

# OUR PLACE *News*

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

JULY 2023

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**The do's and don'ts of looking after your garden in a heatwave**

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## **The truth about inflammation:**

**All you need to know about 2023's hottest health topic, from causes to cures**

***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](http://www.ourplace.co)*

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### Data Privacy

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## NEVER leave your dog in a hot car!

**Every year, dogs suffer and die when their guardians make the mistake of leaving them in a parked car, even for “just a minute” while they run an errand.**

Parked cars are deathtraps for dogs: On a 78-degree day, the temperature inside a parked car can soar to between 100 and 120 degrees in just minutes, and on a 90-degree day, the interior temperature can reach as high as 160 degrees in less than 10 minutes.

Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs because they can only cool themselves by panting and by sweating through their paw pads.

If you see a dog left alone in a hot car, take down the car's colour, model, make, and license plate number. Have the owner paged in the nearest buildings, or call local humane authorities or police. Have someone keep an eye on the dog.

**Don't leave the scene until the situation has been resolved.**

If the authorities are unresponsive or too slow and the dog's life appears to be in imminent danger, find a witness (or several) who will back up your assessment, take steps to remove the suffering animal from the car, and then wait for authorities to arrive.

Watch for heatstroke symptoms such as restlessness, excessive thirst, thick saliva, heavy panting, lethargy, lack of appetite, dark tongue, rapid heartbeat, fever, vomiting, bloody diarrhoea, and lack of coordination. If a dog shows any of these symptoms, get him or her out of the heat, preferably into an air-conditioned vehicle, and then to a veterinarian immediately. If you are unable to transport the dog yourself, take him or her into an air-conditioned building if possible and call animal control: Tell them it is an emergency.

Provide water to drink, and if possible spray the dog with a garden hose or immerse him or her in a tub of cool (but not iced) water for up to two minutes in order to lower the body temperature gradually. You can also place the dog in front of an electric fan. Applying cool, wet towels to the groin area, stomach, chest, and paws can also help. Be careful not to use ice or cold water, and don't overcool the animal.

When walking your dog, keep in mind that if it feels hot enough to fry an egg outside, it probably is. When the air temperature is 86 degrees, the asphalt can reach a sizzling 135 degrees - more than hot enough to cook an egg in five minutes. And it can do the same to our canine companions' sensitive foot pads.

On an 87-degree day, asphalt temperatures can reach 140 degrees, hot enough to cause burns, permanent damage and scarring after just one minute of contact. Rapid burns and blistering can occur at 150 degrees. Hot sidewalks, pavement and parking lots can not only burn paws, they also reflect heat onto dogs' bodies, increasing their risk of deadly heatstroke.

If you wouldn't put your dog in a frying pan, please don't make him or her walk on a hot pavement. Always test the pavement with your hand before setting out (too hot to touch is too hot for your dog), walk early in the morning or late at night when it's cooler, carry water and take frequent breaks in shady spots and never make dogs wear muzzles that restrict their breathing.

### Summer tips for your dog

**1. Exercise your dog early in the morning or late at night.** Since these are the cooler parts of the day, this will make the walk more comfortable for both you and your dog. I'm a believer in vigorous exercise for healthy dogs, but this is the time of year to back off on exercise intensity.

**2. Use doggie boots.** You can find these at your local pet supply store. If you can't walk your dog during the early and later hours of the day, this is a good way of protecting him. Heat rises from the ground, especially on surfaces like cement and asphalt, and dogs absorb and release heat through their feet. Just like boots prevent the dog from absorbing the cold in the winter, they also isolate heat.

**3. Keep your dog hydrated!** Different dogs have different needs when battling the heat. Keep in mind that darker coats absorb more heat than lighter coats. Also, overweight dogs are at higher risk for dehydration. Carry a bottle of water when going on a walk with your dog. Better yet have your dog carry it for you in a backpack or a vest! The water in the bottles will keep the dog cooler and also give the dog a sense of purpose.

**4. Keep your dog in the shade** Don't have air conditioning? No problem! Find a spot in the shade and set up a kiddie pool. Lay down a wet towel for your dog to lie on. Or simply set up a fan in front of a pan of ice.



# The truth about inflammation: All you need to know about 2023's hottest health topic, from causes to cures

**Inflammation is the scourge of modern life, judging by all the supplements, workouts and diets that promise to fight it. But what precisely gets inflamed, and why - and is it always a bad thing?**

To understand what can go wrong with our bodies, it helps to remember that they haven't evolved much since we were hunting and gathering a few thousand years ago.

Our greedy response to sugar, for instance, worked well when we could only get it from wild berries; now that it's combined with salt and fat into foods we can't stop eating, it can be a problem. Or consider our stress response: if the only time your body reroutes resources from the immune system to your fight-or-flight system is during the occasional sabre-toothed tiger attack, that's fine.

If every mean tweet, upsetting headline or twinge of worry about the mortgage sends your systems into panic mode, your body never gets a chance to recuperate.

Inflammation, one of the least understood and most debated topics in health, works a bit like this. There are hundreds of cookbooks that promise to deliver an "anti-inflammatory diet", with supplements, gels, teas, workouts, saunas and cryotherapy chambers offering the possibility of even more dramatic results.

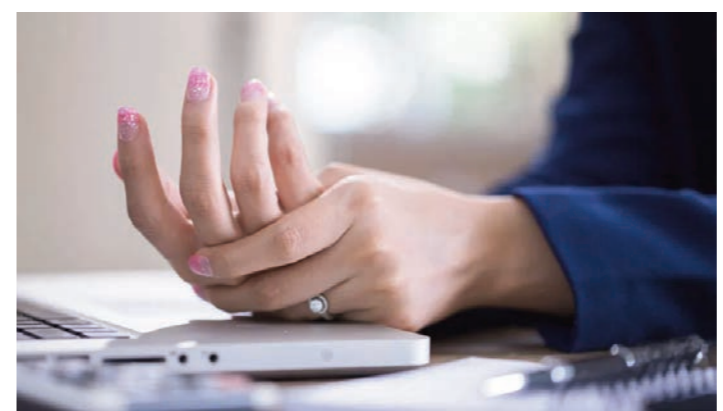
But inflammation, at its core, is a vital part of the body's immune response - not something to try to eliminate. It is a complex biological process that occurs when the body detects harmful stimuli and its purpose is to protect you and kickstart healing.

