



Parks in Mind - June 2026

We're celebrating the arrival of summer with art, craft, astronomy, wildlife, gentle green tasks, and a mix of fun and peaceful wellbeing in the park. This month also brings a special Summer Solstice performance with Ray Collective, alongside a wand-making workshop to welcome the longest day. As ever, the kettle is on - please join us. 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

Monday 1 June 10:00am-11:00am

Breathe and be – Shelley Park

A warm welcome to Jenny Newman's June Monday mornings in the park. This month we're continuing with the lovely Qigong practice of 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. Let us know if you need a seat or additional support. Open to all, including beginners. Donation-based class supporting [Parks in Mind](#).

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

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

Tai Chi Qigong – Zoom

Enjoy gentle, restorative exercise from the comfort of your home with Jenny Newman's lovely online Qigong classes. Please note there is *no session on Tuesday 16 June*. If you'd like to join in person, there are classes 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



Tuesday 2 June 2:00pm-4:00pm

Print in the park – Shelley Park

A celebration, a taster, a reunion, and a mini outdoor gallery all in one! Come along to experience the fun art of lino printing. As part of Dorset Art Weeks, this one-off celebration brings together some of the amazing prints created on our recent courses with Jo Malyon's [Bella and Barley Craft](#). Everyone is welcome, including past participants, friends, family, and anyone curious to give lino and gelli plate printing a try. Drop in for a relaxed taster session, or, if you've already learned to carve and print, you're welcome to share your skills and help others have a go. You're also invited to bring along any prints you've made to add to our outdoor gallery, on the no-expense-spared string and pegs between two trees!



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

Wednesday 3 June 10:00am-11:00am

Movement in Nature – Fisherman's Walk

Rakhee Jasani's well-loved series of Qigong classes continues through the summer. Join Rakhee under the trees to combine slow, flowing movement with breath and awareness to support relaxation and overall wellbeing. The sessions are held each Wednesday morning this month except Wednesday 24 June. Donation-based class supporting [Parks in Mind](#).

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

Wednesday 3 June 7:00pm-8:00pm

What's up – Zoom

Join us for an informal hour of astronomy with local astronomer, Kate Earl. Using video clips, photos, and simulations, Kate shows us what to look out for and when in our June night sky. Along with a summary of the latest space news, this month Kate will take us on a tour of the volcanoes across the solar system.

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

Thursday 4 June 11:30am-4:00pm

And So to Shed – Woodland Walk Nature Reserve

After last month's postponement, we're delighted to get our shed makeover back on track. You are cordially invited to a painting party. Join us to brighten up the outside of The Green Tin Shed and make a start on freshening up the inside too. We'll be doing light cleaning, tidying and prep to help the space feel brighter and more welcoming. We'll continue the makeover in a future session, but for now we'd love your help getting things underway. We'll also check in on our newly planted trees with some watering and aftercare, so there'll be plenty of jobs to choose from. Drop in any time, or bring a packed lunch and stay the day.



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

Sunday 7 June 10:00am-11:00am

Bend it like Boscombe – Shelley Park

Yoga in the park every Sunday all summer long. Join Rachel Wilkinson and other inspiring teachers from [Create Your Community](#) for a lovely start to the day. Sessions open to all – beginners welcome.

Contribution-based classes, with your donations helping to support accessible wellbeing.

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

Monday 8 June 10:00am-11:00am

Breathe and be – Shelley Park

Jenny Newman's Monday morning Qigong in the park explores the Eight Silk Brocades. This gentle, uplifting practice is made up of eight simple movements and is a lovely way to start the week. Donation-based class supporting [Parks in Mind](#)

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

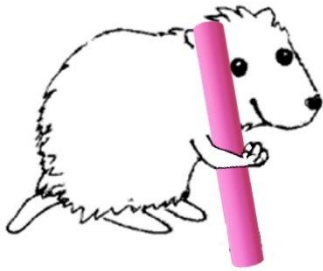
Book by emailing peter@parksfoundation.org.uk or call/text 07458 039397 unless otherwise stated



Wednesday 10 June 10:00am-11:00am Movement in Nature – Fisherman’s Walk

Rakhee Jasani’s Qigong weaves together tradition, creativity, and the rhythms of nature, offering a gentle space to slow down, soften, and reconnect with what feels good. Join us under the trees in Fisherman’s Walk for this lovely and donation-based class supporting [Parks in Mind](#).

