

## Winter warmers - January 2025



### Easy does it

With a gentle aim to thrive in 2025, join us in January and throughout the year for fun wildlife conservation, quiet green exercise, sparkly star gazing, and nature-inspired creativity and calm. Check the dates in the programme below and by visiting [The Parks Foundation](https://www.parksfoundation.org.uk). Follow us on [Facebook](https://www.facebook.com/parksfoundation) for updates.

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

### **Wednesday 1 January 7:00pm-8:00pm**      **What's up – Zoom**

Join us on Zoom for an informal hour of astronomy with amateur astronomer, Kate Earl. Using videos and images, Kate will walk us through the new year night sky, as well as summarising the latest space news. We will also hear all about upcoming space launches, as well as highlighting the best night sky events in 2025. *To request the Zoom link and find out more, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

### **Saturday 4 January 5:00pm-6:30pm**      **Secret Saturn – Boscombe Overcliff Nature Reserve**

This event has a nice ring to it – join us as we watch Saturn hide behind its celestial neighbour. The lunar occultation of Saturn will take an hour or so, during which time we'll also take a look at some of the other planets, as well as the bright winter constellations. Wrap up warm - it will get pretty chilly!  
*Please book. Meet on the clifftop nature reserve opposite Grovely Avenue, Boscombe BH5 1JB*

### **Sunday 5 January 11:00am-1:00pm**      **Happy new gardening year – Community Gardens**

Ease into January with some gentle gardening jobs with the lovely Friends group. Meeting at the new community shed in Knyveton Gardens, we'll wander to the nearby Spencer Gardens for hedge tidying and a few other jobs in the park. Followed by hot drinks back at the shed.  
*Please book. Meet at the community shed, Knyveton Gardens, Southcote Road, Boscombe, BH1 3RY*

### **Tuesdays in January 9:15am-10:00am**      **Tai Chi Qigong – Zoom**

Join Jenny Newman each Tuesday from 7 January onwards for gentle exercise from home. There are in-person sessions in the park every Thursday 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 7 January 2:00pm-4:00pm Thread lightly – New Year Stitch café – Kings Park**

And sew it begins, another year of stitch café. A chance to go with the sew on our small and friendly Stitch café. Sewing teacher, Fiona Douglas and stitch café regulars Tracey and Rekha will be on hand with ideas, but feel free to bring your own projects along. Fabric and equipment provided, but additional inspirational fabric scraps welcome! Plus, tea, cake, and biscuits from our crafty pop-up café. All levels welcome, including complete beginners and experienced stitchers.

*Please book. Meet Kings Park Athletic Centre, Kings Park, Boscombe, BH1 4NN*

**Wednesday 8 January 11:00am-1:00pm Tree time & teatime – Shelley Park**

Wildlife-friendly tree planting in areas where we've removed rhododendron. Learn why and how to plant native trees as we continue our efforts to improve the look and feel of the park for people and wildlife. Tea and other hot drinks to keep us warm.

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

**Thursday 9 January 10:00am-11:00am Breathe and be with Jenny – Shelley Park**

Tai chi qigong for winter health and wellbeing this and every Thursday in the park. Wrap up warm and let us know if you need a seat or additional support. Beginners welcome. Donation-based class with contributions supporting [Parks in Mind](#).

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

**Introducing Every day the sea**

A series of walks, midwinter soundscapes and gentle wellbeing activities every day this week.

You're welcome to come to one, more, or all the sessions.

Wrap up warm, hot drinks and sweet treats available, please bring a reusable coffee cup if you can.

**Monday 13 January 10:30am-12:00pm Every day the sea – Woodland Walk & Boscombe Beach**

Day 1 - Introducing 'Every day the sea'. This morning, meet Peter to blow away the cobwebs and enjoy a short ramble through the woods and a walk along the shore. We'll start the morning with a hot drink, please bring a reusable coffee cup if you can.

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

**Tuesday 14 January 11:00am-12:30pm Every day the sea – Woodland Walk & Boscombe Beach**

Day 2 - Deep winter soundscapes. Inspired by the breeze, the waves, and our winter wildlife friends, tune into your surroundings with sound practitioner, Elisabetta Noto. Join us to form a loose circle on the beach and sing some easy songs - or simply provide some backup sounds to the nature around us. Words and tunes will be provided, just bring yourselves and a reusable coffee cup if you can. Everyone is welcome; you do not have to be a singer to participate, you can simply come along and listen and gently explore different properties of sound.

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

**Tuesday 14 January 2:00pm-4:00pm Nature Creatives Winter Wellbeing – Zoom**

Starting today, five friendly online meetups with lovely nature-inspired creative activities to help you stay well and positive throughout the winter. Over five consecutive Tuesday afternoons, connect with others, boost your wellbeing and find inspiration in nature - even in the coldest months. For anyone in mental health recovery or who would benefit from learning ways to improve their wellbeing. Working with the 5 Ways to Wellbeing, artist Anna Shiels and Peter from Parks in Mind will lead you on an arty exploration with nature in mind, setting gentle goals for being outside to enjoy our local parks and beaches. No specialist materials required. Suitable for all levels. **Session 1: connect.**

*Full course dates: Five consecutive Tuesdays 14, 21 & 28 January and 4 & 11 February.*

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

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**Wednesday 15 January 10:30am-12:30pm Every day the sea – Boscombe Beach**

Day 3: Boscombe beachcombing. Join Peter and Parks in Mind participants Tracey and Jan for a potter down to the beach to explore the winter cliffs and shoreline habitat. With strandline finds, and a sprinkling of seaside poetry and sounds, we'll also create a mini outdoor art gallery. Everything provided, just bring yourselves and a reusable coffee cup if you can.