Sometimes this process gets out of control, leading to chronic inflammation that damages rather than heals. The tricky part? Our understanding of this process is evolving: there is a chance that, if you tweak your knee on a five-a-side pitch, you will still be given medical advice that was flipped on its head a decade ago.

So how much do we really know about inflammation - and when should you let it work its magic?

### What is inflammation for?

Inflammation is the immune system's response to any traumatic event in the body tissues - from a demanding workout to a scraped knee to a bout of flu. Your immune system releases white blood cells to protect the area, and you will probably experience some redness, warmth and swelling in the affected spot - occasionally with soreness and pain where the process stimulates nerves.



When you are injured, this happens in the affected spot. When you have flu, swelling and pain occur in the respiratory system, but might also contribute to the muscle and joint pain or headaches you experience.

"This is acute inflammation - it's part of our defence system, and we all have it, happening in varying degrees and duration depending on what has caused it in the first place," says Tim Spector, professor of genetic epidemiology at King's College London.

"It's only a problem when it goes wrong, usually by overreacting in some way." Crucially, though, acute inflammation is usually what you want to happen, and trying to prevent it might cause even more problems. We'll come back to this.

### What is going wrong?

Chronic inflammation is more of a worry. This happens when the body continues to send white blood cells on the attack in the absence of any threat. This disrupts normal bodily functions and can result in healthy tissues and organs being attacked.

Autoimmune disease can bring it about, and so can foreign agents entering the body: it could be a serious problem, even if it's not immediately evident.

"I think we are realising that chronic inflammation is part of many diseases we didn't think it was previously involved in," says Spector. "Nearly every disease is associated with some disorder of inflammation and it's now considered a key part of ageing. So chronic inflammation really is an issue and something we should be trying to reduce."

It tends to be less obvious than acute inflammation - it often causes fatigue, but any pain will be less localised. Crucially, the causes still aren't fully understood.

The most immediately dangerous and obvious autoimmune disorders occur when the immune system mistakenly targets and attacks the body's cells, thinking that they are foreign invaders; or when a defect occurs in the systems that usually mediate acute inflammation. But these are breakdowns in the body's communications systems, and deal with problems that don't actually exist - like an overzealous guard dog barking at shadows.

Chronic inflammation can also be a result of the body's failure to deal with genuine problems - ranging from infectious organisms to industrial chemicals - and this is where we have to consider whether 21st-century living is promoting levels of chronic inflammation that didn't exist before.

### A modern problem

"Our modern environments have been markedly transformed, from the food we eat to the air we breathe, to how we move and relate to others," says Dr Shilpa Ravella, assistant professor of medicine at Columbia University Medical Centre.

"Our immune systems are constantly triggered in this new environment, leading to chronic and often low-level inflammation that is linked to various kinds of disease."

Many inflammatory issues start in the gut, where a huge amount of the trillions of bacteria, viruses, fungi and other organisms that make up every human's microbiome live.

Scientists are still unravelling the complexities of the relationship between us and these microbes - but it's well accepted that one of the key interactions between them and our immune cells involves "training" our bodies to distinguish harmless food and germs from their more toxic counterparts.

Keeping the bad stuff out without sending our immune systems into overdrive is a fine balance, but one where our foraging-friendly gut errs on the side of tolerance - offering a muted inflammatory response compared with other areas of the body.

*Continued on pages 6-7...*



“Sometimes, this response can go awry, with genes and the environment colluding to disrupt the balance, creating food allergies, coeliac disease, inflammatory bowel disease or other problems,” explains Ravella.

What causes this disruption? For most people, ultra-processed foods (UPFs) are likely to be a factor. Defined by researchers as “snacks, drinks, ready meals and other products created mostly or entirely from substances extracted from foods or derived from food constituents with little if any intact food” and often highly convenient and palatable, these form a substantial proportion of the typical western diet.

A review published this year concluded that “evidence on the association between UPF consumption and inflammation is still limited”, but there is certainly evidence - in mice, at least - that artificial sweeteners and additives can alter the makeup of microorganisms found in the gut, making it a more inflammatory environment.

Other factors may conspire to leave us chronically inflamed. As explained above, life is full of long-term stressors that have been linked to increases in inflammatory markers.

Sleep loss and the disruption of circadian rhythms can be a factor: bad news if you are staring at a screen well after sunset.

There are less easily avoidable environmental factors to worry about too: recent studies, for instance, suggest an association with long-term exposure to air pollution.

### If it's not broken...

So how do you deal with all this? First, do not try to prevent inflammation when it's actually doing you good. If you are injured in a sporting context, for instance, you might find a well-wisher suggesting you use the popular Rice protocol (Rest, Ice, Compression, Elevation). But while it might alleviate pain, according to a 2015 blogpost by Dr Gabe Mirkin - the originator of the acronym - “it appears that both ice and complete rest may delay healing, instead of helping.



Applying ice to injured tissue causes blood vessels near the injury to constrict and shut off the blood flow that brings in the healing cells of inflammation ... anything that reduces inflammation also delays healing.” Rest doesn't prevent inflammation - but a bit of movement can get blood to the affected areas, meaning that doing some very low-intensity exercise after an injury can help the healing process.

Hampering your own body's attempts to fix itself also applies to other forms of anti-inflammatory pain relief, including ibuprofen, one of the nonsteroidal anti-inflammatory drugs, or NSAIDs.

A study presented last year suggests that taking anti-inflammatories for conditions such as osteoarthritis might worsen inflammation in the knee joint over time, with regular NSAID users showing worse cartilage quality than a control group.

In another study (admittedly, conducted on ultramarathoners), ibuprofen use was related to elevated indicators of inflammation. More research is needed, and the occasional ibuprofen tablet is unlikely to do lasting damage - but it is worth keeping an eye on.

### Modern solutions

Of course, this still leaves you trying to limit chronic inflammation. There are a number of ways to do this, but one of the most effective is to start at the gut.

