

FRESH AIR & FRIENDSHIPS



HOUNSLOW
health and care
Working together for a healthier community

Supported by Hounslow Council through the
Thriving Communities Fund



London Borough
of Hounslow

LET'S GO
OUTSIDE AND
LEARN



Come Stroll & Make New Friends

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.



WE LOOK
FORWARD TO
SEEING YOU AT
SOME OR ALL OF
OUR SESSIONS

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.

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

WHAT WE DID
WINTER 2022/23



spring/summer
2023 sessions

| | | |
|----------|---------------------|----------------------------------|
| 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

INSPIRED BY NATURE



SOME OF THE ART
WE HAVE CREATED
DURING OUR OUTINGS

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.

