

**Parks in Mind – Parks in Action
February 2025****A warm welcome to February**

Meet people, learn new things, and bumble along with us through February. Join us for wildlife conservation, gardening, lovely nature-inspired creativity and calm, star gazing, and seaside strolls. There will be tree hugging! Make a date from the gentle to-do list below or 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 or call/text 07458 039397 unless otherwise stated.

Monday 3 February 2:00pm-4:00pm Tree time & tea time – Woodland Walk

Parks in Mind – Parks in Action. Today, lend a hand to heel in lots of native tree saplings to store them ready for planting into the wood. This is a fun and easy job out in the fresh air and will give our trees a perfect leg up for the future! With lots of trees and tea on the go, this is a call to arms, with a big thumbs up to everyone who can come along and help! We're all punned out now!

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

Tuesdays in February 9:15am-10:00am Tai Chi Qigong – Zoom

Join Jenny Newman each Tuesday morning 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

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

To celebrate National Astronomy Week, we're trying something new! If the skies are clear, we'll host our usual What's up Zoom live from Boscombe Overcliff. Come along in person for a 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 cliff opp. Grovely Ave, Boscombe BH5 1JB or Zoom by emailing peter@parksfoundation.org.uk



Thursday 6 February 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

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

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

Monday 10 February 10:30am-12:30pm

Winter warmer – Community Gardens

Parks in Mind – Parks in Action. Start the week with some gentle and fun gardening in Knyveton and Spencer Gardens. We and the Friends of the gardens would love to see you. Tea and tools provided.

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

Wednesday 12 February 10:30am-12:30pm

Willow hearts in mind – Woodland Walk

A chance to weave your very own willow heart. Join artist Jo Malyon for a little crafty labour of love in Woodland Walk - the wooded heart of Boscombe. Take it home, give it to your crush or someone you love, or leave in the park for others to find! All materials provided.

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

Thursday 13 February 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

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

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

Monday 17 February 10:30am-1:00pm

Tree party – Woodland Walk



Parks in Mind – Parks in Action. Today we're planting a native wildlife hedge – all part of plans to turn Woodland Walk into a nature reserve. Join us for a fun and practical morning, helping to enhance the biodiversity of the woods for people and wildlife. Lots of tea and other hot drinks to keep us warm.

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

Tuesday 18 February 11:00am-12:00pm

Our radiant voices – Kings Park

Explore the beauty and power of our resonant voices, and the joy and relaxation that arise from making sounds together. Led by voice practitioner Elisabetta, 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 18 February 2:00pm-4:00pm

Stitch café – Kings Park

For February & March's stitch café, a special treat - the chance over two sessions to make your very own Valentine the Vole (see picture). Sewing teacher, Fiona Douglas, has a beautiful pattern and all the materials you need. On hand to help will be stitch café regulars, Tracey and Rekha. Please also feel free to bring and continue your own projects. Fabric and equipment provided, but additional inspirational fabric scraps welcome! Plus, tea, cake, and biscuits from our crafty pop-up café. All welcome, including complete beginners and experienced stitchers.

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



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Wednesday 19 February 11:00am-1:00pm

Bimble – Woodland Walk & Boscombe Beach

Blow away the cobwebs on a short walk through the woods and a relaxing bimble on the beach. We'll take a moment to hug a tree or two before heading to the shore. Once there, Parks in Mind participants Tracey and Jan will help us identify any strandline finds. Together, with a sprinkling of seaside poetry and sounds, we'll also take a visit to a free outdoor art gallery. Everything provided, just bring yourselves and a reusable coffee cup if you can.

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

Thursday 20 February 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

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

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

Monday 24 February 10:30am-12:30pm

Fisherman's friends – Fisherman's Walk

Parks in Mind – Parks in Action. Fun and friendly gardening with Peter and the fab Friends of Fisherman's Walk. Join us for another sociable and enjoyable potter in the park. Tea will be served! Tools, equipment, and gloves provided, but please feel free to bring your own gloves if you have them.

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

Monday 24 February 10:30am-12:30pm

Winter warmer – Community Gardens

Parks in Mind – Parks in Action. Gentle gardening jobs with the lovely Friends group in Knyveton Gardens and Spencer Gardens. There's hedge tidying and a few other jobs around the park. All followed by hot drinks back at the shed. Tools, 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

Thursday 27 February 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

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

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

Thursday 27 February 11:00am-1:00pm

Paper, park, scissors – Shelley Park

You are warmly invited to join Kat and Annie on another lovely collage-making workshop. We'll be cutting, ripping, sticking and creating, using recycled papers. This gentle and mindful activity is a chance to review, reset, or finetune your intentions for 2025. 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.

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

Peter Holloway

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 [Bournemouth Parks in Mind](#)



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