

August 2024



Fun, free, social and local...

Parks in Mind has got it all, including a very warm welcome to sunny adventures in the parks. This August, we have meadows on our mind and stars in our eyes, along with gardening, craft, green exercise, and plenty of peaceful and mindful wellbeing. Please join us to get out and about in nature and meet like-minded others in a park near you. 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

Thursday 1 August 10:00am-11:00am Ready, steady, slow – Shelley Park

A very warm welcome to August Thursday mornings in the park with qigong practitioner, Jenny Newman. Qigong, pronounced 'chee-gong', is a form of traditional Chinese mind and body exercise and meditation that uses slow and precise body movements to enhance breathing and improve balance, flexibility, and overall health. 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

Sunday 4 August 10:00am-11:00am Bend it like Boscombe - Yoga in the park – Shelley Park

Get Sunday mornings off to a great start with yoga in the park. Join us every Sunday, stretching across the summer. No need to bring anything special, just a mat or towel, some water and yourselves. Contribution-based class raising awareness of the importance of connections to nature and accessible wellbeing for all.

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

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

Tune into Tuesdays for 45 minutes of online qigong. Join Jenny Newman on Zoom each week for gentle exercise from home. There are in-person sessions in the park too – check the programme for details.

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

Wednesday 7 August 11:30am-1:30pm Woodcraft folk – Woodland Walk

Come carve with green woodsman Mark Codling. Thoroughly relaxing and absorbing wood whittling making and decorating your own, beautiful, wooden cooking spatula. All materials, tools and refreshments provided. Suitable for beginners and experienced green wood carvers.

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

Wednesday 7 August 7:30pm-8:30pm What's up – Zoom

An informal hour of astronomy with astronomer, Kate Earl. Using video and photos, Kate shows us what we can look forward in our August night sky, as well as a summary of the latest space news. We will also be taking a look at exoplanets; weird and wonderful distant worlds in orbit around other stars.

To request the Zoom link please email peter@parksfoundation.org.uk

Thursday 8 August 10:00am-11:00am Ready, steady, slow – Shelley Park

Join qigong practitioner, Jenny Newman, for this gentle and meditative weekly session in the park. Tai chi qigong is movement meditation relating to storing and preserving your vital qi (energy). Come and connect mind and body to build flexibility and balance and to strengthen the heart and calm the mind. 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

Sunday 11 August 10:00am-11:00am Bend it like Boscombe - Yoga in the park – Shelley Park

Sunday morning yoga in the park. Bend it like Boscombe is a wonderful partnership between [Parks in Mind](#) and [Create Your Community](#) with the aim of making wellbeing and nature accessible to everyone.

Contribution-based class. Everyone welcome, including beginners.

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

Monday 12 August 11:00am-12:30pm Meadows in mind – Kings Park

Explore and hear all about opportunities for wildlife in Bournemouth's biggest and busiest park. Join The Parks Foundation's Urban Greening Officer, Josh Clarke, and Peter from Parks in Mind to see how many different species of wildlife we can find. We'll start by opening last night's moth trap and then potter around the park with a special look and celebration of our new wildflower meadows. This is a great opportunity to learn about the importance of restoring biodiversity to our parks and communities. Come along to find out more!

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

Monday 12 August 8:30pm-11:30pm Stars in our eyes – Hengistbury Head



Join us for the Perseid meteor shower with astronomers Kate Earl and Bill Coombes for an evening packed with meteors, the Moon, and the Milky Way. Bill is a Licensed Radio Amateur and NASA Ambassador and will be using radio equipment to help detect and hear the meteors, even if cloudy. Bring a picnic chair or mat so you can relax and look up at the sky, and a blanket to keep warm. **Please note** this event is being organised by our friends over at Hengistbury Head. Tickets: adult: £4; child free. The event will be cancelled if bad weather is forecast. The Broadway access gates will remain open for the event but will be closed promptly afterwards. Keep an

eye on the Parks in Mind or Hengistbury Head Visitor Centre Facebook pages for up-to-date information.

Booking essential by calling Hengistbury Head Visitor Centre on 01202 128444

Meet: Hengistbury Head Visitor Centre, Broadway, Southbourne, Bournemouth BH6 4EW

Tuesday 13 August 11:00am-12:00pm Our radiant voices – Fisherman's Walk

Our radiant voices is natural sound-making for joy and wellbeing. Come along for an hour of relaxed voice meditation, accompanied by singing bowls. All welcome, you do not need to be a singer to participate. The session is gently facilitated by local voice practitioner, Elisabetta. No need to bring anything special, just some water and yourselves. There is a second chance to take part on Tuesday 20 August.

