OURPLACENews

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

JULY 2020

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A useful guide to shielding

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From savings to mortgages, how to handle your money as coronavirus lockdown measures start to lift

PLUS.a

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

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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ta Privacy

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Coronavirus (COVID-19): what you need to do Stay at home

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

Anyone can spread the virus

Full guidance on staying at home and away from others

The single most important action we can all take, in fighting coronavirus, is to stay at home in order to protect the NHS and save lives.

Details

When we reduce our day-to-day contact with other people, we will reduce the spread of the infection. That is why the government is now (23rd March 2020) introducing three new measures

- Requiring people to stay at home, except for very limited purposes
- 2. Closing non-essential shops and community spaces
- 3. Stopping all gatherings of more than two people in public

Every citizen must comply with these new measures. The relevant authorities, including the police, will be given the powers to enforce them - including through fines and dispersing gatherings.

These measures are effective immediately. The Government will look again at these measures in three weeks, and relax them if the evidence shows this is possible.

Symptoms and what to do

Do not leave your home if you have coronavirus symptoms

Do not leave your home if you have either:

- a high temperature this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.

Use the 111 online coronavirus service to find out what to do.

Advice for people at high risk

Who's at high risk from coronavirus

Coronavirus can make anyone seriously ill, but there are some people who are at a higher risk.

For example, you may be at high risk from coronavirus if you:

- have had an organ transplant
- · are having certain types of cancer treatment
- have blood or bone marrow cancer, such as leukaemia
- have a severe lung condition, such as cystic fibrosis or severe
- have a condition that makes you much more likely to get infections
- are taking medicine that weakens your immune system
- are pregnant and have a serious heart condition

Who's at high risk from coronavirus

If you're at high risk of getting seriously ill from coronavirus, there are extra things you should do to avoid catching it.
These include:

- not leaving your home you should not go out to do shopping, pick up medicine or exercise
- stay at least 2 metres (3 steps) away from other people in your home as much as possible

Ask friends, family or neighbours to pick up shopping and medicines for you. They should leave them outside your door.

Self-isolation helps stop coronavirus spreading

Do not leave your home if you have symptoms of coronavirus (COVID-19) or live with someone who does. This is called self-isolation.

If you are self-isolating, you must:

- not leave your home for any reason, other than to exercise once a day - but stay at least 2 metres (3 steps) away from other people
- not go out to buy food or collect medicine order them by phone or online, or ask someone else to drop them off at your home
- not have visitors, such as friends and family, in your home

You can use your garden, if you have one.

STAY AT HOME!



Health & Beauty News

66 year old gardener discovers turmeric for arthritis pain, but has life changing side effect. read his story...

If you find yourself thinking you're going to be stuck on prescription medications for the rest of your life just to ease the pain of arthritis or joint pain, you should read the JointFuel360 testimonial William E. from Manchester just sent us.



Lifestyle Mag reports that we hear far too often that people have to turn to prescription drugs to ease joint pain and knowing the side effects many of these prescriptions hold in store, we cringe every time.

It's turmeric reviews like William's that make us extremely happy because someone has been able to stop taking prescription drugs and they've been able to replace it with natural remedies that people have been using for thousands of years.

How William was able to stop taking opiates

"My doctor wanted to take me off the opiates I had been prescribed for over 10 years. I have severe Arthritis in both knees and other conditions which make knee replacement not possible - leaving me in a considerable amount of pain. She suggested I try Turmeric as an herbal pain killer. Being an avid gardener, I was excited to try an herbal remedy for once. The pharmacy only carried a generic 100 mg pill which I tried for a while. My knee pain was reduced a little, but not much - certainly not enough to garden without pain.

After doing a bit of research I found that JointFuel360 was one of the most highly recommended choices for this type of premium turmeric curcumin supplement. I started taking 2 capsules daily. Within four days I started feeling much more freedom in my joints and could tell my inflammation had gone down significantly.

After a little more than a week I noticed my shoulders regained full range of motion, my knees and ankles can carry me through a whole day of gardening, but that's not all! I was having to keep a notebook on me to keep track of my watering schedule, but after taking turmeric for 3 weeks, I could tell that I was thinking more clearly and the notebook was no longer needed. My brain functioning was sharper! An unexpected super side effect that has made my life so much easier!

Normally after gardening, my joints would be swollen, I felt stiff and old. After taking JointFuel360 I noticed that my joints were no longer swollen after activities like they used to be.

I went roughly two weeks without taking turmeric and guess what? I started hearing my bones creak, ankles were swollen and I couldn't give my garden the attention it needed (not to mention my wife said I was cranky)!

I decided to re-order the "41% off" 3 month supply of JointFuel360 and shortly thereafter, I'm back to my old self again! No aches and pains, my swelling has gone down .. even my wife said I'm back to my cheerful self again :) I have no doubt JointFuel360 is the real deal, if you're thinking about trying it, don't wait. I was most definitely a skeptic too, but trust me, it's one of the best decisions I've made."

Benefits of using JointFuel360

With so many advantages to its use documented over so long a period of time, it's no wonder at all why JointFuel360 has become a household name in health support.

Countless of doctors across the world are urging consumers to take Turmeric Curcumin on a daily basis. Not only does it relieve arthritis and joint pain, but it also has many other amazing benefits.

JointFuel360's ingredients have been scientifically proven to:

- Be a powerful natural anti-inflammatory Compound
- Bolster Immune System Defences
- Help regulate the digestive system
- · Promote mobility and flexibility
- Lead to various vascular improvements that lower your risk of heart disease
- · Dramatically increase the antioxidant capacity of the body
- Boost cognitive function, linked to a lower risk of brain disease such as Alzheimer
- Ease arthritis patients' pain
- · Help delay aging and fight age-related chronic diseases

Caution: not all turmeric supplements are created equal!

The majority of turmeric supplements on the market advertise the fact that they CONTAIN standardized curcuminoids, and while they aren't completely lying, they sure are not telling the whole truth!

