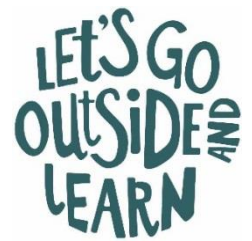


# OUTSIDE INSIDE

## Newsletter



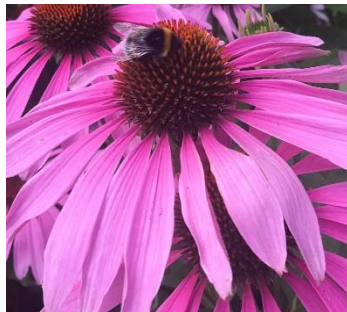
### NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

#### In this issue:

- Who are Let's Go Outside and Learn
- How to get involved in our project: Planting packs
- Your news
- A nature challenge

### Use nature to keep your body and mind active!

Let's Go Outside and Learn encourages access nature in order to benefit health and wellbeing. Just spending 20 minutes a day in nature can help to improve your health and wellbeing!



At a time when we are all stuck inside and it is difficult to

spend time outside we want to bring nature to you. Take part in our nature based activities and learn something new, awaken your senses and connect with other people.

### Our weekly telephone chats!

We hold weekly telephone conference calls every Tuesdays between 11am-12pm. It is easy to dial in and you do not need a mobile phone to take part. We have nature related conversations and it is a great way to meet new people. Contact us if you are interested and we will tell you how to join in.

This week Sheila shared her autumn recipe from the Seychelles with us.

#### No 1

September 2020

Funded through the Hounslow Thriving Communities Response Fund



**London Borough  
of Hounslow**

This is a special Newsletter for residents in Sheltered Housing Units

### Get involved: The planting pack

You should have received a planting pack with this newsletter. There should also be the following items in the pack:

- A pot of herbs
- A notebook and pencil
- Soil and a plant pot
- Instructions on taking cuttings
- A tea bag for a relaxing break

We would love to hear how you use your herbs, and how they grow. Use the notebook to record the progress of your plants any notes that we send and any photos that you take.

### Looking after your herbs

Herbs like a little water often. Put them in a sunny position on the windowsill and turn them regularly so that they don't grow towards the sun. If you have pots outside you could plant them out and they should live through the winter.

### Your next delivery

Next month we will deliver some bulbs and soil for you to grow. Something to look forward to over the winter.

### FRIKASE ZIRONMON by Sheila

Cut up the pumpkin into manageable sizes and boil the flesh, discarding the seeds. (You can leave the skins on if you wish at this stage and the remove them later once the pumpkin is cooked.)

Once the flesh is soft, mash it up and add in cooked onion, parsley and anything else that you think will taste good. The dish should have a thick consistency.

Mix a salad dressing with oil, lemon or vinegar, crushed chilli and salt.

Fry the mixture quickly at a high heat in a little oil and while it is still hot add in the salad dressing.

We'd love to hear from you. Send us your photos and stories and we will try to include them in the newsletter next time. Tell us what you think of the newsletter.

We were delighted to hear that Griffin Court have been growing their own marrows and made some of them into a delicious meal. Do you have a story to share?



To get in touch with us you can

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

Or phone: Frances 020 8401 6837

Mairi 07939001731

There are lots of activity ideas on our website

[www.lgoal.org](http://www.lgoal.org) or look at our social media

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

### Autumn traditions

N	Q	I	G	T	S	E	V	R	A	H	S	L	V
H	G	U	O	L	P	P	G	P	A	C	A	S	U
E	U	E	R	U	S	A	O	Y	O	S	P	W	E
N	S	K	S	O	E	R	S	N	Q	R	P	O	C
C	I	E	S	E	Y	T	K	U	M	E	L	R	R
S	E	L	P	P	A	E	I	W	S	A	E	C	U
I	C	K	E	C	R	R	S	U	S	E	B	E	N
R	R	H	K	S	R	R	C	G	V	K	O	R	C
S	R	R	G	E	K	T	C	A	A	A	B	A	H
O	N	E	L	I	K	S	P	T	C	S	B	C	P
L	C	S	D	E	N	P	S	R	N	I	I	S	B
N	S	A	C	O	R	N	E	S	L	C	N	L	T
P	U	M	P	K	I	N	S	C	S	R	G	R	S
L	K	E	C	O	E	C	A	E	K	N	S	U	V

- APPLES
- CONKERS
- RED
- SQUIRRELS
- HARVEST
- APPLE BOBBING
- PUMPKINS
- SCARECROWS
- PLOUGH
- HAY STACK
- CRUNCH
- ACORN

Try our nature themed word search puzzle, how quickly can you do it?