

# 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 22nd September 2020*

# Welcome to our newsletter!



*Thanks to Fiona who has written some content for us, we have included some autumn themed activities in our newsletter this week.*

*If you have a story that you want to share, please get in touch.*

---



## Autumn activities and ideas for you to try at home

by Fiona Sharp

### The Horse Chestnut Tree ( *Aesculus hippocastanum* )

The Horse Chestnut tree was first introduced into this country from Turkey in the late 16th Century. The trees can live up to 300 years and the largest reach 40 metres in height with trunks measuring 2 metres wide.

At this time of year, the seeds or conkers are falling from the trees, some still in their spiny cases, in parks and gardens, and are collected by children for games of conkers.

The first game of conkers was played in the Isle of Wight in 1848 with the conker championships taking place in Aston, Northants on the second Sunday of October every year since 1965.

## Some ideas for you to try

Go for an autumnal walk and collect some conkers.

When you get home, place your conkers in a container of water. Discard the ones that float, these have dried out. and will not grow. You can use them for some of the other ideas.

Using only the conkers that sink, plant them about 2cms deep individual In pots of soil or compost between now and November.

Water well and place in a sheltered spot outside. You may have to put some netting over the top to stop the squirrels from digging it up.

In the spring there should be a new shoot.

---

## Learn to play conkers

Using a skewer make a hole through 2 conkers. (Avoid finger injuries by holding the conker in a cloth to stop it slipping.) Thread some string or a shoelace through the hole and tie a knot underneath.

To play the game wrap the string around your hand to stop it being dropped and hold it at arm's length.

Take it in turns with your partner to hit each other's conker until there is one conker left.

[Visit the World Conker Championship website for rules and pictures](#)



## Bark Rubbing

Hold some thin paper on to the trunk of the tree.

Using long even strokes rub the crayon across the paper revealing the pattern of the bark. Different trees have different patterns, and you can soon learn to recognise them. The one below is a horse chestnut.

## Protect your clothes from moths

Place conkers in your wardrobe to deter moths.



For more tree activities follow the link to our website



## **Fiona's Ginger Apple Chutney**

300ml water

350g brown sugar

200g onions chopped

2 teaspoons salt

200g raisins

700ml vinegar

100g ginger

1 teaspoon cayenne pepper

**Here is what you do:**

Cut up the peeled and cored apples and put into pan with water, onions, raisins, chopped ginger and bananas. Cover and simmer gently till apples are soft, add remaining ingredients and simmer without lid until thick enough.

Pot in sterilised jars.

---

A CUPPA & a chat

**BYO\***

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

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](http://www.lgoal.org)  
TO JOIN IN PLEASE REGISTER. EMAIL [outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com) OR  
Phone Mairi 07939001731 or Frances 020 8401 6837  
[facebook.com/LetsGoOutsideAndLearn/](https://www.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 meetings are a great way to explore nature and meet new people. We meet every Tuesday between 11am and 12pm 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](mailto:outdoor.learning@outlook.com)

There are new activities included on our [website](#) every week under the tab **NATURE AND WELLBEING**.



## **If you don't have anyone to hug, hug a tree instead**

Thank you for all the photos that you have been sharing this week. Please keep them coming. This one is from two group members who visited Inwood Park while we were holding our telephone chat.

---

[Find Out More](#)

**Subscribe**

**Past Issues**

**Translate ▼**

---

Our mailing address is:  
outdoor.learning@outlook.com

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list.

---

This email was sent to <<Email Address>>  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
Let's Go Outside and Learn CIC · 43 Bonser Road · Twickenham, Middlesex TW1 4RQ · United Kingdom

