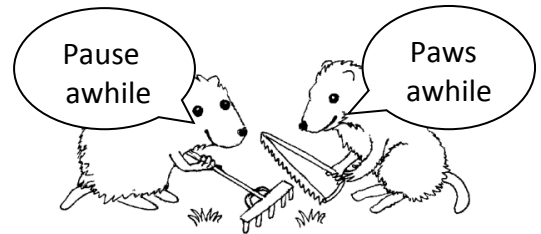


Celebrate September

Sooth your way into September and spend it with us as we celebrate the end of summer. Come and potter around the parks on arts, a picnic in the park and sunset yoga, plus the usual mix of walks, wildlife and wellbeing.



September 2019

Sunday 1 September 10:00am – 11:00am

Yoga in the park – Shelley Park

Stretch out the summer with wonderful park yoga. Classes led by Rachel Wilkinson and Gail Taylor every Sunday morning throughout September. Bring a mat, towel or just yourselves and be part of something great.

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Monday 2 September 2:00pm – 4:30pm

Park potter – Knyveton Gardens

A chance to see how the new planters are coming along, plus some odd jobs around the park.

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

Tuesday 3 September 11:00am – 12:30pm

Walkie talkie – Churchill Gardens

A healthy stroll and chance to chat on a wander to the sea, and back. Led by Kate Rogers from BH Live.

Meet Joy Cafe, Churchill Gardens, Boscombe BH1 4ES

Wednesday 4 September 11:00am – 1:00pm

Boscombe to beach – Woodland Way

A walk, chat and litter pick along Boscombe's green route to the sea. Tea will be served.

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

Sunday 8 September 10:00am – 11:00am

Yoga social – Shelley Park

Start Sunday morning with a good stretch in the park with Gail Taylor. After the class, please stay awhile for refreshments and a chance to chat and enjoy the park.

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Monday 9 September 2:00pm – 4:30pm

Lend a hand – Knyveton Gardens

Help needed on more fun green gardening jobs around the park. Cups of tea on hand to keep us going.

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

Tuesday 10 September 2:00pm – 4:30pm

Wildlife work in the wood – Horseshoe Common

Come to the common to help improve the woodland for people and wildlife.

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

Sunday 15 September 10:00am – 11:00am

Yoga in the park – Shelley Park

Start Sunday morning with a good stretch in the park with Rachel Wilkinson from the Community Yoga Collective. Bring a mat, towel or just yourselves and be part of something great.

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

More activities overleaf...



Parks in Mind

Healthy parks, healthy you

September 2019 continued...

Sunday 22 September 10:00am – 11:00am **Yoga in the park – Shelley Park**

Start Sunday morning with a good stretch in the park with Gail Taylor. Bring a mat, towel or just yourselves and be part of something great.

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Tuesday 24 September 2:00pm – 4:00pm **Arty parky summer party – Shelley Park**

An afternoon for enjoying each other's company at a picnic in the park. Come and celebrate our summer of art and nature together before the world turns us into Autumn! Have a ball with some games on the grass or just picnic with the refreshments provided.

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Tuesday 24 September 6:00pm – 8:00pm **Sunset yoga – Hengistbury Head**

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

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

Wednesday 25 September 10:00am – 2:00pm **'Dune' and dusted – Shelley Park**

More help needed to remove rhododendron roots from the sand dune at the southern end of the park.

Meet Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Sunday 29 September 10:00am – 11:00am **Yoga in the park – Shelley Park**

Sunday morning yoga in the park. Park yoga led by Gail Taylor. Bring a mat, towel or just yourselves and be part of something great.

Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Sunday 29 September 1:00pm – 3:00pm **Arts in mind – Horseshoe Common**

We've had a special invite to provide an event for Bournemouth's Arts by the Sea Festival – the town's annual celebration of art, culture, people and place. Join Parks in Mind on an immersive arty nature-inspired tour around the common. An opportunity to be inspired by nature and to connect with other people and the environment through art.

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

Monday 30 September 2:00pm – 3:00pm **Mindfulness Monday – Knyveton Gardens**


Join us in the log circle as we settle into the end of summer. Soothing guided meditation to give a welcome to autumn. Stay after for a calm cuppa and a potter around the park.

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



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 Bournemouth Parks in Mind