



## Parks in Mind May & June 2022



### Spring into summer with Parks in Mind

Welcome to your early summer programme. There's a chance to enjoy the cool of the early morning and watching stars well into the night. In between, there's practical nature conservation, gardening, wildlife walks, nature-inspired art in the park, yoga, tai chi and meditation. We'd love to see you! Follow us on [Facebook](#) for updates.

Booking by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07384 790048 unless otherwise stated

### **Tuesdays in May 9:00am – 10:00am**      **Tai Chi Qigong – Zoom**

Choose Tuesdays for online Qigong. Join Jenny Newman each week for gentle exercise from home. There are in-person sessions in the park on Thursdays too – check the programme for details.  
*To request the Zoom link and find out more, please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

### **Wednesday 4 May 5:30pm – 7:00pm**      **Frisbee fling – Shelley Park**

Feeling springy? Here's a chance to catch former-UK Frisbee Champion Gary Williams for some throwing tips and tricks at this month's frisbee fling in the park.  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

### **Wednesday 4 May 7:30pm – 8:15pm**      **What's Up – Zoom**

An informal Zoom session of astronomy news with Kate Earl. Using video clips, photos and simulations of the solar system, Kate shows us what we can look forward to when looking up at our May night sky, as well as a summary of the latest space news. This month we'll also be looking at the best objects to view during the daytime. We are also delighted to welcome Dom from Activate Performing Arts, who will tell us about an exciting and extraordinary [Green Space Dark Skies](#) event taking place in Dorset this summer.  
*To request the Zoom link and find out more, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

### **Thursday 5 May 10:00am – 11:00am**      **Tai Chi Qigong – Shelley Park**

A very welcome back to Jenny Newman's Qigong in Shelley Park. Relaxing and restorative gentle exercise this and every Thursday through spring and summer. Suitable for all levels, including beginners.  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Monday 9 May 11:00am – 1:00pm****Common people – Horseshoe Common**

Join us for some light nature conservation activities and a tidy in the town centre wood. *Please book. Meet Horseshoe Common, opp. 136 Old Christchurch Road, Bournemouth BH1 1NL*

**Tuesday 10 May 10:30am – 1:00pm****Bandstand together – Fisherman's Walk**

The paint on the bandstand is peeling, here's a chance to make it more appealing ready for summer concerts in the park. A fresh lick of paint, full instructions, equipment and materials provided. There's also some gardening and tidying to do, followed by tea and cake provided by the Friends of Fisherman's Walk. *Please book. Meet the bandstand, Fisherman's Walk, Boscombe Overcliff Drive BH6 3SQ*

**Wednesday 11 May 8:30pm – 9:30pm****See the Moon – Clifftop Nature Reserve**

Join us for an evening of Moon watching on the clifftop. Come and look at the Moon through a telescope, and learn about our nearest neighbour. If cloudy, please still come along and ask our resident astronomer Kate Earl about anything astronomical. With us will be Dom and Caroline from Activate Performing Arts. They will explain how to become a 'lumenator' at a very special event later this summer, with an invitation to experience [Green Space Dark Skies](#) at a wild and beautiful place as dusk falls over Dorset. *Please book. Meet Boscombe Overcliff Nature Reserve, seaward end of Grovely Avenue, Boscombe BH5 1JB*

**Thursday 12 May 10:00am – 11:00am****Tai Chi Qigong – Shelley Park**

Connect with spring and benefits of this gentle meditative outdoor exercise class led by Jenny Newman. *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Friday 13 May 6:00am – 7:30am****Early birds – Woodland Walk & Overcliff Nature Reserve**

We're up with the sparrows for a dawn chorus walk through a Boscombe wood and onto the clifftop. A chance to join top ornithologist Stuart Clarke to identify birds by their calls and songs. The walk is followed by breakfast served out of doors on the nature reserve. *Please book. Meet entrance to Woodland Walk, Christchurch Road, Boscombe BH7 6AN*

**Saturday 14 May 11:00am – 3:00pm****Fun Archaeology Day! – Hengistbury Head & Facebook live**

Travel back in time 12,000 years and get closer to your ancestors. Demonstrations and a chance to try your hand at Iron Age pottery, flint knapping, prehistoric cooking, textiles and making pigments and paints and cave art. Book below or watch from home on [Facebook Live](#) between 2:00pm and 2:30pm. *Please book. Phone Hengistbury Head 01202 128444. Meet Visitor Centre, Hengistbury Head BH6 4EN*

