THE PARKS FOUNDATION

Parks in Mind



Autumn into Winter
November – December 2026

Stories, Stitches, and Stargazing
As autumn turns to winter, join us for a season of wellbeing, nature, and community in our parks and green spaces. From woodland walks, poetry, gardening, and stargazing to qigong, stitching, and our welcoming new **Leafy Library**, there are plenty of opportunities to slow down, get creative, and connect with others. Wrap up warm and join us for fresh air, good company, and moments of calm as the year draws to a close. See the progamme below for all the details. Follow us on Facebook for updates.

Book by emailing peter@parksfoundation.org.uk or call/text 07458 039397 unless otherwise stated

Monday 2 November 10:00am-11:00am **Breathe and be with Jenny – Shelley Park**
Ease into the month with calm, connection, and gentle movement at Jenny Newman's lovely weekly outdoor Qigong class. We're there through the autumn and beyond – please join us. No experience needed – just bring yourself. Donation-based class supporting Parks in Mind
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Tuesdays in November 9:15am-10:00am **Qigong – Zoom**
Take time on Tuesdays. Join Jenny Newman each week for gentle exercise from home. There are in-person sessions in the park too – see the programme for details.
To request the Zoom link and find out more, please email perfectsoundworld@hotmail.co.uk

Wednesday 4 November 7:00pm-8:00pm **What's Up – Astronomy Zoom**
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. For this month's topic, Kate will be comparing the geology on other planets and moons to that found on Earth.
To request the Zoom link and find out more, please email peter@parksfoundation.org.uk

Thursday 5 November 2:00pm-3:00pm **Our Radiant Voices – Woodland Walk Nature Reserve**
Join Elisabetta for an uplifting outdoor voice toning circle, using sound and gentle vocal meditation to support wellbeing and inner calm. Experience harmony, relaxation and connection through shared vocal expression in the peaceful surroundings under the trees. Please dress warmly for the weather. Hot drinks, including tea, will be provided. No singing experience required; all are welcome.
Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ

Monday 9 November 10:00am-11:00am **Breathe and be – Shelley Park**
Move mindfully into the week with Qigong in the park. All welcome - 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

Monday 9 November 11:00am-1:00pm **Tea break gardening club – Community Gardens**
Our October bulb planting was rained off, so we're trying again! Join us to plant bulbs for a colourful, more wildlife-friendly park next spring. Enjoy a couple of hours of light gardening, good company, and a well-earned tea break.
Please book. Meet Knyveton Gardens, Southcote Road, Boscombe BH1 3RY

Wednesday 11 November 11:30am-4:00pm **The Woodlanders – Woodland Walk**
Please join us for a morning of practical conservation at the nature reserve. We'll be tackling a range of seasonal tasks to help care for the woods. Whether you're a regular volunteer or trying it for the first time, there's something for everyone, along with tea, coffee, and good company.
Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ

Thursday 12 November 11am-1:00pm **Autumn in colour – Woodland Walk & Overcliff Nature Reserves**
Step out into autumn on this gentle guided walk with photographer and local historian, Hattie Miles, and Peter from Parks in Mind. We'll wander through the woodland and along the clifftop, taking time to pause and appreciate the changing season and the colours around us. Along the way, Hattie will share a selection of readings and explore the fascinating language we use to describe the natural world, while uncovering some local history as we take in the beauty of autumn.
Please book. Meet Woodland Walk Nature Reserve main gates, Christchurch Road, Boscombe BH7 6AN

Monday 16 November 10:00am-11:00am **Breathe and be – Shelley Park**
Take time to breathe, be, and connect with nature, yourself, and your community through these lovely weekly Qigong sessions. All welcome. Donation-based class supporting Parks in Mind.
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Monday 16 November 2:00pm-4:00pm **Stitch café – Shelley Park**
Mindful stitching using fabric scraps and simple embroidery techniques. Join this small, friendly group to relax, chat, and get creative with fabric and thread. Learn new stitches, explore visible mending, create unique handmade items, or bring your own project and enjoy some mindful making in good company. Louise, Marie, and Tracey will be on hand to share their skills and offer inspiration. Peter's got tea and cake to go. All fabric, threads, and equipment are provided, although extra scraps are always welcome.



Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG
***Weather permitting,** we'll be outdoors; if cold or wet, we may move indoors. Venue confirmed on booking.*

Monday 16 November 6:00pm-7:00pm **Moon over the Overcliff – Boscombe Overcliff Nature Reserve**
Join astronomer, Kate Earl, on Boscombe Overcliff Nature Reserve for an hour of stargazing through a telescope. If the clouds stay away, we should spot the Moon, Saturn, and some of the returning winter constellations. Bring binoculars if you have them.
Please book. Meet Boscombe Overcliff Nature Reserve, opp. Shelley Park & Grovely Ave, Boscombe BH5 1JB

Book by emailing peter@parksfoundation.org.uk or call/text 07458 039397 unless otherwise stated

Tuesday 17 November 2:00pm-3:30pm **Poetree – Woodland Walk Nature Reserve**
"I come into the peace of wild things..." writes poet Wendell Berry. As the year turns towards winter and nature begins to settle, join our very own poet, Jane Carter, for a gentle exploration of belonging, refuge, and connection. Together we'll discover poems inspired by the homes of wildlife, familiar landscapes, and the places that help us feel grounded. We love these poetry sessions and the chance they give us to read, write, and share words that help us pause, wonder, and connect. Whether you're feeling inspired to write or would simply like to relax and listen with a cup of tea, everyone is welcome.
Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ.

Wednesday 18 November 10:30am-12:30pm **Chopsticks & hairpins – Woodland Walk Nature Reserve**
Calling all woodcraft folk for another relaxing and immersive wood-whittling workshop with green woodsman, Mark Codling. Discover the traditional craft of creating useful items from branches using just a knife. In this workshop in the woods, we'll try our hand at making chopsticks, needles, and hairpins. Learn safe knife skills and whittling techniques while creating traditional traveller crafts.
Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ

Monday 23 November 10:00am-11:00am **Breathe and be – Shelley Park**
Winter drawers on! Wrap up warm and join Jenny to connect with the elements and the wonderful wellbeing benefits of Qigong. Open to all, including beginners - let us know if you need a seat or additional support. Donation-based class with contributions supporting Parks in Mind.
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Wednesday 25 November 11:00am-1:00pm **Leafy Library – Woodland Walk Nature Reserve**
Slow down, grab a cuppa, and settle beneath the trees for our brand-new Leafy Library.
We're starting a monthly outdoor reading club with a difference, with absolutely no required reading list or homework. Instead, we invite you to bring along anything you like to read, look at, or listen to. It could be a book, poetry, graphic novel, comic strip, audiobook, cookbook, or even a song sheet - it's entirely up to you! Wrap up warm and feel free to bring a blanket to stay extra-cosy. Come along to share, get brilliant reading recommendations, or just sit back with a hot drink and enjoy the comfort of shared voices and good company in a beautiful setting. All welcome.



Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ
***Weather permitting,** we'll be outdoors; if cold or wet, we may move indoors. Venue confirmed on booking.*

Saturday 28 November 10:30am-12:30pm **Gather in the gardens – Community Gardens**
Lend the Friends of Knyveton Gardens a hand with some light and enjoyable gardening tasks to help keep the park looking beautiful for people and wildlife. It's a wonderful way to get some fresh air, meet lovely people, and make a difference in your local community. Refreshments and all tools and gloves provided, but feel free to bring your own gloves if you prefer.
Please book. Meet at the community shed, Knyveton Gardens, Southcote Road, Boscombe, BH1 3RY

Monday 30 November 10:00am-11:00am **Breathe and be – Shelley Park**
Dress for the weather and take part in gentle meditative exercise with Jenny in the park. Open to all, including beginners - let us know if you need a seat or additional support. Donation-based class with contributions supporting Parks in Mind. **Please note** that we now have a short break until our next and final meeting of the year, which takes place on Monday 21 December, just before Christmas.
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Book by emailing peter@parksfoundation.org.uk or call/text 07458 039397 unless otherwise stated

Monday 30 November 11:30am-1:30pm **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, along with tea overlooking the sea.
Please book. Meet at the pond garden, Fisherman's Walk, Boscombe BH6 3SQ

Tuesday 1 December 9:15am-10:00am **Qigong – Zoom**
Bringing the outdoors indoors. 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

Wednesday 2 December 11:30am-4:00pm **The Woodlanders – Woodland Walk Nature Reserve**
Join fellow Woodlanders to plant trees and help shape the future of the nature reserve. Learn why winter is the perfect season for tree planting as we continue our efforts to improve the look and feel of the woods for people and wildlife. There'll also be a chance to lend a hand with other seasonal tasks, along with tea and other hot drinks.
Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ



