

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 17 November 2020

Welcome to our newsletter!



Bringing nature into your lockdown life in November 2020

We have all been told to stay inside to keep safe, and with this in mind we have drawn up a calendar of activities for November to help you bring nature and the outdoors inside. There is a different activity for every day of the month in November.

include your stories and photos in the newsletter.

November 2020

Outside, Inside for Hounslow residents in 2020

LET'S GO
OUTSIDE AND
LEARN

A calendar of nature based activities for lockdown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Take a walk in a local park and enjoy the autumn	2 Become an expert. Pick an animal and learn more about	3 Put up a nest box in your garden or on a house wall.	4 Calculate your carbon footprint and make an action plan	5 Prepare pot plants for winter. Bring tender plants inside.	6 Watch the wind blowing the leaves from the trees.	7 Plan a photo diary of your walks or your garden in winter.
8 Plant bulbs to watch over winter. They give hope of	9 Collect some coloured leaves from your garden or local park.	10 Join a freecycle group	11 Make your own birdfeeder or put out some food for birds	12 Remember the garden in summer or take a summer tour	13 Start a compost heap	14 Go foraging in a local park.
15 Learn about cloud formations and keep a cloud diary.	16 Plan a new bed or plant pot – think about colours and	17 Learn to identify trees . How many types can you	18 Look for berries on trees, how many colours can you see?	19 Pot up your herbs or buy some to include in your	20 Build a bug hotel for your garden, patio or outside your	21 Audit your recycling and see if you can recycle
22 Put out water for birds and animals. Change	23 Up-cycle something that you would have thrown out.	24 Make a pomander using cloves and an orange	25 Write a wish on a fallen leaf and let it blow away in the wind.	26 Go for a walk and look for squirrel's drey in the trees	27 Grow a tree from seed – acorns, haws, conkers or	28 Attract robins with fruit, seeds, suet & sunflower
29 Collect leaves in bags to make leaf mould. Use after 2 yrs.	30 Make some natural festive decorations	<p>We would love to hear how you get on. Send us an email or contact us with your news and photos or join our weekly telephone chat every Tuesday</p> <p>Email: outdoor.learning@outlook.com Phone: Frances 020 8401 6837 Mairi 07939001731</p> <p>www.facebook.com/LetsGoOutsideAndLearn/ www.lgoal.org</p>				

Let's Go Outside and Learn CIC Registration 9435120

Printable copy with links

Join us for a cuppa
and a chat

Stay safe at home, make new friends and bring the outside into your life.

TO JOIN IN PLEASE REGISTER.

EMAIL

outdoor.learning@outlook.com

Phone Mairi 07939001731 or

Frances 020 8401 6837



BYO*

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."

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

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Phone Mairi 07939001731 or Frances 020 8401 6837

facebook.com/LetsGoOutsideAndLearn/

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Plant some spring flowering bulbs



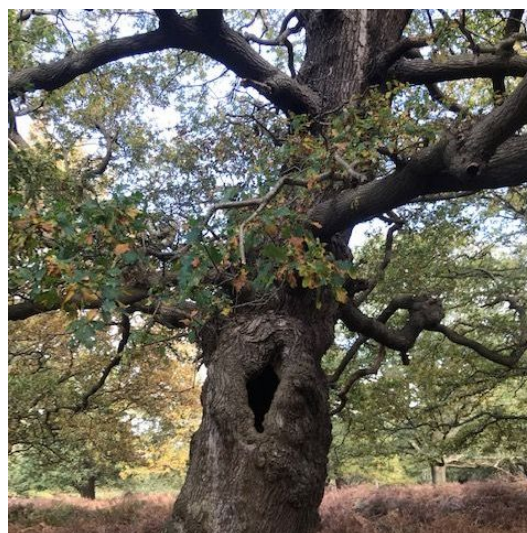
Planting spring bulbs

www.lgoal.org

CIC Registration 9435120

Now is the time to be planting bulbs for spring flowering. Our good friend Trudi Morgan has put together some simple instructions on

Learn how to plant spring bulbs



Beautiful autumn colours in
Richmond Park this week.

[Find Out More](#)

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