# OUTSIDE INSIDE

# 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 4 / July 2020

# **Welcome to our newsletter!**



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





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# 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. <u>outdoor.learning@outlook.com</u> There are new activities included on our <u>website</u> 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.

# **The Big Butterfly Count**

# The Big Butterfly Count

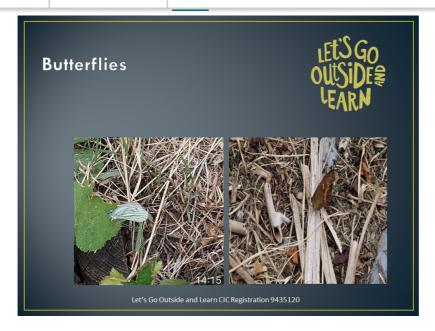
This week our group members have been looking at butterflies in their garden for the great Big Butterfly Count. We have included some of their photos in the newsletter.

Anything that is record will be included on a national interactive map. Take part in the <u>Big Butterfly Count 2020</u>.

## **Record What You Find**

Between **Friday 17 July** and **Sunday 9 August** choose a place to spot butterflies and moths. Watch for **15 minutes**. Then record which species you see. We'd love to hear how you get on, or send us some photos of the butterflies that you spot.

### Make a butterfly feeder



# Activity 4 - Claim a planting pack **Planting Packs**

This week, our group members have been receiving planting kits with instructions and a copy of the newsletter. There's also a handy notebook to record your planting and any thoughts you have about nature.

If you would like to take part or know someone who would benefit we would love to hear from you. Email <u>outdoor.learning@outlook.com</u> or contact us by phone to arrange a delivery. We are grateful to Countryside Properties for their generous donation which is supporting this work in Hounslow.

**Find Out More** 

Our mailing address is:

outdoor.learning@outlook.com

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