“Reduce processed and refined foods while also limiting added sugars and sugary beverages,” says Dr Sunni Patel, a wellness coach with more than 15 years of clinical experience.



“Focus on consuming whole, minimally processed foods that are rich in nutrients and have anti-inflammatory properties. Include plenty of fruits, vegetables, whole grains, lean proteins such as fish, poultry, beans, legumes and healthy fats.

What you cook with also makes a difference -emphasise herbs and spices with anti-inflammatory properties, such as turmeric, ginger and garlic.”

There is also some evidence that the omega-3 fatty acids EPA and DHA have anti-inflammatory effects - so try to eat a mixture of foods that are high in those, including fatty fish such as salmon or mackerel, flaxseeds, chia seeds and walnuts. Avoiding excess alcohol is also important - among other things, booze disrupts your gut bacteria.

What about not eating at all for periods of time? Part of the rationale for intermittent fasting is that it mimics the sporadic availability of food that would have been the norm for much of human history, and some research suggests that it can help to limit inflammation.

“It goes back to this idea that if you give your body the time it needs to repair itself, it will help autophagy - or the destruction of damaged and unnecessary cells,” says Spector. Early research is promising, but more studies are needed.

What else? “There is some evidence that exercise can reduce inflammation and responses to stress,” says Spector. “Partly because it can help to prevent obesity, which causes inflammation in itself, and partly because it comes with its own benefits.”



Exercise doesn't have to be too strenuous - a 2017 study conducted by the University of California San Diego School of Medicine found that even one 20-minute session of moderate exercise can stimulate the immune system, producing an anti-inflammatory response - but older research suggests that resistance training also helps, implying that the best bet is a mixture of both. If you can, take your walks where there is greenery.

“You can change your relationship to the microbes living on, in and around you by increasing your contact with the natural world,” says Ravella.

“Forest bathing - essentially, taking a walk in the woods and being mindful of what is around you -can help us de-stress, but also exposes us to bacteria, viruses and fungi that can boost our own.”

De-stressing in other ways is helpful, too - and so is sleep. “If you can get your circadian rhythms in order by going to bed at a regular time, that allows repair to occur and makes blood sugar spikes less likely,” says Spector. “It all helps.”

If all this seems a lot to remember, the best advice is to do what a hunter-gatherer would do: go on long walks, occasionally indulge in some strenuous physical exertion and try not to worry too much. Oh, and don't eat anything that you don't recognise as food. We aren't that evolved, after all.

(Article source: *The Guardian*)

## From new hobbies to better health: How technology enhances lives

In today's digital age, technology has become an integral part of our lives, revolutionising the way we communicate, work, and even pursue our hobbies.



**Silver Surfers** reports that while some people may feel hesitant or overwhelmed by the rapid advancements, embracing technology can bring about numerous benefits and open up a world of possibilities. From health monitoring to staying connected with loved ones and exploring new hobbies online, seniors can harness the power of smartphones, tablets, and apps to enhance their quality of life.

### Health monitoring at your fingertips

One of the significant advantages of technology for seniors is the ability to monitor and manage their health conveniently. Smartphones and wearable devices can track vital signs, physical activity, sleep patterns, and even medication schedules. Apps such as MyFitnessPal, Fitbit, and Apple Health allow users to set goals, receive reminders, and stay motivated towards leading a healthier lifestyle.

For those with chronic conditions or specific health concerns, there are specialised apps available. For instance, people with diabetes can use apps like Glucose Buddy or mySugr to monitor blood sugar levels, track food intake, and receive personalised insights.

By embracing these technologies, you can actively participate in your own healthcare and make informed decisions about your well-being.

### Joining live classes online

Another exciting way for seniors to embrace technology is by participating in live classes or workshops offered online. Many organisations and educational institutions host virtual sessions that cater to different interests and skill levels. These classes can cover a wide array of subjects, such as language learning, yoga, music, history, or even technology itself.

Platforms like Zoom facilitate interactive sessions, allowing participants to ask questions, share insights, and engage with instructors and fellow learners. The advantage of online classes is that they offer flexibility in terms of scheduling and location, eliminating the need for travel and providing a safe learning environment.

### Staying connected with loved ones

In today's interconnected world, technology offers seniors the opportunity to stay connected with family and friends, regardless of geographical distance. Smartphones and tablets make it easy to make video calls, send messages, and share photos or videos instantly. Apps like Skype, FaceTime, WhatsApp, and Facebook Messenger provide user-friendly platforms for communication.

Additionally, social media platforms like Facebook, Instagram, and Twitter enable seniors to connect with like-minded individuals, share experiences, and stay updated on current events. Being digitally connected helps combat loneliness and isolation, promoting mental well-being and a sense of belonging.

### Exploring new hobbies and interests online

Retirement often provides an opportunity to explore new hobbies and interests, and technology can be a valuable tool in this pursuit. The internet offers a treasure trove of resources, tutorials, and communities to learn and engage in various activities.

Online platforms such as YouTube, Coursera, and Skillshare offer a vast range of instructional videos and courses on topics like painting, gardening, photography, cooking, and much more. Seniors can learn at their own pace and discover new passions from the comfort of their homes.

### Tips for embracing technology

While embracing technology may seem daunting at first, here are some tips to help you navigate the digital world with confidence:

#### Start with the basics:

Begin by familiarising yourself with smartphones or tablets, learning how to make calls, send messages, and use essential features.

#### Seek support:

Reach out to family members, friends, or local community centers that offer technology assistance programs. Many organisations provide workshops or one-on-one training sessions tailored specifically for seniors.

#### Explore user-friendly apps:

Look for apps with intuitive interfaces and user guides specifically designed for older adults. Many apps offer tutorials and step-by-step instructions to help you get started.

#### Join local senior communities:

Seek out local organisations that host technology-related workshops or support groups. Learning alongside peers can be a rewarding and enjoyable experience.

### Embrace lifelong learning:

Keep an open mind and approach technology with a sense of curiosity. Embrace the opportunity to learn new things and stay engaged with the rapidly changing world around us.

Embracing technology can be a transformative experience, empowering you to take control of your health, stay connected with loved ones, and discover new passions. By venturing into the digital realm, you can unlock a world of possibilities and enjoy the countless benefits that technology has to offer.

