OURPLACE News

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

JANUARY 2021

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Get creative!

7 interesting craft ideas to try at home

Travel refunds

How to get money back for train tickets and flights cancelled by Tier 4 rules

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7 really great things about growing older by Dawn French

Are you a crisp-aholic?

14 things you only know if you're obsessed with crisps

PLUS...

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

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

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

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

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

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

We welcome you and hope you enjoy Our Place.

The Editor - Our Place

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

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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!

All over 50s in Scotland to get Covid vaccine by next summer

All over 50s will be vaccinated against Covid-19 by next summer under UK-wide plans being devised, Scotland's National Clinical director has said.



The Scotsman reports that it will mean almost all potentially fatal cases are reached and the pressure on the NHS is eased significantly amid previous concerns that it could be "overwhelmed" if cases of the virus spike, Professor Jason Leitch said.

The Pfizer vaccine will start being provided in Scotland next Tuesday and there are plans to have the "first wave" of adults inoculated by next Spring.

"What we've said across the whole UK is that we're hoping to get to that over 50s group by the Summer and that would allow us to remove 99% of the mortality of this disease," Professor Leitch told today's daily Coronavirus briefing.

"If everything goes well and you get everybody vaccinated who is over 50 and those with pre-existing conditions, then you get to 99% of the mortality."

After immunisation of these groups is completed, the programme will switch to the rest of the rest of the Scots population in the under 50s age group. The emergence of other vaccines could also speed up the process.

Professor Leitch said that 100 million orders have been placed across the UK for AstraZeneca vaccine which is with regulators.

"If that gets approved sooner rather than later that helps us - it brings everything forward a little bit," he added.

The joint Committee on Vaccination and immunisation (JCVI) has advised health authorities to concentrate on "age not job" as this is where the biggest "bang for your buck" can be delivered.

The only exception are health and social care workers who are infected patients.

Deputy First Minister John Swinney said the "first wave" of the programme - targeting frontline health and social care staff, care home residents, over-80s, and carers and personal assistants - should be completed in Scotland by next spring.

And as the double jab is rolled out, it should provide welcome respite for the NHS

The Deputy First Minister added: "The emergence of the vaccine as it begins to gather momentum in December and January will assist us in reducing scale of the Covid presence that is likely to be presenting itself in our hospitals and therefore ease the pressure on the National Health Service at a particularly demanding time."

Mr Swinney, who is also Education Secretary, said that the impact of disruption on school pupils in deprived areas will be a key factor in deciding whether or not to cancel the Higher exams next year.

National 5 exams due to take place next year have already been cancelled but Higher and Advanced Highers are provisionally due to go ahead.

There are also concerns that educational disruption due to selfisolation may be greater in more deprived parts of Scotland.

"I have to be satisfied that every young person who's supposed to be sitting a Higher or Advanced Higher exam in the spring is able to have an equal chance to shine and to prosper in that exam," Mr Swinney said.

Some pupils will not have had any disruption this school year, Mr Swinney went on, but others will have had to self-isolate multiple times.

Work is ongoing with local councils to gauge the level of disruption in each school.

The Education Secretary said there are differences in terms of geography, with the virus being more prevalent in certain areas than others.

He continued: "But then there is some further detail within that, which is that the level of disruption to the education of young people caused by self-isolation has tended to be greater in areas of deprivation.

"I'm particularly anxious, given all of the focus of the Government on closing the poverty-related attainment gap, on supporting young people to use the power of education to emerge out of poverty and have a higher quality of life, that we make sure that we support young people in these circumstances.

"So that factor weighs very heavily in my judgments."

Meanwhile The Scottish Government has also announced that day a tax break for nurseries will be extended for two years.

They will now get 100% relief on non-domestic rates until at least June 2023. In 2020/21 the relief has been worth on average more than £12,000 to each eligible nursery.



Children's Minister Maree Todd said: "Extending the Nursery Rates Relief Scheme will provide some welcome certainty to our day nurseries - especially at a time when many are feeling real financial pressures.

"Our childcare sector plays a vital role in our economy, supporting children's development and helping parents to access employment, education or training. We have seen the critical importance of this during the pandemic.

"We will shortly announce a new date for when all eligible children will be entitled to 1,140 hours of high quality care and learning - almost double the current statutory entitlement.

"I'm very pleased that in addition to the measures we've already taken, this further step will provide more certainty for the sector, while ensuring the benefits of the scheme are being felt by families across Scotland."

The Nursery Rates Relief Scheme provides 100% relief on non-domestic rates (NDR) for premises used only as a day nursery or mainly as a day nursery. The scheme was introduced in April 2018 and is currently legislated to expire at the end of March.

A flagship expansion of funded early learning and childcare for eligible children from 600 to 1,140 hours was paused in April to give councils flexibility to focus on responding to the COVID-19 pandemic. A new date for implementation is due to be announced soon.

(Story source: The Scotsman)

Women aged 50-60 at greatest risk of 'long Covid', experts suggest

Study links age and number of symptoms to lasting health problems from coronavirus.

The Guardian reports that women aged 50-60 are at greatest risk of developing "long Covid", analysis suggests. Older age and experiencing five or more symptoms within the first week of illness were also associated with a heightened risk of lasting health problems.

The study, led by Dr Claire Steves and Prof Tim Spector at King's College London, analysed data from 4,182 COVID Symptom Study app users who had been consistently logging their health and had tested positive for the virus.

In general, women were twice as likely to suffer from Covid symptoms that lasted longer than a month, compared with men - but only until around the age of 60, when their risk level became more similar.

Increasing age was also associated with a heightened risk of long Covid, with about 22% of people aged over 70 suffering for four weeks or more, compared with 10% of people aged between 18 and 40



For women in the 50-60 age bracket, these two risk factors appeared to combine: They were eight times more likely to experience lasting symptoms of Covid-19 compared with 18- to 30-year-olds.

However, the greatest difference between men and women was seen among those aged between 40 and 50, where women's risk of developing long Covid was double that of men's.