**Monday 16 May 2:00pm – 4:00pm****Don't forget the forget-me-nots – Woodland Walk**

Celebrate the arrival of forget-me-nots by making your very own posy. Guided by crafter Jo Malyon you can choose between making knitted or felt forget-me-not. All materials provided. This workshop is in partnership with the Alzheimer's Society [dementia friends](#) initiative to mark Dementia Week. *Please book. Meet entrance to Woodland Walk, Christchurch Road, Boscombe BH7 6AN*

**Tuesday 17 May 10:30am – 12:30pm****Lovely leaves nature prints– Kings Park**

Join Anna and Peter for a nature-inspired printmaking session, using leaves and twigs and anything in between. Dress for mess. Suitable for all levels of experience. *Please book. Meet Skills & Learning Art Room, Indoor Bowls Centre, King's Park Drive, Boscombe BH7 6JD*

**Thursday 19 May 10:00am – 11:00am****Tai Chi Qigong – Shelley Park**

Jenny Newman shows us how posture, movement and breathing techniques can improve wellbeing. *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

Booking by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07384 790048 unless otherwise stated



**Monday 23 May 2:00pm – 4:00pm      Spring has sprung – Knyveton Gardens**

Pop in to help improve the park for spring and we'll pop the kettle on to keep you springing along!

*Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY*

**Tuesday 24 May 11:00am – 1:30pm      Whittle by whittle – Fisherman's Walk**

Join us for some thoroughly relaxing and absorbing spoon carving. Hosted by green woodsman Mark Codling, this is an opportunity to learn about the best woods to use for a range of carving. Suitable for new and experienced green wood carvers, with the idea of forming a local spoon carving club. Wood and some tools available but if you have slöyd and spoon knives please bring them along.

*Please book. Meet bandstand, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ*

**Wednesday 25 May 2:00pm – 4:00pm      Stitch cafe – Shelley Park**

Join us once again this summer, stitching in Shelley Park. This year we'll be producing textile panels for a display in Bournemouth Library as part of [The Loving Earth Project](#). Simply come with an idea that can be turned into a design about something you love that's being impacted by climate change. Alternatively, bring your own sewing project and enjoy tea, cake and a natter. No experience necessary, and we'll provide all the materials. Further information from Gill Coleman, Textile Artist [gill.coleman@outlook.com](mailto:gill.coleman@outlook.com).

*Please book, email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk). Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Thursday 26 May 10:00am – 11:00am      Tai Chi Qigong – Shelley Park**

The flowing movements of Qigong as led by Jenny Newman. Suitable for all levels, including beginners.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Monday 30 May 11:00am – 12:00pm      Mindfulness in nature – Shelley Park**

Connecting with nature for enhanced wellbeing. Nature-based mindfulness practices including simple techniques for connection, a mindful walk, meditation, poetry and journaling prompts. Led by Rosa Hearnshaw.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Monday 30 May 2:00pm – 4:00pm      Make an entrance – Knyveton Gardens**

A tidy of the entrances and paths to welcome early summer to the park. Plus, tea at three for you and me.

*Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY*

**Wednesday 1 June 5:30pm – 7:30pm      Frisbee fling – Shelley Park**

Join Jo Worley from Parks in Mind and former-UK Frisbee Champion Gary Williams for fun frisbee in the park. Thrown together with a cool soundtrack. Glide in anytime, we'll be spinning discs into the evening.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Wednesday 1 June 7:30pm – 8:15pm      What's Up - Zoom**

An informal Zoom session of astronomy news with 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 June night sky, as well as a summary of the latest space news. We will also be talking about, 'Things that have moons'.

*To request the Zoom link and find out more, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

**Thursday 2 June 10:00am – 11:00am      Tai Chi Qigong – Shelley Park**

Join Jenny in June. Relaxation and gentle exercise with Jenny Newman in the park this and every Thursday through the month. Suitable for all levels.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

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**Sunday 5 June 10:00am – 11:00am**

**Bend it like Boscombe - Yoga in the park – Shelley Park**

Yoga in the park is back for the summer! A warm welcome to Rachel Wilkinson' 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. Donation only classes with contributions supporting [CYC Community Yoga Collective](#) and The Parks Foundation [Parks in Mind](#) project.  
*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Monday 6 June 11:00am – 1:00pm**

**Come on the Common – Horseshoe Common**

Come on, join us! There's always plenty of things to help with in Bournemouth's town centre wood.  
*Please book. Meet Horseshoe Common, opp. 136 Old Christchurch Road, Bournemouth BH1 1NL*