*(Story source: Silver Surfers)*

## The power of lifelong learning: Expanding knowledge and skills beyond retirement

Retirement is often seen as a time to relax, unwind, and take a break from the hustle and bustle of daily life.



**Silver Surfers** reports that this phase of life can be so much more than just a period of rest. It presents a golden opportunity to embark on a new journey of self-discovery and personal growth through lifelong learning. The pursuit of knowledge and the acquisition of new skills can not only keep our minds sharp but also contribute to a fulfilling and vibrant retirement.

One of the greatest benefits of lifelong learning is its ability to fuel personal growth. It allows us to expand our horizons, explore new interests, and challenge ourselves in ways we may not have considered before. Whether it's delving into the realms of art, science, history, or technology, there is always something new to learn and discover.

By engaging in lifelong learning, we can foster a sense of curiosity and intellectual stimulation that keeps our minds sharp and active well into our golden years.

In today's digital age, the opportunities for learning are boundless, thanks to the advent of online courses.

Platforms like Zoom facilitate interactive sessions, allowing participants to ask questions, share insights, and engage with instructors and fellow learners. The advantage of online classes is that they offer flexibility in terms of scheduling and location, eliminating the need for travel and providing a safe learning environment.

**Online learning platforms** offer a plethora of classes and courses specifically designed for mature learners, enabling us to acquire new knowledge and skills from the comfort of our own homes. These courses are often self-paced, allowing us to learn at our own speed and convenience.

While mental stimulation is crucial, physical well-being is equally important. Engaging in regular physical activity has a tremendous impact on our overall health and well-being. **Fitness classes tailored for mature learners** are great for staying active and maintaining optimal physical fitness.

From mobility classes that enhance flexibility and joint health to strength training sessions that improve muscle tone and balance, these classes are specifically designed to cater to the needs of older adults. Additionally, cardio fitness classes, such as **dancing** can boost cardiovascular health and endurance, contributing to a vibrant and energetic retirement.

**Art classes** offer another avenue for lifelong learning that not only stimulates our creativity but also supports our cognitive health. Engaging in artistic pursuits, such as painting, drawing, or crafting, can enhance our problem-solving skills, encourage self-expression, and promote mental well-being.

These classes provide an outlet for self-discovery and personal growth, allowing us to tap into our artistic abilities and unleash our imagination.

As we age, it becomes increasingly important to pay attention to our nutritional needs. **Nutrition classes** specifically tailored for older adults can teach us how to make informed dietary choices that support our health and well-being.

These classes provide valuable insights into the importance of a balanced diet, how to incorporate essential nutrients, and strategies for maintaining a healthy weight. By learning about nutrition, we can make positive changes to our diet that can help prevent age-related health conditions and promote longevity.

Embarking on the journey of lifelong learning beyond retirement is an exciting and fulfilling path to take. It enriches our lives, expands our knowledge, and contributes to personal growth. From online courses that cater to our intellectual curiosity to fitness and art classes that enhance our physical and cognitive well-being, the possibilities are endless.

So, why not embrace the power of lifelong learning and unlock the potential that lies within us? Let us embark on this remarkable adventure and make our retirement years truly extraordinary.

Keep learning, keep growing, and let the power of lifelong learning guide us towards a truly fulfilling and vibrant retirement.

*(Story source: Silver Surfers)*



## Travel on a shoestring: Nine of the best budget holidays in Europe

From beach breaks to bear spotting, here are ideas for trips to inspire without breaking the bank. Plus, top tips for cutting costs on trips.

### Adventures: Hike hut-to-hut on Austria's Eagle's Way (pictured above)

In 1829, the German poet Goethe arrived in Tirol. Perhaps he was gazing at the gorgeous Nordkette mountain, backdrop to the city of Innsbruck, when he scribbled: "Here, finally, I have found a place of quiet - a place of peace the likes of which I could have only wished for."

Almost 200 years later, the Austrian region is still renowned for that tranquillity. The Eagle's Way, or Adlerweg in German, runs the length of Tirol - stretching 256 miles in total. It's broken into 24 stages between Kitzbühel in the east, via Innsbruck, to St Anton in the west.

There are a further nine stages (not connected to the first 24) between the Venediger mountains and the 3,798m Großglockner, Austria's highest peak, in East Tirol.

Highlights include the first three sections from St Johann to Kufstein, which take you past the Schleier waterfall, the glimmering Hintersteiner lake and through the spear-headed Wilder Kaiser mountains.

For a longer holiday, start in Innsbruck and head west to St Anton, taking high, wild trails out to the loose paths and scree slopes of the Eppzirler Scharte, and later to views of Germany's high point, the Zugspitze, and Valluga, which looks out over Arlberg.

The huts are high quality - wide sloped roofs, wooden beams and scenic terraces. The food is criminally underrated, too.

Order Käsespätzle, Austria's godly answer to mac and cheese, topped with crispy onions, for a carb boost. A bed costs €15-35 a night, with discounted prices if you join the Austrian Alpine Club.

Book in advance - this is a well-organised nation of hikers. [tyrol.com](http://tyrol.com)

### Become a bear ambassador in the Central Apennines

Marsican brown bears and wolves roam the mountainous grasslands and ancient beech forests of the Central Apennines, in the heart of Italy, just 90 minutes from Rome.

It's here, surrounded by limestone peaks, that Rewilding Europe is working to create wildlife corridors linking two national parks - Abruzzo, Molise and Lazio, and Majella - to the Sirente-Velino Regional Park, with the ultimate aim of extending the range and abundance of bears (and other wildlife) within the parks - as well as bringing new economic opportunities to local communities.

The environmental charity runs a volunteer programme (1 February-15 December), which allows biodiversity enthusiasts to become "bear ambassadors", staying at one of three scenic communes - Ortona dei Marsi, Gioia dei Marsi or Pettorano sul Gizio - where historic architecture is surrounded by lush greenery. Volunteers live together in guest houses (for €300 a month) and work with the local team to set up camera traps, track local wildlife and work with local communities on coexistence actions - doing anything from building electric fences to pruning fruit trees.

