



The Friends of Churchill Gardens Newsletter

Issue 1: June 2022

Jubilee Celebration

Special Edition





What is 'The Friends of Churchill Gardens'?

The Friends of Churchill Gardens is a constituted community group originally formed back in 2009. After a long hiatus, we are now breathing life back in to the group with a newly elected committee and refreshed membership. Membership is open to anyone who shares the aims of The Friends of Churchill Gardens.

What are the aims of 'The Friends of Churchill Gardens'?

- **Conservation:** To enhance, conserve and manage the park and its assets.
- **Community:** To develop and provide opportunities for the community to enjoy the park and its assets, and to nurture Community involvement.
- **Connections:** To further develop opportunities for individuals to come together and actively encourage and nurture the community.

Who are the committee?

The current committee members are:

Chairperson: Jack Maguire

Vice Chairperson: Kelly Longrigg

Treasurer: Adam Playfair

Secretary: Sophie Pope

Committee Members: Zoe Keeping, Sam Cutler and Reece Dougall

How can I contact the committee?

There are lots of ways in which you can connect with the committee.



www.focg.co.uk



hello@focg.co.uk



Search 'Friends of Churchill Gardens' and look for the page with our logo.



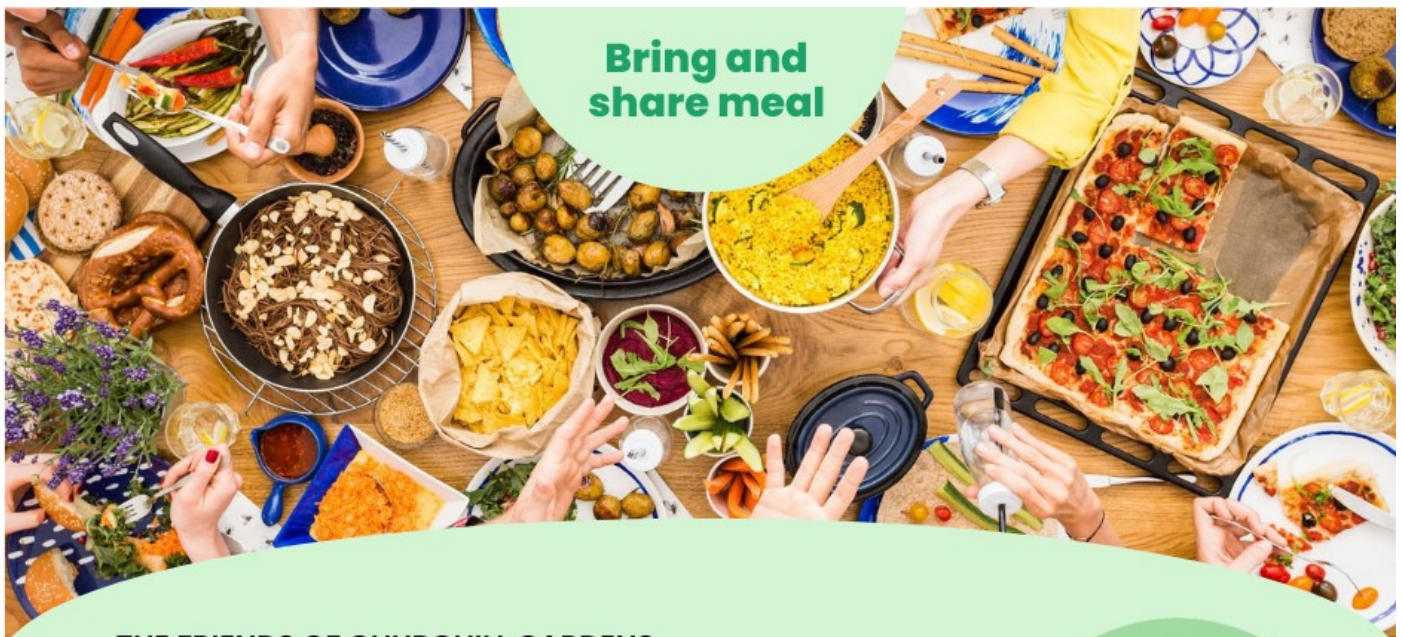
[@friendsofchurchillgardens](https://www.instagram.com/friendsofchurchillgardens)

FOCG Meetings

In order to increase members involvement in the group as a whole, we have taken the decision to increase the number of general meetings per year to four, one of these being an AGM (Annual General Meeting).

