

June, July and Aug 2025 events in Boston Manor Park (BMP)

All good things come to an end..

I cannot quite believe it but the 3 year funded activity programme comes to an end in August 2025. I hope you feel that the range of wellbeing and nature related events we have delivered has been a welcome relief after the building work which led to such impressive park improvements. Our intention has been to educate, entertain and improve physical/mental health through purposeful park activities (that also help wildlife) and showcase the flagship Hounslow park that Boston Manor Park has become. We are very grateful to the National Heritage Lottery Fund for making that possible.

We are continuing to work with London Borough of Hounslow, The Arts Centre and Boston Manor House, to secure and generate additional funds to enable us to continue to care for, maintain and run events/ school and SEND workshops in the park after September 2025.

Please support us by encouraging schools to place their 2025-26 bookings before the end of the academic year. School programme [here](#) and new joint BMP/BMH workshop [here](#).

Evaluation of the HLF project

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. Please continue to complete these until August. Thank you.

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 dates!

1. **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.
2. **Oliver Smart art exhibition** in the Cedar tree on main lawn, 7-29 June 2025, with **launch event including free public crafting workshop with the artist 14 June, 2pm**. His community engagement projects are all about the natural environment. Facebook [event](#) will have more details.
3. **Cycling Hub launch: Sat 14 June, 11-2pm, near Hub.** London Borough of Hounslow is launching a new cycling hub at Boston Manor Park. Lots of free activities! Weekly free cycling sessions Thursday mornings (see details below).
4. **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. Public parking will be restricted or unavailable from 14 July-8 Aug.
5. **Dr FREG and the Fruit & Veg Mysteries, Mon 11 Aug, 4pm, Walled Garden.** One off performance of this entertaining (and informative) healthy eating show that has toured nearly 100 schools over 10 years: aimed at 4-12 year olds. Produced by BMP's Tash Gavin and I Know Why It's Yum, Mum! (2012). Booking [here](#).
6. **Wellbeing event, Thurs 21 Aug, 11-2pm:** a range of relaxed activities for older children and all adults. Especially aimed at those with additional/neurodivergent needs, and carers and those with dementia, but open to all. Collaboratively with The Hounslow Wellbeing Network, Dementia Concern and Wildheart Foundation.
7. **Assemble Play, 25-31 Aug:** free drop-in play sessions near House for all ages. More info on www.bostonmanorhouse.org soon.

June

Monthly Bird Walk and Survey, Sat 7, 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.

Adult Cycle Training for adults who live, work or study in Hounslow, every Thursday 9.30am (beginners) and 10.30am (improvers), register [here](#): meet by cycle hub container near lake. Helmets and bikes provided. 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/park, with an indoor option available if necessary. £3 per participant in cash.

National Childbirth Trust (NCT) Walk and Talk, Weds 4, 11, 18 & 25, 10.30am: meet by Potting Shed Café for an easy, buggy friendly walk around Boston Manor Park. No need to be an NCT member - all new and expectant parents are welcome! **Tash Gavin will be leading the walk on 11 June with top tips for parents on playing (safely) in BMP.** FREE.

Sewing for beginners with [Studioflox](#), 5-week course (Thursdays 5 June-3 July, 2-4pm and 6-8pm) in workshop by Service Yard: come and learn to sew from scratch using machines. Machine confidence is the goal. You will leave with practical skills and a hand made item to be proud of! Email to book Info@studioflox.co.uk

Meadow Wildflower Family Walk with Vanessa, Tues 10, 4.15pm, meet outside Hub: discover the wildflowers in the park. Tick ID sheets for children! FREE.

Forest Bathing session with Elizabeth Howard, Weds 4, 18 (11-1.30pm), Sats 14, 28 (10-12.30pm): Qualified Forest Bathing practitioner Ela Howard will be guiding this 2.5 hr session in BMP woodland. See Facebook for details and email Elizabeth directly elahoward@hotmail.co.uk for booking. Limited places.

Family Foraging Walk, Sunday 29, 11am: meet by Walled Garden for a fun and enlightening stroll through the park to learn about what is and isn't edible! FREE.

July

Monthly Bird Walk and Survey, Sat 5, 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.

Adult Cycle Training for adults who live, work or study in Hounslow, every Thursday 9.30am (beginners) and 10.30am (improvers), register [here](#): meet by cycle hub container near lake. Helmets and bikes provided. FREE.

Fitness Fun with Jenny, Tuesdays, 11-11.45am (NO class on 22 & 29) 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.

Meadow and woodland sweep for hedgehogs, Friday 11 July, 9-11am:

Help us to carefully sweep through the meadow and the woodland strips where we have previously found hedgehogs to ensure any are removed before the meadow is cut at 12pm for Junction 2. Meet by Hub or find us in the lower meadow if joining after 9am.

