

# Boscombe Chine Gardens

## November & December Programme

Meeting point: by the café



### Forest Bathing

Tues 12 & 19 Nov | 10.30am - 12pm

Deepen your connection with nature. The session begins with simple, guided mindfulness practices, before exploring the trees at your own pace. Immerse yourself in the birdsong, and explore your senses.

Adults only event.

Free event



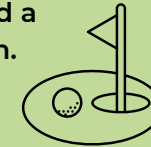
### GreenFingers: Maintain the Mini Golf Course

Tues 12 & 19 Nov | 1pm - 3pm

Join us in some green-fingered maintenance tasks like weeding at the mini golf course.

As a thank you, enjoy a free hot drink and a free game of mini-golf during the session.

Volunteering



### Nature Photography

Weds 13 Nov & Weds 4 Dec | 10am - 11.30am

We'll take a relaxed stroll through the park, photographing flora and fauna as we go. A great way to take a closer look, and discover the nature you can find in the park. No experience needed, and you don't need an advanced camera - camera phones can be just as effective.

Free event



### Festive Wreaths

Weds 11 Dec | 10am - 12.30pm

Make a decorative wreath using beautiful natural materials to take home and display. You'll add to a ready-made willow wreath, making the design your own. You're welcome to wear a festive jumper or hat to get into the spirit of the season. Adults only event.

£20 per person



Scan for park information, including accessibility



## To book: [parksfoundation.org.uk/events](https://parksfoundation.org.uk/events)

The Parks Foundation is committed to celebrating diversity – we welcome people from all backgrounds, genders, ethnicities, people with learning differences and varying physical abilities. If you would like more information or have questions about an activity, please contact us.

Get in touch with your Parks Activator, Jess on: [jess@parksfoundation.org.uk](mailto:jess@parksfoundation.org.uk) or: 07361 902958