Wednesday 2 December 6:30pm-7:15pm **What's Up –Zoom**
Join us on Zoom for an informal hour of astronomy with local astronomer, Kate Earl. Using videos and images, Kate will guide us through the seasonal night sky and bring us up to date with the latest space news. And, don't miss our annual Christmas Astronomy Quiz - a fun and friendly mix of multiple-choice questions, true-or-false teasers, and a music round that's out of this world!
Please note: this month's session starts and ends a little earlier than usual.
To request the Zoom link and find out more, please email peter@parksfoundation.org.uk

Monday 7 December 2:00pm-3:00pm **Radiant Voices – Woodland Walk Nature Reserve**
Gather outdoors with Elisabetta for a gentle and restorative voice toning circle, celebrating the warmth and healing power of shared sound. Through simple vocal exercises and harmony, enjoy a sense of presence, wellbeing, and connection in nature. Wrap up warm for the winter weather. Tea and other hot drinks will be provided. No singing experience needed; everyone is welcome.
Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ
***Weather permitting,** we'll be outdoors; if cold or wet, we may move indoors. Venue confirmed on booking.*

Tuesday 8 December 9:15am-10:00am **Qigong – Zoom**
Our final online qigong for 2026, with more opportunities to move through the winter in the new year.
To request the Zoom link and find out more, please email perfectsoundworld@hotmail.co.uk

Wednesday 9 December 11:00am-1:00pm **Leafy Library – Woodland Walk Nature Reserve**
Settle in beneath the winter canopy for cosy reads and warm drinks on the second of our Leafy Library sessions. We're continuing our outdoor reading club with a difference, with absolutely no required reading list or homework. Just bring along anything you like to read or listen to. Wrap up warm in your woolly hat and gloves and join us to share recommendations or simply sit back and listen. All welcome.
Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ
***Weather permitting,** we'll be outdoors; if cold or wet, we may move indoors. Venue confirmed on booking.*

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Monday 14 December 10:00am-12:00pm **Merry printmas – Shelley Park**

Join Jo Malyon for a festive printing workshop where you'll learn how to carve your own design into lino and print your very own cards. Whether you're a complete beginner or looking to build your skills, this is a relaxed, creative space to get inky and enjoy that magical moment of revealing your print! All welcome.

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

***Weather permitting,** we'll be outdoors; if cold or wet, we may move indoors. Venue confirmed on booking.*

Monday 14 December 2:00pm-4:00pm **A very merry stitchmas – Shelley Park**

Mindful stitching practice using fabric scraps and simple embroidery techniques. Join Louise, Marie, and Tracey along with other good company to learn new stitches, explore visible mending, and create unique handmade items, including felt decorations. You can also bring your own projects, whether that's darning socks, or other textile adventures. We'll be adding a touch of festive sparkle, seasonal refreshments, and plenty of opportunities to stitch and chat. Everyone is welcome, from complete beginners to the more experienced.

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

***Weather permitting,** we'll be outdoors; if cold or wet, we may move indoors. Venue confirmed on booking.*

Tuesday 15 December 11:00am-12:30pm **Poetree – Woodland Walk Nature Reserve**

"There is a privacy about it which no other season gives you..." wrote Ruth Stout (1884-1980), celebrated gardener and writer. Winter can be a season of rest, reflection, and quiet renewal. As nature slows and the year draws to a close, join poet, Jane Carter, for a gentle exploration of how we weather the darker months, take stock of the year behind us, and find warmth, resilience, and connection in the season ahead. Through poetry, conversation, and creativity, we'll consider what winter means to us and discover words that help us navigate this time with health, hope, and good cheer. Whether you enjoy writing, listening or simply sharing a cup of tea, everyone is welcome.

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

***Weather permitting,** we'll be outdoors; if cold or wet, we may move indoors. Venue confirmed on booking.*

Sunday 20 December 1:00pm-4:00pm **Winter Solstice – Hengistbury Head**

Some of you joined us in June for Ray Collective's Summer Solstice celebration in Shelley Park. As the wheel turns, our friends at Hengistbury Head are welcoming them back for a unique Winter Solstice gathering. Expect music, procession, wand-making, and a chance to mark the shortest day. See workshop and procession times, along with full event details, on the Visit Hengistbury Head website.

Parks in Mind will have the kettle on with tea, coffee, and other warming drinks.

Please book. This is a free event, but please reserve your place via Eventbrite

Monday 21 December 10:00am-11:00am **Breathe and be – Shelley Park**

A gentle close to 2026 with our final Qigong session before the new year. Dress for the weather and take part in gentle meditative exercise, followed by warming seasonal refreshments and hot mince pies. All welcome, including beginners. Donation-based class with contributions supporting Parks in Mind.

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

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Bournemouth Parks in Mind

THE PARKS FOUNDATION
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