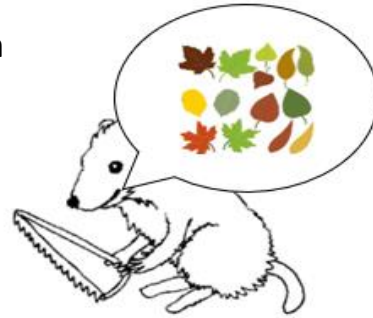




Awesome autumn



Welcome to the October 2021 programme

Catch the colours of autumn with fun gardening, cheery nature conservation, wonderful wildlife wanders, arty adventures and crafty capers and campaigns. We're taking tai chi and yoga into October and watching stars in the park after dark. And, as the days become a bit shorter and evenings draw in, we'll be looking to shine a welcoming light on people new to our community. Follow us on Facebook for updates.

Booking and further information: peter@parksfoundation.org.uk; call/text 07384 790048

Sunday 3 October 10:00am – 11:00am

We're taking yoga into October – Shelley Park

Woolly hats at the ready! Wrap up warm as we take yoga into October. Join us and the Community Yoga Collective this and every Sunday morning until the end of the month. Bring a mat, towel or just yourselves and be part of something great. Sessions open to all – beginner's welcome.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG

No booking required. Further information if needed by emailing peter@parksfoundation.org.uk

Monday 4 October 2:00pm – 4:30pm

If it's Monday it must be – Knyveton Gardens

The first of a number of October gardening get togethers as we get to grips with the greenery in our lovely Springbourne park. Please join us, tea at three will be served.

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne, Boscombe BH1 3RY

To find out more and book your place, please email peter@parksfoundation.org.uk

Tuesday 5 October 9:00am – 10:00am

Tai Chi Qi Gong – Zoom

Choose Tuesdays for online Qi Gong. Join Jenny Newman each week for gentle exercise from home. There are in-person sessions in the park every Thursday too.

To request the Zoom link and find out more, please email perfectsoundworld@hotmail.co.uk

Wednesday 6 October 10:30am – 12:30pm

Lovely leaves – Woodland Walk

A two-part nature-inspired creative workshop. Join Peter and Anna for a gentle stroll in the park gathering beautiful autumn leaves. Take them home and press them to preserve their gorgeous shapes and colours. Then join us for session two on Wednesday 20 October to make stunning leaf mobiles.

Session one: a walk in the park

Meet entrance to Woodland Walk, adj. 747 Christchurch Road, (opp. Wolverton Rd), Boscombe BH7 6AN

To find out more and book your place, please email peter@parksfoundation.org.uk

Wednesday 6 October 7:30pm – 8:15pm

Cosmic catch up – Zoom

Join us for our monthly Zoom night sky visit. An informal half-hour of astronomy with local amateur astronomer, Kate Earl. Using video clips, photos and simulations of the solar system, Kate will show us what we can look forward to when we look up at our October night sky, as well as a summary of the latest space news. This month also includes a brief look at the constellations associated with the mythological characters of Perseus and Andromeda.
To request the Zoom link and find out more, please email peter@parksfoundation.org.uk



Thursday 7 October 10:00am – 11:00am

Tai Chi Qi Gong – Shelley Park

We're in the park every Thursday in October. Join our wonderful guide Jenny Newman to connect with nature and the wonderful wellbeing benefits of Qi Gong.
Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG
To find out more and book your place, please email peter@parksfoundation.org.uk

Friday 8 October 7.15pm – 9.30pm

Stargazing and meteor shower – Hengistbury Head

Join us for an evening of meteor watching and planet spotting. A chance to see the Draconid meteor shower. These meteors are typically few and far between, but occasionally there are outbursts of activity. Fortunately, Jupiter and Saturn are visible if the meteors put on a poor show! Wrap up warm and bring a blanket, mat or comfy chair. We'll be serving hot drinks, but you're welcome to bring your own.
Meet outside Hungry Hiker Café, Hengistbury Head, Broadway BH6 4EN
To find out more and book your place, please email peter@parksfoundation.org.uk

