



Find a space to play with Parks in Mind in May

Join us over the next few weeks to help make better parks and have plenty of larks! If you're looking for fun wildlife conservation, nature-inspired art and craft, wellbeing, and exercise, then Parks in Mind is the space to be. 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

Wednesday 1 May 10:00am-11:00am **Movement in nature – Fisherman's Walk**

Qigong and gentle movement inspired by a spirit of playfulness. This month we explore the Yi Jin Jing or 'muscle tendon changing classic' - an ancient movement form said to be practiced since the sixth century by the Shaolin monks! Tap into your inner playful monk as we cultivate stillness, quietude and patience whilst building our strength, stretching our muscles and breathing well. All welcome, including beginners. 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 1 May 7:30pm-8:15pm **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 May night sky, as well as a summary of the latest space news. We will also be taking a look at the fun and playful objects that have found their way on board spacecraft over the past 70 years.
To request the Zoom link and find out more, please email peter@parksfoundation.org.uk

Thursday 2 May 10:00am-11:00am **Ready, steady, slow – Shelley Park**

A warm welcome to our Thursday mornings in May in Shelley Park with Qigong practitioner Jenny Newman. 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



Sunday 5 May 10:00am-11:00am

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

And we are back! And we can't wait to see you all! A warm welcome to the return of Bend it like Boscombe. This is our fifth year collaborating with Rachel Wilkinson's [Create Your Community](#) to raise awareness of the importance of connections to nature and accessible wellbeing. We'll be in the park this and each Sunday morning stretching through spring and summer. Everyone welcome, including beginners. Bring a mat, towel or just yourselves and be part of something great. These contribution-based sessions provide valuable support in your community for those experiencing challenges in accessing activities. *No booking required. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

Tuesdays in May 9:00am-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 on many Thursdays too – check the programme for details. *To request the Zoom link and find out more, please email perfectsoundworld@hotmail.co.uk*

Tuesday 7 May 10:30am-12:30pm

Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Session three of our course exploring wellbeing through nature and creativity. Meet others, learn simple creative techniques and spend time outdoors in the park. **Week three: be active.** This week is available as a stand-alone taster session for new attendees.

Please book. Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

To find out more and book your place, please email peter@parksfoundation.org.uk

Wednesday 8 May 10:00am-11:00am

Movement in nature – Fisherman's Walk

Prepare to meet the Black Dragon, exhibit your claws, and extend your wings like a hawk, and pluck a star and turn it into the big dipper! Continuing the spirit of playfulness, we're exploring an ancient movement form that will help improve strength, flexibility and breathing. Led by Qigong practitioner, Rakhee Jasani, these classes are open to all. 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 8 May 11:30am-1:00pm

Flower power! – Kings Park

Help create a marvellous flowering meadow in Kings Park. We'll be scattering and raking in lots of seed and learning about the importance of meadows and how to create them. We'll also be giving away free seeds for you to create your very own mini meadow at home. This is part of our Littledown to Boscombe clifftop Urban Greenway project, a wildlife corridor stretching from the River Stour to Kings Park and beyond!

Please book. Meet Kings Park, end of Gloucester Road junction with Kings Park Drive, Boscombe BH7 6JD



Thursday 9 May 10:00am-11:00am

Ready, steady, slow – Shelley Park

Join Jenny to explore gentle and meditative movement to enhance your wellbeing. As we move with nature in these spring sessions, you will expand and grow your understanding of movement meditation and the art of effortless. Everyone welcome, including beginners. Donation-based session 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

Sunday 12 May 10:00am-11:00am

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

Summer Sunday sessions throughout spring and summer led by Rachel and other teachers from the wonderful Create Your Community. Open to all – beginners welcome. Donation-based classes with contributions supporting the work of [Create Your Community](#) and [Parks in Mind](#).

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

Monday 13 May 10:30am-12:30pm

Bee a wildflower womble! – Woodland Walk

Wildflower wombles needed to help scatter and rake in seeds along Woodland Walk. Help restore biodiversity through the wood to create a flower-filled walk to attract bees, butterflies and birds. We'll also be giving away free seeds for you to create your very own mini wildflower patch at home. Today's event is in partnership with Better Boscombe, helping to improve Woodland Walk for people and wildlife.

Please book. Meet southern end of Woodland Walk, off Woodland Avenue, Boscombe BH5 2DJ



Tuesday 14 May 10:30am-12:30pm

Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to enjoy our green spaces. **Week four: learn.** This week is available as a stand-alone taster session for new attendees.

