

**April 2024**

## Slow down for spring

This is your invitation to pause and watch spring unfold with us. From a dawn chorus, nature conservation, gardening, nature-inspired art in the park, to, mindfulness practices and a wellbeing course; there's lots of opportunities to connect with others and spend time in nature this April. See the programme below for all the details and follow us on [Facebook](#) for updates. And continue your journey into spring by checking out our live-streaming wildlife cameras. Tap the QR code in our vole's thought bubble above or click [here](#); there's always something to watch!

*Book by emailing [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk) or call/text 07458 039397 unless otherwise stated*

### **Wednesday 3 April 7:00pm-7:30pm**

### **What's Up – Zoom**

Join us on Zoom for 30 minutes of astronomy with amateur astronomer, Kate Earl. Using video clips and photos, Kate shows us what to look forward to in our April night sky, as well as a summary of the latest space news. **Please note this month's meeting starts at the earlier time of 7:00pm and ends at 7:30pm.** To request the Zoom link and find out more, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)

### **Tuesdays from 9 April 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 too – check the programme for details. To request the Zoom link and find out more, please email [perfectsoundworld@hotmail.co.uk](mailto:perfectsoundworld@hotmail.co.uk)

### **Wednesday 10 April 10:00am-11:00am**

### **Movement in nature – Fisherman's Walk**

Explore the energy of spring as it unfolds in nature with gentle movement and Qigong. Spring is associated with the element of wood in Qigong and, with nature coming alive around us we will explore the energy of rooting, growing and expanding. Join us for these brilliant classes led by Rakhee Jasani. Seated options offered - please let us know if you require a chair. Donation-based class supporting Parks in Mind. *Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*





**Wednesday 10 April 11:00am-1:00pm**

**Woodcraft folk – Fisherman's Walk**

Carve out some 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 bangle. Suitable for new and experienced green wood carvers. All materials, tools and refreshments provided. *Please book. Meet by the bandstand, Fisherman's Walk, Pokesdown, BH6 3SQ*

**Thursday 11 April 10:00am-11:00am**

**Ready, steady, slow – Shelley Park**

A new start for spring with Jenny Newmans's gentle and supportive Qigong in Shelley Park. Join Jenny in this lovely park by the sea to explore gentle and meditative movement to enhance your wellbeing. Weekly sessions, open to all. Let us know if you need a seat. Donation-based class supporting Parks in Mind. *Please book. Meet Shelley Park, Chessel Avenue, Boscombe BH5 1FG*

**Monday 15 April 2:00pm-4:00pm**

**Full of the joys of Springbourne – Knyveton Gardens**

Gentle gardening ventures in our lovely Springbourne park. We've got gardening jobs for everyone! Come along to meet others, 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*



**Tuesday 16 April 10:30am-12:30pm**

**Flower power! – Kings Park**

Help create a marvellous flowering meadow in Kings Park. We'll be scattering and raking in lots of seed and learning about the importance of meadows and how to create them. We'll also be giving away free seeds for you to create your very own mini meadow at home. This is part of our Littledown to Boscombe clifftop Urban Greenway project, a wildlife corridor stretching from the River Stour to Kings Park and beyond!

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

**Tuesday 16 April 2:00pm-4:00pm**

**Stitch café – Kings Park**

Ready, steady, sew! Our small and friendly Stitch café with textile artist Gill Coleman. Have a go at craftivism and visible mending or bring along your spring sewing projects. 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 Kings Park Athletic Centre, Kings Park, Boscombe, BH1 4NN*



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**Wednesday 17 April 10:00am-11:00am      Movement in nature – Fisherman’s Walk**

Qigong in the park led by Rakhee Jasani. Come and explore gentle movement inspired by the spiralling growth of plants and wood, and animals like the deer and mythical creatures like the spirit dragon and white tiger. Feel your own energy burst through! 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 18 April 10:00am-11:00am      Ready, steady, slow – Shelley Park**

New beginnings with Jenny Newmans’s gentle and supportive Qigong weekly classes in Shelley Park. Join Jenny in this lovely park by the sea to explore gentle and meditative movement to enhance your wellbeing. With nature and the changing season as our teacher, we will explore how to release tension, embrace change and harness our energy. 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*

**Friday 19 April 6:00am-8:00am      Early birds – Kings Park**

We’re up with the sparrows! A chance to be extra wakeful in April by joining us for a dawn chorus in and around the woods of Kings Park. Learn how to identify birds by their songs and calls with top ornithologist Stuart Clarke on a guided walk this spring dawn morn. Followed by breakfast served in the park!

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

**Saturday 20 April 10:00am-12:00pm & 1:00pm-3:00pm      Fun archaeology – Hengistbury Head**

Travel back in time 12,000 years and get closer to your ancestors. Visit the new Iron Age roundhouse with a chance to build walls with clay and daub. Plus, demonstrations and chance to try your hand at pottery, flint knapping, prehistoric cooking, textiles and making pigments, paints and cave art.

*Adults £4; Children Free.*

*Please book morning or afternoon session by popping into the Hengistbury Head Visitor Centre or call 01202 128444.*

*Meet Hengistbury Head Visitor Centre, Bournemouth BH6 4EW*



**Tuesday 23 April 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 boost your wellbeing and enjoy our green spaces. **Session one: discovering wellbeing in nature.**

Full course dates: 23 & 30 April and 7, 14, 21 & 28 May.

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

*To find out more and book your place, please email [peter@parksfoundation.org.uk](mailto:peter@parksfoundation.org.uk)*

**Wednesday 24 April 10:00am-11:00am      Movement in nature – Fisherman’s Walk**

Continuing our Qigong journey into spring with Rakhee Jasani. Come and move under the trees in Fisherman's Walk. The movements are gentle and accessible to most bodies - 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*

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**Wednesday 24 April 11:00am-1:00pm Wonderdomes – Fisherman’s Walk**

Join Wonderdomes for an interactive activity exploring the world of plants, through play and creativity. Guided by award winning storyteller, Michele O’Brien, and Peter from Parks in Mind, you choose your own pathway through twelve, beautifully crafted display domes strategically placed throughout the park. Each contains intriguing artefacts, plant life or miniature scenes that invite you to come closer, observe deeply and follow your own curiosity and imagination. This lovely activity is a chance to write, draw, paint and connect to nature in the park. All ages welcome. Wonderdomes is inspired by the life of Victorian botanical artist and intrepid explorer Marianne North. Funded in partnership by Heritage Lottery and Dorset Council.



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

**Thursday 25 April 10:00am-11:00am Ready, steady, slow – Shelley Park**

Qigong for spring health and wellbeing with Jenny Newman. Qigong outdoors is a wonderful way to enhance wellbeing, embrace nature and remind us of the rhythm of the seasons. These lovely sessions are open to all. Seated options available. Donation-based class supporting Parks in Mind.

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

**Monday 29 April 10:30am-1:00pm Fisherman’s friends – Fisherman’s Walk**

Join Peter and the Friends of Fisherman’s Walk for sociable and fun gardening. This month we’ll continue our efforts around the pond, as well as having a tidy up of the bandstand. 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*

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

The second of six sessions 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.**

Course continues into May. Full course dates: 23 & 30 April and 7, 14, 21 & 28 May.

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


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*Peter Holloway*

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*[www.parksfoundation.org.uk](http://www.parksfoundation.org.uk)*

* [Bournemouth Parks in Mind](https://www.facebook.com/BournemouthParksInMind)*