It's not only bears and wolves you might see in the hills. Look up and you could spot a golden eagle or griffon vulture circling the skies. The mountains and lush vegetation also hide glistening rivers, caves and canyons, and the open hillsides support Apennine chamois, red deer and wild boars, making for world-class wildlife watching. After work? It's not hard to find good local wine in the Apennines, either. [Saluti. rewilding-apennines.com](http://Saluti.rewilding-apennines.com)

### London to Istanbul by train

Few trains are more storied than the Orient Express, which began carrying passengers from Paris to Istanbul - dinner jackets, bow ties and all - back in 1883. The train has always been first-class only; the carriages all opulent wood panelling and lavish furnishings. Of course, the route also provided the setting for Hercule Poirot's most famous case.

Today, the train lives on as the Venice Simplon-Orient-Express, which runs from London to Istanbul once a year. It costs a small fortune for a ticket, but there is a far cheaper way to take the same route - as long as you're flexible on that wooden panelling.

Start with the Eurostar from London to Paris. Then catch the Nightjet sleeper to Munich, and, after sampling a beer hall or strolling the Englischer Garten, jump on another Nightjet train to Budapest. When you've soaked in the baths and recovered from the ruin bars (typically in dilapidated buildings), take the EuroNight Ister on to Bucharest, then finish the route on the Bosphorus Express, a 19-hour train from the Romanian capital to Istanbul, stepping out to the Golden Horn.

All the same city stops, from about £175 - a fraction of the whopping £19,145 for the Orient Express - and you won't get in trouble for wearing jeans in the dining car.

### Surf, sun and sand Tangier, Morocco

In north-western Morocco, on a bay of the strait of Gibraltar, Tangier has spent its lifetime bending to suit the needs of an ever-changing world. Over the centuries, the port city has been all of the following: a Phoenician trading port, a Roman settlement, an international zone, a transport hub and a bohemian colony.

A short ferry ride from Tarifa in Spain, the "door to Africa", has welcomed all kinds: soldiers, spies, diplomats, addicts, artists and writers. Author Paul Bowles lived here for 53 years, and American beat writers Kerouac, Ginsberg and Burroughs spent time here in the 1950s and 60s. The latter penned most of *Naked Lunch* in the city - a chaotic story of drug addiction, sex and explicit behaviour.

After much investment, today's Tangier is far from Burrough's lurid depictions. Brothels and pharmacies have been replaced with boutique hotels. Yet it still feels like a Moroccan city with a chaotic medina and ancient buildings, but with a more European outlook than, say, Marrakech.



Days here are usually spent slurping mint tea and hopping between cafes. Cafe Baba, popularised by visits from the Rolling Stones and Anthony Bourdain, is a solid starting point. Then there's Cafe Tingis on historic Petit Socco square. Not forgetting the adorable cafe inside the grand, red and white-fronted Cinéma Rif.

You don't tend to go to Morocco to get boozy, but there are a few nightclubs and quirky drinking spots in Tangier. Number One is among them; the cosy, unassuming bar, its walls hidden by posters and artwork, pumps out rock, blues and jazz until late. For top-notch sunsets, head to Cape Spartel overlooking the Atlantic and Mediterranean.

Kicking back on Tangier's sandy shores is great, too. Achakar beach is the best of them, while the Caves of Hercules further down are also worth a look. Surfers often prefer Taghazout and Tamraght, though Tangier's Sidi Kacem can have decent swells.

Tangier isn't short of well-priced places to stay either. Dar Sultan, a colourful guesthouse in the historic quarter has doubles from €120; La Maison de Tanger, a small hotel with Moroccan decor and an oasis-like pool, has doubles from €80.

*Continued on pages 12-13...*



## El Palmar, Spain (pictured above)

People are always looking for the next somewhere. That land of milk and honey promising good swells, sun, quiet beaches and buzzy-but-not-too-raucous nightlife. Ericeira in Portugal was that place until recently inundated with digital nomads. But modern travel waits for no one, so it's on to the next.

This time people are heading to El Palmar on Spain's Costa de la Luz. As with any surf spot worth its weight in sand, El Palmar looks, to the untrained eye, like nothing more than a dusty road and a few low-rise buildings. There's a reason it's Andalucía's surf capital, though.

It has a wide beach that's nearly five miles long, beginner-friendly waves and surf camps galore. A-Frame Oasis serves pre- and post-surf snacks, chiefly avocado toast, smoothie bowls and kombucha. In contrast, La Torre is a cracking spot for a Spanish dinner: the croquetas and local tuna are superb. The nights in El Palmar are low-key lively. Beach bars, such as Chiringuito Gran Baba, spill with attractive twentysomethings grooving to Khruangbin. Above, the skies melt from blue to purple and orange.

Drivers have a lot of pull in this neck of the woods, too (public transport isn't good), especially if they're happy to ferry people to unspoilt beaches, such as Bolonia and Playa de Faro. Better still, if they're prepared to shuttle folk to the windsurfing hotspot of Tarifa.

Kampaoh is a lovely little campsite off the beach. It has fully-kitted-out bell and triangular tents (from €59 for two).

The guesthouse Hostal El Alférez is also a good choice (doubles from £75). Another option is to stay at Conil de La Frontera. The whitewashed beach town has more accommodation options, lively bars (La Luna) and affordable restaurants (El Tascon de La Prensa).

## Biarritz, France

Biarritz was once among France's most popular summer getaways for the glitterati, counting Queen Victoria and Coco Chanel as visitors, before it fell out of favour. The former fishing village got a new lease of life because of a chance visit from the Hollywood screenwriter Peter Viertel in 1956. Viertel was in town working on the film adaptation of Hemingway's *The Sun Also Rises* when he first surfed its gnarly waves. Fast forward a few decades, and Biarritz was well on its way to becoming Europe's surf capital.

Architectural gems - Casino Barrière and Hôtel du Palais - remind visitors of the glory days. In contrast, clothes shops such as Fadead Vintage and vegan cafes such as Le Palm please a new wave of Gen Z and millennial visitors. Along La Grande Plage, the town's main beach, people relax in deckchairs with bottles of vino. In front of them, surfers tear through the Atlantic Ocean waves.

