



Summer essentials

An invitation to slow right down with some gentle summer essentials in the form of qigong, yoga, gardening, art, craft and play. If wellbeing and ease is on your mind, then please join us for some sunny sessions, courses and workshops. The kettle is on! 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

Sunday 2 July 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. Join us this and every Sunday morning stretching over the summer. Open to all – beginner's 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](#).
Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Tuesdays in July 9:00am-10:00am

Tai Chi Qigong – Zoom

Gentle exercise class each week from home by joining Jenny Newman for online qigong. Every Tuesday this month except Tuesday 11 July.

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

Wednesday 5 July 10:00am-11:00am

Movement in nature – Fisherman's Walk

The five animal frolics! Get in touch with your animal nature in this series of qigong and gentle movement classes. Meeting most Wednesday mornings, this series of classes explores the qigong practices of the Crane, Bear, Monkey, Deer and Tiger which can benefit your muscles, joints and your overall mental focus and calm. 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 5 July 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, photos and simulations of the solar system, Kate shows us what we can look forward to when we look up at our July night sky, as well as a summary of the latest space news.

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

Thursday 6 July 10:00am-11:00am**Ready, steady, slow – Shelley Park**

Welcome in the energy of summer on this weekly daytime movement meditation class. Join Jenny in July for this lovely gentle and meditative tai chi qigong class. 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 6 July 2.30pm-4.30pm**Lovely lino print course – Shelley Park**

Week three of our lino-printing course. This week we'll be trying the 'Jigsaw' method two-colour printing. Choose your favourite plant in the park and learn the fun jigsaw technique for making a two-colour print picture. All materials provided and funded by Arts Council England.

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

Sunday 9 July 10:00am-11:00am**Bend it like Boscombe - Yoga in the park – Shelley Park**

Fab yoga in the park this and every Sunday stretching across the summer. Sessions open 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](#).

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

**Tuesday 11 July 2:00pm-4:00pm****A walk back in time – Hengistbury Head**

Please join us at Hengistbury Head for a guided archaeology walk, exploring the local history of Hengistbury Head, spanning from the end of the last Ice Age to the beginning of the Roman invasion of Britain. There will also be a short craft demonstration at the Mesolithic Hunter-gatherer site. The walk is approximately 1.6 miles on easy access paths with some steep inclines and declines in places.

Please book by phoning Hengistbury Head 01202 128444. Meet Visitor Centre, Hengistbury Head BH6 4EN

Tuesday 11 July 2:30pm-4:00pm**Mindfulness in nature – Kings Park**

Blue skies, summer vibes! Celebrate summer with nature-based seasonally crafted mindfulness practices. Led by mindfulness teacher, Rosa Hearnshaw, the session includes meditation, a mindful walk, mindfulness practices, poetry, journalling, plenty of take-home tips and a refreshing cuppa and chat after.

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

Wednesday 12 July 10:00am-11:00am**Movement in Nature – Fisherman's Walk**

Get in touch with your animal nature! This gentle movement class with Rakhee Jasani explores the qigong practices of the Crane, Bear, Monkey, Deer and Tiger, benefiting your muscles, joints and your overall mental focus and calm. Classes open to everyone - let us know if you need a seat or additional support. Donation-based class supporting Parks in Mind. Please note there is a break next week, with the class resuming Wednesday 26 July.

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



Wednesday 12 July 11:00am-1:00pm

Whittle by whittle – Fisherman's Walk

Carve out some space for yourself with some thoroughly relaxing and absorbing wood whittling. This month, a chance to carve your own, beautiful, wooden bangle. Hosted by green woodsman Mark Codling, this is also an opportunity to learn about the best woods to use for a range of other carving. Suitable for new and experienced green wood carvers. All materials and tools provided.

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

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

Ready, steady, slow – Shelley Park

Our weekly daytime movement meditation qigong class to take us through summer, balancing fire energy to bring passion and joy to this vibrant season. Join Jenny each Thursday morning throughout July for relaxing and restorative gentle exercise. All welcome - let us know if you need a seat or additional support. Donation-based session supporting Parks in Mind.

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

Thursday 13 July 2.30pm-4.30pm

Lovely lino print course – Shelley Park

Week five and our final session of this current lino-printing course. This week we're experimenting with colours and papers. Create a final image and bring all your previously made lino blocks to play around with different colour techniques, papers and even a small drawstring bag!

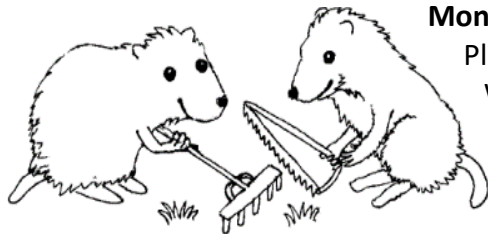
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

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

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

Sunday morning yoga this and every Sunday stretching across the summer. Sessions open 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](#).

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG



Monday 17 July 11:00am-1:00pm

Summer jobs – Shelley Park

Please join us for some summer tasks in this beautiful park by the sea. We need your help to check and water our newly planted trees and to continue the work of removing non-native and invasive vegetation to make more space for wildlife-friendly trees and shrubs. Pop to the park to help and find out more.

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

Monday 17 July 6:30pm-8:00pm

Summer ease - Qigong workshop – Boscombe Beach

Join Rakhee and Peter on this summer evening and light-filled workshop on the beach. In this workshop we will welcome summer joy and connection. You will be led through gentle qigong and movement to make space for the heart. We will delve into the warming qualities of the fire element in qigong, and you will discover for yourself how the heart responds to tranquility and why allowing yourself a good measure of summer ease is one of the best things you can do. Following a gentle movement practice, you will have the opportunity for personal reflection and to connect with others as we sit around a campfire.

