



## Parks in Mind - July 2025

### Don't rush, look around, hang out...

An invitation to slow right down with some gentle summer sessions in the woods and parks of Boscombe. Here's a chance to plant things in the ground, get your hands dirty and see and feel the wildlife around you. Hang out with us on some sunny activities, courses and workshops - the kettle is on! Follow the programme below and see 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*

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

### **Tai Chi Qigong – Zoom**

Gentle, restorative exercise from the comfort of your home each week with Jenny Newman. In-person classes are also available in the park – see 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 2 July 10:00am-11:00am**

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

Join Rakhee for calming Qigong under the trees – a welcoming space for all, whether you're standing or seated. These slow-paced weekly classes invite you to feel good in your body, connect with others, and enjoy moving outdoors. Guided by the fire element – the energy of summer – we'll explore warmth, joy, and connection through simple, flowing movements inspired by nature. Donation-based class supporting [Parks in Mind](#).

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

### **Wednesday 2 July 7:00pm-8:00pm**

### **What's up – Zoom**

Join us on Zoom for a gentle hour of astronomy with local enthusiast, Kate Earl. Using videos and images, Kate will walk us through the July night sky, as well as summarising the latest space news. We will also be sitting back, enjoying a whole host of astronomical images as we look at how capturing the cosmos has changed over time.

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



**Thursday 3 July 10:00am-11:00am****Breathe and be with Jenny – Shelley Park**

The warmest of welcomes awaits you at Jenny's weekly Qigong in the park. This month we'll continue to explore the Eight Silk Brocades - a simple, playful and enjoyable routine in the beautiful surroundings of Shelley Park. The practice is made up of eight simple movements and can be practiced standing or sitting. Open to all, including beginners. Donation-based class supporting [Parks in Mind](#).

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

**Thursday 3 July 2:00pm-4:00pm****Make an entrance – Woodland Walk Nature Reserve**

A hands-on nature conservation task to make the entrance to the reserve welcoming for wildlife and humans. We're planting lots of beautiful trees and shrubs - come and help make an impression! Lots of jobs to suit all abilities, including helping to make afternoon tea under the trees. Everyone welcome!

*Please book. Meet at main entrance gates, Woodland Walk (north), Christchurch Road, Boscombe BH7 6AN*

**Thursday 3 July 6:00pm-8:00pm****Swifts in town – Kings Park**

The Parks Foundation and Christchurch Harbour Ornithological Group (CHOG) invite you to a swift evening. 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 and iconic birds. Come along to find out more.

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

**Sunday 6 July 10:00am-11:00am****Bend it like Boscombe - Shelley Park**

Getting Sundays off to the best start with yoga in the park. Join Rachel Wilkinson and other inspiring teachers from the wonderful Create your Community this and every Sunday morning. Open to all – beginners welcome. No-obligation, donation-based classes with contributions supporting [Create Your Community](#) and [Parks in Mind](#).

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

**Tuesday 8 July 10:30am-12:30pm****Click with nature – Woodland Walk Nature Reserve**

Creative photography with The Parks Foundation team member and amateur photographer, Will Bowskill. Join Will on a stroll through the woods and onto the clifftop, learning to take better pictures and using nature as inspiration. 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 – all you need is a camera phone, a compact or an SLR.

*Please book. Meet at main entrance gates, Woodland Walk (north), Christchurch Road, Boscombe BH7 6AN*

**Wednesday 9 July 10:00am-11:00am****Movement in nature – Fisherman's Walk**

Join Rakhee for gentle and playful Qigong in the leafy calm of Fisherman's Walk, where all ages and abilities are truly welcome. Guided by the fire element – the energy of summer – we'll explore warmth, joy, and connection through simple, flowing movements inspired by nature. 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*

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

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

Join Jenny for Thursday Qigong in the beautiful surroundings of Shelley Park. Throughout July, we'll explore the Eight Silk Brocades - a simple, playful and enjoyable routine made up of eight simple movements that can be practiced standing or sitting. Open to all. Donation-based class supporting [Parks in Mind](#)  
*Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Sunday 13 July 10:00am-11:00am**

**Bend it like Boscombe – Shelley Park**

Sunday morning yoga in Shelley Park, all summer long. Open to all – beginners welcome. No-obligation, donation-based classes with contributions supporting [Create Your Community](#) and [Parks in Mind](#).  
*No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