Sunday 10 October 10:00am – 11:00am

Yoga social – Shelley Park

Start Sunday morning with a good stretch out of doors with the Community Yoga Collective. After the class, please stay awhile for refreshments and a chance to chat and enjoy the park. There will be cake!
Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG
No booking required. Further information if needed by emailing peter@parksfoundation.org.uk

Monday 11 October 2:00pm – 4:30pm

We've got gardening going on – Knyveton Gardens

Begin the week with a gardening get together in our lovely Springbourne park. Plus, tea at three.
Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne, Boscombe BH1 3RY
To find out more and book your place, please email peter@parksfoundation.org.uk

Tuesday 12 October 2:30pm – 4:30pm

Fisherman's friends – Fisherman's Walk

We're firming up our friendship with the Friends of Fisherman's Walk. Come along for some fellow feeling and sociable chat as we help out with some practical jobs in the park. The friends will be serving tea.
Meet the pond garden, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ
To find out more and book your place, please email peter@parksfoundation.org.uk

Wednesday 13 October 11:00am – 1:00pm

Painting party – Shelley Park

This does what it says on the tin. Please come and help with some redecoration of park benches. A fresh lick of paint, full instructions, equipment and materials provided.
Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG
To find out more and book your place, please email peter@parksfoundation.org.uk

Thursday 14 October 10:00am – 11:00am

Tai Chi Qi Gong – Shelley Park

Join Jenny Newman in the park to connect with nature and the wonderful benefits of Qi Gong.
Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG
To find out more and book your place, please email peter@parksfoundation.org.uk

Thursday 14 October 5:30pm – 7:00pm

Throwback Thursday – Shelley Park

A frisbee fling, thrown together with a cool soundtrack! Glide in anytime, we'll be throwing discs until dusk and, possibly, beyond! Other park games available.
Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG
To find out more and book your place, please email peter@parksfoundation.org.uk



Saturday 16 October 7:00pm – 8:30pm Moon night – Clifftop Nature Reserve

“We see the same moon, you and I – you in your world and I in mine”.

It's International Observe the Moon night. See the Moon through a telescope, and hear all about its formation, the Apollo landings and much more! Meet us the start or pop along at any time and find us nearby on the clifftop. We'll be the ones looking up!

Meet Boscombe Overcliff Nature Reserve, seaward end of Grovely Avenue, Boscombe BH5 1JB

To find out more and book your place, please email peter@parksfoundation.org.uk

Sunday 17 October 10:00am – 11:00am Yoga in the park – Shelley Park

We're stretching into autumn with the wonderful Community Yoga Collective. Join us each Sunday until the end of October. Sessions open to all – beginner's welcome. Dress for the weather and bring a mat, towel or just yourselves and be part of something great.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1LX

No booking required. Further information if needed by emailing peter@parksfoundation.org.uk

Monday 18 October 2:00pm – 4:30pm Autumn gardening party – Knyveton Gardens

Autumn jobs in the community park, with tea at three for thee and me.

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne, Boscombe BH1 3RY

To find out more and book your place, please email peter@parksfoundation.org.uk

Tuesday 19 October 11:00am – 1:00pm Wild walk – Horseshoe Common to the sea

We're off on an awesome autumn wildlife walk with expert naturalist Stuart Clarke. Join us for a walk around our town centre wood and down to the sea, to see what we can see.

Meet southern end of Horseshoe Common, opp. 136 Old Christchurch Road, Bournemouth BH1 1NL

To find out more and book your place, please email peter@parksfoundation.org.uk

Wednesday 20 October 10:30am – 12:30pm Lovely leaves – Woodland Walk

Part two of our nature-inspired creative workshop with Peter and Anna. Join us on a short walk to the park where we will make lovely seasonal leaf mobiles using the leaves we gathered on our walk on session one. Take your mobile home to hang in a sunny window to bring the colour of autumn indoors to decorate your home for the winter months.

