

Winton Recreation Ground October Programme



Park Life

Bulb planting & habitat creation

Saturday 23rd October | 9.30am

Come and join us for our family friendly event - a morning of bulb planting at Winton Rec.

We aim to further improve the park for wildlife by planting an array of spring bulbs, including wild daffodils and bluebells. These nectar rich flowers will bloom through spring, providing the first food sources for bees, beetles, and other important insects when little else is available.



Free – just drop in to the park and look for the white Parks Foundation flags

GreenFingers

Saturday 9th & 23rd October | 9.30am

Come and get involved in urban conservation and community gardening.

Autumn presents us with great opportunities to re-wild the park, we have hundreds of trees and bulbs to get in the ground and we need your help.

Meet at Winton Rec community garden (old bowling green). Free event.

Email:
melinda@parksfoundation.org.uk
to book



Nature Tots

Wednesday 6th, 13th, 20th | 10am - 11am

If you and your little ones enjoy spending time outdoors and learning about nature, then Nature Tots is the place to be.

A fun nature based playgroup for under 5's and their carer's, where child-led play and free exploration, is mixed with hands-on learning experiences that are themed around nature and the changing seasons.

Please visit eventbrite to book your spot
£3.50 per session



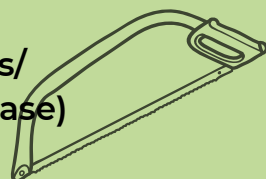
Forest School - Tool Use

Sunday 17th October | 10am - 11am

We've teamed up with the Poole Forest School to bring you a learning through nature programme of events.

Working with tools in the great outdoors improves, mindfulness, concentration and self esteem. Help your child discover these benefits as well as having a great time in the park! We will be discovering how to whittle safely and create a pendant using a bow saw and drill. All equipment supplied.

Age 8+ / £5 per child (parents/ carers to stay in the park please)



Booking through Eventbrite

Book via Eventbrite: bit.ly/Eventbrite-ParksFoundation

www.parksfoundation.org.uk/pilot-parks

Facebook.com/The Parks Foundation E: melinda@parksfoundation.org.uk

BCP
Council



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Buggy Bootcamp each Monday - 9.30am - 10.30am

Make friends while you get fit, bring baby with you, so no need for a babysitter. Work outs are designed with rehab in mind. £6

To book: www.bookwhen.com/eternallyfit Email: lucy@eternallyfit.co.uk



Fun Fit with Helen each Tuesday 10am-11am

Improve your strength & fitness. These classes are run through a community project to promote physical, mental and social wellbeing. For more information contact Helen on 07944 318237. Email: helryder@hotmail.co.uk



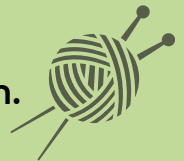
Carers Cafe @ Winton Park Cafe - each Tuesday 10.30am - 12pm.

Have a natter, share information and ideas with other carers.

Free event. Drop in session. 10% discount on cafe purchases.



Winton Woolies Knitting @ Winton Park Cafe - Tuesday 7th & 19th Oct 12.30 - 2.30pm. Knit, chat, crochet, drink tea. Free event. Drop in session. 10% discount on cafe purchases.



Mum & Baby fit - each Wednesday 9.30am -10.30am

A relaxed class with baby/toddler so if they need you, that's no problem.

Classes are made to help you get your pre-baby fitness back in a safe way.

£6 To book: www.bookwhen.com/eternallyfit Email: lucy@eternallyfit.co.uk



Creative Writing @ Winton Park Cafe - Thursday 14th & 28th October

11am - 12pm. A fun introduction to creative writing with Jake.

Notebooks and pens supplied. Free event. Drop in session.



Winton Park Cafe board games - Friday 1st, 15th, 29th October.

10.30am - 12pm. Free event. 10% discount on cafe purchases. Drop in



Charminster Fibromyalgia Crafting group - each Friday 1pm - 2.30pm. This group is for anyone suffering from an invisible illness. Bring your crafts or just come for a coffee and a chat. 10% discount on cafe purchases.