Throughout the year, there will be eight committee meetings. As the name suggests, these meetings will be for the committee only, however every member is welcome to submit questions or comments to the committee in advance of each committee meeting. These must be submitted in writing through our group email hello@focg.co.uk or as a handwritten note given to one of the committee members. If you are unable to access technology or have difficulties with writing, please speak with one of the committee members who will happily take note of your question and add it to the agenda of our next meeting.

Our next committee meeting will take place on Tuesday 21st June, and this will be open to the committee only. The details of our next general members meeting can be found below, and will take the form of a bring and share meal, which we hope you be able to join us for. This is a members only meeting, however those who are not yet members will be able to join up on the day.



THE FRIENDS OF CHURCHILL GARDENS

GENERAL MEETING OF MEMBERS

Churchill Gardens
Tuesday 19th July
6-7.30pm



FOCG Jubilee Celebration



Our guest judge, Sarah from BakedBoscombe, awarding the prizes for best jubilee themed costumes to some of our younger guests.

Our first event as a new reformed group was our Churchill Garden Jubilee Celebration which took place in the park on Friday 3rd June. The event was a great success and it was lovely to see so many smiling faces taking part in the fun.

The celebration began at 12pm, with a huge queue quickly forming at the craft and face painting marquee, with the sounds of the Boscombe Sing group entertaining the crowds. The other end of the park was filled with squeals of delight and roars of encouragement from people of all ages cheering on their chosen pig in the pig racing activity that we had been very kindly given on loan from the Friends of Boscombe Gardens.

The pig racing was a huge hit with the crowd, and we are pretty sure that the sound of our treasurer, Adam, bellowing "Release the pigs!" could be heard for miles around.





Heather, collecting her prize for her decorating skills.

The event took the form of a ‘bring your own’ picnic, however, many guests kindly donated food and treats to a communal table; and local businesses such as Sainsbury’s and BakedBoscombe also donated to our supplies and helped keep the crowds well fed and happy.

Sarah, from BakedBoscombe, was one of the most visible guests of the day, stunning the crowd with her fantastic Union Jack outfit! She was perfectly dressed to take on the roll of guest judge, alongside Councillor Jane Kelly. Jane kindly chose a winner for the ‘Best Decorated House’ category, with Sean and Heather winning a rosette from the FOCG, as well as a Cream Tea from BakedBoscombe, for their effort. Their building was adorned with Union Flags, balloons and images of the queen, and they really helped with our quest to turn the park red, white and blue!

Sarah’s first judging duties involved the enviable job of testing the entries to our Great British Bake Off competition, and awarding the trophy to our Star Baker. After tasting all of the delicious makes and bakes, Sarah crowned Vivienne as our top baker—well done, Vivienne!

Sarah then went on to chose the winners of our best jubilee outfit contest. There was some stiff

competition, but we were able to award a gold, silver and bronze medal to our top three superstars.

Even though not everyone arrived in a themed outfit, by the time they left, most guest had at least a jubilee glitter tattoo or a Union Jack face painting design thanks to our committee member, Kelly, who didn’t leave the face painting tent for the whole event due to demand! **(See below)**



Our Jubilee Star Baker, Vivienne.

The event was a huge success and we are already planning our next one! We hope that you will all be able to attend and take part in order to make it as successful as the Jubilee celebration. For more details on the next event...WATCH THIS SPACE!