"This is a similar pattern to what you see in autoimmune diseases," said Spector. "Things like rheumatoid arthritis, thyroid disease and lupus are two to three times more common in women until just before menopause, and then it becomes more similar." His guess is that gender differences in the way the immune system responds to coronavirus may account for this difference.

The study, which was published as a preprint and has not yet been peer reviewed, also found that experiencing five or more symptoms during the first week of developing Covid-19 was associated with a heightened risk of lasting health problems.

Here too, differences in the immune response may be involved: "There's certainly a group of long Covid sufferers that have this multi-system immune-like disease, where they get gastrointestinal problems, skin rashes, nerve problems and brain fog - so the whole body is involved rather than just one bit," said Spector. Probably, the immune system is working differently in such people, which may manifest as symptoms in multiple body systems being experienced from week one.

Other factors which the study associated with heightened risk of developing lasting Covid-19 symptoms included being overweight, or having asthma.

(Story source: The Guardian)



4



Health & Beauty Feature

Instead, with more decades under your belt, it's possible to invest time in select relationships that feed your soul, make you feel happy and that really matter.

at your disposal

While money isn't the route to all happiness, with increased years savvier with your money than you were in your 20s.

There's less emphasis on the importance

In adolescence it's easy to be your own harshest critic, and relatively normal to spend hours in front of the mirror trying to disguise 'imperfections' with layers of make-up and hairspray.

Being older and wiser can really improve body confidence, because at 60, 70, 80, who really gives a fig if a stranger in the supermarket sees you bare-faced?!

There's more chance to gain perspective

of break-ups, bereavements, health issues, and family dramas. and as a result, sweating the small stuff is way down on the

At this stage, your strengths and weaknesses are clearer, as is with whatever life decides to throw at you.

You generally have more money

often comes the comfort of increased financial security (and a paid off mortgage). Plus, with experience, you're also likely to be

of looks



In the latter half of life, in all probability you've had your fair share emotional to-do list.

your self awareness, and you have more emotional tools to deal

Comparison culture has loosened its grip

Life is finite - a fact that becomes clearer as you grow older, and one that really erodes any worries you used to harbour around what other people are doing with their lives. You've got your own to focus on after all, and that's what's important. Who has time for jealousy and envy?



You're not afraid to say 'no'

One of the best things about growing older is that you seemingly have more licence to say exactly what you think, and that includes saying no to things you don't want to do.

Spending your time on the things you love, and keeping your sanity in check, is way more important than burning yourself out for other people.

It can be easier to find the joy in small things

Simple things like enjoying a cup of coffee with friends, taking a long walk in nature and seeing the grandkids can take on greater significance than material things, the rat race of trying to get ahead at work, climbing the property ladder and the pressure to track down a life partner.

With age - if you're lucky - comes with the time and space to appreciate the little every day things that much more.

(Article source: Silver Surfers)

It's 'not for wusses': 7 really great things about growing older by **Dawn French**

Age can make you a stronger, happier and more confident. A lot of people fear growing older, but if you ask us, the ageing process brings some pretty great benefits - as Vicar of Dibley actress Dawn French knows. She told the Radio Times Christmas issue: "It's a privilege to get older."

"It's not for wusses. Things go a bit wrong...," the 63-year-old TV star added. "Your teeth are a bit yellower, your chin has sagged, you're fatter, you're greyer.

But ultimately, it ain't so bad."

And did you know studies often show senior citizens are among the happiest people in society, and that they are significantly happier than those in middle-age?

Here are some great reasons to look forward to growing older...

The relationships you have are ones you've honed over years

Health & Beauty Feature

FOMO and spreading yourself too thin can hamper friendships in youth, when making lots of new friends whenever possible, and navigating fallouts, the order of the day. But in later life, things are often calmer and your tolerance levels sharper.

You don't have the time, energy or patience for friends that treat you like a free therapist, or don't show up when you need them.

Money & Work News

Corona beer sales soared by 40% in 2020 despite Covid association

The frequency with which consumers have encountered the word coronavirus is thought to have pushed Corona to the forefront of drinkers' minds.



Inews reports that Corona lager was one of the fast-growing grocery products in the UK this year, despite the negative associations of its name.

Britons piled an additional $\mathfrak{L}2.1$ bn worth of lager, wine and spirits into their supermarket trolleys during 2020 while they steered clear of their favourite pubs and restaurants, figures from market insights firm Nielsen show.

Corona Extra was among the lagers to experience the largest growth in the 52 weeks to 5 September. Supermarket sales of the Mexican beer rose £68m on 2019, an increase of 40 per cent, making it the tenth fastest-growing grocery product.

Beef claimed the number-one spot where grocery products were concerned, with sales £162m higher than in 2019. Sausages came in second with sales up £126m, followed by chicken, which experienced growth of £120m.

While the overall meat category enjoyed a substantial sales boost of £439m, lager was the fastest-growing category, with sales rocketing £792m to £4.4bn in 2020, according to the data. Wine and spirits also saw huge gains of £717m and £567m.

'Beer coronavirus' confusion

The explosion of popularity enjoyed by Corona beer might come as a surprise given it shares its name with the disease that has marred the planet - in January Google Trends data revealed searches for "corona beer virus" and "beer coronavirus" were rocketing, indicating the brand might fall out of favour.

However, branding experts have suggested that the frequency with which consumers have encountered the word "coronavirus" has had the effect of pushing Corona to the forefront of drinkers' minds.

Brand awareness

Writing in Marketing Week earlier this year, Mark Ritson, a brand consultant and former marketing professor, said: "We're all constantly hearing the word 'Corona', and regardless of whether it prefaces the word 'virus' that's going to keep the brand front of mind"

He added: "When you walk into a bar, the question is not 'Does this pandemic make you feel different about any of the beers on the following list?'. The question is: 'What can I get you?'.

For many people, the answer will be Corona, Mr Ritson said: "Not because of what it stands for. Not because of the negative associations it evokes. Just because that was the first beer that came to mind."

