

# Growing together:

An intergenerational  
gardening project

Welcome to our project newsletter!

We are delighted to be able to restart our intergenerational project which aims to bring together residents of care homes and children from local schools. They get to know each other through shared gardening activities in the gardens of the care homes.

Over the last year we have been working with 2 schools and care homes For 2021/2 we paired up Brinsworth house, Twickenham and Trafalgar Junior School with Nightingale House, Twickenham and St Mary's primary school Twickenham. We hope to extend the offer to another school and care home this year.

Hello from Let's Go Outside & Learn. We hope you are all keeping well and looking forward to the warmer days. As the days are getting longer, we are really looking forward to some warmer weather when we can be outside with our friends at Nightingale House and St Mary's Primary School.

We'll be back after the Easter holidays for some fun planting and craft activities. Meanwhile, we were delighted to receive these amazing pictures taken at the Nightingale House garden.

## Newsletter No 2 Spring 2022

Welcome to our project newsletter.

In this issue:

- Introduction
- Pictures of spring at Nightingale House
- Tina from Embracing Age
- St Mary's Primary School gets poetic



Life inside the Veggie Pods!



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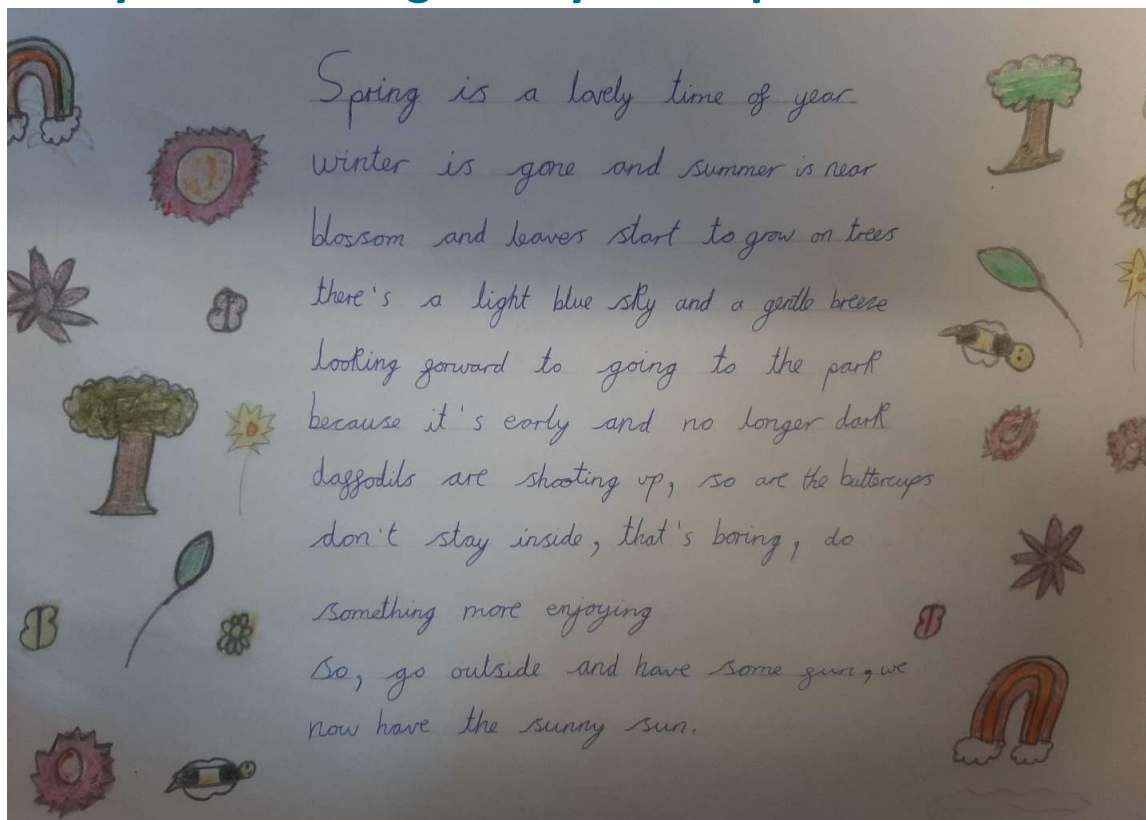


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What can you see in the garden?

Can you name the birds ?

We received some wonderful poems from our friends at St Mary's – we thought they were special!



Spring is a lovely time of year  
winter is gone and summer is near  
blossom and leaves start to grow on trees  
there's a light blue sky and a gentle breeze  
looking forward to going to the park  
because it's early and no longer dark  
daffodils are shooting up, so are the buttercups  
don't stay inside, that's boring, do  
something more enjoying  
So, go outside and have some fun, we  
now have the sunny sun.

