



now is the time to visit the park

A warm welcome to spring adventures in the outdoors. Join us to take care of the parks and enjoy art, craft, wellbeing and wildlife. 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

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

Breathe and be with Jenny – Shelley Park

A very warm welcome to our Thursday mornings in May in Shelley Park with qigong practitioner Jenny Newman. Join Jenny to explore gentle and meditative movement to enhance your wellbeing. Lovely welcoming classes, open to all. Donation-based class supporting [Parks in Mind](#).

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

Sunday 4 May 10:00am-11:00am

Bend it like Boscombe - yoga in the park – Shelley Park

May the Fourth be with you! A warm welcome to Bend it like Boscombe and spring and summer Sunday morning yoga with Rachel Wilkinson and other teachers from the wonderful [Create Your Community](#). Everyone welcome, including beginners. Contribution-based session, providing connections to nature and accessible wellbeing for everyone in the community.

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



Tuesdays in May 9:15am-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 too – check the programme for details.

To request the Zoom link and find out more, please email perfectsoundworld@hotmail.co.uk

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.

Course full but enquiries about last-minute referral or carer spaces invited.

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

Wednesday 7 May 10:00am-11:00am Movement in nature – Fisherman’s Walk

Wake up, feel good, and move in nature. Join Rakhee for these playful, gentle movement sessions in the leafy calm of Fisherman’s Walk, where all ages and abilities are truly welcome. Qigong is a gentle movement practice that supports you physically and emotionally, helping you feel more grounded, uplifted and alive. Seated options are always offered. This May, we’ll be exploring the Five Animal Frolics—alongside other nature-based forms—to bring out your inner tiger, deer, monkey, bear and crane!
Please book. Meet by the bandstand, Fisherman’s Walk, Pokesdown, BH6 3SQ

Wednesday 7 May 7:00pm-8:00pm What’s up – Zoom

Join us on Zoom for an informal hour of astronomy with local amateur astronomer, Kate Earl. Using video clips and photos, Kate shows us what to look forward to when we look up at our May night sky, plus as a summary of the latest space news. We’ll also take a deep dive into how the universe began.

Zoom link and more information by emailing peter@parksfoundation.org.uk



Thursday 8 May 10:00am-11:00am Breathe and be with Jenny – Shelley Park

Qigong for spring and summer health and wellbeing with Jenny Newman. Tap into nature and your playful self as we move the waves, paint rainbows and gaze at the moon! These welcoming and gentle weekly classes in the beautiful Shelley Park are a wonderful way to 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



Sunday 11 May 10:00am-11:00am Bend it like Boscombe – Shelley Park

Getting Sunday off to the best start with yoga in the park. Everyone welcome, including beginners. Donation-based classes with contributions supporting the work of [Create Your Community](#) and [Parks in Mind](#) to help provide connections to nature and accessible wellbeing for everyone in the community.

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Mon 12 May 2:00pm-4:00pm Lovely lino printing – Shelley Park

Come along to experience the fun art of lino printing. In this session you will learn how to use a lino cutter, design and carve a lino block and print with it to make a few greetings cards. Under the expert guidance of crafter Jo Malyon, this is the perfect lino printing taster session.

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

Tuesday 13 May 10:30am-12:30pm Lino and gelli printing course – Shelley Park

Week three 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.

Course full but enquiries about last-minute referral and carer spaces invited.

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

Wednesday 14 May 6:00am-8:00am Up with the sparrows! – Woodland Walk Nature Reserve

Calling all early birds! Join us for a dawn chorus walk, identifying birds by their songs and calls. A chance to join top ornithologist, Stuart Clarke, on a guided walk on this spring dawn morn, and to enjoy a gentle stroll through the nature reserve to the sea. The walk will be followed by breakfast served in the wood.

Please book. Meet Woodland Walk Nature Reserve main gates, Christchurch Road, Boscombe BH7 6AN

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

Wednesday 14 May 10:00am-11:00am Movement in nature – Fisherman’s Walk

Wake up, feel good, and move in nature. This lovely and playful class under the trees in Fisherman's Walk with Rakhee Jasani is open to all. The gentle movement practice of Qigong supports you physically and emotionally, helping you feel more grounded, uplifted and alive. Seated options are always offered.

Donation-based session supporting [Parks in Mind](#).

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

Wednesday 14 May 11:00am-1:00pm Tangled in tranquillity - macramé mobiles – Shelley Park

A gentle, hands-on macramé workshop led by Mayre Casadei. Learn how to make a beautiful wall hanging featuring leaf-shaped designs, using naturally dyed cords. The process is soothing and meditative, focusing on slowing down, grounding, and making space for creativity and connection. Across two relaxed sessions, everyone will learn basic macramé knots, practice making leaf forms, and bring them together into a finished piece to take home. While the workshop teaches a creative skill, it’s also very much about wellbeing: tuning into the rhythm of your hands, feeling the materials, enjoying the moment, and creating something meaningful from start to finish. **This two-part workshop concludes next Wednesday, 21 May.**

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

Thursday 15 May 10:00am-11:00am Breathe and be with Jenny – Shelley Park

Explore gentle and meditative movement to enhance your wellbeing. Tap into nature and your playful self as we move the waves, paint rainbows and gaze at the moon! Open to all, beginners 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

Thursday 15 May 10:30am-1:00pm Make a splash – Woodland Walk Nature Reserve



A chance to help make a new pond in the wood! Creating a pond is one of the most effective ways of encouraging wildlife, making it will be a pond-erful addition to the nature reserve. Join us for this and other tasks around the wood, including watering our newly planted trees and hedge.

