

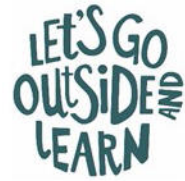
Outside Inside Newsletter 6

From: Let's Go Outside and Learn (outdoor.learning@outlook.com)

To: frances.bennett@talk21.com

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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 6 / August 2020

Welcome to our newsletter!



The great beanstalk and other planting stories

This week our project members have been sharing information and images of the plants that they have grown using their planting kits.

It's amazing how quickly flowers and plants can grow if they have some light and plenty of water. One of the group, Sheila, explained how her tomato plant has grown so tall and strong but has no tomatoes yet.

Another member, has never grown anything before and we have been amazed at the way her flowers are coming along. Look at the progress over a week.

Your Nature Pics

We have been receiving lots of nature photos this week.

We were sent this amazing heron enjoying the shade and hoping to catch lunch no doubt.

How delicious do these cherries look?

Thanks too for this shot of a caterpillar looking for something to eat.





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. outdoor.learning@outlook.com

There are new activities included on our [website](#) every week under the tab **NATURE AND WELLBEING**. We will feature some of them in our newsletter.

Thank you for all the photos that you have been sharing this week, we have included some of them in the newsletter. Please keep them coming.

Recycling Activity

A few weeks ago, we chatted about making things out of recycled materials for the garden. Why not try and make this paper pot for your next growing adventure. There are instructions and other ideas in our activity sheet called [Gardening Ideas](#)

Let us know what recycling you have been doing in your garden too! We'd love to hear from you.

Just add newspaper!

Step 1. Roll the paper tubes
Fold a sheet of newspaper in half and position a cardboard tube on a short edge about 30mm from one end. Roll the paper around the tube in a straight line. Hold the tube firmly and fold the paper to create a flat base.



Add the compost

Step 2. Add the potting mix
Slip the newspaper off each tube and position in a tray or box. Fill the paper pots with seed-raising mix using a trowel then lift the tray and gently tap it on the bench to settle the mix, topping it up if needed.



Sow the seeds

Step 3. Sow the seeds
Carefully put one or two seeds in each pot by hand, lightly cover with seed-raising mix and water in gently. Position the tray of paper pots in a warm, sunnyspot and keep moist as the seeds germinate.



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outdoor.learning@outlook.com

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