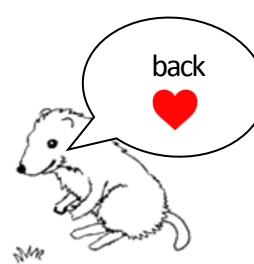




Parks in Mind Summer 2020



Parks in Mind is coming home! We can't wait to return to our natural habitat as we take our wildlife, arts and wellbeing project back outdoors.

Over the summer, we'll be doing our bit towards a green and bright recovery – restoring nature to our parks, protecting wildlife and finding arts and nature-based solutions to improve our health and wellbeing.

There's a chance to enjoy the cool of the early morning and watching stars well into the night. In between, there's practical nature conservation, gardening, wildlife walks, art in the park, yoga, tai chi and meditation. We'd love to see you!

And, if you're unable to join us in person yet, make yourself at home with our continued virtual and posted programme of green, arty and wellbeing activities.



Numbers limited, so please book activities e: p.holloway@bournemouthparksfoundation.org.uk; call/text 07384 790048

Monday 20 July 2:00pm – 4:30pm

Time for a trim – Knyveton Gardens

No matter your lockdown locks, 'comb over' to the gardens to give it a much-needed tidy. Keep the growth under control as we take the shears and get all choppy, thinning the thickets and clumps in and around the fringes of the park. We'll go to any lengths for a pun!

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne BH1 3RY

Tuesday 21 July 11:00am – 12:30pm

Back to the future – Kings Park

Get some fresh (h)air and join us for healthy history walk in one of the largest parks in town. A vital open space during lockdown, we'll be highlighting the past and future of this fantastic park.

Meet Kings Park, end of Gloucester Road junction with Kings Park Drive, Bournemouth BH7 6JD

Wednesday 22 July 10:00am – 12:00pm

Trees' company – Shelley Park

Hugs are in short supply at the moment, so here's a chance to connect and get up close and personal with your own special tree, and to give it a hug! Join us in an arty and educational summer tree identification walk, learning all about our woody friends by their leaves and other features.

Meet Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG

Monday 27 July 2:00pm – 4:30pm

Short back and sides – Knyveton Gardens

Gather together with old friends as we get to grips with the overgrown gardens.

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne BH1 3RY

Tuesday 28 July 11:00am – 1:00pm

Calling all litter critters – Horseshoe Common

A gentle walk and litter pick in Bournemouth's very own town centre wood.

Meet Horseshoe Common, opp. Bar Me, 134-136 Old Christchurch Road, Bournemouth BH1 1NL

Wednesday 29 July 10:00am – 2:00pm

The beginning of the end of the rhodie – Shelley Park

A restart on removing rhododendron from the park. Lots of healthy activity for us and wildlife.

Meet Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG



Sunday 2 August 6:30am – 8:00am

Boscombe beachcomb – Boscombe beach

A walk to and along the beach before the crowds arrive. Join us for an early morning beachcomb and some mindful photography as the sun rises over the sea.

Meet Gates to Woodland Walk, adj. 747 Christchurch Road, (opp. Wolverton Rd), Boscombe BH7 6AN

Monday 3 August 2:00pm – 4:30pm

Split ends – Knyveton Gardens

We're working at both ends of the park this afternoon, with a group tidying the sensory garden and another group weeding the borders behind the tennis courts.

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne BH1 3RY

Tuesday 4 August 10:00am – 1:00pm

Give the brook a new look! – Horseshoe Common

Today we're clearing silt, debris and litter from a section of one of the watercourses. Muddy larks to enhance the biodiversity and look of the common.

Meet Horseshoe Common, opp. Bar Me, 134-136 Old Christchurch Road, Bournemouth BH1 1NL

Wednesday 5 August 10:00am – 2:00pm

Getting our roots done – Shelley Park

Creating light in the woodland by cutting invasive rhododendron and digging and pulling up the roots.

Meet Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG

Thursday 6 August 11:00am – 12:00pm

Tai Chi Qi Gong – Shelley Park

Since lockdown, Tai Chi Qi Gong teacher Jenny Newman has been zooming around virtually but, as always intended, she's now with us in the park. Join Jenny and discover the wonderful benefits and gentle movements of Qi Gong. Suitable for all levels, including beginners.