**Tuesdays in June 9:00am – 10:00am**

**Tai Chi Qigong – Zoom**

Choose Tuesdays for online Qigong. Join Jenny Newman each week for gentle exercise from home.  
*To request the Zoom link and find out more, please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)*

**Wednesday 8 June 11:00am – 1:00pm**

**What's cooking? – Shelley Park**

Join Peter and Forest School Leader Jan for some nature conservation work followed by preparing and eating summer fruits and scones! Learn how to make scones and take home a recipe card to try at home. Everything provided but please bring gardening gloves if you have them.  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Thursday 9 June 10:00am – 11:00am**

**Tai Chi Qigong – Shelley Park**

Jenny Newman shows us how posture, movement and breathing techniques can improve wellbeing.  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Sunday 12 June 10:00am – 11:00am**

**Bend it like Boscombe - Yoga in the park – Shelley Park**

Fab Sunday morning yoga in the park this and every Sunday stretching across the summer. Sessions open to all – beginner's welcome. Bring a mat, towel or just yourselves.  
*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Monday 13 June 2:00pm – 4:00pm**

**Knyveton needs you – Knyveton Gardens**

Friends of the gardens needed to help with the continued improvements to this important green space in the heart of Springbourne. Practical gardening followed by a welcome cup of tea!  
*Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY*

**Tuesday 14 June 10:30am – 1:00pm**

**Fisherman's friends – Fisherman's Walk**

Join Peter and the Friends of Fisherman's Walk for sociable and fun gardening. We love this pretty park by the sea, especially when the Friends serve us tea!  
*Please book. Meet the pond garden, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ*

**Thursday 16 June 10:00am – 11:00am**

**Tai Chi Qigong – Shelley Park**

Gentle meditative exercise in the park with Jenny Newman. Beginners welcome.  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

Booking by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07384 790048 unless otherwise stated

**Sunday 19 June 10:00am – 11:00am Bend it like Boscombe - Yoga in the park – Shelley Park**

Sunday morning park yoga led by our partners the Community Yoga Collective. Sessions open to all – beginner's welcome. Stretch out today and every Sunday morning through the summer.

*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*



**Monday 20 June 2:00pm – 4:30pm Feel the need to weed – Knyveton Gardens**

We need your help with tidying and weeding this special space in Springbourne.

*Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY*

**Wednesday 22 June 11:00am – 12:00pm Mindfulness in nature – Shelley Park**

Connecting with nature for enhanced wellbeing. Nature-based mindfulness practices including simple techniques for connection, a mindful walk, meditation, poetry and journaling prompts. Led by Rosa Hearnshaw.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Wednesday 22 June 2:00pm – 4:00pm Stitch cafe – Shelley Park**

Join us in June for our monthly stitch cafe in Shelley Park. We're producing textile panels for a display in Bournemouth Library as part of [The Loving Earth Project](#). Simply come with an idea that can be turned into a design about something you love that's being impacted by climate change. Alternatively, bring your own sewing project and enjoy tea, cake and a natter. No experience is necessary, and we'll provide all the materials. For further information, contact Gill Coleman, Textile Artist: [gill.coleman@outlook.com](mailto:gill.coleman@outlook.com).

*Please book, email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk). Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Thursday 23 June 10:00am – 11:00am Tai Chi Qigong – Shelley Park**

Mid-summer serenity and chance to connect with the elements and wellbeing benefits of Qigong. Today, a unique blend of gentle meditative exercise followed by chai tea and cake. Other hot beverages available.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Saturday 25 June 3:00am – 4:00am Planetary parade - Hengistbury Head**

Rise early and join us as we attempt to see all eight planets in the Solar System, which are visible in our early dawn sky. This type of astronomical event is called a Planetary Parade. To help keep us warm on what can be a chilly time of morning, we will provide hot drinks and pastries!

*Please book. Meet outside Hungry Hiker Café, Hengistbury Head, Broadway BH6 4EN*

**Sunday 26 June 10:00am – 11:00am Bend it like Boscombe - Yoga in the park – Shelley Park**

Fab and free park yoga every Sunday through the summer. Sessions open to all. Donations welcome with contributions supporting the [Community Yoga Collective](#) and The Parks Foundation [Parks in Mind](#) project.

*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Thursday 30 June 10:00am – 11:00am Tai Chi Qigong – Shelley Park**

Connect with nature and the wellbeing benefits of gentle exercise in the park.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

*Peter Holloway*

*Tel. 07384 790048*

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 [Bournemouth Parks in Mind](#)

