

Sounds like
summer

**Parks in Mind
June 2024**

Looks like
summer



Welcome to your early summer programme, and it's a bumper! We're tuning into June and listening and taking notice of the natural world around us on some calming, fun and inspiring sessions in the sun. Join us to take care of the parks and enjoy art, craft, wellbeing and wildlife. The kettle is on! Check the programme below and follow us on [Facebook](https://www.facebook.com/parksfoundation) for updates.

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

Sunday 2 June 10:00am-11:00am

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

Ease into summer and Sunday mornings with yoga in the park this and every week through the summer. Everyone welcome, including beginners. Contribution-based sessions providing 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 June 9:00am-10:00am

Tai Chi Qigong – Zoom

Tune into Tuesdays for online Qigong. Join Jenny Newman online 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 5 June 10:00am-11:00am

Movement in nature – Fisherman's Walk

Open your heart to nature in June with gentle movement and qigong under the trees in Fisherman's Walk. This month, Rakhee Jasani selects different practices each week to celebrate the qualities of the summer such as joy and connection and to bring more ease, tranquillity and spaciousness into your daily life. Open to all – seated options available. Donation-based class supporting Parks in Mind.

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

Wednesday 5 June 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 June night sky, as well as a summary of the latest space news. We will also be learning about and listening to magnetars - some of the most bizarre objects in the known universe.

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



Thursday 6 June 10:00am-11:00am

Ready, steady, slow – Shelley Park

As we step into summer, tap into the energy and nature of the season on these lovely and very gentle sessions with qigong practitioner, Jenny Newman. 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 9 June 10:00am-11:00am

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

Sunday morning yoga in the park. Raising awareness of the importance of connections to nature and accessible wellbeing. Donation-based class supporting the work of [Create Your Community](#) and [Parks in Mind](#). Everyone welcome.

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



Tuesday 11 June 11:00am-1:00pm

Summer colours and nature's sounds – Kings Park

Come on mini adventure with Anna Shiels and Peter looking for summer colours and listening to the sounds around us. We'll uncover one or two surprising long-lost sounds and have fun mark making and drawing the things we've heard. This is a lovely opportunity to tune into nature as summer comes to our parks. We aim to make this event accessible to all but please let us know if you have specific access needs. No experience necessary and materials supplied. Bring a bottle of water and a reusable coffee cup if you have one. We'll supply tea, coffee and, of course, biscuits for those extra crunchy sounds!

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

Wednesday 12 June 10:00am-11:00am

Movement in nature – Fisherman's Walk

Open your heart and celebrate the qualities of the summer to bring more ease, tranquillity and spaciousness into your daily life. Join Rakhee Jasani for gentle movement and qigong under the trees in Fisherman's Walk. Classes open to everyone - 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 12 June 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 cooking spatulas. All materials, tools and refreshments provided. Suitable for new and experienced green wood carvers.

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

Thursday 13 June 10:00am-11:00am

Ready, steady, slow – Shelley Park

Join Jenny Newman's grounding qigong to take you through the beautiful high energy and long daylight hours of summer. Gentle and meditative movement for the season to enhance your wellbeing. 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

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Thursday 13 June 11:30am-1:30pm

Macramé bee – Woodland Walk



Join the macramé revival by making your own unique hanging plant holder to bring that touch of boho style to your home and outside space! Crafter, Jo Malyon, will teach you basic macramé knots and how to use them to make your plant hanger. We'll also provide pots, compost and bee-friendly seeds for you to grow. Peter will be on hand with bee factoids and with news on plans underway to improve Woodland Walk for wildlife and people.

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

Sunday 16 June 10:00am-11:00am

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

We're proud to be collaborating with Rachel Wilkinson's [Create Your Community](#) on these lovely summer sessions in the park. Everyone welcome, including beginners. These contribution-based sessions provide valuable support in your community for those experiencing challenges in accessing activities. Everyone welcome.

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

Monday 17 June 2:00pm-4:00pm

Lend me your shears – Knyveton Gardens



Friends of the gardens needed to help with the continued improvements to this important green space in the heart of Springbourne. As well as gentle gardening, cutting and tidying, we're downing tools to spend time looking and listening to summer birds. We'll also be listening for the whistle of our kettle for our usual tea at three!

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

Tuesday 18 June 2:00pm-4:00pm

Stitch café – Kings Park

Ready, steady, sew! Our small and friendly Stitch café meets each month. Bring a sewing project or come along for ideas. There's lots of fabrics and threads to choose from and other equipment provided. Tracey and Rekha will be here to help, advise and answer your questions. Plus, Peter has tea and cake completely free off his trolley. All levels welcome, including complete beginners and experienced stitchers.

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



Wednesday 19 June 10:00am-11:00am

Movement in nature – Fisherman's Walk

Gentle movement in nature and qigong under the trees in Fisherman's Walk. A chance each week to sample different practices with qigong practitioner, Rakhee Jasani, to bring more ease, tranquillity and spaciousness into your daily life. Classes open to everyone - 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 20 June 10:30am-12:30pm

Sun-powered prints – Boscombe Overcliff Nature Reserve



Make beautiful prints from nature using cyanotype printing. Join Peter on this solar-powered artistic activity. Astronomer Kate Earl joins us with fun sun factoids and her telescope to safely view the sun and any sunspots. All materials and instructions supplied.

Please book. Meet Overcliff Nature Reserve, Boscombe Overcliff Drive, opp. Grovely Ave, Boscombe BH5 1JB

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

Thursday 20 June 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 will be available to show you tips and tricks to improve your game. Also, on hand to help you find your feet will be or very own Parks in Minder, Jo Worley. Meet Gary and Jo there! Thrown together with a cool soundtrack, glide in anytime - we'll be spinning discs into the evening.

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



Sunday 23 June 10:00am-11:00am

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

Fab Sunday morning yoga in the park this and every Sunday stretching across the summer. Supporting the work of [Create Your Community](#) and [Parks in Mind](#), these contribution-based sessions provide valuable support in your community for those experiencing challenges in accessing activities. Everyone welcome.

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



Monday 24 June 10:30am-1:00pm

Bandstand together – Fisherman's Walk

The paint on the bandstand is peeling, here's a chance to make it more appealing ready for summer concerts in the park. A fresh lick of paint, full instructions, equipment and materials provided. There's also some gardening and tidying to do, followed by tea and cake with the Friends of Fisherman's Walk.

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

Wednesday 26 June 10:00am-11:00am

Movement in nature – Fisherman's Walk

This month, celebrate the qualities of the summer through gentle movement and qigong with Rakhee Jasani. Join us as we meet under the trees in Fisherman's Walk. Open to everyone - 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 27 June 10:00am-11:00am

Ready, steady, slow – Shelley Park

Qigong for summer health and wellbeing with Jenny Newman. These outdoor sessions are a wonderful way to enhance wellbeing, embrace nature and remind ourselves of the rhythm of the seasons. Open to all. 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 30 June 10:00am-11:00am

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

Yoga in the park continues today and through the summer. Everyone welcome, including beginners, just roll up! 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

Peter Holloway

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[f Bournemouth Parks in Mind](#)



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