# OURPLACENews

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

**DECEMBER 2020** 

Inside this issue...

## **Classic artwork**

Iconic album covers of the 1970s

## **Neighbours from hell?**

Why you should find out who you're moving next door to

### ger out and go logit

11 fitness motivation ideas for winter

# Where can I travel without quarantine?

Holiday destinations without restrictions for travellers from the UK

# Oh Christmas tree, oh Christmas tree...

Wondering when to put your Christmas tree up?

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

#### CONTENTS

What's On	3
Health & Beauty News	4-5
Health & Beauty Feature 11 fitness motivation ideas for winter	6-9
Christmas Feature Wondering when to put up your Christmas tree?	10-11
Arts, Crafts & Hobbies Feature	10.10
Iconic album covers of the 1970s	12-13
Leisure & Travel Feature Where can I travel without quarantine?	14-15
Food & Drink News	16-17
Home & Garden Feature Neighbours from hell? Our Charity of the Month	18-21 22
Data Privacy Our Place Newsletter is published by Clearlight Media and will collect and data only with your consent or if we are permitted to do so by other law We work hard to ensure your data is safe and secure at all times. We collect and address so that we can ensure your free subscription to our newsletters to our prize draws is uninterrupted and for the purpose of direct marketing.	ful means. your name s and entry







#### 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

- 1. Requiring people to stay at home, except for very limited
- 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
- 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 selfisolation.

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
- 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
- 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**

# Things you only know if you secretly quite enjoy lockdown life

There are some good things about having to stay at home.



**Silver Surfers** reports that there are, of course, many, many downsides to pandemic restrictions, but arguably, there are certain benefits to slowing down and spending more time at home (even though it has been forced on us).

Looking on the bright side, these are some of the things you might understand if you actually quite enjoy life being pared back...

#### It's a great excuse to not go out

If you're the kind of homebody who hates having social plans every night of the week, and who prefers to be home by 9pm even when you do go out, lockdown gives you carte blanche to clear your diary. Sadly, it doesn't give you a reason to avoid socialising on Zoom, so you'll have to get creative with your excuses on that front...

#### You prefer working from home

Yes, you miss your work pals sometimes, but if you can do it, what's not to love about working from home?! There's no commuting, you can stay in your PJs all day, you've got easy access to the fridge and no boss breathing down your neck. It's bliss.

#### You get more time with loved ones

While it's harder to see friends and family who live farther away during lockdown, if you're in a household of more than one, you get more quality time with those you live with. Whether it's your partner, kids or housemates, it's nice not to have that 'ships in the night' feeling, which can so often be the result of hectic schedules.

#### You enjoy the slower pace of life

Similarly, being forced to stop rushing around makes you realise how stressed you were before lockdown. Now, you don't get to Sunday night and feel like you need another two days to recover from the jam-packed weekend that's just gone.

#### There's slightly more time for relaxing activities

With all those empty evenings and weekends you can, for once, actually indulge in the kind of fun, relaxing pastimes you never normally get around to. Whether it's curling up on the sofa to watch your favourite movie, getting creative in the kitchen with new recipes, doing some pampering with a DIY mani-pedi, or tinkering with your toys in the garage, you can while away the hours guilt-free.

#### You love saving money

With so few reasons to leave the house, it's never been easier to save money (if you're fortunate enough to have a job that isn't in flux because of Covid). You can't go out for dinner, or to the pub, and you certainly don't need any new going-out clothes.

#### It's made you appreciate your local area more

Previously, you would never have wandered aimlessly around your neighbourhood, but daily walks have made you take notice of, and appreciate what's around you more than ever before.

Obviously, you wouldn't want lockdown to last forever, but on crisp autumn afternoons when you're strolling through the park and admiring the beautiful foliage, you remember to count your blessings. Months from now, when you're back to the hustle and bustle of a restriction-free life, you'll look back on these days with a certain amount of fondness.

(Story source: Silver Surfers)

# Covid-19: Flu jab push as Covid vaccine roll-out planned

People aged over 50 in England are being urged to get a flu jab, as ministers hope for a mass roll-out of a Covid-19 vaccine next year.

**BBC News** reports that Health Secretary Matt Hancock stressed it was "more important than ever" for people to get a flu jab to fight the "twin threats" of coronavirus and flu.

He said the NHS was preparing to roll out a Covid vaccine if one is approved. It comes as 30 million people are being offered a flu jab in England's largest flu-immunisation scheme to date.

People aged 50 to 64 will be eligible for the vaccine from 1 December. Mr Hancock and Prof Stephen Powis, the national medical director of NHS England, will speak at a Downing Street briefing later.

The health secretary told BBC Breakfast earlier that all over 50s would be able to get the vaccine by January.

He also said that Christmas wouldn't be "fully normal" this year, adding there would "have to be rules to keep the virus under control" which ministers were still working on.



# Mr Hancock said volunteers were currently being trained to take part in the vaccination programme, which will be led by the NHS. "We've changed the law to change the number of clinically qualified people who can vaccinate because this is going to be one of the

biggest civilian projects in history."

**Health & Beauty News** 

He said the "deep freezers" were already "stabilising over the last few weeks" in order to be ready for the Pfizer vaccine, which needs to be stored at -70C, and confirmed the NHS would have "access to any resources of the state they might need" to assist with the mass administering of vaccines.

It comes as talks are underway between the government and Derby city council over the possibility of using Derby arena as a mass coronavirus vaccination centre - one of a number expected to be needed across the country.

Peter Openshaw, professor of experimental medicine at Imperial College London, said he was "pretty sure" the logistical hurdles in delivering any Covid-19 vaccine on a mass scale could be overcome.

He told Today the UK would have enough cold storage to keep vaccines secure if required, adding that bulk stocks could be kept in "ultra-cold freezers" in hospital departments, and then sent out to GP surgeries where they would then be refrigerated.

A big flu season combined with coronavirus could overwhelm hospitals - especially if many NHS or care-home staff are off sick with flu. And there is some evidence that a double infection, of Covid-19 and flu together, could be more deadly than getting either single virus.

Flu - or influenza - is a very common, highly infectious disease caused by a virus. It can be deadly - particularly for older adults, very young children and people with underlying health conditions.

