



## Parks in Mind June 2022



### Springing into summer with Parks in Mind

Welcome to your June 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

### Wednesday 1 June 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

### 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



**Friday 3 June 11:00am – 3:00pm**

**Fun Archaeology Day! – Hengistbury Head**

Meet the Performing the Past Team for flint knapping, pottery making, prehistoric food, cave painting and fire-making as our ancestors did here on the headland 12,000 years ago! Book below or just turn up on the day at one of the sessions starting at 11:00am until 12:30pm and 1:30pm until 3:00pm.

*Phone Hengistbury Head 01202 128444. Meet Visitor Centre, Hengistbury Head BH6 4EN*

**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's 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 10:30am – 12:30pm**

**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*

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**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).

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**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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*[www.parksfoundation.org.uk](http://www.parksfoundation.org.uk)*

*[f Bournemouth Parks in Mind](#)*