The reason you take a turmeric supplement is to get the key ingredient curcumin and while organic turmeric root powder isn't bad, it's nowhere near as effective as standardized turmeric extract with 5% curcuminoids. Here's why.

(Story source: BBC News)



Health & Beauty News

Turmeric root powder contains about 1-2% curcuminoids, remember, curcumin is the KEY active ingredient that you look for. Compare that to standardized turmeric extract which contains 5% curcuminoids. This formula is almost 5 times more effective!

Combine this with black pepper for absorption, and you have a much more powerful turmeric supplement than ANY organic supplement! If you're looking for RESULTS, you want JointFuel360 with 200mg of Standardized Turmeric Extract (5% Curcuminoids) per serving and be SURE it includes black pepper because if it doesn't, you won't be able to get any of the curcumin into your body!

Conclusion

If you're looking for the best product on the market to relieve pain, increase overall flexibility, along with many other amazing benefits, then JointFuel360 is for you.

(Story source: Lifestyle Mag)

Over-50s and key workers to be given priority for coronavirus vaccine, Hancock says

No jab yet available, but production of possible vaccines already under way to build up stockpiles.

The Independent reports that over-50s are to be given priority for a coronavirus vaccine when it becomes available, along with key workers in the health and social care sectors and those with heart and kidney disease, the health secretary has said.

No jab is yet available, but human trials began on a second potential vaccine being developed at Imperial College London this week, while production has already started on another possible inoculation at Oxford with the aim of building up stockpiles to be ready for deployment if it is approved for use in the autumn.

Speaking at the daily Downing Street coronavirus briefing, Matt Hancock said his approach to vaccines was "to throw everything at it as fast as we can" in order to have inoculations ready to use as soon as they are deemed safe.

But the massive demand for protection from Covid-19 is likely to force millions of people to wait their turn, and the Joint Committee on Vaccination and Immunisation (JCVI) today issued interim advice that jabs should go first to frontline health and social care workers and those at increased risk of serious disease and death because of age and underlying health factors.

Mr Hancock said that work was under way to see whether black, Asian and minority ethnic people should be added to the list because of research showing that they make up a disproportionate share of cases and deaths.

The health secretary said: "In the long run, the best way to defeat this virus is of course the discovery of a vaccine. And since the start we've been supporting the most promising projects.

"As of this week, the Imperial vaccine is now in the first phase of human clinical trials. And AstraZeneca has struck a deal for the manufacture of the Oxford vaccine. They're starting manufacturing now, even ahead of approval, so we can build up a stockpile and be ready should it be clinically approved."

Mr Hancock said that in deciding who comes first in the queue for the vaccine, ministers will be "guided by the clinical science, prioritising those in most need".

The JCVI report recommends "priority vaccination for two groups frontline health and social care workers, and those at increased risk of serious disease and death from coronavirus, including, for example, adults over the age of 50, and those with heart and kidney disease", he said.

And he added: "As we learn more about the virus, we will continue to take into account which groups may be particularly vulnerable, including for example those ethnic minority backgrounds, so we can protect the most at-risk first should a vaccine become available, and get this country back on our feet as soon as we possibly can.

"Our approach to vaccines is to throw everything at it as fast as we can and rigorously to test and make sure that they're safe before deployment."

(Story source: The Independent)

Living with hearing loss

Understanding your hearing there are a few things that you need to know. It's your brain that hears not your ears.

50 Plus reports that your hearing serves many purposes such as keeping you safe, locating where sound is coming from and helping you follow conversations. Your ears and brain form a system that works together. Your ears funnel information into the hearing system and your brain processes the information into sound and meaning.

Did you know?

- Untreated hearing loss often leads to reduced contact with family, friends and colleagues.
- Untreated hearing loss makes it difficult to stay connected and to communicate with others.

Finding it difficult to follow conversations when having a hearing loss is often exhausting and very frustrating for others as well as yourself. Getting through the day with a hearing loss can be hard work.

Everyday situations require more effort in order to follow and understand what is being said. When you have a hearing loss, your ears lose their ability to pick up certain sounds. Your brain has to work much harder to fill in the gaps and guess what is being said.

(Story source: 50 Plus)



Staying safe: A useful guide to shielding

When cases of coronavirus rapidly escalated earlier this year, the UK government instructed those deemed most at risk of needing hospital treatment if diagnosed with Covid-19 to stay at home.

These 'shielding' measures were designed to protect 2.2 million people and to ease potential stress on frontline NHS services.

While everyone was advised to follow general social distancing guidelines to help stop the spread of the virus, two higher-risk groups were told to take even more precautions to protect themselves; the "clinically vulnerable" which includes all over 70s and the "clinically extremely vulnerable".

The latter group - the most at risk - are the ones who were told to shield. They include solid organ transplant recipients, some cancer patients undergoing chemotherapy and radiotherapy, people on immunosuppression drugs, pregnant women with significant heart disease and those with severe respiratory conditions such as cystic fibrosis, asthma and COPD. The list also included over vulnerable 90,000 children.





Health & Beauty Feature

In essence, the advice to those told to shield was to stay at home. Most were advised by their GPs against going to work, shops or visiting friends and that face-fo-face contact with anyone aside from carers and care workers should be avoided.

In response, an army of 500,000 volunteers helped to deliver free food and medicine straight to the doors of the extremely vulnerable and support workers have been making regular checkins over the phone.

An update in the guidance

Against the backdrop of falling rates of coronavirus infections, the government has updated its guidance for people who are shielding. On 22 June the government set out a series of steps for further relaxing shielding guidance which will come into effect on 6 July and 1 August.

Even so, the importance of following social distancing guidelines remains paramount. People who are shielding should remain at a 2-metre distance from others, shouldn't leave the house more than once a day and should continue to avoid crowded places, including busy shops and workplaces.

It is suggested that any time outside should only be spent with members of their household or, in the case of the anyone living alone, with one person from another household. In those instances, contact should ideally be with the same person each time.

