

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 19 November 2020

Welcome to our newsletter!

Make a space for nature in our lockdown life

This week we are sharing some more ideas that were included in our lockdown calendar for November. This calendar has a different activity for every day of the month so that even though we can't get out as much as we might like, we can still enjoy our days. This week we are concentrating on activities in the garden, patio or windowsill.



Create a wildlife friendly garden this winter

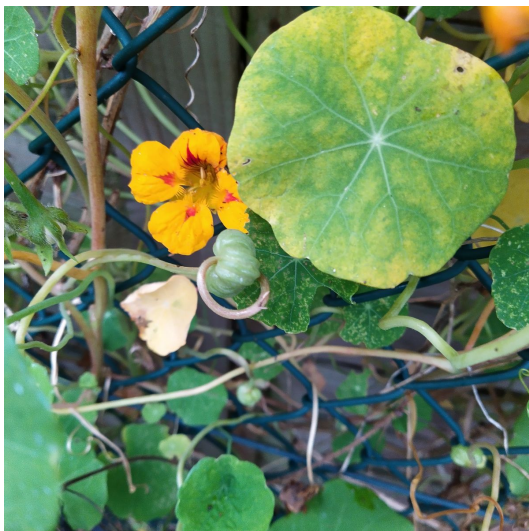
We have put together some ideas to help you create a wildlife friendly garden this autumn - there are ideas for how to turn all those leaves that you clear up into leaf mould that will enrich your soil as well as ideas for making habitats and feeders for the wildlife that might visit your garden,

We want you to think about what went well over the summer and plan for an even better spring and summer next year,. There are some instructions on how to collect and save seed for next year. A great way to garden more economically.

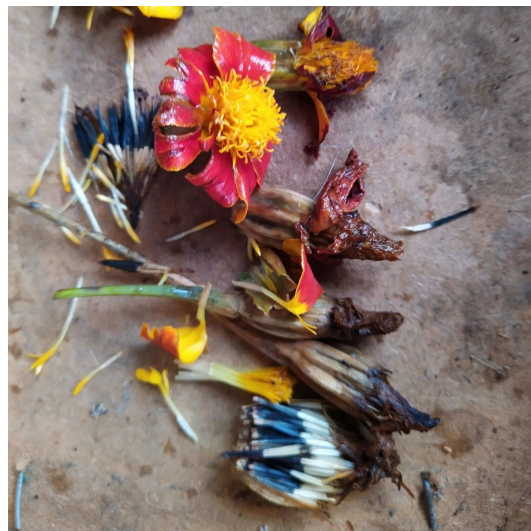
Winter Gardening Ideas



Winter is the time for taking stock of your gardening year and planning for the next year. You do not need a garden to do this. It could be that you only have a windowsill of herbs but you can still plan for next year. Use our chart to make 2021 and even better gardening year!



Collect seed to



Place them on kitchen roll in a dry place.



We heard that Sheila's tomato plan has fruited at last. Here is a photo of her ripe tomato, maybe just enjoy the flavour rather than saving the seed!

Become an armchair bird watcher

Take up bird watching or learn how to identify birdsong.

You can attract birds to your garden by putting out food or digging over the garden to reveal worms and grubs. Birds will visit your garden, and you don't need binoculars or a telescope to watch them.



Put out some bird food in a feeder and as fat balls somewhere that you can see easily from a window.

Place your feeders in the open away from bushes and fences where predators can lurk. The birds will feel safer if they can clearly see danger approaching. Put out water. Don't worry too much about what the various species are – just enjoy observing them.

There are plenty of birds that visit urban areas and the winter is a great time to start as the migrants have all flown off to winter sun.

RSPB bird identifier website



Planting packs of bulbs for sheltered housing in Hounslow

Planting packs for sheltered houses in Hounslow were delivered earlier this month.



The packs included a specially written newsletter, spring flowering bulbs, soil and planting instructions. Some homes gave the bulbs out for residents to grow themselves, while others are planting in communal areas.

Medlar trees and fruit

Salie has told us that she has made jam from medlars that she has in her garden and has sent a photo of the results. This is an ancient fruit which is hard and acidic, but becomes edible after being softened, 'bletted', by frost, or naturally in storage given sufficient time. Once softening begins, the skin rapidly takes on a wrinkled texture and turns dark brown, and the inside reduces to the consistency and flavour reminiscent of apple puree.

Medlars were mentioned by both Chaucer and Shakespeare and in bawdy restoration comedies.



[Learn how to plant spring bulbs](#)

Here is a reminder of the daily activities that we suggested last week, to keep you safe and busy inside during lockdown. We'd love to know how you get on.

