

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 11 / September 2020

Welcome to our newsletter!



Glistening dewdrops on spider webs

the spider webs across the garden and on the cars and the glistening dewdrops on the spider webs. It's hard not to be impressed at the intricate patterns and strength of the strands. It's certainly a busy time of year for spiders!

Inwood Park

This week a socially distance bubble met up in Inwood Park. There were 4 of our group and the park keeper. We went on a spider hunt and there were quite a few of them about. The spiders that we met along the way are shown here. This one is eating lunch!

It was very pleasant to wander round the park and catch up on everyone's lockdown experiences. Mal missed hugging her Eucalyptus tree and Najma tried her hand at some outdoor exercise on the trim trail. We all got together for a "farewell until the next time" photo. We plan to meet up again next month, please register to take part if you would like to join in.





Fun Facts about Spiders

Did you know spiders' skeletons are outside their body?

Did you know that most spiders are not poisonous to humans?

There are more spider facts in the activities on our website. Learn how they spin their webs, or how to identify them. Read about the zookeeper who spent lockdown looking after 70 spiders in her house!

Spider myths

There are so many myths and stories about spiders from all over the globe. If you know any, please share them with us.

[Learn more about spiders](#)

Photo Calendar

[Send us some photos to include in our calendar](#)

Please keep sending them and we'll have a vote on the best ones to go into the calendar. At least we will have something nice to look at in the new year!



Send us some photos for our calendar



Contact us with photos for the calendar



Apple Season

It's apple season in our gardens, although many of them have been discovered by a range of insects before we have had time to pick them!

Here's a simple apple recipe which you could try out if you have time and a lot of apples!

4 large apples

85g brown sugar

Pinch of cinnamon

Method

1. Preheat oven to 180 degrees C (Gas Mark 4).
2. Cut out the core from top of the apple, leaving a well. Do not cut all the way through. Stuff each apple with 2 tablespoons brown sugar and 1 tablespoon butter. Alternatively, you can cut the apples into quarters and remove the pips.
3. Place in a shallow baking dish and sprinkle with cinnamon and sultanas.
4. Bake in preheated oven for 15 minutes, until sugar begins to caramelise and apples are tender.

Let us know how you get on, or send a photo. We would love to hear from you, Do you have an apple recipe to share?

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

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 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

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.

Find Out More

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outdoor.learning@outlook.com

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