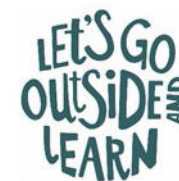


OUTSIDE INSIDE

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 15 / October 2020

Welcome to our newsletter!

LET'S GO
OUTSIDE AND
LEARN



Autumn colour

www.lgoal.org

CIC Registration 9435120

The autumn colours are beginning to show, and this year they are promising to be splendid. We have put together some autumn activities to keep you busy in your home or garden. They include photos from local parks.

Take a look at the autumn colour activities



Your autumn photos

Thank you for the lovely, colourful photos, included here for everyone to enjoy.

If you visit a park, have a garden which has autumn colours or a view of a tree or plants send us a photo and we'll include it in our newsletter for everyone to enjoy.



Some of the project participants met at Inwood Park for a socially distanced stroll. They sent this photo for everyone to enjoy.



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 AND 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

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**.



"Our daily walks have been the highlights of most days. They are our reset button and a source of inspiration, calm and delight."

Let's Go Outside and Learn
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Improving wellbeing through nature

Read our report on how people used parks and nature to support their wellbeing during lockdown.
<https://www.lgoal.org/stay-connected-with-nature/>

We'd love your comments:
outdoor.learning@outlook.com

 HEATHROW
COMMUNITY
TRUST

we were locked down and not able to go out. To celebrate World Mental Health Day, we published the findings of the survey.

The study took place at a time of unprecedented events during which people were required to limit the time that they spent outdoors in order to protect their health. The report concluded that well-maintained accessible nature-rich green space, near to peoples' homes has taken on a new importance in urban areas over the past few months. The main findings of the survey were:

- Most people said that their local parks were within easy walking distance
- Parks were safe to visit and it was possible to socially distance.
- During lockdown having parks close to home were important to local people to use to support their wellbeing.
- Some used parks as a social space, a place to meet friends, or an opportunity to get out of the house. For others it was a place that they could use for exercise.
- Everyone who took part in the survey could identify a link between wellbeing and spending time outside and told us that spending time in nature was important for their wellbeing.
- The study learnt that spending time outside and in parks was important as it had a positive impact on their mood.

One family told us:

"Our daily walks have been the highlights of most days. They are our reset button and a source of inspiration, calm and delight."

- For others, the pandemic gave an opportunity to spend more time in nature observing it and told us that being close to nature had a positive impact on their well-being.

highlighted the barriers and inequalities that limit access for some people.

- These people were not able to spend time outside because of poor physical or mental health, limited mobility, lack of toilet facilities or worry about spreading or contracting coronavirus while visiting parks.
- There were some who had no access to outdoor spaces as they had no gardens or parks were too distant.

We'd love to hear how you use nature to support your wellbeing.

[Read more about the survey results](#)



Finally, Sheila noticed that there was a special date last week.
Let's hope it brings us all some much-needed luck.

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outdoor.learning@outlook.com

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