Protecting yourself from Covid-19

While the rules may have been relaxed, it's important for those shielding to continue to minimise the time spent in communal areas, even with those in the same household. The aim at all times should be to minimise potential exposure to the virus.

If possible, this means using a separate bathroom and towels, wiping surfaces clean regularly and drawing up a rota that ensures clinically extremely vulnerable family members use washing facilities before others. Meals should continue to be taken alone and you should aim to sleep in a separate room from anyone else.

Face coverings

The UK government is now proactively advising people to wear face coverings whenever social distancing is difficult. Those shielding should first and foremost look to avoid such places and must recognise that covering the mouth and nose is not a substitute for physical distancing.

The ultimate aim of promoting face coverings is to prevent people who have the virus but are not experiencing symptoms from passing it on to others.

If you're considering buying a mask, it's worth understanding the difference between the various types available. Surgical masks (also known as simple face masks) do not have an airtight seal and subsequently are not designed to protect the wearer from inhaling airborne bacteria or viruses whose particles are smaller.

Respirator masks, which include Euro-certified FFP 1, FFP2, FFP3 and US-certified N95 and N99 varieties are designed to filter particles to various degrees. FFP2 masks are most commonly used by healthcare professionals in the UK.

Handwashing and respiratory hygiene

Day-to-day personal hygiene remains hugely important. Everybody should wash their hands frequently with soap and water or with a sanitiser gel. It is also important to refrain from any unnecessary touching of your face, particularly eyes nose and mouth.



Coughs and sneezes should be caught in a tissue with the tissue then disposed of immediately. If tissues aren't available, people should aim to sneeze into a bent elbow.

Staying physically and mentally active

Despite a raft of supportive measures, many of those following the shielding guidelines have found the ongoing situation stressful. It is advised that if you are feeling anxious about a change in routine or regular care arrangements that you speak to friends and family either online or by phone. There are also lots of advocacy groups ready to listen.

Eating healthy food, drinking enough water and exercising at home are all things you should be doing. The NHS has numerous at-home workout guides available that can be followed even if you don't have much space.

Finding and sticking to a routine can be beneficial and it's important to make time to do things you enjoy, whether that's reading, writing, playing games, doing puzzles or being creative.

(Article source: Silver Surfers)

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necessities

Money & Work News

UK reports rise in over-50s looking for work.

Surge in universal credit claims highlights precarious financial situation of demographic.

struggling to pay for



The Guardian reports that increasing numbers of people aged over 50 in the UK do not have enough money to pay for basic necessities, a study of labour market statistics has shown.

Claims for universal credit, which is available only to households with savings of less than £16,000, from the over-50s have more than doubled since March.

The research, commissioned by Rest Less, a website for the over-50s, came after Ipsos Mori found the coronavirus crisis could leave the next generation of retirees significantly poorer and sicker.

Stuart Lewis, the founder of Rest Less, said: "Sadly, this is only the tip of the iceberg as many of those unemployed in their 50s will not be eligible to claim universal credit. The surge in older claimants highlights the extremely precarious financial situation that many of this demographic find themselves in today.

"With birth rates having declined for decades, the over-50s have been the main driving force behind the success story of UK employment growth in the years leading up to the pandemic," he added. "Crucially, they will need to be just as essential to any recovery of the economy on the other side."

Sue Burton Ross, 66, does not qualify for universal credit even though she is struggling financially. Burton Ross was made redundant from her role as a business support manager in the care sector at the end of February.

Burton Ross has applied for more than 200 jobs and has had 12 interviews. She believes her age is the key reason why she has not been selected for many of these roles. "My mental, physical and financial wellbeing have suffered as a result of jobhunting during the pandemic," she said. "I cannot access universal credit because I have just started taking my state pension, even though it doesn't cover my bills."

The Office for National Statistics figures show claims for universal credit increased by 117% in two months, rising from 304,000 to nearly 660,000. The claims represent about 6% of those aged over 50 who are considered economically active, either in work or actively

Before the pandemic, over-50s were already more likely to be in long-term unemployment than their younger counterparts, while analysis of insolvency data found an alarming increase in female insolvencies over the age of 65.

Lewis said: "In a year when the state pension age increases to 66 and with more over-50s claiming universal credit than those under 25, this is a wakeup call for government policy. The fear is of a lost generation of highly talented, older workers forced permanently into a miserable and unaffordable early retirement."

Kim Chaplain, the associate director at the Centre for Ageing Better, said: "These figures are really worrying. Without action, we risk seeing many in their 50s and 60s fall out of the workforce years before the state pension age."

Caroline Abrahams, the charity director at Age UK, said: "Postpandemic, the government needs to make sure that job centres and other back-to-work support offers have the skills and expertise needed to address the specific barriers faced by older people.

"Otherwise those in their late 50s and 60s may end up having to claim universal credit or draw down savings, which they had worked hard to put by, with the aim of providing them with a decent

(Story source: The Guardian)

Free TV licence for over-75s to be means-tested from August 1

The free TV licence for over-75s will be means-tested from August 1, the BBC has said.

Silver Surfers reports that the broadcaster previously postponed the axing of the universal entitlement for pensioners because of the coronavirus pandemic.

Means-testing was pushed back from June 1 to August 1, with outgoing director-general Lord Tony Hall saving it was not the right time to introduce it in "the middle of a crisis".

But the corporation has now said the new scheme will begin on August 1.

BBC chairman Sir David Clementi said: "The decision to commence the new scheme in August has not been easy, but implementation of the new scheme will be Covid-19 safe.



Money & Work News



"The BBC could not continue delaying the scheme without impacting on programmes and services.

"Around 1.5 million households could get free TV licences if someone is over 75 and receives Pension Credit, and 450,000 of them have already applied.

"And critically, it is not the BBC making that judgment about poverty. It is the Government who sets and controls that measure.

