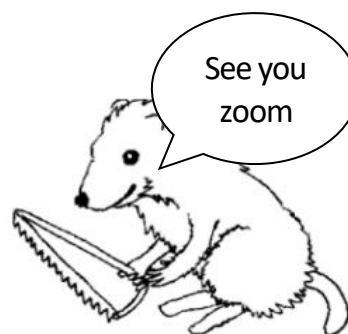


Parks in Mind Autumn into winter 2020



From Parks in Mind at home to your home

Welcome to the revised November and December programme. Please join us for virtual adventures in lockdown. Log in on Facebook live and Zoom for a chance to check in to free online sessions with artists, archaeologists and ecologists, plus yoga, tai chi, guided walks and the welcome return of tea at three! And, don't forget to register for green and crafty kits through the post. See details in the programme below.



Please book activities by emailing: p.holloway@bournemouthparksfoundation.org.uk; call/text 07384 790048

Mondays 09:00am – 09:30am

Yoga Shorts – Facebook Live

We're really pleased to welcome Rachel Wilkinson's yoga shorts back to our online programme. Rachel will be here each Monday of lockdown for 30 minutes of gentle yoga to get your day and week off to a great start. Super accessible and available for everyone, whether you're new to yoga or practice more regularly. Meet online in Facebook live, Parks in Mind Facebook group – no booking required.

Tuesdays 9:00am – 9:45 & Thursdays 11:00am – 11:45am Tai Chi Qi Gong online – Zoom

Join Jenny Newman for weekly online sessions created with Parks in Mind. Discover the wonderful benefits and simple to learn gentle movements of Qi Gong. Suitable for all levels, including beginners. Meet online on zoom. Please book by emailing p.holloway@bournemouthparksfoundation.org.uk.

Monday 16 November 10:30 – 12:00noon

Performing the past – Zoom

A fantastic chance and special invitation to learn about Performing the Past, a three-year project that brings the archaeology of Hengistbury Head to life. At this online zoom talk led by Hayden Scott-Pratt from Bournemouth University and Assistant Curator at Hengistbury Head, you'll find out how you can join other volunteers to make replica prehistoric pots, knap flints and paint using the raw materials of the stone age. Meet online on zoom. Please book by emailing p.holloway@bournemouthparksfoundation.org.uk.

Tuesday 17 November 3:00pm – 4:00pm

The listening project: this year, next year – Zoom

A tea at three special and online chat about all things Parks in Mind and more! Join us with your cuppa and your thoughts on Parks in Mind. What does it mean to you? What have you enjoyed the most and the least about 2020? Plus, a chance to talk about and shape Parks in Mind 2021. Meet online on zoom. Please book by emailing p.holloway@bournemouthparksfoundation.org.uk.



Thursday 19 November 10.30am – 12:00pm

Autumn leaf decorations – Zoom

Brighten up your home with autumn colours using natural materials. Artist Anna Shiels will advise you on what to look out for in Bournemouth's parks and gardens as you head out for your daily walk, and how to preserve them simply at home. Then join her on zoom as she leads you through a simple technique for bringing autumn colours indoors. (Please note you will need to collect materials in advance.)

Meet online on zoom. Please book by Monday 16 November by emailing anna.shiels@bcpcouncil.gov.uk

Monday 30 November 10:30am – 12:00noon

A walk though time – Facebook live

Unearth your inner hunter-gatherer on a virtual archaeology walk on the ancient site of Hengistbury Head. Hayden Scott-Pratt from Bournemouth University and Assistant Curator at Hengistbury Head takes us on a walk back in time to see what our ancestors were doing up to 12,500 years ago.

Meet online in Facebook live, Parks in Mind Facebook group – no booking required.

Tuesday 1 December 11:00am – 1:00pm

A walk on the wild side – Facebook live

We're off on a virtual winter wildlife walk with expert naturalist Stuart Clarke. Pop in to meet plants, birds and some goats, with great views from a clifftop near you!

Meet online in Facebook live, Parks in Mind Facebook group – no booking required.

Wednesday 2 December 11:00am – 1:00pm

Twiggy trees for Christmas – Zoom

Take twigs and twine and a few festive decorations for an easy-to-create hanging Christmas tree. Crafter Jo Malyon will be on hand with step-by-step instructions. Register early to receive your arty pack.

Meet online on zoom. Please book by emailing p.holloway@bournemouthparksfoundation.org.uk.

In view of uncertainty about the nature of Covid restrictions beyond 2 December, please check for confirmation of events going ahead. Email: p.holloway@bournemouthparksfoundation.org.uk; text/call 07384 790048.

