



Awesome autumn

October 2022



Catch the colours of autumn...

Join us on sunrise walks, mindful meanders, fun gardening, cheery nature conservation, arty adventures and stars after dark. As the days become a bit shorter and evenings draw in, we'll be looking to shine some light on our parks using the power of arts and nature to promote wellbeing. Wrap up as we take tai chi qigong and yoga into October and see the programme below for details of our six-week creative course in the park. We'd love to see you! Follow us on [Facebook](#) for updates.

Booking by emailing peter@parksfoundation.org.uk or call/text 07384 790048 unless otherwise stated

Sunday 2 October 10:00am – 11:00am

Bend it like Boscombe - Yoga in the park – Shelley Park

We've stretched across the summer, now we're stretching into October. Join us each Sunday morning for yoga in the park. Sessions open to all – beginners welcome. Donation only classes

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

Tuesdays in October 9:00am – 10:00am

Tai Chi Qigong – Zoom

Park yourself online with us every Tuesday morning 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

Tuesday 4 October 10:30am – 12:30pm

Creativity, nature & The 5 Ways to Wellbeing – Kings Park

Join Peter and Anna for this six-week creative course in the park. Meet each Tuesday morning in October and into November to enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to enjoy our green spaces. Places limited, please book early.

Week one: discovering wellbeing in nature

Find out more and book a place, by emailing anna.shiels@bcpcouncil.gov.uk or text/phone 07779 880 379

Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN

Wednesday 5 October 10:00am – 11:00am

Five animal frolics – Fisherman's Walk

Weekly movement in nature sessions each Wednesday for five weeks. This series of classes explores the tai chi qigong practices of the crane, bear, monkey, deer and tiger which can benefit your muscles, joints and your overall mental focus and calm. The practice of the Five Animal Frolics is said to amplify the qualities of each animal such as the lightness of the crane, the focus of the bear and the agility of the monkey within each individual. Come to all or drop into individual sessions through October and into November – all welcome, including beginners. Led by qigong and yoga teacher Rakee Jasani

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

Wednesday 5 October 5:00pm – 6:30pm Discs 'till dusk - Frisbee fling – Shelley Park

Join from former-UK Frisbee Champion Gary Williams and Parks in Minder Jo Worley for a frisbee fling and expert tuition. Fun for all!

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



Wednesday 5 October 7:30pm – 8:15pm Cosmic catch up – Zoom

Join us on Zoom for an informal forty-five minutes of astronomy with local astronomer, Kate Earl. Using video clips, photos and simulations of the solar system, Kate shows us what to look forward to in our October night sky, as well as a summary of the latest space news.

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

Thursday 6 October 10:00am – 11:00am Tai chi qigong – Shelley Park

This and every Thursday in October, Qigong teacher Jenny Newman shows us how posture, movement and breathing techniques can improve wellbeing. Suitable for all levels, including beginners.

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

Thursday 6 October 2:00pm – 4:00pm Stitch cafe – Shelley Park

Stitching in Shelley Park with the opportunity to produce your own textile panel for a display in Bournemouth Library as part of [The Loving Earth Project](#). Simply come with an idea that can be turned into a design about something you love that's being impacted by climate change. Alternatively, bring your own sewing project and enjoy tea, cake and a natter. No experience necessary, and we'll provide all the materials. Further information from Gill Coleman, Textile Artist gill.coleman@outlook.com.

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



Friday 7 October 6:45am – 8:00am

Mindful Sunrise Walk – Boscombe Overcliff and beach

Gather on the clifftop at dawn and take a circular, mindful walk, witnessing the sunrise. The route will include walking down and up zig zag paths, with an invitation to barefoot walk on the sand and the option of staying on to share a light breakfast and cuppa. Led by wilderness therapy guide Sam Gauntlett.

Please book. Meet Boscombe Clifftop, opposite Shelley Park and end of Grovelly Avenue, Boscombe BH5 1JB

Sunday 9 October 10:00am – 11:00am

Bend it like Boscombe - Yoga in the park – Shelley Park

Sunday morning yoga in the park continues through October. Join us and Rachel Wilkinson' Community Yoga Collective this and every Sunday. Sessions open to all – beginners welcome. Bring a mat, towel or just yourselves and be part of something great. Donation only classes.

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

Monday 10 October 2:00pm – 4:00pm

Park potter – Knyveton Gardens

Gardening jobs to tidy our lovely Springbourne park this autumn.

