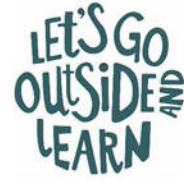


# OUTSIDE INSIDE

## 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 20 November 2020*

## Welcome to our newsletter!

### Darker Days but Blue Skies

The days may be shorter but we have had some amazing blue sky days recently. If you were lucky enough to get out for a stroll on Sunday, you would have enjoyed bright sunshine and blue skies.

The autumn leaves look amazing on days like this. Here's a photo taken during a pleasant stroll along Virginia Water on Sunday.



## Lovely birdsong

Najma shared a lovely recording of birdsong taken in her garden. We all took turns in trying to identify the different bird sounds. There was definitely a magpie in there and possibly a wood pigeon too. Click below for the RSPB link to bird song identification.

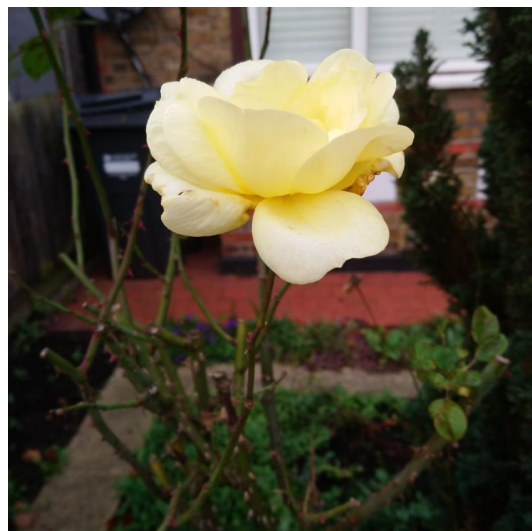


Birdsong id

## Four photos this week



There have been some lovely photos on the shared group this week. Sheila's sunrise over Twickenham and Najma's lovely yellow rose. We have also been sent an photo of an amazing carpet of leaves.



## your fungi?

Perhaps you can tell us the names of these spotted in Richmond Park recently.



LET'S GO  
OUTSIDE  
AND  
LEARN



For more fun facts about fungi visit our website.



Fungi and  
mushrooms

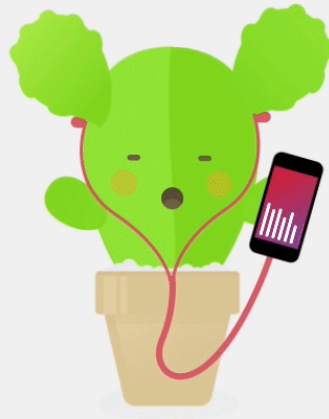
[www.letsgo.org](http://www.letsgo.org)  
CIC Registration 9435120

Fungi and mushrooms

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## Music to our ears

Last week we discussed what music we might play to our plants. Mal has treated hers to jazz and classical and the plants are still growing. Let us know what you would play to yours.



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## Nature Buddy Craft Activity

One of our new nature buddies, Sophie, sent us this great craft idea for pressing leaves. One idea for bringing nature indoors is pressing leaves (and possibly flowers).

No need for fancy flower press, a couple of sheets of kitchen towel /loo paper, between some cut up pieces of cardboard box and weighted down with some cans or an plastic bottle filled with water.

For pressing, choose leaves that are flat and thin with a low moisture content.

Keep in a dry location.

Check the pressing after about a week to make sure the leaves are drying and not rotting. You will probably need to press for at least two weeks before the leaves are completely dry.

Pressed leaves look great in a frame.



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 <a href="#">Put up a nest box</a> in your garden or on a house wall.	4 Calculate your <a href="#">carbon footprint</a> 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 <a href="#">freecycle</a> group	11 Make your own <a href="#">birdfeeder</a> or put out some food for birds	12 Remember the garden in summer or take a <a href="#">summer tour</a>	13 Start a <a href="#">compost heap</a>	14 Go <a href="#">foraging</a> in a local park.
15 Learn about <a href="#">cloud formations</a> and keep a cloud diary.	16 Plan a new bed or plant pot – think about colours and	17 Learn to <a href="#">identify trees</a> . 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 <a href="#">Build a bug hotel</a> for your garden, patio or outside your	21 Audit your recycling and see if you can <a href="#">recycle</a>
22 Put out water for birds and animals. Change	23 <a href="#">Up-cycle</a> something that you would have thrown out.	24 Make a <a href="#">pomander</a> 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 <a href="#">festive decorations</a>	<p><b>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</b></p> <p>Email: <a href="mailto:outdoor.learning@outlook.com">outdoor.learning@outlook.com</a> Phone: Frances 020 8401 6837 Mairi 07939001731</p> <p><a href="https://www.facebook.com/LetsGoOutsideAndLearn/">www.facebook.com/LetsGoOutsideAndLearn/</a> <a href="http://www.lgoal.org">www.lgoal.org</a></p>				

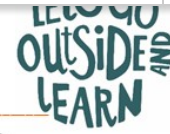
Let's Go Outside and Learn CIC Registration 9435120

## 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.

# OUTSIDE INSIDE



## HOME BASED NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

Funded through the Hounslow Thriving Communities Response Fund  
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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](http://www.lgoal.org)

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

Phone Mairi 07939001731 or Frances 020 8401 6837

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



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**Find Out More**

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Newsletter 20

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