

# Indoors and Outdoors

## Nature is all around: Newsletter

LET'S GO  
OUTSIDE AND  
LEARN



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## Use nature to keep your body and mind active!

Take part in our nature based activities and learn something new, awaken your senses and connect with other people. We have a great programme planned over the next few months.

Let's Go Outside and Learn encourages access to nature in order to benefit health and wellbeing. Just spending 20 minutes a day in nature can help to improve your health



## Share your photos!

We would love to share more of your own interesting photos and memories of places you have been and wonders you have seen.

Please e-mail them to us and we will be sure to share them.

[outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com)

## A Poem To Brighten Your Day Smiling is Infectious By Spike Milligan

Smiling is infectious  
You catch it like the flu,  
When someone smiled at me today,  
I started smiling too.

I passed around the corner  
And someone saw my grin.  
When he smiled I realised  
I'd passed it on to him.

I thought about that smile,  
Then I realised it's worth.  
A single smile, just like mine  
Could travel around the earth.

So if you feel a smile begin,  
Don't leave it undetected.  
Let's start an epidemic quick,  
And get the world infected.

Did this poem make you smile? Send us any others that you would like to share

## Fountains in London



After seeing the fountains in York House, we had a really interesting quiz about fountains. It is really surprising how many fountains there are right on our doorstep. We were all familiar with the fountains at Trafalgar Square but there were other fountains in and around Richmond that we had not really noticed including the Diana fountain in Bushy Park.

This fountain was designed in 1637 by Hubert Le Sueur at the request of King Charles I for his wife Henrietta Maria, this bronze statue of a goddess (sometimes described as Arethusa) is set on a marble and stone fountain, surrounded by bronzes of four boys, four water nymphs and four shells.

In 1713 the fountain and statue were moved to Bushy Park to the middle of Chestnut Avenue, designed by Sir Christopher Wren, where it still stands today.

Following on from the quiz, we had a chat about fountains we had seen all around the world.

It got us thinking about the different wonders of the world from Rome to St Petersburg. From Dubai to Geneva. Group member Dee mentioned that she had visited the world's tallest building in Dubai called the Burj al Khalifa. She sent us this lovely photograph of her visit there.

## What next?

We have put this programme together as we are not able to get out and about but want you to benefit from spending time outside during these difficult times. Over the next few weeks and months we will be visiting local parks both remotely and for a monthly stroll in groups of six people (if the current restrictions are lifted).

So far we have visited York House Gardens and Richmond Park. Next on our list are Barnes Common and the Riverside in Richmond and Thames.

Next week we will discuss what you can do to bring wildlife into your garden over the winter. We have planned quiz, discussions and some mindfulness sessions with Salie.



## A Walk In The Park

On Monday the 2nd of November, several of us took a guided walk in Richmond Park. Peter Burrows was our nature guide and he took us on a very interesting stroll to see the parks oldest tree. It's called a Royal Oak and it is over 700 years old. It is protected by a fence and looks in great condition. See the video presented by Sir David Attenborough <http://www.richmondparkfilm.org.uk/>



### Hobbies

We would love to know if you have taken up any new hobbies since the first lockdown.

We have heard that some people are making things and some are knitting as well as planting and trying out new recipes.

Please share your fun ideas, activities and photographs with the group.

We have written a calendar of activities for November. If you do any of them tell us about it.



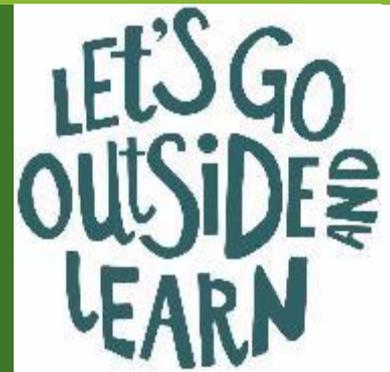
To get in touch with us you can:

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Or phone: Frances 020 8401 6837 Mairi 07939001731

There are lots of activity ideas on our website [www.lgoal.org](http://www.lgoal.org) or look at our social media [www.facebook.com/LetsGoOutsideAndLearn/](https://www.facebook.com/LetsGoOutsideAndLearn/)

# November 2020



## Nature based activities for lockdown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Take a walk in a local park and enjoy the autumn	Become an expert. Pick an animal and learn more about	<a href="#">Put up a nest box</a> in your garden or on a house wall.	Calculate your <a href="#">carbon footprint</a> and make an action plan	Prepare pot plants for winter. Bring tender plants inside.	Watch the wind blowing the leaves from the trees.	Plan a photo diary of your walks or your garden in winter.
8	9	10	11	12	13	14
Plant bulbs to watch over winter. They give hope of	Collect some coloured leaves from your garden or local park.	Join a <a href="#">freecycle</a> group	Make your own <a href="#">birdfeeder</a> or put out some food for birds	Remember the garden in summer or take a <a href="#">summer tour</a>	Start a <a href="#">compost heap</a>	Go <a href="#">foraging</a> in a local park.
15	16	17	18	19	20	21
Learn about <a href="#">cloud formations</a> and keep a cloud diary.	Plan a new bed or plant pot – think about colours and texture	Learn to <a href="#">identify trees</a> . How many types can you	Look for berries on trees, how many colours can you see?	Pot up your herbs or buy some to include in your cooking.	<a href="#">Build a bug hotel</a> for your garden, patio or outside your	Audit your recycling and see if you can <a href="#">recycle more</a> .
22	23	24	25	26	27	28
Put out water for birds and animals. Change	<a href="#">Up-cycle</a> something that you would have thrown out.	Make a <a href="#">pomander</a> using cloves and an orange	Write a wish on a fallen leaf and let it blow away in the wind.	Go for a walk and look for squirrel's drey in the trees	Grow a tree from seed – acorns, haws, conkers or helicopters	Attract robins with fruit, seeds, suet & sunflower
29	30	<p><b>We would love to hear how you get on. Send us an email or contact us with your news and photos</b> Email: <a href="mailto:outdoor.learning@outlook.com">outdoor.learning@outlook.com</a> Phone: Frances 020 8401 6837 Mairi 07939001731</p> <p><a href="https://www.facebook.com/LetsGoOutsideAndLearn/">www.facebook.com/LetsGoOutsideAndLearn/</a> <a href="http://www.lgoal.org">www.lgoal.org</a></p>				
Collect leaves in bags to make leaf mould. Use after 2yrs.	Make some natural <a href="#">festive decorations</a>					

# Nature Word Search

c	f	s	a	b	f	o	l	i	a	g	e	p
a	p	e	t	g	e	g	s	r	b	r	b	t
r	l	e	r	i	r	a	u	f	g	h	a	s
t	a	d	e	t	g	b	t	l	o	h	r	u
i	n	l	b	i	r	d	s	o	n	g	o	n
r	t	i	l	a	n	e	h	w	i	r	t	l
l	w	n	d	l	g	s	e	e	t	g	u	i
a	u	g	r	e	e	n	e	r	y	h	o	g
e	v	i	l	r	t	a	d	t	w	y	r	h
b	r	a	n	c	h	n	v	o	a	i	p	t
r	e	s	r	u	i	o	h	e	r	n	s	l
x	b	l	d	w	r	t	x	d	s	o	i	r

birdsong  
branch  
flower  
foliage  
greenery  
leaves

plant  
seedling  
sprout  
sunlight  
tree  
wind

