



**Welcome to Parks in Mind** as we wrap up warm and hunker down through winter. Please join us for virtual adventures in lockdown and through the post. Log in on Facebook Live and Zoom with artists, archaeologists, astronomers, ecologists and geologists; plus, tai chi, guided meditation and the chance to make your very own stick-person! We'll be keeping it fluffy in January, and even fluffier in February.

The gloves are off for now, but they'll be back on soon. So, stay with us online and through the post until we can give you real invitations to meet us again outside.



Further information: [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk); call/text 07384 790048

**Tuesday 12 January 9:00am – 10:00am**

**Tai Chi Qi Gong – Zoom meeting**

Park yourself online with us every Tuesday morning for Tai Chi Qi Gong. Jenny Newman takes us on a gentle meditative journey on these weekly sessions through the winter. Suitable for all levels, including beginners. *To find out more and book your place please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Wednesday 13 January 11:00am – 11:30am**

**What's Up & Rock and Stroll – Zoom meeting**

Grab a coffee and zoom in for 15-20 minutes for some exciting news of Parks in Mind events to help us enjoy our outdoor spaces in early 2021. Hear all about **What's Up**, a new online astronomy meeting on the first Wednesday of every month, and **Rock and Stroll**, an introduction to the fossils and geology of our local area. *To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Thursday 14 January 11:00am – 12:00noon**

**Tai Chi Qi Gong – Zoom**

Check in for Tai Chi Qi Gong. Join Jenny Newman on a gentle meditative journey on weekly Thursday sessions through the winter and until we can meet back in the park. Suitable for all levels, including beginners. *To find out more and book your place please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Thursday 14 January 7.30pm – 8:00pm**

**What's Up in January – Zoom**

The first of our monthly night sky visits. An informal early evening of astronomy with local amateur astronomer, Kate Earl. Using video clips, photos and simulations of the solar system, Kate will show us what we can look forward to when we look up at our January night sky. There will also be a re-cap on the latest astronomical news, and time for a general science chitchat.

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Friday 15 January 9.30am – 10:00am****Friday focus – Zoom**

Join Jenny Newman's relaxing twenty-minute online reflection on nature and the nature of being, finding our own green space in our minds. Plant yourself with us this morning and the next few Friday mornings for some end of the week gentle guided meditation.

*To find out more and book your place please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Monday 18 January 10:30am – 12:00noon****Flint knapping demonstration – Facebook Live**

The Performing the Past project hosts a live demonstration on how people at Hengistbury Head made their essential tools for over 9,000 years. Archaeologist Hayden Scott-Pratt will show us the process of turning large chunks of flint into carefully shaped tools such as blades, axes and scrapers. Plus, news on how you can be involved in the project with the chance to make replica prehistoric pots, knap flints and paint using the raw materials of the stone age.

*No booking required. Meet online in the Parks in Mind Facebook group.*

**Tuesday 19 January 11:00am – 12:00noon****Rock and Stroll (Part 1) – Zoom**

Interested in finding beautiful 40-million-year-old fossil shells and sharks' teeth at one of our local beaches? Join geologist Kate Earl for a virtual talk on the geology and fossils of Highcliffe and Barton. Kate will be describing how the area evolved over geological time, and why that means we can hunt for, and successfully find, fossil specimens on our own doorstep. With fossil specimens kindly provided by Bournemouth Natural Science Society Museum, this session compliments the Barton Facebook Live event on Tuesday 26 January.

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Wednesday 20 January 10:30am – 12:00noon****Nature, art & the five ways to wellbeing – Zoom**

A gentle introductory course over five Wednesdays to help you stay well this winter. Meet new people online, learn simple creative techniques then get outdoors and get creative. With five ways to wellbeing in mind, the sessions have been put together by Anna Shiels (BCP Council Arts & Health) in partnership Parks in Mind. No specialist materials required. Suitable for all levels of experience. **Session one: connect.**

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Thursday 21 January 2:00pm – 3:00pm****Vision board making – Zoom**

A great opportunity to think about what we'd like in 2021. A vision board is a visual representation of your goals. No matter what your aims are—to learn how to relax during lockdown, learn new skills or simply be kinder to yourself—artist Jo Malyon will help you create a collage to create your own vision board.

No specialist materials required. Suitable for all levels of experience. Book early for your starter pack.

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Friday 22 January 9.30am – 10:00am****Friday focus – Zoom**

Be gentle, be green, reflect on the nature of being. Plant yourself with us for some gentle end of the week guided meditation with Jenny Newman.

*To find out more and book your place please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Monday 25 January 10:30am – 12:00noon****Ancient glue and stone age tools – Facebook Live**

Using beeswax, pine sap, gut and twine, we'll make a Stone Age tool kit! Performing the Past project lead Mark Holloway heads up this session on how to make Stone Age resin. And, then, using the stone blades and tools we made last week (see 18 January event), we'll use the resin to turn them into a variety of handled or shafted tools such as arrows and knives.

*No booking required. Meet online in the Parks in Mind Facebook group.*

**Tuesday 26 January 1:00pm – 2:00pm****Rock and Stroll (Part 2) – Facebook Live**

Join us for a virtual fossil hunt at Barton Cliffs. Geologist Kate Earl will show us the different types of fossils found on the beach and the best places to find them. We'll learn how this part of Dorset, which once lay much farther south nearer the equator, was once a warm, inland sea home to whales, crocodiles and sharks.