The Department of Health said GPs, NHS trusts and pharmacists could order more doses of the flu vaccine to accommodate the extra age group, from a centrally-secured government supply. The other groups of people already eligible for a free flu jab in England are:

- . Those aged 65 or over
- Pregnant women
- People with some medical conditions, including diabetes, heart failure and asthma
- NHS and social care workers
- All children up to Year 7
- People who were required to shield from coronavirus and anyone they live with

As health is a devolved issue, Scotland, Northern Ireland and Wales are running separate flu vaccination campaigns.

England's deputy chief medical officer, Prof Jonathan Van-Tam, urged everyone who is eligible for the flu vaccine "to book their appointments as soon as they can" as the jab remained a "critical tool" to prevent severe illness and potential hospitalisation for thousands of people. In the autumn, some pharmacists and GP surgeries had to limit flu jabs to the most at-risk groups due to increased demand.

(Story source: BBC News)



London's Metropolitan Police Commissioner Dame Cressida Dick has said the force has "no interest in interrupting family Christmas dinners" to catch Covid-19 rule breakers and will work with whatever government restrictions are in place at the time.

Mr Hancock added that while 2020 had been "a difficult year" there were signs England's current lockdown - which is expected to end on 2 December - was working.

"There are promising signs that we have seen a flattening of the number of cases since lockdown was brought in and that is good news, though clearly there is further to go," he told BBC Radio 4's Today programme.

However Tory MP Steve Baker, deputy chair of the Covid Recovery Group - which was set up to oppose future national lockdowns - urged Mr Hancock to correct his statement to "avoid any damaging misunderstandings about the interpretation of data".

He said: "Government scientists briefing MPs were clear this week that the effects of lockdown would not be visible in the data until this weekend. Cases may have flattened since lockdown but any change is not yet because of lockdown."

Prof Calum Semple, who sits on the government's Sage committee and the New and Emerging Respiratory Virus Threats Advisory Group (Nervtag), said there was reason for optimism that England's lockdown would have pushed case numbers to a low level before Christmas

He said there was "encouraging evidence" in the north-west of England with "a plateauing of cases in the community and a slight downturn" in Covid hospital admissions. He added this gave "great optimism that, with lockdown on top, we will be seeing overall numbers in the country driven down", though he acknowledged that some areas were still in a "very difficult situation" with rising cases.

Meanwhile, Mr Hancock said there would be a programme of Covid-19 vaccinations after recent "promising news" from the Oxford-AstraZeneca and Pfizer-BioNTech vaccine trials. Asked if he knew from what date people might be able to get a Covid-19 jab, he said: "We don't know if we'll be getting coronavirus jabs yet, but we have had two weeks of promising news...so we are preparing the rollout."

He added: "The likely big numbers - if it comes off - will be next year for a Covid vaccine, but we still hold out the hope that we might get some going in December this year."

4





# **Get out and go for it! 11 fitness motivation ideas for winter**

Maintaining an exercise regime in winter can be much more challenging than in summer. When the sun's out, the days are warm and the nights long, it's easier to find the motivation to go for a run or hit the gym.

But in the cold, dark days of winter, exercise often doesn't have the same appeal. While this is understandable, doing regular exercise is even more important now, when many of us may be feeling stressed, low or isolated. Exercise is just as valuable for mental wellbeing as it is for physical health, and maintaining a fitness regime over the next few months will hopefully allow us to get through winter feeling more energetic and positive.

So if you need some extra motivation to keep exercising this winter, keep reading for 11 ideas to help you achieve your fitness goals this winter!

## Get outside for a walk during the day when it's light

During the winter months many of us are affected by seasonal affective disorder (SAD), a type of depression that hits when winter comes, sapping our energy and making us feel low.

At the same time, lack of sunlight can reduce our body's production of vitamin D, which can lead to depression and fatigue. One of the best ways to boost your mood is to exercise, as this releases endorphins, also called "happy hormones". The problem is, when it's cold and dark it's doubly harder to make yourself work out.

If feeling tired or low, or you just can't face going out in the dark, try to get into the habit of going for a walk during the day when it's still light. Whether you choose to kick off your morning with a walk or go for a stroll after lunch, making sure you go walking when it's light is one of the best things you can do for your mental health this winter, as well as your fitness. Most of us know how great walking is for our cardiovascular health, but new research suggests that even a 12 minute walk has a powerful impact on improving mood. So, if you really don't feel like doing a 'proper' workout, tell yourself you're going to go for a daily walk - rain or shine! - while it's still light. Your body and your mind will thank you for it.

#### Treat yourself to some new workout gear

There's nothing worse than deciding you're going to brave the cold and go outside, only to be hit by a blast of freezing wind as soon as you step outside.

The cold goes straight to your bones, and though you'll warm up soon, it's tempting to turn right around and head back inside. This is why getting the right workout gear is vital during winter. Not only does it make exercising much more comfortable and enjoyable, it also reduces the risk of catching a chill.

Treating yourself to some nice new workout gear can also act as a powerful motivator. If you've spent money buying good quality winter workout gear, you may feel disappointed in yourself if you don't actually put them to good use. Even if you're working out at home, pulling on some bright new clothes can help you get into the mood for exercise.

If you're exercising outdoors, it's advisable to layer up, so you can remove items of clothing as you get hot. Things like thermal leggings, running gloves and waterproof jackets are always a good idea - and don't forget a headband or earmuffs to keep your ears warm! Sports Direct stock a good range of winter workout gear, as does Amazon.

#### Make a plan

With exercise (as with many things), making a plan is a great way to stay motivated. If you don't have a plan and decide to only exercise when you feel like it, you might find that moment never comes.

Plus, when it's drizzly and dreary outside, it's normal to prefer to curl up on the sofa rather than go for a run! But if you plan your exercise in advance, your chances of actually getting a workout in increase significantly. Try to get in the habit of writing your workouts in your diary and calendar, and treat them as though they're an important appointment you can't cancel.

Planning ahead also allows you to prioritise, and if you have a busy week coming up, try making a helpful plan for when you'll find the time to exercise. You can also add in alternative exercise ideas for when the weather is bad - for example, if you'd planned to go for a run but it's snowing, do a 20 minute low-impact HIIT session instead, or do an online yoga session.

#### Lean on a friend

Finding yourself a workout buddy is an excellent way to stay motivated. Because nobody likes letting a friend down by cancelling plans, it can reduce your chances of skipping a workout, and help you stay accountable. It can also help you to view exercising as something fun, rather than something that must be endured.

