



'tis the season...

Parks in Mind welcomes in the festive season with some cheery nature conservation, creativity and calm. Join us through December, and on many happy returns in the new year. See the programme below, and us follow on [Facebook](#) for updates.

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

Friday 1 December 9.00am-9:30am

Friday focus – Zoom

Find a green space in your life on a gentle guided meditation with Jenny Newman. We invite you to drop in over the next three Friday mornings for a relaxing twenty-minute reflection and connection with nature. To request the Zoom link and find out more, please email peter@parksfoundation.org.uk

Saturday 2 December 11:00am-2:00pm

Lovely lino celebration pop-in! – The Old School House

Join us to mark the end of a year of Arts Council England partnering with Parks in Mind to run lino printing courses in the parks. With some of the delightful work created through the year on display, there will also be an opportunity to get a taste of this wonderful craft with crafter Jo Malyon by trying out some carving and printing on a tea towel, bag or card to take home. Everyone welcome.

Please book. Meet The Old School House (TOSH), Gladstone Mews, Gladstone Rd E, Bournemouth BH7 6BG

Monday 4 December 9:00am-10:00am

Tai chi qigong – Zoom

Bringing the outdoors indoors this morning and on the next two Monday mornings for qigong. There are in-person sessions in the park on Thursdays too - check the programme for details. To request the Zoom link and find out more, please email perfectsoundworld@hotmail.co.uk

Monday 4 December 10:00am-11:30am

Winter wonders in the park – Shelley Park

Join Parks in Mind for our winter-themed nature mindfulness practices and a warming cuppa and chat! Includes mindfulness techniques, a mindful walk, poetry, journaling and help to build your own daily practice. Outdoor workshop, so dress up warm! Led by mindfulness teacher Rosa Hearnshaw.

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





Monday 4 December 2:00pm-4:00pm

Hoe hoe hoeing – Knyveton Gardens

Help spruce up the park for Christmas, with a festive cuppa to keep our spirits up. Please join us, we'd love to see you!
Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY

Tuesday 5 December 10:30am-12:30pm Earth art – Kings Park

Join Peter and Anna for a lovely session of winter painting using natural inks. We'll be using the inks we made earlier in the year to experiment, play and capture the essence of winter. All materials provided. Please dress for mess!

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

Wednesday 6 December 7:30pm-8:15pm Christmas cosmic catch up – Zoom

Join us on Zoom for an informal 45 minutes of astronomy with local amateur astronomer, Kate Earl. Using video clips and photos, Kate will show us what we can look forward to when we look up at our December night sky, as well as a summary of the latest space news. As it's the end of the year we will be taking a light-hearted look at 'astronomy in art'.

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

peter@parksfoundation.org.uk



Thursday 7 December 10:00am-11:00am Ready, steady, slow – 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

Friday 8 December 9.00am-9:30am Friday focus – Zoom

End the week and start the weekend with Jenny Newman's relaxing twenty-minute guided meditation. Join us for a gentle reflection on nature and how to be kind to ourselves and the planet.

To request the Zoom link and find out more, please email peter@parksfoundation.org.uk



Sunday 10 December 10:00am-11:00am Yuletide yoga – Kings Park

Bend it like Boscombe is back! Rachel Wilkinson leads us on cosy indoor yoga sessions today and the next two Sundays in the run-up to Christmas, including Christmas Eve. Open to all and beginners welcome. Donation-based class supporting [Create Your Community](#) and [Parks in Mind](#)

No booking required. Meet Kings Park Athletic Centre, Kings Park, Boscombe BH1 4NN

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Monday 11 December 9:00am-10:00am Tai chi qigong – Zoom

Join Jenny this morning and again in the new year from Monday 8 January.

To request the Zoom link and find out more, please email perfectsoundworld@hotmail.co.uk

Monday 11 December 11am-1:00pm

We tree kings – Shelley Park



Oh, come all ye spadeful! 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.

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

Monday 11 December 3:30pm-5:00pm Winter gathering – Shelley Park

Join Julia Galbenu and Peter, as we gather around the fire to look forward to the winter solstice. This is a slow and gentle session, for all abilities, to discover the local park by candlelight and enjoy the beauty of fire and darkness. Please wear warm clothes.

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

Tuesday 12 December 2:00pm-4:00pm

Christmas Stitch café – Kings Park

Ready, steady, sew. Join textile artist Gill Coleman and have a go at craftivism and visible mending or bring along your own sewing projects. All fabrics, threads and equipment provided. There will also be a chance to stitch a simple festive snowman as a decoration or gift tag. Plus, free and seasonal refreshments from our crafty Christmas pop-up café. All levels welcome, including complete beginners and experienced stitchers.

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



Thursday 14 December 10:00am-11:00am Ready, steady, slow – Shelley Park

Gentle tai chi qigong sessions taking us towards a peaceful Christmas and our final park qigong before the new year. Dress for the weather and take part in gentle meditative exercise, followed by warming seasonal refreshments and hot mince pies. Wrap up warm and bring gloves and a hat! 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

Thursday 14 December 12:00pm-2:00pm Festive willow decorations – 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 to give to someone for Christmas. What better way to adorn your Christmas tree or front door than your own handcrafted star!

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

Friday 15 December 9:00am-9:30am

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 and find out more, please email peter@parksfoundation.org.uk

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Sunday 17 December 10:00am-11:00am Yuletide yoga – Kings Park
Bend it like Boscombe on the second of three cosy Sunday indoor yoga classes with Rachel Wilkinson. A lovely supportive session overlooking the park. Open to all – beginners welcome. Donation-based class supporting [Create Your Community](#) and [Parks in Mind](#)
No booking required. Meet Kings Park Athletic Centre, Kings Park, Boscombe BH1 4NN

Sunday 24 December 10:00am-11:00am Yuletide yoga – Kings Park
Come out of the cold and into the calm. Bend it like Boscombe yoga with Rachel Wilkinson brings our 2023 programme to a close. After the class, please stay awhile for hot chocolate and seasonal refreshments. Open to all. Donation-based class supporting [Create Your Community](#) and [Parks in Mind](#)
No booking required. Meet Kings Park Athletic Centre, Kings Park, Boscombe BH1 4NN

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