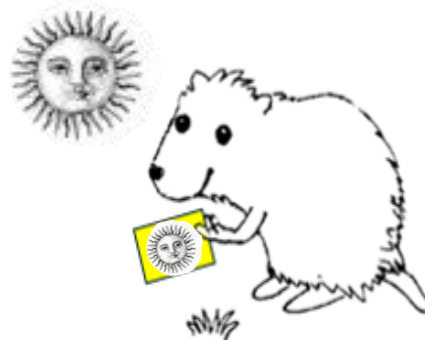
**Tuesday 15 July 10:30am-12:30pm**

**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 15, 22 & 29 July and 5, 12 & 19 August.*

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



**Wednesday 16 July 10:00am-11:00am**

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

Leafy calm on these gentle and playful Qigong movement sessions under the trees. Join Rakhee this summer to explore warmth, joy, and connection through simple, flowing movements inspired by nature. 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 16 July 11:00am-4:00pm**

**Scents and sustainability – Woodland Walk Nature Reserve**

Help us shape a brand-new sensory zone and bring our shiny new pond to life.

Together, we'll be creating a new space made up of native plants chosen for their textures, scents and colours. At the same time, we'll plant

around our pond to support frogs, dragonflies and other freshwater life. Pop in anytime from 11am and stay as long as you like – just bring a packed lunch if with you're with us for the day. Lots of tasks to suit all abilities, everyone welcome!

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



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

**Stitch café – Shelley Park**

Join the small and perfectly formed Stitch café with lovely stitchers, Louise and Tracey. This month come along to make a lavender bag, sew a coaster, or drop in for other ideas. You can also bring your own project or something to repair. Fabrics, thread and equipment provided but additional inspirational fabric scraps always welcome. Plus tea and cake from our crafty pop-up café. Everyone welcome, including beginners

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



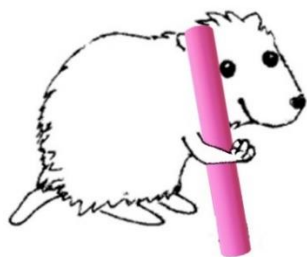
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**Thursday 17 July 10:00am-11:00am**

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

A very warm welcome to our Thursday mornings 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 20 July 10:00am-11:00am**

**Bend it like Boscombe – Shelley Park**

Sunday morning yoga, stretching across the summer. Open to all – beginners welcome. No-obligation, donation-based classes with contributions supporting [Create Your Community](#) and [Parks in Mind](#).

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

**Monday 21 July 10:30am-12:30pm**

**Summer gardening - Community Gardens**

Light gardening duties, followed by tea in the park. Join us and the lovely Friends of Knyveton Gardens, to help make the gardens a wonderful wildlife and community space. All tools, equipment, and gloves provided, but please feel free to bring your own gloves if you prefer.

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

**Monday 21 July 1:00pm-2:00pm**

**Our radiant voices – Woodland Walk Nature Reserve**

Join voice practitioner Elisabetta to learn about toning, a non-performative and non-competitive exploration of the beauty and power of our resonant voices. No singing experience necessary, 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

**Tuesday 22 July 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.

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

**Wednesday 23 July 10:00am-11:00am**

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

Wonderful Qigong with Rakhee in the leafy calm of Fisherman's Walk. All ages and abilities welcome, with seated options available. Donation-based class supporting [Parks in Mind](#).

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

**Thursday 24 July 10:00am-11:00am**

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

Embrace the energy of summer on these lovely gentle and meditative sessions with Jenny. Donation-based class supporting [Parks in Mind](#).

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

**Saturday 26 July 10:30am-12:30pm**

**Spring into Springbourne – Community Gardens**

Lend the Friends of Knyveton Gardens a hand with some light and enjoyable gardening tasks to help keep the park looking beautiful for people and wildlife.

It's a great way to get some fresh air, meet lovely people, and make a difference in your local community. Refreshments and all tools and gloves provided, but feel free to bring your own gloves if you prefer.

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



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**Sunday 27 July 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*

**Monday 28 July 11:00am-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, along with a tidy of the wider park. Tea overlooking the sea will be served!

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

**Tuesday 29 July 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.

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

**Wednesday 30 July 10:00am-11:00am**

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

Gentle and playful Qigong movement sessions under the trees with Rakhee. All ages and abilities 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 31 July 10:00am-11:00am**

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

Jenny's in the park with more relaxing and restorative gentle exercise. This lovely Qigong class will 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 class supporting [Parks in Mind](#)


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

Peter Holloway

Tel. 07458 039397

[peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)

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

 [Bournemouth Parks in Mind](#)



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