Coronaviruses are named after the Latin word for crown for the crown-like spikes that can be observed on their surface under a microscope.

The logo for Corona Extra is based on the crown that adorns the Cathedral of Our Lady of Guadalupe in Puerto Vallarta, Mexico.

(Story source: Inews)

More of us are buying art in lockdown, says Artfinder boss as firm plans expansion

There has been a rise in people buying art for their homes during lockdown.

Inews reports that in our 30 Second Interview, we are talking to businesses which have either been built during the pandemic or changed their business model to cope.

Michal Szczesny is the chief executive of Artfinder, an online art marketplace that recently finished a £1m fundraise backed by Irish investors Brian and Eamonn Fallon.

When did Artfinder start, and what was the idea behind it?

The business was started in 2010 by Spencer Hyman, and the original idea was to allow people to explore a personalised feed of artwork tailored to their taste.

Eventually in 2013, under new leadership, Artfinder was relaunched as an art marketplace.

Our vision is to create a world where art benefits everyone and we are doing this by making art more accessible, affordable and a viable career for artists.



The findings emerged in a survey by the professional networking site LinkedIn, which said that 73 per cent of women respondents had reported employment stress in the past month compared with 57 per cent of men.

Money & Work News

The researchers pointed to a strain on women's work-life balances being at the heart of the problem.

Working from home

Thirty-seven per cent of women said they checked in on work via email and messaging outside of working hours, while only 29 per cent of men did the same.

And 55 per cent of women reported taking less time off this year, compared with 46 per cent of men.

"The pandemic is taking a particularly heavy toll on women and their careers," said Emily Spaven, the UK Editor of LinkedIn News.

"We have already seen that women have been more likely to lose their jobs in this recession, which is even more worrying when LinkedIn's data show that women have also been less likely to start a new job during the pandemic."



Job hunting

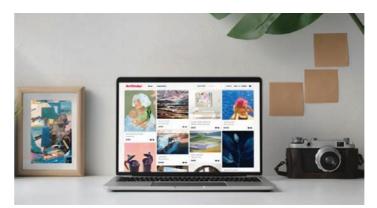
She pointed to data shared earlier this month by LinkedIn, looking specifically at people over 30 who are most likely to have additional caring responsibilities, which showed that women have consistently made up less than half of successful applicants for new jobs since the start of the pandemic.

This is despite more women than men spending additional time jobhunting. The latest index shows that 45 per cent of women are spending more time than they did last year looking for work, whereas the same is true for only a third of men.

Ms Spaven added: "If we are going to create a fair recovery, we have to recognise the impact the pandemic is having on individuals and offering greater flexibility to women and working parents who are balancing ever-more demanding workloads."

Research from the London School of Economics shows that women are more likely than men to lose their jobs and take on extra childcare and housework in the pandemic.

(Story source: Inews)



To accommodate this impressive growth, we've been investing heavily in our team and operation, to ensure we're well equipped to serve our community as it grows.

How has Artfinder been affected by Covid-19?

Initially we were negatively affected, but like many online businesses related to the home decor industry our sales have picked up to levels not seen before. Many of us look to improve our homes, specifically now that we know we'll spend significant amounts of time indoors. Art helps to make spaces more homely and, as proven by studies, boosts mental wellbeing.

What are your next plans?

We have just closed a crowdfunding round where we welcomed 1,200 members of our own community as shareholders. The funds allow us to expand our operations and invest in a number of growth initiatives, all designed to help expand our artists' reach and increase chances of them selling to new audiences.

Our dream is to be the platform where artists see the most success and offer them opportunities to reach collectors wherever they are. Possibilities are endless and with an expanded team we look forward to dramatically improving our platform for the benefit of our entire community.

(Story source: Inews)

Women more affected by work-related stress as pandemic causes job insecurity and more responsibilities at home

37% of women said they checked in on work via email and messaging outside of working hours.

Inews reports that women are suffering more work-related stress than men, as the pandemic causes a double-whammy of job insecurity and more responsibilities in the home, figures released suggest.

R

Arts, Crafts & Hobbies Feature

Tie-Dye

Tie-dye is a versatile craft that you can use to update clothes in your wardrobe (or even save a piece of clothing if you have an awkward stain!) - or to add a unique touch to accessories, like scrunchies, tote bags or old socks. You can also try it on pillow

While tie-dye is something that was pretty popular in the 60s and 70s, it's recently made a comeback in 2020. More and more shops are stocking clothes with pastel-coloured tie-dye designs - with many even selling tie-dye face masks. However, if you want to save yourself some money, and learn a new skill in the process, then it's worth having a go at home instead.

Many people initially think of tie-dye as something that would be awkward or messy to do, but it's actually pretty straightforward - and a lot of fun! Before you start, you'll need to think about what sort of colours you want to go for. If you want to create a more classic or simple tie dve effect, then you can use just one or two colours. Or, if you want to create a statement piece, that really stands out, you could go for multi colours. Hobbycraft sells a single colour, three colours, or a set of five.

When choosing an item to act as your canvas, it's best to go for clothes, accessories or pillow cases that are made from natural materials. like cotton or linen - as the dves absorb into the fibres more easily, producing a better result. You'll also need a wire rack, a washing up bowl or bucket, a pair of rubber gloves, and some elastic bands.



Origami (pictured top left)

The wonderful thing about origami is that it's inexpensive, can be done anywhere, and it allows you to use and develop a number of different skills, such as hand-eye coordination, sequencing, maths reasoning - and of course, patience. Plus, all you need to get started is some paper and your hands.

The word "origami" is Japanese and simply means oru (to fold) kami (paper). Paper first came into use in Japan in the sixth century - when monks and rich people began using it for religious or ceremonial purposes (paper was expensive at this time, so wasn't widely available). Then in the 1600s, when paper became more affordable, it was used more widely as a medium for art.