Saturday 5 December 10:00am – 12:00noon

Christmas pompoms in the park – Shelley Park

Come and create cute Christmas pompoms with crafter Jo Malyon. Make and take home your very own robins, Christmas puds and snowpals! All materials and instruction provided.

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Monday 7 December 10:30 – 12:00noon

Prehistoric pottery session – Zoom

Let archaeologist Hayden Scott-Pratt guide you through the history of ceramics, one of the most important ancient materials. You will get the chance to make your own finger pot. Participants will need a clay and sand pack to join in, so please register early to receive your pottery pack in the post.

Meet online on zoom. Please book by emailing p.holloway@bournemouthparksfoundation.org.uk.

Monday 7 December 2:00pm – 4:00pm

Christmas sparkle – Zoom

A fab online jewellery making workshop led by maker and craftsperson Diane Smith. With an easy-to-follow tutorial, make a gorgeous glass crystal bracelet (sparkly inserts optional!), and, depending on how adventurous you are, choose from a selection of beads to make a bracelet of your own dazzling design. Register early to receive your arty pack in the post.

Meet online on zoom. Please book by emailing p.holloway@bournemouthparksfoundation.org.uk.



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Tuesday 8 December 10:30am – 12:30pm

Good tidings – Horseshoe Common

Join us for a tidy of the common for Christmas.

Meet Horseshoe Common, opp. Bar Me, 134-136 Old Christchurch Road, Bournemouth BH1 1NL

Tuesday 8 December 3:00pm – 4:00pm

Tea at three – Facebook

Everything stops for tea at three! Share a cuppa, tell us about your week, pop a photo up!

Meet online in the Parks in Mind Facebook group – no booking required.

Wednesday 9 December 10:30am – 12:30pm

Oh come all yea spadeful – Shelley Park

A cheery nature conservation task digging up rhododendron to improve the park for wildlife.

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Wednesday 9 December 2:00pm – 4:00pm

Origami online – Zoom

Learn how to make elegant paper birds and flowers with artist and maker Lisa Moro. We'll send you a pack of beautiful origami paper (designed by Lisa herself) in the post. So please sign up in good time to receive it.

Meet online on zoom. Please book by emailing p.holloway@bournemouthparksfoundation.org.uk.

Monday 14 December 2:00pm – 4:00pm

All things bright & beautiful – Knyveton Gardens

A final spruce up of the gardens for Christmas. Join us for all the trimmings.

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne, BH1 3RY

Monday 14 December 8:00pm – 10:00pm

Christmas lights in the sky – Hengistbury Head

Coming to a sky near you - the Geminids meteor shower! Wrap up warm and bring a blanket, mat or comfy chair as we look up in search of fiery and colourful streaks in the sky.

Meet outside Hungry Hiker Café, Hengistbury Head, Broadway BH6 4EN

Tuesday 15 December 11:00am – 1:00pm

Parks in Mind at play – Bournemouth Gardens

Fun and games in Bournemouth's beautiful lower gardens on a round of mini golf. With a visit to a local watering hole for tea, it's whole lot of fun in one!

Meet mini golf park, opposite the bandstand, Bournemouth Lower Gardens, Bournemouth BH1 2BY

Tuesday 15 December 3:00pm – 4:00pm

Tea at three – Facebook

Join us for some Christmas cheer with a cuppa char! We'd love to see your photos and to hear how the build up to your festive season is going.

Meet online in the Parks in Mind Facebook group – no booking required.

Wednesday 16 December 12noon – 2:00pm

Meet Percy Badger – Shelley Park

In days gone by Percy Badger lived at Shelley Manor, maybe he still does! Toast some marshmallows and hear his tales. Join author Lorna J Child for story time around a bonfire. Lorna will read from her newly published and enchanting story Percy Badger. Fun guaranteed!

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX



Virtual adventures in lockdown

Check out the full listing of opportunities in the programme above to join us live on Facebook and Zoom for wildlife wanders, arty activities and archaeological adventures!



Keeping you posted

We have green and arty-crafty kits to pop in the post, some which are needed to support the online events in the above programme. Just get in touch if you'd like an awesome autumn or wonderful winter delivery!

Nature buddies

Check out Facebook for news and information on how to register and become a nature buddy, a way of keeping in touch with each other over lockdown.

Calling all litter critters

We have a few litter pickers and sacks left – order your pack today and we'll deliver to your door.

Keep us in the picture

Parks, gardens, beaches and nature reserves remain open and are wonderful places for photography. Share your late autumn and wintry snaps with us in the Facebook group, or by email or text.

Park and zoom – Tai Chi Qi Gong

Tai chi remains online on zoom for the time being. Book your place and get the zoom link using the contact details at the bottom of the page.

Yoga online

Check out the fab Community Yoga Collective www.communityyogacollective.org for online yoga.

Peter Holloway

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