

OUR PLACE News

The monthly magazine dedicated to help everyone over 50 get the best out of life!

MAY 2023

Inside this issue...

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to glamping:
20 great UK campsites
with a difference**

**Frugal fingers:
10 money saving tips
for gardeners**

**Cockney boozers:
Eight of the best pubs in London**

**The resilience secret:
13 ways to stay strong and active - from
the man who runs a marathon a day**

PLUS...

**What's on • Health & Beauty • Money & Work • Leisure & Travel
Food & Drink • Arts, Crafts & Hobbies • Home & Garden**

Letter from the Editor

Welcome to Our Place - The monthly magazine dedicated to help everyone over 50 get the best out of life!

Every month, we bring you news and features on; Health & Beauty, Money & Work, Leisure & Travel, Food & Drink, Arts, Crafts & Hobbies, Home & Garden, plus... our Charity of the Month!

Our Place was founded with a mission to connect the mature online community to a world of news, features, offers and life changing products they may have missed out on. Bring them all into one place, Our Place.

What makes us special is that we are a vibrant team of all ages, from 21 to 65 who are all passionate about living life to the fullest irrespective of age. We have built strong relationships with some of the best UK age related businesses with the aim of brokering discounted rates for our Over-50s community.

Become a Friend of Our Place and receive our exclusive newsletters. They are a great way of keeping updated with the latest news and promotions. We aim to bring a smile to your face every time you open your inbox by selecting exclusive vouchers and discounts just for you.

We welcome you and hope you enjoy Our Place.

The Editor - Our Place

PS. Do you have an interesting story or article? If so, send us an email by visiting: www.ourplace.co

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RHS Chelsea Flower Show

Monday 22nd to Saturday 27th May 2023

Royal Hospital, Chelsea, London.

See vivid floral displays and innovative show gardens at the prestigious RHS Chelsea Flower Show from 22 to 27 May.

Although the show tends to sell out in advance, there are lots of other floral-themed events in and around Chelsea during May. Many hotels and restaurants also offer special afternoon teas and menus in honour of the show.

Brighton Festival

6th - 28th May 2023

Brighton, south-east England.

Brighton is known as a place that welcomes diversity, creativity and innovative thinking, and its annual festival celebrates this pioneering spirit and experimental approach.

Established in 1967 and now one of Europe's leading arts festivals, this celebration of music, theatre, dance, circus, art, film, literature, debate and family events aims to make art accessible to all and takes place in a variety of venues across Brighton and Hove.

RideLondon

28th May 2023

London-Surrey, south-east England.

Developed by the Mayor of London and his agencies in 2013, Prudential RideLondon is a world-class festival of cycling that wants to encourage more people to cycle more safely, more often. TfL anticipates tens of thousands of spectators and participants every year will take up regular cycling after each event. There is no other closed-road event quite like it, combining a fun and accessible free family ride in central London with the excitement of watching the world's best professional cyclist's race. 2023 celebrates the 10-year anniversary of this biking extravaganza.

London Craft Week

8th - 14th May 2023

Various venues in London.

London Craft Week brings together over 750 established and emerging creatives from around the world in a citywide programme that celebrates craft.

Mainly hosted in Bloomsbury and Mayfair, the event includes a range of talks, exhibitions, product launches and other immersive experiences that showcase a selection of work from both British and international makers.

The week-long event features activities across the city that aim to tell the complex stories behind crafted objects against a backdrop of performances and meeting places where visitors can listen, eat, drink and, in some cases, craft things themselves.

Blenheim Palace Food Festival

27th - 29th May 2023

Oxfordshire, central England.

Oxfordshire's largest food festival brings food stalls, strolling jazz musicians, children's storytellers and some of the biggest names in the foodie world to Blenheim Palace's magnificent grounds. Raymond Blanc and MasterChef winners have attended in the past.

Highest Point Festival

Thursday 11th - Sunday 14th May 2023

Williamson Park, Lancaster.

Highest Point is located in Williamson's Park, a Lancaster central location. This festival is a family-friendly festival that has something for everyone to enjoy. Featuring some of the best DJs and artists around with lots of kids activities along with excellent views, and the best spots for watching your favourite artists. Highest Point Festival is a non-camping festival.

Tunes in the Dunes

Thursday 11th - Sunday 14th May 2023

Perranporth Beach, Cornwall.

Tunes in the Dunes is a three day live music festival held on Perranporth Beach, North Cornwall with a line up including REEF, The Vaccines, Kaiser Chiefs and James Bay.



The resilience secret: 13 ways to stay strong and active - from the man who runs a marathon a day

Every morning this year, Aaron Robinson has arisen before dawn and run 26 miles before work. He explains how to turn an intimidating exercise plan into a simple habit.

By the time you read this, Aaron Robinson will - barring disaster - have run his 75th marathon in 75 days. Aided by his two pace-setters, Inca and River (his border collies), Robinson will have got out of bed around 3am, and completed 26 miles. He'll probably do the same tomorrow, and the day after that.

People always ask how many marathons he'll do, he says. "I don't know. I'd love to say, especially for fundraising, 'I'm doing X amount.' But we're just doing it day by day. It depends on the dogs and how they feel."

But how does he feel? "Doing previous ultra-marathons, the second half you're often running on 'tired legs'. I feel like every run now I've done on tired legs," he says.

Robinson, 40, who lives in east London, ran 200 miles in three days last year and he has completed many other ultra runs. The daily marathon has been tough, but, he says, it's also "one of my happiest times of the day, really. I'm an introvert - I love running on my own. It's my happy place."

The 3am start is a necessity, so that he can make it to work on time. Robinson works for the charity Hope for Justice, which campaigns to end modern slavery and supports victims, and for which he is raising money and awareness. "Trying to fight modern slavery can feel overwhelming," he says, "but each of us can do something, however small."

Starting in the cold and dark of winter was no deterrent. "I just wanted to do it," he says. "I'm planning on doing this for a long time, so I'm going to go through all the seasons." It probably helped to start in the harder months, he adds, so that now he is appreciating the earlier dawns. At the weekend, he had a lie-in "until 5am, and I ran most of the time in sunshine. That was the fastest run I've done. It just feels more natural."

Whether the rest of us need a push to start exercising, are taking on a new challenge, or want to operate with more grit, determination and resilience, what can we learn from Robinson? He sounds alarmed at the question. "I don't consider myself an expert," he says cautiously - and his extreme schedule wouldn't be recommended by experts. "I can only say what works for me." The good news: it includes crisps.