Today origami remains extremely popular in Japan, and is taught to children in elementary school. It has also been adopted by adults and children across the world - some do it for fun. others for relaxation or to develop specific skills, and some also sell their creations.

Popular origami shapes include animals and flowers, but people are increasingly pushing the boundaries of what they can create out of paper - with some making paper towns, or hanging displays of intricate paper patterns and shapes. The craft didn't originally allow cutting or glueing of paper, but many modern books and tutorials do sometimes use these techniques - often to add stability to the final design of a model.

If you're feeling intrigued by the idea of origami, and would like to get started on your own journey, then the good news is that it's pretty straightforward to do so.

To begin with, you'll need some origami paper - this can measure anywhere between 3" and 14" square, so it's up to you to choose a size, depending on how big you'd like your models to be. You can either turn some plain or coloured A4 paper (or whatever size you have), into origami paper by cutting it to size, or, you could consider buying some ready-made origami paper. Amazon has a huge selection.

You could also consider using old magazine pages, music sheets, wrapping paper or baking paper. Take a look at an article from The Spruce Crafts for more ideas on what you could use that you might already have at home.

Once you've got your paper, you'll need to learn how to fold it to create your desired model. There are two ways you can do this. If you'd prefer to get to grips with some popular folds first, such as pleats, rabbit ears and petals, then take a look at the beginners guide from Origami.ie.

Or if you'd like to start making some simple models straight away, and learning the folds as you go, then try an article from The Spruce Crafts, which will show you how to make cranes, tulips, boats, and many other basic shapes.

Another bonus of origami is that even when you master basic shapes, there is always a more complex model that you could go on to learn. If you want to see (and hopefully get inspired!) by some of the best origami creations out there, then check out the YouTube video below, which features a dragon, a bicycle and a spider!

Take on a miniature project

If you're looking for a craft that requires you to use a few different skills - painting, measuring, cutting, glueing - then you might want to consider taking on a miniature project. These projects can include painting ready-made miniatures (such as the contents of a dollhouse, or a model aircraft), or building and painting your own miniature models, (for example, a house, car, or railway), from scratch.

Continued on pages 12-13...



Get creative! 7 interesting craft ideas to try at home

While we've been spending more time at home, many of us have turned our hand to creative activities like painting and drawing, to develop some new skills and express ourselves.

will leave you feeling inspired.

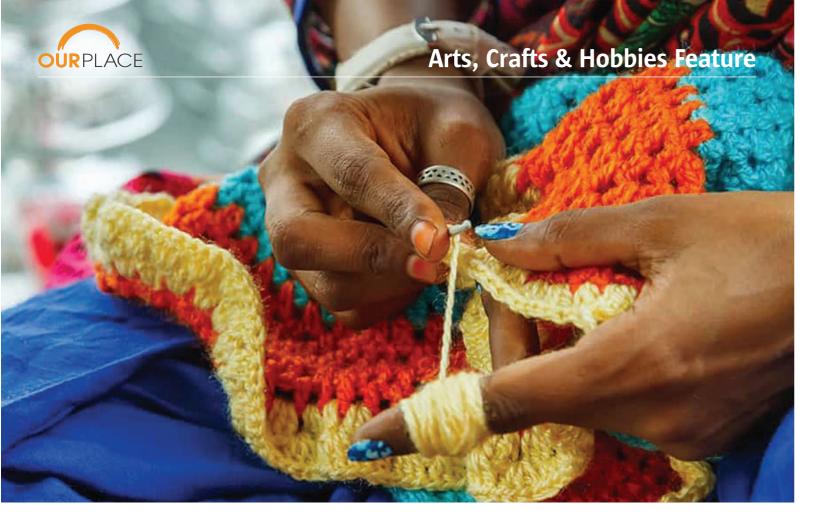
Crochet

Crochet is a craft that produces a similar effect to knitting - but many say that it is much easier to learn and commit to, largely because mistakes are easier to correct, and you work with one needle, rather than two. It can also produce tighter stitches than knitting, which makes it easier to produce 3D objects, such as stuffed toys, as they retain their shape better.

The word "crochet" originates from the French word "croche" or "croc" which means "to hook". It's thought that this technique was first developed sometime between the 15th and 17th century - but it's exact origins are unknown as it has been historically linked to various different countries around the world - including China, England and France.

From hand knitting to tie dye; hopefully these 8 creative crafts In a nutshell, crochet is a needlework technique that involves using a single crochet hook to interlock loops of yarn, thread, or a similar material - and getting started is guite simple. A 4mm hook and some light yarn, are generally best for beginners.

> The first thing you'll need to learn as a crochet beginner is how to create a chain stitch - Hobbycraft's handy video will show you how to do this. Once you've mastered the chain stitch, you can start learning other techniques that will enable you to get stuck into your first crochet project. Hobbycraft have created another useful video that will show you how to learn basic crochet skills, including how to change yarn colours, create double and treble cross stitches, and crochet a granny square! When you've mastered some of these basic techniques, you'll be able to start crocheting a few simple shapes and designs.



Working with miniatures is a great way to practice escapism. It's really easy to get lost in the process, while you're creating a whole new world, and bringing characters to life. Painting something very tiny also requires you to have a lot of patience, and perfect your steady hand - which is great if you want to practice being more mindful.

Making miniatures

If you're interested in making a mini project, then it's a good idea to first decide what sort of model you'd like to make. YouTube is a fantastic resource to find out how to make anything miniature - including tiny fruit, miniature beauty products, and books!

To see how to make a beautiful miniature house out of cardboard, check out this video here. Or, if you're interested in learning how to build a model railway, then it's worth taking a look at Budget Model Railways channel, where you can learn how to get started with building your first model railway, on a budget.

Whilst all of the materials in these videos can be purchased from places like Amazon, Hobbycraft, or DIY stores like B&Q and Homebase - it's also worth seeing what sort of model kits are out there too. Often these are just as fun to put together, but you'll have everything you need in one box, and won't have to spend as much time cutting things to size. Amazon has a huge range, as do Hobbycraft.