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

Tuesday 11 October 10:30am – 12:30pm

Creativity, nature & the 5 Ways to Wellbeing – Kings Park

The second of six sessions exploring wellbeing through nature and creativity. A relaxing two hours exploring the park through mindful photography, this is a chance to slow down and look at your surroundings in a new way. You will need a smartphone or digital camera. This course continues into November, enquire for full dates and details. **Week two: taking notice with mindful photography**

Find out more and book a place, by emailing anna.shiels@bcpcouncil.gov.uk or text/phone 07779 880 379

Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN

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**Tuesday 11 October 2:00pm – 4:00pm****Sock pumpkins – Woodland Walk**

Decorate your home with your very own handmade pumpkins, made out of socks! Bring along those odd socks hiding at the back of your drawer and repurpose them into this autumn favourite. We will provide all the other materials and guidance; all you need to bring is an odd sock or two. Led by crafter Jo Malyon.

Please book. Meet Woodland Walk (southern end), Woodland Ave, Boscombe BH5 2DJ

Wednesday 12 October 10:00am – 11:00am**Five animal frolics – Fisherman's Walk**

Weekly movement in nature class exploring tai chi qigong practices of the crane, bear, monkey, deer and tiger to benefit your muscles, joints and overall mental focus and calm – all welcome, including beginners. Led by qigong and yoga teacher Rakee Jasani.

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

Wednesday 12 October 12:00am – 1:00pm**Mindfulness in nature – Shelley Park**

Morning mindfulness! One of a series of monthly sessions through autumn and leading up to Christmas. Each nature-based mindfulness session is themed including meditation, mindful walking, poetry, journaling and more. Mindfulness in nature enhances health and wellbeing. Our sessions are led by mindfulness coach Rosa Hearnshaw.

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

Thursday 13 October 10:00am – 11:00am**Tai Chi Qigong – Shelley Park**

Check in with Jenny Newman on a gentle meditative journey on these lovely weekly Thursday sessions.

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

Sunday 16 October 10:00am – 11:00am**Bend it like Boscombe - Yoga in the park – Shelley Park**

Sunday morning yoga in the park continues through October. Join us and Rachel Wilkinson's Community Yoga Collective this and every Sunday. Sessions open to all – beginners welcome.

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

Monday 17 October 11:00am – 1:00pm**Come to the Common – Horseshoe Common**

Light nature conservation tasks to help improve our town centre wood. All tools, equipment and tea provided but please bring gardening gloves if you have them.

Please book. Meet Horseshoe Common, opp. 136 Old Christchurch Road, Bournemouth BH1 1NL

Tuesday 18 October 10:30am – 12:30pm**Creativity, nature & the 5 Ways to Wellbeing – Kings Park**

Session three of our exploring wellbeing through nature and creativity. Meet others, learn simple creative techniques and spend time outdoors in the park. This course continues into November, please enquire for full details. **Week three: get active and get creative.**

Find out more and book a place, by emailing anna.shiels@bcpcouncil.gov.uk or text/phone 07779 880 379

Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN

Wednesday 19 October 10:00am – 11:00am**Five animal frolics – Fisherman's Walk**

Weekly movement in nature class exploring tai chi qigong practices of the crane, bear, monkey, deer and tiger to benefit your muscles, joints and overall mental focus and calm – all welcome, including beginners. Led by qigong and yoga teacher Rakee Jasani.

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

Thursday 20 October 10:00am – 11:00am**Tai chi qigong – Shelley Park**

Jenny Newman shows us how posture, movement and breathing techniques can improve wellbeing.

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

Booking by emailing peter@parksfoundation.org.uk or call/text 07384 790048 unless otherwise stated

Friday 21 October 6:45am – 8:00am

Mindful sunrise walk – Woodland Walk and beach

The second of our quiet, mindful October walks with wilderness therapy guide Sam Gauntlett. Gather in Woodland Walk at dawn for a circular, mindful walk to the clifftop and beach, witnessing the sunrise. The route will include walking down and up zig zag paths, with an invitation to barefoot walk on the sand and the option of staying to share a light breakfast and cuppa.



Please book. Meet Woodland Walk (southern end), off Woodland Avenue, Boscombe BH5 2DJ

Saturday 22 October. 10:30am – 12:30pm

Hop aboard the time machine – Hengistbury Head

Find out what life was like at Hengistbury Head 2000 years ago! A short walk to the ancient harbour to look for Iron Age pottery, followed by craft demonstrations and tour of the Performing the Past exhibition.

Please book by popping into the Hengistbury Head Visitor Centre or call 01202 128444

Meet Hengistbury Head Visitor Centre, Bournemouth BH6 4EW

Sunday 23 October 10:00am – 11:00am

Bend it like Boscombe - Yoga in the park – Shelley Park

Sunday morning yoga in the park until the end of October. Sessions open to all – beginners welcome.