Be inspired by others

Robinson had been following the consecutive marathon women's world record attempts. "It changed hands several times in a short space of time," he says. "Seeing them do it - it just really appealed to me."

And there are more who have achieved similar feats: Gary McKee ran a marathon every day in 2022, raising more than £1m for Macmillan Cancer Support. Robinson wanted to raise money for Hope for Justice, as he has with previous challenges.

"A lot of charities are going through a tough time at the moment with cost of living and lack of donations." He also gets a lot of motivation from knowing he has inspired others - people have told him they're now training for a 5k. "That means a lot."

Create a habit

People tell Robinson that he must have amazing willpower to get himself up at 3am every morning and go out, whatever the weather. "Not really, actually," he says. "Maybe you use willpower at the start, but after that, you just keep doing the same thing and it becomes easier."

Habit is a really powerful thing for me, probably more powerful than willpower." It would be harder to stick to, he thinks, if he set himself the challenge of running three or four marathons a week. "I never have a choice. I never think: do I do it today, or do I not? I have to get up."

Once you're there, and you've run the first mile or two, it's actually fine. The hardest part is just starting." A daily marathon, or even daily intense exercise, is not necessarily healthy, but fitting in some sort of non-negotiable movement every day - a walk, or yoga, or some strength training - is.

Be prepared

Robinson charges his phone, head torch and head camera the night before, puts out his running clothes and packs his energy gels, water, dog snacks and a packet of crisps. "I do exactly the same thing each night. It's definitely a lot easier."

It's the same reason he runs a more or less identical route each time. "There's a lot of energy in working out where to go. Sometimes we go a different way but I don't really want to get lost when it's 4am."

Jo Wilkinson, running coach and former elite athlete, advises creating a routine, and setting a reminder on your phone half an hour before your run. "If you're working from home, put your running kit on in the morning, even if you're going to go for a run in the evening," she says.

"If you're out at work and you're coming home, do not sit down. That's the worst thing you can do, because once you sit down, it's really hard to get up again. Come in, get changed, go out again. Your sofa will suck your motivation from you as soon as you sit on it."

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Prioritise sleep

Robinson says sleep is one of the most important things to him, and he tries to make sure he gets at least eight hours. This means going to bed at 7pm - "it's bad for my social life" - but he says it's worth it because sleep is "probably the No 1 factor in how well I'll perform. I've had 10 hours of sleep twice and both those times I got the fastest times afterwards."

Eat well

Robinson isn't exactly the ideal to follow here. He doesn't give much thought to his (vegetarian) diet, and doesn't count calories - he needs approximately 6,000 a day, but he says he takes that as a ballpark figure and eats when he's hungry.

"I find that generally eating healthy foods is better than junk, but I've also found that eating crisps is quite helpful because they're high in salt, and replace the sodium you lose when you sweat."

Sarah O'Neill, a personal trainer and nutritionist, says: "It's even more important to make sure you're eating healthily, and you're giving yourself the full complement of vitamins and minerals, and healthy fats."

Exercise is great, but it's still a stressor on the body." Don't forget you need extra water, too. "For every hour you exercise, you're meant to have an extra litre of water."

Continued on pages 6-7...



Enjoy well-earned rest

Robinson doesn't take rest days - at least during this challenge - but O'Neill cautions against following his example. "People often make the mistake of not factoring in rest, but that's when your muscles can repair and build, so it's a really important piece of the puzzle," she says.

"Over-training can cause repetitive stress which can then lead to injury. Everybody's a little bit different: some people can work out every day, but they'll use something like yoga as their rest session. I would say it's good to have at least one clear rest day a week."

Set a goal, or find a purpose

All of us will have moments where we just can't be bothered to get out and exercise. A purpose or goal can help. For Robinson, it's raising money for people who are "forced to work in appalling conditions, forced into sexual slavery, and they literally can't run away". Running in the cold and rain, however unpleasant, is "nothing compared to what they're going through, so putting that in perspective changes my mindset and helps me," he says.

Your goal could be simply to engage in regular exercise, but be specific about the number of days. Motivation can be developed, says Andy Lane, professor of sport psychology at the University of Wolverhampton. Believe you can do it, try it and get confirmation that you can. That, he says, "is massive. See what positive steps you took on the way to get there."

Find a training partner

"If you arrange to meet somebody, you don't want to let them down. So find a friend to go out for a run with," says Wilkinson. It doesn't have to be extreme: arranging a regular walk with a friend is a good first step, but she also advises joining a group such as a local running club.

"They cater for a range of abilities, from super-speedy people down to beginners. They absolutely are for everybody." Or you could set up a WhatsApp group or sign up to any number of training apps to keep you accountable to others.

For Robinson, his two dogs are his best motivators. "They've got so much energy. As soon as we come back from the marathon, they still want to play." He has been a bit stung by some comments online that it is cruel to run a daily marathon with dogs.

"For some dogs, it probably is, but if you've got a working breed, anyone who owns a border collie knows they've got so much energy. They love running; they love doing things with you and they like you giving them tasks, so we play a few games along the way as well. If they see a squirrel, they're off chasing it."

The challenge has improved their relationship with him, he says. Inca and River get him up in the morning, either with a paw or, if that fails, by sitting on him. "It's a nice, bonding thing to do with your dogs. We feel like a bit of a pack." The only thing that would stop the daily marathons, he says, is if one of them was ill or injured. "It's the three of us doing it or none of us."

Don't go too hard

A daily marathon is extreme, but Robinson wasn't starting from zero. For many of us, starting with a daily walk would be ideal. "If you tried to make every session very hard, it would be gruesome and even the fittest would find that extremely tough," says Lane.

Robinson may be running a marathon a day, but at least, says Lane, "he generally goes at the same speed". People starting out often don't get the levels right, "and don't pay attention to what can be the very negative effects of pain that come with intense exercise. The idea that it has to be brutal for you to improve is simply not true. The most important thing - and Aaron's doing this - is the consistency."

Be realistic

Most of us are not going to get up at 3am to run for five hours, but don't take an all-or-nothing approach. "Say: 'Can I fit in 10 minutes of exercise most days of the week?'" suggests O'Neill.

"When I'd just had my children, I realised I wasn't exercising because I felt like it had to be a big session. Then I thought: 'I'll just do what I can.' It's finding what suits you and where you're at, physically or in your life. If you don't adapt your expectations, that's when training falls off the map."