Painting miniatures

If you like the idea of working with miniatures, but don't want to build something from scratch, then you could learn how to paint ready-made models instead.

In most cases, acrylic paint is the best paint to use for miniatures, as it can be brushed or sprayed on - or you might even be able to use paint markers. You'll also need some detail brushes, which again you can pick up from Amazon or Hobbycraft for a few pounds, and the size of your brush will of course depend on the size of your miniature.



Finger knitting

If needlework like knitting or crocheting doesn't appeal to you, then you could try your hand at finger knitting. Many people enjoy the simplicity of finger knitting because all you need is some medium weight, or jumbo yarn, your hands, and a pair of scissors. This technique might be simple, but it gives some beautiful results, and allows you to make things like chunky-knit blankets, scarves, hats - and even toys.

If you're looking to make larger items like blankets and throws, then it can be better to use a wider yarn, or for smaller pieces like toys, you might want to go for a thinner yarn. To master the basic technique of finger knitting, which involves looping the yarn, through your fingers.



Arts, Crafts & Hobbies Feature

If working with really large yarn, the process of knitting with no needles can become even simpler because you are no longer required to loop the wool around individual fingers. This is often referred to as 'hand knitting', rather than 'finger knitting'. Have a watch of the video below, to find out how to make a soft, cosy blanket, using a hand knitting technique. It's also worth checking out some of the other videos on BCozi's YouTube channel, which will show you how to make lots of other useful things, such as chunky-knit slippers, pillows, and cat beds.

Jewellery making

If needlework like knitting or crocheting doesn't appeal to you, then you could try your hand at finger knitting. Many people enjoy the simplicity of finger knitting because all you need is some medium weight, or jumbo yarn, your hands, and a pair of scissors. This technique might be simple, but it gives some beautiful results, and allows you to make things like chunky-knit blankets, scarves, hats - and even toys.

Making your own jewellery can be incredibly rewarding, because not only can you gift it to friends and family members (or perhaps even start a side hustle), but you can also develop a unique jewellery collection, full of pieces that you simply can't buy anywhere else.

The biggest question to ask yourself before you start making your own jewellery, is what kind of jewellery style you want to adopt. Do you prefer classic, understated pieces? Pieces that make a bold statement using bright colours and unusual designs? Or maybe you prefer something delicate, yet eye catching? You can also decide whether you want to make jewellery for men, women, or children, and whether you want to make bracelets, rings, necklaces, earrings or anklets. When it comes to jewellery-making, the possibilities are endless.

Once you've decided what sort of jewellery you'd like to make, and who you'd like to make it for, it can help to spend some time sketching out some ideas, so that you have a clearer idea about what your design will look like. From here, you can then start thinking about what sort of materials you might need to make your design, and what techniques you might need to learn.

If you want to get to grips with a few jewellery-making basics, that will come in useful across a range of different designs, then it's worth visiting Beads Direct or Jeweller Maker, where you can learn free how to do things like bend jump rings, thread beads onto headpins and eyepins, and make a wrapped loop - here, you'll also learn about the different terminology used in jewellery making.

When you have a better idea about what supplies you might need, it's worth checking out Hobbycraft's website, as they have a huge selection of jewellery-making supplies - everything from pliers to beads to charms and pendants. Beads Direct and Jewellery Maker also sell a great range of supplies too.

Pottery

When we think of pottery, many of us will be transported back to that famous scene in the 1990 film, Ghost - with Patrick Swayzee and Demi Moore. But pottery is a hugely satisfying and relaxing craft, that will enable you to produce some beautifully unique gifts. Many say that working with clay is like going on a journey, because you start off with an a murky lump, and can end up with a tangible object like a pot, plate or bowl - which can take pride of place on your mantelpiece or chest or drawers, or be given as a gift to someone special.

One of the other reasons that pottery can be so appealing is because it really engages the senses and encourages mindfulness - for instance when we smell the earthy scent of the clay, or feel the smooth, soft clay running through our fingers. Clay is also unpredictable, and it's difficult to know precisely how a project will turn out once you start - so, moulding it involves a lot of concentration and focus. The process requires you to get 'in tune' with the clay - so much so, that's it's easy to become completely immersed in the process.



A downside to pottery is that pottery wheels aren't usually cheap - so getting started at home can be quite pricey. However, if pottery is an activity that you want to get really involved in, and can see yourself enjoying long term, then buying a pottery wheel can be a great investment.

Once you've got your wheel and you're ready to get started, YouTube has a wide selection of free pottery tutorials including wheel throwing for beginners and how to wedge your clay.

A final thought...

There are many different benefits to learning a craft - it can help you relax and unwind, offer you a new business opportunity, or just allow you to express yourself and have fun. It can also encourage mindfulness and give your mind something positive to focus on. After the events of 2020, many of us have also begun looking for ways to look after our mental health, and give ourselves a few minutes or hours of escapism and peace. Exploring your creative side is a productive, yet meditative way to do this - plus you'll have something to keep and treasure, at the end of it.

(Article source: Rest Less)



Travel refunds: How to get money back for train tickets and flights cancelled by Tier 4 rules

For many of the 16 million people that have been plunged into Tier 4, travelling has been cancelled.

Millions living in the affected areas in London and South East of England cannot mix households with a "stay-at-home" Tier 4 order in place.

These moves have been made in response to a new strain of coronavirus that is thought to be 70 per cent more infectious.

But what if you had already booked your tickets?

Here's everything you need to know.

Can I travel if I live in Tier 4?

The Government website reads: "If you live in a Tier 4 area, you must stay at home. You must not leave your home to travel unless for work, education or other legally permitted reasons.





Leisure & Travel Feature

"If you need to travel you should stay local - meaning avoiding travelling outside of your village, town or the part of a city where you live - and look to reduce the number of journeys you make overall

You may not travel internationally if you live in one of the areas that have been put under Tier 4 restrictions.

