

Alexandra Park

October Programme



Park Life - Family Fun

Saturday 30th | 9.30am - 11.30am

Nature based activities for the whole family. From tree planting to craft making come and see what we are up to. This October we will be teaming up with our Greenfingers volunteer group to begin rewilding the park.



Free drop in event -
meet in front of the Pavilion Cafe

Nature Tots

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

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

We have joined up with Poole Forest School to offer families an amazing mini adventure in our park.

£3.50 per tot

Booking through eventbrite



GreenFingers

Saturday 2nd, 16th & 30th | 9.30am - 11am
Thursday 7th & 21st | 2pm - 3.30pm



Come and get involved in urban conservation and community gardening. Autumn presents us with great opportunities to rewild the park, we have hundreds of trees and bulbs to get in the ground and we need your help. Contact josh@parksfoundation to find out more

Forest Schools - Tool use

Sunday 17th | 2pm - 3pm

We've teamed up with the Poole Forest School - At this session you will learn how to whittle, use a bow saw and a drill to make your own pendant. All equipment and wood supplied.

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

Booking through Eventbrite



Dog Training - Paws on Board

Saturdays 9.15am-10am - New Pups on the Block (up to 6 months)

Saturdays 10.15am-11am - Adorable Adolescents (age 6 months +)

Meet in front of the Pavilion Cafe.



To book contact Vicky Mansfield | email vicky@pawsonboard.co.uk tel: 07800 859732

Buggy Bootcamp

Mondays 11am-12pm and Wednesdays 11am - 12pm

For parents/carers & children in prams



Make friends while you get fit, no need for a babysitter! Work outs are designed with strengthening in mind. Meet in front of the cafe and enjoy a cuppa/lunch in the cafe after. £6. To book: www.bookwhen.com/eternallyfit Email: lucy@eternallyfit.co.uk

www.parksfoundation.org.uk/pilot-parks

Book via Eventbrite: bit.ly/Eventbrite-ParksFoundation

[Facebook.com/The Parks Foundation](https://Facebook.com/TheParksFoundation)

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