Make it fun

Exercise can be boring. Robinson sometimes listens to podcasts but he often embraces the long runs as a form of meditation, and zones out. "You lose track of the mileage," he says. And make the most of exercising outdoors: "What's that phrase? You can never step in the same river twice. I feel like I never do the same run twice, because I'm different, the dogs are different, the weather's different, the seasons are changing. It doesn't feel boring."

Choosing something you enjoy - dancing, roller skating, trampolining - will probably help you stick to it. "The idea that going on the treadmill for half an hour will be fun? It's nonsense," says Lane.

"It's enjoyable when you're out in nature, and it's nice scenery, or when you've got nice music on, or you're walking or cycling with somebody. You can create those scenarios. You can also identify what makes it agony. Typically, for most people, it's going too hard, too early."

Take it step by step

Robinson isn't particularly interested in running fast. A marathon takes him about five hours each morning. "In that time, you're going to get moments where it feels great, and moments where it's tough," he says. "Sometimes from nowhere a second wind will come and you'll feel amazing, so it's just about hanging in there."

OK, you don't feel great now, but maybe in 10 miles, it'll be fine. Sometimes it's literally just getting to the next mile, the next tree, the next bench and focusing on that rather than trying to get to the end, because that might be quite a long way away."

O'Neill agrees. She once ran 12 marathons in 12 days, and says she found it hardest when, "we looked ahead too far. You have to go one bit at a time, breaking it into small chunks and only look at the piece ahead of you."

Robinson says that when you're hitting the miles that are the hardest, "and you don't think you can get through, it makes it even more rewarding to think: if I do get to the end, what would that mean?"

When I stop and walk for a bit and think this might be the last (marathon), then I push through - those are the most rewarding runs. For me, suffering and pain are not necessarily bad in small, manageable quantities. It's an opportunity to prove yourself."



Focus on the mental rewards

Robinson has never got on with platitudes such as "believe in yourself". "I've always found that a bit meaningless," he says. "What if you don't believe in yourself? It's often talked about like something you just switch on, like a light switch."

He says he has developed psychological resilience from his running. "I'm more confident. If I can do this, then (how hard can) a presentation I have to give at work be? I don't worry about it as much."

(Article source: *The Guardian*)

A new start after 60: I dreamt of paragliding for 30 years. When I took to the skies at 80 I felt completely free

Year after year, on holiday in Switzerland with her late husband, Margaret Thompson watched the paragliders and imagined joining them. When she did, it was heavenly.



The Guardian reports that after their three children grew up and left home, Margaret Thompson and her husband, Kenneth, stretched their legs together on walking holidays in Switzerland.

In Interlaken, year after year, they would head up the mountain and watch the paragliders launch themselves into the sky. Back in town, in a large park, they watched them return to earth. "Some day I'd love to do that," Thompson told Kenneth. But there was always so much to do in Interlaken. Besides, Thompson didn't know if Kenneth would have enjoyed it. "He was not so keen on heights as I was," she says. So she continued to watch the gliders take flight and land.

Kenneth died in 2005. Eleven years later, and three decades after those walking holidays, Thompson finally took to the skies herself, in a paraglider with an instructor; her daughter Joanne in another. Thompson was 80.

Her instructor was seated behind her. "You're on the side of a hill. And you have to run down the hill," she says. "He'll say: 'Three ... two ... one ...' And then you run. He was that bit taller than me. He was running, but my feet weren't touching the ground. I was running in midair."

Recently, Thompson heard from an instructor that grown men, when airborne, sometimes cry and plead to be brought down. But what she remembers is "feeling free. You feel weightless. It's quite windy. It blows you around. You sail along and look around you, and see all the toy houses down below. You feel like you are up in heaven somewhere there, watching everyone down below."

Did she think of Kenneth? "You wonder: 'Are they looking down and you don't know?'" Thirty years seems a long time to hold on to a dream. "It was," she says. Why did it take so long? "I wanted to do it, but I felt somebody should benefit from it." She did not think of just enjoying the experience? "I don't think so. There had to be a cause at the end of it all," she says. With her first paraglide, she raised £1,500 for Moorfields eye hospital in London.

Thompson did her second paraglide when she turned 85, and raised nearly £2,000 for a hospice in Belfast, where she lives, much of it with the aid of social clubs run by the Presbyterian church she regularly attends. Before she left Interlaken after her second flight, she asked the organisers what age you can paraglide up to. "And they said: 'Any age, as long as you're fit.'"

Thompson, now 86, plans her third flight for when she is 90. "If I deteriorated quicker, I'd maybe bring it forward a bit." When the children were young, she says: "You didn't want to risk too much. You kept your feet on the ground." Thompson grew up in Belfast. Her parents ran a grocers on Cavehill Road; the family lived above the shop. "It was the time of the Troubles." One night the bar opposite was set alight. "We had a glass door. I went downstairs and the glass was running down like a waterfall after the blast."

At 18, she helped in the shop while studying for her music diplomas in Stranmillis, south Belfast. She started to teach piano to local children, and at the height of her teaching gave 70 lessons a week. She still has 15 pupils on her books. "Over the years I've had so many that I'm teaching their children now." One is an organist. "I have him booked for my funeral," she says. "He said: 'Give me a bit of warning!'" Is she scared of getting older? "Fear? No. People say: 'Isn't getting old awful?' I say: 'No. You are free to do more things that you want to do.'" Thompson felt no fear paragliding. "I mean, you sort of say to yourself: 'Well, if anything happens to me now, I'm OK. People might worry about falling, it being the end of them. But that didn't bother me at all. When it's your time, it's your time. No matter where you are.'"

(Story source: *The Guardian*)

Short activity bouts 'can help type 1 diabetes patients with blood sugar levels'

Researchers said taking breaks from sitting could help reduce risk of diabetes complications.

Silver Surfers reports that breaks from sitting with short bouts of activity can help people with type 1 diabetes better manage their blood sugar levels, early research suggests.

This, in turn, can also reduce the risk of complications associated with the condition such as heart attack and stroke, scientists from the University of Sunderland said.

The findings - which are yet to be peer-reviewed - were presented at the Diabetes UK Professional Conference 2023 and involved 32 participants who were assessed over a two-week period.

Dr Matthew Campbell, principal investigator in cardiovascular and metabolic medicine at the University of Sunderland, said: "These results provide the first piece of evidence that simply breaking up prolonged periods of time sitting with light-intensity activity can increase the amount of time spent with blood sugar levels in the target range. "Importantly, this strategy does not seem to increase the risk of potentially dangerous blood glucose lows which are a common occurrence with more traditional types of physical activity and exercise."

