



**Winter  
January - February  
2022**



## Welcome to Parks in Mind

Tea's up! There's hardly a Parks in Mind session that goes by without us serving tea or other hot beverage. Join us outdoors for some sociable and fun gardening, cheery nature conservation, cooking, stargazing, walks and calm meditative activities. We'll also be encouraging you to put the kettle on at home as, once again, we bring the outdoors indoors with virtual and nature-inspired arty and crafty adventures, astronomy sessions, gentle exercise and guided meditation. So, wrap up warm and hunker down with us this winter. Follow us on [Facebook](#) for updates.

*For booking and information about events please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07384 790048 unless otherwise stated*

### **Tuesdays in January 9:00am – 10:00am      Tai Chi Qigong – Zoom**

Choose Tuesdays for online Qigong. 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](mailto:perfectsoundworld@hotmail.co.uk)*

### **Wednesday 5 January 7:30pm – 8:15pm      What's Up in January – Zoom**

Join us on Zoom for 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 January night sky, as well as a summary of the latest space news. This month we'll also find out what we can look forward to in our night skies for the coming year.

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

### **Thursday 6 January 10:00am – 11:00am      Tai Chi Qigong – Shelley Park**

Join Jenny in January. Qigong returns to Shelley Park this and every Thursday through the month. Suitable for all levels, including beginners. Don't forget to wrap up warm!

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

### **Friday 7 January 9.00am – 9:30am      Friday focus – Zoom**

Grab a cuppa and drop in over the next four Friday mornings for a relaxing twenty-minute reflection and connection with nature.

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

### **Tuesday 11 January 2:00pm – 4:00pm      Come on to the Common – Horseshoe Common**

Join us for wildlife conservation and a tidy of our town centre wood. All welcome.

*Please book. Meet Horseshoe Common, opp. 134-136 Old Christchurch Road, Bournemouth BH1 1NL*



**Wednesday 12 January 11:00am – 1:00pm Vision board making – Shelley Park**

Here's a great opportunity to think about your plans for the year. A vision board is a visual representation of your goals. No matter what your aims are —to learn how to relax more, learn new skills or simply be kinder to yourself— artist Jo Malyon will help you create a collage to make your own vision board. Using nature and the outdoors as a starting point, you'll be able to create a board to inspire you through the coming months. No specialist materials or experience required.

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

**Thursday 13 January 10:00am – 11:00am Tai Chi Qigong – Shelley Park**

Connect with winter wildlife and the wonderful benefits of Qigong. Gentle meditative exercise on this lovely outdoor class led by Jenny Newman, this and every Thursday in the park.

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

**Friday 14 January 9.00am – 9:30am Friday focus – Zoom**

A relaxing twenty-minute reflection and connection with nature with Jenny Newman.

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

**Monday 17 January 2:00pm – 4:00pm We've got gardening going on – Knyveton Gardens**

We've got gardening going on, we've got the kettle going on!

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

**Tuesday 18 January 10:30am – 12:30pm Winter wonder walk – Shelley Park & Clifftop Nature Reserve**

Join Peter and Anna on a winter walk and outdoor art activities. We'll explore the wood and the clifftop nature reserve, taking in our surroundings and enjoying the winter landscape. We will also introduce you to our forthcoming 5 Ways to Wellbeing course, with the opportunity of signing up to winter online sessions and spring gatherings in the park. No specialist materials required. Suitable for all levels of experience.

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

**Thursday 20 January 10:00am – 11:00am Tai Chi Qigong – Shelley Park**

Dress for the weather and join us for Qigong in the park. Suitable for all levels, including beginners.

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

**Friday 21 January 9.00am – 9:30am Friday focus – Zoom**

Find a green space in your life on a relaxing twenty-minute reflection and connection with nature.

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

**Saturday 22 January 10:30am – 12:30pm Guided walk – Hengistbury Head & Facebook Live**

Explore the archaeology of Hengistbury Head with Mark Holloway. A chance to walk back in time over 12,000 years of history and to hear about the activities and future plans of the Performing the Past project.

