



Parks in Mind, putting the ping into spring

The kettle is on, the daffodils are out - come and join us for some bloomin' good times in the park. Sociable and fun gardening, cheery nature conservation, cooking, nature-inspired arty and crafty adventures, stargazing and calm meditative activities to help you stay well this spring. Follow us on [Facebook](#) for updates.

For booking and information about events please email peter@parksfoundation.org.uk or call/text 07384 790048 unless otherwise stated

Tuesdays in March 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*

Wednesday 2 March 7:30pm – 8:15pm What's Up – Zoom

Join us on Zoom for an informal half-hour of astronomy with local amateur astronomer, Kate Earl. Using video clips, photos and simulations of the solar system, Kate will show us what we can look forward to when we look up at our March night sky, as well as a summary of the latest space news. This month we'll also be looking at the best objects to view in the night sky using binoculars. *To request the Zoom link and find out more, please email peter@parksfoundation.org.uk*

Thursday 3 March 10:00am – 11:00am Tai Chi Qigong – Shelley Park

Connect with spring and the wonderful benefits of Qigong. Gentle meditative exercise on this lovely outdoor class led by Jenny Newman. Join Jenny this and most Thursdays, but please check the programme. Suitable for all levels, including beginners. *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

Saturday 5 March 7:30pm – 8:30pm Starry-eyed – Boscombe Overcliff Nature Reserve

An evening of stargazing and chance to learn some of the brighter late winter and early spring constellations and star names, as well as the legends behind them. We recommend that you wear warm clothing, sturdy shoes and bring hats, gloves and scarves. Event will be cancelled if cloudy. *Please book. Meet Boscombe Overcliff Nature Reserve, seaward end of Grovely Avenue, Boscombe BH5 1JB*



Monday 7 March 2:00pm – 4:00pm **Spring is just around the corner – Knyveton Gardens**
Pop in to help improve the park for spring and we'll pop the kettle on to keep the gardening going!
Please book. Meet Knyveton Gardens, Southcote Road, Springbourne, Boscombe BH1 3RY

Tuesday 8 March 10:30am – 12:30pm **Creativity, nature & 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 enjoy our green spaces. This gentle introductory course takes places over six Tuesday mornings with the chance to meet new people, learn simple creative techniques and help you stay well this spring. No specialist materials required. Suitable for all levels of experience. **Session one: discovering wellbeing in nature.**
Please book. Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

Tuesday 8 March 2:00pm – 4:00pm **Fisherman's friends – Fisherman's Walk**
Sociable and fun gardening with Peter and the Friends of Fisherman's Walk. We love this pretty park by the sea, especially when the Friends serve us tea!
Please book. Meet the pond garden, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ

Thursday 10 March 10:00am – 11:00am **Tai Chi Qigong – Shelley Park**
Jenny Newman shows us how posture, movement and breathing techniques can improve wellbeing.
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Tuesday 15 March 10:30am – 12:30pm **Creativity, nature & the 5 Ways to Wellbeing – Kings Park**
The second session of our gentle introductory course focusing on creativity, nature and the 5 Ways to Wellbeing. Today, an opportunity to slow down and look at your surroundings in a new way. A chance to meet new people, learn simple creative techniques and help you stay well this spring. Suitable for all levels of experience. You will need a camera or smart phone for this session (let us know if you would like to borrow one). **Session two: taking notice with mindful photography**
Please book. Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

Wednesday 16 March 11:00am – 1:00pm **What's cooking? – Shelley Park**
Today we're going to try our hand at soup and flat bread. Join Peter and Forest School Leader Jan Cooke for some nature conservation work, fire lighting and a cook up. We'll be cutting and removing rhododendron, planting native trees and learning the best way to build a fire for our lunchtime snack. Everything provided but please bring gardening gloves if you have them.
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

Thursday 17 March 10:00am – 11:00am **Tai Chi Qigong – Shelley Park**
Join Jenny for Qigong in the park. Suitable for all levels, including beginners. Please note, after today's session Qigong has an early spring break but returns again in May.
Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG

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Sunday 20 March 2:00pm – 4:00pm Frisbee fling – Shelley Park

Feeling springy? Here's a chance to catch up with former-UK Frisbee Champion Gary Williams to learn some throwing tips and tricks on this month's frisbee fling in the park.

