



Spring into spring

The parks are waking up, the birds are busy, and we've put the kettle on. This spring's programme is full of friendly gardening, woodland conservation, creative art sessions, gentle movement, mindful moments, poetry, stargazing and more. Whether you fancy getting muddy, getting crafty or simply getting outside, join us as we ease into the season. Explore the programme below and pop along for as much or as little as you like. Follow us on [Facebook](#) for updates.

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

Monday 2 March 10:00am-11:00am **Breathe and be – Shelley Park**

Qigong for spring health and wellbeing this and every Monday in the park. Qigong is a form of traditional Chinese exercise for mind and body using slow, mindful movements and gentle breathing to help improve balance, flexibility, muscle strength, and overall wellbeing. If you need a seat or extra support, just let us know. Beginners welcome. Donation-based class supporting [Parks in Mind](#).

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

Tuesdays in March 9:15am-10:00am **Tai Chi Qigong – Zoom**

Join Jenny Newman each Tuesday in March for gentle exercise from home. There are in-person sessions in the park every Monday morning too – check the programme for details.

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

Wednesday 4 March 11:00am-4:00pm **Tree cheers for spring – Woodland Walk Nature Reserve**

A lovely hedge and tree planting nature conservation task. Wildlife improvements and tea to keep us going. Pop to the woods at any time or bring a packed lunch and enjoy the whole day in the woods. All tools, equipment, and gloves will be provided, though you're welcome to bring your own if you prefer.

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

Wednesday 4 March 7:00pm-8:00pm **What's up: ask an astronomer – Zoom**

Join us on Zoom for a cosmic question time. Bring your questions (or send them ahead by emailing Peter) for our astronomer Kate Earl to answer. Kate will also tell us what we can look forward to when we look up at our March night sky, as well as a roundup of the latest space news.

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



Thursday 5 March 10:30am-12:30pm Lovely lino & gelli printing – Shelley Park

Join Jo and Peter for week two of our six-week printmaking course. It's a relaxed, friendly space to unwind, get creative, and enjoy good company. You'll explore two printmaking techniques: lino and gelli plate printing. This week we continue with lino basics; weeks three and four focus on gelli plate printing; and in the final weeks you can develop your preferred technique.

*The course is currently full, but please enquire in case a space becomes available. We also welcome last-minute referral, wellbeing pathway, and carer space enquiries. Email: peter@parksfoundation.org.uk
Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

Monday 9 March 10:00am-11:00am Breathe and be – 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

Tuesday 10 March 10:30am-12:30pm Tree connections – Woodland Walk Nature Reserve

Join Wilderness Therapist, Sam Gauntlett, from Wildkind and Peter from Parks in Mind for a gentle wander through the nature reserve. This calming session includes simple mindfulness practices, beginner-friendly tree identification, a look at traditional uses and ancient tree mythologies, and a small nature craft, all rounded off with a cuppa in the woods. Bring a notebook and reusable drinks cup if you can.

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

Tuesday 10 March 2:00pm-4:00pm Stitch café – Shelley Park

Ready, steady, sew at our small and friendly Stitch Café with lovely stitchers Louise and Tracey. Help make Parks in Mind bunting and flags, come for inspiration, bring your own project, or repair something you love. Fabrics, thread and equipment are provided, and donated fabric scraps are always welcome. Plus, refreshments from our tea-and-crafts corner. All welcome, from beginners to experienced stitchers.

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

Wednesday 11 March 10.30am -12.30pm Mud cloth painting – Woodland Walk Nature Reserve

Join artist Pauline Stanley and Peter from Parks in Mind for a morning of African mud cloth painting, a relaxed, creative session using the beautiful colours of local clays. We'll take a short wander through the woods to gather natural shapes and patterns for inspiration, then return to create fabric wall hangings using earth pigments and imagination. All materials are provided. Please dress for (slight) mess.

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

Thursday 12 March 10:30am-12:30pm Lovely lino & gelli printing – Shelley Park

Join Jo and Peter for week three of this relaxing, friendly, and fun printmaking course. This and next week we will focus on gelli plate printing. Jo will guide you step by step in this playful printmaking method where you roll paint onto a gel plate and pull one-off prints.

The course is currently full, but last-minute referral, wellbeing-pathway, and carer-space invited.

