

SUMMER OF CULTURE & SPORT

Get inspired and try something new with a fantastic range of activities from Hounslow's community and sport partners



- Activities**
- Summer of Culture Activity
 - Historic House
 - Museum
 - Outdoor gym
 - Health Walks/Local Trails
 - Cricket wicket
 - Play area
 - Golf
 - Tennis court
 - Skate ramp
 - Parkour
 - parkrun
 - Games area
 - Boating/Rowing
 - Cycling
 - Green Gym (coming soon)
 - Orienteering
 - Holiday activities and food
 - Football & Wildcats Sessions
 - Summer Of Culture event
 - Leisure Centre

Callout Boxes:

- Walking Football Heston West Big Local**
- Disability Sports Club & Online Sessions (all ages 5yrs+)**
- Learn to Ride Osterley Park**
- Wildcats Football Centre Nishcam School (Girls 5-11 years)**
- Women's Football Exhibition Gunnersbury Museum**
- Films on the Green Heston**
- Lampton Leisure summer activities**
- Brentford Community Stadium**
- Ability Cycling Inwood Park**
- Hounslow High Street Outdoor Performances**
- Outdoor Summer Fun Nature Trails Feltham Arts**
- Xplorer Orienteering - all ages**
- Countryside Rangers Summer Programme**

Other Locations and Features:

- CRANFORD:** Cranford College, Avenue Park, Convent Way
- HESTON:** Heston Pools and Fitness, Heston Park, Heston Community School, Lampton Park
- OSTERLEY:** Osterley House and Park, Jersey Gardens, Hawthorn Hatch, Osterley Sports and Athletics Centre
- BRENTFORD:** Carville Hall Park North and South, Boston Manor House and Park, Cruyff Court, Watermans Park, Gunnersbury Park, Gunnersbury Park Sports Hub
- CHISWICK:** Chiswick Back Common, Turnham Green, Hogarth's House, Chiswick House and Gardens, Duke's Meadows, New Chiswick Pool
- HOUNSLOW:** Hounslow High Street, Beaversfield Park, Inwood Park, Thornbury Park, St John's Gardens, Redlees Park, Hounslow Heath, Duke of Northumberland River
- ISLEWORTH:** Isleworth Leisure Centre
- BEDFORD:** Bedfont Recreation Ground, Donkey Wood, Feltham Park, Springwest Academy, Feltham Pond, Hanworth Park, Crane Park, Hanworth Air Parks Leisure Centre
- FELTHAM:** Feltham Park, Springwest Academy, Feltham Pond
- HANWORTH:** Hanworth Park, Crane Park, Hanworth Air Parks Leisure Centre

Additional Information:

- www.visitgunnersbury.org
- www.nationaltrust.org.uk/osterley
- www.hounslow.gov.uk/reconnecting-bmp
- www.force.org.uk/discover
- www.cranevalley.org.uk

- CHILDREN AND YOUNG PEOPLE**
- Holiday Activities and Food Clubs
Free holiday clubs (eligibility criteria applies)
Visit: fsd.hounslow.gov.uk
- WOMEN AND GIRLS**
- Just Play sessions and Football For all
Visit: ind.EnglandFootball.com
 - Wildcats Football 5-11yrs
Visit: www.EnglandFootball.com/play/womens-and-girls-football
- FAMILIES**
- Local Summer Activities and Services for 0-19yrs
Visit: fsd.hounslow.gov.uk
 - Parkplay
Fun and games every Saturday in your local park
Gunnersbury, Osterley. Visit: www.park-play.com
 - Films on the Green - Summer of Culture Calendar
Visit: inhounslow.com/summerofculture
- ADULTS/OLDER ADULTS**
- Community Health Walks
Visit: www.oneyouhounslow.org/better-health
 - Learn to ride
Adult lessons Lampton, Hanworth, Osterley, Convent Way
Visit: www.bikeworks.org.uk/hounslow
- DISABILITY**
- Ability Bike
Adapted bikes to suit all abilities (pre booking required)
Visit: www.hounslow.gov.uk/all-ability-cycling
 - Short Breaks
For Children and Young People 0-18yrs
Visit: www.hounslow.gov.uk/shortbreaks-disabled-children



For more activity inspiration visit oneyouhounslow.org/get-active

For Local services and support visit hounslowconnect.com