

# 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 4 / 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](http://www.lgoal.org)

TO JOIN IN PLEASE REGISTER. EMAIL [outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com) OR

Phone Mairi 07939001731 or Frances 020 8401 6837

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

Let's Go Outside and Learn CIC Registration Number 9435120





### 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](mailto: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.

Thank you for all the photos that you have been sharing this week, we have included some of them in the newsletter. Please keep them coming.

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## The Big Butterfly Count

### The Big Butterfly Count

This week our group members have been looking at butterflies in their garden for the great Big Butterfly Count. We have included some of their photos in the newsletter.

Anything that is record will be included on a national interactive map. Take part in the [Big Butterfly Count 2020](#).

### Record What You Find

Between **Friday 17 July** and **Sunday 9 August** choose a place to spot butterflies and moths. Watch for **15 minutes**. Then record which species you see. We'd love to hear how you get on, or send us some photos of the butterflies that you spot.

### Make a butterfly feeder





## Activity 4 - Claim a planting pack Planting Packs

This week, our group members have been receiving planting kits with instructions and a copy of the newsletter. There's also a handy notebook to record your planting and any thoughts you have about nature.

If you would like to take part or know someone who would benefit we would love to hear from you. Email [outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com) or contact us by phone to arrange a delivery. We are grateful to Countryside Properties for their generous donation which is supporting this work in Hounslow.

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