"Like most organisations, the BBC is under severe financial pressure due to the pandemic, yet we have continued to put the public first in all our decisions.

"I believe continuing to fund some free TV licences is the fairest decision for the public, as we will be supporting the poorest, oldest pensioners without impacting the programmes and services that all

The broadcaster has been urged by charities such as Age UK to scrap the decision to end the universal benefit.

The charity called on the "BBC and the Government to sit down and agree a way forward", saying that pensioners relied on their free TV licence more than ever, as their main source of news and information about Covid-19 in lockdown.

The free TV licence was introduced in 2000, but the BBC agreed to take on responsibility for funding the scheme as part of the charter agreement hammered out with the Government in 2015.

The broadcaster, which faces increased competition from streaming giants, has said it cannot afford to take on the financial burden from the Government.

Continuing with the Government scheme would have cost the corporation £745 million, the BBC said, meaning the closures of BBC Two, BBC Four, the BBC News Channel, the BBC Scotland channel. Radio 5 Live, and a number of local radio stations, as well as other cuts and reductions.

But the move provoked a swathe of criticism, with the likes of Dame Helen Mirren calling the end of the universal entitlement "heartbreaking", and former prime minister Gordon Brown saying "costs should be covered by the Government".

The decision comes as the Government is set to announce its response to a consultation on decriminalising licence fee evasion. The Government launched an eight-week consultation in February which received more than 100,00 responses.

A report in May in The Times newspaper, citing data obtained via the Freedom of Information Act, suggested that hundreds of people had opted to cancel their TV licence each day over the past five months.

The broadcaster has launched a programme of voluntary redundancy as it attempts to make £125 million in savings this year - on top of the previous £800 million savings target - due to the pandemic.

It has also announced job cuts in TV news and local radio in England and said it was axing more than 150 roles in Scotland, Wales and Northern Ireland.

It also plans to cut around 450 jobs in BBC News, to take place at a later date.

The broadcaster said safety would be at the "heart" of the scheme", as "no-one needs to take any immediate action, or leave their home, to claim for a free TV licence or pay for one".

Digital, Culture, Media and Sport Committee chairman Julian Knight described the decision as a "body blow to millions of British pensioners", saying he had hoped the Government and the BBC would thrash out "a fresh deal".

The Conservative MP said: "This mess is a result of a poor decision struck by the outgoing director-general and now Britain's pensioners are having to pick up the cost."

Broadcasting union Bectu said the Government should pay for the

Its head Philippa Childs said: "This BBC has been put in an impossible position by the Government on free licences... It should never have had to choose between charging over-75s and losing essential revenue.

"The BBC's role is to inform educate and entertain the nation, not make welfare or benefit decisions. That is the role of government and it is the Government who should be administering and funding this benefit."

(Story source: Silver Surfers)





Unlock your finances: From savings to mortgages, how to handle your money as coronavirus lockdown measures start to lift.

As the temptations of shopping and going out return, here's your to-do list for keeping a handle on your finances.

Lockdown has created an accidental savings boom. Bank of England figures revealed this week that savings deposits by UK households increased by a record $\pounds 25.6$ bn in May. On top of that, we paid off a record $\pounds 7.4$ bn of debt.

Is it possible to keep up these financial habits even as things creep back to normal? We will only find out if we try, so i has put together a guide to figuring out the next steps for your finances.

Savings

The base interest rate is at a record low of 0.1 per cent, which means that savers are getting very little return for their money.

If the pandemic has given you a chance to save more than usual, now might be the time to think about where that money is sitting.

If you don't have an immediate use for it, could you move some from an easy-access account to a fixed-term one with better rates? Some people are also putting the extra money into alternatives such as premium bonds, purchases of which hit a 14-year high in April.

When it comes to keeping up the habit of regular saving even as some businesses reopen, try looking at how your outgoings differed recently and deciding which of these changes you would like to keep up.



Money & Work Feature

Laura Laidlaw, the head of customer communications at Standard Life, says: "For example, after discovering the abundance of free fitness classes online, do you really need to go back to spending hundreds of pounds a year on the gym? Converting this into savings could make a big difference for your financial fitness instead.

"And what about the daily coffee run? If you managed the past few months drinking home-brewed coffee, you will have saved more than £100."

Debt

Having savings is great, but you should not focus all of your energies on building up cash if you still have debts. Interest-free overdrafts of up to £500 and payment holidays on credit cards are still available until the end of October, thanks to the intervention of the Financial Conduct Authority (FCA).

But remember that these should be used only when you have no other options. On credit cards, interest is still accumulated during payment holidays and it is best to return to regular payments as soon as possible.

For overdrafts, many banks were planning to introduce much higher interest rates this year and may well apply these to anything that is not paid off once your grace period is over.

Mortgages

The period in which payment holidays are available on mortgages has been extended until 31 October. You can still apply if you are worried about missing a payment, but once again lenders say the option should be used only if necessary, and you should talk to your bank if you are concerned about your financial situation.



Something else for borrowers to think about is whether they could be getting a better deal now that interest rates are so low. Cassie Stephenson, of mortgage broker Habito, explains: "When you first take out a mortgage, you will get a tempting deal at a cheap rate, locked in for two, three or five years. When that time is up, you automatically get moved to your lender's much more expensive standard variable rate (SVR).

"If you are coming out of your mortgage holiday and preparing for your repayments to go back up, it really could pay to shop around for a cheaper, money-saving deal.

"An estimated 850,000 UK homeowners will be moving on to their lenders' SVRs in the next six months. The cost of not switching is in the region of £3,500 every year."

Renters

Renters coming to the end of leases are in a good position to try negotiating with landlords. Matthew Addison, the boss of the group deposit saving service Stepladder, says:

"Be sure to take a look at the pricing in the area to give you a sense of how much it may have moved before initiating the conversation. Remember, for a landlord a renter moving out can represent two months of lost rent, so you have some leverage."

Both tenant and landlord must agree to new terms in writing, or you could risk affecting your credit score.

