

OUTSIDE INSIDE

Newsletter



NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

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Let's Go Outside and Learn CIC Registration 9435120

Newsletter 21 December 2020

Welcome to our newsletter!

Bringing nature into your life in December 2020

It may be December but there are plenty of ways that nature can benefit your health and wellbeing in the next few weeks.

In this newsletter we suggest ways to bring birds into your garden, patio or window box by feeding them. Now that the sun is so low in the sky, we will be thinking about light and shadow and how beautiful the winter light can be. By contrast we will also be remembering the sunshine of the summer as Cathy one of our new Nature Buddies guides us on a walk in Cumbria. Lot's to look forward to on a cold grey December day!



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.

TO JOIN IN PLEASE REGISTER.

EMAIL

outdoor.learning@outlook.com

Phone Mairi 07939001731 or

Frances 020 8401 6837

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.

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
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Phone Mairi 07939001731 or Frances 020 8401 6837
facebook.com/LetsGoOutsideAndLearn/
Let's Go Outside and Learn CIC Registration Number 9435120

Open a bird cafe in your garden or patio

LET'S GO
OUTSIDE AND
LEARN



Open a bird café

www.lgoal.org

CIC Registration 9435120

At this time of year, life is hard for birds that stay behind for the winter. In a cold snap they will need more energy to keep warm and the short days leave less time to find food. They need a bit of help to get high-energy (high-fat) foods so that they can maintain their fat reserves especially during the cold winter weather.

Take a look at our guide which explores the different ways that you can feed birds and attract them to your garden. If you feed them regularly, they are more likely to return.

Don't forget to make sure that you can see the feeder from the comfort of your armchair.

Learn how to make bird feeders



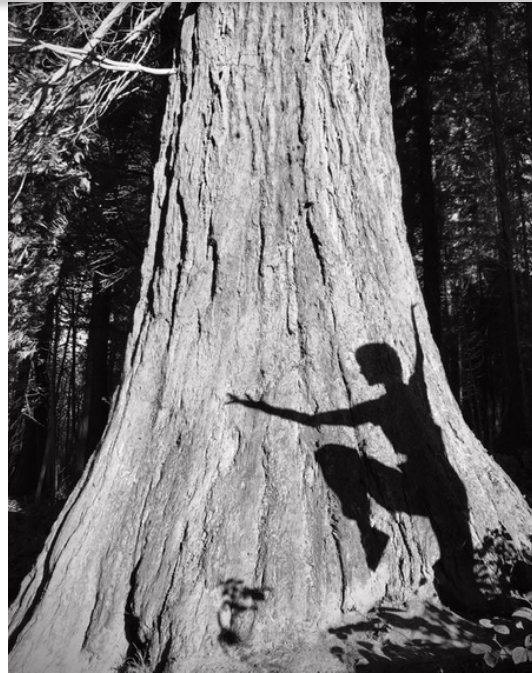
Some plants like jazz music!

After our discussion last week, Mal has proved to us that her plants respond very positively to jazz and other music!

Thank you for all your photos, we love receiving them.



Najma and Salie sent us these photo of winter light and shadows. Do you have any interesting photos taken in winter?



In the winter, the angle of the sun drops lower casting less heat but longer shadows as the angle of the sun dictates the length of shadows. Try an experiment over a few weeks and photograph the shadow of a fixed point to see how it changes.



Lockdown interlude

This week we heard from Cathy one of our volunteers about a walk that she took in Cumbria on a beautiful summer day. You can share and enjoy her memories by clicking on the blue button below.

Lockdown interlude

Why not go for a virtual walk. The walk will take you on a tour along the Tradition Lake Loop Trail, Issaquah, Washington USA on a warm sunny day. There are lovely views of forest landscapes, moss-covered paths, and rickety wooden bridges. Fill your house with relaxing birdsong from a forest glade.

You can even bring your own picnic as you watch! If you enjoy it there is a 2 hour version of the same walk.

Forest walk

And finally, the Canal and Rivers Trust have produced an online jigsaw for you to test your skills with. It is a picture of a dog talking a summer walk along a canal.

Who can finish it first?

Online jigsaw

Take a look at our website for more ideas

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