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

Monday 24 October 10:30am – 1:00pm

Fisherman's friends – Fisherman's Walk

Join Peter and the Friends of Fisherman's Walk for sociable and fun gardening.

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

Tuesday 25 October 10:00am – 12:00pm

Here comes the sun – Boscombe Overcliff Nature Reserve

Join us on the clifftop for a partial solar eclipse, when the Moon passes in front of the Sun. We hope to project an image of the Sun onto a screen and view the Sun safely through a telescope using filters. Feel free to come along at any time, but best visibility is at 10.55am. This is a partial eclipse, with only a small bit of the Sun covered by the Moon, but it's still quite spectacular to see! "You suddenly feel as though you can see the clockwork of the solar system." - Ernie Wright, NASA

Remember, never look directly at the sun with the naked eye, binoculars or a telescope

Please book. Meet Boscombe Clifftop, opposite Shelley Park and end of Grovely Avenue, Boscombe BH5 1JB

Tuesday 25 October 10:30am – 12:30pm

Creativity, nature & The 5 Ways to Wellbeing – Kings Park

Enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to enjoy our green spaces. **Week four: Learning and natural creativity.** Please note, weeks five and six of this course continue into November, please enquire for full details.

Find out more and book a place, by emailing anna.shiels@bcpcouncil.gov.uk or text/phone 07779 880 379

Meet Kings Park Athletic Centre, Kings Park, Boscombe, Bournemouth BH1 4NN

Wednesday 26 October 10:00am – 11:00am

Five animal frolics – Fisherman's Walk

Weekly movement in nature classes exploring the tai chi qigong practices of the crane, bear, monkey, deer and tiger to benefit your muscles, joints and your overall mental focus and calm – all welcome, including beginners. Led by qigong and yoga teacher Rakee Jasani

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

Wednesday 26 October 11:00am – 1:30pm

Pumpkin park – Knyveton Gardens

We're getting into the seasonal mood with food, fun and fire lighting. Make a pumpkin lantern for Halloween and enjoy some tasty soup and flat bread cooked over an open fire. Join Peter and Forest School Leader Jan Cooke for a magic morning in the park. Bring a pumpkin if you can; we will have some on hand to go round. Then, take your pumpkin home or leave it to light up the park after dark (see below).

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

Booking by emailing peter@parksfoundation.org.uk or call/text 07384 790048 unless otherwise stated

Thursday 27 October 10:00am – 11:00am Tai chi qigong – Shelley Park

Jenny Newman shows us how posture, movement and breathing techniques can improve wellbeing.

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

Thursday 27 October 2:00pm – 3:00pm Family slow flow - fun movement in nature – Kings Park

Flow together, have fun together! A lovely and fun fusion of yoga and tai chi qigong for all the family - suitable for everyone eight upwards. Rakhee is a yoga and qigong teacher and specialises in teaching kids, tweens and teens. In this fun slow flow, come together to move and breathe. Explore how it feels to move like a mountain, become still as a lake, be as vast and spacious as the sky and to grow, and as fresh as the plant life around you. Bring a mat or a picnic blanket.

Please book. Meet outside the old cricket pavilion cafe, King's Park, Boscombe, BH1 4NN

Friday 28 October. 7:00pm – 9:00pm

History below, heavens above – Hengistbury Head



An evening guided archaeology-astronomy walk. Join us on an evening walk across Hengistbury Head and trace the footsteps of your ancestors who lived here 12,000 years ago. What was it like living in the Stone Age as a hunter gatherer, making fire and hunting animals? What did people see when they lit their campfires and looked up into the night sky? Ancient constellations and a night sky full of promise.

Please book by popping into the Hengistbury Head Visitor Centre or call 01202 128444

Meet Hengistbury Head Visitor Centre, Bournemouth BH6 4EW

Sunday 30 October 10:00am – 11:00am

Bend it like Boscombe - Yoga in the park – Shelley Park

Our final Sunday morning yoga in the park of the year. Sessions open to all – beginners welcome. Bring a mat, towel or just yourselves and be part of something great. Donation only classes supporting [CYC Community Yoga Collective](#) and The Parks Foundation [Parks in Mind](#) project.

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



Monday 31 October 2:00pm – 4:00pm

Potter pumpkin park – Knyveton Gardens

Gardening jobs around the park and, for those who want to, another chance to carve a pumpkin to make a lantern for Halloween. Take your pumpkin home or leave it to light up the park after dark (see below).

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

Monday 31 October 6:00pm – 7:00pm

Pumpkin park after dark – Knyveton Gardens

Spend early evening out of doors and see the pumpkins come to life at night as we decorate a corner of the park for a friendly welcome to Halloween, with occasional spooks in mind!

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

Peter Holloway

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 Bournemouth Parks in Mind