August

Adult Cycle Training for adults who live, work or study in Hounslow, every Thursday 9.30am (beginners) and 10.30am (improvers), register [here](#): meet by cycle hub container near lake. Helmets and bikes provided. FREE.

National Childbirth Trust (NCT) Walk and Talk, every Wednesday, 10.30am: meet by Potting Shed Café for an easy, buggy friendly walk around Boston Manor Park. No need to be an NCT member - all new and expectant parents are welcome!

Fitness Fun with Jenny, Tuesdays, 11-11.45am (NO class on 5th), 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.

Family Sing with [Me-Time Pop Choir](#) leader, Natasha Hendry, Tues 5, 2-3.30pm, Hub: bring the family to a guided, fun singalong session with local professional singing teacher. £10 per adult, drop-in (children aged 4 up free). See Facebook events for details.

Forest Bathing session with Elizabeth Howard, Weds 6, 20 (11-1.30pm), Sats 16, 30 (10-12.30pm): Qualified Forest Bathing practitioner Ela Howard will be guiding this 2.5 hr session in BMP woodland. See Facebook for details and email Elizabeth directly elahoward@hotmail.co.uk for booking. Limited places.

Chess event, Sat 9, 12-4pm, meet by picnic tables by Hub: a drop-in event for anyone who wants to learn or play. All ages welcome, any level fine. Run by Alex Smythe who runs a welcoming social local chess group that plays regularly in BMP. Contact Alex for any info alexander.brentford@gmail.com FREE.

Table tennis and boules event, Sat 9, 12-4pm, meet by gym equipment/table tennis /boules court: equipment will be available from park staff to use to play. Drop-in. FREE.

SUPA multi sports camp, Tues 12 & Wed 13, 10-2pm, £25 per day: Stay SUPA Multisport Camp is an action-packed program designed to keep kids active, engaged, and having fun through a wide variety of sports and team-building activities. Book [here](#). Email info@staysupa.com for info.

Mosaic making workshop, Wed 13, 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 [Eventbrite](#) £10 per person.

FINAL Canoeing with Active 360, Thurs 7 & 14 (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](#).

BMP run with We Run Ealing, Thurs 14 Aug, 5-7.30pm, meet by Hub: a 1 mile loop of the park will be 'open' to run as many times as you like during the time period. Runners can start at any time, can run alone or in a group around a marked course and marshals will be on hand to support and count the laps completed. Children must be accompanied by an adult. FREE

Dr FREG and the Fruit & Veg Mysteries, Mon 11 Aug, 4pm, Walled Garden. One off performance of this entertaining (and informative) healthy eating show that has toured nearly 100 schools over 10 years: aimed at 4-12 year olds. Produced by Tash Gavin and I Know Why It's Yum, Mum! (2012). Booking through [The Arts Centre](#).

Basketball drop-in sessions with SUPA, Tuesdays 19, 26, Wednesdays 20, 27, 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.

Haiku Walk, Mon 18 Aug, 2-3pm, meet outside Walled Garden: Join poet and sound artist Giovanna Iorio for a unique haiku-writing workshop. You'll embrace Summer with words, rhythm, and reflection. No experience needed—just curiosity and a love for nature. Families welcome. FREE.

Guided nature and sensory trail for neurodivergent children with the Wildheart Foundation, Wed 20, 2.30-4pm: open to all families with children 5-14 who identify as neurodivergent. A relaxed trail with engaging sensory activities throughout with Tash and two therapy dogs. For information email admin@wildheartfoundation.co.uk and see Facebook for [booking](#) (opens 1 July).

Wellbeing event, Thurs 21, 11-2pm: a range of relaxed activities for older children and all adults. Especially aimed at those with additional/neurodivergent needs, and carers and those with dementia, but open to all. Collaboratively with The Hounslow Wellbeing Network, Dementia Concern and Wildheart Foundation.

Bat Walk, Thurs 28, 8pm: Meet by picnic tables by lake. Come and spot our resident bats using bat detectors after a brief introduction to bats! FREE.

Gardening and Conservation activities

Tuesday Growing Sessions for neurodivergent children (ages 3-16) and their parent/carer, Tues 3 Jun, Tues 1 & 8 July, 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.

Meadow sweep for hedgehogs, Fri 11 July, 9-11am and Public Gardening and Conservation session, Sat 7 June, 10.30-12.30: meet outside the hub. Join Vanessa and carry out a variety of gardening and conservation tasks around the park. Call Vanessa if needed, 07816 067883.

Youth Volunteering (13 yrs up), Sat 7 June, Sat 28 June, Sat 5 July, 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 thepottingshed.london is open 7 days a week, 9-4pm (weekends 9-5). Food 9-3pm. Watch out for their events too. Pop-up nights returning! Instagram @pottingshedlondon

The Arts Centre:

Watch out for their [Walled Garden Summer Season](#) in BMP July-Aug.

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 [Volunteering in Hounslow Parks | Let's Talk Hounslow](#) (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
[Download and see our School Workshop Programme](#)