Bills

While there is not much you can do about household bills rising, you can see whether you are on the best deals. For example, households can save hundreds of pounds by switching energy tariffs.

"Millions of consumers whose fixed-energy deals have come to an end in lockdown could save £273 a year on average by switching from their SVR," says Ernest Doku, of Uswitch.com. He says that the same goes for broadband and the average household could save £120 a year and even get a faster fibre service as part of a new contract.

But beware of termination fees, which could outweigh the financial cost of switching provider.

Other bits for the to-do list

- Subscriptions If you added an extra streaming service to your usual subscriptions to keep everyone entertained at home, don't forget to cancel any that you don't want any more.
- Refunds and membership extensions Check out whether any schemes you have been unable to use offer money back or other compensation. For example, National Trust and English Heritage are offering an extra three months to members who renew.
- Wills and testaments Getting final wishes signed off has proved difficult because of the need for in-person witnesses. Look into whether you are able to do this now.

(Article source: Inews)

Do you have an interesting story or article?

If so, send us an email by visiting: www.ourplace.co

Leisure & Travel News

What are the key points in the latest easing of lockdown?

Prime Minister Boris Johnson has announced a raft of new measures from July 4.



Silver Surfers reports that Boris Johnson has announced an easing of lockdown restrictions across England, to take effect from July 4. Here are the key points:

Social distancing

The two-metre social distancing rule can now be relaxed and replaced with a "one metre plus" rule.

This involves keeping one metre apart, plus other mitigations such as wearing face coverings, sitting people side to side rather than face to face to reduce transmission, and increased use of hand sanitiser.

Indoor gatherings

Indoor gatherings of any two households will now be allowed. People will be able to visit someone's house for a dinner party, for example, or to stay over with grandparents as long as social distancing is observed.

Reopening businesses

Many venues and businesses will be allowed to reopen, as long as they are "Covid-secure", for example by maintaining social distancing.

These include hotels, hostels, bed and breakfast accommodation, holiday apartments or homes, cottages or bungalows, campsites, caravan parks or boarding houses. Shared facilities must be kept very clean.

Restaurants, cafes, workplace canteens, bars, pubs and cinemas can reopen, as can places of worship, libraries, community centres and bingo halls. Theatres and concert halls can reopen but not for live performances.

Museums and galleries, hair salons and barbers can reopen. Outdoor playgrounds, outdoor gyms, funfairs, theme parks and adventure parks and activities can reopen.

Amusement arcades, outdoor skating rinks, indoor leisure centres or facilities - including indoor games and recreation - can also open

Social clubs, model villages and indoor attractions at aquariums. zoos, safari parks, farms, wildlife centres, and any place where animals are exhibited to the public as an attraction, can reopen.

Some venues must stay shut

But some venues must stay shut, including nightclubs, casinos, bowling alleys, indoor skating rinks, and indoor play areas including

Spas, nail bars and beauty salons must also stay closed for now, as must massage, tattoo and piercing parlours.

Indoor fitness and dance studios, and indoor gyms and sport venues, must stay closed. Swimming pools and water parks will stay

Exhibition or conference centres that are to be used for exhibitions or conferences must also stay closed.

(Story source: Silver Surfers)

'Too early' for British holidaymakers to be allowed to visit Ireland, new leader Micheál **Martin says**

Overseas arrivals in Ireland are still required to isolate for 14 days.

Inews reports that Ireland's Taoiseach Micheál Martin has said that it is too soon for British holidaymakers to return to Ireland without being guarantined.

The country continues to ask overseas arrivals to self-isolate for 14 days and there are no signs that the measure will be lifted any time soon, with Mr Martin stressing that Ireland is taking a "very cautious" approach to international travel.

He told the BBC's Andrew Marr Show: "In terms of people coming in to Ireland, the advisory and the quarantining still remains and it's under constant review.

"Why? Because there's a lot of international volatility with this virus, we've seen a spike in numbers. We're very concerned about that."



'Still difficulties'

Mr Martin continued: "The suppression of the virus is key.

"We've watched reports where, in certain parts of the UK, there are still difficulties where certain areas had to go into lockdown and so on, and further severe restrictions." The border between Ireland and Northern Ireland is exempt from the quarantine arrangements, permitting free travel between the two.

He maintained the Irish government was doing "everything we possibly can" to avoid a second spike of the virus in the Republic. where the reproductive rate of Covid-19 was found to have increased to one last week.

"Clearly the agenda for government is very much dominated by the continued prevalence of the virus and we're watching very carefully what is happening across Europe in terms of spikes and in terms of experiences of other member states who have opened up earlier than we have," he added.

New Irish premier

The leader of Fianna Fáil, the country's dominant centre-right party, Mr Martin succeeded Leo Varadkar as Taoiseach (prime minister) at the end of June. His appointment formed part of a historic coalition agreement including the liberal Fine Gael and Green Party.

Warning issued about suspicious social media adverts

The Chartered Trading Standards Institute (CTSI) today issued a warning about a series of prize competition adverts appearing on social media.

Mature Times reports that particularly visible on the Facebook platform, the call for users to "like and share" the advert claim to provide an opportunity to win prizes ranging from holidays and cars to shopping vouchers.

Some adverts contain links to unsecured websites which may infect your computer with malware or can link to sites set up to scam people out of money, while others collect personal information, including details used to secure banking accounts.

Katherine Hart, Lead Officer at CTSI, said: 'I am concerned about the prevalence of adverts imploring users to like and share products and businesses.

While many of the adverts are marketing a business or product, some are potentially dangerous.

'Users should check if the page hosting the advert is the official corporate page of the company in question.

Verified businesses on Facebook have a tick mark next to the name of their business page - if it is missing this, it's probably not an

'Another thing to consider is how much data users have put about themselves on social media over the past few years.

While providing some personal details on one day may seem innocuous, over the years, this can build up to a full profile that fraudsters could use to steal identities.

