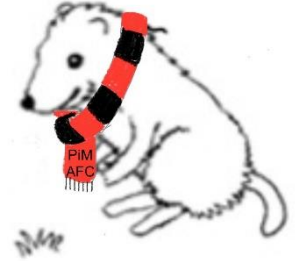


Winter warmers January 2024



Happy New Year!

The Parks in Mind winter programme is full of fun, free, nature-based activities bringing people together to improve local parks and connect with nature. Join us in January and throughout the year to meet new people, learn new skills and take part in nature conservation, art, craft, green exercise, star gazing and wellbeing. You can see all 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 or call/text 07458 039397 unless otherwise stated

Wednesday 3 January 7:30pm-8:15pm What's 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 January night sky, as well as a summary of the latest space news. We will also be hearing about upcoming space launches set for 2024.

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

Mondays in January 9:00am-10:00am Tai chi qigong – Zoom

Join qigong teacher Jenny Newman online and start Mondays with some mindful movement at home. Beginning Monday 8 January and continuing each week throughout the month these sessions are open to all, with beginners most welcome. 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 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





Tuesday 9 January 2:00pm-4:00pm New year Stitch café – Kings Park

Ready, steady, sew! Our small and friendly Stitch café moves indoors for this month, meeting in Kings Park. Joining textile artist Gill Coleman, you can have a go at craftivism and visible mending or bring along your own sewing projects. All fabrics, threads and equipment provided. Plus, free tea and cake 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 10 January 2:00pm-4:00pm Online course: Creativity ~ Nature ~ Wellbeing – Zoom

Starting today, a gentle introductory online course over five consecutive Wednesdays to help you stay well this winter. Meet new people, learn simple creative techniques, then get outdoors and get creative.

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. We'll also set goals for being outside to enjoy our local parks and beaches. No specialist materials required. Suitable for all levels. **Session 1: connect.**

This weekly online course continues through January and into February. Full course dates: Five consecutive Wednesdays 10, 17, 24 & 31 January and 7 February. See details in programme below.

To find out more and book your place, please email peter@parksfoundation.org.uk

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

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

Monday 15 January 11:30am-1:00pm Winter warmer wonder walk – Boscombe clifftop & beach

Boscombe beachcombing with Peter and Parks in Mind participants Jan and Tracey. We'll explore the clifftop nature reserve, taking in our surroundings and enjoying the winter landscape. Then join us on a foreshore forage and to help identify seaweed and other and strandline finds. We also have some seaside poetry, a mini outdoor art gallery and the chance for some crafting by the coast.

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

Monday 15 January 2:00pm-4:00pm We've got gardening going on – Knyveton Gardens

We've got gardening going on, we've got the kettle going on! Join us in our special Springbourne park for an afternoon pottering in the park, what's not to like?

Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY



Wednesday 17 January 2:00pm-4:00pm

Online course: Creativity ~ Nature ~ Wellbeing – Zoom

The second of five online sessions and gentle introduction to creativity, 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 2: learn.**

To find out more and book your place, please email peter@parksfoundation.org.uk

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Thursday 18 January 10:00am-11:00am Ready, steady, slow – Shelley Park

Qigong for winter health and wellbeing. 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

Thursday 18 January 2:00pm-4:00pm Vision board making – Kings Park

Start 2024 by thinking about your hopes and dreams for the year ahead and join us to create a vision board. We'll have fun being creative with magazines, pictures, glue, scissors, card and anything else we think of! A vision board is a visual representation of your goals. No matter what your aims are —to learn how to relax more, learn new skills, or simply be kinder to yourself— artist Jo Malyon will help you create a collage to make your own vision board. Using nature and the outdoors as a starting point, you'll create a board to inspire you through the coming months. No specialist materials or experience required.

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

Wednesday 24 January 2:00pm-4:00pm Online course: Creativity ~ Nature ~ Wellbeing – Zoom

The third of five sessions of our gentle introductory course focusing on creativity, nature and the 5 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 3: give.**

To find out more and book your place, please email peter@parksfoundation.org.uk

Thursday 25 January 10:00am-11:00am Ready, steady, slow – Shelley Park

A simple and supportive qigong practice great for helping you to feel more balanced. Gentle meditative exercise suitable for all. Dress for the weather. 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

Monday 29 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 the pond garden, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ

Wednesday 31 January 2:00pm – 4:00pm Online course: Creativity ~ Nature ~ Wellbeing – Zoom

The fourth of five sessions of our gentle introductory course focusing on creativity, 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 4: take notice.**


To find out more and book your place, please email peter@parksfoundation.org.uk

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www.parksfoundation.org.uk

 [Bournemouth Parks in Mind](https://www.facebook.com/BournemouthParksInMind)