Plus, having a friend to pick you up if you're feeling a bit down, or give you some words of encouragement if you're lacking in energy, can also act as a powerful motivator.

If you don't have a friend in mind then why not find one on Sportpartner, a free UK website that matches you to a workout companion based on your location and interests? Once you've matched with someone, you can keep each other motivated and look forward to working out together - and during a time when it's hard to make new friends, this is something many of us might appreciate more than usual. Walking and running are great ways to workout with a buddy, as is power walking. Check out our power walking article to find out more about this sport.

#### **Create a motivational playlist**

Music is a powerful motivator. It can give you the energy and grit to run that last lap around the block, do that extra rep, or keep plugging away for just a few more minutes. If you don't currently exercise to music, why not make a playlist? The tracks you can pick can be anything you want, but research shows that music with at least 120 beats per minute (bpm) can help you workout faster. To check whether your favourite tunes are 120 bpm, head over to bpmdatabase.



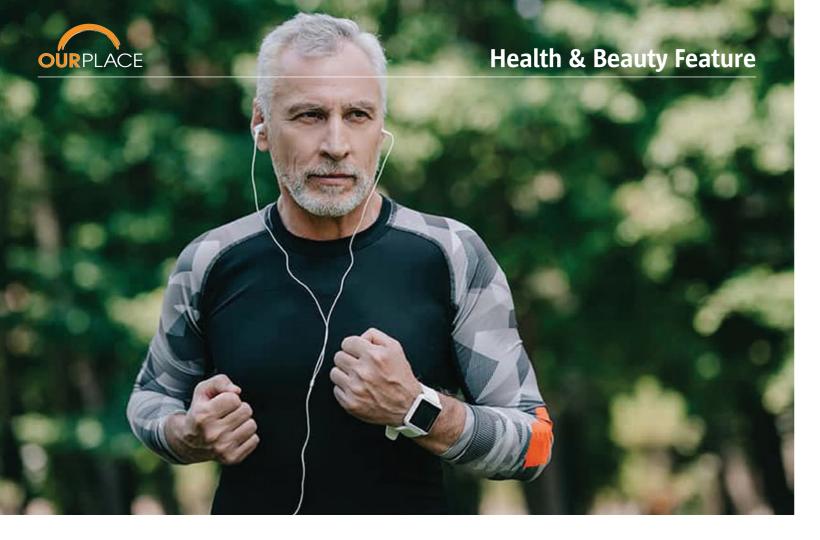
If you already listen to music while you exercise, you might want to consider giving your playlist a revamp. As it gets colder outside, we could all do with an extra boost from some of our favourite tunes, so whether it's an old favourite you haven't listened to for years or a new recommendation from a friend, creating the right playlist can get you raring to go! You can create free playlists on either Spotify or iTunes. You could also join the conversation on the Rest Less community forum, where you can find out what others listen to while they work out, and get some ideas and inspiration.

#### Join an online workout programme

Due to this year's lockdowns and restrictions, online workout programmes have never been so popular - and if you haven't tried one yet, now could be the perfect time to start. Following a specific class or programme can keep you motivated, while giving you the opportunity to work out at your own pace and on your own terms. Plus, when it's dark and chilly outside, following an online workout class from the comfort and warmth of your own home is often far more tempting than heading out into the cold.

Continued on pages 8-9...

6



If you already do virtual workouts, why not mix things up and try something new? You can do pretty much anything and everything from your own home - boxing, ballet, running, HIIT sessions, yoga. There are online workouts for people who have their own gym equipment at home, and people who want to workout using their own body weight.

Trying a new sport or exercise can feel incredibly invigorating, and the sense of accomplishment that comes from learning something new is even more motivating. For suggestions on different online classes and programmes you might want to join, have a read of our articles 5 free online exercise classes to try during lockdown and 5 steps to staying fit from home.

#### Fuel up by eating the right foods

In winter, it's normal to crave sugary, fatty foods more than usual. Many of us are prone to overeating during this period, too, which can leave us feeling sluggish and tired. Some of us drink more alcohol in winter too, either due to festive indulgence or because the cold weather is making us crave a few comforts.

While it's fine to treat yourself sometimes, eating the right foods is vital when it comes to feeling motivated. No matter your best intentions, if yesterday's dinner consisted of just toast and wine, you probably won't be feeling as energetic and motivated in the morning as you would if you'd eaten a healthy balanced meal.

During the winter, it's important to eat plenty of seasonal fruits and vegetables to boost your immune system and keep you healthy enough to work out.

You should also try to incorporate plenty of fibre and protein into your diet; stews and casserole are a great way to combine vegetables, fibre and protein, plus they're warming and satisfying, and can give you the will to workout.

You can check out some hearty meat-based stew and casserole recipes over on The Spruce Eats, and for some tasty veggie alternatives, check out the BBC Good Food website.

To keep your energy levels up, you could also eat some healthy snacks an hour or so before you exercise. To find out more about which foods are best to eat during winter, and to get some ideas for healthy snacks you can make, have a read of our new guide to winter nutrition.

#### Remind yourself why it's important

When your alarm goes off and it's still dark outside, or when you get home from work and just want to flop on the couch, it's easy to forget why you want to workout. In the moment, it's also easy to dismiss goals that are actually really important to you.

Before you get ready to exercise, remind yourself of why you're doing it. It could be to get fitter. It might be to lose some weight. It could be because you're training for something. It may be that it improves your mental health.

Whatever your reason, try not to lose sight of the fact that it was important enough for you to start exercising in the first place - even if you don't feel like doing it right now!



#### **Health & Beauty Feature**

Aside from your own personal reasons for wanting to work out, try to regularly remind yourself of all the benefits of exercise. Remind yourself of how good it feels when you finish a workout, when those feel-good endorphins are flowing around your body and blasting away those winter blues.

Exercise is proven to alleviate depression and anxiety, reduce stress, boost mood, help you sleep better, and even improve memory. And in a time of stress and uncertainty, that's reason enough.

#### **Reward yourself with treats**

For most of us, rewards can be a very effective motivator. A recent survey by fitness website Fit Rated found that for people struggling to find the motivation to work out, having "indulgent incentives" to look forward to after exercise gives them a serious boost

An indulgent incentive can be any type of food you're looking forward to, something that feels like a real treat: a slice of cheesecake, a glass or two of your favourite wine, or ordering a pizza after a long run. If you're exercising to lose weight, it's good to be mindful that your treats don't undo all your hard work, but in moderation, it's fine to enjoy a treat after a good workout.