Non-surf-related activities include visits to the Biarritz landmark Virgin on the Rock, while food lovers go for the fresh seafood at Marloe Biarritz or tapas at Le Bar Jean. People take sunsets seriously here. The best places to enjoy a sundown tippie are the buzzy Eden Rock Cafe, or the cliff-top favourite Etxola Bibi, where the views over Plage de la Côte des Basques are knockout. And there's usually a beach party kicking off somewhere.

Hotels can cost a pretty penny in summer, but there are some charming, affordable accommodation options. Joyu Surf Shack in Bidart, about 10 minutes away, is popular with the it-crowd (doubles from £80 and dorm beds from less than £35). Elsewhere, L'escale Surf Hostel is a home-away-from-home style hostel in nearby Guéthary (dorm beds from £35).

## City breaks Granada, Spain

Home to one of the oldest universities in Spain - at which one in three local residents is said to study in or work for - this Andalusian city is full of history, exquisite architecture and cheap eats. The most obvious stop for visitors is the Alhambra, the sprawling palace and fortress complex built by the Moors.

Set aside at least a few hours to explore the finery of Nasrid Palaces, the gardens at Generalife, the fortifications at Alcazaba, and the Renaissance-style Palace of Charles V. It is one of the most popular monuments in Spain and gets busy, so book in advance online at the official site; cheaper tickets are available for European ticket card holders, or for visits to particular areas at night.

Nearby, walk around the hilltop Albaicín neighbourhood, the city's old quarters, where there are viewpoints over Granada. You can also get a bus up to the Sacromonte district, home to the city's Roma community, which is famed for its caves; at night, these turn into bars and host flamenco shows.

Besides its architecture and history, there's another big draw for visitors to Granada: most tapas bars here will bring you food free of charge with a drink order (a tradition that locals are now rallying to save). The Los Diamantes and La Esquinita de Javi (there are several) are favourites, and Pedro Antonio de Alarcón street is a student haunt, with plenty of pubs and bars.

Hostelworld lists low-cost rooms in the centre of Granada at Itinere Rooms (from £35) and Toc Hostel Granada (from £48), among others.

## Lisbon, Portugal

Stroll by the seaside, get lost among winding medieval streets and experience the Portuguese capital's nightlife, which was recently named the best-value location for a European city break. The yellow Tram 28 takes people through some of the major sights and neighbourhoods; it's also worth walking around the hilly Alfama district, the oldest in the city, to discover views of Lisbon and stop by the Castelo de São Jorge, an ancient hilltop castle. For more modern culture, visit the National Museum of Contemporary Art and the Museum of Art, Architecture and Technology.

For pastéis de nata try the famous Pastéis de Belém bakery, known as the birthplace of the pastry. Nearby there's the Mosteiro dos Jerónimos, a palatial monastery, and Belém Tower on the seafront, where you can stroll and relax along the promenade. At sunset, find one of the miradouros (viewpoints) dotted across the city; a friend loves Alfama's Miradouro de Santa Luzia.

The Bairro Alto and Cais do Sodré districts are known for their nightlife; elsewhere, an old mansion turned hangout spot Casa Independente has emerged as a favourite nightclub, and as a coffee spot in the day. For day trips, the beachy resort town of Cascais, and Sintra, a picturesque village at the foothill of the mountains, are less than an hour away by train.

Judging from the results of the Hoscars (the Oscars of the hostel world), the city is home to some of the world's best budget accommodation: Goodmorning Hostel, Lost Inn Lisbon (from €35) and Yes! Lisbon (from €63) have made the list.

## Zagreb, Croatia

The Croatian capital is the perfect "pocket size" city, says Ivana Shiell of the country's tourist board. It's walkable and is said to have the highest number of museums per square metre in Europe. Stroll around the narrow cobblestone streets of the historic upper town: in summer, there are regular open-air concerts and stalls, and every year for 10 days in July (12-23 this year), the Courtyards festival opens up some of the area's palatial buildings to the public.



Year round, there's the landmark Zagreb cathedral and the much-loved Museum of Broken Relationships, which was set up by two artists - and exes - as an ode to all the strange and funny objects left behind after breakups. Other quirky offerings include the Cannabis Museum, which opened last year and is boldly placed opposite the city's police headquarters, as well as the Chocolate Museum, and the Croatian Museum of Naive Art.

Browse street art and vintage shops at Martićeva Street, nab a gableci (cut-price lunch) at eateries around the Dolac farmer's market, and take a nature break at Maksimir park. The restaurants, bars and nightclubs on Tkalčićeva Street attract locals and tourists; get an ice-cream and coffee there in the day, and drinks in the evenings. Croatia's most popular attraction, the emerald-green lakes and waterfalls of Plitvice lakes national park, is a two-hour drive from the city. Buses to the park run from Zagreb daily, and some hostels, such as the Chillout Hostel (from €35 a night), arrange day trips for guests.

(Article source: *The Guardian*)



## Never drink red wine with fish! 10 famous food rules you can absolutely ignore

**It is said you should never wash a mushroom, add salt to pulses in the pan or cook with olive oil. But accepted wisdom isn't always right...**

There comes a point in life when you should start to question the big things - to probe accepted ideas around religion, politics, and the best way to cook pasta. Forget what you learned at your mother's knee, what it says on the packet, or what you once heard a celebrity chef say on Saturday Kitchen... or rather, check it for accuracy. As the saying goes, there's more than one way to crack an egg... but I maintain the most efficient is to tap it against a flat surface and then pull it apart over a bowl. Here are a few other culinary facts that might come as a surprise.

### Cook pasta in water 'as salty as the sea'

I admit this notion does have a certain romance - it's nice to think you're tasting the Adriatic while eating spaghetti alle vongole in Enfield - but if you've ever been smacked in the face by a wave you'll know that level of saltiness is far too much for human consumption.



And while it's true that most of the salt will disappear down the plughole when you drain the pasta, if you try cooking it at the same level of salinity as the Med, with 38g salt per litre of water, you'll find it's still completely unpalatable.

To be fair, those who repeat the claim, like Katie and Giancarlo Caldesi in their book *The Long & the Short of Pasta*, or even the great food writer Anna del Conte, are usually mistaken about the saltiness of the sea, rather than how to cook pasta, because the Caldesis go on to recommend a mere 5g of salt per litre.

