

### Spring into spring – April 2026

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

#### Wednesday 1 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 April Fools-themed space curiosities, along with a look at a few more 'secret stowaways' (those hidden features tucked into spacecraft), the names of lunar craters, and the remarkable scientists, engineers and explorers they honour.

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

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

#### Monday 6 April 10:00am-11:00am

#### Breathe and be – Shelley Park

A warm welcome to our spring Monday 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



**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 Monday too – check the programme for details.

To request the Zoom link and find out more, please email [perfectsoundworld@gmail.co.uk](mailto:perfectsoundworld@gmail.co.uk)

**Monday 13 April 10:00am-11:00am**

**Breathe and be – 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 13 April 11:00am-1:00pm**

**Perk up the park – Community Gardens**

Spring is around the corner, and so is our lovely Springbourne park.

Please join us and the fab Friends group 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



**Monday 13 April 2:00pm-4:00pm**

**Pop-up prints – Shelley Park**

Step into the world of lino printing. Join us on a relaxed and hands-on workshop suitable for beginners and anyone who has tried lino printing before and would like refresher. In this one-off session you will learn how to use a lino cutter, design and carve a lino block, and print with it to make a few cards. Under the expert guidance of crafter Jo Malyon, this is the perfect lino printing taster session. Come along, get creative, and make a print to share with someone special, or simply enjoy the company and the craft.

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



**Tuesday 14 April 11:00am-4:00pm**

**Tree cheers for spring – Woodland Walk Nature Reserve**

A lovely hedge and tree planting nature conservation task as we continue the improvements to the Woodland Walk. Be part of the change and join us for wildlife improvements and tea aplenty, pop to the woods to help and to find out more. 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 15 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



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**Monday 20 April 10:00am-11:00am**

**Breathe and be – 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 21 April 11:00am-12:30pm**

**Spring poems in the woods – Woodland Walk Nature Reserve**

Spring has sprung and the sap is rising, and if you're feeling it too, come and join us. These lovely poetry sessions in the woods are led by poet, Jane Carter. They're warm, fun, and a chance to come together to read and write something new. Using examples from other poets as inspiration, we'll spend a gentle hour and a half outdoors, where 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. Whether you're here for the words or the woods, everyone is welcome.



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

**Wednesday 22 April 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 watering everything we've planted in the last few months. Come and see the woodland beginning to bloom and enjoy 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 22 April 12:00pm-1:00pm**

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

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.

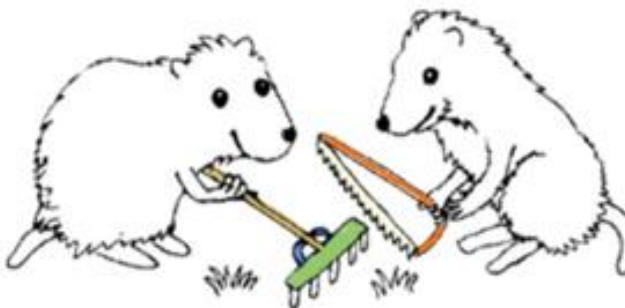
*Please book. Meet at The Green Tin Shed, Woodland Walk (south), Woodland Avenue, Boscombe BH5 2DJ*

**Saturday 25 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 27 April 10:00am-11:00am**      **Breathe and be – 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*

**Monday 27 April 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. Spring into action and join us to give the park some love and attention. Tea will be served!

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

Peter Holloway

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