

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 22 / December 2020

Welcome to our newsletter!

Sunrise and Sunsets

This week, we have seen some amazing sunsets and sunrises. The colours are so spectacular that it has been great to see.

Najma shared this lovely sunrise from her garden!

It's amazing to notice that even as we move into winter there is still so much colour all around us in nature. Someone said the other day that it is just another two weeks until the shortest day and then we can look forward to a little more daylight.

Sunset in Twickenham



Aurora Borealis or Northern Lights

We may not be lucky enough to see the wonderful colours of the Aurora Borealis or Northern Lights but this is yet another amazing winter colour display.

So, what causes this amazing spectacle?

Even though auroras are best seen at night, they are actually caused by the Sun. The Sun sends us more than heat and light; it sends lots of other energy and small particles our way. The protective magnetic field around Earth shields us from most of the energy and particles, and we don't even notice them.



Do You Know The Science Behind The Rainbow?

Rainbows are formed when sunlight is scattered from raindrops into the eyes of

and it is this spherical shape that provides the conditions for a rainbow to be seen. The position of the sun and the raindrops in relation to the observer need to be just right for a rainbow to form:

- The sun needs to be behind the viewer
- The sun needs to be low in the sky, at an angle of less than 42° above the horizon. The lower the sun in the sky the more of an arc of a rainbow the viewer will see
- Rain, fog or some other source of water droplets must be in front of the viewer

There's a lovely video from the Met Office showing unusual rainbows.



[Watch the video about rainbows](#)

Join us for a cuppa and a chat

Join our weekly telephone nature related conversations. Stay safe at home, make new friends, and bring the outside into your life.

Next week will be the last meeting for 2020 - we'd love you to join in.

Phone Mairi 07939001731 or
 Frances 020 8401 6837

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."

LET'S GO OUTSIDE & LEARN

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



Colour is all around

This photo of the Japanese Gateway and Gardens was taken in Kew Gardens on Sunday 6th December. The colours are still so vibrant and it is the perfect place for some peace and quiet any time of the year.



[Read more about winter colour](#)

Your Photos and an Advent Calendar

We thought it would be great to have some of your amazing photos taken throughout the year on an advent calendar.

Enjoy each day as the window reveals a new image.

This service is free so, you could make one for your family and friends too!

[See our advent calendar](#)

Photos by our special correspondent in Ireland

One of our volunteers, Laurence, is in Ireland at the moment caring for his mother who has been in hospital. He took a trip out into the country and sent us some beautiful photos of his trip that we thought it would be lovely to share.

If you would like your photos included, please get in touch.



Take a look at our website for more ideas

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