Certainly you do need some salt - pasta cooked without it will be bland and disappointing, however delicious the accompanying sauce - but how much depends on your palate.

Del Conte suggests 10g per litre, or at least a teaspoon-worth "if you want a pasta worth eating", a formula also approved by the Michelin-starred chef Giorgio Locatelli. According to Serious Eats culinary director Daniel Gritzer, 2% is, for him, "the top end of what's tolerable, tasting very well seasoned but also noticeably salty".

There's also debate around whether pasta is best cooked in a very large pan of water, as is traditional, or whether you can save power by using a smaller pot, and less water.

I won't delve into it here, but look up J Kenji López-Alt's take on the subject on the aforementioned Serious Eats website.

### Never wash a mushroom

As the US's *Bon Appetit* magazine cautioned mushroom-loving readers back in 2017, "If your usual move is to bring them home from the market and immediately stick them under a running faucet - stop!... Dry mushrooms are delicious mushrooms."

It's almost as if they hadn't read the very first instalment of what was to become my *How to cook the perfect...* column back in 2010, where I thoroughly debunked the idea.

As I noted back then, Delia Smith, Gordon Ramsay and even the Mushroom Bureau (subsequently rebranded as More with Mushrooms) are also in the no-wash camp, with Smith explaining that fungi "already have a lot of moisture and washing them means they absorb even more, which can make them soggy".

In fact, though they absorb relatively little water in this process, it turns out any added moisture is a good thing - because, as Dave Arnold of the International Culinary Center observes, "While the mushrooms are boiling off their water, they aren't absorbing oil."

By the time the boiling stops they have already collapsed, so they aren't as porous as a raw mushroom and don't want to absorb oil." Dry mushrooms soak up more oil than wet ones, which, oddly enough, makes them less pleasant to eat. So, in short, stop being lazy and get out the colander.

### Olive oil is for dressing, not cooking

You'll often hear that extra virgin olive oil should never be used for high-temperature cooking because it has a relatively low smoke point: 200C (392F), as opposed to sunflower oil's 225C (437F), or rice bran oil's 260C (500F).

First off, as Prof Tim Spector observes in his latest book *Food for Life*, unless you're doing some professional-level stir frying (when the wok should approach 300C) or really cranking up the oven, this is unlikely to be a problem. (Olive oil treated to raise its smoke point is, he says, "highly processed... and best avoided".)



Second, Spector continues, the high saturated fat content of good quality olive oil makes it more stable when heated at continuous high temperatures (110C/230F) than many vegetable oils, which break into compounds of "unknown health risk" (to say nothing of their effect on a food's texture and flavour).

Plus, olive oil is rich in polyphenols, with high-grade extra virgin examples containing "at least 30 different antioxidant polyphenols, including tyros, lignans and other flavonoids that appear to have beneficial effects on ageing and inflammation, particularly on the heart and brain". For these reasons, he writes, "a good extra virgin olive oil is my cooking oil of choice".

### Chilli seeds = heat

We've all diligently picked out every last fiddly seed from a chilli at the behest of recipes which claim, like those in *Floyd on India*, that the more you leave in, the hotter the result.

In fact, if you remove the seeds from a genuinely piquant pepper, give them a good rinse and put one on your tongue, you'll discover they taste of very little; the real heat comes from the white membrane that attaches them to the flesh of the chilli, which is the thing you actually need to get rid of if you want the flavour of the fruit without too much of its fire.

*Continued on pages 16 -17...*





### Never eat a closed mussel

This advice comes from the same over-anxious place as vastly inflated turkey roasting times - and while in general, I think it's wiser to err on the side of caution when it comes to food safety, the fact remains that any mussel that can be easily opened should be perfectly safe to eat.

According to Australian marine biologist Nick Ruello: "Extensive cooking tests show that some mussels do not open up even after prolonged cooking and the flesh becomes overcooked.

These tests also showed that some mussels which have opened up and (been) removed from cooking have in fact been undercooked. The now common concern about mussels not opening after cooking is therefore misdirected."

You should, however, treat those with broken shells, or which are gaping open before cooking with a bit more care. Give them a tap, and they'll most likely close, at least partly.

If they don't, they're probably dead, so get rid of them, before proceeding with greedy abandon.

Take reassurance from the testimony of Spanish seafood blogger Harley Gutiérrez: "Rotten mussels smell incredibly bad.

They smell like rotting flesh and seafood. The smell is so strong and pungent that it can be difficult to be near them." If they're off, you'll probably know about it.

### Tiptoe around a soufflé

With a fearsome reputation as the prima donna of the culinary world, it's often claimed that the secret to super soufflés is to treat them with kid gloves, whipping as much air into the egg whites as possible before losing no time in folding in the remaining ingredients and getting them in the oven.

There must be no sudden movements, no loud noises and God forbid, the likes of Mary Berry and James Martin plead, no opening the oven door until the buzzer goes off!



In fact, once you've got as much air in the batter as you can, the rest is pretty much foolproof: the soufflés can be refrigerated for several hours before baking, and as long as the oven is hot, they will rise.

Open the door to check on them if you need to: McGee reassures cooks that "the mix can't fall unless it actually begins to cool down, and even if that did happen, it will rise again when it heats up again". You'll still need to rush it to the table before it collapses though; this is cooking, not magic.

### Always seal your meat

The idea that you can seal the juices into meat by searing the outside has a long history - I find it recommended in the Ladies Home column of the Gloucestershire Chronicle of 11 October 1902.

No doubt many disgruntled ladies are now complaining to the editor in the next world, because, though starting meat in a hot pan will help to create a delicious crust, that crust isn't watertight, as you'll realise when your carefully seared steak leaks liquid all over the chopping board. The secret to juicy results is, in reality, to let it rest long enough after cooking to reabsorb all that liquid before cutting and serving.



### Never salt pulses in the pan

An object lesson in keeping up to date with your culinary knowledge: in the copy of Delia's Complete Illustrated Cookery Course that I grew up with, our national treasure writes, apropos pulses, that "perhaps the most important rule is not to add any salt until the end of the cooking" as "salt draws out moistness ... and hardens the skin, so even a small amount of salt in the soaking or cooking water will simply retard the process".

