

OUTSIDE INSIDE

Newsletter

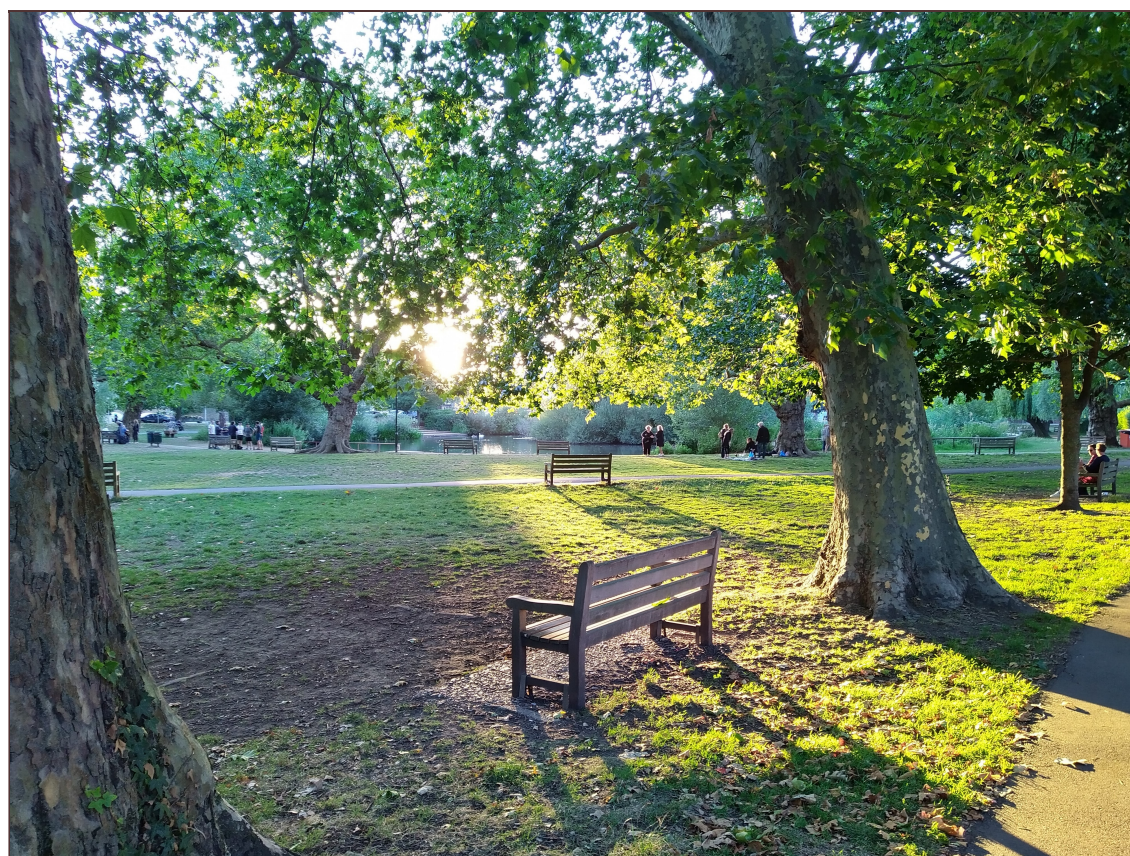


NATURE ACTIVITIES FOR HOUNSLOW RESIDENTS IN 2020

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

Newsletter 3/ July 2020

Welcome to our newsletter!



Barnes Village Green in the autumn light

Conkers and acorns are abundant at the moment falling from the trees already. We realised how the seasons seem to have moved on and discussed how each season has something which we can look forward to.

One of the participants told us how her mother used to make oxtail soup in the autumn as the seasons change, and someone else related how bean soups were a family tradition - the were warming and used up the seasonal vegetables.

We also talked about the smell of roasting sweet chestnuts and the taste of crumpets and how these senses can take you back to another time.

Collecting recipes

The group liked the idea of swapping recipes that has meaning to them, and we will feature any that we receive in future newsletters. Send your recipes to us to us via [email](#).



Autumn Harvest

A CUPPA & a chat

*For now you must provide your own Cuppa, but once we can spend time together in the park we will provide it for you.

BYO*

LET'S GO OUTSIDE AND LEARN

Connect with others and explore nature from the safety of your home.

We can't take you out for a stroll just now, but join our nature-based activities to learn something new, awaken your senses and connect with others.

See website for weekly activity details www.lgoal.org
TO JOIN IN PLEASE REGISTER. EMAIL outdoor.learning@outlook.com OR
Phone Mairi 07939001731 or Frances 020 8401 6837
facebook.com/LetsGoOutsideAndLearn/
Let's Go Outside and Learn CIC Registration Number 9435120

Join our weekly meetings from the safety of your home!

The weekly phone 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.

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.

Autumn wordsearch

Thank you to Liz for telling us about the Word search builder app. You can find our [Autumn Word search online](#) or do it here:

Autumn traditions

N	Q	I	G	T	S	E	V	R	A	H	S	L	V
H	G	U	O	L	P	P	G	P	A	C	A	S	U
E	U	E	R	U	S	A	O	Y	O	S	P	W	E
N	S	K	S	O	E	R	S	N	Q	R	P	O	C
C	I	E	S	E	Y	T	K	U	M	E	L	R	R
S	E	L	P	P	A	E	I	W	S	A	E	C	U
I	C	K	E	C	R	R	S	U	S	E	B	E	N
R	R	H	K	S	R	R	C	G	V	K	O	R	C
S	R	R	G	E	K	T	C	A	A	A	B	A	H
O	N	E	L	I	K	S	P	T	C	S	B	C	P
L	C	S	D	E	N	P	S	R	N	I	I	S	B
N	S	A	C	O	R	N	E	S	L	C	N	L	T
P	U	M	P	K	I	N	S	C	S	R	G	R	S
L	K	E	C	O	E	C	A	E	K	N	S	U	V

APPLES
 CONKERS
 RED
 SQUIRRELS
 HARVEST
 APPLE BOBBING
 PUMPKINS
 SCARECROWS
 PLOUGH
 HAY STACK
 CRUNCH
 ACORN

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Traditional autumn crafts – corn dollies

www.lgoal.org

CIC Registration 9435120



[Read about traditional autumn crafts of making corn dollies](#) and see if you can make one too. The dolly with long hair (we named him **Covid** because he needs a haircut!) was made from grasses and hops found in the garden. The cob dolly was made from maize husks grown on a local allotment, and uses a design traditionally popular with the first peoples of America.

Do you know of other autumn traditions that you could share with us? Or have a go at making your own dollies and tell us how you get on. We'd love to hear from you.

[Find Out More](#)

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Newsletter 2

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outdoor.learning@outlook.com

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