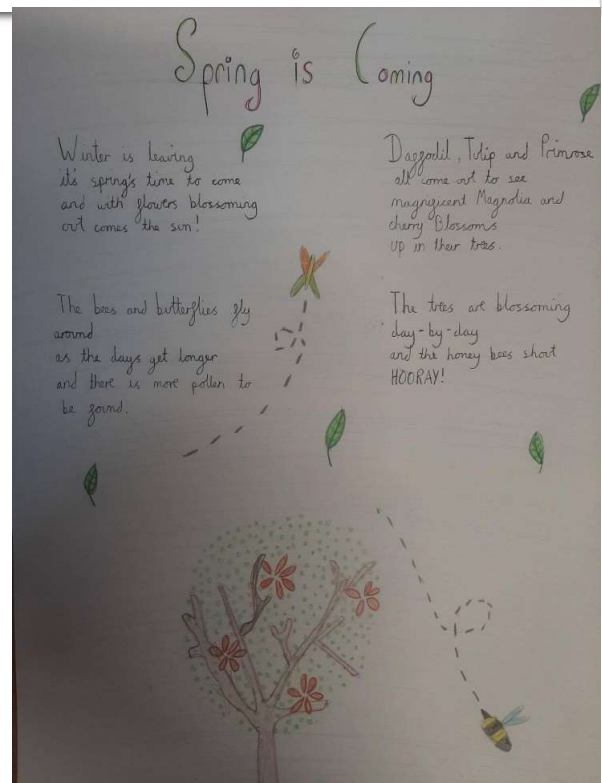
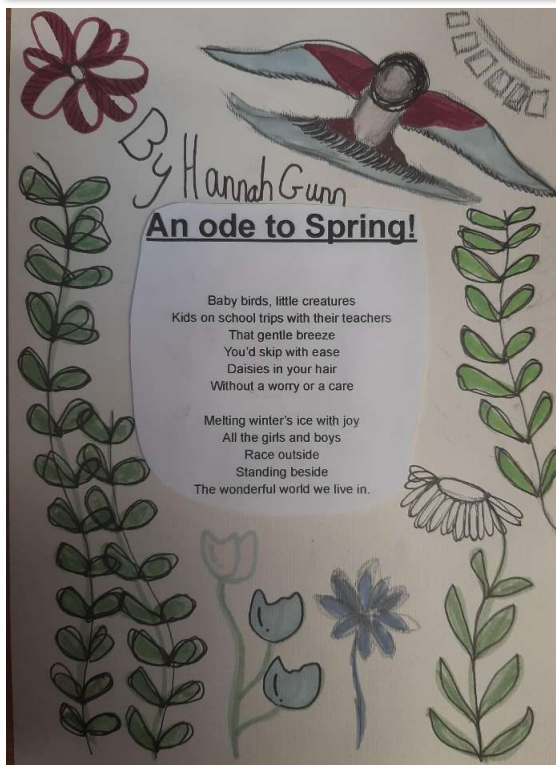
## Top Ten Nature Favourites!

We asked our partner Tina English from Embracing Age to list her top 10 things she loves about nature and here's what she had to say:

1. Seeing birds on my birdfeeders particularly nut hatches, woodpeckers, long tailed tits and the occasional coal tit
2. Kayaking on the River Thames - the moment I get in the kayak I feel a sense of calm and peace.
3. Spotting kingfishers along the River Crane
4. Seeing birds of prey – particularly the red Kites that are now regular visitors locally
5. Spring flowers
6. Walking in the countryside
7. Waterfalls
8. Walking in Bushy Park and taking photos
9. Smelling roses
10. The autumn colours of trees

What are your top ten favourite things about nature?

## Some more poems from our friends at St Mary's.





## PROJECT VOLUNTEERS

To support the work of the project we are recruiting volunteer nature buddies. They will work with the project team to support the gardening activities attending sessions with the school pupils and where appropriate liaise with the care home.

For the project, we hope to recruit 4 volunteers who will receive training and support and meet other volunteers who support our other projects. If you know someone interested in getting involved, they can contact the project team by emailing or phoning the numbers below.

### Project partners

Let's Go Outside and Learn Community Interest Company aims to bring people living in urban environments together in local parks and open spaces. Project participants meet new people, learn new skills and learn about the natural world. We include environmental stewardship in all our projects.

### Embracing Age

The charity recruits and trains volunteers to offer friendship and support to elderly residents in care homes. To contact Tina email: [tina@embracingage.org.uk](mailto:tina@embracingage.org.uk) Telephone 07735 332584

[www.embracingage.org.uk](http://www.embracingage.org.uk)



The plants that we planted last year are all doing well, and we are looking forward to seeing them in flower.



**EMBRACING AGE**

*Later life in all its fullness*

The project partners are grateful to the City of London Corporation's charitable funder, City Bridge Trust for their support which has enabled us to develop this project over a three-year period.

**LET'S GO  
OUTSIDE  
AND  
LEARN**



### Get in touch:

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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/)