Please book. Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

Find out about Parks in Mind wellbeing courses by emailing peter@parksfoundation.org.uk

Wednesday 15 May 10:00am-11:00am

Movement in nature – Fisherman's Walk

Tap into your inner playful monk as we cultivate stillness, quietude and patience whilst building our strength, stretching our muscles and breathing well. Join us today and each Wednesday through the month. All 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



Wednesday 15 May 11:00am-1:00pm

Woodcraft folk – Fisherman's Walk

Carve out space for yourself by joining green woodsman, Mark Codling, for some thoroughly relaxing and absorbing wood whittling. A chance to make and decorate your own, beautiful, wooden bangle. Suitable for new and experienced green wood carvers. All materials, tools and refreshments provided.

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

Thursday 16 May 10:00am-11:00am

Ready, steady, slow – Shelley Park

Qigong in the park with Jenny Newman. Tap into nature and your playful self as we continue our journey into spring, exploring playfulness whilst spending a relaxing and meditative hour out of doors in nature. 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

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

Thursday 16 May 5:30pm-7:00pm

Frisbee fling with a frisbee king – Shelley Park



Feeling springy? Here's a chance to catch former-UK Frisbee Champion, Gary Williams, for throwing tips and tricks at our fabulous frisbee fling in the park. Thrown together with a cool soundtrack, you can glide in anytime, we'll be spinning discs into the evening.

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

Saturday 18 May 10:00am-12:00pm

Hop aboard the time machine – Hengistbury Head

Join us at Hengistbury Head to find out what it was like living here in the Iron Age 2000 years ago! Visit the new Iron Age roundhouse and travel back in time as we visit and listen to the sounds of a Roman port.

Plus, the chance to find and identify some real-life Iron Age pottery! A Performing the Past project.

Adults £3, Children Free.

Please call the Hengistbury Head Visitor Centre on 01202 128444 to book a space.

Sunday 19 May 10:00am-11:00am

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

Yoga in the park this and every Sunday. Everyone welcome, including beginners. We invite you to feel good whilst doing good in our community on these donation-based sessions supporting 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 21 May 10:30am-12:30pm

Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to enjoy our green spaces. Creative wellbeing in the park and tapping into nature's bounty to make simple gifts for your friends and for yourself. **Week five: give.** This week is available as a stand-alone taster session for new attendees.

Please book. Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

Find out about Parks in Mind wellbeing courses by emailing peter@parksfoundation.org.uk



Tuesday 21 May 2:00pm-4:00pm

Stitch café – Kings Park

Ready, steady, sew! Our small and friendly Stitch café with textile artist, Gill Coleman. Have a go at craftivism and visible mending or bring along your spring sewing projects. All fabrics, threads and equipment provided. Plus, free tea and cake from our crafty pop-up café. All levels welcome, including complete beginners and experienced stitchers.

Please book. Meet Kings Park Athletic Centre, Kings Park, Boscombe, BH1 4NN

Wednesday 22 May 10:00am-11:00am

Movement in nature – Fisherman's Walk

A wonderful chance to explore the ancient Qigong form of Yi Jin Jing, said to have been practiced since the sixth century by the Shaolin monks. All 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 23 May 10:00am-11:00am

Ready, steady, slow – Shelley Park

Qigong for spring health and wellbeing with qigong practitioner, Jenny Newman. Qigong outdoors is 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

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

Sunday 26 May 10:00am-11:00am

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

Getting Sunday off to the best start with yoga in the park. Everyone welcome, including beginners. Bring a mat, towel or just yourselves and be part of something great. Donation-based classes with contributions supporting the work of [Create Your Community](#) and [Parks in Mind](#) to create accessible wellbeing. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG



Tuesday 28 May 10:30am-12:30pm

Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Final session of our six-week nature-inspired creative course in the park. Discover simple, creative ways to enjoy our green spaces. **Week six: setting goals & beautiful intention sticks.**

Please book. Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

Wednesday 29 May 10:00am-11:00am

Movement in nature – Fisherman's Walk

A further chance to tap into your inner playful monk as we cultivate stillness, quietude and patience whilst building our strength, stretching our muscles and breathing well. This lovely and playful class under the trees in Fisherman's Walk with Rakhee Jasani is open to all. Let us know if you need a seat or additional support. Donation-based session supporting Parks in Mind.

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

Thursday 30 May 10:00am-11:00am

Ready, steady, slow –Shelley Park

Jenny Newman shows us how posture, movement and breathing techniques can help us move through everyday life. These wonderful outdoor classes are an opportunity to feel empowered as you take charge of your wellbeing. Open to all. Donation-based class supporting Parks in Mind.

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

Peter Holloway

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 [Bournemouth Parks in Mind](#)



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