







April and May 2025 events in Boston Manor Park (BMP)

Please note more events may be added and to receive an updated monthly newsletter please join our mailing list by emailing bostonmanorpark@hounslow.gov.uk

Evaluation of the HLF project and future of BMP

The National Heritage Lottery Fund project officially ends in Dec 2025. LBH will provide an end of project report to the funders about the impact of the Boston Manor Park restoration project. The evaluation team would appreciate everyone who has been to the park (for any reason) to complete a survey. You will find the (Visitor and Volunteer) surveys here and QR codes around the park which take you to the survey page. Thank you.

Partnering with London Borough of Hounslow, The Arts Centre and Boston Manor House, Vanessa and I are doing what we can to secure additional funds to enable us to continue to care for, maintain and run events/ workshops in the park after September 2025. If you know of any sources of funding (for any legal structure), corporate donors or organisations that can help us, please do let us know. We can apply through partners so even funding available to charities and social enterprises could be applicable.

NEW SPACES TO RENT IN BMP from May: Classroom, Workshop and Woodland

As part of helping the park to become self financing, we are trialling hire of the Education room (Mondays-Thursdays only, 9-4), Workshop space (by the Service Yard) and the enclosed Woodland area (by Boston Manor House) for very modest rates. These spaces are perfect for exercise classes, holiday clubs, arts and crafts classes, birthday parties, group meet ups. If you would like more information about costs/ availability or to book any spaces please email us for the information pack. (bostonmanorpark@hounslow.gov.uk) putting 'BMP space hire' in the subject line.







Major upcoming events in the park: save the date!

1. 3rd BMP Nature Festival: Sat 24 May, from 12-4pm









- 2. **Music of the Spheres**: Sat 24 May on the lake (performances at 11.30am and 4pm)
- 3. **Colourscape**: Sat 24 May-1st June, see BMH events for booking
- 4. Oliver Smart art exhibition for the Boston Manor Park community 7-29 June 2025. His community engagement projects are all about the natural environment. Facebook <u>event</u> will have more details @OliverSmartStudio <u>www.oliversmartstudio.com</u>
- 5. **Music Festivals: Junction 2** (Fri 25-Sun 27 July) and **Paradise in the City** (Sat 2 Aug) Improved access: path to access wetlands area and canal bridge will remain open, except for event days only. Ballot for free tickets for local residents opens by end March.

April

Monthly Bird Walk and Survey, Sat 5 April, 08.30-10am, meet on the lake platform. 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. Facebook has details. FREE.

Great British Spring Clean litter pick, Sat 5 April, 10.30-12.30, meet by Hub. Come and join our expert litter pickers and clean up our park (including waterways ②) as part of the national week devoted to tidying up your local area. All equipment provided. Silent Disco litter picking option may be available for younger children. FREE.

Mindful Family Earthwalk, Sat 5 April, 2-3pm, meet outside the Walled Garden. Vanessa will guide you on a sensory walk around the park, enabling everyone to notice the arrival of Spring through some short activities. All ages welcome. FREE.

Fitness Fun with Jenny, **Tuesdays**, **11-11.45am**, meet near Hub: low impact outdoors exercise class for adults of all ages and fitness levels. The class is generally in the walled garden, with an indoor option available if necessary. £3 per participant in cash.

Earthwatch Great UK WaterBlitz, Sun 27, 11am, meet near lake viewing platform: come and learn about water pollution, test the quality of BMP's water as part of a national citizen science project, do some pond dipping and enjoy a storytelling session about the importance of loving and respecting our earth. All ages welcome. FREE.

Bat Walk Tues 29, meet at 8.15pm: Meet by picnic tables by lake. Come and spot our resident bats using bat detectors after a brief introduction to bats! FREE.

Easter holiday activities:

Canoeing with Active 360, Mon 7 (sessions at 10 and 11.30am): Children aged 8yrs up and adults are welcome to book on to one of the two timed slots. Paddlers are expected to walk a short distance to either collect or drop off their canoe. Booking via Eventbrite.

Bat Walk Mon 7, meet at 7.45pm: Meet by picnic tables by lake. come and spot our resident bats using bat detectors after a brief introduction to bats! FREE.









