picture using sand. No need to book. Pictures from £2.50 to £5.

**Thu 19th Oct** 6.30pm to 9pm  
**Soup and Stars**

Enjoy a warm bowl of celestial soup and then head outside to learn some autumn constellations. £7 adults, £3 under-16s. **Booking essential.** Event will go ahead regardless of the weather.

## October Half-Term at Hengistbury Head

**Mon 23 Oct** 2pm – 3pm

**Halloween Cave Painting**  
Join artist, John House, to create some unique cave paintings and pictures with a Halloween theme, using natural materials. £5 per person. **Booking essential.**

**Tues 24 Oct** 10.30am – 12pm

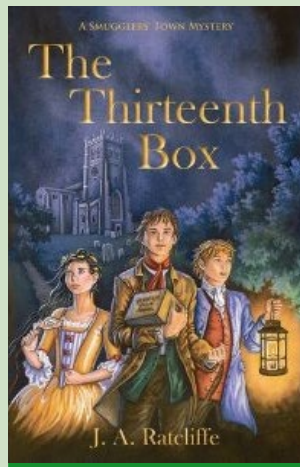
**Children's Clay Workshop**  
Join ceramic artist Julie Massie to explore hand building with clay. All work will be kiln fired. £10 per person. **Booking essential.**

**Tue 24 Oct** 1.30pm – 3.30pm  
**Sand Art**

Make a picture using colourful sand. A fun activity and easy to do. No need to book. Pictures £2.50 to £5.

**Wed 25 Oct** 2pm  
**'A Smuggler's Child'**

If you lived in 1780s Christchurch and the surrounding area, the chances are that your family would have known smugglers – or even been smugglers themselves! In a talk for children and families by local author, Julie Ratcliffe, find out why and what life was like at the time – then decide if your own family might have been smugglers! £4 adults, £2 under-16s. **Booking essential.**



**Thu 26 Oct** 2pm – 4pm  
**'The Smugglers' Panorama'**

Take a walk with local author, Julie Ratcliffe, and learn about local smuggling in the 18th century. Hear why people smuggled, how Hengistbury Head was used by the smugglers to bring in their contraband, and why Christchurch and Bourne Heath were such popular locations for this illicit trade. £4 adults, £2 under-16s. **Booking essential.**

**Fri 27 Oct** 11am – 1pm  
**Simon The Starfish**

Join our crafty expert, Debra Marsh, to make a clay starfish. Then take it home and paint it to bring it alive with colour. No need to book. £4 per starfish.

**Fri 27 Oct** 2pm – 3pm  
**Pumpkin Carving**

Come along to carve and decorate some very scary pumpkins, with expert help from artist, John House. £6 per pumpkin. **Booking essential.**



**Sat & Sun, 28 & 29 Oct,** 10.30am – 3pm

**Halloween Trail**

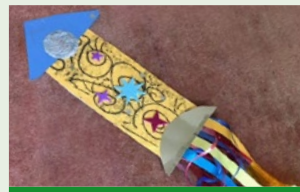
Our super-scary Halloween trail is a very popular annual event at Hengistbury Head, and this year's trail will be just as spooky! Follow the trail and collect the clues to provide the answer to the puzzle. Collect a small prize at the end. No need to book. £3 per child.

**Sat 28 Oct**

11am – 1pm and 2pm – 4pm  
**A Bronze Age Very Cold Case**  
3500 years ago, Hengistbury Head was a Bronze Age Cemetery. Uncover the human skeletons. Hear about a Bronze Age murder. Warning – real human remains will be shown! Free event, but booking recommended.

**Sat 4 Nov** 11am – 1pm  
**Firework Fun**

Another fun craft event with Debra. Make your own colourful (pretend!) firework using various craft materials. No need to book – just turn up. £4 per firework.



