



SOUTH LONDON CARES

#AloneTogether May2021: Weekly Activities

Week 1 This month marks International Dawn Chorus Day, a worldwide celebration of nature's greatest symphony. All across the world people rise early to revel in the sweet sound of birdsong, from rattling wrens in Rotherham to crooning cowbirds in the Caribbean.

Task: Whilst out for a walk or sitting by an open window, listen out for the sounds of the birds. How many different birds can you hear? How many different birds can you see? Can you name any of the birds? Use your discoveries to draw a picture or write a poem about what you've heard and seen today. *Submitted by Lauren (Love Your Neighbour Coordinator)*

Week 2 In celebration of the power of storytelling and story sharing, it is National Share-a-Story Month, which provides a fantastic opportunity to bring children and stories together. This year's theme is Myths, Magic and Mayhem.

Task: Think of the stories you read as a child. Bring together your favourite parts of your favourite books to write a unique story for children based on the theme of Myths, Magic and Mayhem. *Submitted by Jodie (Development Coordinator)*

Week 3 British Sandwich Week is a week-long celebration of the greatest food to go and possibly one of the most iconic British culinary inventions: the mighty sandwich. During the week, the sandwich industry also holds its annual awards called the 'Sammies'.

Task: Spend some time designing your dream sandwich. What bread and fillings would you use? Do you eat it cold or grill it? Why not have a go at getting the ingredients and making your dream sandwich a reality. Please send us your favourite recipes! *Submitted by Deepika (Programme Support Officer)*

Week 4 The end of May celebrates London History Day. This year's theme is Resilience, sharing stories that remind us of the incredible strength, courage and community spirit Londoners have shown, today and throughout history. It's a day to reflect, create, connect with each other, and have fun.

Task: Using only paper and cardboard, try building (or drawing!) your favourite London landmarks. Whilst you do this, think of the people and places that inspire you and remind you of London's resilience. *Submitted by Matt (Volunteer & Outreach Coordinator)*

Green Activity 20th May is World Bee Day. Did you know that bees and other pollinating insects pollinate nearly three quarters of the plants that produce 90% of the world's food? That's the equivalent of every third spoon or fork of food you eat! World Bee Day celebrates the vital part that bees play in our ecosystem, but also raises awareness of their decline due to habitat loss, climate change and the use of pesticides.

Task: There are some easy things you can do at home to help bees and other pollinating insects:

- Plant bee friendly flowers such as catmint, field scabious, hyssop or herbs in your garden – or in a planter on your balcony or windowsill.
- Buy honey and other bee products like pollen or beeswax from your nearest local beekeeper.
- Use pesticides that are harmless to bees and spray them in windless weather, either early in the morning or late at night when bees are less active.

Submitted by Harry (Head of Programmes)

Submitted by Older Neighbour Lilian

YOU MAY WRITE ME DOWN IN HISTORY
BUT WHY YOU WOULD IS A MYSTERY
I HAVE BEEN MANY THINGS IN MY LIFE
A BABY A CHILD A DAUGHTER A WIFE
A MOTHER A GRANDMA A GREAT GRANDMA
I AM PROUD OF THEM ALL.
BUT THAT WON'T MAKE ME A STAR
I HAVE LIVED ALL MY LIFE AS MY MUM WOULD SAY
TIS BETTER TO WEAR OUT
THAN TO RUST AWAY.