'The general rule of scams applies - if it seems too good to be true, then don't do it. With millions of people furloughed and made redundant during the COVID-19 lockdown, I understand that many will be more open to the opportunity of winning a big prize, but please be aware of this and don't take the risk - it's not worth it.'



If you think you've been scammed then report it to Action Fraud, or if in Scotland dial 101 and report it to Police Scotland.

Advice and guidance on how to protect yourself, or your business, from fraud and cybercrime is available by clicking here.

Also, the public and businesses are encouraged to join Friends Against Scams and Businesses Against Scams, respectively.

These initiatives aim to protect and prevent people and businesses from becoming scam victims by empowering them to take a stand against scams.

(Story source: Mature Times)

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





Travel to Wales: 10 great walks to enjoy as lockdown restrictions ease

As Wales starts to open up again, Sarah Baxter recommends the best walking trails to enjoy that showcase its natural splendour.

The acclaimed amble: Rhossili, Swansea

Distance: 5km; 2-3 hours

The Ramblers' Association voted this little bimble one of its top 10 coastal walks, so who are we to argue? Short but very sweet, it takes in the western edge of the Gower Peninsula, heading out past ancient earthworks towards the tidal isle of Worm's Head-accessible on foot around low tide (check times before crossing), and a haven for seabirds. The route continues along the cliffs above Fall Bay and Mewslade Bay, returning to Rhossili via a nature reserve. visitswanseabay.com

The engineering options: Llangollen, Denbighshire

Distance: 7km / 16km; 2.5 / 5 hours

There's a lot going on around the outdoorsy town of Llangollen, including interesting ways to mix up walks. For instance, a 16km route runs via the ruins of Castell Dinas Bran and Offa's Dyke to reach Trefor and Pontcysyllte, Telford's awesome aqueduct, before retuning to Llangollen via the canal. But if your legs aren't up for all that, just make the short, flat canal walk to Pontcysyllte, and head back to Llangollen by horse-drawn barge. llangollen.org.uk; horsedrawnboats.co.uk, mudandroutes.com



Leisure & Travel Feature

The castle caper: Llandeilo, Carmarthenshire

Distance: 8km; 2-3 hours

Lovely Llandeilo, a halt on the Heart of Wales Line railway, is a good base for a leg-stretch. After strolling around the town, pick up a picnic from the delectable Ginhaus deli and set off, via the River Towy and abandoned Llandyfeisant Church, into Dinefwr Park.

This National Trust-owned estate is a gem, home to hundreds of ancient oaks (some over 400 years old), a herd of fallow deer, a 17th-century mansion and the dramatic ruins of medieval Dinefwr Castle, discovercarmarthenshire.com

The most picturesque: Chepstow, Monmouthshire

Distance: 10km; 4-5 hours

It's been 250 years since clergyman William Gilpin made his "Wye Tour"- a two-day boat trip from Ross to Chepstow; his subsequent book about it not only popularised the staycation but prescribed what British travellers should consider "properly picturesque".

The viewpoints of Piercefield Park, overlooking the River Wye, were designed for these 18th-century tourists. On a walk from Chepstow Castle, take in these old lookouts, including the Grotto, the Giant's Cave, and the Eagle's Nest, where you can see Victorian graffiti. visitmonmouthshire.com

The Snowdon-alike: Cadair Idris, Gwynedd

Distance: 10km; 5 hours

Don't want to join the masses on Snowdon? Opt for 893m Cadair Idris instead, which has a similar geology but sees far fewer people. It's also laced with legends, allegedly home of Idris the giant and hunting ground of Annwn, Lord of the Celtic Underworld. Arguably the best route up the mountain is the Minffordd Path, which climbs through a wooded gorge, passes the navy waters of Llyn Cau and scrambles to the ridge before finally reaching the top. naturalresources.wales/cadairidris, snowdonia.gov.wales/visiting

The wildlife wander: Stackpole, Pembrokeshire

Distance: 10km; 4 hours

Pick any part of seaside Pembrokeshire and you're assured a wonderful walk. A 299km National Trail hugs the whole coast recommended, if you have time.

But if you've only got one day, try a habitat-hopping loop from Stackpole. You'll pass Barafundle (possibly the most beautiful beach in Wales) and then the seabird-busy cliffs at Stackpole Head. Next, the Warrens - a riot of wildflowers and butterflies - before Bosherston Lakes and lily ponds, where birdlife is rife and otters might be spotted. nationaltrust.org.uk/stackpole

The hidden valley: Ewyas, Monmouthshire

Distance: 14.5km; 6 hours

There's a secretive feel to the Vale of Ewyas, a spectacular steep-sided dale on the edge of the Black Mountains, and home to the ruins of Llanthony Priory. Make a loop from this atmospheric 12th-century survivor (now a hotel): hike up onto Hatterrall Ridge, follow Offa's Dyke and drop to the hamlet of Capel-y-Ffin - home to one of the country's smallest churches. Then amble via sheep-nibbled farms to trace the ridge back to Llanthony. alltrails.com

The overlooked icon: Glyndwr's Way, Powys Distance: 43km / 217km; 2 / 9-10 days

A poll in June 2020 to determine the country's favourite National Trail put Glyndwr's Way near bottom, with just 0.4 per cent of the vote. But that's all the more reason to take this wild wander across mid-Wales, to get some distance from the crowds.

