

OUTSIDE INSIDE

HOME BASED NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020



Funded through the Hounslow Thriving Communities Response Fund

The current crisis has meant that there are more people feeling isolated or lonely than before Covid-19. Let's Go Outside & Learn is a local group delivering nature-based activities that bring people together to share positive experiences during these difficult times when we are asked to socially distance.

The organisation uses nature based activities as an intervention to support people in order to develop resilience and friendship, tackle isolation and share their experiences to support themselves and each other.

Communication methods vary according to need, there are weekly group telephone chats, weekly newsletters with ideas for activities and, for people living in sheltered accommodation, plants and bulbs to grow, a diary and pencil to keep records. Over the last few months, project participants have been keeping connected by sharing photos, recipes and experiences. They have laughed together, shared their fears but also their joys such as meeting a new grandchild after months of not being able to see loved ones, going on outings to meet family after months of being alone and making new friends through the project which aims to bring people together.

This is what participants have told us:

- ✓ *I want to thank you all for being with me through lockdown, for the friendship, things I have learnt and the laughs we have had.....hopefully I will be able to join you on a walk again sometime. (Participant who returned to work at end of August)*
- ✓ *It was lovely hearing from you all on Tuesday mornings. Thank you for joining us through lockdown.*
- ✓ *Thank you very much for the nature themed singalong and the chat.*
- ✓ *We all need encouragement sometimes*

The manager at a social housing unit told us:

The tenants are delighted with their plants. We have now created an herb garden with some of them, as a few tenants needed help and decided to work jointly on it. I was very happy when we received the plants and seeing the joy it has brought my tenants, makes me even happier.



Project participants receive a herb to look after and instructions on how to share cuttings.

Newsletters and herbs for delivery to sheltered housing units

Plants grown by a project participant who had no previous gardening experience. "It's like giving life to something"



Salie tried a recipe from the Seychelles suggested by another participant

Photo of a bee on lavender taken by one of the participants



If you would like to get involved in or know someone or a group of people who might benefit any way please get in touch.

If you would like to contribute to the weekly newsletter with stories or photos of nature in Hounslow that you think would bring a smile to someone's face we would also love to hear from you.

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Project [newsletters](#) and [ideas for activities](#) are available on the website www.lgoal.org

Note for editors

Let's Go Outside and Learn CIC was established in 2015 and over the last few years has developed a strong ethos of working with vulnerable groups to encourage access to outdoor environments in order to benefit health and wellbeing, and to break down barriers to accessing parks and open spaces in the London Boroughs of Richmond and Hounslow.

By promoting learning outdoors, we aim to show the benefits that the natural environment can bring to improved health and wellbeing. Local parks and open spaces are a great place to bring people together, to learn and socialise. We encourage environmental stewardship in all our projects. This is more important now more than ever when so many people are isolated due to the current pandemic which limits social interaction for our most vulnerable residents.