



**July 2024**

### **The sun has got his hat and we're coming out to play!**

We're embracing summer with some joyful and sunny adventures in the parks. From art, craft, astronomy, archaeology, wildlife and gentle green tasks, to the steady presence of peaceful and mindful wellbeing practices; there's something for everyone. As ever, the kettle is on - please join us. Check the programme below and follow us on [Facebook](#) for updates!

*Book by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07458 039397 unless otherwise stated*

### **Tuesdays in July 9:00am-10:00am**

### **Tai Chi Qigong – Zoom**

Tune into Tuesdays for online Qigong. Join Jenny Newman online each week for gentle exercise from home. There are in-person sessions in the park 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 July 10:00am-11:00am**

### **Movement in Nature – Fisherman's Walk**

Join Rakhee at Fisherman's Walk this July for a journey through the fire element. Linked to summer, fire is also associated with joy. Each week you'll learn about a different aspect of the fire phase and the qualities most associated with it. Discover how cultivating your energy can support the heart and bring you balance through gentle movements, reflective practices and guided meditations. All welcome - let us know if you need a seat or additional support. Donation-based class supporting Parks in Mind.

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

### **Wednesday 3 July 6:00pm-8:00pm**

### **Swifts in town – Kings Park**

The Parks Foundation and Christchurch Harbour Ornithological Group (CHOG) invite you to an evening of swifts. Coinciding with Swift Awareness Week, we've tailored an evening in the park with local swift experts to spot these extraordinary birds and find out more about them. Swift populations are in decline, but we can all play our part in helping restore these magnificent birds. Come along to find out more.

*No booking required. Meet Kings Park, Gloucester Road junction with Kings Park Drive, Boscombe BH7 6JD*



**Wednesday 3 July 7:30pm-8:30pm**      **What's up – Zoom**

An informal hour of astronomy with local astronomer, Kate Earl. Using video clips and photos, Kate will show us what we can look forward to when we look up at our July night sky, as well as a summary of the latest space news. We will also be taking a look at historical astronomy events that have happened 'on this day' during the month of July.

To request the Zoom link please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)

**Thursday 4 July 10:00am-11:00am**      **Ready, steady, slow – Shelley Park**

A very warm welcome to our Thursday mornings in July with qigong practitioner Jenny Newman. As nature continues to bloom with life and growth, qigong helps us tap into the season and the fire element of summer and the life force of the heart. All welcome. Donation-based class supporting Parks in Mind. *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Sunday 7 July 10:00am-11:00am**      **Bend it like Boscombe - Yoga in the park – Shelley Park**

Sunday morning yoga in the park, stretching across the summer. Bend it like Boscombe is a partnership between [Parks in Mind](#) and [Create Your Community](#) with the aim of making wellbeing and nature accessible to everyone. Contribution-based class. Everyone welcome, including beginners. *No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*



**Wednesday 10 July 10:00am-11:00am**      **Movement in Nature – Fisherman's Walk**

Each Wednesday in July, Rakhee takes us on a gentle and meditative journey through the fire element. Discover how cultivating your energy can support the heart and bring you balance through gentle movements, reflective practices and guided meditations. All welcome - let us know if you need a seat or additional support. Donation-based class supporting Parks in Mind. *Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

**Thursday 11 July 10:00am-11:00am**      **Ready, steady, slow – Shelley Park**

Embrace the energy of summer on these lovely gentle and meditative sessions in the park with qigong practitioner, Jenny Newman. Come and connect mind and body to strengthen the heart and calm the mind. All welcome - let us know if you need a seat or additional support. Donation-based class supporting Parks in Mind. *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

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

Fab Sunday morning yoga in the park, raising awareness of the importance of connections to nature and accessible wellbeing. Contribution-based class supporting the work of [Create Your Community](#) and [Parks in Mind](#). Everyone welcome, including beginners. *No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

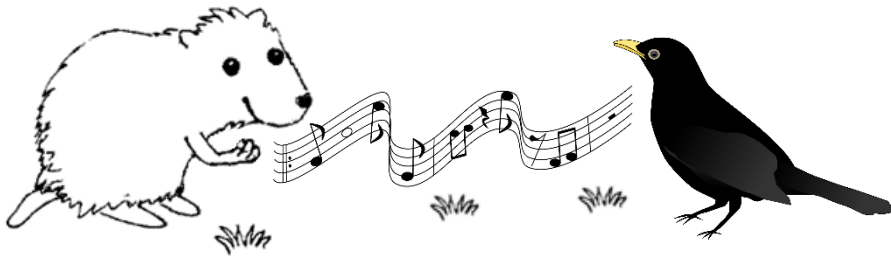
**Monday 15 July 2:00pm-4:00pm**      **Summer gardening – Knyveton Gardens**

Join us in our favourite Springbourne park for a tidy and sweep round the gates and entrances. Practical, gentle and rewarding gardening jobs for everyone to help improve this important neighbourhood green space. Together with tea at three!

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



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**Tuesday 16 July 11:00am-12:00pm**

**Our radiant voices – Fisherman’s Walk**

Our radiant voices is natural sound-making for joy and wellbeing. We invite you to come along for an hour of relaxed voice meditation, accompanied by singing bowls. All abilities welcome, you do not need to be a singer to participate. The session will be gently facilitated by local voice practitioner, Elisabetta. Please bring a blanket and/or cushion, to sit on, and also water, if you can. There is a second chance to take part later in the month on Tuesday 30 July.