*No booking required. Meet online in the Parks in Mind Facebook group.*

**Wednesday 27 January 10:30am – 12:00noon**

**Nature, art & the five ways to wellbeing – Zoom**

The second session of our gentle introductory course focusing on creativity, nature and the five ways to wellbeing. Meet people online, learn simple creative techniques then get outdoors and get creative. No specialist materials required. Suitable for all levels of experience. **Session two: learn.**

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Friday 29 January 9.30am – 10:00am**

**Friday focus – Zoom**

Take a little time out to feel sustained with Jenny Newman's twenty minute online guided meditation and reflection on nature and how to be kind to ourselves and the planet.

*To find out more and book your place please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Tuesday 2 February 09:00am – 10:00am**

**Tai Chi Qi Gong – Zoom**

Join Jenny Newman this and every Tuesday through February for easy-to-learn meditative movement.

*To find out more and book your place please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Tuesday 2 February 10:30am – 12:00noon**

**Tree's company – Zoom**

Winter tree identification workshop. Tips on how to identify trees in winter from their twigs and buds. Join Peter Holloway for this fun and informal session, and then stick around to make your very own stick-person. Register early for your winter tree i.d. passport and stick-person kit.

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Wednesday 3 February 10:30am – 12:00noon**

**Nature, art & the five ways to wellbeing – Zoom**

The third session of our gentle introductory course focusing on creativity, nature and the five ways to wellbeing. Meet people online, learn simple creative techniques then get outdoors and get creative. No specialist materials required. Suitable for all levels of experience. **Session three: give.**

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Wednesday 3 February 7:30pm – 8:00pm**

**What's Up in February – Zoom**

Join us for an informal evening of astronomy with local amateur astronomer, Kate Earl. Using video clips, photos and simulations of the solar system, Kate shows us what we can look forward to in our February night sky. There will also be a re-cap on the latest astronomical news, and time for a general science chitchat.

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Thursday 4 February 11:00am – 12:00noon**

**Tai Chi Qi Gong – Zoom**

Join Jenny Newman each Thursday for gentle exercise indoors, as we dream of getting back outdoors.

*Please book the zoom link by emailing [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Friday 5 February 9.30am – 10:00am**

**Friday focus – Zoom**

Be gentle, be green and then escape from your screen. Jenny Newman's twenty minutes online guided meditation will help us switch off to think about the benefits of spending more time in nature.

*To find out more and book your place please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Tuesday 9 February 2:00pm – 3:00pm**

**Hearts in mind – Zoom**

Learn how to make a woven heart shaped basket from card or felt. Fill it up with a special treat and give it to your crush or someone you love on Valentine's day! Join artist Jo Malyon for a little crafty labour of love.

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Wednesday 10 February 10:30am – 12:00noon**

**Nature, art & the five ways to wellbeing – Zoom**

Session number four of our gentle introductory course focusing on creativity, nature and the five ways to wellbeing. Meet people online, learn simple creative techniques then get outdoors and get creative. No specialist materials required. Suitable for all levels of experience. **Session four: be active.**

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Monday 15 February 10:30am – 12:00noon**

**Ancient pottery making – Zoom**

Due to popular demand, another chance to take part in a pottery session and making your own pot! Sign up for your clay pack delivery and let archaeologist Hayden Scott-Pratt guide you through the history of ceramics and show you some ancient potter technology. Participants will need a clay and sand pack to join in, so please register early to receive your pottery pack in the post.

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Wednesday 17 February 10:30am – 12:00noon**

**Nature, art & the five ways to wellbeing – Zoom**

The final session of our gentle introductory course focusing on creativity, nature and the five ways to wellbeing. Meet people online, learn simple creative techniques then get outdoors and get creative. No specialist materials required. Suitable for all levels of experience. **Session five: take notice.**

*To find out more and book your place please email [p.holloway@bournemouthparksfoundation.org.uk](mailto:p.holloway@bournemouthparksfoundation.org.uk)*

**Tuesday 23 February 10:30am – 12:00noon**

**Hengistbury Head archaeology walk – Facebook Live**

A virtual walk live from one of our best open spaces. Join Hayden Scott-Pratt from Bournemouth University on a tour through time across the ancient site of Hengistbury Head, with stops to consider the most important archaeological finds and spending some time looking for ancient pottery on the beach.

*No booking required. Meet online in the Parks in Mind Facebook group.*

### **Park yourself with Parks in Mind - online and through the post**

#### **Online data**

If you struggle to get online or have problems with your data plan for online activities, then get in touch and we'll see if we can help.

#### **Keeping you posted**

We have green and arty-crafty kits to pop in the post. Get in touch for a wonderful winter delivery.

#### **Wellbeing corner**

- **Tai Chi Qi Gong – Zoom**  
Discover the wonderful benefits of Qi Gong. Each Tuesday and Thursday from 12 January
- **Friday Focus – Zoom**  
Guided meditation on nature and how to be kind to ourselves. Four Fridays from 15 January
- **Nature, art and the five ways to wellbeing – Zoom**  
A gentle introductory course to help you stay well this winter. Five sessions from 20 January
- **Tuesday Tea at three – Facebook live**  
Pop in for a cuppa. Selected Tuesdays. Check the Facebook group for updates
- **Wintry snaps – at home and in your local park**  
Share your winter photos with us by email, text or in the Parks in Mind Facebook Group
- **Yoga online**  
Check out the Community Yoga Collective [www.communityyogacollective.org](http://www.communityyogacollective.org) for online yoga.


*Events are produced within Covid-19 social distance guidelines*

Peter Holloway

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 [Bournemouth Parks in Mind](#)