Family Foraging and elderflower cordial making/tasting, Tues 8, 2pm, meet outside Walled Garden: discover the edible and useful plants on your doorstep! Wild cordial drink included and Tash will demonstrate how to make it. FREE.

Mosaic making workshop, Wed 9, 10.30-12.30pm, workshop by Service Yard: come and make a beautiful mosaic to take home for indoors or outdoors. All equipment provided and grouting demonstration. Age 8 yrs up. Booking via <u>Eventbrite</u>. £10 per person.

Haiku Walk, Sat 12, 11-12.15pm, meet outside Walled Garden: Join poet and sound artist Giovanna Iorio for a unique haiku-writing workshop. You'll welcome Spring with words, rhythm, and reflection. No experience needed—just curiosity and a love for nature. FREE.

Spring HAF camp with The Arts Centre Hounslow: Arts & Outdoors, Mon 14 – Thurs 17, 10am – 2pm for children living in Hounslow aged 6-11yrs. Activities will include trail walks, litter picking, foraging, treasure hunts, and outdoor games, plus creative projects like collage-making, painting, and bird feeder building. Tash will be running nature-based activities on Monday/Tuesday. Hot meals and sandwiches are provided. Booking is via email link sent to eligible families with HAF Vouchers. More information here.

Basketball with SUPA, Mon 14, Tues 15, Wed 16, Thurs 17 10.30-11.30am: 6-12 yr olds, meet on courts, guided by coach Mario and friends for an hour. Drop in, £3 cash per participant per day.

May

Monthly Bird Walk and Survey, Sat 3 May, 08.30-10am, meet on the lake platform. 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. FREE.

5k BMP run with We Run Ealing, Sat 3 May, 10.30am, meet by Hub: jog around BMP with support from experienced runners who will guide the group. All ages welcome. FREE.

Tree Tales- discover stories, facts and myths about our BMP trees, Sat 3 May, 2pm, meet outside Walled Garden: join park manager Vanessa as she explores the notable trees in BMP. All ages welcome. FREE.

Fitness Fun with Jenny, **Tuesdays**, **11-11.45am**, meet near Hub: low impact outdoors exercise class for adults of all ages and fitness levels. The class is generally in the walled garden, with an indoor option available if necessary. £3 per participant in cash.

Nature Festival, Sat 24 May, from 12-4pm, around Hub: come and enjoy all things wildlife and nature related (songs, crafts, activities, petting zoo from Bedfont Lakes). Things to do, buy, experience, watch and learn about!

The festival will start and end with 'Music of the Spheres' performance on our lake (11.30am and 4pm). FREE.









May Half Term activities

Recycled plastic craft creation workshop with Nadine Foster from The Gorgeous Plastic Incentive, Mon 26, 12-1.30pm, Hub: children 12 yrs up can enjoy creating stunning innovative designs all from recycled plastic (keyrings, coasters, jewellery and more). £10 per person. Booking via Eventbrite. Insta: @wegorgeousldn www.wegorgeous.co.uk

Play in a Day performing arts workshop with professional actor Rachel Winters, Wed 28, 9-4.30pm, Hub/Walled Garden: 7-12 yos can experience the magic of Shakespeare through this accessible workshop, which culminates in a performance of a Midsummer Night's Dream for parents/ carers. Places limited. Booking through Eventbrite. £35 per child. www.rachelwintersshakespeareworkshops.co.uk

Forest School Holiday Club, Thurs 29, 10-2pm, meet by Hub: Tash will be running a day of outdoor adventure, with den building, foraging, hammock erecting, climbing and cooking over a fire. Places limited. Age 6-12 yrs. £25 per person. Booking via <u>Eventbrite</u>.

Gardening and Conservation activities

Tuesday Growing Sessions for neurodivergent children (ages 3-16) and their parent/carer, 4-5pm in service yard. FREE. Led by Wildheart Foundation, staff are experienced in working with neurodivergent children. Grow flowers and veg, in a safe, peaceful environment, enhance well-being, connections to nature and friendships. Email to register before attending a session: rosalind@wildheartfoundation.co.uk

Weekly Gardening and Conservation Sessions:

Every Tuesday, 10-12.30pm: meet outside the Service yard/ walled garden. Join Vanessa and carry out a variety of gardening and conservation tasks around the park. These sessions are physically more active than our Thurs sessions.

