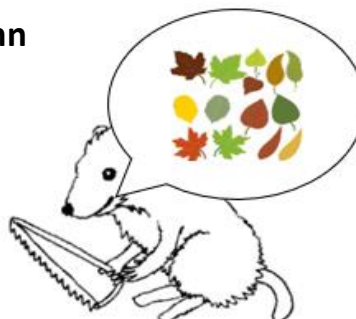


Parks in Mind Summer into autumn 2020



Light fantastic

As the days become a bit shorter and evenings draw in, we'll be looking to shine some light on our parks. Come along to sunrise and moonlit walks, brighten up green spaces with a little light gardening and brilliant wildlife conservation, and join us for some sparkling outdoor art and craft, gentle autumn walks, wildlife wanders and wellbeing.

And, keep an eye out for extra pop-up sunshine events!



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

Tuesday 1 September 10:00am – 12:30pm

Making an entrance – Horseshoe Common

First up in the programme is a tidy in and around the walkways leading to and across the common.
Meet Horseshoe Common, opp. Bar Me, 134-136 Old Christchurch Road, Bournemouth BH1 1NL

Thursday 3 September 11:00am – 1:00pm

Picnic in the park – Shelley Park

A morning for enjoying each other's company at a picnic in the park. Come and celebrate our summer of gardening, art and nature together before the world turns us into autumn! Bring something to sit on and some food and drink. Have a ball with some games on the grass or just potter round the park.
Meet on the lawn at Shelley Park, Chessel Avenue, Boscombe BH5 1LX

Sunday 6 September 6:30am – 8:00am

First light – Boscombe beach

Stand by for a beachcomb, book reading, poetry and a paddle. We're not averse to dipping our toes in the water, as sun rises over the sea and you and me.
Meet Gates to Woodland Walk, adj. 747 Christchurch Road, (opp. Wolverton Rd), Boscombe BH7 6AN

Monday 7 September 2:00pm – 4:30pm

A little light gardening – Knyveton Gardens

Turn up at the gardens to help brighten up the park. A variety of jobs for everyone.
Meet Knyveton Gardens, off Southcote Road/Frances Road, Springbourne BH1 3RY



Tuesday 8 September 11:00am – 1:00pm

Sparkle in the park – Shelley Park

Join us for a jewellery making workshop. On this taster session led by maker and craftsperson Diane Smith, you'll be given an easy-to-follow tutorial in how to make a glass crystal bracelet (sparkly inserts optional!). Depending on how adventurous you are, you'll be free to choose from a selection of beads to make a bracelet of your own dazzling design.

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

Wednesday 9 September 10:00am – 2:00pm

Rhodie closure – Shelley Park

Removing rhododendron to let light into the woodland floor, helping the wildlife we want to restore.

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

Monday 28 September 2:00pm – 4:30pm

Top of the garden – Knyveton Gardens

Head for the sensory garden for a good old tidy and brush up.

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

Tuesday 29 September 10:30am – 12:30pm

Fabulous Facemasks – Shelley Park

A chance to make a fab facemask under the expert guidance of maker and craftsperson Jo Malyon. Jo's got you covered, not just with a pretty facemask but with a selection of cute to classy fabric patterns to choose from. Easy to make, with no sewing experience needed and all materials provided, you'll leave ready to face the world with your very own 100% cotton, double-layered, washable and reusable facemask.

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

Wednesday 30 September 10:00am – 2:00pm

The long and windy rhodie – Shelley Park

Help remove the dark tangle of rhododendron in the park. Lots of healthy activity for us and wildlife.

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

Thursday 1 October 9:00pm – 11:00pm

'Walktober' Moon walk – Hengistbury Head

People have been looking at the night sky at Hengistbury Head for thousands of years. Join us on a walk over an ancient landscape as we wait for the moon to rise. Learn the names of the full moons throughout the year and a few other factoids about our nearest and brightest satellite. Wrap up warm and bring a blanket, mat or comfy chair.

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

Monday 5 October 2:00pm – 4:30pm

Bottom of the garden – Knyveton Gardens

Get to grips with the overgrown gardens at the lower end of the park.

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

Tuesday 6 October 10:00am – 1:00pm

Come on the common – Horseshoe Common

We're lucky to have the common so close to the town centre. Join us for a few little jobs around the park.