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

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

Thursday 15 August 10:00am-11:00am Ready, steady, slow – Shelley Park

As we approach late Summer, we come into the Earth Element of qigong. This element is connected to balance, ease and stability. Tai chi qigong on Thursdays is a movement meditation session relating to storing and preserving your vital qi (energy). Come and practice looking inwards to calm your mind whilst you float and flow along to these easy-to-learn movements. 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

Sunday 18 August 10:00am-11:00am Bend it like Boscombe - Yoga in the park – Shelley Park

Get Sunday mornings off to a great start with yoga in the park. Join us every Sunday, stretching across the summer. No need to bring anything special, just a mat or towel, some water and yourselves. Contribution-based class raising awareness of the importance of connections to nature and accessible wellbeing for all.

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

Monday 19 August 2:00pm-4:00pm Perk up the park – Knyveton Gardens

Help needed to maintain and improve this important neighbourhood green space. Join us in our lovely Springbourne park on a series of gentle summer gardening jobs, with something for everyone. Served up with tea at three, this easy-going regular gardening get-together is one not to miss!

Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY



Tuesday 20 August 11:00am-12:00pm Our radiant voices – Fisherman's Walk

We're finding our voice on this natural sound-making session for joy and wellbeing. Come along for an hour of relaxed voice meditation, accompanied by singing bowls. All abilities welcome, you do not need to be a singer to participate. The session will be gently facilitated by local voice practitioner, Elisabetta. No need to bring anything special, just some water and yourselves.

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

Tuesday 20 August 2:00pm-4:00pm Stitch café – Shelley Park

Ready, steady, patch! Join textile artist, Sarah Lloyd, to learn traditional patchwork. Create a patchwork sample or use patchwork to repair a garment, bringing any scraps of fabric you may like to use, along with a garment or other item to repair. You can also bring your own sewing project or come along for ideas. There's lots of fabrics and threads to choose from and other equipment provided. All welcome, including complete beginners. Joining Sarah will be Fiona, Rekha and Tracey, all on hand to help, advise and answer your questions. Peter has plenty of tea and copious cakes, completely free off his trolley.

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



Wednesday 21 August 10:00am-11:00am Movement in Nature – Fisherman's Walk

Join Rakhee to explore 'Primordial Qigong' also sometimes known as 'Hun Yuan Qigong'. This is a series of 12 movements which is at once gentle but powerful. There is a strong link to nature, and we will have a chance to explore the concepts of balance, yin and yang, and support a feeling of spaciousness. Learn to bring balance and nourishment to your body through this gentle sequence accompanied by reflective practices and guided meditations - perfect for the season of late summer. 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

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

Thursday 22 August 10:00am-11:00am Ready, steady, slow – Shelley Park

Qigong is an age-old practice that harnesses the power of breath and movement to create health and balance within the body. Join qigong practitioner Jenny Newman this and each Thursday to find out how sustained practise can help you connect to balance, ease and stability. 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

Thursday 22 August 5:30pm-7:00pm Frisbee fling with a frisbee king! – Shelley Park



Join former-UK Frisbee Champion, Gary Williams, for a frisbee fling. Gary competed in the World Championships at Rose Bowl Pasadena and is here to show you tips and tricks to improve your game. Also, on hand to help you find your feet will be our very own Parks in Minder, Jo Worley, and other frisbee regulars. Glide in anytime - we'll be spinning discs into the evening.

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

Sunday 25 August 10:00am-11:00am Bend it like Boscombe - Yoga in the park – Shelley Park

Stretch out the summer with wonderful park yoga this and every Sunday. We're proud to be working with Rachel Wilkinson and other teachers from the very brilliant Create Your Community, making wellbeing accessible to all. Beginners welcome. Bring a mat, towel or just yourselves and be part of something great. Donation-based class supporting [Parks in Mind](#) and [Create Your Community](#).

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

Wednesday 28 August 10:00am-11:00am Movement in Nature – Fisherman's Walk

Join Rakhee to explore 'Primordial Qigong' also sometimes known as 'Hun Yuan Qigong'. A series of 12 movements with a strong link to nature. Learn to bring balance and nourishment to your body through this gentle sequence accompanied by reflective practices and guided meditations - perfect for the season of late summer. 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 29 August 10:00am-11:00am Ready, steady, slow – Shelley Park

Late Summer and with thoughts of autumn, here's a chance to find out more about the age-old practice of tai chi qigong on this lovely gentle class with Jenny Newman. 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

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 [Bournemouth Parks in Mind](#)



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