

June, July and Aug 2026 events in Boston Manor Park (BMP)

May upcoming events!

- **Mindful guided walk with BMP team for those with dementia** and any memory issues: Thurs 21 May 12-1pm, free and drop-in, meet at Walled Garden. All welcome.
- Celebrating David Attenborough's 100th birthday this year, we have a range of fabulous events for wildlife lovers, culminating in our half term [Nature Festival](#) (Sat 23 May 12-4, with Me-Time Pop Choir performance at 1pm) and [a showing of his BBC documentary Wild London](#) (Thurs 28 May 2.30-3.30pm, Hub).
- **May half term Art in the Park Holiday Club with Tash** for 6 yrs up [art creators](#) (10-12.30pm Tues, Wed, Thurs. Different natural art activities offered each day).
- Final [Toddler Woodland Adventure Club](#), **Thursday 21 May, 1.15-2.30pm**: Booking via [Eventbrite](#). Limited places.

New Stakeholder group and other news:

- The Project Steering (Stakeholder) group is now established. A key aim will be helping the park focus on delivering activities and improvements that are important to local residents and visitors, including running income generating events. Our second meeting will be held shortly.
- We will be able to take card payments soon e.g. for donations and plant sales at the Nature Festival on 23 May 😊
- Check out the new BMP Nature Library outside the Park Hub thanks to Ealing Transition donations and others. Borrow and return. Book donations welcome.
- Junction 2 music festival has a reduced footprint this year (only two stages), meaning the park will have more areas accessible during the festival period. Set up starts 14 July and ends 7 Aug. For more information see www.junction2.london
- Save the date for the **Great Boston (Manor Park) Tea Party (Sat 26 Sept 2026)**!

Families and children

Doodling Art workshops with [Mairi McLeod](#), Sat [6 June \(1.30-3pm\)](#) and Thurs [13 Aug \(10-11.30am\)](#), **service yard workshop:**

Inspired by nature and mindfulness, doodling workshops with a difference! Open to adults and to children aged 8yrs up: booking via [Eventbrite](#) or click on dates above. (www.artbymairi.com)

The Great Outdoor Family Escape challenge! Sun 5 July, 3 time slots: after a sell out day in November, local company [Paper Adventures](http://www.paperadventures.co.uk) www.paperadventures.co.uk is supporting us to run another fantastic one-hour interactive escape challenge. This takes family teams (up

to 5 people per team for £25) across the park's diverse habitats from woodland paths to secret indoor spaces, blending storytelling, teamwork, puzzle-solving and exploration into one unforgettable experience. A fun mix of mystery, nature, and laughter is guaranteed. Book via [Eventbrite](#). Places very limited and sell out fast. See Facebook for more info.



Mosaic making workshop, Sat 11 July 11-1pm, service yard workshop: Make a beautiful indoor or outdoor mosaic to take home! Children aged 8yrs up and adults: come and make a beautiful mosaic to take home. Limited places. Grouting demonstration and all equipment will be provided. £15 pp, booking via [Eventbrite](#).

Silent Disco Litter Picks, [Sat 11 July](#) and [Tues 11 Aug](#), 2-3.30pm, meet promptly outside Service Yard: come and help wildlife by cleaning the park whilst you are dancing to uplifting tunes! The Arts Centre are kindly supporting this event by loaning the equipment. A nominal £3 charge applies for each headset hire (card or cash). Families welcome. All other equipment provided. Drop in but starts promptly. See Facebook events.

Family Forest School, Sat 22 Aug, 11-2pm: enjoy Forest School activities with your children, and come along and try out den building, fire lighting, hammock swinging, clay crafting, bug home making, tree climbing and more! Relaxed session where your family moves at their own pace through activities, facilitated by BMP staff. Booking via [Eventbrite](#). £25 per group (up to 5 individuals). Two x 1.5 hr time slots available to book. Limited places.

Nature

[Nature Festival](#), Sat 23 May, from 12-4pm, around Hub: come and enjoy all things wildlife and nature related (songs with Me-Time Pop Choir at 1pm, music, local arts and crafts stalls, info stalls from local green/nature groups with activities, petting zoo from Bedfont Lakes). Things to do, buy, experience, watch and learn about! [Weaving with Nature workshop](#) in Boston Manor House during festival.

Tour of Walled Garden with Vanessa, Park Manager, Sat 6 June, 1-2 pm, Walled Garden: enjoy a stroll around the garden, enjoying the colourful borders and fruit and vegetables. Vanessa will provide a historic introduction and answer horticultural questions over a herbal tea. Free, drop-in. See [Facebook](#) for details.