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



Sunday 14 June 10:00am-11:00am Bend it like Boscombe – Shelley Park

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

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Monday 15 June 10:00am-12:00pm Tea break wildlife gardening club – Community Gardens

Join us for a refreshing Monday morning cuppa and some gentle and enjoyable gardening in our favourite Springbourne Park. Listen out for the summer birds while we toil, and the whistle of the kettle when it’s on the boil. Tea, 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

Monday 15 June 2:00pm-4:00pm Stitch café – Shelley Park

Sociable stitching in the park with lovely stitchers, Louise and Tracey. You can make a lavender bag, help with our Parks in Mind bunting, or drop in for other ideas. There are plenty of fabrics and threads to choose from, with everything provided, including tea and cake. Everyone is welcome, whether you’re a complete beginner or an experienced stitcher.

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



Tuesday 16 June 10.30am -12.30pm Mud cloth painting – Woodland Walk Nature Reserve

We’re delighted to welcome back artist Pauline Stanley, returning after a wonderful session earlier this year. Join Pauline, 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 early-summer 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

Wednesday 17 June 10:00am-11:00am Movement in nature – Fisherman’s Walk

Join Rakhee for Qigong in the park under the trees in the beautiful Fisherman’s Walk. All ages and abilities welcome. Donation-based session supporting [Parks in Mind](#). Please note, the classes take a short break from today but return again Wednesday 1 July.

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

Wednesday 17 June 11:30am-4:00pm Shed Happens – Woodland Walk Nature Reserve

Join us for part two of our gentle makeover of The Green Tin Shed. We’ll carry on brightening the outside, freshening the inside, and take a gentle potter in the woods to give our newly planted trees a bit of watering before the day is out. There are plenty of jobs for all abilities. Drop in any time, or bring a packed lunch and stay the day.

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

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Wednesday 17 June 12:00pm-1:00pm

Our radiant voices – Woodland Walk Nature Reserve

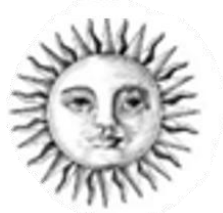
Join voice practitioner Elisabetta for a calming summer session of toning, a non-performative and non-competitive exploration of the beauty and power of our resonant voices. We meet in the woodland nature reserve, under the soft shade of the trees and the warmth of the season. You do not have to be a singer to take part. Simply come along to gently explore different properties of sound and begin learning how to make harmonic overtones.

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

Summer Solstice with Ray Collective

Sunday 21 June 2026

9:15am - 10:30am



Join us in Shelley park to celebrate the Summer Solstice with Ray Collective - who perform only at the summer and winter solstice.

Make a simple solstice stick wand to celebrate the sun before catching this one-off performance, made just for this moment.

9:15am- 10:00am

Wand making workshop with artist Anna Shiels

10:00am Ray Collective Performance

Please book. Meet Shelley Park, Chessel Avenue

Boscombe BH5 1FG

All folk welcome to mark this old day, in a new way

Refreshments available

Bend it like Boscombe follows, this week at the later time of 10:30am

Sunday 21 June 10:30am-11:30am

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

This week's session begins **half an hour later** to make space for our Summer Solstice celebration with Ray Collective — and you're warmly invited to come along to both if you'd like. Donation-based yoga 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

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



Monday 22 June 10:00am-11:00am **Breathe and be – Shelley Park**

This month we continue our focus on the Ancient Chinese movement practice of 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, 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

Saturday 27 June 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. It's a great way to get some fresh air, meet lovely people, and make a difference in your local community. Afterwards, relax with a hot drink back at the shed. 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



Sunday 28 June 10:00am-11:00am **Bend it like Boscombe – Shelley Park**

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

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Monday 29 June 10:00am-11:00am **Breathe and be – Shelley Park**

Join Jenny for gentle movement in Shelley Park. A chance to boost your energy, connect with nature and each other. Throughout June and the summer, we're exploring the Eight Silk Brocades - a simple, playful and enjoyable routine. Donation-based class supporting [Parks in Mind](#)

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

Monday 29 June 11:30am-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 afterwards overlooking the sea.

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

Tuesday 30 June 11:00am-12:30pm **The sun lifts, so do we – Woodland Walk Nature Reserve**

Join poet, Jane Carter, for these uplifting summer poetry sessions in the woods. As the days grow longer and the light settles warmly through the trees, we'll come together to read, write and share words that help us notice hope, brightness, and resilience. Using poems from others as gentle inspiration, we'll spend time looking on the sunny side and finding small sparks to carry us through the rest of 2026. Whether you're here for the words or the woods, or would simply like to listen with a cup of tea, everyone is welcome.


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

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 [Bournemouth Parks in Mind](#)



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