

Autumn 2026 events in Boston Manor Park (BMP)

Update on Park management and future: Your Park Needs YOU

We have just come to the end of our first full year out of funding (the Lottery funding came to an end in August 2025). London Borough of Hounslow agreed to keep funding our Park Manager and Education Officer posts if we were able to generate about £45k in the first year, and we are delighted to say that through grant funding, corporate support, public and educational activities, donations and a lot of hard work we achieved just over this amount! London Borough of Hounslow have agreed to fund our posts for another year if we continue to generate sufficient funds, so please do continue to enjoy our events and volunteering opportunities. The Park Manager Vanessa Hampton would be very grateful for a few more gardening volunteers if you have a couple of hours free every so often- no commitment necessary! See below for information.

As part of the ongoing efforts to fundraise for the park, we have been commissioned to deliver work for [Ealing Wildlife Group](#), [Ealing Parks Foundation](#), the [National Park City](#) and [CWPlus](#) Green Club in West Middlesex Hospital, and we will share information about those activities where we think they may be of interest to you.

(Lots of live links in headings and text so click away to find out more and book onto events.)

Other news:

- The **Project Steering (Stakeholder) group** is now established: this group is a collection of interested, supportive individuals, who will steer us, be a sounding board and occasionally help us run our events. If you are interested in joining, please email us.
- The new **BMP Nature Library** outside the Park Hub has been a bit too successful- most of the books have been taken and not returned 😊! If anyone wants to donate nature/ wildlife related books/magazines for all ages please do leave them on the shelf. Thanks to Ealing Transition and others for original donations. Please return borrowed books after a few weeks.
- Save the date for the **Boston Manor Park Cracking Christmas Event! Thursday 3 December, in the Walled Garden, with live music, drinks and dancing!** (Please note there will be no event on the 26 Sept).
- A unique **FREE Schools Sustainability Summit for teachers/pupils 19th Nov, 10-1pm open to ALL Ealing and Hounslow primary schools** wishing to embed sustainability

into the school: please tell any teachers you know. Email bostonmanorpark@hounslow.gov.uk for info and booking link.

Families and children

Half Term Canoeing Litter Pick with Brentford Community Boathouse, Mon 26 Oct, 12.30-2.30pm: come and help keep the BMP River Brent clean during a litter pick by canoe with registered charity Brentford Community Boathouse (www.bcbh.org.uk). Booking by [Eventbrite](#). £15 pp, open to families, children aged 10yrs up and adults. Places limited.

Half Term BMP Holiday Club with Tash including a Canoeing session with [Brentford Community Boathouse](#), Wed 28 Oct, 9.45am-2.15pm: enjoy nature filled fun on the water and on land. Children aged 6 yrs up. Booking via [Eventbrite](#). £30 per child (siblings discount: £25 per child). Places limited.

Toddler Woodland Adventure, Thursdays 22 & 29 Oct, 5 & 12 Nov, 1.30-2.45pm: Bring your pre-schooler to explore the Park habitats and wildlife with Tash. Sheltered/indoor spaces available and activities will take place both inside and outside. Meet by Hub. £8 per child over 2yrs (accompanying younger siblings are free) per session. Booking via [Eventbrite](#). Limited places.

NCT Walks and Talks in Boston Manor Park, Thursdays 10-11.30am, meet outside the Park Hub café: led by NCT trained peer supporters, the group gives new and expectant parents the opportunity to get support with all aspects of Infant Feeding, get outdoors with their babies on a safe and accessible route, improve their mental health and wellbeing, make new friends and feel part of a community. Free and drop in. Contact Kathryn.dodds@nct.org.uk for more info.

Nature, wellbeing and creativity for adults and children

New Nature and Wellbeing Dementia Café, fortnightly on Mondays 7 & 21 Sept, 5 & 19 Oct, 2, 16 & 30 Nov, 2.30-4pm: open to all carers with their loved ones & service users, come for a hot drink, piece of cake and enjoy gentle activities offered. Meet at Boston Manor House café. Book [here](#) if you want to but drop-in is fine too. This café is generously funded by the [National Park City](#) and the Mayor of London and is a BMH/BMP collaboration, both [Dementia Friendly Venues](#).

Ealing BEAT art trail, Sat 5, Sun 6, Sat 12, Sun 13 Sept, 11am-6pm: drop into the workshop and service yard next to the walled garden to see the Ealing Art Group's artists work as part of the larger [Borough of Ealing Art Trail](#). Approx 12 artists' work on display to enjoy or even buy.

Bird Walks and Survey, Sats 5 Sept, 3 Oct, 7 Nov, 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.

