

Let's Get Out and About!

Holiday Activity Newsletter Easter 2021

Welcome to the latest edition of **Let's Get Out and About!** Please be reminded that for the first half of the Easter holidays, there are some restrictions still in place, however, outdoor sport, leisure activities and facilities can open. Mixing indoors is still prohibited. Here, we give you some ideas for activities locally as well as some home - based options. We also provide some additional ideas for week 2 as further COVID restrictions are lifted. **NB Please note that the easing of restrictions may change. Please keep up to date with the latest information.**



Free family activity packs, for children under 11! Stuck for at home activities this Easter? Then come and pick up a free **Pitz Pack!** For this pack we have collaborated with the London Transport Museum, the Royal Institute of British Architects (RIBA) and Gunnersbury Museum to bring you a selection of arts and crafts resources plus a nature trail of Walpole Park. You can pick up a pack from outside **the Rickyard, Walpole Park Mattock Lane, London W5 5EQ** on **Saturday 3rd April** or

download a pdf online for free <https://www.pitzhanger.org.uk/learn/pitz-packs/>

Week 1 Monday 5th – Sunday 11th April To help maximise opportunities, but minimise travel, please check out the list below for activities available in your local area.

Putt in the Park @ Acton Park, East Churchfield Road, Acton, W3 7LL is a 15 hole course. Whether you are a weekly golfer or you have never played before, our course is suitable for all. Booking in advance is essential. **Prices start from £8.** <https://www.puttinthepark.com/courses/acton-park/>

Boating on the Round Pond @ Gunnersbury Park, Popes Lane, Ealing, W5 4NH Boating will be back for the 2021 Easter holidays, so don't miss your chance to go boating on the Round Pond! Prices start at **£8** per half hour <https://www.visitgunnersbury.org/park/play/>

Horsenden Hill, Horsenden Lane North, Greenford UB6 7PQ is managed and looked after by the Ealing Rangers and volunteer group the Friends of Horsenden Hill. The children's play area and the car park are open 365 days a year. **The Gruffalo trail** and Horsenden Hill is accessible from the farm's car park during the park opening times. Nearest tube Perivale. **FREE** <http://www.horsenden.co.uk/>

Hanwell Lock Flight on the **Grand Union Canal, Green Lane, Hanwell, W7 2PJ**. Hanwell Lock Flight has 6 locks that are well-used by boats so there's a good chance to see them in operation. And the good wide towpath makes a great cycle ride as the canal descends towards the Thames. **FREE** <https://canalrivertrust.org.uk/places-to-visit/hanwell-lock-flight>
https://canalrivertrust.org.uk/places-to-visit-pdf/Hanwell_Lock_Flight.pdf - Free Downloadable map.

Rectory Park Football Centre @ Ruislip Road, Northolt, England UB5 6AU. Pay and play options from 2pm weekdays. **Cost from £3** <https://rectorypark.co.uk/contact-our-team>

Perivale Wood is a private nature reserve usually open to members of the Selborne Society. In place of an annual OPEN DAY, members of the public can book a visit at one of the following times. **Adults are £5 / £3 concession. Children are FREE**

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| Saturday 10th April | 10AM – 1PM | https://www.eventbrite.co.uk/e/146440638893 |
| | 1PM – 4PM | https://www.eventbrite.co.uk/e/147782664929 |
| Sunday 11th April | 10AM – 1PM | https://www.eventbrite.co.uk/e/146719061663 |
| | 1PM – 4PM | https://www.eventbrite.co.uk/e/147782809361 |

<http://www.perivalewood.org.uk/> Perivale Wood Local Nature Reserve Perivale Wood LNR is entered from Sunley Gardens, UB6 7PF. Tube: **Central Line** to Perivale; by bus; 297; some street parking.