Your treats don't have to be food-based, either. You could buy a book, or a new pair of jeans after a week of good workouts. You could book yourself in for a massage.

You could even put money aside each time you workout, and after you've done ten or so sessions, use the money to buy something you really want. It can be helpful to think about your rewards at the start of each week or month - that way, you can always daydream about the treats waiting for you once you succeed.

#### Give yourself time to relax and recover

It's really important to make sure you take time to relax and recover after a workout. If you're feeling tired and drained, or your body is sore, it can be hard to stay motivated.

The human body needs time to recover after exercise, so take care to give your body a real break after a workout, and avoid putting any significant stress on your muscles. Having a long, hot bath is a great way to unwind after exercise, and you could add some bath salts designed to soothe aching muscles.

Staying hydrated is important too, so making yourself a big (non-alcoholic!) drink after a workout is also very beneficial - this could be refreshing cold water with ice and lemon, or a restorative hot drink like hot chocolate.

It's also helpful to relax your mind as well as your body, so you could try meditating after a workout. Meditation lowers the level of the stress hormone cortisol in your body, so this is a great way to bring your body back to baseline, and speed up your recovery.

Plus, when you're meditating you're taking long, deep breaths which is beneficial after a workout, and taking the time to sit quietly after strenuous activity is a good way to reduce joint and muscle stress. To find out more, have a read of our guide to mindfulness.

To keep your motivation high, it's also crucial to get enough sleep, so if you're feeling exhausted after a workout, don't feel bad if you want to have an early night! Hopefully, you'll wake up feeling refreshed in the morning, with your motivation high.

#### When all else fails - dance!

There may be times when no matter how much you try to get yourself out the door, or dressed in your workout gear, you're just not feeling it. Sometimes our bodies might seem to be telling us that they just really don't want to go for that run, or to do that 20 minute weights session.

If you really don't feel like exercising exercise, then just dancing around your home for 10 minutes can act as a workout. It'll get your heart pumping, your blood flowing, and hopefully it'll give your mood a real boost too.



Depending on your weight and how quickly you're moving, you can burn between 300 - 800 calories an hour dancing. All you have to do is turn on your favourite songs, close the curtains (unless you're happy giving your neighbours a dance show!), and dance like no-one's watching.

#### Final thoughts...

If you're feeling extremely unmotivated right now when it comes to fitness, do remember that you're not the only one. Winter is notorious for sapping energy and positivity, and after the events of this year, it's understandable that many of us just want to stay warm and cosy inside our homes.

But investing in our health and fitness is one of the best things we can do to feel better about ourselves and more positive about the future - so when you're feeling unmotivated, why not see if any of these ideas can give you a boost?

After all, spring will be here before we know it, and working out throughout the winter will ensure we're in better shape to embrace the year to come.

(Article source: Rest Less)



# Oh Christmas tree, oh Christmas tree... Wondering when to put your Christmas tree up?

Ah, Christmas. For most, a period of magic, mistletoe and cheer; of quality family time, festivities and feasting.

There are so many wonderful British traditions associated with the festive season, but it really wouldn't be Christmas without a tree. You know, the sort that you stick proudly in the middle of your lounge and smother in tinsel, twinkly lights and glittery Santas. Yep - that kind of tree.

With each year that passes, they seem to be going up earlier and earlier. Traditionally, the Christmas tree went up on the 22nd of December and marked the start of the advent festivities.

Wrapped presents were stashed under it and kept safe until the big day. But, fun fact: in recent years, the last weekend of November has become an increasingly popular date to put the Christmas tree up, although it, of course, varies from family to family.

Whether your family opts for real or artificial, or decks the tree with tinsel or baubles, one thing's for sure. Christmas is coming. Keep reading for everything you need to know about caring for your tree and when to put it up, and learn a little Christmas history along the way, too.

## When did the Christmas tree first come to the UK?

A little history lesson for you: before the 19th century, Brits didn't even put up a Christmas tree. Victorian history books reveal that Queen Victoria's husband Prince Albert was the first to bring one to the UK. He did so around the 1840s, gifting a spruce-fir to his wife after a visit to Germany.



#### **Christmas Feature**

The trend soon caught on, with families up and down the UK uprooting firs and covering them in decorations such as candles, paper decorations and Christmas ornaments. Prior to that, families hung greenery such as ivy and holly around the house in celebration.

"Trees were originally a German tradition," says Hannah Fleming, curator at the Geffrye Museum. "Queen Victoria and Prince Albert were responsible for popularising it - see the illustration of the Queen, Prince Albert and their family decorating their own tree."

#### When should I put my Christmas tree up?

Well, traditionally, Christmas decorations wouldn't be put up until the last possible moment. This trend continued into the Victorian times with the tree, too.

"As above, the tree would go up no earlier than the 22nd or 23rd December, and quite often on Christmas Eve," Hannah explains.

Why? Well, as doctor Martin Johnes, author of Christmas and the British: A Modern History (£17.31, amazon.co.uk) explains, putting your decorations up sooner, rather than later, was traditionally meant to bring bad luck.

Nowadays, traditions have shifted a little, with people buying their trees earlier and earlier. "Originally the Christmas tree was put up on Christmas Eve and left up until Twelfth Night but very few families follow this tradition now," explains Chris Craig, cofounder of Christmas at Home UK (@christmasathomeuk) and director and second generation grower at Stagsden Christmas Trees (stagsdenchristmastrees.co.uk).

"For the 30 years we've been selling trees, the majority buy them roughly two weeks before Christmas. However, in the last couple of years, we've sold more trees at the end of November to coincide with the beginning of advent as people's traditions change."

## Why do we put our Christmas trees up earlier now?

Hannah thinks it might be to do with commercialisation. She says there isn't a specific period when we started putting up Christmas trees earlier but it happened over time, although it is, she says, a 20th-century occurrence.

"This move earlier was partly due to commercial trends that saw more advertising of Christmas in November, but also due to the introduction of needle-retentive varieties of fir tree from Scandinavia," explains Chris. That would make sense - if you can buy a tree earlier without all the needles dropping off come Christmas day, you'll get to enjoy your decorations for longer.

Whatever your thoughts on when to put up your Christmas tree, rest assured, it varies from family to family and is simply personal preference. Put your tree up whenever makes you and your family happiest.