Session two: bringing the outside in

Meet entrance to Woodland Walk, adj. 747 Christchurch Road, (opp. Wolverton Rd), Boscombe BH7 6AN

To find out more and book your place, please email peter@parksfoundation.org.uk

Wednesday 20 October 2:30pm – 4:30pm Message it in stitch – Shelley Park

Come join us for an afternoon of peaceful craftivism in the park. All materials provided to create a message in stitch to leave in a public place, give as a gift, or to make a protest to a corporation, councillor or MP. Do your own thing or sew one of our ready-to-go pieces on a current campaign. This could be on the theme of the environment and climate emergency, or as an act of 'welcome' as we consider the challenges faced by refugees, both at home and abroad. Craftivist Gill Coleman will be on hand with recycled fabrics and to help with ideas and stitching. No experience is necessary. Tea, coffee and cake provided.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG

To find out more and book your place, please email peter@parksfoundation.org.uk

Thursday 21 October 10:00am – 11:00am Tai Chi Qi Gong – Shelley Park

Connect with nature and the wonderful wellbeing benefits of Qi Gong with our guide, Jenny Newman.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG

To find out more and book your place, please email peter@parksfoundation.org.uk

Sunday 24 October 10:00am – 11:00am Yoga in the park – Shelley Park

Park yoga led by the fab Community Yoga Collective. Sessions open to all – beginner's welcome. Dress for the weather and bring a mat, towel or just yourselves.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG

No booking required but further information if needed by emailing peter@parksfoundation.org.uk

Monday 25 October 10:30am – 12:30pm**Magic lanterns – Shelley Park**

Bring an empty jam jar and transform it into a something beautiful to take home. Our theme is 'welcome' as we explore and think about brighter lives for refugees and other displaced people. This is a chance to make a magic lantern adorned with bright colours as an act of welcome to everyone in our community. Artist Jo Malyon will be on hand with all sorts of sparkly suggestions and materials to decorate your jar to light up the autumn evenings.



And, look out for our 'Light their way' event in November – coming soon!

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Zoom if inclement)

To find out more and book your place, please email peter@parksfoundation.org.uk

Tuesday 26 October 9:00am – 10:00am**Tai Chi Qi Gong – Zoom**

Choose Tuesdays for online Qi Gong. Join Jenny Newman each week for gentle exercise.

To find out more and book the Zoom link, please email perfectsoundworld@hotmail.co.uk

Tuesday 26 October 11:00pm – 2:00pm**Whittle by whittle – Fisherman's Walk Bandstand**

Regular carving sessions hosted by green woodsman Mark Codling in the art and craft of making wooden spoons. Advice given on the craft from best woods to use, sharpening your tools, axing and carving the wood through to finishing techniques. Suitable for new and experienced green wood carvers with the idea to form a local spoon carving club. Wood and some tools available but if you have slöyd and spoon knives please bring them along.

Meet in the bandstand, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ

To find out more and book your place, please email peter@parksfoundation.org.uk

Saturday 30 October 10:30am – 12:30pm**More magic lanterns – Shelley Park**

Another chance to make a magic lantern adorned with bright colours as an act of welcome to everyone in our community. Bring an empty jam jar and transform it into a something beautiful to take home. Artist Jo Malyon will be on hand with sparkly suggestions and materials to decorate your jar to light up the autumn evenings.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Zoom if inclement)

To find out more and book your place, please email peter@parksfoundation.org.uk

Sunday 31 October 10:00am – 11:00am**Yoga in the park – Shelley Park**

Park yoga led by our partners the Community Yoga Collective. Sessions open to all – beginner's welcome. Dress for the weather and bring a mat, towel or just yourselves and be part of something great.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG


No booking required. Further information if needed by emailing peter@parksfoundation.org.uk

Peter Holloway

Tel. 07384 790048

peter@parksfoundation.org.uk

www.parksfoundation.org.uk

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