

Welcome to the July programme

Join us and relax into sunny spaces and good company in your town's brilliant parks. With a mix of wildlife conservation, green space gardening, archaeology, art, night sky visits and wellbeing – we'd love to see you.

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

Monday 5 July 10:00am – 4:00pm

Performing the Past - Hengistbury Head

Join us for ancient ceramics and pottery, a chance to make your own pottery using a 5000-year-old crafts. An opportunity to explore how our ancestors turned locally excavated clay into pottery, one of the most permanent fixtures of everyday life in the past and today. Have fun exploring the different ways in which early pottery was formed using finger pots, coiling, paddling, pinching and shaping! The demonstration part of the workshop will be streamed live in the Parks in Mind Facebook group (see event below)

To find out more and book your place, please email hscottpratt@bournemouth.ac.uk or tel. 01202 128444

Monday 5 July 10:30am – 12:00pm

Performing the Past – Facebook Live

If you'd like to join the above pottery workshop from home then you can find us live on Facebook. We will explore the basics ways in which we prepare clay to make it suitable for firing. We have a small number of clay packs available for collection for those who can't attend the above workshop in person.

To find out more and book a clay pack, please email hscottpratt@bournemouth.ac.uk or tel. 01202 128444

Join the livestream in the Parks in Mind [Facebook group](#)

Tuesday 6 July 9:00am – 10:00am

Tai Chi 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

Wednesday 7 July 10:30am – 12:30pm

Exploring 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. **Session four: get active and get creative**

Meet outside the cafe (the old cricket pavilion), King's Park Drive, off Ashley Road, Boscombe, BH1 4NN

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



Wednesday 7 July 7:30pm – 8:15pm

What's Up in July – Zoom

Join us for our monthly Zoom night sky visit. An informal half-hour 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 July night sky. This month will include all the latest news and facts on our Solar System, including a recently solved mystery surrounding the Sun, and NASA's planned return missions to Venus.

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

Thursday 8 July 10:00am – 11:00am

Tai Chi Qi Gong – Shelley Park

Connect with nature and the wonderful benefits of Qi Gong with our guide, Jenny Newman.

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

Sunday 11 July 10:00am – 11:00am

Yoga in the park – Shelley Park

We are back with yoga in the park! Join Parks in Mind and CYC Community Yoga Collective this and each Sunday morning stretching across the summer. Sessions open to all – beginners welcome. Bring a mat, towel or just yourselves and be part of something great.

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

Book your place and find out more by clicking [Eventbrite yoga-in-the-park-tickets](#)

Monday 12 July 10:30am – 1:00pm

Fisherman's friends – Fisherman's Walk

Another opportunity to link up with the Friends of Fisherman's Walk to help with some gardening around the pond. If you can spare an hour or two of your time it would be great to see you there.

Meet the pond garden, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ

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

Monday 12 July 2:00pm – 4:00pm

Park potter – Knyveton Gardens

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

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 13 July 11:00am – 1:00pm

Common people – Horseshoe Common

Come on to the common to help with some wildlife conservation and a bit of a tidy.

Meet southern end of Horseshoe Common, opp. 136 Old Christchurch Road, Bournemouth BH1 1NL

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

Wednesday 14 July 10:30am – 12:30pm

Exploring 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. Creative wellbeing in the park and tapping into nature's bounty to make simple gifts for your friends and for yourself. **Session five: gratitude, gifting & connecting**

Meet outside the cafe (the old cricket pavilion), King's Park Drive, off Ashley Road, Boscombe, BH1 4NN

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



Wednesday 14 July 9:00pm – 12:00am

Nature Lab: Come on BourneMoth – Winton Park

We are going to 'light up' Winton Park with a moth trap during this evening. Be amazed by the variety and beauty of these night-time insects. We will be joined by some moth experts to guide us on what we are looking at. Nature Lab is a chance to take part in a citizen science project – where, as local people, we can discover what wildlife is on doorstep, monitor how well it is doing and then take that knowledge home to discover what is in our own gardens. Come back in the morning to discover more, see event below!

