

Parks in Mind - Spring into spring

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

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

Tuesdays in April 9:15am-10:00am

Qigong online – 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

Tuesday 1 April 2:00pm-4:00pm

Tree cheers for spring – Woodland Walk Nature Reserve

A lovely hedge and tree planting nature conservation task, as well as the chance to get stuck in to remove non-native, invasive rhododendron. Wildlife improvements and tea aplenty, pop to the woods to help and to find out more.

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

Wednesday 2 April 10:30am-12:30pm

Lino and gelli printing course – Shelley Park

Week five and penultimate session of this current 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!

Course fully booked, but new course starts Tuesday 29 April – see below.

Wednesday 2 April 7:00pm-8:00pm

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 April night sky, as well as a summary of the latest space news. We will also be hearing about some of the lunar craters, and the scientists, engineers and explorers they are named after.

To request the Zoom link and find out more, please email peter@parksfoundation.org.uk



Thursday 3 April 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

A warm welcome to our spring Thursday mornings in Shelley Park with Qigong practitioner Jenny Newman. Join Jenny in this lovely park by the sea to explore gentle and meditative movement to enhance your wellbeing. With nature and the changing season as our teacher, we will explore how to release tension, embrace change and harness our energy. Open to all, including beginners - 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

Monday 7 April 10:30am-12:30pm

Perk up the park – Community Gardens

Spring is around the corner, and so is our lovely Springbourne park. Please join us on this morning for some gentle gardening, tidying and tea. Tools, equipment, and gloves provided, but please feel free to bring your own gloves if you have them.

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



Tuesday 8 April 10:30am-12:30pm

Flotsam and sketchsome – Boscombe beach

An arty beachcombing bumble with artists Anna Sheils and Mayre Casadei and Peter from Parks in Mind. This is a chance to take your time and to be inspired by what we find on the beach and to enjoy some fun sketching and mark making. No experience necessary and materials supplied, but feel free to bring a sketchbook of your wish. We aim to make this event accessible to all but please let us know if you have specific access needs. Bring a reusable coffee cup if you can.

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 the 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. *Course fully booked, but new course starts Tuesday 29 April – see below.*

Thursday 10 April 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

Qigong for spring health and wellbeing with Jenny Newman. These weekly classes are a wonderful way to enhance wellbeing, embrace nature and remind ourselves of the rhythm of the seasons. Open to all. Donation-based class supporting [Parks in Mind](#).

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

Tuesday 15 April 9:15am-10:00am

Qigong online – Zoom

Join Jenny Newman today and 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

Thursday 17 April 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

A chance to expand and grow your understanding of movement meditation and the art of effortless on this gentle outdoor exercise class. Jenny Newman shows us how posture, movement and breathing techniques can improve wellbeing. Open to all. Donation-based class supporting [Parks in Mind](#).

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



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Tuesday 22 April 11:00am-12:00pm

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 22 April 2:00pm-4:00pm **Stitch café – Shelley Park**

Ready, steady, sew at our small and friendly Stitch café with lovely stitchers Louise and Tracey. Come along for ideas, or bring your own project, or even something to repair. Fabrics, thread and equipment provided but additional inspirational fabric scraps always welcome! Plus, tea, cake, and biscuits from our crafty pop-up café. Open to all, including complete beginners and experienced stitchers.

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



Thursday 24 April 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

As we move with nature in these spring sessions, you will expand and grow your understanding of Qigong, movement meditation and the art of effortless. In this lovely weekly class, Jenny Newman helps us to explore gentle and meditative movement to enhance our wellbeing. Open to all. Donation-based class supporting [Parks in Mind](#).

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

Thursday 24 April 6:00pm-7:00pm

Spring Awakening: Qigong on the Beach – Boscombe Beach

As the days grow longer and brighter, join Rakhee for an hour of gentle, flowing Qigong to shake off winter's rest and welcome the energy of spring. Qigong is an ancient Chinese movement practice (related to Tai Chi) that combines breath, relaxation, and mindful movement to cultivate vitality and balance. All welcome—open to beginners and experienced practitioners alike, this session will leave you feeling refreshed, grounded, and ready to step into the season ahead. Donation-based class supporting [Parks in Mind](#).

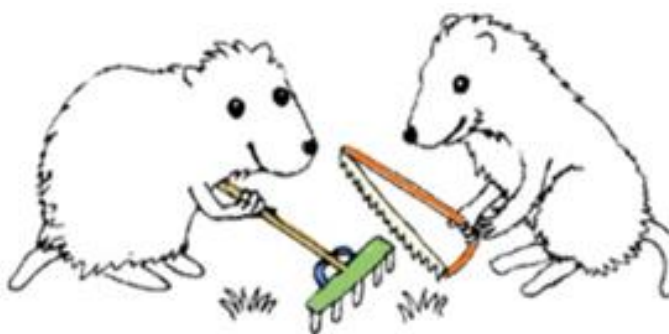
Please book. Meet Boscombe Overcliff Nature Reserve, opposite Woodland Avenue, Boscombe BH5 2DJ

Saturday 26 April 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 to help with the continued improvements of this important neighbourhood 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



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Monday 28 April 10:30am–1:00pm

Fun at Fisherman's – Fisherman's Walk



These gardening 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. We love this pretty park by the sea, especially when the Friends serve us tea!

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

New six-week printing course with Jo Malyon starts today

Tuesday 29 April 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: Tuesday mornings 29 April; 6, 13, 20 & 27 May; and 3 June.

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

Thursday 1 May 10:00am-11:00am

Breathe and be with Jenny – Shelley Park

As we move with nature in these spring sessions, you will expand and grow your understanding of Qigong, movement meditation and the art of effortless. In this lovely weekly class, Jenny Newman helps us to explore gentle and meditative movement to enhance our wellbeing. Open to all. Donation-based class supporting [Parks in Mind](#).

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

Tuesday 6 May 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)


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

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 [Bournemouth Parks in Mind](#)



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