*Please book. Meet Boscombe Overcliff Nature Reserve, opposite Woodland Avenue, Boscombe BH5 2DJ*

**Thursday 16 January 10:00am-11:00am Every day the sea – Shelley Park & Boscombe clifftop**

Day 4: Breathe and be with Jenny. This week, our regular tai chi qigong wanders to the clifftop to practice overlooking the sea. Beginners welcome. Wrap up warm and bring a reusable coffee cup if you can.

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

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG, followed by a walk to the beach*

**Thursday 16 January 11:00am-1:00pm Paper, park, scissors – Shelley Park**

You are warmly invited to join Kat and Annie for more cutting, ripping & sticking, using recycled papers. Start 2025 gently with this mindful activity, setting your intentions for the year to come. How can you be truly kind to yourself this year? Can you slow down, relax, and treat yourself with grace? What would this look like in your world? Think of the things that bring you joy and incorporate these into your plans. Everything you need will be provided, although you're welcome to bring some of your own materials if you have something particular you'd like to use. Peter, of course, will be along with his trolley of delights (tea, coffee and sweet treats!)

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

**Friday 17 January 7:30am-8:30am Every day the sea – Woodland Walk & Boscombe clifftop**

Day 5: Sunrise walk. Wrapping up 'Every day the sea', Peter takes us through woods to the clifftop to witness the sunrise. An early start with a gentle walk through the newly planned nature reserve, before taking in the sun and sea over a cup of tea. Hot drinks provided. Wrap up warm and bring a reusable coffee cup if you can.

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

**Tuesday 21 January 11:00am-12:00pm Our radiant voices – Kings Park**

New year, new radiant voices workshop with voice practitioner Elisabetta. Explore the beauty and power of our resonant voices, and the joy and relaxation that arise from making sounds together. This practice, called toning, is non-performative and non-competitive. 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 21 January 2:00pm-4:00pm Nature Creatives Winter Wellbeing – Zoom**

The second of five online sessions and gentle introduction to creativity, nature, and ways to wellbeing. Meet others and learn simple creative techniques inspired by nature. No specialist materials required. Suitable for all levels of experience. **Session 2: learn.**

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

**Thursday 23 January 10:00am-11:00am Breathe and be with Jenny – Shelley Park**

Qigong for winter health and wellbeing this and every Thursday in the park. Wrap up warm and let us know if you need a seat or additional support. Beginners welcome. Donation-based class with contributions supporting [Parks in Mind](#).

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

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**Saturday 25 January 11:00am-1:00pm Winter warmer – Community Gardens**

We've got gardening going on, we've got the kettle going on. Join us and the Friends of the gardens for both – we'd love to see you. Tools and equipment, and gloves provided, but please feel free to bring your own gloves if you have them.

*Please book. Meet at the community shed, Knyveton Gardens, Southcote Road, Boscombe, BH1 3RY*

**Monday 27 January 10:30am-1:00pm Fisherman's friends – Fisherman's Walk**

Fun and friendly gardening with Peter and the Friends of Fisherman's Walk. Join us for another sociable and enjoyable potter in the park. Tea will be served!

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

**Tuesday 28 January 2:00pm-4:00pm Nature Creatives Winter Wellbeing – Zoom**

The third of five online meetups of our gentle introductory course focusing on creativity and nature and the 5 Ways to Wellbeing. Meet people and learn simple creative techniques inspired by nature.

No specialist materials required. Suitable for all levels of experience. **Session 3: take notice.**

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

**Thursday 30 January 10:00am-11:00am Breathe and be with Jenny – Shelley Park**

Qigong for winter health and wellbeing this and every Thursday in the park. Wrap up warm and let us know if you need a seat or additional support. Beginners welcome. Donation-based class with contributions supporting [Parks in Mind](#).

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

**Tuesday 4 February 2:00pm-4:00pm Nature Creatives Winter Wellbeing – Zoom**

The fourth of five sessions of our gentle introductory course focusing on nature-inspired creativity and ways to wellbeing. Meet people online and learn simple creative techniques inspired by nature. No specialist materials required. Suitable for all levels of experience. **Session 4: be active.**

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

**Wednesday 5 February 7:00pm-8:00pm What's up - Boscombe Overcliff Nature Reserve & Zoom**

To celebrate National Astronomy Week, we are going to try something new! If the skies are clear, we are going to host our usual What's up Zoom session live from Boscombe overcliff. Come along in person for an informal stargazing session with a telescope or join us on Zoom to listen to the mayhem whilst we attempt a live broadcast! Kate Earl will be pointing out the planets, brighter stars and constellations, and will answer any questions you have on space. In the event of bad weather, the usual Zoom meeting will go ahead online.

*Meet on the clifftop opposite Grovely Avenue, Boscombe BH5 1JB or request the Zoom link by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*


**Look out for more winter activities in the full February programme – released at the end of January.**

Peter Holloway

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

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