



## SOUTH LONDON CARES

### #AllTogether September 2021: Weekly Activities

**Week 1** 3rd September 2021 marks International Doodle Day! Every year, a selection of famous faces from the worlds of art, sport and entertainment pick up their pens, paints and pencils to create one off doodles. These doodles are auctioned off to the highest bidder following a three day eBay auction, with the proceeds going towards supporting people with epilepsy.

**Task:** Test your art skills by putting pen to paper and doing a doodle! You can draw anything that comes to mind, whether that be from your imagination or drawing an object you have in front of you. Alternatively, we've included a step by step, how to draw activity, which you could also have a go at! We'd love to see what you come up with!

**Week 2** Celebrated annually on the 6th September, National Read a Book Day is an annual awareness day that encourages all of us to take a break and get reading, either curled up on the sofa or with family and friends. Whether you're rediscovering old favourites or delving into new bestsellers, National Read a Book Day is the perfect excuse to sit back, relax, and get lost in a book!

**Task: Task:** Take some time this week to dedicate to reading, whether that's reading a newspaper, a book to a relative or friend, or an old classic. Let yourself really be present and enjoy that piece of writing. It can even be a poem like the famous *To Autumn* by John Keats below.

## To Autumn by John Keats

Season of mists and mellow fruitfulness,  
Close bosom-friend of the maturing sun;  
Conspiring with him how to load and bless  
With fruit the vines that round the thatch-eves run;  
To bend with apples the moss'd cottage-trees,  
And fill all fruit with ripeness to the core;  
To swell the gourd, and plump the hazel shells  
With a sweet kernel; to set budding more,  
And still more, later flowers for the bees,  
Until they think warm days will never cease,  
For summer has o'er-brimm'd their clammy cells.

Who hath not seen thee oft amid thy store?  
Sometimes whoever seeks abroad may find  
Thee sitting careless on a granary floor,  
Thy hair soft-lifted by the winnowing wind;  
Or on a half-reap'd furrow sound asleep,  
Drows'd with the fume of poppies, while thy hook  
Spare the next swath and all its twined flowers:  
And sometimes like a gleaner thou dost keep  
Steady thy laden head across a brook;  
Or by a cyder-press, with patient look,  
Thou watchest the last oozy hours by hours.

Where are the songs of spring? Ay, Where are they?  
Think not of them, thou hast thy music too,—  
While barred clouds bloom the soft-dying day,  
And touch the stubble-plains with rosy hue;  
Then in a wailful choir the small gnats mourn  
Among the river shallows, borne aloft  
Or sinking as the light wind lives or dies;  
And full-grown lambs loud bleat from hilly bourn;  
Hedge-crickets sing; and now with treble soft  
The red-breast whistles from a garden-croft;  
And gathering swallows twitter in the skies.

**Week 3** Pride in London, an annual LGBT pride festival and parade takes place this year on 11th September 2021. The festival celebrates the diversity of the LGBTQ (lesbian, gay, bisexual, transgender, queer) communities with the colourful Pride in London Parade, as well as the free festivity events that take place in Trafalgar Square. This event brings together thousands of people of all genders, races, ethnicities and sexualities. The theme of this year's event will be based around the values of Visibility, Unity and Equality.

**Task:** What's a celebration you love being a part of? What memories do you have of it? Do you have any pictures that you could have a look at and look back on that wonderful time you had?

**Week 4** September is the first month of the Autumn season and a chance to focus on refocusing our energies. The month always starts on the same day of the week as December, but never ends on the same day of the week as another month!

**Task:** Have a read of some other interesting facts about the month of September and try your hand at seeing how many words you can find in our Autumn word search.

Here's some other fun facts about September:

- The name "September" comes from an old Roman word, "septem," which actually means 7. That's right – September was the seventh month of the year on the Roman calendar. It did not become the ninth month until the advent of the Gregorian calendar.
- The Romans believed that September was looked after by the god of fire. So they always expected fires and volcanic eruptions to occur during this month.
- Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year. No other months have the same amount of letters as their number in the calendar year.

- Famous people born in September include Amy Winehouse, Bill Murray, Bruce Springsteen, Freddie Mercury, Queen Elizabeth, Stephen King, and Sophia Loren.
- The birthstone for September is the sapphire, which is said to reduce inflammation, treat fever and act as a lucky charm for the person wearing it. It symbolizes intuition, clarity of thought, peacefulness, as well as loyalty and trust.

**Green Activity** The month of September marks Organic September, a month-long British campaign taking place in September every year. Organised by the Soil Association, it aims to encourage more people to try organic food, products and services as a way to promote and educate people about organic food and farming practices that have a positive effect on the climate and environment. The campaign is about trying something new, something different, or making changes to our shopping habits and buying organic products, whether that be food, cosmetics, clothing, having a meal out or even taking an environmentally friendly holiday.

**Task:** Try replacing one of your everyday products each week during the month with an organic one instead. You could replace food items, beauty products, clothing or household goods, and before you know it, you could be well and truly completely organic! If you find any great products, be sure to let us know!



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 BROWN  
 CHILLY  
 CIDER  
 CORN  
 FALL  
 FOOTBALL  
 HALLOWEEN  
 HARVEST  
 HAY  
 JACKET  
 LEAVES  
 NOVEMBER  
 OCTOBER  
 ORANGE  
 PIE  
 PUMPKIN  
 RAKE  
 SCARECROW  
 SCARF  
 SEPTEMBER  
 SPIDER  
 SQUASH  
 SUNFLOWER  
 SWEATER  
 THANKSGIVING  
 TURKEY  
 YELLOW

