



Awesome autumn October 2024



It might be October, but the fun isn't over! This month, we're wandering in the woods and minding the meadows, along with arty adventures, crafty capers, gentle gardening, a sprinkling of astronomy, and qigong. This month also sees the start of a new 5 Ways to Wellbeing course; check all the details below. Pop along to a park to see us and follow us on [Facebook](#) for updates.

Booking by emailing peter@parksfoundation.org.uk or call/text 07458 039397 unless otherwise stated

Tuesdays in October

Tai Chi Qigong – Zoom

Tune into Tuesdays for online Qigong. Join Jenny Newman each week for gentle exercise from home. There are in-person sessions in the park too – check the programme for details.

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

Tuesday 1 October 10:30am-12:30pm

New course: The 5 Ways to Wellbeing – Kings Park

Join Anna and Peter for this six-week creative course in the park. Meet each Tuesday morning in October and into November to enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to enjoy our green spaces. Places limited, please book early.

Week one: discovering wellbeing in nature

Please book by emailing peter@parksfoundation.org.uk

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

Wednesday 2 October 7:00pm-8:00pm

What's up – Zoom

Join us on Zoom for an informal hour of astronomy with local amateur astronomer, Kate Earl. Using videos and images, Kate will walk us through October's night sky, as well as summarising the latest space news. We will also be hearing about the Apollo lunar landings, learning about the people who took part, the main findings of each mission and what went wrong along the way! Please note the new 7pm start time.

To request the Zoom link and find out more, please email peter@parksfoundation.org.uk



Thursday 3 October 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 into autumn and nature begins to let go, Jenny helps us consider our own connection to the seasons. Open to all - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#). *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

Sunday 6 October 10:00am-11:00am Bend it like Boscombe - yoga in the park – Shelley Park

We're taking yoga into October! Join Rachel Wilkinson this and next Sunday morning for fab yoga in the park. Sessions open to all – beginners welcome. Donation-based class supporting [Create Your Community](#) and The Parks Foundation's [Parks in Mind](#). *No booking required. Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1LX*

Tuesday 8 October 10:30am-12:30pm Creativity, nature & the 5 Ways to Wellbeing – Kings Park

The second of six sessions exploring wellbeing through nature and creativity. A relaxing two hours exploring the park and a chance to slow down and look at your surroundings in a new way.

Session two: Take notice

*Please book by emailing peter@parksfoundation.org.uk
Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF*

Tuesday 8 October 2:00pm-4:00pm Stitch café – Shelley Park

This month our project is a fabric key fob, which we will make with fabric then decorate with some embroidery stitches. We will bring the metal bits and pliers together with fabric, embroidery thread and some ideas for designs. You are also welcome to bring your own project or continue with one started at a previous session. Joining sewing teacher, Fiona Douglas, are stitch café regulars Tracey and Rekha. Fabric and equipment provided, but additional inspirational fabric scraps welcome! Plus, tea, cake and biscuits from the trolley. All levels welcome, including complete beginners and experienced stitchers. The workshop relocates to an indoor venue if wet. *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*



Wednesday 9 October 10:30am-12:30pm Beach buddies – Boscombe Beach

Join Mayre and Anna for a stroll along the beach to search for the perfect pebble. Transform your pebble into your own beach buddy, so you can always have a friend in your pocket. *Please book. Meet Boscombe Overcliff Nature Reserve, opposite Woodland Avenue, Boscombe BH5 2DJ*

Thursday 10 October 10:00am-11:00am Ready, steady, slow – Shelley Park

Feet on the ground, movement meditation in the park. Join Jenny Newman's gentle and meditative Qigong class this and every Thursday through the year, and as we transition through autumn. All welcome - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#). *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

Thursday 10 October 11:30am-12:30pm Our radiant voices – Fisherman's Walk

Our radiant voices is natural sound-making for joy and wellbeing. This is the first of two sessions this month. Come along for an hour of relaxed voice meditation, accompanied by singing bowls. All welcome, you do not need to be a singer to participate. The session is gently facilitated by local voice practitioner, Elisabetta. Wrap up warm, otherwise no need to bring anything special, just some water and yourselves. *Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

Book by emailing peter@parksfoundation.org.uk or call/text 07458 039397 unless otherwise stated



Sunday 13 October 10:00am-11:00am

Bend it like Boscombe - yoga in the park – Shelley Park



Our final stretch of the season with the wonderful [Create Your Community](#). Open to all – beginners welcome. Dress for the weather and be part of something great. Donation-based class supporting [Create Your Community](#) and The Parks Foundation's [Parks in Mind](#).
No booking required. Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Monday 14 October 10:30am-12:30pm

Park, paper, scissors – Woodland Walk

Join local artists, Annie and Kat, to rip, snip and glue exciting paper scraps into something new! A lovely collage recycling workshop and chance to cut, create and connect. All materials and equipment provided, however please feel free to bring along any magazines, junk mail, or coloured paper you may wish to use. All abilities welcome. The workshop will relocate to an indoor venue if wet.

