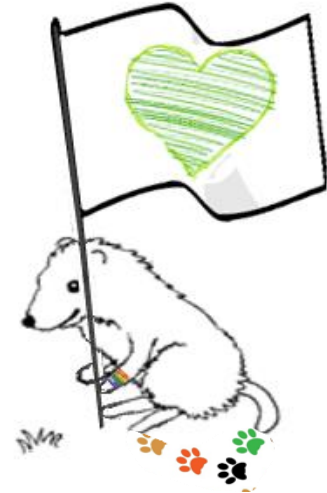


**There's a green space  
that needs your face**

**March 2025**



### **Marching to spring**

We're on the march for better parks and wellbeing. Join us for fresh air, fun, and to help create happy open spaces for people and wildlife. Along with tree planting, gardening, star gazing, creativity and calm, we'll be ambling and rambling and bimbbling our way through March. Whatever path you're walking, you're welcome to join us. Check the programme below or find it on [The Parks Foundation](https://www.parksfoundation.org.uk) website. Follow us on [Facebook](https://www.facebook.com/parksfoundation) for updates.

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

### **Monday 3 March 10:30am-12:30pm**

### **Spring into Springbourne – Community Gardens**

Parks in Mind – Parks in Action. Start the week with some gentle and fun gardening in Knyveton and Spencer Gardens. We and the Friends of the gardens would love to see you. Tea and tools provided. *Please book. Meet at the community shed, Knyveton Gardens, Southcote Road, Boscombe, BH1 3RY*

### **Monday 3 March 6:45pm-7:45pm**

### **Twinkle – Boscombe Overcliff Nature Reserve**

Early evening stargazing on the clifftop with the chance to see Venus, the Moon, Jupiter and Mars, as well as Mercury if we're lucky. Astronomer Kate Earl will be pointing out the planets, brighter stars and constellations. Helping to host tonight will be Paul Hagley operating a second telescope, giving us plenty of opportunities for beautiful and close-up night sky views.

*Please book. Meet on the clifftop opp. Grovely Ave, Boscombe BH5 1JB*

### **Tuesdays in March 9:15am-10:00am**

### **Tai Chi Qigong – Zoom**

Join Jenny Newman each Tuesday morning for gentle exercise from home. There are in-person sessions in the park every Thursday 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)*



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

**Nature rebooted – Woodland Walk Nature Reserve**

Parks in Mind – Parks in Action. Lots of help needed removing rhododendron to reclaim the woodland for wildlife. Join us on this practical nature conservation task to let light and warmth to the woodland floor and to make space for wildlife friendly bulbs, shrubs and trees.

*Please book. Meet at The Green Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ*

**New six-week printing course with Jo Malyon!**

**Wednesday 5 March 10:30am-12:30pm**

**Lino and gelli printing course – Shelley Park**



Join Jo Malyon and Peter for a six-week course where you will learn two types of printmaking - lino and gelli plate printing. Both are fun and easy to master! The course is perfect for people who consider themselves creative as well as those who don't! This is a great way to enhance your wellbeing, be creative and to meet new people. In weeks one and two you will learn basic lino printing skills, weeks 3 and 4 will be gelli plate printing, and for the final 2 weeks you will be able to choose your favourite to focus on. Jo will guide you step-by-step as you embark on your new hobby.

*Full course dates: Wednesday mornings, 5, 12, 19 & 26 March and 2 & 9 April.*

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Indoor venue tba if wet)*

**Wednesday 5 March 7:00pm-8:00pm**

**What's up – Zoom**

Join us on Zoom for an informal hour of astronomy with amateur astronomer, Kate Earl. Using videos and images, Kate will walk us through this month's night sky, as well as summarising the latest space news. Plus, news on the best astronomy apps and websites.

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

**Thursday 6 March 10:00am-11:00am**

**Breathe and be with Jenny – Shelley Park**

Qigong for spring health and wellbeing this and every Thursday in the park. Qigong is a form of traditional Chinese mind/body exercise and meditation that uses slow mindful movements, along with gentle breathing techniques to improve balance, flexibility, muscle strength, and overall health. Let us know if you need a seat or additional support. Beginners welcome. Donation-based class supporting [Parks in Mind](#).

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

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

**Hedge planting for nature – Woodland Walk Nature Reserve**



Parks in Mind – Parks in Action. Come and plant a hedge with us! A fun and practical morning of native tree and shrub planting to enhance the woods for people and wildlife. Lots of tea and other hot drinks to keep us warm.