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

Thursday 15 May 1:00pm-2:00pm Our radiant voices – Woodland Walk Nature Reserve

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

Sunday 18 May 10:00am-11:00am Bend it like Boscombe - yoga in the park – Shelley Park

Yoga in the park every Sunday morning. Feel good whilst doing good in our community on these donation-based sessions supporting nature-based projects and accessible wellbeing. Bend it like Boscombe is a partnership project between [Parks in Mind](#) and [Create Your Community](#).

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

Tuesday 20 May 10:30am-12:30pm Lino and gelli printing course – Shelley Park

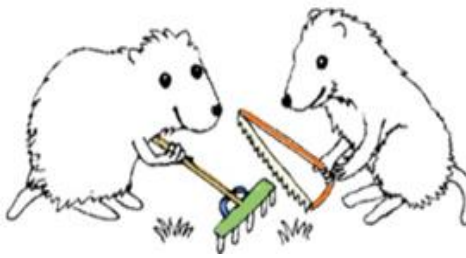
Week four of this lovely printing course, funded by Arts Council England. Led by Jo Malyon and joined by Peter, we’ll continue to practise our basic lino printing skills with step-by-step guidance from Jo.

Course full but enquiries about last-minute referral or carer spaces invited. Note: new course starts July.

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

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Tuesday 20 May 2:00pm-4:00pm



Nature rebooted – Woodland Walk Nature Reserve

Parks in Mind – Parks in Action. Lots of help needed removing rhododendron and other non-native plants 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 Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ

Wednesday 21 May 10:00am-11:00am **Movement in nature – Fisherman’s Walk**

Join Rakhee for Qigong in the park and tap into your inner playful monk to cultivate stillness, quietude and patience. All ages and abilities welcome. Donation-based session supporting [Parks in Mind](#).

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

Wednesday 21 May 11:00am-1:00pm **Tangled in tranquillity - macramé mobiles – Shelley Park**

Part two of Mayre Casadei’s gentle, hands-on and meditative macramé workshop. Following on from last week, today you will create your final leaf forms and complete your wall hanging ready to take home.

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

Thursday 22 May 10:00am-11:00am **Breathe and be with Jenny – Shelley Park**

Qigong with Jenny Newman. As we move with nature in these spring sessions, you will expand and grow your understanding of movement meditation. Open to all. Donation-based class supporting [Parks in Mind](#).

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

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

Join the small and friendly Stitch café with lovely stitchers, Louise and Tracey. Come for ideas, 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



Sunday 25 May 10:00am-11:00am **Bend it like Boscombe - yoga in the park – Shelley Park**

Fab and free Sunday morning yoga in Shelley Park this and every Sunday stretching across the summer. Sessions open to all – beginner’s welcome. Bring a mat, towel or just yourselves. Donation only classes with contributions supporting [Create Your Community](#) and [Parks in Mind](#).

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Tuesday 27 May 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!

Course full but new course starts July.

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

Wednesday 28 May 10:00am-11:00am **Movement in nature – Fisherman’s Walk**

Wake up, feel good, and move in nature. Join Rakhee and explore the Five Animal Frolics—alongside other nature-based forms—to bring out your inner tiger, deer, monkey, bear and crane! Welcoming and playful, gentle movement sessions in the leafy calm of Fisherman’s Walk. Seated options are always offered.

Donation-based session supporting [Parks in Mind](#).

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

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

Thursday 29 May 10:00am-11:00am Breathe and be with Jenny – Shelley Park

Qigong for spring and summer health and wellbeing with Jenny Newman. Tap into nature and your playful self as we continue our journey from spring into summer, exploring playfulness whilst spending a relaxing and meditative hour out of doors in nature. These welcoming and gentle weekly classes in the beautiful Shelley Park are a wonderful way to enhance wellbeing, embrace nature and remind ourselves of the rhythm of the seasons. Open to all, beginner's welcome. Donation-based class supporting [Parks in Mind](#). Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Saturday 31 May 10:30am-12:30pm Spring into Springbourne– Community Gardens



Join the lovely Friends of Knyveton Gardens and lend a hand on 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

Sunday 1 June 10:00am-11:00am Bend it like Boscombe - Yoga in the park – Shelley Park

Ease into summer and Sunday mornings with yoga in the park this and every week through the summer. Everyone welcome, including beginners. Contribution-based sessions providing valuable support in your community for those experiencing challenges in accessing activities.

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Tuesday 3 June 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.

Course full but new course starts July.

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

Wednesday 4 June 7:00pm-8:00pm What's up – Zoom

Join us on Zoom for an informal hour of astronomy with local amateur astronomer, Kate Earl. Using video clips and photos, Kate shows us what we can look forward to when we look up at our June night sky, plus as a summary of the latest space news.

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

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 [Bournemouth Parks in Mind](#)



Registered charity number: 1159939