Please book. Meet at The Green Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ

Tuesday 15 October 10:30am-12:30pm

Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Session three of our course exploring wellbeing through nature and creativity. Meet others, learn simple creative techniques and spend time outdoors in the park. **Session three: Get active and get creative.** This week's session is also available as a stand-alone taster session for new attendees.

Please book by emailing peter@parksfoundation.org.uk

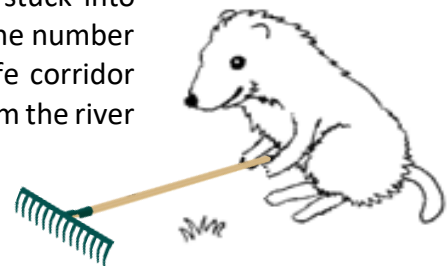
Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

Wednesday 16 October 10:30am-12:30pm

Mind the meadow! – Kings Park

Join Josh and Peter on a wildlife meadow conservation task. Get stuck into some habitat management and help collect seeds to help increase the number of flowering plants in the park next year. This is part of our wildlife corridor project, in which we aim to enhance and connect wildlife habitats from the river Stour to Boscombe overcliff and beyond!

Please book. Meet Kings Park, Gloucester Road junction with Kings Park Drive, Boscombe BH7 6JD



Thursday 17 October 10:00am-11:00am

Ready, steady, slow – Shelley Park

Join Jenny's gentle and meditative Qigong class this and every Thursday through the year. All welcome - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#).

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

Monday 21 October 9:00am-10:00am

Monday meditation – Kings Park

Fiona Cade leads us on two relaxing fifteen-minute reflections and guided meditations. An opportunity to unwind and connect with nature, exploring mindfulness and meditation. Plus, a potter with Peter in the park to hear about plans to make space for wildlife. The session will relocate to an indoor venue if wet.

Please book. Meet Kings Park, Gloucester Road junction with Kings Park Drive, Boscombe BH7 6JD

Monday 21 October 11:00am-1:00pm

Fisherman's friends – Fisherman's Walk



Fun and friendly gardening with Peter and the Friends of Fisherman's Walk. Join us for a lovely potter in the park, along with tea overlooking the sea.

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

Book by emailing peter@parksfoundation.org.uk or call/text 07458 039397 unless otherwise stated



Tuesday 22 October 10:30am-12:30pm Creativity, nature & 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. **Session four: Learning and natural creativity.**

Please book by emailing peter@parksfoundation.org.uk

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

Thursday 24 October 10:00am-11:00am Ready, steady, slow – Shelley Park

With nature and the changing season as our teacher, this Qigong practice with Jenny explores how to release tension, embrace change and harness energy for the coming months. Open to all - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#).

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

Thursday 24 October 11:30am-12:30pm Our radiant voices – Fisherman's Walk

Our radiant voices is natural sound-making for joy and wellbeing. Come along for an hour of relaxed voice meditation, accompanied by singing bowls. All welcome, you do not need to be a singer to participate. The session is gently facilitated by local voice practitioner, Elisabetta. Wrap up to keep warm, otherwise no need to bring anything special, just some water and yourselves.

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

Monday 28 October 10:30am-12:00pm Making your own natural incense – Woodland Walk

Autumn is the time of harvest and abundance, so let's take a moment to reap the seasonal joys. We will learn about the native plants in the area and make our own natural incense with harvested goodies. So come, take a breath, get creative, and smell the beautiful fragrance of our native plants. If you have any plants that you would like in your incense, like lavender, rosemary or thyme, please do bring them along in their fresh form and as long sticks. Join our guide, Julia Galbenu, and Peter for this gentle session in nature.

Please book. Meet southern end of Woodland Walk, off Woodland Avenue, Boscombe BH5 2DJ

Tuesday 29 October 10:30am-12:30pm Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Enjoy nature-inspired artistic activities, learn the 5 Ways to Wellbeing, and discover easy, creative ways to enjoy our green spaces. Creative wellbeing and tapping into nature's bounty to make simple gifts for your friends and for yourself. **Session five: Gratitude, giving and connecting.** Course continues into November.

Please book by emailing peter@parksfoundation.org.uk

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

Thursday 31 October 10:00am-11:00am Ready, steady, slow – Shelley Park

Connect with the wonderful wellbeing benefits of qigong with our guide, Jenny Newman. The class will be a chance to gather in, reflect and rest as we prepare for the coming winter. Open to all, including beginners - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#).

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

Peter Holloway

Tel. 07458 039397

peter@parksfoundation.org.uk

www.parksfoundation.org.uk

[f Bournemouth Parks in Mind](#)



Registered charity number: 1159939

