

Speak Out in Hounslow

Activities May 2021



Subject to UK Covid-19 restrictions. All activities are weather permitting.

You must phone to book your place.

Jeff: 07904 494686 Rebecca: 07538 419911

Monday
10, 17, 24 May
10.30-12.30



Gardening & outdoor creative activities with Rebecca.
Good relaxed fun in the fresh air!
London Museum of Water & Steam

Monday
10, 17, 24 May
1.30-2.30



Walking Football with Sarfraz
New fun activity to get you fit!
Carville Hall Park North, Brentford
Meet at Spartans Gate. TW8 9QT

Tuesday
11, 18, 25 May
10.30-12.30



Arts and Crafts with Jacqui.
Get your creativity flowing and learn new crafty skills!
London Museum of Water & Steam

Tuesday
11, 18, 25 May
1.30-2.30



Boccia & Curling
Get fit with our new sports activities at the
Gunnersbury Sports Hub
Gunnersbury Park. W3 8LQ

Wednesday
12, 19, 26 May
10.30-12.00



Tennis for all
Learn new skills and get some exercise at the same time!
Chiswick House (A4 entrance) W4 2RP

Thursday
13, 20, 27 May
10.30-12.00



Line Dancing with Terri
Get yourself fit & improve your co-ordination! Always fun!
London Museum of Water & Steam

Thursday
13, 20, 27 May
1.20-3.30



Walking with Jeff (All meet at 1.30pm)
13th: Gunnersbury Park walk.
Meet at Park Entrance on Popes Lane
20th: Chiswick House Grounds Tour. Meet Burlington Lane entrance.
27th: Nature Trail Walk. Inwood Park.
Meet Inwood Road entrance. Hounslow. TW3 1XA

Friday
28th May
10.30am



Join us for a tour of the London Museum of Water & Steam.
Green Dragon Lane, Brentford. TW8 0EN

If you book up... you must turn up! Limited spaces so please respect us & our members