Exploration of Wildflower meadow and natural habitats with local naturalist expert John Wells, Fri 19 June, 4-5.30pm, meet outside Walled Garden: explore the park's notable trees, green spaces and fauna and flora and pick up amazing facts about them. Aimed at adults. Free and drop-in. See [Facebook](#) for details.

Bird Walks and Survey, Sats 6 June, 4 July, (no Aug walk) 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 and drop-in. See [Facebook](#) event.

Gardening and composting for wildlife with Vanessa- easy tips and quick wins, Sat 4 July, 2-3pm, meet outside Service Yard: come and pick up some tips from our resident composting expert and park manager. Aimed at adults and teenagers hoping to help nature. Drop-in, free but donations welcome (card or cash). See [Facebook](#) event.

Bat Walks with detectors and introduction to BMP's nightlife, Thurs 20 & Mon 24 Aug, 8.30pm-9.15pm: You'll discover some fascinating facts about our nocturnal wildlife, see a real dead bat and a range of other specimens and detect (then spot) the bats come out to feed! Meet by the picnic tables by the lake. Suggested donation of £2 per person (cash or card). See Facebook for more info. All ages welcome- family friendly 😊

Family Friendly Nature Walks and Talks, 2-3pm, Mon 24 Aug (Moths and Butterflies), Tues 25 Aug (Aquatic life), Wed 26 Aug (Foraging including BMP Elderflower cordial tasting-recipe provided): come and discover the wildlife and edible plants in the park! Meet outside Service Yard/Walled Garden. Drop-in, free, but donations welcome (card or cash). See [Facebook](#) for details.

Wellbeing for adults

Forest Bathing Mindful Walk sessions with Elizabeth Howard, Fridays 5 June, 3 July, 14 Aug and Saturdays 11 July, 29 Aug, 12 Sep, 11-1.30am: Qualified Forest Bathing practitioner Ela will be guiding this 2.5 hr session in BMP woodland. Contact elahoward@hotmail.co.uk directly for booking and further information. £30pp but 2for1 offer applies on first booking and concessions available. Limited places.

Authentic Outdoor Sauna at Other Fold by Boston Manor House: relax, reset, and enjoy the health benefits of sauna in nature. Exclusive for newsletter readers: 2-for-1 sauna sessions, 1-7 June 2026. Limited to the first 25 bookings. Use code BOSTONMANOR241 when booking online (one booking per person) (www.otherfold.com)

Wellbeing Event for older people and those with memory issues, Thurs 13 Aug, 12-2pm, by Walled Garden: all welcome to enjoy mindful walks, gentle relaxation, musical and sound therapy, sensory exploration of plants and healthy herbal refreshments. Quiet indoor spaces and toilets will be available too. Free and drop-in. See [Facebook](#) event.

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 the green cycle hub container near lake. Helmets and bikes provided. FREE.

Friday Fitness with Jenny, Fridays, Park Hub Activities Room, 12.30 - 1.15pm. Gentle exercise for older adults. Only £3 per walk in class. All abilities welcome.

BMP [Dog lovers photography project](#) Sat 22 Aug, 2-3.30pm, Service Yard workshop: exhibition of BMP dog walkers photographed by Martin Sapsed (an amazing regular BMP volunteer for many years), with doggy treats and more. Free but donations welcome. See martinsapsedphotography.com for more information about Martin's numerous photography projects. See [Facebook](#) event.

Holiday Clubs (May half term and August)

May half term *Art in the park* holiday Club with Tash, (6-14 year olds), 26, 27 & 28 May, 10.00-12.30pm, Hub: for children who love to craft or do arty activities, this will be the perfect way to spend a morning with different indoors and outdoors activities each day- mosaic making, clay creature modelling, nature photography with macro lens, tree cookie and stone painting, botanical doodling, elder wand creating and decorating, macrame bracelets weaving and more! £15pp. Booking via [Eventbrite](#). Places limited.

August Holiday Nature Explorers Club (6-12 year olds) with Tash, Tues 11, Wed 12, Tues 18, Wed 19 Aug, 10-2pm: Children can expect fun, outdoor and indoor physical, forest school, nature-based and crafty activities, including a basketball coaching session with SUPA! All park facilities will be available. Food not included. £30 pp (or £25 pp for two places or more and siblings discount). Booking via [Eventbrite](#). Places limited.