**Sat 4 Nov** 2.30pm – 4.30pm  
**Celebrating Shelley**

A special walk being held as part of a celebration of Percy Bysshe Shelley. We will be finding out about some of his nature poetry, and linking that to the wildlife and landscapes of Hengistbury Head. £4 per person. **Booking essential.**

**Tues 7 Nov** 10am – 12pm  
**Adult Clay Workshop**

Join ceramic artist Julie Massie to explore hand building with clay. All work will be kiln fired. £15 per person. **Booking essential.**

**Tue 7 Nov** 2pm – 4pm  
**Hengistbury Writers**

See Tue 5 Sep for details.

**Sat 11 Nov** 2pm – 3pm  
**Fossil Art**

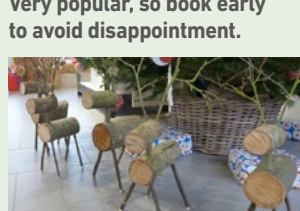
Make some superb fossil art using natural materials – your work will look and feel like a real fossil. Receive a genuine fossil to keep along with your artwork. £5 per person. **Booking essential.**

**Thu 23 Nov** 6pm – 7.30pm  
**Satellites and Stars**

Learn when and where to look for satellites, and how to spot them. Find out where the pole star is, how to find the Andromeda Galaxy, and lots more! £5 adults, £2 under-16s. **Booking essential.** Will be cancelled if cloudy/raining.

**Sat & Sun, 2 & 3 Dec**  
**Reindeer Making**

It's back – our ever popular reindeer making event. Come along and make your own reindeer for Christmas. Five time slots available: 12pm, 12.45pm, 1.30pm, 2.15pm and 3pm. £7 per reindeer. **Very popular, so book early to avoid disappointment.**

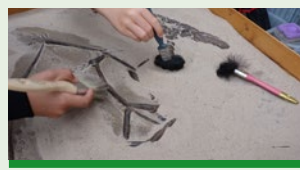


**Tue 5 Dec** 2pm – 4pm  
**Hengistbury Writers**

See Tue 5 Sep for details.

**Sat 9 Dec** 2pm – 3pm  
**Cave Painting**

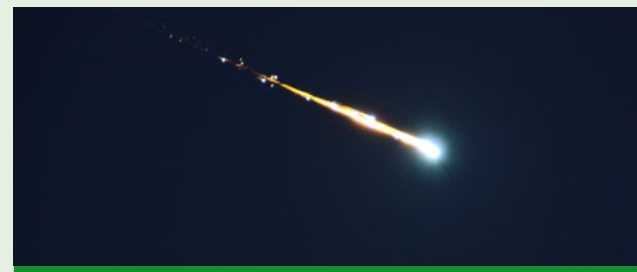
Join artist John House to create works of art from natural materials. Receive a genuine fossil along with your artwork to keep. £5 per painting. **Booking essential.**



**Wed 13 Dec** 7pm – 8.30pm

**Shooting Stars – The Geminids**

See the coldest, but one of the best meteor (shooting star) showers of the year. We should see at least 10 or more meteors on the event. £5 adults, £2 under-16s. **Booking essential.** Event will be moved to the 14th if cloudy or raining.



**Sat 16 Dec** 11am – 1pm  
**Christmas Crafts**

Join Debra Marsh for glitter-sticking crafty fun, making Christmas tree decorations to treasure. £4 per person. No need to book.



## Stour Valley Events

For Stour Valley events, please phone **01202 451548** unless otherwise stated. These events all start at Kingfisher Barn Visitor Centre.

### Regular Events

These regular events are free, but donations are always welcome.

**Mondays** 10am – 11.30am  
**New Leaf - Health Walks**

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** 10am – 1pm  
**Healthy Heritage**

Get active and get healthy by joining the Stour Valley Supporters Volunteer group. Take action to maintain and improve the Stour Valley Local Nature Reserve. Please call the rangers for more details. No need to book.