## Are there any benefits to putting your tree up earlier?

"There are definitely benefits to putting up your Christmas tree early", shares interior influencer Ness Hancock "Research has found that it can improve your mood, and a study in the Journal of Environmental Psychology concluded that those who decorate the outside of their house come across as more friendly."

This year has been immensely stressful for many, and so Ness explains that surrounding yourself with small things that bring you joy, like a Christmas tree and decorations, could really boost your mental health.

"With the year we've had, everyone could do with a bit of happiness. It's (finally) something positive and joyful to look forward to. Christmas always provides a reason for celebration and a relaxing welcomed break, so it's understandable that people are looking forward to and plan for it earlier than ever this year," she explains.

But what about putting your tree up super early - say the end of November? "Decorating your home early can create that neurological shift, a spike in the feel-good hormone dopamine which can produce happiness.

If there was ever a year to make an exception to decorate early, this could be it. It's a crazy year. If putting up your Christmas tree early will bring you a little extra joy, why not," she adds.

And Chris agrees, adding: "Christmas is about family, love, and togetherness. The tree is the physical symbol of these values and in a year of separation, having this reminder in our homes is worth a whole lot more."

#### What affect will COVID have on Christmas?

While we can't speculate on how government restrictions may affect households mixing, we can tell you that, if the stats are anything to go by, the coronavirus pandemic has made people more determined than ever to make this Christmas a special time of reflection.

Owner of Christmas tree company Pines and Needles (pinesandneedles.com), Samuel Lyle, shares: "COVID may have cancelled lots of things but not Christmas. We are up 35% on Christmas tree sales from last year and online delivery slots are selling at an incredible rate. If these stats are anything to go by, people are more determined than ever to make this Christmas one to remember."

(Article source: Good Housekeeping)

When do you put up your Christmas tree? Let us know by email: www.ourplace.co



### **Arts, Crafts & Hobbies Feature**

## Pink Floyd: The Dark Side of the Moon (1973) (pictured left)

The album that took the world by storm and featuring the title track 'Dark Side of the Moon' was easily distinguishable from other album covers of the time. The design for the cover was inspired by a photograph of a beam of light projecting through a glass prism. The trio of light beam, prism and spectrum apparently stood for three aspects of the band and their music.

#### **David Bowie: Aladdin Sane (1973)**

The album design was a simple concept featuring a photo of Bowie with a lightning bolt painted across his face, his Aladdin Sane persona was an extension of Ziggy Stardust. Allegedly reflecting Bowie's split feelings regarding his sudden rise to stardom Aladdin Sane was split down the middle by the glittery makeup. The tear drop was the photographer Brian Duffy's idea and cleverly portrays Bowie as both mysterious and tender.

#### Goodbye Yellow Brick Road (1973)

Possibly one of Elton John's best ever albums, Goodbye Yellow Brick Road's cover is based on an image taken from the movie, The Wizard of Oz. The album cover's eye-catching artwork reflects the sentiments of the title song about leaving the grimness of the city behind -and a failed romance - and going back to the simplicity of the countryside. The album was a 3-panel design, unique at the time, and featured individual illustrations for each song on the record, along with the lyrics. Goodbye Yellow Brick Road was Elton's seventh album and was undoubtedly the record that sealed his fate as an all-time popicon

#### The Eagles: Hotel California (1976)

The front cover's 'Hotel California' was in fact the Beverley Hills Hotel. Pictured in a sunset glow but remaining shadowy and mysterious it aims to emulate the bands' rich and confusing lyrics. And the true meaning of Hotel California? No-one really knows, least of all the band. But Don Henley is reported to have said "In a sentence, I'd sum it up as the end of innocence, round one."

#### Meat Loaf: Bat Out of Hell (1977)

A motorbike in the middle of a cemetery with a giant bat this cover was certainly going to get the album noticed. It was Meat Loaf's debut album, featuring songs by Jim Steinman, and was big, brash and loud almost bursting out of its cover. Bat out of Hell was released by Cleveland International Records but it almost never got released at all as it was disliked by their parent label Epic Records. It took a while to become popular but eventually went on to become one of the best-selling albums of all time with songs from the album becoming classic rock staples.

#### Fleetwood Mac: Rumours (1977)

This slightly risqué album cover shows Stevie Nicks in character as Rhiannon, the mythical Welsh witch cavorting with Mick Fleetwood whilst trying to look into Fleetwood's crystal ball. The eye is then drawn to the objects dangling between Fleetwood's legs which were apparently his personal good luck charm stolen from an old-fashioned toilet chain years earlier and were used to adorn his drum kit during the band's live performances.



#### Pink Floyd: Animals (1977)

Not many were better at creating iconic images as Pink Floyd with The Wall being an iconic album in its own right. Animals was another incredible album that really struck a chord with the national psyche. Roger Waters came up with the idea of floating an inflatable pig over Battersea Power Station and a 40-foot balloon was made for the cover shoot. However things didn't go to plan. The inflatable pig broke free and floated directly into the path of planes landing at Heathrow Airport. It caused a lot of panic and all flights were grounded. Pink Floyd couldn't have got better publicity for their album if they'd tried!

#### ELO: Out of the Blue (1977)

Out of the Blue was ELO's seventh studio album and enlisting the help of Japanese illustrator Shusei Nagaoka they created a cover that reflected the many sci-fi themes of the time. Nagaoka created a colourful space station the concept of which the band went on to use with UFO-style sets in their subsequent live shows.

(Article source: Silver Surfers)



# Classic artwork: Iconic album covers of the 1970s

Hand in hand with some of music's most iconic tunes, the 70s boast album covers some of which could be pieces of art in their own right. These 12 square inches of artwork were just as important as the music inside.

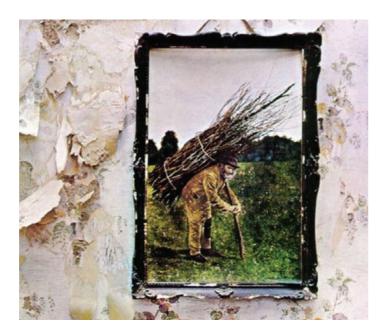
Made to stand out on the record shop shelves and encapsulating the style, look and feel of the 70s here are some of the decade's most memorable album covers.

#### Led Zeppelin: Led Zeppelin IV (1971)

Immediately different from what other bands and albums were doing at the time the cover of Led Zeppelin IV shows a 19th century oil paining belonging to Robert Plant.