Nearly 400,000 people in the UK are living with type 1 diabetes. The condition occurs when the body's immune system attacks the insulin-producing cells of the pancreas, leading to high blood sugar levels. For the study, the participants completed two seven-hour sitting sessions - in one they remained seated for the full seven hours while during the other session, sitting time was broken up with three-minute bouts of light-intensity walking every 30 minutes. Blood sugar levels were monitored during each session. The participants were given a set breakfast and lunch, and were asked to stick to the same diet, activity levels and insulin doses over the study period.

Results showed taking regular walking breaks resulted in lower average blood sugar levels (6.9mmol/L) over 48 hours, compared with uninterrupted sitting (8.2mmol/L). This increased time with blood sugar levels in the target range by 14 percentage points, the researchers said, and did not cause blood sugars to become dangerously low.

Dr Elizabeth Robertson, director of research at Diabetes UK, which funded the study, said: "Breaking up sitting time with short bursts of activity offers a cost-free way to help people with type 1 diabetes manage their blood sugar levels and potentially reduce their risk of future complications. "We look forward to further research to understand the long-term benefits of this approach."

(Story source: *Silver Surfers*)

Frequent gardening may be linked to improved wellbeing

Gardening two to three times a week leads to better wellbeing and lower stress levels, new research suggests.

Silver Surfers reports that gardening two to three times a week leads to better wellbeing and lower stress levels, new research suggests.

A new study indicates that people who garden every day have wellbeing scores 6.6% higher and stress levels 4.2% lower than people who do not garden at all.

According to the paper, gardening just two to three times a week also leads to better wellbeing and lower stress levels. Royal Horticultural Society (RHS) wellbeing fellow and lead author Dr Lauriane Chalmin-Pui said: "This is the first time the 'dose response' to gardening has been tested and the evidence overwhelmingly suggests that the more frequently you garden - the greater the health benefits.

"In fact gardening every day has the same positive impact on wellbeing than undertaking regular, vigorous exercise like cycling or running. "When gardening, our brains are pleasantly distracted by nature around us. "This shifts our focus away from ourselves and our stresses, thereby restoring our minds and reducing negative feelings."

According to the study published in the journal *Cities*, gardening on a frequent basis - at least two to three times a week - corresponded with greatest perceived health benefits. Improving health, however, was not the prime motivator to garden, but rather the direct pleasure gardening brought to the participants.

The study conducted by the RHS in collaboration with the University of Sheffield and the University of Virginia found that more frequent gardening was also linked with greater physical activity supporting the notion that gardening is good for both body and mind. Dr Chalmin-Pui added: "Gardening is like effortless exercise because it doesn't feel as strenuous as going to the gym, for example, but we can expend similar amounts of energy.

"Most people say they garden for pleasure and enjoyment so the likelihood of getting hooked to gardening is also high and the good news is that from a mental health perspective - you can't 'over-dose' on gardening. "We hope all the millions of new gardeners will be getting their daily doses of gardening this week and feeling all the better for it."

The research explored why residents engaged with gardening and the extent to which they recognised any health benefits from the activity. A survey was distributed electronically within the UK, with 5,766 gardeners and 249 non-gardeners responding.

Pleasure and enjoyment was the reason why six in 10 people garden. While just under 30% said they garden for the health benefits, one in five said wellbeing is the reason they garden, and around 15% say it makes them feel calm and relaxed.

Co-author Dr Ross Cameron, of the University of Sheffield, said: "This research provides further empirical data to support the value of gardening and gardens for mental restoration and promoting a calmness of mind. "We also found a greater proportion of plants in the garden was linked with greater wellbeing, suggesting even just viewing 'green' gardens may help." But it was not just able gardeners who benefited. Those with health problems stated gardening eased episodes of depression (13%), boosted energy levels (12%) and reduced stress (16%).

The research is released at the start of National Gardening Week, and the RHS is calling on the nation to get their daily dose of "Vitamin G".

(Story source: *Silver Surfers*)



From festivals to glamping: 20 great UK campsites with a difference

With summer pop-ups, nature, watersports and foodie options, these sites with a twist will appeal to even the most reluctant campers.

For active people

Rock climbing, Shropshire

Wild Contentment is a small, off-grid campsite in a meadow at the far end of a dairy farm near Oswestry. There are a handful of pitches for tents, campervans or caravans, plus two bell tents and three "Beryls" - converted horse trailers with flushing toilets, showers and copper rolltop baths. The site, which is Greener Camping Club-certified, is a short walk from Llanymynech Rocks, and the owners have teamed up with a local climbing instructor to offer half-day climbing sessions (£50pp). New for 2023 are occasional activity weekends, with yoga, climbing and abseiling (the first is 13-14 May, from £105 a night). The whole site sleeps 46 and can be hired from £400 a night. Pitches from £20. wildcontentment.com

Mountain adventures, County Down

East Coast Adventure, in Knockbarragh valley just outside Rostrevor, runs activities in the mountains of Mourne and on Carlingford Lough. They include guided walks, mountain-bike coaching and wet river bouldering (also called gorge walking or ghyll scrambling). Onsite activities include a climbing tower and an archery area. Guests can stay in six basic glamping pods - BYO sleeping bag, pillow, food and toiletries (pods also have their own outdoor fire pits). There is also a communal pod with a fire pit, an outdoor kitchen hut and a toilet/shower block. The site is close to Newry, halfway between Belfast and Dublin on the east coast. Glamping pods for four £90 a night. eastcoastadventure.com

Lakeside, Cumbria

Park Foot camping and touring park has three camping fields on the banks of Ullswater, suitable for tents, caravans and motorhomes. The site has its own beach and boat launch, and campers can go paddleboarding, kayaking or wakesurfing (like wakeboarding, but without holding a rope - so even harder). There is a bar/restaurant and a shop, and raised barbecues are allowed, but not campfires. The site is a mile from Pooley Bridge at the northern end of the lake - the Ullswater steamers boats call there and at Glenridding, Aira Force and Howtown. Pitch for four from £30. parkfootullswater.co.uk

Watersport mecca, Nottinghamshire

Holme Pierrepont country park is the home of the National Water Sports Centre, as well as an eight-hectare (19-acre) campsite. There are pitches for tents, campervans and motorhomes, plus camping pods. It is the perfect place for an aquatic activity break, with white-water rafting and tubing, a Total Wipeout-style inflatable obstacle course on the lagoon, paddleboarding and kayaking. Land-based activities include a high-ropes course and "combat archery" - a cross between archery, dodgeball and paintball. There are lots of cycling and walking routes in the 109-hectare park. Pitches for up to four from £28. nwscnotts.com