*Please book. Meet at The Green Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ*

**Wednesday 12 March 10:00am-11:30am** **In the frame – Boscombe Chine Gardens**

Nature photography with The Parks Foundation team member, Jess Tilley. Jess takes you and on a gentle stroll with nature photography in mind. This is a great way to discover nature and to record the things you see. You don't need an expensive camera - if you have your phone camera, a compact or an SLR, this gentle session will help you enjoy and capture the world around you.

*Please book. Meet adjacent to mini golf, Boscombe Chine Gardens, off Christchurch Road, Bournemouth, BH1 4AA*

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**Wednesday 12 March 10:30am-12:30pm Lino and gelli printing course – Shelley Park**

Week two of this therapeutic six-week lino and gelli printing course. Led by Jo Malyon and joined by Peter, we'll continue to practise our basic lino printing skills with step-by-step guidance from Jo.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Indoor venue tba if wet)*

**Thursday 13 March 10:00am-11:00am Breathe and be with Jenny – Shelley Park**

Connect with spring and the wonderful benefits of traditional Chinese exercise and meditation. Gentle meditative exercise, relaxation and flowing movement with Jenny Newman on this lovely outdoor class in nature. Beginners welcome. Donation-based class supporting [Parks in Mind](#).

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

**Monday 17 March 10:30am-1:00pm Hedge planting for nature – Woodland Walk Nature Reserve**



Parks in Mind – Parks in Action. More wildlife hedge planting – all part of plans to turn Woodland Walk into a nature reserve. Join us for a fun and practical morning, helping to enhance the biodiversity of the woods for people and wildlife. Lots of tea and other hot drinks to keep us going.

*Please book. Meet at The Green Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ*

**Monday 17 March 2:00pm-3:00pm Our radiant voices – Fisherman's Walk**

Another chance to explore the beauty and power of our resonant voices, and the joy and relaxation that arise from making sounds together. Led by voice practitioner Elisabetta, this practice, called toning, is non-performative and non-competitive. Everyone is welcome; you do not have to be a singer to participate, simply come along to gently explore different properties of sound and start learning how to make harmonic overtones.

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

**Tuesday 18 March 10:30am-12:30pm Spring equi-knots – Woodland Walk Nature Reserve**

Join us this March to welcome the Spring Equinox! Embrace the season of renewal by creating your very own stylish macramé drinks bottle holder. Led by artist and crafter Mayre Casadei, this session is the perfect way to get crafty and connect with others, as the flowers bloom and the days get longer! All skill levels are welcome, so whether you're a newbie or a pro, come and have some fun. Space is limited, so grab your spot now! Bring your reusable drinks bottle, and let's get knotting!

*Please book. Meet at The Green Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ*

**Tuesday 18 March 2:00pm-4:00pm Stitch café – Kings Park**

Sewing teacher, Fiona Douglas, leads us on another fab session and also says her goodbyes to the stitch café today – we are super grateful to Fiona for all her hard work. Today, Fiona takes us through part two of creating your very own Valentino the Vole. If you didn't start a vole last month, please feel free to bring and continue your own projects – we'd love to see you. As ever, stitch café regulars, Louise, Tracey and Rekha will be on hand to help. Fabric and equipment provided, but additional inspirational fabric scraps welcome! All welcome, including complete beginners and experienced stitchers.

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

**Wednesday 19 March 10:30am-12:30pm Lino and gelli printing course – Shelley Park**

Week three of this lovely printing course, funded by Arts Council England. This week and next week we'll focus on gelli plate printing with expert instruction from crafter Jo Malyon.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Indoor venue tba if wet)*

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

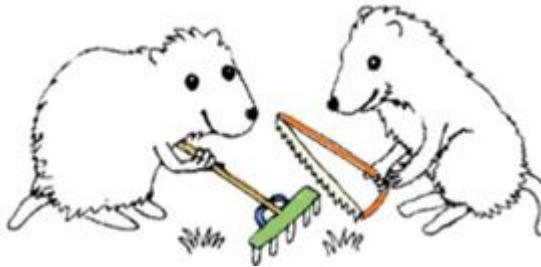


**Thursday 20 March 10:00am-11:00am Breathe and be with Jenny – Shelley Park**

Join us for qigong on the spring equinox. In the lovely setting of Shelley Park, we embrace nature and the rhythm of the seasons. A wonderful opportunity to release tension, accept change and enhance our wellbeing. Let us know if you need a seat or additional support. Beginners welcome. Donation-based class supporting [Parks in Mind](#).

