



**August 2022**

**Summer sun, sea and stars**

Enjoy the cool of the early morning with wellbeing walks and watching stars well into the night. In between, join practical nature conservation, gardening, nature-inspired art and craft, yoga, qigong 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

**Monday 1 August 10:00am – 12:00pm**

**Guided walk – Hengistbury Head & Facebook Live**

Walk back in time, tracing the footsteps of your ancestors who lived here 12,000 years ago. Led by Performing the Past we'll explore what it was like living at Hengistbury Head in the Stone Age and Iron Age. Please book by popping into the Hengistbury Head Visitor Centre or call 01202 128444. Meet Hengistbury Head Visitor Centre, Bournemouth BH6 4EW or watch live in the Parks in Mind [Facebook group](#)

**Tuesdays in August 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 3 August 5:30pm – 7:00pm**

**Frisbee fling – Shelley Park**

Another chance to catch frisbee in the park. Glide in any time!  
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG



**Wednesday 3 August 7:30pm – 8:15pm**

**Cosmic catch up – Zoom**

Monthly catch up with astronomer Kate Earl. Using video clips, photos and simulations of the solar system, Kate shows us what we can look forward to when looking at our August night sky, as well as a summary of the latest space news. We will also be talking about, '10 weird and wonderful things in the Solar System'. Zoom link and to find out more, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)



**Thursday 4 August 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*

**Thursday 4 August 8:30pm – 10:30pm**

**Come on Bourne-moth stars – Winton Recreation**

We're in Winton with the Nature Recovery Project for a relaxed evening of mothing, bat detecting and stargazing. We'll have a moth trap set up, and if the skies are clear we'll see the moon and summer constellations. If cloudy we'll still run the moth trap, and there will be an opportunity to look at some meteorites, space rocks, and ask any questions you may have on space. Hot drinks and sweet treats available to keep us watching. There's a follow-up event tomorrow morning when the moth trap will be opened to see who has flown in overnight!

*Please book. Meet Winton Recreation Ground, Fitzharris Avenue, Bournemouth, BH9 1BX*

**Friday 5 August 6:00am – 7:30am**

**Morning Mindful Walks – Boscombe gardens and beach**

A quiet, mindful walk through Boscombe Chine gardens to the beach, with an invitation to barefoot walk along the beach, together with some gentle guided meditative breathing before making our way up the zigzag to Boscombe Overcliff Gardens for a cuppa. This is the first of two similar walks led by wilderness therapy guide Sam Gauntlett. The next walk takes place on 19 August (see listing below)  
*Meet Entrance Boscombe Chine Gardens, Christchurch Road, Bournemouth, BH1 4AA*



**Friday 5 August 10:00am – 11:30am**

**Mothmatics – Winton Recreation Ground**

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 did Winton fare? All will be revealed! Should be fun – "come on Bourne-moth!"

*Drop-in session, no booking required. Meet Winton Rec, Fitzharris Avenue, Bournemouth, BH9 1BX*

**Sunday 7 August 10:00am – 11:00am**

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

Yoga in the park this and every Sunday 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 8 August 11:00am – 1:00pm**

**Common people – Horseshoe Common**

Come on to the Common. Light nature conservation activities and a tidy of your town centre wood.

*Please book. Meet Horseshoe Common, opp. 136 Old Christchurch Road, Bournemouth BH1 1NL*

**Monday 8 August 2:00pm – 4:00pm**

**Summer gardening – Knyveton Gardens**

A tidy of the entrances and paths to keep summer blooming in the park. Plus, tea at three for you and me.

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



**Tuesday 9 August 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*

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**Wednesday 10 August 2:00pm – 4:00pm**      **Stitch cafe – Shelley Park**

Stitching in Shelley Park with the opportunity to produce your own textile panel 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 11 August 10:00am – 11:00am**      **Tai Chi Qigong – Shelley Park**

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

**Saturday 13 August 8:30pm – 11:30pm**      **Shooting stars – Hengistbury Head**

Streaking meteors, a full moon and Saturn should all be visible at the annual Perseid Meteor Shower.



Joining us will be Bill Coombes, a Licensed Radio Amateur and NASA Ambassador, responsible for setting up live radio communications between schools and the International Space Station when astronaut Tim Peake was on board! Bill will bring radio equipment to help us detect and hear meteors even if it is cloudy. Bring a picnic chair, rug or roll mat so you can relax and look up at the sky, and a blanket to keep warm. If you have binoculars to bring them as many of the Perseid meteors have bright trails lasting for several minutes.

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

**Sunday 14 August 10:00am – 11:00am**      **Bend it like Boscombe - Yoga in the park – Shelley Park**

Yoga in the park 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 15 August 2:00pm – 4:00pm**      **Summer gardening party – Knyveton Gardens**

A litter pick, a picnic and playing pétanque in the park - join us for a tidy of the gardens followed by friendly French bowls and summer tea party. We're having a boule! Helping prepare summer fruit kebabs will be Forest School Leader Jan Cooke and the lovely Friends of Knyveton Gardens.

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

**Thursday 18 August 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*

**Friday 19 August 6:00am – 7:30am**

**Morning Mindful Walks – Boscombe gardens and beach**

The second of our quiet, mindful walks with wilderness therapy guide Sam Gauntlett. From the Chine Gardens we'll walk to the sea, with an invitation to barefoot walk along the beach, along with gentle guided meditative breathing. From here, we'll head to Boscombe Overcliff Gardens for a morning cuppa.

*Please book. Meet entrance Boscombe Chine Gardens, off Christchurch Road, Bournemouth, BH1 4AA*



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**Sunday 21 August 10:00am – 11:00am**

**Roll up, roll out - Yoga in the park – Shelley Park**



Bring a mat, towel or just yourselves and get Sunday off to a good start. Sessions open to all.  
*Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Sunday 21 August 11:00am – 3:00pm**

**Mixed craft day – Hengistbury Head & Facebook Live**

Get closer to your Stone Age, Bronze Age and Iron Age ancestors with demonstrations and a chance to try your hand at pottery, flint knapping, prehistoric cooking, textiles, and making pigments and paints. Travel back in time with us or watch live in the Parks in Mind [Facebook group](#) between 2:00pm and 2:30pm.  
*Please book. Phone Hengistbury Head 01202 128444. Meet Visitor Centre, Hengistbury Head BH6 4EN*

**Monday 22 August 10:30am – 12:30pm**

**Macramé bee – Woodland Walk**

Join the macramé revival by making your own unique hanging plant holder to bring that touch of boho style to your home! Crafter Jo Malyon will teach you basic macramé knots and how to use them to make your plant hanger. We'll also provide pots, compost and bee-friendly seeds for you to grow. This is another chance to meet Helga Aldersey from the [Bournemouth & Dorset South Beekeepers' Association](#). Helga will lead us on a short, guided walk to identify plants and ways of improving Woodland Walk for bees.  
*Please book. Meet entrance to Woodland Walk, Christchurch Road, Boscombe BH7 6AN*

**Wednesday 24 August 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 mindfulness coach Rosa Hearnshaw.  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Thursday 25 August 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 28 August 10:00am – 11:00am**

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

Yoga in the park continues through the summer and into September. Join us and Rachel Wilkinson's Community Yoga Collective this and every Sunday. 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*

Peter Holloway

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 Bournemouth Parks in Mind