Wing foiling, Essex

Family-run Malting Farm, in Little Bentley, has a small glamping glade between a wildflower meadow and a stream. There are four bell tents with tea-light chandeliers, a fire pit and barbecue area with picnic benches, plus three cabins and two treehouses. The farm has a reservoir where guests can go swimming, fishing, paddleboarding and take wing-foiling lessons. After mastering the basics of this kite surfing/paddleboarding hybrid sport, it's just 20 minutes' drive to the nearest beaches to try it on the open water. From £120 a night for up to eight in two tents (tents are hired in pairs). maltingfarm.co.uk

Cycling, Norfolk

Clippesby Hall, a holiday park three miles from Acle in the Norfolk Broads, has eight camping areas, from secluded pitches in the woods to open lawns where children can play together. There is an onsite cycle hire centre, so guests can explore the trails around the park or the quiet lanes of the Broads. Other facilities include grass tennis courts, a mini golf course, an adventure play area with zipwires and a football pitch. The bar, kitchen and shop are open all day for breakfast baps, light lunches, afternoon cakes, evening pizzas and burgers, and Sunday roasts. Pitch for two from £25. clippesbyhall.com

Horse riding, Suffolk

Bardwell Manor Equestrian Centre near Bury St Edmunds has a small campsite with just five pitches for tents, caravans or motorhomes. It's next to an orchard and surrounded by grazing horses. Campers can book riding lessons, from a half-hour beginner's lesson in the school to an hour's hack on village roads and bridleways. Keen riders can even bring their own horses for a holiday (from £18 a night for grazing). The site is a 25-minute walk from Ixworth village, which has pubs, shops and a cafe. Pitch for two from £18. bardwell-equestrian.co.uk

For nature lovers

Rewilding, West Sussex

The campsite on the 1,400-hectare Knepp Estate - one of the biggest rewilding projects in Europe - is a wildflower meadow on the edge of ancient woodland. Each pitch has its own upcycled fire pit and barbecue grill, and campers share the hot showers, open-air baths, camp kitchen and pizza oven. There is a wild swimming pond and glamping options, too (bell tents, yurts, shepherd's huts and tree houses). There are 16 miles of walks, with five tree viewing platforms and a bird hide overlooking Knepp Lake, and guests can book a safari to view the free-roaming deer, ponies, pigs and cattle; endangered nightingales and turtle doves; various owl species; 13 kinds of bat and the UK's biggest population of purple emperor butterflies. From £20 a night. knepp.co.uk

Yurts, North Yorkshire

Swallowtails, a glampsite near Pickering on the edge of the North York Moors, has yurts and bell tents. They all have proper beds, woodburners and fridges; yurts also have skylights for stargazing and en suite toilet sheds. All have a hob in a covered arbour, a barbecue and a fire pit, plus indoor and outdoor seating and hammocks. During school holidays, there are nature-led art workshops for children and pizza-making nights (both twice a week). Adults can book yoga classes, massage and hot tub sessions. From £110, sleeps five. swallowtailholidays.co.uk

Cliff-top camping, Carmarthenshire

Thorning Farm, a cliff-top family-run farm near Tenby, right on the Wales Coast Path, has diversified into camping and glamping. Each tent pitch sleeps six and has its own compost toilet, a fire pit with a grill for cooking and a picnic table. There are also campervan pitches and geodesic domes, and a farm shop. The fields around the camping areas have been left wild and are now a habitat for bats, barn owls and other wildlife. The site is certified by the Greener Camping Club. Campers have panoramic views over Caldey Island and the coast, including seven-mile Pendine Sands, and are within walking distance of Marros and Morfa Bychan beaches. Pitches from £18, reduced rates for coast path walkers and cyclists on route 4. thorningfarmglamping.co.uk

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For foodies

Vineyard, East Sussex

Tillingham, a 28-hectare vineyard and farm near Rye in East Sussex, has two luxury bell tents with views over vines, woodland and hills. They have kingsized beds, woodburners and toilets, plus their own shower rooms with Haeckels toiletries. The onsite wine bar serves cheese and charcuterie from noon till nine every day, woodfired pizzas are rustled up in the Dutch barn and the restaurant runs a four-course garden menu in the evenings, serving homegrown and farmed produce, and fish from Rye harbour. There is also a set lunch on Fridays and Saturdays, and a feasting menu on Sundays. Vineyard tours include tastings of four natural, biodynamic wines (£35). Bell tent from £170 B&B. tillingham.com

Forage and feast, Monmouthshire

Penhein Glamping, a family-run farm and glampsite near Chepstow, has eight Persian tents to stay in, with woodburners, kitchens and loo pods. There is a tuck shop selling local produce including Penhein honey, and a pantry stocked with homemade meals that can be heated on the stove or fire pit. Couples can book a Persian woodland banquet or a fire pit fine-dining experience; groups can opt for a hog roast or hire a horsebox cocktail bar. There are food-based activities, too, from foraging (for gin botanicals, mushrooms and more) to campfire cookery classes. Food aside, new activities this year range from birdsong safaris to axe throwing. From £295 for two nights, sleeps five. penhein.co.uk

Cider farm, Dorset

On the (adults-only) Dorset Nectar cider farm near Bridport, campers pitch tents among 3,000 apple trees. Each tent is in its own row of trees, about five metres wide and 45 metres long, so there's plenty of room for private cooking (fire pits are available), but there's also a cider garden with a communal barbecue and pizza oven. Food trucks visit at weekends, and there's a shop selling local produce. Best of all is the tasting room, which serves at least 12 types of homemade cider. Visitors can tour the farm on Thursdays, Fridays and Saturdays. Footpaths lead to the River Brit, there is a pub half a mile away and it is a 15-minute drive to West Bay beach. Pitch £16pp. dorsetnectar.co.uk

For a festival vibe

Music and food, Hertfordshire (pictured above)

Home Farm's glamping meadow on the 60-hectare Aldenham Estate is just a 10-minute taxi ride from a Thameslink station and the most northerly stops on the Jubilee and Northern tube lines. Guests stay in a dozen bell tents and yurts with their own outdoor seating, fire pits and barbecues, and can take part in lots of events and activities. New events at the site this year include a "wild writing" workshop with eco poet Helen Moore, plus watercolour workshops, bat walks and rewilding days. The mini festival series At Home Farm returns for a third year, with live music and comedy on the woodland stage, woodfired feasts hosted by guest chefs in the meadow, and a visiting vintage circus. From £100 a night for four. homefarmglamping.com