Basketball drop-in sessions with SUPA, including JUNIOR HOOP, Tues 11, Wed 12, Mon 17, Tues 18 & Wed 19 Aug, 10.30-11.30am: 6-12 yr olds, meet on courts under M4, guided by coach Mario and friends for an hour. Drop-in, £3 (cash or card) per participant per day.

Gardening and Conservation Volunteering activities

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 all around the park. These sessions are physically more active than our Thurs sessions.

MOSTLY Every Thursday, 1.30-3.30pm: meet outside the Service yard/ walled garden. There will be NO THURS SESSIONS on: 11, 18, 25 June, 2 July. Join Vanessa for relaxed, general

gardening and growing vegetables. These sessions take place in the walled garden, yard and nearby formal beds and are less physical than Tues sessions.

Public Volunteering (families welcome), Saturdays 6 June (10.30-12.30), 13 June (1-3pm), 4 July (10.30-12.30), and 18 July (1-3pm): meet by Service Yard. Lots of different Summer tasks to keep everyone busy.

Youth Volunteering (13 yrs up), Sats 16 May (10.30-12.30), 6 June (10.30-12.30), 13 June (1-3pm), 4 July (10.30-12.30), 18 July (1-3pm): 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) – start times can vary, check date and times above. Activities include conservation, gardening and helping run family events/holiday clubs (at other times). Email Tash asap if you are interested or can commit to helping at a holiday club:

bostonmanorpark@hounslow.gov.uk

Corporate team building and volunteering: we'll host your team for an amazing day of giving back and having fun!

We offer bespoke opportunities year round for teams to spend a day (or just a few hours) in the park, volunteering on meaningful conservation and gardening projects and including team-building and fun activities, such as guided sensory/foraging walks, natural arts and crafting, learning basic survival skills in the park and orienteering challenges. Email Vanessa: bostonmanorpark@hounslow.gov.uk for our NEW 2026 corporate volunteering brochure.

Know a teacher? BMP School Outdoor Workshop Programme 2025/26 and SEND Work Experience and Workshop 2025/26 programme [here](#) and new joint BMP/BMH workshop [here](#). Boston Manor House also offer a workshop programme [here](#). **All educational workshops can be found on the website www.bostonmanorhouse.org New ECO workshop launched in Jan 2026!**

Know a Scout, Beaver or Cub group? Night walks, bat detecting and evening exploration/orienteering sessions with Tash available (£3 per child, minimum £75 per session). Sessions can be run in Polish, French or English, from 6yrs up.

The Arts Centre Walled Garden Summer Programme

A fantastic Summer Programme will take place in the Walled Garden again this year, with additional toilets, food and drink opportunities. Go to [Tickets | The Arts Centre, Hounslow](#)

(www.theartscentre.co.uk) for tickets. *Wind in the Willows*, *She stoops to conquer* and *Pirates of Penzance*.. and so much more, something for everyone!

Park Hub 'The Potting Shed' Cafe:

Our café The Potting Shed thepottingshed.london is open 7 days a week, 8.30-4pm. Food 9-3pm. Try out the new *2gocup* scheme to avoid using single use cups 😊 New Instagram @pottingshedlondon

Boston Manor House events:

See [What's on - Boston Manor House](http://www.bostonmanorhouse.org/whats-on) (www.bostonmanorhouse.org/whats-on).

The Manor kitchen:

The House café is now run by the same team that runs The Potting Shed! Open 10.30-5 daily (except Mondays). Instagram @themanorkitchen

SPACES TO RENT AT BMP: Classroom, Workshop and Woodland

As part of helping the park to become financially sustainable, we are hiring out the Education room in the Park Hub building, the Workshop space (by the Service Yard) and the enclosed Woodland play area (by Boston Manor House) for very modest rates during Mondays-Thursdays 9am-4pm only – outside of these hours, bookings (and fees) are taken by the Potting Shed café so email events@goodapples.london for Fri/Sat/Sun hires (Education room and Walled Garden only). 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 bostonmanorpark@hounslow.gov.uk for the information pack putting 'BMP space hire' in the subject line.



Self-guided BMP Trails:



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.

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!

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).

Join our BMP outdoor events and volunteering mailing list: email bostonmanorpark@hounslow.gov.uk to receive regular updates on all our outdoor events and activities, including family events in school holidays.

Follow and Like our **Facebook page @BMPoutdoorevents**

Find our school workshop programme 2025-26 [here](#)