Please book. Meet clifftop, Boscombe Overcliff Nature Reserve, opp. Woodland Avenue, Boscombe BH5 2DJ

Tuesday 18 July 10:30am-12:30pm

New Course: Exploring the 5 Ways to Wellbeing – Kings Park

Join Peter and Anna for this six-week creative course in the park. Enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to boost your wellbeing and enjoy our green spaces. **Session one: discovering wellbeing in nature**

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

This course continues into August, full course dates: 18 & 25 July and 1, 8, 15 & 22 August.

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

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

Stitch café – Shelley Park

Join our small and friendly Stitch café over the summer in Shelley Park. Alongside textile artist Gill Coleman, you can have a go at craftivism and visible mending or bring along your own sewing projects. There's also an opportunity to create textile panels for the wonderful [Loving Earth Exhibition](#). 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 Shelley Park, Chessel Avenue, Boscombe BH5 1FG



Tuesday 18 July 5:30pm-7:00pm

Frisbee fling with a frisbee king! – Shelley Park

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, glide in anytime, we'll be spinning discs into the evening. Bring a frisbee if you have one. Same time, same place next month.

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



Thursday 20 July 10:00am-11:00am

Ready, steady, slow – Shelley Park

Jenny Newman's gentle and meditative tai chi qigong, this, and every Thursday through the summer. With nature as our guide, Jenny will help you explore the different energies of summer on this relaxing and restorative weekly class. All welcome - let us know if you need a seat or additional support. Donation-based session supporting Parks in Mind.

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

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

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

Fab and free Sunday morning yoga in Shelley Park this and every Sunday stretching across the summer. Sessions open to all – beginner's welcome. Bring a mat, towel or just yourselves. Donation-based class supporting [Parks in Mind](#) and [Create Your Community](#).

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Sunday 23 July 1:30pm-4:00pm

A look back in time – Hengistbury Head

A fascinating and special archaeo-astronomy day. Please join us and Wessex Astronomical Society in the Hengistbury Head Visitor Centre wildlife garden to explore the sky using telescopes and hear what people in the ancient past saw when they looked up and what this may have meant to them and their families thousands of years ago.

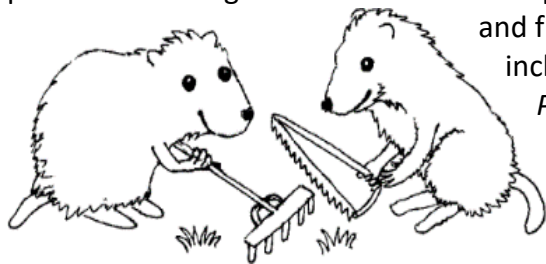
Please book. Phone Hengistbury Head 01202 128444. Meet Visitor Centre, Hengistbury Head BH6 4EN

Monday 24 July 2:00pm-4:00pm

Summer essentials – Knyveton Gardens

Join us on a gentle gardening venture and to help with some much-needed weeding in and around the park. We're being careful to leave native plants for their wildlife benefit, so come along to explore the park and find out more. All tools, gloves and other essentials provided, including our usual tea at three!

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



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

Tuesday 25 July 10:30am-12:30pm

Exploring the 5 Ways to Wellbeing – Kings Park

The second of six sessions with Anna and Peter exploring wellbeing through nature and creativity. A relaxing two hours exploring the park through mindful photography, this is a chance to slow down and look at your surroundings in a new way. **Session two: taking notice with mindful photography.**

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

This course continues into August, full course dates: 18 & 25 July and 1, 8, 15 & 22 August.

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

Movement in Nature – Fisherman's Walk

Get in touch with your animal nature in this series of qigong and gentle movement classes exploring the five animal frolics of Crane, Bear, Monkey, Deer and Tiger. These lovely sessions can benefit your muscles, joints and your overall mental focus and calm. Open to everyone - let us know if you need a seat or additional support. Donation-based class supporting Parks in Mind. This is the final session before a mini-summer break, so if you have time, please stay a while afterwards for refreshments and a chat.

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

Thursday 27 July 10:00am-11:00am

Ready, steady, slow – Shelley Park

Balancing fire energy to bring passion and joy to this vibrant season. Our weekly relaxing and restorative gentle exercise session with qigong practitioner 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

Thursday 27 July 12:30pm-4:30pm

Festival of Wellbeing – Boscombe Chine Gardens

Parks in Mind has been invited to Boscombe's Festival of Wellbeing. A free and fun packed afternoon, featuring activities for all including live music, face-painting, and a whole host of wellbeing activities. Parks in Mind will be there, along with a welcoming cuppa for anyone popping past the stall. If you'd like to help promote Parks in Mind on the day, please get in touch with Peter by emailing

peter@parksfoundation.org.uk.

Meet Boscombe Chine Gardens, from Christchurch Rd, Boscombe, Bournemouth BH1 4AA

Sunday 30 July 10:00am-11:00am

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

Fab and free Sunday morning yoga in Shelley Park this and every Sunday stretching across the summer. Sessions open to all – beginner's welcome.

Bring a mat, towel or just yourselves. Donation-based class supporting [Parks in Mind](#) and [Create Your Community](#).

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG



Monday 31 July 10:30am-1:00pm

Fisherman's friends – Fisherman's Walk

Join Peter and the Friends of Fisherman's Walk for another sociable and fun gardening session. Tea will be served overlooking the sea.


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

Peter Holloway

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 [Bournemouth Parks in Mind](#)