Weekends only, Worcestershire

Out To Grass, a countryside campsite near the Malvern Hills 12 miles west of Worcester, is open only on select weekends in the summer for family-friendly, festival-style events. They range from the Something Different music festival in May to a solstice celebration in June and stargazing in August. The final happening is August Bank Holiday Shenanigans, with live music, storytelling, street food, massage and more. Visitors can choose to camp or book a bell pod. The site is also available for private hire from May to September. The Major's Arms, which has a beer garden with a great view, is a stroll away across fields. From £30pp for two nights. outtograss.com

Summer pop-ups, Norfolk and Hampshire

The Caravan and Motorhome Club, which has been running two pop-up campsites for touring vehicles for the past two summers, is opening them to tents this year. The sites are in the grounds of Holkham Hall in Norfolk and the Beaulieu Estate in Hampshire. Campers will have the benefit of discounted entry to Beaulieu, where attractions include the National Motor Museum, and Holkham. Both sites have supersized family-and-friends pitches, which two tents can share. There will be events such as food festivals on selected weekends. From £39 for two at Beaulieu, 4-31 July, and from £41 at Holkham, 11 July to 17 September.

For groups

Walkers' retreat, Firle, East Sussex



This year The Fold, a campsite on the Firle Estate near Lewes, is available only as an exclusive hire for groups of up to 70: campers can pitch their own tents or book bell tents. The site isn't accessible by car so guests park in a nearby car park and ferry their kit in wheelbarrows. There are hammocks, campfires and a sheltered seating area, plus hot showers, compost toilets and drinking water piped from a borehole. The site is on the South Downs Way, with two pubs in walking distance. The Field at Firle is set to open later this year for normal camping, too. £15pppn, with a minimum spend of £900, which covers up to 30 people for two nights. woodfire.co.uk

Off-grid, Isle of Wight

Eco-friendly Camp Wight is on a family farm in the west of the island, two miles from Yarmouth. It has about 30 plots in meadows, woodland copses and under oak trees. Campers can pitch their own tents or hire a hammock, tent, tensile tent or geodesic dome. There are fire pits to rent (upcycled from washing-machine drums), compost toilets and solar-powered showers. The site is unlit, to facilitate stargazing, so a head torch is handy. It is a five-minute walk to the pub and a mile to the nearest shop. Guests can book individually or hire the whole site. From £20 a night for two adults and two children (£5 discount for car-free travellers), or from £1,000 a night for exclusive hire, sleeps 130. campwight.co.uk



Yoga and sauna, Pembrokeshire

This Kip Hideaways glampsite comprises a clutch of cabins in woodland. There are three sleeping cabins, a kitchen cabin stocked with homemade Welshcakes and local Barti rum (made with seaweed), a yoga studio, a woodfired sauna, a bell tent with children's games and a campfire. Guests can order breakfast and barbecue hampers, as the nearest pubs, shops and restaurants are three miles away. Westfield Pill nature reserve, a habitat for otters, is within walking distance, and it is a short drive to Pembrokeshire beaches and market towns such as Narberth. From £295 a night, sleeps eight. kiphideaways.com

Camp and cook, Herefordshire

Up to 10 people can pitch tents in Maggie's Field near the village of Staunton-on-Wye. This exclusive-use campsite backs on to an orchard and a nature reserve. Parts have been set aside for wildflowers, brambles and self-seeding blackthorn and hawthorn and additional trees, including sweet chestnuts and field maples, have been planted. Facilities include a compost loo, washstand, cook hut and canopied trestle table; there is also a fire pit, a barbecue and a tree swing in a great oak. It is a four-minute drive to the River Wye and the site is within 10 miles of Hereford and Hay-on-Wye. From £90 a night for five, plus £20 for each additional camper up to 10. maggiesfield.camp

(Article source: *The Guardian*)



Cockney boozers: Eight of the best pubs in London

The author of London's Best Pubs shares his eight favourite drinking spots in the capital, including the Lamb & Flag in Covent Garden and the Princess Louise in Holborn.

Beyond the grand sweeping streets and gracious leafy parks, London is a city of more than 3,500 pubs - and going to one isn't just a frequent pastime but an after-work ritual. They're as important to the capital as its most visited tourist attractions, and many have endured, evolved and survived through the centuries. But one of the things that hasn't changed is the importance of the pub as a social hub.

Engage a Brit in conversation and the chances are they'll soon tell you about their favourite pub. Most Londoners can remember the name of the first one they had a beer in, while everyone has an opinion on what makes a pub great, beyond the variety of beers on tap.

I believe the best pubs have history and heritage that adds to their character and tells you something about the story of London. Here are eight of my favourites, each with their own rich tale to tell that will make your time in one of the world's greatest cities even more memorable.

Churchill Arms (pictured above)

It sounds like an elaborate music hall joke: an English pub, run by an Irishman, serving Thai food - with a Chelsea Flower Show-qualifying hanging garden display on the outside, and WW2, royal and hurling memorabilia occupying every inch of the inside walls. But former long-time landlord Gerry O'Brien made it work, making the Churchill Arms one of the prettiest and most convivial pubs in West London.

The pub wins awards for the eccentricity of its displays. Outside in spring, a stunning spectacle of floral hanging baskets would make Babylon look plain. Come December, the pub is wrapped in tinsel and the floral display replaced with 100 Christmas trees and more than 20,000 festive LED lights.

Inside is a festival of strangeness: more than 1,600 butterflies are mounted and displayed, while 100 chamber pots hang from the ceiling, jostling for attention alongside lanterns, hat boxes and tributes to American presidents. The bar area is welcoming, with real ale from Fullers, and locals mixing with regulars from the nearby Daily Mail and Evening Standard offices. The conservatory-like restaurant at the back has served well-priced curries and Pad Thai since the 1980s; order prawn crackers at the bar if regular crisps feel too ordinary for the surroundings.

Website: www.churchillarmskensington.co.uk

Neighbourhood: Kensington

Address: 119 Kensington Church St, London W8 7LN

Ye Olde Cheshire Cheese

Fleet Street was once London's media centre, buzzing with journalists and surrounded by mammoth print factories humming with the production of millions of daily newspapers. The newspapers have moved on to new locations, but this astonishing old inn remains, almost lost up a tiny alley that once housed the Royal Excise until the Great Fire of London of 1666.