*Please book. Meet Hengistbury Head Visitor Centre, Broadway, Southbourne, Bournemouth BH6 4EW or watch online in the Parks in Mind [Facebook group](#)*

Booking by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07384 790048 unless otherwise stated



**Saturday 22 January 7:00pm – 8:30pm      Winter Constellations – Clifftop Nature Reserve**

An evening of stargazing with local astronomer Kate Earl. We'll learn some of the bright winter constellations and star names, as well as the legends behind them. We recommend that you wear warm clothing, sturdy shoes and bring hats, gloves and scarves. Event will be cancelled if cloudy.

*Please book. Meet Boscombe Overcliff Nature Reserve, seaward end of Grovely Avenue, Boscombe BH5 1JB*

**Monday 24 January 2:00pm – 4:00pm      We've got gardening going on – Knyveton Gardens**

A winter warmer with tea at three. All tools provided, please bring gardening gloves if you have them.

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

**Tuesday 25 January 10:30am – 12:30pm      Nature, Art and the 5 Ways to Wellbeing – Zoom**

A gentle introductory course over five Tuesdays to help you stay well this winter. Meet new people, learn simple creative techniques then get outdoors and get creative. Working with the 5 Ways to Wellbeing, artist Anna Shiels and Peter from Parks in Mind will lead you on arty exploration with nature in mind. We'll also set goals for getting outside to enjoy our local parks and beaches. No specialist materials required. Suitable for all levels. **Session one: connect.** This course continues into February.

*To find out more and book your place, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

**Wednesday 26 January 10:30am – 1:00pm      What's cooking? – Shelley Park**

Join Peter and Forest School Leader Jan Cooke for some nature conservation work, fire lighting and cooking. We'll be cutting and removing rhododendron, planting native trees and learning the best way to build a fire for our lunchtime jacket potatoes. Everything provided but please bring gardening gloves if you have them.

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

**Thursday 27 January 10:00am – 11:00am      Tai Chi Qigong – Shelley Park**

The flowing movements of Qigong as led by Jenny Newman. Suitable for all levels, including beginners.

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

**Friday 28 January 9:00am – 9:30am      Friday focus – Zoom**

The concluding part of our Friday morning reflections and connections with nature.

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

**Monday 31 January 2:00pm – 4:00pm      We've got gardening going on – Knyveton Gardens**

Gardening going on and the kettle going on! A chance to warm up on winter's day.

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

**Tuesdays in February 9:00am – 10:00am      Tai Chi Qigong – Zoom**

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

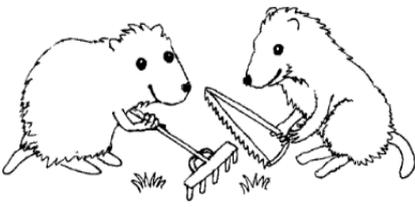
*To request the Zoom link and find out more, please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Tuesday 1 February 10:30am – 12:30pm      Nature, Art and the 5 Ways to Wellbeing – Zoom**

The second of five sessions of our gentle introductory course focusing on creativity, nature and the 5 Ways to Wellbeing. Meet people online, learn simple creative techniques then get outdoors and get creative. No specialist materials required. Suitable for all levels of experience. **Session two: learn.**

*To find out more and book your place, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

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**Wednesday 2 February 11:00am – 1:00pm Winter tree identification – Kings Park**

Tips on identifying trees in winter from their twigs and buds. Join Peter for a short walk on this fun and informal workshop in a wood in the park. Stick around for the chance to make your very own stickperson.  
*Please book. Meet Kings Park Nursery, Kings Park Central Drive, Bournemouth BH7 6LR*

**Wednesday 2 February 7:30pm – 8:15pm What's Up in February – Zoom**

Join us on Zoom for 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 February night sky, as well as a summary of the latest space news. This month we'll also be discussing space missions due to launch in 2022.