'The Onion' has Arrived!



“

“My hope is that ‘The Onion’ will also serve as a ‘befriending bench’, encouraging people to stop and chat...a space for people to safely meet, relax and connect with nature.”

Zoe Keeping

”

Have you seen the newest addition to Churchill Gardens? After a labour of love and a lot of waiting, the ‘onion’ as it has affectionately become known, is now in place in the green space, and it looks fantastic!

Following feedback from the public that a new community shelter was needed in the park; Zoe from C3 in Boscombe commissioned ‘Handspring

Design’ to build and install the shelter as part of the implementation of the Boscombe Community Action Plan. When unveiling the finished project, Zoe said “Local people identified a need for a community shelter in Churchill Gardens that would offer a space for people to safely meet, relax and connect with nature. My hope is that ‘The Onion’ will also serve as a ‘befriending bench’, encouraging people to stop and chat.”



The next step was to secure the roof, which was then covered in wildflowers, to allow the structure to truly blend in with its surroundings in the park.

The shelter was an instant hit, with community members of all ages making use of this beautiful new space to take shelter from both sun and rain (it is British Summer time after all!), and it has already been the focus of lots of photography—if you have any photos that you would like to share, please get in touch with us; we’d love to see them.

This shelter really is a true community project—the need for it was identified by the community; it has been placed in a true community space to benefit the community; and the installation really was a community effort! Zoe put the call out on social media for helpers to assist in the digging out of the foundations, and thankfully several came forward. With hot drinks and snacks provided, and a lot of digging, the foundations were finally ready, and the beautiful wooden structure was ready to be put in place.



The project has been funded by Talbot Village Trust, Sovereign Housing Association, BCP Council CIL Neighbourhood Portion and C3 grant monies. We would like to say a huge “Thank you and well done” to Zoe Keeping, who is the C3 in Boscombe co-ordinator who put so much work into bringing this new community resource to our park. A big ‘thank you’ also must go to the fabulous volunteers who came along to help with the digging of the foundations—what a great job you did!

As we move closer to the Summer holidays (and hopefully sunnier weather) we hope that this structure will become a meeting space for family and friends, old and new; allowing people to connect in our wonderful park.

VITA NOVA'S JUBILEE CELEBRATION



Churchill Gardens has been lucky enough to be the venue for not one, but two jubilee celebration events! On Saturday 18th June, Vita Nova brought a whole day of fun and celebration to the park, and the event was a great success.

Guests were treated to music, drama, art, competitions, prizes, and were even graced by royalty when they were visited by several queens—past and present!

The day began by the Queens being transported in vintage cars from Boscombe Pier to Churchill Gardens, where the event was formally opened. DFA then performed two high energy dances to the delight of the crowd, as seen above.

There were also performances from local primary schools, as well as musical interludes from CODA Fiddle Orchestra group, and theatrical excerpt performances from Vita Nova.

After a jam packed day of entertainment, the show continued in the evening, with many members of the community braving the rain and wind that arrived with nightfall, to watch a belly dancing performance, as well as a magical show from the fire dancing duo 'Light of Samata'.

We hope that those who attended the event had a fantastic day, and I am sure you will join us in thanking Vita Nova for putting together such a great event for our community and our park.



vitaNova
lifechanging

What's on?

Below you will find summaries of the FREE sessions that take place in Churchill Gardens every week. See overleaf for the full timetable.

BOXERCISE

Boxercise is an exercise concept based on the training methods used by boxers.

It includes aspects of cardio and resistance training – the perfect balance. Results include burning calories, improved coordination, better body composition, reduced anxiety and stress plus lots of FUN.

NUTRITIONAL SUPPORT WORKSHOP

You will focus on your goals and introducing small habits to help you achieve your vision of yourself. Fiona will introduce the the true importance of habit creation and improving your lifestyle.