November 2020

Outside, Inside for Hounslow residents in 2020



A calendar of nature based activities for lockdown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Take a walk in a local park and enjoy the autumn	2 Become an expert. Pick an animal and learn more about	3 Put up a nest box in your garden or on a house wall.	4 Calculate your carbon footprint and make an action plan	5 Prepare pot plants for winter. Bring tender plants inside.	6 Watch the wind blowing the leaves from the trees.	7 Plan a photo diary of your walks or your garden in winter.
8 Plant bulbs to watch over winter. They give hope of	9 Collect some coloured leaves from your garden or local park.	10 Join a freecycle group	11 Make your own birdfeeder or put out some food for birds	12 Remember the garden in summer or take a summer tour	13 Start a compost heap	14 Go foraging in a local park.
15 Learn about cloud formations and keep a cloud diary.	16 Plan a new bed or plant pot – think about colours and	17 Learn to identify trees . How many types can you	18 Look for berries on trees, how many colours can you see?	19 Pot up your herbs or buy some to include in your	20 Build a bug hotel for your garden, patio or outside your	21 Audit your recycling and see if you can recycle
22 Put out water for birds and animals. Change	23 Up-cycle something that you would have thrown out.	24 Make a pomander using cloves and an orange	25 Write a wish on a fallen leaf and let it blow away in the wind.	26 Go for a walk and look for squirrel's drey in the trees	27 Grow a tree from seed – acorns, haws, conkers or	28 Attract robins with fruit, seeds, suet & sunflower
29 Collect leaves in bags to make leaf mould. Use after 2yrs.	30 Make some natural festive decorations	<p>We would love to hear how you get on. Send us an email or contact us with your news and photos or join our weekly telephone chat every Tuesday</p> <p>Email: outdoor.learning@outlook.com Phone: Frances 020 8401 6837 Mairi 07939001731</p> <p>www.facebook.com/LetsGoOutsideAndLearn/ www.lgoal.org</p>				

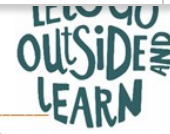
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Join our weekly meetings from the safety of your home!

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.

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HOME BASED NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

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If you are still isolated in your home by the Coronavirus, join us and use nature as an inspiration.

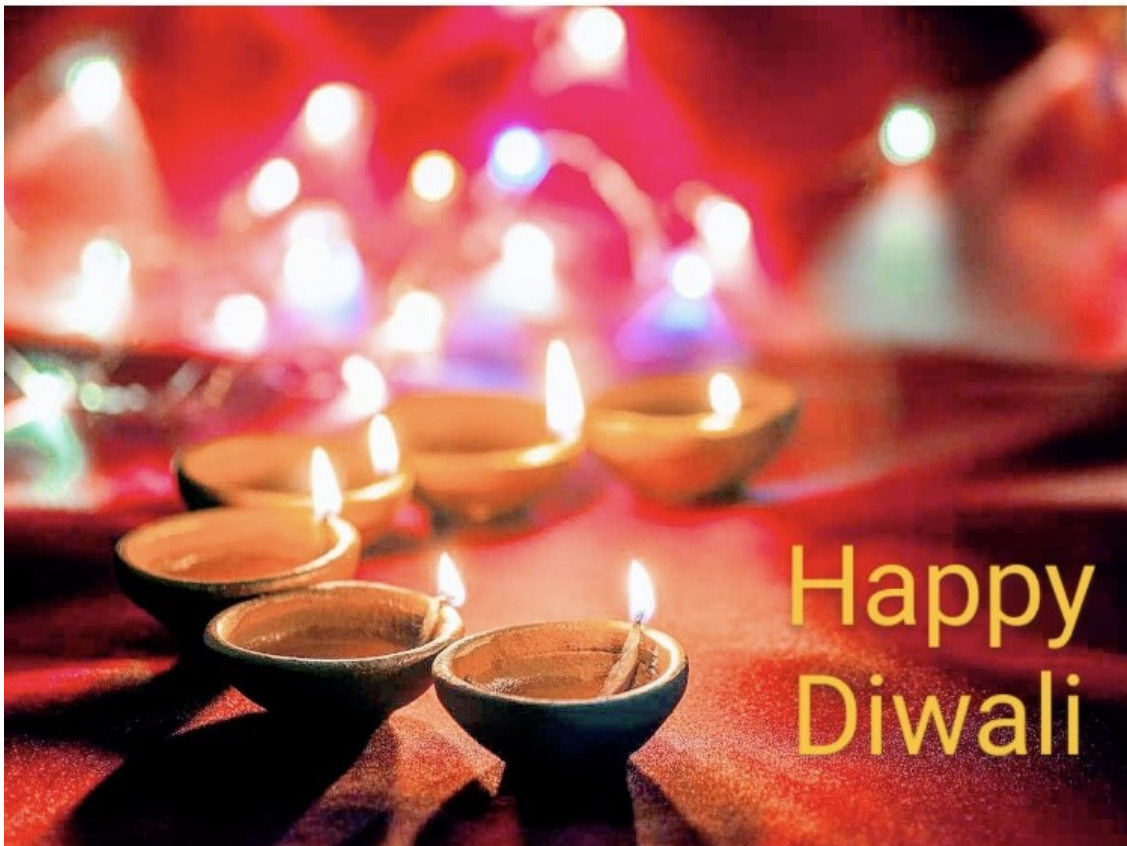
Take part in our nature-based activities to learn something new, awaken your senses and connect with others via a weekly telephone chat. In addition, there are weekly activities on the website and regular project newsletters. TO JOIN IN PLEASE REGISTER

Website www.lgoal.org

Email outdoor.learning@outlook.com

Phone Mairi 07939001731 or Frances 020 8401 6837

facebook.com/LetsGoOutsideAndLearn/



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