

OUR PLACE *News*

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

APRIL 2021

Inside this issue...

Alan Titchmarsh:

Gardeners are interacting with nature and encouraging it along

Life in lockdown

Stories from isolation

Reduce your grocery bill

How to grow new vegetables from kitchen scraps

Life's simplest pleasures

9 things that makes everyone happy!

Get your motor running...

6 of the best UK road trips

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 & Environment News	4-5
Health & Lifestyle	
9 things that makes everyone happy!	6-7
Lockdown Feature	
Life in lockdown: Stories from isolation	8-11
Leisure & Travel Feature	
6 of the best UK road trips	12-15
Leisure & Travel News	16-17
Food & Drink Feature	
How to grow new vegetables from scraps	18-19
Home & Garden Feature	
Gardeners are interacting with nature	20-21
Our Charity of the Month	22

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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.

1. 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 asthma
- 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!

New lease of life for red phone boxes now helping save lives

Redundant phone boxes have already been transformed into defibrillator units, mini history museums, art galleries and book exchanges.



Silver Surfers reports that thousands of traditional red coloured phone boxes are being offered to communities to be used for anything from housing books to defibrillators.

BT announced that almost 4,000 of its phone boxes across the UK are up for grabs now they have been overtaken by the phenomenal growth in mobiles.

Since 2008, more than 6,600 phone boxes have been taken on by communities for just £1 each through the Adopt a Kiosk programme.

Redundant phone boxes have been transformed into defibrillator units, mini history museums, art galleries and book exchanges.

James Browne of BT said: "With most people now using mobile phones, it's led to a huge drop in the number of calls made from payphones.

"At the same time, mobile coverage has improved significantly in recent years due to investment in masts, particularly in rural areas.

"We're currently rationalising our payphone estate to make it fit for the future, and the Adopt a Kiosk scheme makes it possible for local communities across the UK to retain their local phone box with a refreshed purpose for the community.

"Thousands of communities have already come up with a fantastic array of ideas to reuse their beloved local phone box."

Martin Fagan, national secretary of the Community Heartbeat Trust charity which is helping install defibrillators in local kiosks, said: "BT's phone box kiosks are iconic British structures, and repurposing for this life-saving use has given them a new lease of life. To date, we have converted about 800 ourselves, with another 200 in the pipeline.

"Placing the equipment in the heart of a community is important to save on time. Kiosks are historically at the centre of the community, and thus great locations for defibrillators."

More than 400 payphones across towns and cities have also been upgraded by BT to digital units, called Street Hubs, offering free ultrafast public wi-fi, USB device charging and environmental monitoring.

(Story source: Silver Surfers)

Joanna Lumley: Covid pandemic has made environmental crisis much worse

The actress said if people make small changes it will make them feel better



Silver Surfers reports that Joanna Lumley has said she fears the Covid-19 pandemic has made the environmental crisis "much worse" and urged people to think "what would David Attenborough do?"

The actress called for the Government to intervene on the use of single-use plastics, as she warned it can be "hard to change".

She told the PA news agency: "There is a limit to what we can continue saying about Covid, we have all been affected by it.

"We have all been in lockdown, we have all had lockdown fever, we have all various good or bad or indeed terribly sad and tragic times but there is not much more we can say about it and I think one of the ways to lift depression is to think about the good thing you can do.

All over 50s have been offered a first dose of a coronavirus vaccine in Wales

All four UK governments had pledged to vaccinate all over 50s by mid April.



Wales Online reports that the Welsh Government has hit key vaccination target. Everyone over 50 and all at-risk adults with underlying health conditions have been offered a first dose of a Covid vaccine in Wales.

This means that from this week those in the 40-49 age group will start receiving appointments to come in for a jab. It is expected that the other milestone target of 1.5m first doses is also expected to be met this week.

This means that everyone in the first nine priority groups have been offered the vaccine, a target the Welsh Government had promised to his "by the spring".

A Welsh Government spokesman said: "The second milestone has been achieved, all phase one priority groups have been offered a vaccine by the NHS. "We are encouraging people in these priority groups who haven't yet had a vaccine to contact their local health board to arrange it."

What does this actually mean?

This does not mean that everyone in all those priority groups who want a vaccination have had it. It just means they have been offered their first jab. At the moment 152,479 people in the age 50-54 category have been vaccinated - 67% of the total.

Many will have been given a date for their jab but not yet received it. The Welsh Government is currently focusing on making sure people get their second dose of the vaccine which has slightly slowed the progress through the priority groups.

Wales should soon be getting some of the Moderna vaccine which should help speed the rollout.

(Story source: Wales Online)

"You think the whole problem of excess plastic is too big for me to tangle with but the truth is, I've found this all the way through my life, is if you can make an effort, and it is making an effort, and do something good every day, like not throwing plastic away, not buying plastic in the first place, if you can make an effort towards looking after what is our only home.

"It's exciting to think what could I do? And the first thing you can do is to get the water out of the tap.