No doubt I've dutifully repeated this message over the years - yet in her Complete How to Cook, published in 2009, Smith admits that she now always adds salt during cooking "as it really does give a better flavour ... salt never seems to be absorbed properly when added at the end".

Indeed, food science writer Harold McGee informs readers of his seminal *On Food and Cooking* that, though salt "does slow the rate at which (pulses) absorb water", they will still soften, while soaking beans in salted water actually speeds up the cooking time but, he believes, gives a mealier texture - something hotly debated by Joe Yonan, food editor of the *Washington Post* and author of the book *Cool Beans*, who always soaks his pulses in salted water... when he soaks them at all. But that's another story.

### Fish and red wine don't mix

Never trust a trigger-happy, emotionally unavailable secret agent with an alcohol problem: not only was James Bond wrong about martinis (they should be stirred, not shaken, unless you actually prefer them more watered down) but in *From Russia With Love* he claims only a wrong 'un would order chianti with fish. How gauche!



In fact, though 007's choice of champagne is a better one with the buttery sole, the only fish this prohibition makes sense with are oily species like mackerel and herring, which can react with the tannins in fuller-bodied red wines, like a vintage chianti, to create a metallic aftertaste. The baddie's dinner may have been overpowered by his choice of wine, but I'd defend his right to enjoy it over Bond's snobby rules any day.

### Food should be served piping hot

Whatever TripAdvisor reviewers may believe, a 2007 study by researchers at the University of KU Leuven in Belgium found that our perceptions of flavour decline when eating food above 35C (95F), with sweetness and bitterness becoming more pronounced at the expense of salty and sour notes.



There may be a payoff in terms of texture (which is why fried foods are usually best consumed as hot as you can bear) but all things being equal, most foods will taste of more if they're allowed to cool down a little before serving. In short, don't send that taverna moussaka back to be nuked in the microwave; savour the flavour instead.

(Article source: *The Guardian*)



## Hot tips: The do's and don'ts of looking after your garden in a heatwave

So, summer's here and many gardeners will no doubt be reaching for the watering can, checking the levels of their water butt and wondering if a hosepipe ban is going to spread to their area. Here's a guide to good practices when the mercury's rising.

There's already a ban across Cornwall and parts of Devon, so it's important to know the best ways to garden to save water, and which plants may be susceptible. Experts offer the following do's and don'ts of heatwave gardening.

**DON'T** water during the heat of the day. Early morning when it's cooler, or evening when the sun has gone down is best, as the plants can hydrate overnight, recommend experts Katie Kingett and Yoko Briggs at The Lost Gardens of Heligan.

Rose specialist Philip Harkness, of award-winning Harkness Roses, says watering roses in the early morning, especially if they are in pots, is better, as the plants get the water they need during the day.



"If you water in the evening, there's more humidity overnight, and that is quite an encouragement for fungi such as blackspot and rust to grow."

**DON'T** water the top of the plant. Watering the leaves can burn plants, which need the moisture in their roots. Kingett and Briggs advise: "If you're growing cucurbits, or plants in a poly tunnel, dig a small terracotta pot into the ground beside the plant, so water goes straight to the root."



**DON'T** water plants little and often. This will only encourage roots to come to the surface and then be dried out by the sun, advises Kate Turner, Gardening expert for Miracle-Gro.

**DON'T** feed your lawn when it's already scorched. The ground needs to be moist for any feed to work, so unless you have been irrigating your lawn from the start, wait until the autumn to start TLC (tender lawn care). Lawns will nearly always recover during autumn, so it's more important to look after your plants during this dry season, she adds.



**DON'T** cut your grass often. Grass won't grow as much in the heat, so it shouldn't need to be cut so much. If you do have to mow your lawn, use a higher setting, so you do not damage the plant and its roots, say Kingett and Briggs.

**DON'T** water the whole garden. Established borders shouldn't need as much watering, because the roots of established plants will go deeper to find moisture.

**DON'T** plant in a heatwave. Now is not the time to plant anything other than small plants in containers.

The soil will be hard and the roots won't reach down into the soil, so they will need constant watering and will be stressed by the heat. Wait until the autumn when the soil is still warm, but when there will be a regular supply of rain, Turner suggests.

**DON'T** water irregularly. "Irregular watering can lead to bitter flavours in fruit and vegetables, and with tomatoes, a condition known as blossom end rot - where the bottom of the tomato turns black," says Turner.

**DO** use grey water. If you have a hosepipe ban in your area, you can use 'grey water' such as washing up water, so long as you have used a very small amount of environmental dish cleaner, say Kingett and Briggs.



**DO** protect your plants from the sun in a heatwave. Put them in the shade if the pots are moveable, and in the greenhouse, protect vulnerable plants like seedlings, by either using a lime wash over your greenhouse glass to reflect the heat and light, or by draping a cotton sheet over the windows, Kingett and Briggs suggest. It can also help lettuces and other veg from bolting. "Ensure you let your plants breathe by opening up your greenhouse and relieving them from the extreme temperatures," Turner adds.

**DO** water generously and less frequently. This will encourage roots to stay down in the soil, says Turner.

**DO** keep soil or compost evenly moist. Soaking dry soil can result in some crops - such as tomatoes - splitting and becoming unusable, she suggests.

**DO** focus on the plants that really need it. Most important are those in containers, so group them together and place them in the shade if you need to. Feed weekly with a liquid feed, while the soil is damp before use, Turner advises.

**DO** mulch. If you have certain trees or plants with soil you wish to protect, such as fruit trees or fruit bushes, you can weed and water the soil around them and then mulch with a peat-free compost to keep the ground damp and cool. This helps protect the micro-organisms and mycelial network from being damaged, Kingett and Briggs advise.

**DO** continue to weed. Weeds will be competing with your plants for water and nutrients, so do continue to get rid of them. If small, hoe the tops off the soil and leave the roots to be baked in the sun, says Turner.

(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:

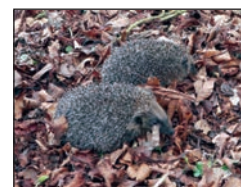
## 'Julie'



'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)  
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