

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 32/ March 2021

Welcome to our final project newsletter!



Spring has come to Fenn Court

Some months ago we sent some spring flowering bulbs to the residents of Fenn Court in Isleworth. They planted them in their communal gardens and this week they wrote to us with a progress report and some photos.

They told us "planting, watering and watching the bulbs grow is therapeutic especially in last few months of lockdown. Spring has begun after the snow."

Below are their photos. It is really uplifting to see them in bloom and it has given us joy to know how much they have been appreciated. They should come up year after year.

We'd love to hear from anyone else who planted bulbs or has been looking after the plants that we sent them.

[Get in touch](#)

Spring bulbs planted at Fenn Court





Project news

Mairi was interviewed by Speak Out Radio last week and given the opportunity to talk about why it is important to get



also spoke about our plans for new projects once we are able to meet in groups.

Listen to the interview by clicking on the link below.

Speak Out Radio Episode 5

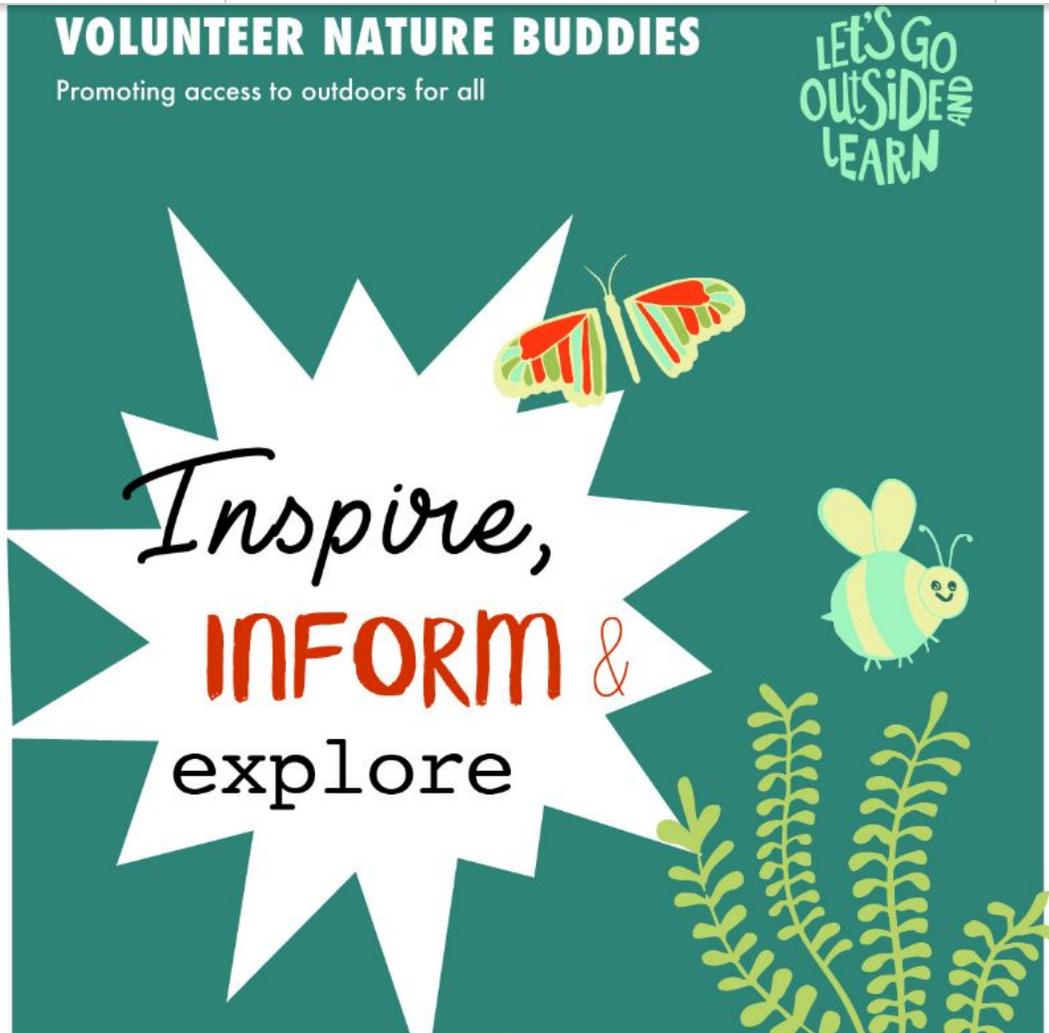
We were very sorry to learn that we were unsuccessful at securing further funding from the London Borough of Hounslow to support this project over the next year. For now this is our last newsletter and we are not planning any further remote chat sessions after today.

We would like to thank everyone who has contributed their stories, ideas and photos over the last few months. We have loved hearing from you and we have enjoyed the moments of light that they have brought in the hard times that we have all gone through.

Through the project we have connected hundreds of people with nature. It is our hope that going forward we will be able to meet some of you face-to-face for the first time and enjoy the lovely parks and open spaces together.

You can keep in touch through social media or by emailing us. We have some projects that you can take part in, and more planned for later in the year when groups are able to meet up in parks. Keep an eye on our events calendar and join in when you can.

Events calendar



Do you love being outside and do you like to meet new people?

If you are able to commit 3 hours a week and are 18+ years, we are looking for volunteer Nature Buddies to work with us to inspire local people to use their parks. You will help them to discover the amazing green spaces on their doorsteps and make new friends. If you're interested we'd love to hear from you.

Contact outdoor.learning@outlook.com Visit: www.lgoal.org

Call Frances **020 8401 6837** or Mairi **07939001731**

Volunteers wanted to support projects

Nature Buddy volunteers are essential for the success of our outdoor projects. We value each volunteers' time and commitment and in return offer training and support.

There are 4 training sessions planned for 2021 and the aim is to support Nature

The training sessions are an opportunity to learn new skills, share ideas for our projects and see examples of previous work. In Hounslow we are looking for volunteers to support a project for adults with learning disabilities which is due to start once we are able to bring groups together.

[Learn more about volunteering with Let's Go Outside and Learn](#)

Stay In Touch

Don't forget to get in touch with your news and photos, we'd love to hear from you and share your news with others. We are especially interested to hear how you use nature to support your health and wellbeing.

Take care and see you soon.

Frances and Mairi

[Click here to look at our website for more ideas of things to keep you busy over the next few weeks](#)

The Directors of Let's Go Outside and Learn would like to acknowledge the support of the London Borough of Hounslow for their support which has allowed us to deliver this project over the last 9 months.

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