The route honours medieval noble and nationalist Owain Glyndwr, linking Knighton and Welshpool via hills, valleys, moorland and woodland, the Clywedog Valley, Lake Vyrnwy and Machynlleth (Glyndwr's former home). Short on time? Llanidloes to Machynlleth (43km) makes an excellent walking weekend. nationaltrail.co.uk

The spiritual stroll: Llyn Peninsula, Gwynedd

Distance: 116km; 6-7 days

At moments of crisis, many start searching for a different path. And pilgrimages offer just that, mentally and literally. So, in these troubling times, consider the Lleyn Pilgrims' Trail, based on an ancient route pilgrims followed to reach Aberdaron, in order to sail to Ynys Enlli (Bardsey), the "Island of 20,000 Saints". The route follows quiet coastal paths, passing wild beaches, traditional villages, a huge Iron Age hill fort, sixth-century churches and hilltops boasting big views to Snowdonia and over the Irish Sea. britishpilgrimage.org

The industrial escape: Snowdonia Slate Trail, Gwynedd

Distance: 134km; 7 days

Only opened in 2017, this hike-cum-history lesson heads into some of the lesser-known reaches of Snowdonia National Park, exploring the area's slate heritage. The result is a diverse mix of remote villages, remoter moors, forest trails, drovers' roads, cavernous quarries and views to Snowdonia's highest peaks.

The reopening of the Welsh Highland and Ffestiniog Railways (from 20 July) widens the possibilities for day-hikes too - for example the 8km stretch from Rhyd Ddu to Beddgelert, with both stops on the line. snowdoniaslatetrail.org

(Article source: Inews)

11

Best diet for over-55s revealed but older people less likely to eat healthier

Just 58% of over-55s actively seek a better diet, compared with nearly 80% of 18 to 24-year-olds, according to a new poll.



The Mirror reports that they say wisdom comes with age - but a survey has found older people are less likely to switch to healthier eating.

Just 58% of over-55s actively seek a better diet, compared with nearly 80% of 18 to 24-year-olds, according to a poll by the World Cancer Research Fund.

And the over-55s are less likely to be aware of the links between a bad diet or high alcohol intake and an increased risk of cancer.

Research leader Dr Giota Mitrou said: "It's particularly worrying the older generation is the least aware and least willing to change.

"As people live longer, we're seeing an increase in cancer rates, but it's possible to reduce your risk."

It backed up the findings of the National Diet and Nutrition Survey last year that many older people are failing to get the nutrients they need to fight disease. But it's never too late, claims nutritionist Dr Sarah Brewer, medical director of Healthspan.

She says: "What you eat now will have a direct effect on how your body copes with getting older, and could cut your risk of developing cancer, heart disease and other serious illnesses."

Here she shares easy changes people over 50 can make to their diets to fight disease and ensure a happier, healthier old age...

Cull white carbs

After 50, a diet higher in protein and lower in refined carbs - such as white bread and pasta - is the most effective at reducing obesity and the risk of serious illness.

One study published in the American Journal of Clinical Nutrition found that the waistlines of middle-aged people who ate high levels of white carbs expanded three times more than those who ate wholemeal versions. This means simply swapping to wholemeal bread and pasta and brown rice.

Factor in more fibre

Your risk of type 2 diabetes increases after 50, but boosting fibre intake can help combat this. Fibre slows down the release of sugar into the bloodstream, which in turn helps control blood sugar levels. Fibre is also important for healthy digestion and lowering cholesterol, with plant foods such as beans, vegetables, fruits, nuts and whole grains among the best sources.

Government guidelines recommend that we eat around 30g of fibre per day, but research shows that many people in this age group manage less than 15g.

Eat more omega-3s

Oily fish such as salmon, mackerel and fresh tuna contain high levels of omega-3 fatty acids, which are linked to a lower risk of heart disease and memory loss. Aim to eat at least one portion a week.

Boost your antioxidant intake

Certain diseases, including heart disease, eye problems and cancer, become more likely in your 50s and beyond. So including plenty of protective antioxidants - found in colourful fruit and veg - is more important than ever. For maximum benefits, aim to eat a "rainbow" of at least five portions of different brightly coloured fruit and veg every day.

Drink moderately

Over half of over-50s drink more than the recommended 14 units per week, show figures from Drinkaware. High alcohol intake is linked to liver disease, high blood pressure, dementia and certain cancers. Try to have at least two days booze-free before building up to three or four dry days.

Avoid crash diets

Slashing food intake reduces important vitamins, minerals and other trace nutrients. Instead eat sensible portions to lose weight more slowly and think about taking a multivitamin supplement for over 50s

Slash your salt intake

Too much salt can raise blood pressure, which can seriously increase your risk of heart attack or stroke. Cut added salt and check labels.

Get plenty of calcium

Women need to increase calcium sharply after 50, but men also need a good consumption of calcium-rich dairy foods and leafy vegetables to protect their bones.

(Story source: The Mirror)

Restaurant queues are going virtual to help customers stay safe

Many venues have long been walk-in only and have relied on people lining up on the street outside, but are now taking bookings or using apps.



Inews reports that restaurants have emerged from hibernation and opened for business with impressive speed. Many welcomed diners back on "super Saturday" and many more will get the grills going over the coming weeks. But working out how to feed people while keeping them and staff safe isn't easy.

Developing Covid-safe restaurant environments means reducing table numbers, putting up screens, retraining staff, rewriting menus and reorganising kitchens. Does it also mean the death of the queue - outside the door and at the bar?

Government advice does not prohibit queueing - we've all seen the pictures of Primark - but many restaurants feel there's no way for them to keep a physical queue and meet distancing guidelines.

Owners will be hoping the Chancellor's announcement of half-price meals in August, with savings of up to £10, will lead to people "queuing out the door", but metaphorically.

Walk-in policy change

Sam Hart says his Barrafina tapas bars in London have been "proudly walk-in only" since 2007 with no exceptions - until now.

"It is totally impractical to queue with physical distancing - it would take up quite a large section of Dean Street (in Soho) or the equivalent streets for the other Barrafinas," he explains. "We will still keep tables for walk-ins and use a virtual queue to make sure that each group is seated in the correct order."

This is the first time ever that Barrafina has taken reservations. The owners are often accused of igniting London's restaurant queue culture, but for them and other restaurants like Venetian tapas bar Polpo and Mexican chain Wahaca, the queues have been cost-effective

"We never really had queues that snaked outside," Hart insists. "Instead guests wait inside at the standing bars and order snacks. It's very sociable and it will return."