**Tuesdays** 10.30am – 11.30am  
**Nature Tots**

Give your little ones a love of nature with these fun activities. Suggested donation £2.50 per child – free hot drinks for adults! No need to book.

**Tuesdays** 10am – 12pm  
12 Sep, 10 Oct, 14 Nov, 12 Dec  
**Explore the Stour**

Explore the Stour with Robert discovering its wildlife and history. No need to book. Suggested donation £2.50.

**Wednesdays** 10.30am – 11.30am  
**Nature Bingo and Pond Dipping**

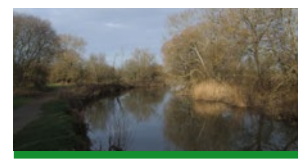
Give your little ones a love of nature. Suggested donation £2.50 per child – free hot drinks for adults! No need to book.

**Thursdays** 10.30am – 11.30am  
**Nature Club**

Give your little ones a love of nature. Suggested donation £2.50 per child – free hot drinks for adults! No need to book.

**Sundays** 10am – 4pm  
**Wild Family Sundays**

Come down to Kingfisher Barn every Sunday and enjoy pond dipping and a range of other fun activities. Free – donations welcome. No need to book.



### One-Off Events

**Sun 10 Sep** 2pm – 5pm  
**Music By the River**

Our first, fantastic, music by the river afternoon with performances from many local acoustic groups at different points along the river. Groups, including Bournemouth Symphony Orchestra, will be performing music composed especially for the occasion by Rick Potter. Free – donations welcome. No need to book.

**Mon 18 Sep** 10am – 11am  
**Moth Morning**

Join the rangers to find out which species have been attracted to the moth light overnight. Free event - no need to book.

### October Half Term, 21 – 29

**Halloween Trail**  
Daily, from 11am – 3pm. Suggested donation, £2

**Spooky Crafts**  
Daily, 11am – 3pm

**Mon 23 Oct** 10am – 11.30am  
**Tree Walk with the Rangers**  
Find out about the tree species of the Stour Valley, and look for autumn colour. Free event – no need to book.

**Wed 25 Oct**  
**Bat Walk with the Rangers**  
Look for bats along the river with the Rangers. Phone Kingfisher Barn for more details, and to book. Free event.

**Explore The River (River Dipping)**  
Thur 26, 11am to 3pm  
Suggested donation £2

**Tue 7, 14, 21 & 28 Nov** 10am – 1pm  
**Rural Crafts**  
Join the rangers for some hedge laying on the nature reserve, and find out why it is so important for wildlife. Free – no need to book.

**Sat & Sun, 9 & 10 Dec** 10am – 4pm  
**Reindeer Making**  
Join the rangers for this popular annual event and make your own reindeer. £7 per reindeer. **Booking essential.**

**Sat & Sun 16 & 17 Dec** 10am – 4pm  
**Reindeer Making**  
Join the rangers for this popular annual event and make your own reindeer. £7 per reindeer. **Booking essential.**



## 5 Wild Ways to Wellbeing

Natural Choices is a nationwide scheme to encourage people to get out and about in nature, to improve their physical health and mental well-being through different activities within the natural environment. These activities would be things such as mindfulness, Park Yoga, gardening, health walks and conservation activities.

Kingfisher Barn Visitor Centre is running 'New Leaf' sessions as part of this scheme. These are referable from your GP.

### 1. Take Notice

By being present in nature, focusing on the sights, smells and sounds around you, you can find some peace away from the hectic life we all lead (maybe leave your phone behind?!).

### 2. Keep Learning

Keep your brain active by learning from being in nature: what is flying past me? How did the River Stour make its course? What is swimming in the river? An active mind can help hold off degenerative diseases such as Alzheimer's. Engaging the brain often encourages physical and emotional rejuvenation.

### 3. Connect with others

Loneliness is a big problem in our busy, transient world. Meet others at our events, make new friends and enjoy developing an interest in 'being in nature' together.



