

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 3/ July 2020

Welcome to our newsletter!

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.



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.

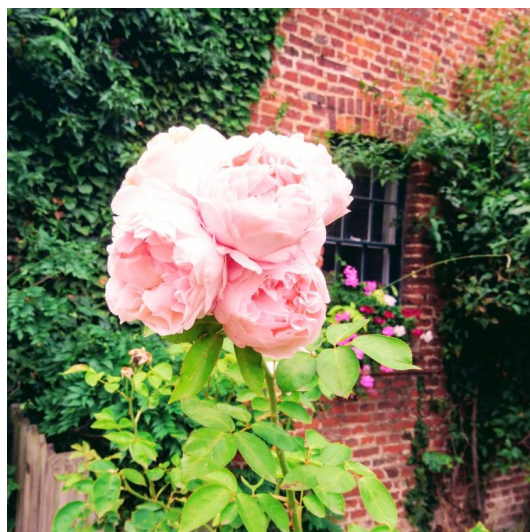
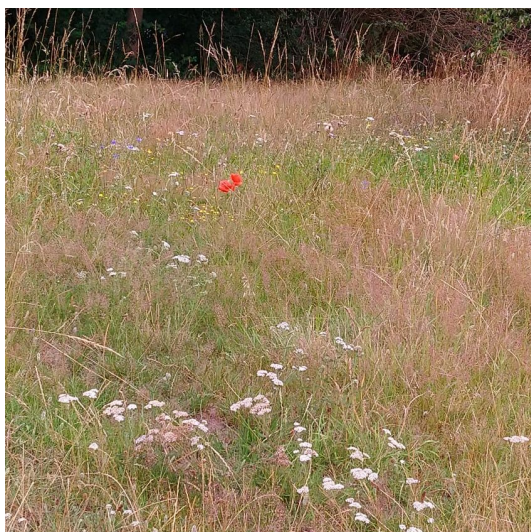
See website for weekly activity details www.lgoal.org

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

There are new activities included on our [website](#) every week under the tab **NATURE AND WELLBEING**. We will feature some of them in our newsletter.

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.

Join in the Big Butterfly Count

The annual Big Butterfly Count is taking place this week. It is easy to take part. You can download the id sheet or use an app on your phone. Watch for butterflies for 15 minutes and record what you see in that time. You can take part from your garden, looking out of a window or in park. After you have finished the survey submit your results. Your data will be included on an interactive map.

Take part in the [Big Butterfly Count 2020](#). We'd love to hear how you get on, or see some photos.



For more activities about butterflies see our [Caterpillar and Butterflies sheet](#) on the website.

Activity 3 - Grow a curry!

At a time when it is difficult to get to the garden centre experiment with the seeds that you can find in your fridge and spice cupboard. Fresh fruit and vegetables have seeds, and many of the ingredients of a curry are dried seeds. Instructions on the [activity](#) can be found on our [website](#) together with lots of other suggested activities.

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Grow a curry

www.lgoal.org

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Newsletter 2

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