However, there are some exceptions, such as for work, education, medical treatment, caring responsibilities and urgent compassionate reasons, for example visiting someone who is terminally ill.

I don't live in Tier 4, can I still travel?

For those elsewhere in England, the Prime Minister has asked residents to consider if their travel is really "essential", and that travel for leisure is not advised.

If you live outside Tier 4 but have a flight booked from an airport that is within Tier 4, you can still travel, subject to airline cancellations and any restrictions at your destination.

The government said: "If you live outside a Tier 4 area you may still transit into or through a Tier 4 area to travel abroad if you need to, but you should carefully consider whether you need to do so."

Of London's main airports, this only applies to Heathrow and Luton, as Stansted and Gatwick are in Tier 2.

What if I have a holiday booked?

Of course many people across the region will have organised trips abroad.

So what are your rights if you now cannot go on that muchneeded holiday?

Well, different companies have taken different approaches. Here's what we know so far.

Tui, cancelled all flights departing from Luton airport from 20 to 30 December.

A company spokesperson said: "We will be in direct contact with these customers to offer them a full refund or the option to amend their booking."

They have also confirmed that those who live in Tier 4 and are supposed to go away in the next two weeks can cancel and receive a full refund.

Jet2 are to allow Tier 4 residents to postpone their trips if booked as a package holiday.

If you have booked your flights separately and they are cancelled you will be entitled to a full refund. If they are not cancelled you may be able to postpone or get a credit note.

EasyJet is offering refunds for customers in Tier 4 up to December 30.

They said: "Impacted customers in Tier 4 areas have the option of transferring to an alternative flight free of charge, receiving a voucher or receiving a refund."

Passengers on British Airways are allowed to cancel and are being offered a voucher instead.

The Competition and Markets Authority (CMA) believes that anyone who cannot travel because of government regulations should be able to get a refund, but this is not always the case in reality.

What about train tickets?

Consumers who have already booked train tickets for a now-cancelled trip should check with operators ahead of time to seek a refund

Operators have mostly been offering refunds throughout the pandemic where rules have meant people are unable to travel, but refunds policies for the latest changes are yet to be set out. Which? consumer rights expert Adam French said: "These new restrictions will cause massive travel disruption and chaos, leaving many peoples' plans in tatters.



"If you've forked out on money for a train ticket and have to stay put you should be able to cancel the trip and get your money back.

"Rail operators should be as accommodating as possible by allowing passengers the flexibility to use tickets or issuing them refunds if they can't travel at another time."

However, some train operators may argue that normal rules seem to still apply, which means if you have an advance ticket you can change it, but you cannot get a refund.

(Article source: Inews)

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Food & Drink News

Whisky gets 'age verification service' to fight against fakes

A deal has been signed between the University of Glasgow and Everledger, a technology company that makes tamper-free bottle caps.



Inews reports that the world's first age verification service for whisky has been created through a partnership between Scottish academics and a technology company, as part of efforts to fight fraud.

As the market for rare vintage whiskies has grown, so has the risk of counterfeiting, with researchers estimating that as many as 40 per cent of those in circulation could be fake.

A formal memorandum of understanding has now been signed between the University of Glasgow and Everledger, a technology company that makes tamper-free bottle caps.

The university is home to the Scottish Universities Environment Research Centre (SUERC), where scientists can check the provenance of whisky through radiocarbon dating.

By joining forces, the two organisations hope to be able to offer a service where rare vintages can be accurately dated and then sealed, so buyers can be totally confident they are genuine.

The radiocarbon dating system was developed by SUERC using samples of some of the world's rarest whiskies, with its expertise now used by retailers, auction houses and collectors.

True age of whiskies

In many cases the system can pinpoint the true age of old whiskies to within a couple of years, and guickly detect fakes.

Research published by SUERC in 2018 showed that of 55 bottles of rare Scotch they had tested, 21 were either fake, or not distilled in the year stated.

In the same year, sales of collectable bottles of single malt Scotch whiskies hit £57.7m, with buyers increasingly seeing good vintages as a potentially lucrative investment.

Gordon Cook, head of the SUERC, said its dating technique was created "in response to a growing interest in these whiskies that, if genuine, can be worth tens of thousands of pounds per bottle, which may encourage fraudsters to attempt to fake the more expensive brands"

He added: "We're proud that we are now able to provide the first and only fully secure whisky age verification service in the world with the support of Everledger."

Research scientist Dr Elaine Dunbar added: "It's the perfect way to provide additional peace of mind for those who choose to have us verify their whiskies, and to help cut down on the trade in fakes."

Famous fakes

- In 2017, the most expensive dram of whisky ever sold was found to be fake. A Chinese millionaire paid £7,600 for 2cl of the spirit, purported to be an 1878 Macallan, in a Swiss hotel, but lab tests later confirmed the whisky probably dated back only to the 1970s.
- The year before, the company Rare Whisky 101 said it had discovered that a bottle purporting to be a 1903 Laphroaig was in fact a young blended scotch, even though the bottle and label were genuine.
- In 2018, the SUERC laboratory established that an 1885 Ardbeg acquired from a private owner, and a bottle of rare Thorne's Heritage blended whisky purchased from an auctioneer were both

(Story source: Inews)

Binge drinking among over-50s rising amid pandemic, says UK charity

Survey suggests nearly one in four may be at high risk or possibly dependent on alcohol.

Inews reports that before lockdown, Carole, 55, would go weeks without drinking before embarking on days of binging on wine. Since March, however, she has been drinking four bottles every day.

"I haven't seen anyone since March as I'm not in anybody's bubble," she said. "I've always been a drinker but this is desperation now. I'm just going out of my mind from being on my own."

This is a similar story for many others across the UK, according to a survey by the alcohol charity We Are With You that suggests a rise in high-risk alcohol consumption among over-50s amid restrictions imposed to control the spread of coronavirus.



Food & Drink News



Twenty-four percent are believed to be high risk or possibly dependent, the Opinion Matters study of more than 1,150 people in the age group indicates. That is up from 17% in 2016.