This was a well thought out marketing move by Zeppelin which made the album stand out and of course increase sales.

The album features the iconic song "Stairway to Heaven" and is reported to be the greatest rock album ever made.



2





## Where can I travel without quarantine? Holiday destinations without restrictions for travellers from the UK

There are only a handful of countries you will be able to go to on holiday after lockdown without having to quarantine.

Holidays are nothing more than a pipe dream right now. Travelling abroad for non-essential reasons is illegal in England and Wales, and strongly advised against in Scotland and Northern Ireland.

However, after England's lockdown ends on 2nd December the country is reverting to a strengthened version of the tiered system of restrictions. International travel will be allowed in all tiers - but only to an approved list of countries.

The Foreign and Commonwealth Office is advising against nonessential travel to all but a handful of nations, with which the UK has travel corridors. But there is an even smaller list of countries where you will not have to guarantine on either end.

#### Where can I travel without having to quarantine?

These are the countries you can travel to after lockdown without having to quarantine on either end, along with their entry requirements:

#### Chile (after 7th December) (pictured above)

At the border you will need to present a negative PCT test, taken less than 72 hours before boarding, a declaration form (Pasaporte Sanitario), completed upon entry and health or travel insurance that covers Covid-related medical care during your visit.



#### **Gibraltar**

No quarantine unless you are entering from outside the EU, UK or a select list of other nations. British nationals can enter Spain from Gibraltar without having to self-isolate.

#### **Greek islands** (Corfu, Crete, Kos, Rhodes, and Zakynthos)

You must complete an online Passenger Locator Form (PLF) at least 24 hours before your arrival in Greece. You will then receive a QR code, which you must scan upon arrival. Authorities may also require you to take a coronavirus test.

#### **Maldives**

All tourists and short term visitors must present a negative PCR test, issued no more than 96 hours prior to departure, upon arrival. You must also fill in a Traveller Health Declaration form 24 hours before departure to the Maldives.

#### Portuguese islands (Madeira and the Azores)

You need to complete an online passenger locator card before you arrive in Portugal.

#### St Barthelemy



All travellers over the age of 11 must take a test within 72 hours before departure for St Barthelemy. Travellers must also provide a self-certified document affirming that they have no Covid symptoms and that to their knowledge they have not been in contact with any person confirmed positive within the last 14

#### **Turks and Caicos**

Anyone arriving to the Turks and Caicos islands is required to obtain pre-travel authorisation via the Turks and Caicos islands Assured Portal. This requires evidence of a negative Covid-19 test from a reputable facility taken less than five days prior to arrival, proof of health/travel insurance with Covid-19 cover and a completed health screening questionnaire.

#### **United Arab Emirates**

Visit and tourist visas are currently being issued by the Dubai authorities only. Tourists and visitors cannot travel to Abu Dhabi by air. Travellers coming from the UK to Dubai have the option to either present a negative PCR test before departure, which is valid for 96 hours from the date of the test, or to take a test on arrival at Dubai airport.

#### Which countries are on the UK's travel corridor list?

Anyone entering the UK from the following countries does not have to self-isolate for 14 days upon arrival:

Anguilla, Antigua and Barbuda, Australia, The Azores.

Bahrain, Barbados, Bermuda, Bonaire/St Eustatius/Saba, British Antarctic Territory, British Indian Ocean Territory, British Virgin Islands, Brunei.

Cambodia, The Canary Islands, Cayman Islands, The Channel Islands, Chile, Cuba.

Dominica

Estonia

Falkland Islands, Faroe Islands, Fiji, Finland.

Gibraltar, Greek islands: Corfu, Crete, Kos, Rhodes, Zakynthos, Greenland, Grenada,

Hong Kong

Iceland, Ireland, The Isle of Man, Israel.

Japan

Laos. Latvia.

Macao (Macau), Madeira, Malaysia, Maldives, Mauritius, Montserrat.

Namibia, New Caledonia, New Zealand, Northern Mariana Islands, Norway,

Pitcairn, Henderson, Ducie and Oeno Islands.

Qatar

Rwanda

Seychelles, Singapore, South Korea, South Georgia and the South Sandwich Islands, Sri Lanka, St Barthélemy, St Helena, Ascension and Tristan da Cunha, St Kitts and Nevis, St Lucia, St Pierre and Miguelon, St Vincent and the Grenadines.

Taiwan, Thailand, Turks and Caicos Islands.

United Arab Emirates, Uruguay, US Virgin Islands.

Vietnam

(Article source: Inews)

# Covid pub heroes celebrated as owners provide vital support to communities in lockdown

'Pubs' support for their communities is both physical, as they provide food and other vital supplies, and, emotional, with many pubs offering a friendly face and a chat to elderly'.



**Inews** reports that pub landlords across the UK have stepped up to support their local communities in the second phase of lockdown, with food parcels, online quizzes, and virtual support groups.

From coastal inns to suburban taverns, publicans have again proven to be lifelines to residents, having done so in the first national lockdown between March and July.

One is licensee Sharon Hookings, who runs The Red Hart in Blaisdon, Gloucestershire, and who has been shopping for vulnerable residents, running an online quiz every Friday, and selling takeaway pizzas. Two pounds from every sale is donated to a local school.

#### Pub support

"This lockdown feels different, with different needs locally," she said. "There's not the same demand for the village store we operated in the pub last time.

"However, we're doing shopping for any vulnerable residents who need it, and offering takeaways over the weekend."

The work has been highlighted by PubAid, an organisation that looks to champion publicans across the country.

Its co-founder Des O'Flanagan said: "This second national lockdown, coming hot on the heels of other restrictions, is hitting pubs hard - though this time, licensees and their customers are better prepared. "Many pubs have continued to offer the takeaways and deliveries they started in the first lockdown, so they're already up and running for this one.

"Pubs' support for their communities is both physical, as they provide food and other vital supplies, and, just as importantly, emotional, with many pubs offering a friendly face and a chat to elderly and vulnerable people who would otherwise feel very isolated.

"The nation's mental wellbeing was a big concern during the first lockdown, and pubs, as the social hubs of their communities, can help us all to stay connected over coming weeks."

PubAid also flagged Sally Pickles, who owns The Bowgie Inn in Crantock, north Cornwall, who has been focusing on people's mental health by taking people on free "digital walks" via Facebook live. In the first lockdown, her adventures were enjoyed by half a million people around the world.