Every Thursday, 1.30-3.30pm: meet outside the Service yard/ walled garden. Join Vanessa for general gardening and growing vegetables. These sessions take place in the walled garden, yard and nearby formal beds and are less physically demanding than Tues sessions.

Saturday Gardening and Conservation session, Sat 3 May 10.30-12.30: meet outside the Service yard/ walled garden. Join Vanessa and carry out a variety of gardening and conservation tasks around the park such as maintaining our trees and making hedgehog hibernacula. Call Vanessa if running late and we have left the yard, 07816 067883.

Youth Volunteering (13 yrs up), Sat 5 April 10.30-12.30, Sat 12 April 13.30-15.30, Sat 3 May 10.30-12.30: Volunteering specifically for young people (13–18-year-olds) with regular sessions for teenagers looking to meet the D of E award 'Volunteering' requirement and all teenagers wanting to volunteer. Meet promptly by Hub (or Service Yard). Activities include









conservation, gardening and helping run family events/holiday clubs (at other times). Email Tash in advance if you are interested: bostonmanorpark@hounslow.gov.uk

Park Hub Cafe:

Our café The Potting Shed <u>thepottingshed.london</u> is open 7 days a week, 9-4pm. Food 9-3pm. Watch out for their events too.

Boston Manor House events:

A range of events are on at the House. See What's on - Boston Manor House

Self-guided BMP Trails:

Go Orienteering Trails

Can you find all the markers ('controls') hidden around the park? Learn how to navigate and then find and follow three different (easy, medium and hard) orienteering routes around the park. Download the free orienteering maps at

https://www.goorienteering.org.uk/course/boston manor park

Strava Running Club

Boston Manor Park's own running club and running routes (co-created with WE RUN EALING, community based running organisation). See https://www.strava.com/clubs/1196851 (BMP2023 is Club on Strava).

BMP Activity Trails (self guided, all available to download or pick up in paper form (Trails 2&3 only) outside Hub:

- Trail 1 (Nature and Wellbeing)
- Trail 2 (Get to know the park!)
- Trail 3 (Wonderful Wildlife)

Download free copies in English and Polish from and <u>Volunteering in Hounslow Parks | Let's Talk Hounslow</u> (side bar, scroll down the page) and on https://www.ealingparks.foundation/nature-trails

Secret Bird Mosaic Trail

Can you spot our 7 bird mosaics hanging in the woodland (top woodland path, starting near the lake and ending by oak tree by M4 flyover)? You will see a jay, a woodpecker, a sparrow, a magpie, a robin, a starling and a chaffinch. Mosaics were made by the community and Susie John, a local artist. Pick up a leaflet with photos outside Hub to help you spot them!









BMP Audio Trail: download the Echoes app – use this QR code (free download), search for



Boston Manor Park on the app (starts near car park) and plug into a mindful walk through the park, listening to poetry, music and the sounds of nature. You might recognise some familiar voices and will finish feeling calm and relaxed in the walled garden. Pick up the walk leaflet outside Hub.

Corporate volunteering: we'd love to host your team!

We offer bespoke opportunities for teams to spend a day (or a few hours) in the park, working on fun conservation and gardening projects. The day can also include other activities such as guided foraging/wildlife walks around the park. Lunch options available from our café and indoor spaces accessible to store personal items and take a break. A donation may be required towards purchasing park resources. Email us to discuss options: bostonmanorpark@hounslow.gov.uk

Do you work in a school or know any teachers?

Please let us know and we can email you our School Workshops programme and give you information about our specific SEND school workshops/work experience programme.

Join our BMP outdoor events and volunteering mailing list: Contact us BostonManorPark@hounslow.gov.uk to receive regular updates on all our outdoor events and activities, including lots of family events in school holidays. Follow and Like our Facebook page @BMPoutdoorevents

<u>Download and see our School Workshop Programme</u>