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

Wednesday 7 October 5:00pm – 7:00pm

Let's go frisbee! – Shelley Park

A frisbee fling and expert tuition from some fab frisbee veterans - thrown together with a cool soundtrack! Glide in anytime, we'll be throwing discs until dusk. Other park games available.

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



Monday 12 October 2:00pm – 4:30pm

Many hands – Knyveton Gardens

Make light work of some gardening jobs around the park.

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

Tuesday 13 October 10:00am – 1:00pm

Muddy larks in the park! – 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 14 October 10:00am – 2:00pm

Middle of the rhodie – Shelley Park

We're at the midpoint of eradicating invasive rhododendron from the wood. Help us stay on course to improve the park for wildlife and people.

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

Saturday 17 October 10:00am – 12:00noon

Pimp up your pompoms – Shelley Park

Come and make pompoms to create a beautiful driftwood mobile. Led by maker and craftsperson Jo Malyon, you'll have all the instructions and materials you need to make your very own wall hanging.

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

Monday 19 October 2:00pm – 4:30pm

Mini-meadow makeover – Knyveton Gardens

We're giving the wildflower meadow some love and attention to help it look its best for next year. Join with the makeover, and a few other jobs around the park.

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

Tuesday 20 October 10:00am – 1:00pm

Muddy waters! – Horseshoe Common

Another visit to continue clearing silt, debris and litter from a section of one of the watercourses.

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

Wednesday 21 October 11:00am – 1:30pm

'Walktober' – Central Gardens to Coy Pond

A Wednesday walk exploring Bournemouth's gardens. Enjoy a gentle stroll along a stream to Coy Pond. The walk there and back is just under 5km (3 miles).

Meet War Memorial, (opp. Town Hall) Bourne Avenue, Bournemouth Square, Bournemouth BH2 6EB

Thursday 22 October 11:00am – 12:00noon

Tai Chi Qi Gong – Shelley Park

Tai Chi Qi Gong teacher Jenny Newman returns with weekly sessions in the park. Join Jenny and discover the wonderful benefits and gentle movements of Qi Gong. Suitable for all levels, including beginners. Sessions move to zoom if the weather looks inclement, with weekly updates sent to everyone who books.

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

Wednesday 28 October 11:00am – 1:00pm

Pimp up your pumpkin – Knyveton Gardens

Art in the park on a spooktacular afternoon carving pumpkins for Halloween. Come and get a little bit messy, have some fun and magic up something amazing! Take your pumpkin home or leave it to light up the park after dark (see below).

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



Thursday 29 October 11:00am – 12:00noon

Tai Chi Qi Gong – Shelley Park

Join Qi Gong teacher Jenny Newman for some meditative movement on these weekly sessions in the park throughout autumn and winter. Suitable for all levels, including beginners, with the class moving to zoom if the weather's poor. Sign up for weekly updates.

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

Saturday 31 October 6:00pm – 7:00pm

Park after dark – Knyveton Gardens

Spend early evening out of doors and see the pumpkins come to life at night as we decorate a corner of the park for a friendly welcome to Halloween, with occasional spooks in mind!

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

Parks in Mind-online and through the post

Songs of the summer

Give us your favourite tunes that remind you of summer, your perfect all-time sunshine track! We want your feel-good bouncy grooves and chill out songs to relax to. Look out for the 'songs of the summer' Facebook post and comment or add a link with your selection. Or, simply email or text us your choice. We promise to play them all in a park at a future date!

Keep us in the picture

Parks, gardens, beaches and nature reserves are wonderful places for photography. Share your late summer and early autumn 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 an awesome autumn windowsill veg growing pack, mini-artist pallet, friendship bracelet kit and more.

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

Join us on Facebook for a virtual cuppa char. Say hello and share a photo or two!

Wellbeing corner

Tai Chi returns to the park for weekly sessions from 22 October – see the programme above. Look out, too, for yoga and other wellness pop-ups, see the Facebook group and emails for information on these. If the weather is inclement, you can continue to enjoy your practice at home with live online and recorded yoga, tai chi and relaxation with our partners the Community Yoga Collective www.communityyogacollective.org/ and Perfect Sound World www.perfectsoundworld.co.uk



Numbers limited due to government rules around Covid-19, so please book onto activities you wish to attend

Peter Holloway Tel. 07384 790048

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www.bournemouthparksfoundation.org.uk

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