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

**Tuesday 16 July 2:00pm-4:00pm**

**Stitch café – Shelley Park**

Ready, steady, patch! Join textile artist Sarah Lloyd to learn traditional patchwork. Come along and create a patchwork sample or use patchwork to repair a garment. You can bring any scraps of fabric that you may like to use, along with a garment or other item to repair with a patch. You can also bring your own sewing project or simply come along for ideas. There’s lots of fabrics and threads to choose from and other equipment provided. All levels welcome, including complete beginners. Joining Sarah will be Tracey and Rekha who will be on hand to help, advise and answer your questions. Peter has tea and cake completely free off his trolley.

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



**Wednesday 17 July 10:00am-11:00am**

**Movement in Nature – Fisherman’s Walk**

Join Rakhee at Fisherman's Walk as we continue our journey through the fire element. Known for harnessing for health and happiness, the fire element can help you experience more joy. All welcome - let us know if you need a seat or additional support. Donation-based class supporting Parks in Mind.

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

**Wednesday 17 July 11:30am-1:30pm**

**Woodcraft folk – Woodland Walk**

Carve out space for yourself with green woodsman Mark Codling for some thoroughly relaxing and absorbing wood whittling. This month, a chance to make and decorate your own, beautiful, wooden cooking spatulas. All materials, tools and refreshments provided. Suitable for beginners and experienced green wood carvers.

*Please book. Meet southern end of Woodland Walk, Off Woodland Avenue, Boscombe BH5 2DJ*

**Thursday 18 July 10:00am-11:00am**

**Ready, steady, slow – Shelley Park**

Jenny’s here with more relaxing and restorative gentle exercise in the park. This is a lovely opportunity to expand and grow your understanding of movement meditation and the art of effortless. All welcome - let us know if you need a seat or additional support. Donation-based supporting Parks in Mind.

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



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**Saturday 20 July 10:00am-12:00pm**

**Meet your ancestors – Hengistbury Head**

The Performing the Past project takes us back in time on a walk from the Iron Age to the Stone Age at Hengistbury Head. Starting at the new Iron Age Roundhouse and finishing with flint knapping and friction fire-making on the top of the headland, you'll hear about and see some of the amazing archaeology on your doorstep. Adults: £4, accompanied children: free.

*To book your place please phone 01202 128444 or pop into the Hengistbury Head Visitor Centre*

**Sunday 21 July 10:00am-11:00am**

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

Bend it like Boscombe is a wonderful collaboration between Rachel Wilkinson's [Create Your Community](#) and [Parks in Mind](#). These contribution-based classes are open to all, with your donations providing valuable support in your community for those experiencing challenges in accessing activities.

*No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*



**Monday 22 July 12:00pm-2:00pm**

**Sun-powered prints – Boscombe Overcliff Nature Reserve**

A solar-powered artistic activity making beautiful cyanotype prints from nature. Astronomer Kate Earl joins us with fun sun factoids and her telescope to safely view the sun and any sunspots. All materials and instructions supplied.

*Please book. Meet Overcliff Nature Reserve, Boscombe Overcliff Drive, opp. Grovely Ave, Boscombe BH5 1JB*



**Wednesday 24 July 10:00am-11:00am**  
**Fisherman's Walk**

**Movement in Nature –**

Summer is the perfect time to channel qigong's fire element. Join Rakhee to learn how this practice can help you experience more joy, happiness, and overall wellbeing. All welcome - let us know if you need a seat or additional support. Donation-based class supporting Parks in Mind.

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

**Thursday 25 July 10:00am-11:00am**

**Ready, steady, slow – Shelley Park**

Our weekly Thursday movement meditation qigong class to take us through summer. Join us each week to balance fire energy to bring passion and joy to this vibrant season. Come and connect mind and body to strengthen the heart and calm the mind on this lovely class with Jenny Newman. All welcome. Donation-based session supporting Parks in Mind.

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

**Thursday 25 July 5:30pm-7:00pm**

**Frisbee fling with a frisbee king! – Shelley Park**

Join former-UK Frisbee Champion, Gary Williams, for a frisbee fling. Gary competed in the World Championships at Rose Bowl Pasadena and will be available to show you tips and tricks to improve your game. Also, on hand to help you find your feet will be our very own Parks in Mind, Jo Worley and other regulars. Glide in anytime - we'll be spinning discs into the evening.

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



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**Sunday 28 July 10:00am-11:00am**

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

Yoga in the park today and every Sunday, stretching across the summer. Bend it like Boscombe is a partnership between [Parks in Mind](#) and [Create Your Community](#) with the aim of making wellbeing and nature accessible to everyone. Contribution-based classes. Everyone welcome, including beginners. *No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Monday 29 July 10:30am-1:00pm**

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

Join Peter and the Friends of Fisherman's Walk for sociable and fun gardening. This month we'll continue our efforts around the pond, as well as having a tidy up of the bandstand. 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*

**Tuesday 30 July 11:00am-12:00pm**

**Our radiant voices – Fisherman's Walk**

We're finding our voice on this natural sound-making session for joy and wellbeing. We invite you to come along for an hour of relaxed voice meditation, accompanied by singing bowls. All abilities welcome, you do not need to be a singer to participate. The session will be gently facilitated by local voice practitioner, Elisabetta. Please bring a blanket and/or cushion, to sit on, and also water, if you can.

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

**Wednesday 31 July 10:00am-11:00am**

**Movement in Nature – Fisherman's Walk**

Each week in July we've been learning the fire element in qigong. Join Rakhee in Fisherman's Walk to find out of the different aspects of the fire phase and how the qualities associated with it can help you harness for health, happiness, and overall well-being. All welcome - let us know if you need a seat or additional support. 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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