### 4. Be more active

The NHS advise that there is evidence to show that there is a link between being physically active and good mental wellbeing. Stour Valley has a number of trails of varying lengths, many with good paths, that can be enjoyed – just stop by the Visitor Centre for a trail idea and we can advise on accessibility too.

### 5. Give to others

Giving your time, skills or experience to nature is a great way of 'giving back' and feeling part of the place in which you live. Volunteer with us and be part of making our world richer in nature – and improve your health and wellbeing at the same time.

**For more information, call 0800 840 1628 and ask about Natural Choices.**

## Welcome to Kingfisher Barn Visitor Centre, gateway to the Stour Valley Local Nature Reserve.

This award winning, riverside nature reserve is part of an exciting adventure. Bournemouth Borough Council and the RSPB are working together to make 14km of the River Stour Valley, between Christchurch Harbour and Longham, more accessible for you to explore and discover some fascinating local history and amazing wildlife.



### Adventure awaits

You can take part in this adventure too! You can follow the trails - long or short, there are lots to choose from, with good accessibility. You can take part in our many events. Look out for wildlife - don't forget your spotter's guide! Why not share your discoveries? If you have taken a good photo, we'd love to see it!

### Volunteer Opportunities

We're currently on the look out for volunteers to help us to make the Stour Valley Trail an even more exciting place to visit and enjoy. We are open from 10am daily, so our volunteers can offer a warm welcome and provide information for visitors to Kingfisher Barn Visitor Centre.

They also help with research and monitoring, recording the wildlife in and around the Stour. The wildlife gardeners help to develop and maintain the garden, whilst learning guides assist with guided walks. Volunteers also work with the Rangers to carry out habitat management and conservation, and those with a crafty side can help with creating displays, willow sculpting, pine cone animals and lots more.

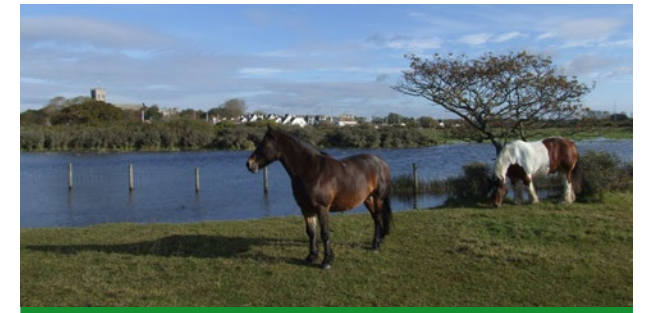
**Call in at Kingfisher Barn to see how you can help, or email [Tom.bennett@bournemouth.gov.uk](mailto:Tom.bennett@bournemouth.gov.uk)**

## Look to the Skies

Now that the darker nights are returning, it is once again time to start looking to the skies at Hengistbury Head. If you are interested in astronomy, you will be able to: find out about the moon's phases; learn about the best times to look for satellites and the Space Station; look for Saturn and other planets; watch for shooting stars, and lots more. We will also be trying a couple of new events this autumn, combining a stargazing experience with a warming bowl of soup. See the listings in this leaflet for all the details.

We are also hoping to run a 'Stargazing for Beginners' course in the New Year, so look out for details of that in the next walks and events leaflet (January to April).

## Creative Writing at Hengistbury Head



If you enjoy creative writing, there are plenty of opportunities to get inspired. On Sunday 1st October, there will be an event to celebrate the winning poems from our 2017 Hengistbury Head Poetry Competition (closing date 10th September), and poetry in general.

Our Hengistbury Writers Group is growing nicely, with a small band of friendly and enthusiastic writers. They meet on the first Tuesday afternoon of the month to talk about writing, and share ideas and work. They have also been running some 'Pop-up Poetry' events at the Head, when they are on hand to write poems for people on request.

**If you would like to know more, or get involved, please email [Richard.hesketh@bournemouth.gov.uk](mailto:Richard.hesketh@bournemouth.gov.uk)**