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

**Thursday 3 February 10:00am – 11:00am Tai Chi Qigong – Shelley Park**

Relaxation and flowing movements of Qigong with Jenny Newman. We're in the park this and every Thursday through the month. Suitable for all levels, including beginners.

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

**Sunday 6 February 2:00pm – 4:00pm Frisbee in February – Shelley Park**

Warm upon winter's day on 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.

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

**Tuesday 8 February 10:30am – 12:30pm Nature, Art and the 5 Ways to Wellbeing – Zoom**

The third of five sessions of our gentle introductory course focusing on creativity, nature and the 5 Ways to Wellbeing. Meet people online, learn simple creative techniques then get outdoors and get creative.

No specialist materials required. Suitable for all levels of experience. **Session three: give.**

*To find out more and book your place, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

**Tuesday 8 February 2:00pm – 4:00pm Fisherman's friends – Fisherman's Walk**

Join Peter and the Friends of Fisherman's Walk for sociable and fun gardening. We love this pretty park by the sea, especially when the friends serve us tea!

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

**Wednesday 9 February 11:00am – 1:00pm Streaming live – Horseshoe Common**

A chance to encounter a real-life stream and to help restore it for wildlife.

*Please book. Meet Horseshoe Common, opp. 136 Old Christchurch Road, Bournemouth BH1 1NL*

**Thursday 10 February 10:00am – 11:00am Tai Chi Qigong – Shelley Park**

Wrap up warmly and prepare for the elements on this lovely practice in nature.

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

Booking by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07384 790048 unless otherwise stated



**Monday 14 February 2:00pm – 4:00pm Love your park – Knyveton Gardens**

It's a date! Please come for some gardening and to help improve one of our favourite parks.  
*Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY*

**Tuesday 15 February 10:30am – 12:30pm Nature, Art and the 5 Ways to Wellbeing – Zoom**

The fourth of five sessions of our gentle introductory course focusing on creativity, nature and the 5 Ways to Wellbeing. Meet people online, learn simple creative techniques then get outdoors and get creative. No specialist materials required. Suitable for all levels of experience. **Session four: be active.**  
*To find out more and book your place, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

**Thursday 17 February 10:00am – 11:00am Tai Chi Qigong – Shelley Park**

Jenny Newman shows us how posture, movement and breathing techniques can improve wellbeing.  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Tuesday 22 February 10:30am – 12:30pm Nature, Art and the 5 Ways to Wellbeing – Zoom**

The fifth of five sessions of our gentle introductory course focusing on creativity, nature and the 5 Ways to Wellbeing. Meet people online, learn simple creative techniques then get outdoors and get creative. No specialist materials required. Suitable for all levels of experience. **Session five: take notice.**  
*To find out more and book your place, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

**Wednesday 23 February 11:00am – 1:00pm What's cooking? – Shelley Park**

Join Peter and Forest School Leader Jan Cooke for what's cooking in the nature conservation world. A chance to help improve the park for wildlife by cutting and removing rhododendron and planting some trees. Followed by firepit-melted chocolate and marshmallows and hot drinks.  
*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Wednesday 23 February 2:00pm – 3:00pm Whittle by whittle – Zoom**

An hour's gentle and relaxing wood carving demonstration. Grab a cuppa and zoom in with green woodsman Mark Codling. Explaining the best woods to carve and how to prepare them, Mark takes us through the steps of how to start carving green wood into a spoon and other utensils. As Mark will tell us, carving wood is a great way to focus the mind and can be very meditative and calming. This is the first of a number of sessions for 2022, with the chance to join outdoor group wood carving sessions from the spring.  
*To request the Zoom link and find out more, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

**Thursday 24 February 10:00am – 11:00am Tai Chi Qigong – Shelley Park**

Gentle exercise in the park on this Qigong session with Jenny Newman. Beginners welcome.  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

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