Digital help

A well organised queue is important for casual restaurants with low profit margins on the food. Filling stools and turning tables as they're needed means more orders and less waste.

Many restaurants use software such as Resy or WalkUp to manage hungry customers. They are allocated a spot in a virtual queue and can then go for a drink and are notified when a table is ready.

Shelter Hall Raw, a new food market in Brighton, was in the unusual position of being able to plan around the new restrictions. It opened last Saturday with vendors offering burritos, pizza and fried chicken. "We've worked to reduce human contact with orders via the mobile app Goodtill," explains CEO Dan Warne - previously MD at Deliveroo. "Consumers prefer the experience of ordering from the table as there's no queue."

Are there any places where queues still happen?

You can still expect to encounter the odd line. Dishoom serves Bombay-style comfort food in London, Edinburgh, Manchester and will soon open in Birmingham. The chain is known for its fast-moving queues, but is trialling a new reservation system as it reopens around the country.

It adds: "Guests who can't be seated immediately may be asked to wait outside in a carefully managed and distanced gueue."

Padella, in London Bridge and Shoreditch, known for its queue as much as its pasta, hasn't said diners can't wait, but is directing people to the WalkUp app, already popular in the sector.

"Restaurants that invest in technology to enhance customer experience will be the ones that propel the industry back to its former glory," says Dan Warne. The virtual queue may be here to stay.

(Story source: Inews)







Life's a beach! With remote working on the rise, more people are relocating to the coast

Estate agents say families are looking for a new lifestyle since realising they can work remotely.

Estate agents are reporting a surge in demand for seaside properties from workers eager to escape city life, with many believing the coronavirus pandemic will lead to a more permanent shift to home working.

Britain has more than 11,000 miles of coastline and is home to a wide array of beaches and outstanding beauty spots.

As someone who moved from London to the coast last year, I can vouch for the benefits. Daily walks are taken parallel to the sea and on a hot day I can pop out for an ice cream in minutes. The chatter of seagulls is a constant refrain as I work from my desk at home. I have been even more grateful for the space and picturesque views during lockdown, which has meant I haven't felt claustrophobic.





Home & Garden Feature

Estate agents say families are looking for a new lifestyle since realising they can work remotely. Jack Newland, who works at Fine & Country's New Forest and Sandbanks branch, says the office has been inundated with enquiries since the housing market opened again. Around £20m-worth of property was secured in just 10 days.

"We've seen a high level of activity and enquiries on the south coast. It does seem that current events have encouraged people to take more of an interest in what is such a beautiful part of the country, with the aim to find a better quality of life while still being only two hours from the capital," he says.

'Life is infinitely better out here'

Ruari Fairbairns - Father-of-two

Ruari Fairbairns used to be an oil trader in London and moved to North Berwick in East Lothian a few years ago.

Fairbairns is the founder of One Year No Beer, a movement that helps people to take a break from alcohol. He set it up in 2015 after he decided to cut alcohol from his own life to help him "become a better dad and husband". In 2017, his story got picked up and he met the Dalai Lama. This prompted him to quit his job and grow the business full time.



"At this point I wondered why we were still living in London. I was commuting by Tube to a windowless office. I was born on an island, near the sea, and wanted this lifestyle again. Now the beach is 10 minutes away and life is infinitely better. Most days I'm out on the boat and I can pick the children up from school."

Northern shores

It's not just the south coast that is benefiting from a surge in demand. According to the property website Rightmove, the most in-demand coastal locations currently are Whitby in North Yorkshire, followed by Whitley Bay in Tyne and Wear and Troon in Ayrshire. Average asking prices are £213,053 in Whitby and £165,386 in Ayrshire.

Whitley Bay, where average prices come in at £263,078, has benefited from a multimillion-pound regeneration programme in the past few years and this has led to an influx of new businesses in the area.

Susan Usher, branch manager of Your Move in Whitley Bay, says the town is popular with younger families as there are outstanding schools and beautiful beaches. She said: "Since the market reopened we've had an increase in people looking to move here. A number of properties are going for above asking prices."

The cost of seaside properties fluctuates wildly depending on where you want to live. Sandbanks and Salcombe on the south coast, popular with the rich and famous, are the most expensive areas.

Sandbanks in Poole, Dorset, has an average asking price of £619,431, according to estate agent comparison website GetAgent.co.uk. The cheapest place to buy is Blackpool, with average prices of £93,104, followed by Newbiggin-by-the-Sea, Northumberland, at £99,017.

Cornwall remains perennially popular among home hunters particularly Padstow, Newquay and Bude. These are popular areas for second homes or holiday lets, putting even more pressure on prices.

Paying the price

Colby Short, the founder and chief executive of GetAgent, says city dwellers looking to relocate to Cornwall should consider opting for Wadebridge, which is close to Padstow but more affordable.

"While Wadebridge is not cheap, it provides a serious property price discount in the region of £50,000," says Short. "Of course, this heightened demand for these 'next best' options will often cause prices to increase - so the downside is a reduction in affordability in the long term," he adds.

Lee Reed-Bennett, 28, moved from London to Cornwall five years ago. He moved to St Austell with his partner, who has family there. He used to be a physiotherapist but now works for a local brewery. "I never thought I'd leave London, but I fell in love with the place," says Reed-Bennett. Being here suits me down to the ground. St Austell isn't the most picturesque place in Cornwall, but it has good pubs and shops and I'm only a 10-minute walk to work

"When we're not working, we spend a lot of time outside, enjoying what Cornwall has to offer. In the past few weeks I've had dinner more times at the beach than I have at home. I love this way of life."

Seaside living is not for everyone. Popular areas are likely to be overrun by tourists in the hot weather, and some towns are struggling with high poverty levels.

But for those of us who have made the plunge, it's hard to imagine now living anywhere that's not by the sea.

(Article source: Inews)



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 <u>HALVED</u> 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 <u>HALVED</u> 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:

'Iulie'



'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