Rebuilt after the fire in 1667, this labyrinth of a pub has sawdust covered floors, narrow winding staircases and a flurry of small wood-lined rooms that are still ideal haunts for whispered conversations. Some of country's literary greats have drunk at Ye Olde Cheshire Cheese, including lexicographer Dr Samuel Johnson and novelists G K Chesterton, Charles Dickens and Sir Arthur Conan Doyle. A roll call of famous names adorns the walls.

Beer is served through hatches, while the three small eating areas serve up unashamedly British dishes including steak and kidney pie, fish and chips and apple pie with custard. Head down to the cellar with its small oak-beamed bar, ancient flagstone floor and equally old wooden settles to try Yorkshire brewer Samuel Smith's traditionally made cask beer.

Website: www.ye-olde-cheshire-cheese.co.uk

Neighbourhood: City of London

Address: 145 Fleet Street, Fleet Street, London EC4A 2BU

Cross Keys

This ever-popular Victorian alehouse is an excellent spot to grab a pint and a bite to eat, not least for its location in Covent Garden close to many fine theatres and boutiques.



The current pub was built in the 1840s as part of a slum clearance programme in the area. In the summer months, the Cross Keys' elaborate gilded exterior is vibrant with floral baskets. Inside you'll find an eye-catching display of copper kettles and musical instruments and even a diving helmet. The walls are adorned with large mirrors, striking clocks and numerous portraits, while adding to the ephemera is collection of Beatles memorabilia, including a bust of John Lennon. Look out for a napkin signed by Elvis Presley on one wall - a former landlord of the pub was a huge fan of rock music.

The menu offers classic pub fare, including fish and chips, burgers and ale-battered onion rings; while the impressive beer selection has a range of local and international brews on tap. The staff are friendly and attentive, though it can get very busy in the early evenings when the office crowd descend for an after-work drink.

Neighbourhood: Covent Garden

Address: 31 Endell Street, London WC2H 9BA

Lamb & Flag

The outside of the Lamb & Flag might not be much to look at, with its 1950s brick exterior, but this popular drinking spot in Covent Garden is one of London's best and quirkiest pubs.

Its history stretches back to the early 18th Century when the pub was known as the Coopers Arms (it was renamed the Lamb & Flag in 1833). In the early 19th Century, it was nicknamed "The Bucket of Blood" in reference to the bare-knuckled boxing matches that took place here.

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Today, the area is much less bloody. The pub, which is a short walking distance from Leicester Square and Covent Garden underground stations, is warm and welcoming, with wooden beams adorned with Latin inscriptions, horse brasses and time worn prints. Conversations and laughter echo off the wood-panelled walls. On cooler days, head to the back bar to be close to the roaring log fire.

Star Tavern (pictured above)

Located in a Grade-II listed Georgian building off Belgrave Square, the Star Tavern is one of the most renowned real ale pubs in the country. It's also one of the few pubs to have featured in every edition of the Campaign for Real Ale's Good Beer Guide for 50 years.

It is said that the best pubs are like a watering hole on an African plain where the lion and antelope can drink side by side. This makes the Star the perfect watering hole. In the 1950s and early '60s, London's gangland villains could be found drinking next to landed gentry and A-list celebrities. A sign in the pub explains that it was the venue for the planning of the 1964 Great Train Robbery, a multi-million-pound heist.

The emphasis at the Star Tavern is on great service, good beers and home-cooked food in an unpretentious environment. The menu includes pub favourites like steak pies, fish and chips and a hearty Sunday roast. But the star of the show has to be the quality of the beer, much of it is brewed at the Fuller's brewery in Chiswick on the banks of the river Thames.

Website: www.star-tavern-belgravia.co.uk
Neighbourhood: Belgravia
Address: 6 Belgrave Mews West, Belgravia, London SW1X 8HT

Princess Louise

Despite being located on High Holborn, one of the drabber routes through the city, the Princess Louise is the finest, most original, most complete example of a high-Victorian pub in London. It is a national treasure.



Upstairs is the Dryden Room, a bar-restaurant named after the controversial poet John Dryden. Order the fish and chips and snag a spot by the windows for some people watching.

Website: www.lambandflagcoventgarden.co.uk
Neighbourhood: Covent Garden
Address: 33 Rose Street, Covent Garden London WC2E 9EB

The pub was built in 1872 and named after a daughter of Queen Victoria. It was remodelled 20 years later using the resources and craftsmanship garnered from a rich and prosperous Empire. But the next 100 years did not treat the pub well and it became run down, neglected and faced an uncertain future.

Step in the Yorkshire brewer Samuel Smith, who bought the pub and knew better than to even consider destroying the fabulous interior.

Today, the pub is a feast for the eyes. It includes swathes of ornate marble, high ceilings and large etched windows, and a fabulous art nouveau dado. The pub still retains its snob panels, movable wooden frames that were intended to allow middle-class drinkers to see working-class drinkers in an adjacent bar, but not to be seen by them. The pub is split into two levels; arrive early to grab one of the prized private booths on the lower level.

Neighbourhood: Holborn
Address: 208 High Holborn, Holborn, London WC1V 7EP

Ye Olde Mitre

Tucked down a narrow alley, Ye Olde Mitre may not be easy to find, but that's just part of this cosy pub's charm. It's found between Hatton Garden, London's jewellery quarter, and the Inns of Court, the professional offices for barristers in Holborn, and it's not unusual to find lawyers and jewellers dropping in for a quick pie and pint for lunch.



The character-filled pub dates to 1546 when it was a residence for the servants of the Bishop of Ely who had a palace nearby. The mitre is a reference to the deeply cleft, tall hat worn by bishops.

The interior has been remodelled many times and exudes a charming, wood-panelled eccentricity. Big in heart, it's small in structure and without a full-sized kitchen, meaning the food offering is limited to toasties and pork pies - but that's all you need alongside a pint of real ale or craft beer. Since seating space is limited, on busy days you may have to stand in the alley and rest your drinks on the large wooden barrels that serve as tables.

Look out for the gnarled and shrivelled cherry tree growing outside against a wall. It is said to mark the boundary between the estates of the Bishop of Ely and Sir Christopher Hatton, after whom Hatton Garden is named. The friendly staff are usually happy to explain the history of the pub.