Canoeing on the Canal @ Havelock You do not need any specialist kit as **The Sharks** will provide everything you need at each stage of your journey. Sessions from 5pm on Tuesday and Thursday **£5 for one session or £8 for both sessions in a week** marathon@thesharks.org.uk or call on 07951 770241 to book. <http://www.thesharks.org.uk/southall-sessions-summer-2021/>

Online offer from Ealing Family Learning

All Family Learning tasters are **FREE** and are for parents and children to enjoy together. New to Ealing Adult and Family Learning? Click the link below to create a new account.

<https://courses.ealingglobal.net/RegisterNewPerson1Add.asp> Here is a selection of activities.

Thursday 8th April 11:00 – 12:30 Family Singing - Musical Theatre – Oliver Ages: 6+

How often do you sing show songs with your children that they can learn from? This workshop offers you a chance to do so, with songs from Lionel Bart's *Oliver!* (a musical adaptation of *Oliver Twist*, by Charles Dickens.) Have fun with your children, taking a stroll down memory lane, singing songs that link well with learning about The Victorians in literature and history

Friday 9th April 11:00 – 13:30 Family Cooking - Veggie Burgers Ages: 6+

Impress yourself by making your own tasty Veggie Burger using different Vegetables and Seasoning. For Dessert make a traditional Victoria Sponge Cake. Come on this workshop and enjoy patting burgers and mixing cake ingredients to make a tasty meal for you and your family.

Friday 9th April 14:00 – 14:30 Family Sports - Strong Nation Ages: 5+

STRONG Nation™ combines **body** weight, muscle **conditioning**, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Friday 9th April & Friday 16th April 11:00 - 12:00 Family Pilates Ages: 6+

This workshop is designed as an introduction for parents with children to simple exercises that can be done together. Mat work and games that will introduce the group to the main Pilates principles, centering, concentration, control, precision, flow and breath. Practicing Pilates from a young age promotes healthier, more resilient adults, and also build better brains.

Ruislip Lido Railway – The pleasant miniature railway takes you around the lake at Ruislip Lido, with the line weaving its way through the Ruislip Woods. There are two main stations on the line where passengers can start and finish their journey. Ruislip Lido <https://www.ruislipidorailway.org/> Open from 12th April. Booking Required. How to get there - E7 bus to Ruislip Station and change to H13.

Family Cycle training - Family training sessions of up to three people from the same household will be able to resume, taking place at a time and location convenient to you.

Easter cycle courses

- Level 1 and Level 2 Easter courses will be available at Gunnersbury Park and Southall Park for children in Years 3 and above.
- Level 1 courses are available for children in Years 3 and above and are for children that can ride a bike, but not with one hand.
- Level 2 courses are available for children in Years 5 and above that are comfortable riding a bike with one hand.

Click here to book one of the above sessions <https://www.cyclinginstructor.com/>



Warren Farm Nature Reserve, Southall, UB2 4NE

Part of Brent River Park, the 61 acre site is home to beautiful green spaces and a great place to explore some rare species. www.warrenfarmnaturereserve.co.uk for more information about this hidden gem.

Get creative – activity packs for children There are many websites that will allow you to download and print activity packs. Here are some to get you started:

- [Free Printables for Kids \(activityvillage.co.uk\)](http://activityvillage.co.uk)
- [Family Hub - Keep your Kids and Family Entertained | McDonald's UK](http://www.mcdonalds.co.uk) (can also order a free book for delivery)
- [Bloomsbury - Free children's activity packs](http://www.bloomsbury.com)
- [Try this at home | Natural History Museum \(nhm.ac.uk\)](http://www.nhm.ac.uk)
- [https://www.lego.com/en-gb/life/magazine](http://www.lego.com/en-gb/life/magazine) FREE Lego Magazine for 5-9 years

We wish you all well; please stay safe, seek help if you need it and take care of one another. Compiled by the School Partnerships and Enrichment Team, Ealing Council. All information was correct at the time of compilation. Please contact sjay@ealing.gov.uk for any suggestions or feedback.