

Free Fitness, Nature, Wellbeing and Art:

Earth Walk for Earth Day: Saturday 22 April, 2-3pm, meet at Park Hub. Open to all. Participate in some relaxing and fun activities to explore, connect with and appreciate the natural environment.

Regular Toddler Woodland Adventure Play: Come and explore the Park habitats and wildlife with Tash, 26 April, 3 May, 10 May, 17 May, 10-11.15am. Meet by Hub. £2 donation per child (babies free) per session. No booking required but latecomers might not find us



Monthly Bird Walk and Survey, Saturday 13 May, 08.30-10am, meet at Boston Gardens park entrance near the top of the lake. Take a leisurely walk around the park to record numbers and species of birds in the park. No experience necessary, but bring binoculars if you have them.

Sensory Dementia Walk: 18 May 2-3pm, especially for those caring for or living with dementia, meet inside the Walled Garden, and the BMP team will lead participants on a gentle stroll past tactile and sensory trees and shrubs in the Park.

Fitness Fun with Jenny: Tuesdays 30 May, 6, 13, 20, 27 June, 11-11.45am. Low impact outdoors exercise class for adults of all ages and fitness levels. Indoor option available if necessary. High impact options also given. £2 cash donation per adult per drop in session. Meet by fitness equipment. Bring a mat if you have one, and water.

Gardening and Conservation events:

Weekly Gardening and Conservation Sessions, every Tuesday, 10am-12.30pm, meet outside the Service Yard/ Walled Garden (opposite the tennis courts). Join Vanessa and carry out a variety of gardening and conservation tasks around the park. New volunteers, please email bostonmanorpark@hounslow.gov.uk before joining a session, so we can arrange your induction.

Youth Volunteering (14yrs up), 22 April, 13 & 27 May 10.30am-12.30pm Volunteering specifically for young people (14–18-year-olds) with regular sessions for teenagers looking to meet the D of E award 'Volunteering' requirement and all teenagers wanting to volunteer. Activities could include conservation, gardening and helping run family events. Email Tash in advance if you are interested: bostonmanorpark@hounslow.gov.uk . Meet by the Park Hub.

Saturday Gardening and Conservation Session, Saturday 27 May, 10.30-12.30pm, 17 June 12.30-2.30pm, meet outside the Service Yard/ Walled Garden (opposite the tennis courts). Join Vanessa and carry out a variety of gardening and conservation tasks around the park.

Boston Manor Park Nature Festival 3 June, 12-4pm

Join us to celebrate the renovated Park at our official launch event. You can expect a children's petting zoo, local artists showcasing nature-based arts and crafts, refreshments, Forest School activities, wildlife mosaic making workshops, representatives from lots of local wildlife organisations and the Hounslow ECO community. And so much more! All activities free to participate in.

Join our events and volunteering mailing list: Contact us BostonManorPark@hounslow.gov.uk to receive regular updates on all our events and activities, including lots of family events in school holidays. Follow and Like our **Facebook page @BMPoutdoorevents** Email me back if you want to be removed from the mailing list.

[Download and see our School Workshop Programme](#)

Natasha Gavin

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(I work 4 days a week over 7 days so will get back to you as soon as possible 😊)

Find all our events on Facebook @BMPoutdoorevents

