



**September 2024**

## **Sooth your way into September**

Come with us to press pause out of doors on a gentle journey through September – we'd love to see you. At the end of this month's programme, you can also see information about how to book on to our next **Creativity, Nature and 5 Ways to Wellbeing course** which starts in October. Check all the details 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*

### **Sunday 1 September 10:00am-11:00am**

### **Bend it like Boscombe – Yoga in the park – Shelley Park**

Start September and Sundays with a good stretch in the park. Weekly sessions open to all – beginners welcome. Bend it like Boscombe is brought to you by [CYC Community Yoga Collective](#) and The Parks Foundation [Parks in Mind](#), with your donations from the class supporting the work of these two projects. *No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

### **Monday 2 September 9:00am-10:00am**

### **Monday meditation and meadow meander – Kings Park**

Fiona Cade leads us on two relaxing fifteen-minute reflections and guided meditations. A perfect opportunity to unwind and connect with others in nature, exploring mindfulness and meditation techniques. Plus, a potter with Peter to hear all about the new Kings Park wildflower meadows. *Please book. Meet Kings Park, Gloucester Road junction with Kings Park Drive, Boscombe BH7 6JD*

### **Monday 2 September 10:30am-12:30pm**

### **End of summer gardening party – Knyveton Gardens**

A chance to garden in the company of the lovely Friends of Knyveton Gardens to help improve this special green space. With a few tidying jobs in the park, we'll soon break off for a game of pétanque, plus tea, coffee and cake to celebrate our work over the summer. *Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY*

### **Wednesday 4 September 10:00am-11:00am**

### **Movement in nature – Fisherman's Walk**

Join Rakhee for Qigong in Fisherman's Walk this September! Focus on the Earth phase for seasonal harmony and Metal as we transition into autumn, while touching on other phases and foundational Qigong practices. Embrace balance and energy flow in every class. All welcome - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#). *Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*



**Wednesday 4 September 7:00pm-8:00pm      What's up – Zoom**

Join us on Zoom for an informal hour of astronomy with local amateur astronomer, Kate Earl. Using videos and images, Kate will walk us through September's night sky, as well as summarising the latest space news. We will also be hearing about the Apollo lunar landings, learning about the people who took part, the main findings of each mission and what went wrong along the way! Please note the new 7pm start time.

*To request the Zoom link and find out more, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

**Thursday 5 September 5:00pm-7:00pm      Discs 'til dusk - Frisbee fling – Shelley Park**

Join us for a fabulous frisbee fling. Expert tuition on hand with former-UK Frisbee Champion Gary Williams. Our very own Parks in Minder Jo Worley welcomes you to glide in anytime until dusk.

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

**Sunday 8 September 10:00am-11:00am      Bend it like Boscombe & yoga social – Shelley Park**



Join us for Sunday morning yoga for a great start to the day. Sessions open to all – beginners welcome. After today's class, please stay awhile for a yoga social with refreshments and a chance to chat and enjoy the park. There will be cake, bring a sweet treat to share if you can! Donation-based class with contributions supporting [CYC Community Yoga Collective](#) and The Parks Foundation [Parks in Mind](#) project.

*No booking needed. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Tuesday 10 September 11:00am-12:00pm      Our radiant voices – Fisherman's Walk**

Our radiant voices is natural sound-making for joy and wellbeing. Come along for an hour of relaxed voice meditation, accompanied by singing bowls. All welcome, you do not need to be a singer to participate. The session is gently facilitated by local voice practitioner, Elisabetta. No need to bring anything special, just some water and yourselves.

*Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

**Tuesday 10 September 1:00pm-3:00pm      Stitch café – Shelley Park**

Our small and friendly Stitch café meets each month. This time we will be having a go at Kanshashi flowers - think Japanese origami but with fabric! We still have people in the group working on traditional hexagon patchwork and some lovely fabric collages, if you would like to try your hand at these instead. Or please feel free to bring your own project to work on, including any items for repair. Joining sewing teacher Fiona Douglas are stitch café regulars Tracey and Rekha, each on hand to help if needed. Fabric and equipment provided, but additional inspirational fabric scraps welcome! Peter will be there with the usual generous supply of tea, cake and biscuits. All levels welcome, including complete beginners and experienced stitchers. \*Please note the earlier meeting time for this month only.



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

**Wednesday 11 September 10:00am-11:00am      Movement in nature – Fisherman's Walk**

Join Rakhee for Qigong in Fisherman's Walk. Embrace balance and energy flow in every class. All welcome - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#).

*Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

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



**Thursday 12 September 10:00am-11:00am      Ready, steady, slow – Shelley Park**



Join Jenny Newman's gentle and meditative Qigong class this and every Thursday through the year. Qigong is a combination of two words: 'qi' means 'subtle breath' or 'vital energy', and 'gong' translates to 'skill cultivated through steady practice'. Together, the words describe an age-old practice that harnesses the power of breath, movement, and intention to create health and balance in the body. 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*

**Sunday 15 September 10:00am-11:00am      Bend it like Boscombe - Yoga in the park – Shelley Park**

Yoga in the park with [CYC Community Yoga Collective](#) and The Parks Foundation [Parks in Mind](#) project. Fab sessions open to all, and beginners are welcome. Bring a mat, towel or just yourselves and be part of something great. Donation-based classes

*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Tuesday 17 September 9:15am-10:00am      Tai chi qigong – Zoom**

Learn gentle movement and breathing meditation techniques with Jenny Newman's friendly online qigong class. There are in-person sessions in the park on Thursdays too.

*To request the Zoom link and find out more, please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Wednesday 18 September 10:00am-11:00am      Movement in nature – Fisherman's Walk**

Join Rakhee for Qigong in Fisherman's Walk. This lovely outdoor class is an opportunity to focus on seasonal harmony as we move towards autumn. All welcome - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#).

*Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

**Thursday 19 September 10:00am-11:00am      Ready, steady, slow – Shelley Park**

Feet on the ground, movement meditation in the park. Join Jenny Newman's gentle and meditative Qigong class this and every Thursday through the year, and as we transition towards autumn. 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*

**Sunday 22 September 10:00am-11:00am      Bend it like Boscombe - Yoga in the park – Shelley Park**

Yoga in the park with [CYC Community Yoga Collective](#) and The Parks Foundation [Parks in Mind](#) project. Fab sessions open to all, and beginners are welcome. Bring a mat, towel or just yourselves and be part of something great. Donation-based class.

*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Tuesday 24 September 9:15am-10:00am      Tai chi qigong – Zoom**

Gentle movement and breathing meditation techniques with Jenny Newman's friendly online qigong class. There are in-person sessions in the park on Thursdays too.

*To request the Zoom link and find out more, please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Wednesday 25 September 10:00am-11:00am      Movement in nature – Fisherman's Walk**

Join Rakhee for Qigong in Fisherman's Walk and our final movement in nature session of the year. With a focus on seasonal harmony, Rakhee's class will help you move effortlessly into autumn. All welcome - let us know if you need a seat or additional support. Donation-based class supporting [Parks in Mind](#).

*Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

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



**Thursday 26 September 10:00am-11:00am      Ready, steady, slow – Shelley Park**

Join Jenny Newman's gentle Qigong class and as we learn how to build and store our internal energy in preparation for autumn and the colder weather to come. 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*

**Sunday 29 September 10:00am-11:00am      Bend it like Boscombe - Yoga in the park – Shelley Park**

A chance to join us in a quiet and green space in the lovely Shelley Park. Sessions open to all – beginner's welcome. Donation-based classes supporting [CYC Community Yoga Collective](#) and [Parks in Mind](#).

*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

And here's a look ahead to October...

**Tuesdays 1 October - 5 November**

**10:30am-12:30pm**

**[Creativity, Nature & The 5 Ways to Wellbeing](#)**

Join Anna and Peter over six Tuesday mornings for gentle creative adventures in the park. Learn The 5 Ways to Wellbeing, explore the nature on your doorstep and enjoy our programme of simple creative activities. Early booking advised for this popular course.

**[Please note important booking information:](#)**

**Up to Tues 10 September book by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)**

**From Wed 11 September book by emailing [info@cocreate.org.uk](mailto:info@cocreate.org.uk)**

**Creativity, Nature & the 5 Ways to Wellbeing**

**A free creative 6-week course inspired by nature**



**A gentle, fun course, suitable for all**

Join us for an autumn of self-care as we explore the 5 Ways to Wellbeing through nature and creativity. Meet new people and boost your wellbeing on six fab sessions on Tuesday mornings starting in October

All materials and hot drinks provided

Venue: Kings Park, Boscombe

Tuesdays 10:30am – 12:30pm

6-week course dates:

1, 8, 15, 22 & 29 October and 5 November

Peter Holloway

Tel. 07458 039397

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

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

Bournemouth Parks in Mind



Registered charity number: 1159939

