



Activities in Bournemouth

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Bournemouth	Park Yoga, Bournemouth	Weekly. Sunday 10am-11am May to 1 September 2019	Bournemouth Central Gardens, BH2 6EY	<p>Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities.</p> <p>www.facebook.com/Parkyoga.Bournemouth</p>	Free	Snack & drink. Yoga mat or towel	No need to book
Bournemouth	Park Yoga, Stour Valley	Weekly, Sunday 09:00 – 10:00 May to 1 September 2019	Kingfisher Barn Visitor Centre, Granby Road, Muscliffe Lane, Bournemouth, BH9 3NZ	<p>Park yoga is a free one-hour outdoor yoga session. Funded by the Fine Family Foundation, Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities.</p> <p>www.facebook.com/Park-Yoga-Stour-Valley-401486813939220</p>	Free	Snack & drink. Yoga mat or towel	No need to book

Bournemouth	Health Walk	Weekly. Monday 10am-11.30	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	We meet weekly on Mondays at 10am for a Ranger led gentle guided walk around our lovely Nature Reserve, stopping to look at wildlife and anything of interest, it's a great opportunity to enjoy being outside surrounded by Nature and fresh air	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café), snack and drink, camera	01202 451548
Bournemouth	Parks in Mind	Weekly Monday 14.00-16.30	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	01202 451513 p.holloway@ bournemouth parksfound ation.org.uk
Across Dorset	Wildlife Walks with Bob Ford	Weekly. Monday 2.30-4pm	Varies across Dorset. See website www.dorsetwalks.com/	All walks are for 90 minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed so please check the website for details.	Free	Waterproofs and suitable walking footwear	01305 750118 or 07980 967473

Bournemouth	Buggyfit, Southbourne	Weekly Tuesday 9.30- 10.30am (term time only)	Meet at Bistro on the Beach Café on the Prom - you can park along the cliff top on Southbourne Coast Road, BH6 4BE	Buggyfit is the perfect way to get back into shape after having a baby, while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702
Bournemouth	Healthy Heritage, Stour Valley	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Get involved in taking action to maintain and improve the Stour Valley Local Nature Reserve. A wide range of tasks are covered from hedge laying to making path improvements and clearing undergrowth. You will be supported by experienced volunteers from the Stour Valley Supporters group.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548
Bournemouth	Gardening to Give, Kingfisher Barn Muscliff	Weekly. Tuesday 10am-1pm	Kingfisher Barn, Granby Road, Muscliff, Bournemouth, BH9 3NZ	Come along and help tend the beautiful wildlife garden at the Barn. Give half an hour or stay for all three. Whatever you can give. You will be supported by experienced volunteers from the Stour Valley Supporters group. Teas and coffees provided by the Rangers.	Free	Waterproofs, suitable walking footwear, money for café, camera	01202 451548

Bournemouth	Parks in Mind	Weekly Tuesday 14.00-16.30	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	01202 451513 p.holloway@bournemouthparksfoundation.org.uk
Bournemouth	Wessex Orienteering Club Running session, Bournemouth	Weekly. Tuesday 6-7pm	Bournemouth University Sports Centre, Wallisdown Campus	We are a regular running group of mixed ages and abilities. The youngest is early twenties and the oldest early seventies. We do a session of approximately an hour split into different ability groups followed by a sociable drink afterwards.	Free	Waterproofs, suitable walking footwear (preferably trainers), money for refreshments (optional drink during the session)	01202 484523

Bournemouth	Parks in Mind	Weekly Wednesday 10.00-14.00	Parks and greenspaces in Boscombe and elsewhere in Bournemouth. Contact Parks in Mind for the month's programme.	An ecotherapy project that takes place on parks and greenspaces in Bournemouth. Creates volunteering opportunities to improve health and wellbeing, connect people to their local parks and enhance the local environment. Provides a safe and friendly place to take part in fun nature conservation, parks and workshop activities, meet new people and share experiences. As well as practical nature conservation, the project also includes occasional wellbeing and arts activities. Parks in Mind is open to everyone, whether wishing to maintain current good health or looking to improve wellbeing.	Free	Waterproofs and suitable walking footwear recommended.	01202 451513 p.holloway@bournemouthparksfoundation.org.uk
Bournemouth	Buggyfit, Durley Chine	Weekly Thursday 11am-noon (term time only)	Meet by the Harvester on the Prom at Durley Chine (free parking along the road BH2 5JF)	Buggyfit is the perfect way to get back into shape after having a baby while spending time with your baby and having fun. Whatever your postnatal stage we have a programme that will suit your needs. We make our way along the prom, stopping for different exercises. You can stop and feed at any point so don't let this put you off. Please make sure you have had your doctor's 6 week check-up before you do any exercise.	£5.00	Waterproofs, suitable footwear, snack and a drink, money for refreshments, camera, buggy rain cover, mat or something to lie on	07984 148702

<p>Bournemouth</p>	<p>Therapeutic Horticulture Volunteer Friend taster session</p>	<p>"Weekly. Thursday 11am-12.30pm "</p>	<p>Cherry Tree Nursery, Off New Road Roundabout, Northbourne, Bournemouth BH10 7DA</p>	<p>Want to find out what it's like to work in a therapeutic horticulture environment? Looking to make a difference in mental health? Join Cherry Tree Nursery for a Volunteer Friend taster session. Be prepared to work outside with plants and people! Tasks include weeding, potting and moving plants, either individually or as a team. The session would involve gentle and natural exercise at your own pace therefore giving a great opportunity to experience the benefits of therapeutic horticulture first hand.</p>	<p>Free</p>	<p>Waterproofs and suitable footwear</p>	<p>01202 593537</p>
<p>Across Dorset</p>	<p>Wildlife Walks with Bob Ford</p>	<p>Weekly. Fridays 10-11.30</p>	<p>Varies across Dorset. See website www.dorsetwalks.com/</p>	<p>All walks are for 90minutes (unless otherwise stated) over a distance of 1-2 miles. No booking required. Walks are never cancelled due to bad weather, but sometimes the list does have to be changed – so please check the website for details.</p>	<p>Free</p>	<p>Waterproofs and suitable walking footwear</p>	<p>01305 750118 or 07980 967473</p>