



## Autumn into Winter November 2023



Catch the last of the leaves and feel the first of the frosts with us in the parks, you'll be sure of a warm welcome! Please join us for arty adventures, crafty capers, gentle gardening, and a sprinkling of astronomy and qigong. There's also wellbeing, woodcraft and spark after dark! See the programme below for all the details. Follow us on [Facebook](#) for updates.

Book by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07458 039397 unless otherwise stated

### **Wednesday 1 November - Monday 27 November Loving Earth Project Exhibition – Wimborne Library**

The Loving Earth exhibition is on the move! Here's another chance to view The Loving Earth Exhibition, with many of the textile panels created by Parks in Mind participants at our Stitch Café meetings. This national and international display of textile panels voices people's concerns about how climate change has impacted people and places they love. Several of the beautiful embroidered panels were exhibited in Glasgow for COP 26 and, more recently in Bournemouth and Christchurch libraries.

*Visit the exhibition: Wimborne Library, Crown Mead, Wimborne Minster, Wimborne BH21 1HH  
The Stitch Café returns to Kings Park on Tuesday 14 November – see details below.*

### **Wednesday 1 November 2:30pm-4:30pm Lovely lino print course – Kings Park**

Week five of our lino-printing course with crafter Jo Malyon. Today, it's multi block carving and printing, and experimenting with different blending techniques and papers.

*Parks in Mind course enquiries by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

*Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF*

### **Wednesday 1 November 7:00pm-7:30pm What's up – Zoom**

Join astronomer Kate Earl as we look forward to what we can see in our November night sky, plus the usual summary of the latest space news. Please note the earlier start and slightly shorter meeting this month.

*To request the Zoom link and find out more, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

### **Thursday 2 November 10:00am-11:00am Ready, steady, slow – Shelley Park**

Join Jenny Newman to connect with nature and the wonderful wellbeing benefits of qigong. As we move further into autumn and nature begins to let go, Jenny helps us consider our connection to the seasons. Wrap up warm and bring gloves and a hat! Open to all, including beginners - let us know if you need a seat or additional support. Donation-based class with contributions supporting Parks in Mind.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*



**Mondays in November 9:00am-10:00am**

**Tai chi qigong – Zoom**

Park yourself online with us every Monday morning for Jenny Newman's gentle and meditative online qigong. The perfect way to start the week. There are in-person sessions in the park on Thursdays too. To request the Zoom link and find out more, please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)

**Tuesday 7 November 10:30am-12:30pm**

**The 5 Ways to Wellbeing – Kings Park**



Session three of our six-week course exploring wellbeing through nature and creativity with Anna Sheils and Peter Holloway. Meet others, spend time in nature and learn simple creative techniques. **Week three: get active and get creative.** Parks in Mind course enquiries by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)  
Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN

**Wednesday 8 November 2:30pm-4:30pm**

**Lovely lino print course – Kings Park**

Week six and our final session of this current lino-printing course. This week, design and carve a block to print onto a cotton bag to take home. Funded by Arts Council England in partnership with Parks in Mind. Parks in Mind course enquiries by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)  
Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

**Thursday 9 November 10:00am-11:00am**

**Ready, steady, slow – Shelley Park**

Join us for a healthy season of connecting to autumn energy out of doors. Please remember to wrap up warm and bring gloves and hats even if it's mild. Jenny Newman's qigong class is open to all, including beginners - let us know if you need a seat or additional support. Donation-based class with contributions supporting Parks in Mind.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

**Monday 13 November 10:00am-11:30am**

**Mindfulness in nature – Shelley Park**

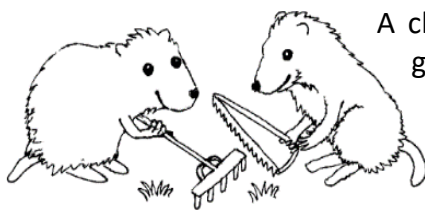
Celebrate autumn with nature-based seasonally crafted mindfulness practice. Led by mindfulness teacher Rosa Hearnshaw, this lovely session includes meditation, a mindful walk, mindfulness practices, poetry, journaling and plenty of take-home tips, including why walking in the rain may be good for us! Plus, enjoy a refreshing cuppa and chat on this autumn morning.

Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG



**Monday 13 November 2:00pm-4:00pm**

**Gardening gloves at the ready – Knyveton Gardens**



A chance to join us and the Friends of Knyveton Gardens for some autumn gardening jobs. Always a lovely sociable occasion in our Springbourne Park, together with tea at three.

Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY

**Tuesday 14 November 10:30am-12:30pm**

**The 5 Ways to Wellbeing – Kings Park**

Enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to enjoy our green spaces. **Week four: Learning and natural creativity.**

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**Tuesday 14 November 2:00pm-4:00pm**

**Stitch café – Kings Park**

Our small and friendly Stitch café moves indoors this month, meeting in Kings Park. Join textile artist Gill Coleman to have a go at craftivism and visible mending or bring along your own sewing projects. All fabrics, threads and equipment provided. Plus, free tea and cake from our crafty pop-up café. All levels welcome, including complete beginners and experienced stitchers.

*Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN*



**Thursday 16 November 10:00am-11:00am**

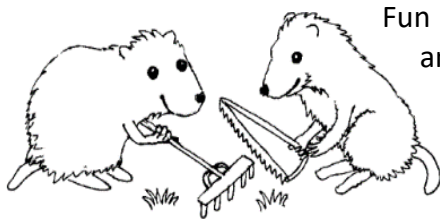
**Ready, steady, slow – Shelley Park**

Qigong is a lovely series of flowing exercises related to tai chi. On this weekly and friendly class, we spend an hour being in the present moment together sharing gentle movement meditations. Please remember to wrap up warm and bring gloves and hats even if it's mild. Open to all, including beginners - let us know if you need a seat or additional support. Donation-based class with contributions supporting Parks in Mind.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Monday 20 November 11:00am-1:30pm**

**Rhodie to recovery – Shelley Park**



Fun and practical nature conservation task to make space for our native flora and fauna. As well as other jobs around the park, we'll be removing rhododendron to allow more light and warmth to reach the woodland floor. Tea and other refreshments on hand to keep us going.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Tuesday 21 November 10:30am-12:30pm**

**The 5 Ways to Wellbeing – Kings Park**

Creative wellbeing in the park and tapping into nature's bounty to make simple gifts for your friends and for yourself. **Week five: gratitude, gifting & connecting.**

*Parks in Mind course enquiries by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

*Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN*

**Wednesday 22 November 12:00pm-2:00pm**

**Lovely lino celebration pop-in! – Kings Park**

To mark the end of a year of Arts Council England partnering with Parks in Mind to run three lino courses we are holding two celebration events. The first is today at Kings Park and is an open invitation to pop in anytime between 12pm and 2pm. Open to everyone, including those of you who attended the courses. With some of the delightful work created through the year on display, there will also be an opportunity to get a taste of this wonderful craft by trying out some carving and printing on a tea towel, bag or card to take home.

*Please book. Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN*

**Wednesday 22 November 6:30pm-7:30pm**

**Spark after dark – Boscombe Overcliff Nature Reserve**

Spend early evening out of doors on a special autumn into winter walk. We'll take in the night sky, listen to the sounds around us and go on a mini adventure with sparklers, hot chocolate and cake!

*Please book. Meet Boscombe Overcliff Nature Reserve, opposite Woodland Avenue, Boscombe BH5 2DJ*

**Thursday 23 November 10:00am-11:00am**

**Ready, steady, slow – Shelley Park**

An opportunity to learn and find out more about the art of slow and effortless on this weekly qigong class with Jenny Newman. Wrap up warm! Open to all, including beginners - let us know if you need a seat or additional support. Donation-based class with contributions supporting Parks in Mind.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

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**Monday 27 November 10:30am-1:00pm**

**Fisherman's friends – Fisherman's Walk**

Fun and friendly gardening with Peter and the Friends of Fisherman's Walk. Join us for another sociable and enjoyable potter in the park. With tea served overlooking the sea, what's not to like?

*Please book. Meet the pond garden, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ*

**Tuesday 28 November 10:30am-12:30pm**

**The 5 Ways to Wellbeing – Kings Park**

Our final session of our six-week creative course in the park. Enjoy nature-inspired artistic activities and learn about the 5 Ways to Wellbeing. **Week six: setting goals and beautiful intention sticks.**

*Parks in Mind course enquiries by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

*Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN*

**Wednesday 29 November 11:00am-1:00pm**

**Wood craft folk – Fisherman's Walk**

Carve out some space for yourself by joining green woodsman Mark Codling for some thoroughly relaxing and absorbing wood whittling. A chance to make and decorate your own, beautiful, wooden bangle. Wrap up warm with plenty of layers! Suitable for new and experienced green wood carvers. All materials, tools and refreshments provided.

*Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

**Thursday 30 November 10:00am-11:00am**

**Ready, steady, slow – Shelley Park**

Join our guide Jenny Newman to connect with nature and the wonderful wellbeing benefits of qigong. As we move from autumn into winter, Jenny helps us consider our own connection to the seasons. Wrap up warm! Open to all, including beginners - let us know if you need a seat or additional support. Donation-based class with contributions supporting Parks in Mind.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

*Peter Holloway*

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* Bournemouth Parks in Mind*



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