



Wrap up the year with us cultivating connections, creativity and calm - yule be sure of a warm welcome! Join us for some festive art and craft, gardening, star gazing, mindfulness and green exercise. 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*

**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 Christmas. 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)*

**Tuesday 3 December 10:30am-12:30pm 5 Ways to Wellbeing winter warmer – Kings Park**

A gentle creative morning of activities to help you focus on your wellbeing this winter. Draw a colourful wellbeing tree or create a tactile and rustic intention stick to help you keep your personal wellbeing goals at the forefront of your mind. All art materials plus coffee and biscuits supplied.  
*Please book. Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF*

**Wednesday 4 December 10:30am-12:30pm Weaving winter willow – Shelley Park**

Get crafty with wonderful willow creations. A chance to create your own unique stars, mini trees and Christmas wreaths to take home to keep or gift to a friend or family. What better way to adorn your Christmas tree or front door than your own festive willow decorations!  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Wednesday 4 December 7:00pm-8:00pm****Christmas cosmic catch up - Zoom**

Join us for an informal hour of astronomy with local amateur astronomer, Kate Earl. Using videos and images, Kate will walk us through the December night sky, as well as summarising the latest space news. We will also be covering various short topics suggested by you, including astronomy for beginners, women in astronomy, and astronauts stuck in space!

*To request the Zoom link and find out more, please email*

[peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)

**Thursday 5 December 10:00am-11:00am****Breathe and be with Jenny – Shelley Park**

Winter is the time to conserve our energy. It's the season of the water element and connecting with nature's slow flow. Qigong helps us to live in harmony with the changing elements and seasons. Come and listen to your body, connecting to nature with patience and knowing that moving at a slower pace will help protect and restore your vitality for the coming months. 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*

**Friday 6 December 8:30am-9:00am****Friday focus – Zoom**

Find a green space in your life on a gentle guided meditation with Jenny Newman. Drop in this and next Friday morning for a relaxing twenty-minute reflection and connection with nature. Grab a cuppa and a blanket and log in for a relaxing reflection, chat and to connect with others at this special time of year.

*To request the Zoom link and find out more, please email*

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**Monday 9 December 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. Today follows on from previous sessions and is gently facilitated by local voice practitioner Elisabetta. 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*

**Tuesday 10 December 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)*

Go with the slow.

**Tuesday 10 December 10:30am-12:30pm****Merry macramé – Woodland Walk**

Get into the holiday spirit by crafting adorable Christmas gnomes using macramé cords and wool. In this hands-on session with artist Mayre, you'll learn how to weave and shape festive gnomes, perfect for decorating your home or gifting to loved ones. Whether you're a beginner or an experienced crafter, this workshop promises a fun and festive time for all! The workshop relocates to an indoor venue if wet.

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

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**Tuesday 10 December 2:00pm-4:00pm**      **Crimbo crafting – Kings Park**  
At this month's stitch cafe, we will have a chance to make a Christmas card or decoration, or you can continue with the Sashiko stitching if Christmas isn't your thing! Bring a Santa hat if you have one and join sewing teacher, Fiona Douglas, along with stitch café regulars Tracey and Rekha. Fabric and equipment provided, but additional inspirational fabric scraps welcome! Plus, warming drinks and festive treats from the trolley. All levels welcome, including complete beginners and experienced stitchers.  
*Please book. Meet Kings Park Athletics Centre, King's Park, Boscombe BH7 7AF*

**Wednesday 11 December 10:00am-11:00am**      **Movement in nature pop up! – Fisherman's Walk**  
Join us for a festive pop-up Qigong event with Rakhee at Fisherman's Walk on 11 December! Together, we'll move as a community, warming our bodies and calming our minds in anticipation of the festive season. With seating available everyone is welcome whether you're a regular or this is your first time trying Qigong. Donation-based class supporting [Parks in Mind](#). And, if you have time, please connect after class with coffee at a local caff!  
*Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

**Thursday 12 December 10:00am-11:00am**      **Breathe and be with Jenny – Shelley Park**  
Wrap up warm and join Jenny to connect with elements and the wonderful wellbeing benefits of Qigong. Winter is the time to conserve our energy. It's the season of the water element and connecting with nature's slow flow. Qigong also helps us to live in harmony with the changing elements and seasons. Hot chocolate and other warming beverages for a chat after class. 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*

**Friday 13 December 8:30am-9:00am**      **Friday focus – Zoom**  
Be gentle, be green and then escape from your screen on the last of our yule-time logins. Jenny Newman's guided meditation will help us switch off to think about the benefits of spending more time in nature this Christmas. Join us for this gentle online guided meditation with Jenny Newman and Peter Holloway. Log in for a relaxing reflection, chat and to connect with others at this special time of year.  
*To request the Zoom link, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*



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