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

**Saturday 22 March 10:30am-12:30pm Full of the joys of Springbourne – Community Gardens**



The Friends group in Knyveton Gardens are putting the spring into Springbourne. Lend a hand with some gentle gardening jobs around the park. Followed by hot drinks back at the shed. Tools, equipment, and gloves provided, but please feel free to bring your own gloves if you have them.

*Please book. Meet at the community shed, Knyveton Gardens, Southcote Road, Boscombe, BH1 3RY*

**Tuesday 25 March 10:30am-12:30pm In the frame – Shelley Park & Boscombe clifftop**

Creative photography with The Parks Foundation team member and amateur photographer, Will Bowskill. Join Will and Peter on a slow stroll, learning to take better pictures and using nature as inspiration as we go. We will share tips on what makes a good photo and how to use your camera and camera phone effectively, as well as recording the species we find. This is a great way to discover nature, develop a photographer's eye and to see things in a different way. You don't need an expensive camera - if you have your phone camera, a compact or an SLR, this gentle session will help you enjoy and capture the world around you.

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

**Wednesday 26 March 10:30am-12:30pm Lino and gelli printing course – Shelley Park**

Week four of our printing course with Bella & Barleycraft's Jo Malyon. Today, a chance to hone your gelli plate printing skills. The course continues in next month's programme.

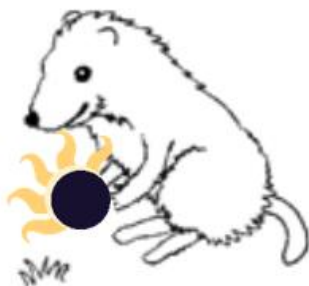
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Indoor venue tba if wet)*

**Thursday 27 March 10:00am-11:00am Breathe and be with Jenny – Shelley Park**

Unwind and ease into spring in the practice of traditional Chinese exercise and meditation. Using slow mindful movements and gentle breathing techniques, Jenny Newman shows us how to improve balance, flexibility, muscle strength, and overall health. Let us know if you need a seat or additional support. Beginners welcome. Donation-based class supporting [Parks in Mind](#).

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

**Saturday 29 March 10:00am-11:30am Partial solar eclipse – Hengistbury Head**



Join Kate Earl for a unique daytime astronomy event at Hengistbury Head. Using eclipse glasses, filters and projections we'll safely view the partial solar eclipse. This is a drop-in event, so no need to book, just come along and take a look. We will be set up near the Visitors Centre, with directions signposted on the day.

*Meet Hengistbury Head Visitor Centre, Broadway, Southbourne, Bournemouth BH6 4EW*

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



**Monday 31 March 10:30am-12:30pm Fisherman's friends – Fisherman's Walk**

Parks in Mind – Parks in Action. Light gardening and tea by the sea. These sessions with the Friends of Fisherman's Walk are always fun and sociable. Come and join us to give the park some love and attention. Tools, equipment, and gloves are provided, but please feel free to bring your own gloves if you have them.

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



**Wednesday 2 April 10:30am-12:30pm Lino and gelli printing course – Shelley Park**

Week five and penultimate session of this lovely course with Jo from Bella & Barleycraft. This and next week you can choose to focus on lino printing or gelli plate printing, whichever is your favourite!

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Indoor venue tba if wet)*

**Monday 7 April 10:30am-12:30pm Spring into Springbourne – Community Gardens**

Parks in Mind – Parks in Action. Start the week with some gentle and fun gardening in Knyveton and Spencer Gardens. We and the Friends of the gardens would love to see you. Tea and tools provided.

*Please book. Meet at the community shed, Knyveton Gardens, Southcote Road, Boscombe, BH1 3RY*

**Tuesday 8 April 10:30am-12:30pm Flotsam and jetsam – Boscombe Beach**

Join artists Anna Shiels and Mayre Casadei and Peter from Parks in Mind for a bumble on the beach and some seaside-inspired sketching.

*Please book. Meet Boscombe Overcliff Nature Reserve, opposite Woodland Avenue, Boscombe BH5 2DJ*

**Wednesday 9 April 10:30am-12:30pm Lino and gelli printing course – Shelley Park**

Week six and our final session of this current lino and gelli printing course with Jo Malyon. A chance to create your final image and to play with all the different colour techniques and other skills you've learnt over the last five weeks. This course has been funded by Arts Council England.

*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG (Indoor venue tba if wet)*

**Look out for more spring activities in the full April programme – released at the end of March.**

Peter Holloway

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

 [Bournemouth Parks in Mind](#)



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