



# Newsletter

October 2017

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## Bournemouth 2026 Annual Conference and AGM

Don't forget to look out for your invitation (soon to be dispatched) to our Annual Conference and AGM on 28th November at Pavilion Dance.

We will be providing an update on the Trust's activities and the theme of this year's conference is "Happy Places".

Among our guest speakers will be Marten Sims, from the Arts University Bournemouth, who will talk about what contributes towards a "Happy City", including Economy, Health and Wellbeing. There will be workshops to get involved with too!

The Trust's AGM will be held first thing at 09.30hrs for approximately half an hour. Each member organisation attending is entitled to one vote and individual members in attendance have a vote.

We are currently looking for 2 new Trustees who would be willing to give their time in this role as and when necessary. Specifically, the present Treasurer for the Trust is standing down, and we now need someone to fill that role. If you or someone that you know would like the opportunity to get involved with Bournemouth 2026 Trust as a Trustee please contact us on 01202 392053 or email [simon.bull@bournemouth2026.org.uk](mailto:simon.bull@bournemouth2026.org.uk)

Lunch will be served approximately 12.15hrs.

This event gives you the opportunity to network with other Bournemouth 2026 Trust members, as well as other influential people from the community. Come and find out what services they provide, to see if there is potential for an alliance within your business. We hope you can make it and look forward to seeing everyone.

All members are welcome to bring a pop up banner and promotional information about their organisation, but please let us know prior to the event if you would like to do this. We will ensure there is adequate space.

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## Volunteering Opportunity

Volunteers are needed for a project being undertaken for new parents.

**Mini Moments** are two FREE events for new parents run by Healthwatch Dorset and Dorset Race Equality Council in Boscombe, Bournemouth.

Parenthood is an exciting time for mums and dads but many new parents feel overwhelmed and isolated in the first couple of years of parenthood and need opportunities to meet other people going through similar experiences. **Mini Moments** want to give new parents the chance to socialise and have a fun morning so they can relax and build supportive networks with other people who understand what they're going through. So, while their babies play or their toddlers do arts and crafts, the parents can share a **Mini Moment** together.

**But, your help is needed to make **Mini Moments** a great event.**

### When?

Monday 30<sup>th</sup> October 10am - 2pm and

Wednesday 8<sup>th</sup> November 10am - 2pm.

Volunteers would need to arrive between 9.30am and 9.45pm for a briefing.

**Where?** Creative Kids (Unit 5), The Sovereign Centre, Boscombe BH1 4SX

**Who?** Anyone can do it! i.e. friendly people who can chat to new parents and make them feel welcome when arriving at an event.

**What?** Here are some of the tasks you may be asked to help with....

- Handing out flyers by the entrance
- Meet and greet people as they arrive
- Encourage mums and dads to chat to other new parents
- Tell mums and dads what activities and information are on offer
- Explain to mums and dads about Healthwatch Dorset and encourage them to share their maternity stories.

If you are interested in helping volunteer at one of these events, then please contact [chris.wakefield@healthwatchdorset.co.uk](mailto:chris.wakefield@healthwatchdorset.co.uk) letting Chris know which one you'd like to volunteer at (30<sup>th</sup> October or 8<sup>th</sup> November). You can volunteer for both 😊

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## Wildlife in Autumn - The Hedgehog



With autumn here, and the breeding season for hedgehogs coming to an end, the young leave their mothers in search of independence. Their first time alone in the wild can be challenging as the autumn and winter months see their food supply (insects, worms, slugs and other garden creatures) beginning to dwindle. If they lack this food they can die during hibernation, so as the weather turns colder it's good for them to have a comfy garden spot to nest in. In addition, being a key predator of garden pests such as caterpillars, snails and slugs, hedgehogs really are gardeners' best friends so it's worth making your garden a habitat they can explore with ease.

- Make sure hedgehogs can get in and out of your garden. Hedgehogs will need a 10cm square space to move through.
- If you have a pond in your garden, make sure there is an easy way for hedgehogs to get in and out. Try building a ramp or ladder. A simpler alternative is to wrap a plank in chicken wire to create a ramp that the hedgehog can grip to escape from water.
- Laying down slug pellets in your garden not only removes potential food for hedgehogs, but can also kill them. Instead of using toxic pellets, try making a beer trap. Place a container in the ground, making sure to leave it poking out of the ground by a couple of inches to stop other insects falling in, then half-fill the container with beer. A quick internet search will also conjure up plenty of ideas.
- We all know to check for hedgehogs before lighting bonfires or plunging a shovel into the compost heap, but it's also well worth checking for hedgehog nests before chopping down any long grass.
- Hedgehogs are lactose intolerant, so ignore the old wives tale and don't leave out a saucer of milk for your prickly pals. Provide fresh, plain water instead.
- Leave piles of logs and fallen leaves for hedgehogs to nest in - and, in autumn, prepare for hibernation. Don't forget to check these for any hedgehogs if pulling them apart.



BPCF is holding bite size evening events from October 2017 to March 2018 in conjunction with Linwood School and the Learning Disability Team

### 2017

19<sup>th</sup> October - common mental health problem with SEND children/young adults

23<sup>rd</sup> November - Behaviour Workshop

7<sup>th</sup> December - Sleep behaviour

### 2018

25<sup>th</sup> January - Communication

22<sup>nd</sup> February - puberty

15<sup>th</sup> March - what benefit are you entitled to

Thursdays from 6.30 - 8.30 pm

For booking onto any of the above workshops please email

[bournemouthparentcarerforum@gmail.com](mailto:bournemouthparentcarerforum@gmail.com)

Venue: Tesco, Community Room (next door to optician), Riverside Avenue, Bournemouth

These workshops are open to any parent/carer who has a child/young person from 0-25 years old with all kinds of disabilities, even if they do not have an EHCP or currently going through the process.

EVERYONE IS WELCOME. But booking is essential.

## Other News Items

### Half-term Halloween Events

## 24-26 October

Spooky Halloween Crafts at the Russell-Cotes, 10am to 12.30pm. £2.50 per child

## 27 October

Museum at Night: ghosts and ghouls stalk the corridors of the Russell-Cotes after dark

Visit: [russellcotes.com](http://russellcotes.com)

## 28-29 October

Halloween Trail at Hengistbury Head. Solve creepy clues - starts at the Visitor Centre, 10.30am-3pm. £3 per child. No need to book.

[visithengistburyhead.co.uk](http://visithengistburyhead.co.uk)



## Would you like to be mentioned in our Newsletter?

Bournemouth 2026 Trust endeavours to publish a newsletter every month. If you have information you would like us to feature in our newsletter, please contact Serena Morton at [serena.morton@bournemouth2026.org.uk](mailto:serena.morton@bournemouth2026.org.uk).

Did you know?

National Care Leavers' Week 25-31 October. There will be a week-long schedule of events & activities to highlight the contribution local young people, who have been in care - known as care leavers - make to the community. Find out more visit:

[bournemouth.gov.uk/careleavers](http://bournemouth.gov.uk/careleavers)

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