Website: www.yeoldemitreholborn.co.uk
Neighbourhood: Hatton Garden
Address: 1 Ely Court, Ely Place, Hatton Garden, London EC1N 6SJ

The Harp

The Harp is a near-perfect pub, and a must-visit for any ale lover. It was once named the best pub in the county by the consumer group the Campaign for Real Ale, while a board in the upstairs bar lists many of the pubs well-deserved accolades.



Much loved by actors and staff from the many nearby theatres, the narrow downstairs bar is decorated with elaborate mirrors, portraits and references to famous theatre productions. The pub has a long-held tradition of not playing intrusive background music or having television screens, and customers are discouraged from using mobile phones inside. The noise from real conversations is preferred to the chatter of people on calls.

The beer selection is extensive and impressive. The Harp offers a rotating selection of cask ales with a focus on smaller, independent breweries. If you're not sure what to order, the knowledgeable staff will be happy to offer recommendations and samples to help you find your perfect pint.

Website: www.harpc Covent Garden.com
Neighbourhood: Covent Garden
Address: 47 Chandos PI, London WC2N 4HS

(Article source: BBC Travel)



Frugal fingers: 10 money saving tips for gardeners

With all its benefits, gardening can also have drawbacks. For one, it can be an expensive hobby (if you let it).

However, there are ways to save your cash and have a thriving display throughout the year.

From sharing plants to repurposing used pots, there are plenty of ways to stay within budget when it comes to preparing your garden for the upcoming flowering season.

Plan ahead

Just like you would when planning the weekly shop, assessing what you need and planning your displays accordingly can save you some big bucks.

If you're sticking to a budget, start by replacing annuals and spent perennials before shopping for bigger plants.



Sow more seeds

Seeds are one of the most affordable ways to grow your favourite plants. They're inexpensive and easy to grow - you certainly don't need years of experience under your belt to grow a successful plant from a seed.

Split up perennials

Many herbaceous perennials can be separated before or after they flower. Usually, it's done to break up large clumps as they become invasive, but you can also divide them to grow more plants around the garden for free.

Repurpose old containers and pots

Whenever you buy a new plant, save the pot. This will come in handy when you next divide a plant or germinate seeds.

Buying new potting-up pots won't be that expensive, but if you're buying them every season then the cost certainly adds up!



Make your own compost

Making your own compost is great for avid gardeners. It can be quite expensive to buy new compost every season, so making your own will help you save money.

Add kitchen scraps and organic matter like straw, hay, grass, and leaves to start in a suitable container outdoors.

Cut potato tubers in half

Potato tubers can be cut in half before planting to grow double the crop! Just make sure that there are a few buds on each piece as that's where the stems will grow. Allow them to dry before planting too.

Swap and share divided plants

Dig up and divide your perennials and swap them with your avid gardening friends and family to switch up your displays for free!



Replant scraps from food

Offcuts from fruit and veg can easily be replanted to grow bonus produce. For example, spring onions and leeks can be placed in water to grow new plants in just two weeks.

Buy self-seeding plants

Self-seeding plants essentially plant themselves. These plants produce seed heads at the end of their flowering season, which then drop and fertilise in the soil below. And hey presto, you've got a bigger display without lifting a finger.



Keep an eye out for offers

Many online garden retailers offer discounts seasonally - and good ones too! Sign up for as many newsletters from them as you can and watch the offers roll into your inbox.

(Article source: Silver Surfers)

Please help us rescue and care for vulnerable hedgehogs - **Britain's favourite mammal**

A shocking study has revealed that hedgehogs are rapidly vanishing from our countryside, with numbers HALVED in the last 20 years.

I am delighted to tell you that Britain's hedgehog has won favourite mammal in a UK poll.

The UK's only spiny mammal won with 35.9% of the 5,000 votes, more than double that of the Red Fox, who came in second place with 15.4%. The Red Squirrel came third with 11.4%, out of a shortlist of 10 charismatic UK mammals.

Unfortunately, hedgehogs are rapidly vanishing from our countryside as numbers have HALVED in the last 20 years, a shocking study has revealed.

Henry Johnson, hedgehog officer, People's Trust for Endangered Species (PTES) said:

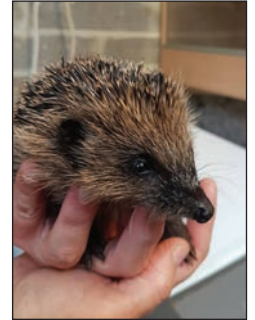
"We Brits seem to love hedgehogs for a whole range of reasons, including their cute appearance, their role as slug controllers and the way they have colonised our gardens with such aplomb. This is why it is so sad to see them decline, with one in three lost since the millennium."

Threats to hedgehogs come mostly from us. In rural areas, our farmland increasingly lacks the diversity of habitats hedgehogs need and the invertebrates they feed on. In towns and cities green spaces are lost to development, paved over or increasingly fragmented. Hedgehogs are also very prone to road traffic accidents.

This is why we have launched this special Annual Appeal to protect Britain's favourite mammal.

At Hedgehog Rescue Rehabilitation and Care Centre we respond immediately to rescue injured hedgehogs. A vet is called in straight away and the hedgehogs are monitored and cared for. Once fit and well they are released back into the wild.

Hedgehog Rescue is now conducting its Annual Appeal. Only by continuing our huge effort and long-life commitment can we give these wonderful animals a safe, happy and contented life.



We care for many hedgehogs here at our rehabilitation centre. Hedgehogs just like these:

'Julie'



'Julie' (pictured left) came in last Autumn, quite small, out in daylight and had ticks. She stayed a few weeks, put on enough weight, and made a full recovery. She was released back to her own territory by the finder.

Baby Hedgehogs

These 2 hedgehogs came in as very small babies and had stayed with us a few weeks, gaining weight and giving us a chance to sort out their health issues. They had several ticks and needed worming. When they were 100% ready, we released them close to where they were found.



These hedgehogs are some of the lucky ones. Others are less fortunate.

As a friend who knows what a wonder animals can be, I hope you will support our Annual Appeal. Your kind gift will help us rescue and care for many more vulnerable hedgehogs - Britain's favourite mammal.

To donate to Hedgehog Rescue, go to:
<https://www.justgiving.com/fundraising/hedgehogrescue>
or write to: **Raisemore, Unit 1, Alton Road Industrial Estate, Ross-on-Wye HR9 5NB**



HEDGEHOG RESCUE
REHABILITATION AND CARE CENTRE

Registered Charity No: 1126812 (England & Wales)
Registered Charity No: SCO47720 (Scotland)