It also found that about 51% of those above 50 may be consuming alcohol at a level that could damage their health, with more than 4 million having in excess of four drinks in one sitting at least once a week

Across the entire UK population, a study of more than 27,000 people by University of Glasgow, suggests a rise in people drinking more than six drinks in a single sitting at least once a week from 10.8% in 2017-19 to 16.2% during lockdown - with a rise in all age groups aside from those below 25.

"I'm used to being alone, but I could go a few days or even weeks without drinking," Carole, an unemployed editor from Huddersfield, said. "Now I'm drinking every day.

My weight has ballooned and I'm very depressed with everything. Drinking blots out sadness at the time; not being able to visit my siblings has been a terrible blow."

Frustrated at not being able to access in-person alcohol services, she receives a monthly phone call from a charity but it is not enough to help her kick the habit.

"I always drank to excess but I never needed a drink. Now I wake up needing a drink," she said.

Lockdown has been a similar story for Damien, 53, a lecturer who lives just outside Rochdale. "I have definitely been drinking much more," he said.

"It just accumulated over a period of weeks and months. I've also been exercising less and eating more. I have friends who also went down similar rabbit holes."

It was easy for him to spiral into a situation where most days it was almost a psychological expectation to have at least a bottle of wine, and perhaps a couple of bottles.

"It affects my mood so badly the next day. I just feel so low," he added. "I know it's best for my wellbeing not to drink but it's just such a big thing culturally and I find it impossible to avoid."

However, come the end of the summer, he began to question his lifestyle and choices, and with the help of his partner was able to reduce his alcohol consumption. "It took me several months to stop drinking in the week," he said.

"When I've had time off drinking and feel good, there's almost a trigger which requires a drink to celebrate; it's made me more aware of my psychology."

He began going to the gym and swimming again in September but his new routine was disrupted after the announcement of the second lockdown. He is now trying to get back in the habit of regularly running.

To help more older adults access support, We Are With You is launching an alcohol helpline for over-50s funded by the National Lottery.

It comes after research by the Centre for Ageing Better found that unhealthy habits may have become more ingrained since lockdown began, with 32% of 50- to 70-year-olds estimated to be drinking more.

Analysis of official data by the Royal College of Psychiatrists has also found that the prevalence of people drinking at higher risk was at 19% in June, up from 10.8% in February.

It called for substantial investment in public health to prevent more lives from being "needlessly lost" to addiction following cuts to alcohol and drug services between 2013 and 2018.

Julie Breslin, the head of the Drink Wise, Age Well programme at We Are With You, suggested that Covid had made functional alcohol dependence more possible because of people working at home en masse.

"Nearly 80% of over-50s we work with drink at home alone, hidden from view," she said. "It's clear from these findings that the necessary coronavirus restrictions have exacerbated these issues whilst having a big impact on older adult's mental health.

"Many older adults are unable to see their loved ones or friends and are drinking more as a way to cope with increased loneliness, isolation and anxiety.

As people age their bodies find it harder to process alcohol, so the number of people over 50 who are binge drinking at the current time is really alarming."

lan Hamilton, an expert in addiction and mental health from the University of York, said the findings correlated with recent research and that over-50s appeared to be at greatest risk of alcoholism during the pandemic.

"The problem is: where do they go for support?" he said. "Treatment was already pretty difficult to get into before Covid, but particularly for over-50s I'm not sure how willing they'll be to engage in virtual groups. I suspect they'd prefer something more personal or tailormade, if they can get it at all."

(Story source: Inews)



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Are you a crisp-aholic? 14 things you only know if you're obsessed with crisps

Is there anything more enjoyable than settling down on the sofa of an evening with a cold glass of your favourite tipple and a big bowl of crunchy crisps?

Everyone has their favourite type of the fried potato snack, of course, and fans of traditional flavours may be excited to know that Walkers is bringing back two retro varieties of Quavers - Prawn Cocktail and Salt & Vinegar - in January.

So that's another couple of crisp packets you'll be adding to your trolley in the New Year — every potato chip obsessive knows that you have to try all new (or reissued) flavours.

Here are 14 other things you only know if you're a true crisp addict

They're the most moreish food

Try as you might, you cannot say no to crisps under any circumstances. Once that bag is opened, you know it's going to be polished off in a matter of minutes - or seconds.



You ignore serving sizes

Yes, you know that it's probably not great for your health, but there's no way a tiny little 25g packet of crisps is going to satisfy your colossal craving. You can easily demolish a 'family' bag of Sea Salt & Balsamic Kettle Crisps in one go.

You have your own method of eating them

Some people like to start by munching all the little broken bits, leaving the big, pristine crisps until the end. Others like the do it the other way around. Some people shovel five into their gob at the same time. To each their own, we say.

You hate sharing

Sharing is so much not your thing that you have your very own secret hiding place in the kitchen to keep your precious snacks away from greedy thieves (aka other family members).



Crisp packets are really annoying

This is one of the few downsides to crisps. It's impossible to open a crisp packet quietly, and you have to keep rustling the plastic every time you dive back in for another handful, meaning they're a nightmare in a silent cinema.

You're devastated when you run out

Opening your designated crisp cupboard only to discover you've completely run out, just when you were in the mood for a hefty helping of Sour Cream and Onion Pringles, is a devastating feeling no one should ever have to endure.

You will go out to buy them at all hours

It doesn't matter what time of day or night it is, whether it's raining or snowing outside - if you're craving crisps and there's a shop open nearby that sells them you will go out and buy them.

You've tried to quit

Remember that time when you realised your crisp consumption was getting out of hand and decided you weren't going to have them in the house any more so that you couldn't be tempted? Yeah, that didn't last long did it?

You spend hours browsing

When it comes to supermarket shopping, the crisp aisle is your favourite aisle. You love browsing all the different packets and deciding whether you're in the mood for some premium, organic, hand-crafted, artisanal, truffle-infused, baked potato chips or some good old fashioned Wheat Crunchies.

