



May 2021

Welcome to the May programme

We'll be making the most of the parks during marvellous May. Please join us outdoors and online as we connect to wildlife, conservation, creativity and calm. We hope to see you there!

Booking essential. Further information: peter@parksfoundation.org.uk; call/text 07384 790048

Tuesday 4 May 9:00am – 10:00am

Qi Gong – Zoom

Choose Tuesdays for online Qi Gong. Join Jenny Newman each week for gentle exercise.

To find out more and book your place, please email perfectsoundworld@hotmail.co.uk

Tuesday 4 May 11:00am – 1:00pm

Tree's company – Shelley Park

Planting trees for wildlife. Learn why and how to plant trees on this fun morning session.

Meet Shelley Park car park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG

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

Wednesday 5 May 10:30am – 12:00pm

Mindful photography: part one – Zoom

Join Anna Shiels and Peter Holloway for a relaxing one and half hours exploring mindful photography. Slow down and look at your surroundings in a new way. This is the first of two sessions; the second will take place in Shelley Park. Please book both of these together, choosing either 12 or 19 May for part two.

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

Wednesday 5 May 7:30pm – 8:15pm

What's Up in May – Zoom

The latest 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 shows us what we can look forward to when we look up at our May night sky. There will also be an update on the Mars Perseverance Rover, how and when to spot Noctilucent Clouds and time for a general science chitchat.

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

Thursday 6 May 11:00am – 12:00pm

Qi Gong – Shelley Park

Take up Thursday Qi Gong in the park with Jenny Newman. Gentle exercise, relaxation and meditation.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Zoom if inclement)

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



Thursday 6 May 12:00pm – 12:30pm

Thought for Thursday – Shelley Park

A relaxing thirty-minute reflection and guided meditation in the park with Jenny Newman.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG

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

Saturday 8 May 6:00am – 7:30am

Early birds – Woodland Walk & Facebook Live

Ornithologist Stuart Clarke takes us on a walk in a Boscombe wood identifying birds by their calls and songs. In-person spaces available – please book or watch online in the Parks in Mind Facebook group.

Meet Gates to Woodland Walk, adj. 747 Christchurch Road, (opp. Wolverton Rd), Boscombe BH7 6AN

Or online in the Parks in Mind Facebook group.

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

Monday 10 May 2:00pm – 4:00pm

Nature meets park – Knyveton Gardens

Be a part of Knyveton Garden's green recovery. An afternoon potter to improve the park for wildlife.

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

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

Tuesday 11 May 11:00am – 12:30pm

Walk the walk – Woodland Walk

A stroll through spring and a chance for a chat and litter pick through a wood that leads to the sea.

Meet Gates to Woodland Walk, adj. 747 Christchurch Road, (opp. Wolverton Rd), Boscombe BH7 6AN

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

Wednesday 12 May 10:30am – 12:00pm

Mindful photography: part two (group 1) – Shelley Park

A relaxing one and half hours exploring our environment through mindful photography. You will need a smartphone or digital camera. Please note that priority will be given to those who have attended Mindful Photography session part one on 5 May.

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

Monday 17 May 2:00pm – 4:00pm

Perk up the park – Knyveton gardens

Gentle gardening in Springbourne's favourite park. A variety of jobs for everyone.

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

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

Tuesday 18 May 9:00am – 10:00am

Qi Gong – Zoom

We're loving Jenny Newman's Tuesday morning online Qi Gong. Join Jenny each week for gentle exercise.

To find out more and book your place, please email perfectsoundworld@hotmail.co.uk

Tuesday 18 May 11:00am – 1:00pm

A shore to explore – Boscombe Beach

A bright and breezy search for beach treasures from sea glass to special pebbles to pop in your pocket.

Meet top of Portman Ravine zigzag, Boscombe, opp. seaward end of Woodland Walk, Boscombe BH5 2DJ

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

Wednesday 19 May 10:30am – 12:00pm

Mindful photography: part two (group 2) – Shelley Park

A relaxing one and half hours exploring our environment through mindful photography. You will need a smartphone or digital camera. Please note that priority will be given to those who have attended Mindful Photography session part one on 5 May.

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



Thursday 20 May 11:00am – 12:00pm

Qi Gong – Shelley Park

Join Jenny Newman in the park to connect with nature and the wonderful benefits of Qi Gong.

Meet on the lawn in Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Zoom if inclement)

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

Thursday 20 May 12:00pm – 12:30pm

Thought for Thursday – Shelley Park

Thursday lunchtime thirty-minute reflection and guided meditation in the park with Jenny Newman.

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

Thursday 20 May 2:00pm – 3:30pm

Getting started with Craftivism – Zoom

Craftivism is the 'art of gentle protest'. Known as 'activism for introverts,' craftivism makes your views known in a gentle, mindful and positive way through the use of stitch. For both beginner and more experienced crafter, this session will focus on creating a fabric heart to be worn, given away or left in a public place. A kit will be sent out in the post to each participant. Although this initial session is held online, we hope future sessions will be outdoors. Maximum of 8 participants. Run by craftivist Gill Coleman.

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

Monday 24 May 2:00pm – 4:00pm

Potter in the park – Knyveton Gardens

Gardening jobs to tidy and green up our lovely Springbourne spring park.

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

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

Tuesday 25 May 11:00am – 1:00pm

Whittle by whittle – Shelley Park

A wonderful wood carving demonstration with green woodsman and spoon carver Mark Codling.

Carving a wooden spoon is a great way to focus your mind and can be very meditative and calming.

Mark will take us through the steps of how to start carving green wood into a spoon and other utensils.

With an explanation of the best woods to carve and how to prepare them, this absorbing and relaxing demonstration will show us the main techniques used. We hope to run of a number of sessions, with the aim of creating an outdoor wood carving group.


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

Peter Holloway

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www.parksfoundation.org.uk

 [Bournemouth Parks in Mind](#)

