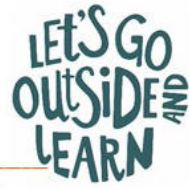


OUTSIDE INSIDE

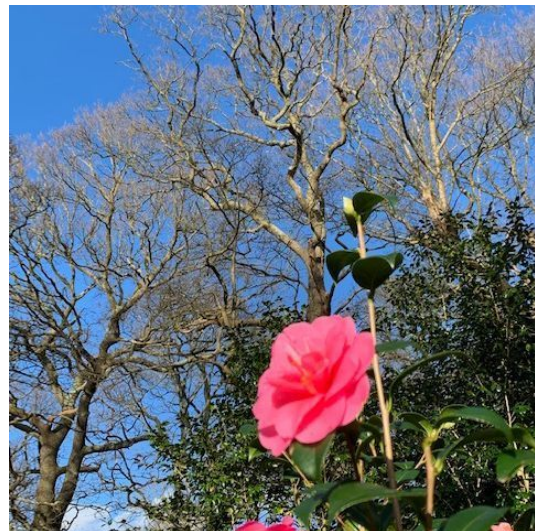


HOME BASED NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2021

Funded through the Hounslow Thriving Communities Response Fund
Let's Go Outside and Learn CIC Registration 9435120

Newsletter 30 / February 2021

Welcome to our newsletter!



Out and About At The Isabella Plantation

As the weather is getting milder and we have some blue sky peeping through,

This week Mairi went to visit the Isabella Plantation which is located at the Ham end of Richmond Park. It was a blue sky day and perfect for a wander round the woodland area of Isabella. There was a real sense of Spring in the air and the sight of a beautiful pink rose was evidence that Spring is on its' way.

Did you know?

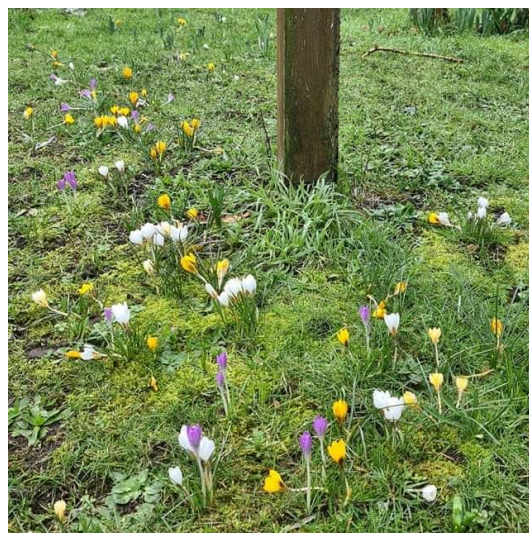
The Isabella Plantation was established in the early 19th century when Lord Sidmouth, who was Deputy Ranger of Richmond Park and a former Prime Minister of the United Kingdom, fenced it as an area of woodland to keep the park's deer out.

After World War II it was transformed into a woodland garden. It is now organically run, resulting in a rich flora and fauna. It was opened to the public in 1953. Let's hope we can all visit it later this year as a Somewhere Special stroll session.



In the Garden

There's been a lot of talk about getting back into the garden too and quite a bit of bird spotting. Irene has seen two beautiful long tail tits in her garden and she is hoping they may nest nearby.



Meanwhile, Najma has captured the lovely carpet of crocuses in Isleworth

How to identify garden bird nests

Have you noticed that the moon often appears a different colour? Well, an astro photographer has captured this amazing image of the moon over a 10 year period and it's quite an artist's palette.



NASA says that although the moon appears to be “brown-tinged gray” from space, Earth’s atmosphere can have varying effects on the moon, making it appear different from its real colour.

At times, it appears red, as NASA explains that “a red or yellow coloured moon usually indicates a moon seen near the horizon.” This is because the blue light gets scattered over the long distance it takes for the moonlight to reach from the horizon to Earth’s surface, thanks to the atmospheric particles on the way, including dust.

The images have been collated by Marcella Giulia Pace, a primary school teacher and an astrophotography enthusiast in Italy.

The next full moon will fall on February 27, 2021, The Moon will appear full for about three days around this time, from Thursday evening, February 25, through Sunday morning, February 28, 2021. This moon is known as the Snow Moon.

Did You Know That There Is Such A Thing As A Moonbow?

The amount of light available even from the brightest full moon is far less than

[Find out more about The Moon and Moonbows](#)

Random Acts of Kindness Week

Najma reminded us that last week was Random Acts of Kindness Week.

Well, we don't need a special week to be kind – so, here are some suggestions for kind acts which you may like to try out.

- Smile – a smile can speak a thousand words
- Say hello to your neighbour
- Donate to the foodbank – if you can.
- Contact a friend or relative who you haven't been in touch with recently and tell them you are thinking about them.
- Leave a poem, or painting somewhere in the community for someone to discover.
- Be kind to yourself - listen to some calm music and enjoy some deep breathing.
- Write , paint, sing or dance – you'll be amazed how great it makes you feel

**YOU CAN ALWAYS
GIVE SOMETHING,
EVEN IF IT IS ONLY
KINDNESS.**

Anne Frank

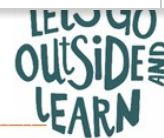


Stay In Touch

At this time of year, it's really important to stay in touch. Bring your cuppa to the phone for a chat.

We are always available for a chat on a Tuesday from 11-12 on our free conference line. Please get in touch if you would like to join in. We always have really interesting conversations and a bit of fun too!

OUTSIDE INSIDE



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If you are still isolated in your home by the Coronavirus or want to meet new people, 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

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you busy over the next few weeks**

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