

OUTSIDE INSIDE

Newsletter



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 2 / July 2020

Welcome to our newsletter!

A CUPPA & a chat

BYO*

*For now you must provide your own Cuppa, but once we can spend time together in the park we will provide it for you.



Connect with others and explore nature from the safety of your home.

We can't take you out for a stroll just now, but join our nature-based activities to learn something new, awaken your senses and connect with others.

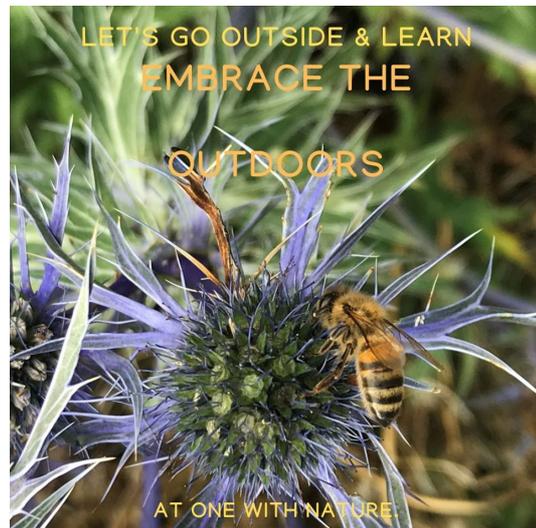
See website for weekly activity details www.lgoal.org

TO JOIN IN PLEASE REGISTER. EMAIL outdoor.learning@outlook.com OR

Phone Mairi 07939001731 or Frances 020 8401 6837

facebook.com/LetsGoOutsideAndLearn/

Let's Go Outside and Learn CIC Registration Number 9435120



can 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. outdoor.learning@outlook.com

There are new activities included on our [website](#) every week under the tab **NATURE AND WELLBEING**. We will feature some of them in our newsletter.

USE NATURE TO KEEP YOUR MIND AND BODY HEALTHY

There is a growing body of evidence that shows that nature plays an important role in keeping our body and mind healthy, active and helps promote resilience. Even looking at nature through a window can have benefits to your health and wellbeing. We know that many people have found it helpful over the last few weeks and months, but we want to reach out to those who can't get out into nature at the moment. We would like to bring nature into their homes and lives so that they can benefit too. Each week we suggest different activities for you to do at home. We'd also love to hear from you with photos and stories. We'll include some in our newsletter. To get in touch email us outdoor.learning@outlook.com

Activity 2

This week the activities on our [website](#) relate to [wildflowers](#) and natural places. Do you have any photos to share with us or wild flowers growing in your garden or a photo that you took another time? Please get in touch and share them with us.

LET'S GO
OUTSIDE
AND
LEARN

WONDERFUL WILLOWERS



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Find Out More

Nature and wellbeing

If you have any stories or images of how nature has helped you over the last few months we would love to hear from you. In our recent survey 86.4% of respondents told us that spending time in nature had been an important part of their lives over the last few months. One of the respondents told us

"Watching wildlife/being in nature has been hugely rewarding over this period of crisis. It's the first time in my adult life where I feel I've had time to properly see the wildlife around me and to learn more about it. It has been hugely rewarding."

Has this been your experience too? Get in touch and let us know so that we can share your experience.

Our mailing address is:
outdoor.learning@outlook.com

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