#### Food and more

While at The Hope in West Norwood, south London, free roast dinners have been supplied to vulnerable people nearby thanks to donations from the local football club, and at The Dog & Parrot in Eastwood, near Nottingham, Kathryn and David Boam have been shopping for elderly neighbours and picking up their prescriptions. Tim Bird, from The Roebuck, in Cheshire, has been selling meals to heat at home throughout lockdown, and has now switched to Christmas food to lighten the mood.

"I think customers have welcomed our efforts to bring some early festive cheer to this depressing situation," he said.

"Everything we did during lockdown one was about keeping our pubs visible and relevant.

"Now people have told me that we helped to create some good lockdown memories locally, so we'll be aiming to do the same for the rest of this month."

(Story source: Inews)

### Covid-19: Drinkers in tier two 'could order Scotch egg' as substantial meal

Drinkers in tier two areas of England could order a Scotch egg with their pint to keep in line with post-lockdown rules, a cabinet minister has said.

**BBC News** reports that under new restrictions from Wednesday, pubs in those high risk areas can only open if they function as a restaurant. And alcohol can only be served as part of a "substantial meal"

Environment Secretary George Eustice told LBC Radio that Scotch eggs would constitute such a meal "if there were table service". Downing Street has not ruled out tier two drinkers being able to order a Scotch egg, but would not set out the difference between a snack and a meal.





The Prime Minister's official spokesman said: "I'm obviously not going to get into the detail of every possible meal. "But we've been clear: bar snacks do not count as a substantial meal but it's well established practice in the hospitality industry what does."

Pubs and restaurants are currently closed across England, apart from for takeaways.

Mr Eustice said the "substantial meal" provision in tier two was "understood very much by the restaurant trade". He said: "I think a Scotch egg probably would count as a substantial meal if there were table service.

"Often that might be as a starter but yes I think it would, but this is a term that's understood in licensing... you can have the concept of a table licence for alcohol that also requires you to serve a substantial meal. "That is the model that is being followed."

Mr Eustice added that there had been issues with pubs "where you had large groups of people congregating and actually not maintaining social distancing, they were just drinking". "They were more likely to maintain social distancing sat down and having a meal," he said.

On Sky News, Mr Eustice was asked whether people in tier two would have to leave the pub as soon as they had finished their meals. The environment secretary said people could finish their drinks, but should not have a "small meal and then sit at the table all night ordering drinks".

It comes after Downing Street suggested drinkers visiting pubs in tier two regions would have to leave once they had finished their meal.

The government's latest guidance for hospitality in tier two states: "Venues must close unless they operate as if they were a restaurant. "This means serving substantial meals, like a main lunchtime or evening meal. They may only serve alcohol as part of such a meal."

Meanwhile, pubs, restaurants and cafes in Wales will be banned from serving alcohol from Friday and will be forced to close at 18:00 GMT, under new rules to tackle a surge in coronavirus cases.

#### Cornish pasty

The concept of a "substantial meal" is not actually a new one in pubs, bars and restaurants. It's an extension of the law that covers 16 and 17 year olds drinking alcohol in pubs with table meals.

In October, under England's previous three-tiered system, there was confusion over the definition of a "substantial meal".

Under those restrictions, it was only pubs and bars in tier three areas that faced extra curbs - and were forced to close unless they were serving substantial meals.

Housing Secretary Robert Jenrick responded by saying that a "plated meal" of a Cornish pasty with chips or a side salad would count as a "normal meal".

(Story source: BBC News)

# The challenge of Christmas: how to plan your festive food in the face of uncertainty

What does a 'normal' Christmas look like for you? What will that be like this year? The problem is no one knows!

**Silver Surfers** reports that this could be the year we celebrate on Zoom, or perhaps we'll have everyone round like usual.

Maybe we'll have all our classic traditions, or maybe 2020 will be the year to make new ones! Whatever your plan, it can still be great, but when it comes to festive food, how can you properly prepare when you're not quite sure where, how or who you will be celebrating with? The key might be lurking in your freezer! Or rather in stocking your freezer with festive goodies that are individually wrapped, will last more than a year, can cater for 1 or 100 and taste oh so good! Even better, this could be the year you select a different festive treat for every person like turkey for Nan and pies for Uncle Bob, and a profiterole (or six) for your favourite nieces and nephews.

Introducing Love What You Eat, the online shopping destination bringing sustainably sourced meat, fish, shellfish, pies, pastries, and desserts to your door, frozen for freshness and individually wrapped. It's the perfect solution and you know you've got delightful treats ready and waiting in the freezer, regardless of whether it's one big party or six small ones; whether it happens on Christmas Day or in January; and whether you can all be together or you're worlds apart.

Even better, if you definitely can't get together this year, then why not consider sending everyone a food parcel so you can share the same meal virtually and all tuck in? Love What You Eat also offer veg boxes, wines, and beers to really top off your festive cheer!

So what are you waiting for? Quality food delivered straight to your door, for no-hassle Christmas planning. Love What You Eat choose all their products fresh before flash-freezing to maintain maximum quality and reduce food waste. They only use suppliers that they know and trust, and always ensure they can trace everything from field to table.

(Story source: Silver Surfers)







# Neighbours from hell? Why you should find out who you're moving next door to

# People don't think enough about who's next door when they move house, but you really should find out!

Everyone knows the value of a great neighbour. That person you can trust with a spare key, who will ring you when there's someone suspicious outside your front door, who will lend you some flour in times of need. And above all, that person who doesn't keep you awake until 3am every night with house parties, barking dogs or forays into swinging. However, the difficult thing is that you never really know who you're moving in next door to.

A survey by PriceYourJob.co.uk found that out of 2,341 homeowners, 75 per cent would pay more money for a house if the neighbours had a well-kept garden or driveway with no overflowing rubbish bins.



# People felt this suggested the neighbours wouldn't drive them wild - yet in reality someone could have a delightfully neat row of rhododendrons and also have pet pythons who regularly escape.

#### 'A very real issue'

Russell Quirke, a property expert at movinghomeadvice.com, says that people don't think enough about who's next door when they move.

"It's a very real issue," he tells i. "A large proportion of people move because of neighbour problems. It becomes draining, anxiety-inducing and a mental health issue."

