

March 2024



Parks in Mind - putting the ping into spring

The kettle is on, the daffodils are out - come and join us for some bloomin' good times in the park. Sociable and fun gardening, cheery nature conservation, nature-inspired arty and crafty adventures, stargazing and calm meditative activities to help you stay well this spring. See the programme below, and follow us on [Facebook](#) for updates.

Book by emailing peter@parksfoundation.org.uk or call/text 07458 039397 unless otherwise

Monday 4 March 12:00pm-2:00pm

Spring round the corner – Knyveton Gardens

Spring is around the corner, and so is our lovely Springbourne park. Please join us on this lunchtime session for gentle gardening and tidying. We'll bring sandwiches and the kettle to keep us going! *Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY*

Wednesday 6 March 7:30pm-8:15pm

What's up – Zoom

Join us on Zoom for an informal 45 minutes of astronomy with local amateur astronomer, Kate Earl. Using video clips and photos, Kate will show us what we can look forward to when we look up at our March night sky, as well as a summary of the latest space news. This month we will also be finding out about the colours in the northern lights, also known as the aurora borealis. *To request the Zoom link and find out more, please email peter@parksfoundation.org.uk*

Thursday 7 March 2:00pm-4:00pm

Lovely lino print course – Shelley Park

Week five and our final session of this current lino-printing course. This week we're experimenting with colours and papers. Create a final lino block from your previously made lino blocks to play around with different colour techniques and papers. *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*



Saturday 9 March 10:30am-12:30pm A walk back in time – Hengistbury Head

Meet your Stone Age Ancestors and walk in their prehistoric footsteps on Hengistbury Head. Join us on a fascinating trail back in time to 12,500 years ago. The walk is approximately 1.6 miles on easy access paths with some steep inclines and declines in places. Adults - £3 Children - Free
Please book at the Hengistbury Head Visitor Centre or phone 01202 128444

Monday 11 March 11:00am-1:00pm Tree cheers for spring – Shelley Park

Trees and tea by the sea, Shelley is where we'll be! Please join us in Boscombe's beautiful Shelley Park to help plant trees to improve it for wildlife and people. Come and find out how on this gentle and fun nature conservation task.

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



Tuesday 12 March 2:00pm-4:00pm Stitch café – Kings Park

Ready, steady, sew! Our small and friendly Stitch café with textile artist Gill Coleman. Have a go at craftivism and visible mending or bring along your own sewing projects. All fabrics, threads and equipment provided. Plus, free tea and cake from our crafty pop-up café. All levels welcome, including complete beginners and experienced stitchers.

Please book. Meet Kings Park Athletic Centre, Kings Park, Boscombe, BH1 4NN



Wednesday 13 March 10:30am-12:00pm Step into spring – Woodland Walk & Clifftop

Join ornithologist and expert naturalist Stuart Clarke and Peter Holloway from Parks in Mind for a walk along Boscombe's green route to the sea. A relaxing spring outing perfect for beginners and anyone interested in finding out more about Woodland Walk and the birds and plants that live there. With stops on the way, there will be a chance hear about exciting plans to enhance this green corridor for wildlife and people.

Please book. Meet main gates, north end of Woodland Walk, Christchurch Rd, Boscombe BH7 6AN

Monday 18 March 3:30pm-5:00pm Spring awakening – Shelley Park

Join Julia Galbenu and Peter to mark the first day of Spring and awaken ourselves to the magic of it all. This is a slow and gentle session, for all abilities, the theme is hope and joy! We will have a giggle around a fire, discover new life in the park and get our hands dirty with some planting.

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Monday 18 March 7:00pm-8:00pm Spring stargazing – Overcliff Nature Reserve

Join us for stargazing on Boscombe clifftop. See the Moon through a telescope, try to spot the elusive planet Mercury, and learn more about the spring constellations before the lighter summer evenings set in. Local astronomer Kate Earl will be on hand to point out some of the lesser-known sky objects and answer any questions you may have. Bring binoculars if you can, but we will have some to borrow and use

Please book. Meet on clifftop opposite Grovely Avenue, Boscombe BH5 1JB



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Tuesday 19 March 2:00pm-4:00pm

Sand, sea, and shore – Boscombe clifftop & beach

Boscombe beachcombing with Peter and Parks in Mind participants Jan and Tracey. We'll have a potter down to the beach and explore our surroundings as spring comes to our cliffs and shoreline habitat. With strandline finds, crafty goings-on and a sprinkling of seaside poetry and sounds, we'll also create a mini outdoor art gallery.

Please book. Meet on the clifftop opposite Shelley Park, Boscombe BH5 1JB

Wednesday 20 March 10.00am-11.00am **Movement in Nature - creativity and growth**

As spring blossoms, join us on this gentle qigong class. Qigong, literally 'energy cultivation', is a gentle movement form related to Tai Chi. As the leaves unfurl on the trees around us, we will explore the energy of creativity and growth through a series of movements to support us to breathe and move more freely. All welcome - let us know if you need a seat or additional support by emailing peter@parksfoundation.org.uk. Donation-based class supporting Parks in Mind.

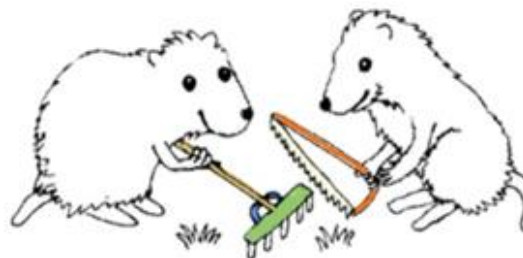
Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ

Monday 25 March 10:30am-1:00pm

Fun at Fisherman's – Fisherman's Walk

Pop along for some bloomin' good times in the park on this sociable and fun gardening session by the sea. The Friends of Fisherman's Walk will be serving us tea by the sea.

Please book. Meet at the pond garden, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ



Wednesday 27 March 10.00am-11.00am **Movement in Nature - creativity and growth**

The second of our early spring pop-up qigong classes. All are welcome to this gentle qigong session with Rakhee Jasani. As the leaves unfurl on the trees around us, we will explore the energy of creativity and growth through a series of movements to support us to breathe and move more freely. Please let us know if you need a seat or additional support by emailing peter@parksfoundation.org.uk. Donation-based class supporting Parks in Mind.

Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ

Peter Holloway

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 [Bournemouth Parks in Mind](#)



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