FRESH AIR & FRIENDSHIPS



Supported by Hounslow Council through the Thriving Communities Fund







This year we saw the re-launch of our very popular outdoor stroll sessions.

Since we re-launched in February, we have been to Redlees Park, Brentford Riverside, Inwood Park, Heston and Hanworth Parks.

Every week we explore a topic of interest linked to nature. We have tried different ways of capturing nature using art this Winter and as the warmer months approach, we are hoping to do some planting too!

The walks are open to everyone as it's a gentle stroll and we always make time for a chat and a cuppa.

EMBRACE NATURE WITH OUR Fresh Air and Friendship group



We would love you to join us for walks in some of Hounslow's most beautiful parks and green spaces.

FORWARD TO
SOME OR ALL OF

We meet every Monday from 10.30 to 12.30 and every 3 weeks we also hold a "Somewhere Special" trip, which has included trips to Chiswick Kitchen Gardens and Kew Gardens.



We welcome everyone and all of our parks are accessible by public transport and are suitable for all walking abilities.

WHEN DO WE MEET?

MONDAYS

10.30-12.00

SOMEWHERE SPECIAL THURSDAYS

10.30-12.00

See over for our timetable

Please register by emailing outdoor.learning@outlook.com Phone Mairi 0793 9001731 or Frances 020 8401 6837

Get Healthy, Get Outdoors

Did you know?

Being outdoors has many benefits such as:

- Relieving Stress
- Strengthening Immunity
- Calming the Mind
- Improving Your Short-Term Memory
- Increasing Longevity
- Sharpening Your Focus

Join us and connect more with the people and places in your community. Human contact and a sense of community are important to your mental health.



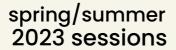


WE LOVE TO VISIT OUR LOCAL GREEN SPACES

Chiswick House Kitchen Gardens

We Observed and Were Creative

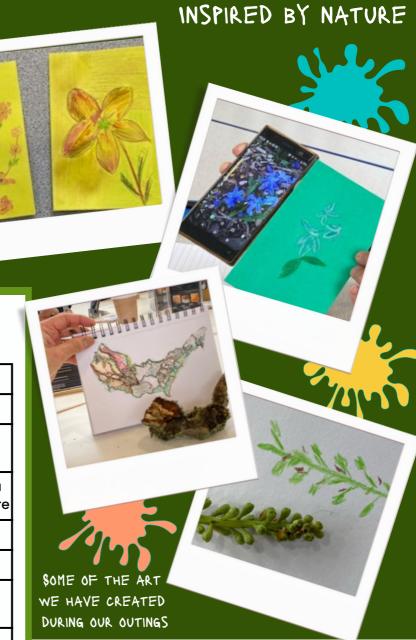




17 April	Inwood Park	Planting
24 April	Redlees Park	Planting
27 April	Somewhere Special	Step back in Time
11 May	Somewhere Special	Up close with a camera in nature
15 May	Hanworth Park	Bees
22 May	Heston park	Bees
5 June	Inwood Park	Butterflies & Wildflowers
8 June	Somewhere Special	Cyanotope Art in Nature
12 June	Redlees Park	Butterflies & Wildflowers
19 June	Hanworth Park	Butterflies & Wildflowers
26 June	Heston Park	Outdoor Games
3 July	Brentford Riverside	Outdoor Games
6 July	Somewhere Special	River Explorer

MONDAYS 10.30-12.00 SOMEWHERE SPECIAL THURSDAYS 10.30-12.00

Hanworth Park, Uxbridge Rd, Feltham TW13 5EG by outdoor gym
Heston Park, New Heston Road, TW5 0LW by outdoor gym
Inwood Park, Inwood Road entrance TW3 1XJ
Redlees Park, Twickenham Rd, Isleworth TW7 7EU
Park entrance off car park by outdoor gym.
Brentford Riverside Waterman's Arts Centre 40 High St, Brentford TW8 0DS



SPRING HAS SPRUNG!

Daffodils of all sizes and shapes have been seen in England since the 17th century; Shakespeare celebrated them as the flower that "comes before the swallow dares".

Including hybrids, there are over 13,000 distinct daffodil varieties in existence.