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

Meet Winton Recreation Ground, Fitzharris Avenue, Bournemouth, BH9 1BX

Thursday 15 July 10:00am – 11:30am

Nature Lab: Mothmatics – Winton Park

Join us in the park this morning for mothmatics, a count of the moths we found last night, with experts on hand to help identify them. We will compare our finds with a moth trap we had on overnight in another habitat. How well did Winton Park fare? All will be revealed! Should be fun - "Come on BourneMoth!"

Meet Winton Recreation Ground, Fitzharris Avenue, Bournemouth, BH9 1BX

Sunday 18 July 10:00am – 11:00am

Yoga in the park – Shelley Park

Stretch out today and every Sunday morning through the summer. Fab park yoga led by the Community Yoga Collective. Sessions open to all – beginners welcome. Bring a mat, towel or just yourselves and be part of something great.

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

Book your place and find out more by clicking [Eventbrite yoga-in-the-park-tickets](#)

Monday 19 July 10:00am – 4:00pm

Performing the Past - Hengistbury Head

Join us for the shaping of molten metal! Come along and help Hayden the Hengistbury Head Assistant Curator work his magic by alloying and casting some bronze tools and objects. This requires getting hot and sticky as we raise the temperature of our prehistoric furnace to above 1000 C°! How did our ancestors develop this technology? Who first made that leap of imagination that has shaped generations of lives over the past 3500 years? The workshop will be streamed live in the Parks in Mind Facebook group (see below)

To find out more and book your place, please email hscottpratt@bournemouth.ac.uk or tel. 01202 128444

Monday 19 July 10:30am – 12:00pm

Performing the Past – Facebook Live

If you'd like to join the above workshop from home then you can find us live on Facebook. Watch as we shape and cast molten metal as we explore the technologies developed by our ancestors.

Join the livestream in the Parks in Mind [Facebook group](#)

Tuesday 20 July 9:00am – 10:00am

Tai Chi 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 20 June 11:00am – 1:00pm

Whittle by whittle – Shelley Park

Last month ten of us gathered with green woodsman Mark Codling to learn the basics of how to carve and make a wooden spoon and other utensils. Join us as we meet Mark again for more wonderful wood carving. With an explanation of the best woods to use and how to prepare them, this absorbing and relaxing demonstration will show us the main techniques used. Mark will take us through the steps of carving green wood into a spoon. We hope to run of a number of sessions, with the aim of creating an outdoor wood carving group. Please get in touch to find out more.

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



Wednesday 21 July 10:30am – 12:30pm

Exploring the 5 Ways to Wellbeing – Kings Park

Our final session of our six-week creative course in the park. Enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to enjoy our green spaces.

Session six: setting goals and beautiful intention sticks

*Meet outside the cafe (the old cricket pavilion), King's Park Drive, off Ashley Road, Boscombe, BH1 4NN
To find out more and book your place, please email peter@parksfoundation.org.uk*

Wednesday 21 July 2:30pm – 4:00pm

Message it in stitch – Shelley Park

Welcome to our outdoor pop-up café in Shelley Park, where you can create your own message using fabric and stitch. The café provides a quiet space in the park for you to get creative and stitch a message. Your message could be a thank you, a protest or simply a statement to send to your MP, councillor, a corporation or individual, or simply left in a public place. We will be using recycled fabrics and stitching with needle and thread. No experience is necessary. Some fabrics will be made available but if you have any cloth you would like to use, please bring it with you. Run by craftivist Gill Coleman.

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

Thursday 22 July 10:00am – 11:00am

Tai Chi 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

Sunday 25 July 10:00am – 11:00am

Yoga in the park – Shelley Park

Stretch out the summer with wonderful park yoga. Sunday morning yoga in the park, led the Community Yoga Collective. Bring a mat, towel or just yourselves and be part of something great.

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

Book your place and find out more by clicking [Eventbrite yoga-in-the-park-tickets](#)

Monday 26 July 2:00pm – 4:00pm

Park potter – Knyveton Gardens

Link up with the Friends of Knyveton Gardens to help tidy and improve this pocket park for wildlife.

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 27 July 9:00am – 10:00am

Tai Chi 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

Thursday 29 July 10:00am – 11:00am

Tai Chi 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

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 [Bournemouth Parks in Mind](#)

