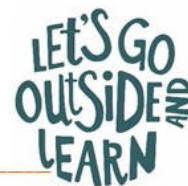


OUTSIDE INSIDE



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 26 / January 2021

Welcome to our newsletter!

Spring is coming

Dear Friends,

When it is cold and grey it is difficult to motivate yourself to go outside for some exercise or into the garden to tidy up. Just consider how your mood will lift when you notice that the days are getting longer and that the trees and flower beds are getting ready for spring. Even from your window you can see that something good is just around the corner.

Keep a Close Eye on Nature

On the greyest day trees can look magnificent against the sky without their leaves. Some years ago, Keith Martin took a series of photos which he called A Close Eye on the Crane. They are a record of nature close up throughout the year. Be inspired to take your own photos of the world around you and follow the progress to spring. Don't forget to share your photos with us.



[More inspiring photos of the nature in January](#)

Snowdrops

by Trudi Morgan

Our good friend Trudi has contributed another article to the newsletter. She writes:

"The first snowdrops this year have bloomed in Kew Gardens!

They are one of the first flowers to emerge and are often seen as a symbol of hope after the long dark winter nights.

were thought to have been introduced into this country in the early 16th century. It's a native of mainland Europe and was even mentioned in ancient Greek literature.

As a child I loved my Flower Fairy book written by Cicely Mary Barker. Each flower had a picture of a fairy dressed to match the particular flower."



The first Snowdrops at Kew offer hope after a long winter



The Snowdrop Flower Fairy

Names given to snowdrops.

Trudi tells us that there are some wonderfully descriptive names by which snowdrops are called across Europe and she has picked out a few....

- Goutte de lait (drops of milk)
- Milchblume (milk flowers)
- Pierce-neige (snow piercers)
- Amselblumli (the black bird flower, as it blooms when the blackbirds start to sing!)
- Bucaneve (snow punch)
- Galanthus nivalis (milk flowers of the snow)



We heard from Amanda this week. She shared a photo of a hyacinth bulb that her son had grown over a jar of water exposing the network of beautiful roots that are normally hidden in the soil.. For a list of other plants that you can grow in water see the link below.



Plants to grow in water

Najma was inspired by the hyacinth bulb and contributed a poem that she found about a hyacinth.

As well as their beautiful colours hyacinths have a glorious smell and are worth growing for this alone.

There are lots of poems that celebrate the coming of spring, why not investigate these online and tell us about those that you link.

In this list the poems are organised into different categories so that there is something for everyone. If you enjoy writing you could write your own poem. Remember to share it with us.

In the Grocery Store

I saw
a little hyacinth
sitting on a shelf.
It looked
a little lonely.
I bought it
for myself.
Now every day
I sing a song
to help it grow.
It won't be long
before it blooms
and fills my rooms
with spring!

© Amy Ludwig VanDerwater

Spring Poems

Spring Word Search

By Trudi Morgan

V	X	U	C	R	O	C	U	S	B	Y
E	N	O	M	E	N	A	S	L	P	E
D	Y	D	A	F	E	D	U	I	L	Z
E	T	O	F	U	M	E	L	R	O	S
S	A	P	L	U	B	U	O	I	R	U
O	N	I	I	E	T	S	R	S	A	S
M	A	O	L	B	L	E	V	E	R	S
I	T	L	W	O	U	I	F	L	O	I
R	A	L	I	D	O	F	F	A	D	C
P	E	O	N	L	R	Y	G	G	U	R
W	S	M	E	U	F	O	C	J	K	A
P	E	T	J	K	U	S	P	O	O	N

tulip	snowdrop
violet	daffodil
bluebell	primrose
iris	crocus
anemone	narcissus



Stimulate your senses and go on a scented walk

A surprising number of plants not only flower in winter but bring the whole garden alive with their scents, especially on days when the sun peeps through. Add a whole new layer of enjoyment to your winter walks by seeking out fragrance in front gardens, investigate your own garden or plan for winter fragrance next year.

Here are stunning smells to look out for:

- **Crocus** have a honey fragrance and can also be grown on the windowsill. (Top left)
- **Sweet box** are evergreen and have a powerful scent from the unusual flowers (Top right)
- **Winter bush honeysuckle** has creamy flowers on bare stems with a subtle scent (Bottom left)
- **Viburnum** has attractive scented flowers for many months over the winter (Bottom right)



Stay In Touch

At this time of year, it's really important to stay in touch and bring your cuppa to the phone for a chat.

We are always available for a chat on a Tuesday from 11-12 on our free conference line. Please get in touch if you would like to join in. We always have really interesting conversations and a bit of fun too!

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If you are still isolated in your home by the Coronavirus or want to meet new people, join us and use nature as an inspiration.

Take part in our nature-based activities to learn something new, awaken your senses and connect with others via a weekly telephone chat. In addition, there are weekly activities on the website and regular project newsletters. TO JOIN IN PLEASE REGISTER

Website www.lgoal.org

Email outdoor.learning@outlook.com

Phone Mairi 07939001731 or Frances 020 8401 6837

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

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