

# OUTSIDE INSIDE

## Newsletter



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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 23 / December 2020*

## Welcome to our newsletter!

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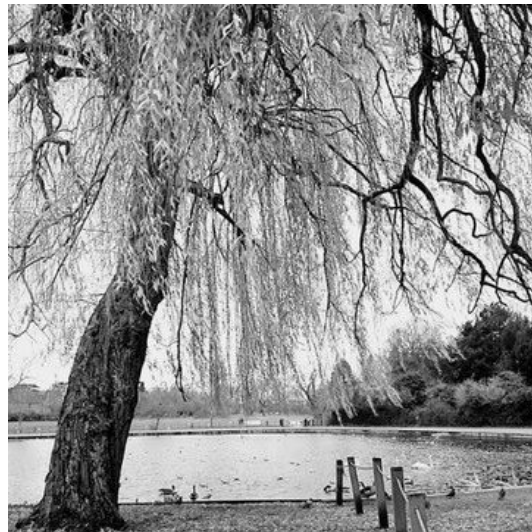
### A year like no other!

This is our last newsletter of 2020, we'll be back from 19th January with more ideas for outdoor activities.

What an interesting year we have had. While it has had its disappointments and frustrations there have been some positives too. We have used the year to encourage everyone to take an opportunity to notice nature more than previously. These are some of the things that we were told:

*"Nature makes me calm down. I make time to appreciate the things around me, silence (no planes!), watching plants grow and thrive"*

*"Watching wildlife/being in nature has been hugely rewarding over this period of crisis. It's the first time in my adult life where I feel I've had time to properly see the wildlife around me & to learn more about it. It has been hugely rewarding."*



## Your photos

Thank you for your beautiful photos this week showing two sides of winter - colour and the monochrome of a winter's day. There is plenty of beauty to be found in winter if you look.

LET'S GO  
OUTSIDE AND  
LEARN



## Natural decorations

[www.lgoal.org](http://www.lgoal.org)

CIC Registration 9435120

Natural festive decorations

or while you are on a walk. Alternatively, why not make a pomander. They are seasonal but can scent a room all year if you dry them. See the activities on the website for more details.

### Make a traditional pomander



Thank you for your photos of Christmas decorations around the borough.



The bright colours lift the spirits on a dark and wintery evening.

## Join us for a cuppa and a chat in 2021

Join our weekly telephone nature related conversations. Stay safe at home, make new friends, and bring the outside into your life.

**We are taking a few weeks off but will be back on 19th January 2021 - we'd love you to join in.**

TO REGISTER EMAIL  
[outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com)  
 Phone Mairi 07939001731 or  
 Frances 020 8401 6837

**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 & 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](http://www.lgoal.org)  
 TO JOIN IN PLEASE REGISTER. EMAIL [outdoor.learning@outlook.com](mailto:outdoor.learning@outlook.com) OR  
 Phone Mairi 07939001731 or Frances 020 8401 6837  
[facebook.com/LetsGoOutsideAndLearn/](https://facebook.com/LetsGoOutsideAndLearn/)  
 Let's Go Outside and Learn CIC Registration Number 9435120



# RECYCLING

*this Christmas*

- ★ **Avoid using shiny, glitter or foil wrapping paper** as this can't be recycled! Either use paper wrapping or reusable gift bags/ boxes.
- ★ **Before recycling paper** gift wrapping, please **remove sellotape and decorations/ tags.**

- ★ **Cut or tear off the glitter sections of Christmas cards** before recycling the rest of the card.
- ★ **Keep all plastic wrapping or film out of your recycling!** This can clog up our recycling processing equipment, causing breakdowns and losing the Borough time and money.

scrunches in your hand and stays crunched it can be recycled!



London Borough of Hounslow



## Have a green festival

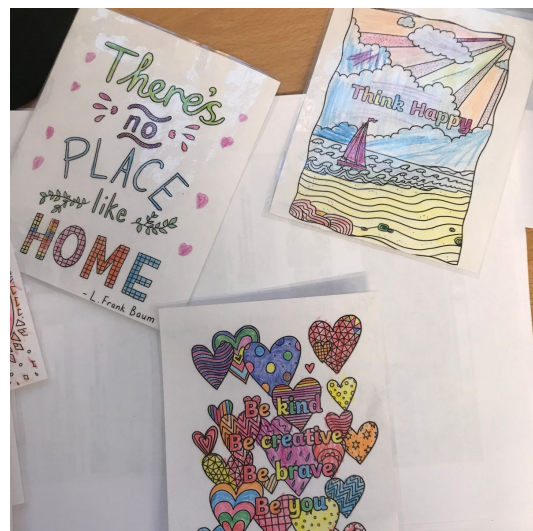
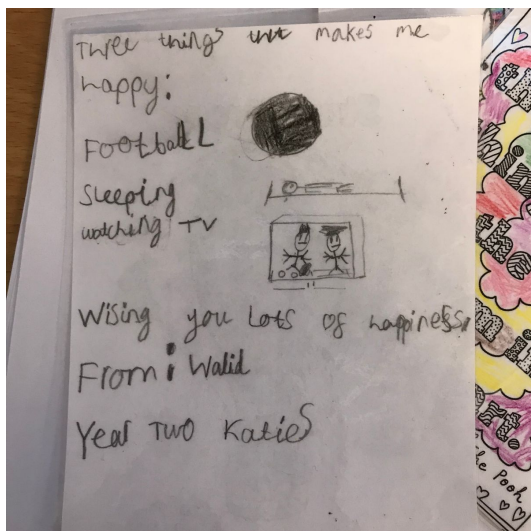
This important message from the recycling team at Hounslow Council gives some good advice on how to have a green Christmas. Even better if you can make your own paper from recycled materials. Internet shopping deliveries often come with paper and card packaging which could be decorated and reused.



[See our advent calendar](#)

[Messages from the children at Avondale](#)

One of our specialist advisers is a teacher in year 2 at Avondale school in North Kensington. The children were inspired by our project and have written messages and drawn pictures for us to share with you. We hope that you enjoy them as much as we did



Frances, Mairi and the rest of the team would like to wish everyone a happy holiday and best wishes for 2021. We look forward to hearing your news in the new year. We will be back for another telephone chat on 19th January and hope that you can join us then.

**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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Newsletter 23

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outdoor.learning@outlook.com

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