You'll defend your favourite flavour to the death

Heaven help anyone who dares to argue that salt and vinegar isn't the greatest crisp flavour of all time. Or that Kettle Crisps are better than Tyrells. You've got your favourites and you will not be swayed.

You love trying new flavours when you're on holiday

Whenever you find yourself in a supermarket abroad you always make a beeline for the snack aisle so you can check out the international crisp options. Sparkling wine flavour? Seaweed? Salted Caramel? They aren't always to your taste but it's fun trying out all the weird and wonderful varieties.

You can't have a drink without crisps

Whether you're in the pub or in your own living room, uncorking a bottle of wine or flipping the cap off a cold beer is swiftly followed by the sound of a crisp packet being torn open. Crisps and booze is a match made in culinary heaven.



Finding a double layer crisp is the best thing ever

Plucking a crisp out of the packet and discovering that it's one of those glorious flukes, where two slices of potato have fused together into a double layer of crunchy goodness is every crisp lover's dream. Finding a TRIPLE crisp? We can practically hear strains of Handel's Hallelujah Chorus in our head.

You have no shame about how you eat them

By the time you've devoured every last morsel then tipped your head back and poured those flavoursome flakes into your mouth, you are covered in crumbs and grease. But do you care? No you do not. It was worth it.

(Article source: Silver Surfers)



Winter wildlife: How to attract birds, insects and mammals to your garden in winter

Winter is not the time to hide from the world outside, when you can wake up to some of the UK's wonderful wildlife instead. This winter period in the run up to Christmas conjures images of robins and holly.

Yet living alongside these festive favourites, there are some shy species you might also catch a glimpse of this winter. There's some great news for those who can't face the cold - if you take on board these tips, you can watch many of them, in warmth, from your window. It is easy to attract wildlife to your garden in winter - it is mostly about what not to do!

Let it grow

If warmer winters mean your grass keeps on growing, let it! Leave it to provide shelter for insects through the winter months which, in turn, can feed the birds. If you don't want to leave the entire lawn, adjust your mower to cut the grass to at least 3.5 to 5cm and consider leaving a patch to grow, which can provide a corridor for creatures like frogs and mice.

Leave rotting wood

Rotting wood is a valuable part of the ecosystem, and if you don't clear it away, could become home to beetles, fungi, centipedes and more.

Don't burn or discard all the dead leaves in your garden

Some creatures use dry leaves to line their nests or burrows. If you make a pile in the corner of your garden, something is bound to move in. The mulch left over from dead leaves is full of nutrients, good for worms and other mini-beasts.



Home & Garden Feature

Don't cut back your Ivy

The flowers can provide nectar to insects like queen wasps through the winter months and it offers a safe winter hideaway for butterflies and small mammals. The berries will ripen through winter and provide food for birds.

Alternatively, you can help insects through the winter by placing wooden boxes with hollows or bamboo that will provide a snug spot to see out the frosts and cold weather.

Don't cut back hedges when they are producing berries

All sorts of berries are a valuable food source for birds and mammals.

Rockin' Robin

Top of the list for iconic Christmas species, the hardy robin is not perturbed by the icy touch of a winter day, and is frequently a gardener's willing companion.

Robins are nothing if not resourceful, and will sit waiting for a pitchfork to unearth a tasty earthworm. In December your garden could become a speed-dating hotspot for robins, as this is when they tend to pair up.

Hedge fruits are an important food source for robins, so having some brambles on the go is a good way to keep your garden robin-friendly.

If you want to be a real favourite with Mr Redbreast though, leave a dish of mealworms outside for them. Of course, they also favour the seasonal classic, a piece of juicy Christmas cake!

Tit's the season to be jolly

When winter hits, food becomes scarce for most animals. The ground is frozen, creatures have settled down to conserve energy, and foliage has been shed. You can provide a real helping hand by leaving out food for hungry mouths and, in turn, you will be rewarded with some great garden companions.

Blue tits and great tits can often be seen in gardens where hanging feeders full of seed have been left out. Thrushes prefer to fill up on bread and fat and finches love niger seed and wild flower patches.

Frosty fluttering

If you see a flash of red in your garden at Christmas time, don't assume it's a robin - you might have a more unusual visitor in the shape of a red admiral butterfly. Red admirals often over winter in garden sheds, but may become active again on warmer days.

You can make your garden more butterfly-friendly in winter by laying down some winter-flowering plants such as honeysuckle (Lonicera fragrantissima) and jasmine (Jasminum nudiflorum). Butterflies use up valuable energy reserves by being active in winter so if you see any, leave out a dish of sugar water to give them a boost.

Russet roaming

December and January is mating season for the fox, so you are much more likely to spot them prowling at this time of year. If you have any scraps of food in your garden they are likely to come scavenging, and they are not fussy, eating anything from apple peel to bird food! It can be easier to see foxes in winter because there is less foliage, and if it has been snowing their russet coats make a striking contrast with the ghostly white surroundings.

Scarlet sustenance

Holly livens up the winter landscape with its vivid berries. There are many varieties, and it is worth planting some if you want to attract redwings and blackbirds to your garden. The beds of leaves at the foot of a holly bush also make a lovely warm bed for hibernating species like hedgehogs.

Gardens provide a vital source of shelter and food for wildlife, especially in winter when many species need warm, dry spaces to bed down in. You can help out by holding back on some of your gardening projects, and you will be rewarded with visits from some wonderful species, as well as the knowledge you are making a positive contribution to wildlife and the environment.



Some bird species come to the UK especially for winter, including fieldfare and redwing. These birds come to the UK from Scandinavia and mainly move in flocks. They do not frequent gardens that often, but love hawthorn hedges, and can turn one from a quiet shrub into a seething, twittering hive of activity.

Woodland can be a particular draw for these birds, so why not get out to your nearest wooded (provided you are not under COVID restrictions) and have a look at a lively flock, sure to brighten up a winter's day.

(Article source: 50 Connect)



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