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

Tuesday 22 March 10:30am – 12:30pm Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Join Peter and Anna for the third of our gentle introductory sessions focusing on creativity, nature and the 5 Ways to Wellbeing. No specialist materials required as we discover simple creative ways to enjoy our green spaces. Suitable for all levels of experience. **Session three: get active and get creative**

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

Wednesday 23 March 2:00pm – 4:00pm Tree cheers for spring – Horseshoe Common

Wildlife-friendly tree planting and a tidy of our town centre wood. All welcome.

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

Monday 28 March 2:00pm – 4:00pm Springbourne into action! – Knyveton Gardens

A quick spring clean of our favourite Springbourne garden. Plus, tea at three for you and me.

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

Tuesday 29 March 10:30am – 12:30pm Creativity, nature & the 5 Ways to Wellbeing – Kings Park

The fourth in this gentle series of enjoying nature, creativity and learning about the 5 Ways to Wellbeing. Suitable for all levels of experience. **Session four: learning and natural creativity**

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

Monday 4 April 2:00pm – 4:00pm Make an entrance – Knyveton Gardens

Tidy and clip back the entrances and paths as we welcome April to the park.

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

Tuesdays in April 9:00am – 10:00am Tai Chi Qigong – Zoom

Choose Tuesdays for online Qigong. Join Jenny Newman each week for gentle exercise from home.

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

Tuesday 5 April 10:30am – 12:30pm Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Continue to enjoy nature-inspired artistic activities, learn about the 5 Ways to Wellbeing, and discover simple, creative ways to enjoy our green spaces. The fifth in this gentle series of enjoying nature to inspire our creativity and learning. **Session five: gratitude, gifting and connecting**

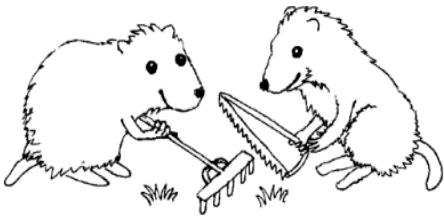
Please book. Meet Kings Park Athletics Centre, King's Park Drive, Boscombe BH7 7AF

Tuesday 5 April 2:00pm – 4:00pm Fisherman's friends – Fisherman's Walk

Join Peter and the Friends of Fisherman's Walk for sociable and fun gardening. We love this pretty park by the sea, especially when the Friends serve us tea!

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

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Wednesday 6 April 7:30pm – 8:15pm What's Up - Zoom

Join us on Zoom for an informal half-hour of astronomy with local amateur astronomer, Kate Earl. Using video clips, photos and simulations of the solar system, Kate will show us what we can look forward to when we look up at our April night sky, as well as a summary of the latest space news. This month we'll also have a fun astronomy - themed quiz.

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

Tuesday 12 April 10:30am – 12:30pm Creativity, nature & the 5 Ways to Wellbeing – Kings Park

Our six-week course concludes with the opportunity to think about the year ahead, taking with you some new friends and simple nature-inspired creative techniques and artistic activities based around the 5 Ways to Wellbeing. Suitable for all levels of experience. **Session six: setting goals and intention sticks**

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

Tuesday 19 April 11:00am – 1:30pm Whittle by whittle – Fisherman's Walk

Join us for some thoroughly relaxing and absorbing spoon carving. Hosted by green woodsman Mark Codling, this is an opportunity to learn about the best woods to use for a range of carving. Suitable for new and experienced green wood carvers with the idea to form a local spoon carving club. Wood and some tools available but if you have slöyd and spoon knives please bring them along.

Please book. Meet in the bandstand, Fisherman's Walk, Boscombe Overcliff Drive, Boscombe BH6 3SQ

Wednesday 20 April 10:30am – 12:30pm Bloomin' good – Woodland Walk

To celebrate our winter bulb planting in Woodland Walk, a crafty chance to repurpose an old book, newspaper, or magazine by making some pretty paper blooms! Join us for a short walk and spring paper flower making workshop. Led by artist Jo Malyon with all materials provided.

Please book. Meet entrance to Woodland Walk, Christchurch Road, Boscombe BH7 6AN

Sunday 24 April 2:00pm – 4:00pm Frisbee fling – Shelley Park

Join Jo from Parks in Mind and former-UK Frisbee Champion Gary Williams for fun frisbee in the park. Thrown together with a cool soundtrack. Glide in anytime, we'll be spinning discs all afternoon.

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

Monday 25 April 2:00pm – 4:00pm Perk up the park – Knyveton Gardens

Please come and help us perk up the park. Gentle gardening jobs for everyone.

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

Tuesday 26 April 11:00am – 1:00pm Common people – Horseshoe Common

Join us for some light nature conservation activities and a tidy in the town centre wood.

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

Peter Holloway

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