Booking by emailing peter@parksfoundation.org.uk

Monday 16 March 10:00am-11:00am Breathe and be – Shelley Park

Join us for qigong 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

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Monday 16 March 11:00am-1:00pm

Bowling green to blooming green – Community Gardens



The brilliant Friends group, supported by BCP Council's landscape and parks officers, are leading the transformation of the surplus second bowling green into a new community wildflower meadow. We've already planted some young trees, and the Friends and Parks in Mind would be delighted if you come and join us this morning for some wildflower seeding and a few light gardening and tidying jobs on the bowling green and around the park.

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

Thursday 19 March 10:30am-12:30pm

Lovely lino & gelli printing – Shelley Park

Join Jo and Peter for week four of this relaxing, friendly, and fun printmaking course. This week we continue to focus on gelli plate printing, with Jo guiding you step by step.

The course is currently full, but last-minute referral, wellbeing-pathway, and carer-space invited.

Booking by emailing peter@parksfoundation.org.uk

Monday 23 March 10:00am-11:00am

Breathe and be – Shelley Park

Unwind and continue to 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

Tuesday 24 March 11:00am-12:30pm

Poetry in the park – Woodland Walk Nature Reserve

Poetry can soothe the soul and warm the heart, so our theme for March is poetry as wellbeing. Led by poet Jane Carter, these welcoming sessions are warm, fun, and a chance to come together to read and write something new. Enjoy a gentle hour and a half outdoors, where the ordinary things such as a birdcall or an unfurling leaf can ease the mind and spark a line. Bring a notebook and get your rhyme on with us.

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

Wednesday 25 March 11:00am-4:00pm

Spring woodland workday – Woodland Walk Nature Reserve

A relaxed day of wildlife conservation in the woods. There's still a bit of hedge and tree planting to finish, along with other simple tasks that help the reserve thrive. Expect fresh air, friendly faces and plenty of tea. Drop in at any time during the day or bring a packed lunch and stay for the whole day. All tools, equipment and gloves will be provided, though you're welcome to bring your own if you prefer.

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



Wednesday 25 March 12:00pm-1:00pm

Our radiant voices – Woodland Walk Nature Reserve

Another chance to explore the beauty and power of our voices, and the joy and relaxation that arises from making sounds together. Led by voice practitioner Elisabetta, this non-performative and non-competitive practice called toning welcomes everyone. 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

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Wednesday 25 March 7:00pm-8:00pm Jumpers for Jupiter – Boscombe Overcliff Nature Reserve

And mittens for the Moon. Wrap up warm for early evening views of Jupiter and the Moon, along with the tail end of the winter constellations. Join Kate Earl and her telescope on Boscombe clifftop to hear all about our March night sky. Bring binoculars if you can.

Please book. Meet on the clifftop nature reserve opposite Grovely Avenue, Boscombe BH5 1JB

Thursday 26 March 10:30am-12:30pm Lovely lino & gelli printing – Shelley Park

Join Jo and Peter for week four of this relaxing, friendly, and fun printmaking course. This week we

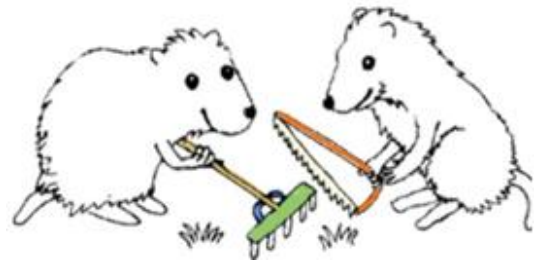
continue to focus on gelli plate printing, with Jo guiding on some playful printmaking

Course full but please enquire about future Parks in Mind courses and other wellbeing activities by emailing peter@parksfoundation.org.uk

Saturday 28 March 10:30am-12:30pm Friendly community gardening – Community Gardens

Fun and friendly gardening with the fab Friends of Knyveton Gardens. Lend a hand on this gentle potter to improve 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



Monday 30 March 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

Monday 30 March 11:00am-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. Refreshments provided to keep the gardening going.

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

Thursday 2 April 10:30am-12:30pm Lovely lino & gelli printing course – Shelley Park

In the final session of this printing course, you will have the chance to develop your favourite technique, either lino printing or gelli printing, with guidance and time to explore your own ideas.

Course full but please enquire about future courses by emailing peter@parksfoundation.org.uk


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

Peter Holloway

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 [Bournemouth Parks in Mind](#)



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