

# OUTSIDE INSIDE

## Newsletter



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NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

Funded through the Hounslow Thriving Communities Response Fund  
Let's Go Outside and Learn CIC Registration 9435120

*Newsletter 18 November 2020*

## Welcome to our newsletter!

### Lockdown but not Locked Away

Last week, we shared some ideas that you could try every day during November lockdown. You must remember that even though there are limits to what we can all do at the moment, it's still possible to enjoy your days.

Yes, the days are shorter but the weather has so far been really mild and fairly dry. If it's possible for you to get out and appreciate nature, then there are plenty of places you can go and things that you can do right on your doorstep.



## Places to visit in Hounslow during lockdown

Can you guess where this is?

Chiswick House and Gardens. The gardens are wonderful and make a great day out. There's a lot to see and a café for takeaway food and drinks too. Not to mention the all important loo facilities!

If you feel safe going out there are many interesting places you could visit in Hounslow including : Osterley, Thames Riverside in Isleworth, Gunnersbury, Donkey Woods, Hanworth Park, Bedfont Lakes and Boston Manor to name a few.

You probably have your own personal favourite place to visit. Let us know where you like to go to be in nature.

[See our guide of places to visit in Hounslow during lockdown](#)

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## Getting out

Over recent weeks some of the group members had been meeting in Heston Park on Tuesdays and have recruited even more members to join in and take in fresh air and exercise.

household is not possible at the moment, it is still possible to enjoy the company of the birds, the changing of the season, the beautiful colours that autumn brings.



Here is a photo sent in by Najma of the wonderful colours of autumn leaves. Najma is hoping to sketch them or make a painting inspired by them. She has also found a book about winter craft.



## Indoor Planting

Whether you live in a small flat or a large house, you can grow a wide range of houseplants.

Not only do they look good, but they keep us healthy too.

Houseplants even remove harmful toxins from the air. Some studies suggest house plants help to improve concentration and productivity, reduce stress levels and cheer us up.

It's the perfect time to plant bulbs and you will be amazed as you watch them grow on your window sill. Mairi planted these tulips from Eindhoven over the weekend and there were so many bulbs. They started out as 2 pots of tulips last spring but now there are six pots. Watch this space to see how they grow!



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Planting spring bulbs

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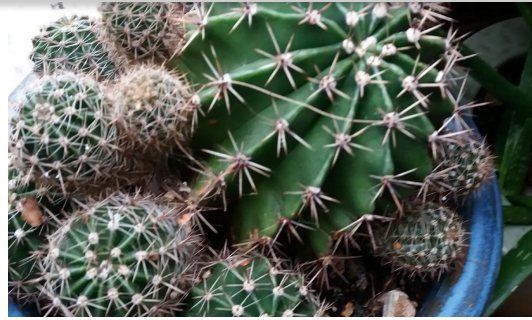
[www.lgoal.org](http://www.lgoal.org)  
CIC Registration 9435120

**See our handy planting guide which will help you to plant spring bulbs inside and outside.**

Learn how to plant spring bulbs

These cacti photographs came from Malama who has nurtured the mother cacti and now is looking after the babies too!





## Write a poem or a promise

Irene sent this lovely nature poem from a book she has. Every day there is a new poem about nature. Here is one from last week.

### Questioning Faces

The winter owl banked just in time to pass  
And save herself from breaking window glass  
And her wings straining suddenly aspread  
Caught colour from the last of evening red  
In a display of eiderdown and quill,  
To glassed in children at the window sill

by Robert Frost

## Little Jar of Promises

Why not fill a jar with ideas that you would like to do when lockdown is over? You can plan some fun things for yourself.

Decorate the jar too!

Put a little light inside to cheer up the dark winter nights.

**Don't forget to take the promises out  
or you will set the house on fire!**





### Mindfulness Tips

I am sure that many of you remember our meditation and mindfulness outdoor sessions with some fondness. So, here is a reminder of some things you can do to help yourself.

- Find a quiet place to concentrate
- 
- Choose a time and place to practice mindfulness that is quiet and won't lead to interruptions.
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- While practicing mindfulness, your mind will jump to other thoughts. To come back to the present whenever you find that attention broken, return to your breathing.
- Set a time limit – 5 minutes is a good start.
- Apply it in the great outdoors
- The physical and visual sensations that nature can offer us provides a powerful gateway back to the present. Identify a location where distractions will be minimal and allow yourself to focus on nothing but your surroundings.
- Make mindfulness practice part of your morning or daily routine.

Here is a reminder of the daily activities that we suggested last week, to keep you safe and busy inside during lockdown. We'd love to know how you get on.

# November 2020

Outside, Inside for Hounslow residents in 2020



## A calendar of nature based activities for lockdown

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

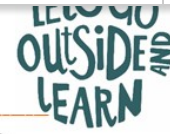
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Join our weekly meetings from the safety of your home!

The weekly meetings are a great way to explore nature and meet new people. We meet every Tuesday at 11am for an hour for a telephone conference call to discuss nature related topics, to share experiences and keep in touch. It is easy to join, you can take part in some great activities as well as meeting new people.

Phone or email to find out how to join in.

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## HOME BASED NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

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*If you are still isolated in your home by the Coronavirus, join us and use nature as an inspiration.*

Take part in our nature-based activities to learn something new, awaken your senses and connect with others via a weekly telephone chat. In addition, there are weekly activities on the website and regular project newsletters. TO JOIN IN PLEASE REGISTER

Website [www.lgoal.org](http://www.lgoal.org)

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

Phone Mairi 07939001731 or Frances 020 8401 6837

[facebook.com/LetsGoOutsideAndLearn/](https://facebook.com/LetsGoOutsideAndLearn/)



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