While there is no such thing as a Neighbour Detective - although he thinks there should be - Quirke says there are things it is worth doing before renting or buying a new place to scope out who lives close by.

One of these, he says, is indeed to have a look at the state of the neighbouring garden, and see if there are lots of cars in the driveway, which might suggest rowdy socialising.

A search of the land registry for the postcode you're planning to move to will also help you find anything untoward, says Quirke.

#### **Tell-tale signs**

"Look for tell-tale signs, for example a road where lots of people have moved very recently. If you're looking at number seven Acacia Avenue and numbers three, nine, two, eight and 14 have all moved recently, that may point to there being an issue at number five..."

It's a good idea to find an excuse to knock on some doors, chat to locals, and see if you can get a sense of anything negative.

And finally, says Quirke, go back to the road at different times of day. "People make up their mind on a house very quickly and will have one or two viewings, probably at 10 or 11am on a Saturday morning.

You might think that's a nice, quiet pub at the end of the road, but it's worth seeing it at 8pm on a Saturday night or a Thursday evening after work."

Of course, there's always the risk that your lifestyle is too raucous for nice, quiet neighbours. If you own 15 snakes or you want a lively local pub that plays techno sets until 5am, look for neighbours who are similar.

Either way, it's worth finding out before the curtain twitching begins.

# Neighbours from HELL: The top 10 anti-social nightmares who caused misery for their victims

There are some neighbours who help you weed the garden and there are others who wee on your lawn - they are called neighbours from hell.

The diabolical, dotty and downright dangerous nuisances next door cause misery to their victims.

Some of the lengths these nightmarish folk go to make life difficult are extraordinary.

There is one 66 year-old man who terrorised his neighbours by sunbathing NAKED and another man who tried to blow up his STREET

But one of the worst is a moustached man driven from his home by a a gang of thugs who stood outside his property doing NAZI salutes.

Our rogues gallery is enough to make you hurry into the house and shut the curtains in fear.

You have been warned: these crazy residents are bad to the bone.

#### 1. Norman Thompson

Nutty Norman Thompson blasted Martin Luther King's "I have a dream" speech in the early hours before being evicted by his council.

The 68-year-old, from Leek, Staffordshire, also played Frosty the Snowman in the summer prompting complaints by his furious neighbours.

But Norman refused to accept the blame and accused his neighbours and the council of a "conspiracy" to get him chucked out.

#### 2. Hugh McLaughlin

The 66-year-old, from the north Wales seaside town Rhyl, loved to sunbathe.

Sadly, Hugh McLaughlin ruined the summer for blushing neighbours - who he complained to police about - because he liked to do it naked in his back garden.

McLaughlin was found guilty of harassment and jailed for 120 days at Llandudno Magistrates' Court.

Continued on pages 22-23...

#### **Home & Garden Feature**



#### 3. Michael Lawton

Angry Michael Lawton had a cunning ploy to get rid of his neighbours from hell - he set fire to a petrol station in a bid to blow his street up! The 54-year-old reached the end of his tether after his windows were smashed, car tyres let down and eggs thrown at his house by yobs. A judge said his plan could have been "catastrophic" before sentencing Lawton to two-and-a-half years in jail.

#### 4. Alan Markovitz

Spurned Alan Markovitz owns a number of strip clubs in Detroit but that doesn't mean he's a cheat. In fact, ex-wife Lea Tuohy was the one started an affair with another man while she was still married to Alan. So he splashed out \$7,000 on a 12 foot tall bronze statue giving the middle finger to Lea's new beau.



#### 5. Gemma Walker

Insatiable Gemma Walker likes sex. She loves it, in fact. And she wanted her neighbours to know when she did it.



The 31-year-olds raucous sex sessions of yells and "loud whoops" were likened to the famous fake orgasm scene in When Harry Met Sally.

But then came the complaints and Miss Walker was booted out of her home for noise.

People felt this suggested the neighbours wouldn't drive them wild - yet in reality someone could have a delightfully neat row of rhododendrons and also have pet pythons who regularly escape.



#### **Home & Garden Feature**

#### 6. Dawn Pugh Jones

Jobless Dawn, from Penparcau, mid-Wales was a neighbour from hell who destroyed her council house by having constant loud parties.

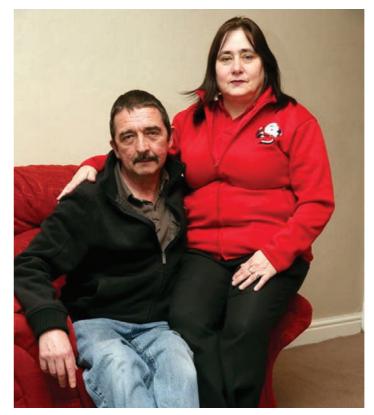
Pugh Jones, 41, had more than a staggering 80 criminal convictions and was evicted using a Possession Order and Anti-Social Behaviour Injunction.

She created so much damage to the house, including holes in walls, greasy kitchen and worn carpets, the property took around six months to fix.

#### 7. Derek Morris

Poor Derek has a moustache that some thugs thought made him look like Hitler.

So they made Mr Morris's life a misery by turning up in their droves to do Nazi salutes and shout "seig heil" outside his house. After a year of hell, Derek, 55, and wife Carol, sold up - with a £20,000 loss - to escape the persecution.



#### 8. Gavin Townroe

This pop music loving neighbour from hell was given a suspended jail sentence for playing the Spice Girls at all hours.

When enforcement officers called after dozens of complaints, the 1998 chart-topper Viva Forever was blaring out.

Gavin Townroe, 33, said he was too drunk to remember playing the music and he was given a six week suspended sentence for breaching an Asbo.



#### 9. Maria Jiminez

Mum-of-two Louise Thomas, 37, moved next door to Jiminez's house in Manchester in May 2011.

But she struggled to call her new house a home because of Maria Jiminez's late night partying, loud music and she even urinated in her neighbour's garden.

After a reign of terror, Jiminez was finally evicted after Louise's six-year-old daughter drew a harrowing picture of what life was like living next door.

#### 10. Zbianiew Filo

This 24 year-old was a boyracer who sped his Ford Escort around the village of Lubczyna in Poland.

But his neighbours had enough of his petrol head antics and decided to teach Zbigniew a lesson.

So they used a CRANE to hoist his car into a tree and the prank worked wonders on the driver, who promised to tone down his wild ways.



(Article source: Various)



# 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