Meet on the lawn in Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG

Monday 10 August 2:00pm – 4:30pm

Friendship bracelets – Knyveton Gardens

A crafternoon activity to take away and keep or give to your friend. Fun and easy to make, friendship bracelets are the ultimate summer accessory! Full instructions and demonstration given.

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne BH1 3RY

Tuesday 11 August 11:00am – 1:00pm

Picking up where we left off – Woodland Walk

A walk along a green tree-lined route that joins Boscombe high street to the sea, collecting litter as we go.

Meet Gates to Woodland Walk, adj. 747 Christchurch Road, (opp. Wolverton Rd), Boscombe BH7 6AN

Wednesday 12 August 11:30pm – 1:00am

Shooting stars – Hengistbury Head

People have been looking at the night sky at Hengistbury Head for thousands of years. Join us and lie in wait for the Perseid meteor shower. Wrap up warm and bring a blanket, mat or comfy chair – meteor watching can be a waiting game.

Meet outside Hungry Hiker Café, Hengistbury Head, Broadway BH6 4EN

Monday 17 August 2:00pm – 4:30pm

Hedges and edges – Knyveton Gardens

Plenty of gardening and upkeep to do, including a litter pick and a tidy of the hedges and edges.

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne BH1 3RY

Tuesday 18 August 11:00am – 1:00pm

Let's stick together – Shelley Park

Pick up sticks, leaves and pebbles and combine art with nature. We'll be creating some land art with our finds and getting messy with some stick and pebble painting fun.

Meet on the lawn in Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG



Wednesday 19 August 7:00pm – 8:30pm

A walk on the wild side – Shelley Park & Clifftop NR

Join wildlife expert Stuart Clarke for a guided wildlife walk through Shelley Park and along the Clifftop Nature Reserve. We'll be identifying birds and plants, and meeting some goats!

Meet Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG; Also on Facebook Live

Thursday 20 August 11:00am – 12:00pm

Tai Chi Qi Gong – Shelley Park

Join Tai Chi Qi Gong teacher Jenny Newman and discover the wonderful benefits and gentle movements of Qi Gong. Suitable for all levels, including beginners.

Meet on the lawn in Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG

Monday 24 August 2:00pm – 3:00pm

Mindfulness Monday – Knyveton Gardens

Join in the log circle as we settle into the end of summer. Soothing guided meditation led by Irene Beniston.

Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne BH1 3RY

Tuesday 25 August 11:00am – 1:00pm

Sun-powered prints – Shelley Park

A chance to use sunlight to make beautiful photographs, come and make beautiful prints from natural objects using cyanotype printing. All materials and instructions supplied.

Meet on the lawn in Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG

Wednesday 26 August 7:30pm – 8:30pm

Sunset yoga – Boscombe Overcliff Nature Reserve

Relax into the end of summer with sunset yoga. Join Gail Taylor on a short walk to the clifftop nature reserve for a balanced yoga class followed by yoga nidra relaxation. Bring a mat, towel or just yourselves.

Meet Shelley Park, off Beechwood Avenue/Chessel Avenue, Boscombe BH5 1FG

Numbers limited due to government rules around Covid-19. Please book onto activities you wish attend.

Parks in Mind-online and through the post

Look out for added pop-up events. Keep an eye on Facebook for more info and fun.

Keep us in the picture

Parks, gardens, beaches and nature reserves are wonderful places for photography. Share your summertime snaps with us in the Facebook group, or by email or text.

We'll keep you posted

We have green and arty-crafty kits to pop in the post. Just get in touch if you'd like windowsill veg growing packs, mini-artist pallets, friendship bracelet kit and more.

Sounds of the summer

We'd love to hear your summer sounds. Take a short video (30 seconds or so) of whatever you like and pop it in the 'sounds of the summer' post in the Parks in Mind Facebook group.

If it's Tuesday, it must be tea at three!

Join us on Facebook for a virtual cuppa of your favourite brew. Say hello and share a photo or two!

Wellbeing corner

Each week we link up with instructors from the Community Yoga Collective and Perfect Sound World for online yoga, tai chi and relaxation. Check out the wellbeing event pop-ups in the Facebook group.



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 [Bournemouth Parks in Mind](#)