POSITIVE MINDSET WORKSHOP

Sessions will show you simple steps that you can implement immediately to start building a positive mindset.

How actively practicing daily gratitude creates the foundation of a positive mindset.

SMALL GROUP PT

Sessions offer unique and enjoyable training sessions which are aimed to deliver results for every person that attends regardless of age, body shape or current fitness level. These classes are for ALL abilities whether you have never exercised or you train regularly.



HAPPY MIND WORKSHOP

The Happy Mind Workshops are designed to give you access to your inner resources of confidence, self-care, resilience and wellbeing.

YOGA

Experience mind and body connection through a series of disciplined physical postures, breathing exercises and relaxation. You'll be increasing flexibility and balancing all parts of the body through this strengthening workout. Yoga can help reduce stress levels and improve overall health.

PILATES

A system of physical conditioning involving low-impact exercises and stretches designed to strengthen muscles of the torso. Great if your goal is weight loss, toning, strength & conditioning, build muscle, training for an event or general fitness.

MEDITATION

This guided session is proved to soothe all senses and calm the nervous system, leaving you with clarity and peace in the mind. There is no need to have any experience in meditation, our teacher and a little help of comfy headphones are there to ensure your warm welcome and guarantee a full immersion into the practice.



CHURCHILL GARDENS RAISED BEDS



Aims and Objectives

- To grow fresh, nutritious fruit and vegetables for the local community.
- To share, learn and demonstrate organic food growing skills and techniques.
- To create a beautiful, productive, wildlife-friendly garden.

How can I get involved?

- Join us at a **volunteer session every Tuesday 10am to 1pm**, come rain or shine!
- There are also **workshops and family sessions** on some Saturdays – see events calendar.
- All ages welcome, no experience needed.
- Please do not plant or remove anything without discussing with our coordinator, Jono (education@groundedcommunity.co.uk). We have been asked to facilitate a united, community-led effort. Suggestions and new ideas are very welcome and will be included where possible.

What's growing now?



- There will be different crops growing at different times of year.
- Check the **raised bed plan** to see what's in the beds right now.

Where does the harvested food go?

- Some food will be cooked or preserved and provided in a community café
- Some fruit and veg will be available in a free 'market stall'
- Surplus food will be donated to local schemes that support low-income families

Who are Grounded Community?

- We are a Boscombe-based food growing charity who have been asked to coordinate the growing at Churchill Garden raised beds.
- We also look after The Secret Garden (by St Clements), Feed Our Community (formerly Boscombe community fridge), a community composting project and several beehives on the Sovereign Centre roof.
- Find out more at www.groundedcommunity.co.uk

Which principles do we follow?

- We follow *The Principles of Organic Gardening*, focusing on
 - building soil health – e.g. minimal soil disturbance and no-dig techniques
 - encouraging biodiversity – e.g. planting flowers to attract beneficial insects
 - using resources responsibly – e.g. using organic seeds, rainwater and avoiding plastic
 - avoiding using harmful chemicals – e.g. physical weed control, natural pest management
 - creating a healthy growing area – e.g. healthy soil and diverse, vigorous plants
- for full details please see www.gardenorganic.org.uk/principles



FREE
sessions.

No booking
required.

What's on in Churchill Gardens?



Monday

9-9.45am: Yoga
9.45-10.15am: Meditation
1-1.30pm: Boxercise



Thursday

11-11.45am: Happy Mind
Workshop
12-12.45pm: Yoga
12.45-1.15pm: Meditation

Tuesday

10am-1pm: Grounded
12.15-1pm: Nutritional Support
Group
1.05-1.35pm: Group Personal
Training
1.45-2.30pm: Positive Mindset
Workshop

Wednesday

11.30am-12.10pm:
Dancefit
12.15-1pm: Nutritional
Support Group



Saturday

9.30-10.15am: Yoga
10am-1pm: Grounded
10.30-11.15am: Happy
Mind Workshop