Bat Walk with detectors and introduction to BMP's nightlife, Tues 22 Sept, 7pm: You'll discover some fascinating facts about our nocturnal wildlife, see a real dead bat and detect (then spot) the bats come out to feed! Meet by the picnic tables by lake. Suggested donation of £2 per person (cash or card). See Facebook for more info. All ages welcome-family friendly 😊

Come on a *Nightlife adventure with a difference*, Wed 23 Sept 6.45pm, West Middlesex Hospital (CWplus Green Club): learn about West London nightlife through a unique natural history collection, ending with detecting bats with detectors! See hedgehogs, frogs, slow worms and bats, newts and more. Children welcome. Booking required via [Eventbrite](#) (CW+). FREE.

National Emergency Briefing [film](#) viewing and top affordable tips on how to keep your house cool in future heatwaves, Thurs 24 Sept 11am, Hub opposite playground, drop in and FREE: learn from this informative 50 min film (www.nebriefing.org) and pick up some top tips from local interior designer and climate activist Kate Watson about adapting your home to cope with climate change. Read Kate's helpful blog on Act4Ealing [here](#) (www.actforealing.org) and come along for more useful tips!

Earthwatch Freshwater [survey](#), Sat 19 Sept, 2pm: meet by lake platform to hear about what lives in our freshwater ecosystem and to test the water quality of our water bodies. FREE and drop in. All ages welcome. (www.earthwatch.org.uk)

Creative Writing Workshop, Sat 17 Oct, 1.30-3.30pm, Service Yard workshop: join local author Juliana Holzhauser-Barrie for a two-hour creative writing workshop. No writing experience necessary at all! Open to adults of all ages and older teenagers. Booking via [Eventbrite](#), £10 a ticket, limited spaces available. Ealing resident Juliana writes under the pen name JM Cyrus (<https://jmcyrus.carrd.co/#>) and her short stories have been published in over thirty venues.

Wild Voices Singing Workshop with Elena Harris, Sun 25 Oct, 10-2pm: we are delighted to invite Elena back for a second magical mindful singing experience in BMP woodlands! Booking via [Eventbrite](#). £20pp. All adults welcome and no singing experience necessary (at all!). There will be a 30 min break for lunch.

Survey for harvest mice nests, Sat 21 Nov, 1.30pm: our BMP harvest mice Snap, Crackle and Pop from the Ealing Wildlife Group breeding programme have delighted hundreds of families- join the EWG team to see if we can find any nests in the park! Meet by Service Yard and wear wellies and long trousers. FREE and drop in.

Forest Bathing Mindful Walk sessions with Elizabeth Howard, Fri 4 Sept, then Sats 12 & 26 Sept, 24 Oct, 7 Nov, 21 Nov, 11am start: Elizabeth is a certified Forest Bathing practitioner and will guide you through a restorative 2.5 hr session in the woodland. For bookings and further information, please email info@mindfultrees.co.uk directly. £30 per person - currently 2-for-1 offer available on your first booking. Concessions available. Small group size.

Authentic Outdoor Sauna at Other Fold by Boston Manor House: relax, reset, and enjoy the health benefits of sauna in nature. (Book: www.otherfold.com)

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, 11-11.45am. Gentle exercise for older adults. Only £3 per class, no booking required. All abilities welcome.

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.

Every Thursday, 1.30-3.30pm: meet outside the Service yard/ walled garden. There will be NO THURS SESSION on 17 Sept. 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), Sats 26 Sept, 17 Oct, 7 Nov & 21 Nov, 10.30-12.30: meet by Service Yard. Lots of different Summer and Autumn tasks to keep everyone busy.

Youth Volunteering (13 yrs up), Sats 26 Sept, 17 Oct, 7 Nov & 21 Nov, 10.30-12.30pm: 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. You'll work on meaningful and exciting conservation and gardening projects and we include team-building and fun activities too, 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 2026/27 and SEND Work Experience and Workshop 2026/27 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.

Park Hub 'The Potting Shed' Cafe:

Our café The Potting Shed thepottingshed.london is open 7 days a week, 9-5pm weekdays, Sunday closing 4pm. Try out the new *2gocup* scheme to avoid using single use cups 😊 New Instagram @pottingshedlondon **Farmer's Market in Walled Garden first Saturday of every month (9.30-2.30pm).**

Boston Manor House events:

See [What's on - Boston Manor House](#) (www.bostonmanorhouse.org/whats-on) for amazing performances by [The Arts Centre](#) ([Jekyll & Hyde](#))

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 2025-27 [here](#)