



## Go with the slow

We're out in the parks, appreciating the changing colours as we move through autumn into winter and towards some calm before the festive season. Catch the last of the leaves and feel the first of the frosts with us, we'd love to see you. Check the programme below and follow us on [Facebook](#) for updates.

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

## **Tuesday 5 November 9:15am-10:00am      Tai Chi Qigong – Zoom**

If it's Tuesday it must be 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](mailto:perfectsoundworld@hotmail.co.uk)*

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

Nature-inspired artistic activities and learning the 5 Ways to Wellbeing. With a focus on gratitude, giving and connecting, this is a lovely session with Anna and Peter.

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

## **Tuesday 5 November 2:00pm-4:00pm      Stitch café – Kings Park**

A chance to try Japanese Sashiko stitching, but we will still have our bag of fabric scraps if you would like to work on your own project. 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.

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

## **Wednesday 6 November 11:00am-12:00pm      Our radiant voices – Kings Park**

Our radiant voices sessions continue, exploring the beauty and power of our resonant voices, and enjoying the joy and relaxation that arise from making sounds together. This practice, which we call toning, is non-performative and non-competitive. These sessions follow on from what we practised in the summer, but everyone is welcome; you do not have to be a singer to participate, simply come along to gently explore different properties of sound and start learning how to make harmonic overtones.

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

**Wednesday 6 November 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 the November night sky, as well as summarising the latest space news. This month's focus is on Egyptian Astronomy; how important the night sky was to the pharaohs, and how this gave us the 24-hour clock.

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

**Thursday 7 November 10:00am-11:00am****Breathe and be with Jenny – Shelley Park**

Autumn is a mellowing contracting time governed by metallic elements and the breath. Come and connect with the season through soft gentle movement in the park, strengthening the lungs and developing stamina and strength as we move towards 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*

**Tuesday 12 November 9:15am-10:00am****Tai Chi Qigong – Zoom**

Tune into Tuesday 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](mailto:perfectsoundworld@hotmail.co.uk)*

**Tuesday 12 November 10:30-12:00****Forest bathing – Boscombe Chine Gardens**

A lovely opportunity to deepen your connection with nature with mindfulness. We'll use our senses to connect with nature and unwind. Led by Tanya, we'll begin with simple, guided mindfulness practices, before you are invited to explore the trees at your own pace. In the practice of Noble Silence, this is your uninterrupted time. Feel where your heart takes you, immerse in the birdsong, and explore your senses. When the singing bowl rings, we'll join back together for an opportunity to share our experiences.

*Please book by emailing [info@parksfoundation.org.uk](mailto:info@parksfoundation.org.uk)*

*Meet adjacent to mini golf, Boscombe Chine Gardens, off Christchurch Road, Bournemouth, BH1 4AA*

**Thursday 14 November 10:00am-11:00am****Breathe and be with Jenny – Shelley Park**

Autumn is a mellowing contracting time governed by metallic elements and the breath. Come and connect with the season through soft gentle movement in the park, strengthening the lungs and developing stamina and strength as we move towards 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 by emailing [info@parksfoundation.org.uk](mailto:info@parksfoundation.org.uk)*

*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Tuesday 19 November 9:15am-10:00am****Tai Chi Qigong – Zoom**

Tune into Tuesday 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](mailto:perfectsoundworld@hotmail.co.uk)*

**Tuesday 19 November 10:30am-12:00pm****Forest bathing – Boscombe Chine Gardens**

A second chance to join Tanya for simple, guided mindfulness practices and a lovely opportunity to deepen your connection with nature. We'll use our senses to connect with our surroundings and unwind. Along with an invitation to explore the trees at your own pace and in the practice of Noble Silence, this is your uninterrupted time. Feel where your heart takes you, immerse in the birdsong, and explore your senses. When the singing bowl rings, we'll join back together for an opportunity to share our experiences.

*Please book by emailing [info@parksfoundation.org.uk](mailto:info@parksfoundation.org.uk)*

*Meet adjacent to mini golf, Boscombe Chine Gardens, off Christchurch Road, Bournemouth, BH1 4AA*

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



**Thursday 21 November 10:00am-11:00am**

**Breathe and be with Jenny – Shelley Park**

Autumn is a mellowing contracting time governed by metallic elements and the breath. Connect with the season through soft gentle movement in the park, strengthening the lungs and developing stamina and strength as we move towards winter. Open to all, including beginners - let us know if you need a seat.

Donation-based class supporting [Parks in Mind](#).

Please book by emailing [info@parksfoundation.org.uk](mailto:info@parksfoundation.org.uk)

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

**Tuesday 26 November 9:15am-10:00am**

**Tai Chi Qigong – Zoom**

Tune into Tuesday 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](mailto:perfectsoundworld@hotmail.co.uk)

**Thursday 28 November 10:00am-11:00am**

**Breathe and be with Jenny – Shelley Park**

Autumn is a mellowing contracting time governed by metallic elements and the breath. Come and connect with the season through soft gentle movement in the park, strengthening the lungs and developing stamina and strength as we move towards 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 by emailing [info@parksfoundation.org.uk](mailto:info@parksfoundation.org.uk)

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

**Monday 2 December 11:00am- 1:00pm**

**Glad tidings – Knyveton Gardens**

Join us in our favourite Springbourne park. We have weeding and other pottering to perk up the park before the festive season. All followed by hot drinks and mince pies with our lovely Friends of Knyveton Gardens

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



**Tuesday 3 December 9:15am-10:00am**

**Tai Chi Qigong – Zoom**

Bringing the outdoors indoors this morning. Join Jenny Newman 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](mailto:perfectsoundworld@hotmail.co.uk)

**Look out for more winter activities to follow in our full December programme – released at the end of November.**

Peter Holloway

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[www.parksfoundation.org.uk](http://www.parksfoundation.org.uk)

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