

# 2021 Outdoor Activities

at Langtons Gardens & Fielders Field

## Summer

<b>Pilates classes</b>	Thursday 12th, 19th and 26th August, 12.30 – 1.15pm, in the Western Garden, Email: <a href="mailto:sportsdevelopment@havering.gov.uk">sportsdevelopment@havering.gov.uk</a> , Phone: 01708 431016. Everyone welcome, no prior experience necessary. All you need is a towel or mat and some water. <b>£3 per person.</b>
<b>Yoga classes</b>	Every Wednesday 9:30-10:30 am, in the western gardens. Contact: <a href="mailto:anahatayogawithmichelle@gmail.com">anahatayogawithmichelle@gmail.com</a> - <b>Fees may apply</b>
<b>Nature and history walks</b>	Monday 16 <sup>th</sup> August, 11am, and Monday 6 <sup>th</sup> September, 2pm <b>Free</b> and no booking required- meet at the bath house, (up to 30 at a time).
<b>Bath house and Orangery tours</b>	Monday 16 <sup>th</sup> August, 12pm, and Monday 6 <sup>th</sup> September, 3pm <b>Free</b> and no booking required- meet at the bath house, (up to 30 at a time).
<b>Family Fun days</b>	Saturday 31 <sup>st</sup> July to Tuesday 3 <sup>rd</sup> August, 11am-1pm, A stall in Fielders field. Activities include: pond dipping, knot making, natural decor, and plant identification. <b>Free</b> and no booking required (up to 6 at a time).
<b>Havering BME Forum meetings</b>	Each Wednesday 10am – 12pm in the greenhouse. <b>Plus Summer Picnic With the Havering BME Forum:</b> Sunday 1st August, 1pm, Western Garden. To attend, contact the Havering BME (Black and Minority Ethnic) forum: <a href="mailto:forum.haveringbmeforum@gmail.com">forum.haveringbmeforum@gmail.com</a>

## 2021 Volunteering days

<b>Monday 16<sup>th</sup> &amp; Tuesday 17<sup>th</sup> August</b> <b>Monday 6<sup>th</sup> &amp; Tuesday 7<sup>th</sup> September</b> <b>Monday 4<sup>th</sup> &amp; Tuesday 5<sup>th</sup> October</b> <b>Monday 1<sup>st</sup> &amp; Tuesday 2<sup>nd</sup> November</b> <b>Monday 6<sup>th</sup> December</b>	Open to all ages and abilities. Weather dependant! Meet at 10.30am at the Gardeners Bothy to the left of the tea shop, stay anytime until 2pm.  Bring practical clothing, water bottle, mask and gloves if you have them. Children and adults in need of special care must be accompanied by their responsible adult. Induction given at first session.
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## Free activities for Volunteers and Friends of Langtons Estate

<b>Wildlife and habitat training with the Essex Wildlife Trust</b>	Tuesday 17 <sup>th</sup> August, 10 – 3pm by the greenhouse
<b>Summer social</b>	Monday 16 <sup>th</sup> August, 1pm-3pm by the greenhouse
<b>Christmas Social</b>	Monday 6 <sup>th</sup> December, 1-3pm by the greenhouse

Outdoor activities are subject to the weather and national restrictions. Extra precautions may be required, including tickets, or last minute cancellation. Please follow rules of social distancing, and do not attend if you or a member of your household are unwell.

For more information please email [Lisa.dlock@havering.gov.uk](mailto:Lisa.dlock@havering.gov.uk) For our free activity/fact sheets, & online exhibition, see: [https://www.haveringcommunityhub.com/activities/find/lister/langtons-gardens\\_3032](https://www.haveringcommunityhub.com/activities/find/lister/langtons-gardens_3032)

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