"I've just been doing some work with a charity in Darfur where the little children walk up to 14 miles a day to get water and you think honestly we have got it pouring out of the taps so let's treat the fresh sweet water we have got with respect and don't waste your money on bottled water."

Lumley, who is backing a campaign by Brita to highlight how small changes can make a big environmental impact, said: "The normal ways of doing things are the hardest things to shift, it's not like people want to go on behaving in a way that is now being criticised, it's just that it's the normal way of doing it.

"Things are automatically wrapped up in cellophane or sealed in a plastic bag when it doesn't need to be in plastic but there is it, and all those things are very hard to change and I think a lot of it must come through legislation.

"If things were made law it would make such a huge difference. If manufacturers and suppliers were not allowed to wrap their things in plastic which can't be processed and had to use that starch by-product, that would be absolutely brilliant.

"It might cost a bit more to begin with but the more people who use it, the easier it will be to bring the price down and therefore to make it accessible for all our goods.

"I think it needs an effort and I know this pandemic has left a lot of people, including me sometimes, thinking 'What's the point? It's all so tiring, it's so dreary and we don't quite know when we come out of lockdown what we will be able to do and everything is a bore,' but I promise you, try to do something good and you won't feel quite so depressed."

Addressing the environmental impact of the pandemic, she said it has made the situation "much worse," and added: "I would never throw a mask away, I wash them and keep them.

"Sadly on my short walk to get the newspapers in the morning, every day I see people feeling virtuous as they discard their masks, but it's all on the pavement now.

"I don't use hand sanitiser, I use a bar of soap and that is good enough for me and I'm fit and well, so I'm not sure we need to buy quite so much hand sanitiser. "I would think all the time 'What would David Attenborough say, sweetie? Would he approve of this?"

"And he's the most genial loving bold lion of a man and he would understand all kinds of slip-ups, I'm not saying turn into a virtuous person overnight, but just say please make an effort."

(Story source: Silver Surfers)



Life's simplest pleasures: 9 things that makes everyone happy!

Whether you dream of a new car parked on the driveway or a fabulous holiday when the world returns to normal, most of us have a material goal that we're working towards. As the old saying goes though, the best things in life really are free.

From breathing in lungfuls of fresh summer air to walking barefoot in the sand, there are plenty of inexpensive highs that can bring a smile to your face, without burning a hole in your wallet.

We've found a handful of simple pleasures that pretty much everyone can enjoy. No million-pound lottery win necessary.

Fresh bed sheets

Stripping the bed and changing the sheets is always an effort, but there's nothing more delicious than tucking up for an early night in freshly-laundered sheets.

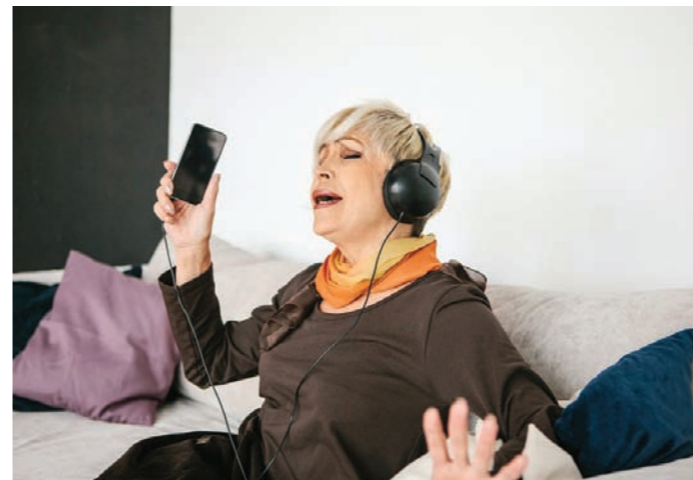


Finding a £10 note in your pocket

It's probably a rare occurrence, but when you find forgotten money in a random coat pocket, it can turn a really bad morning into a good one.

Crossing off the last thing in your to-do list

Writing and actually tackling the to-do list is never fun, but ticking off every item is one of the most satisfying things you'll ever do - leaving you free to read a book, enjoy some music or catch up with a friend.



The buzz after a hard workout

It can be difficult to find the motivation to exercise, but if there's one thing that will get you moving, it's the thought of all those feel-good post-workout endorphins.



Laughing until it hurts

Whether it's a hilarious friend or re-runs of your favourite comedy show or a Zoom with family to cheer you up, there's no greater feeling than a bellyache from too much loud giggling.

Relaxing in a warm bath

When you were a kid, you probably detested having to get into the bath, but now you look forward to a good, long soak - especially if there's a glass of wine and some bubbles involved.

Walking in the fresh air

Going for a walk on a sunny day, enjoying the fresh air and boosting yourself with some much need Vitamin D, nothing quite compares to a stroll outside, especially if you have a four-legged friend to accompany you. Up a hill, along a beach or by the river - whatever you have close to where you live.



Getting a bargain

Ever taken something to the till, only to find out it's way cheaper than the ticketed price? Then you'll know exactly the rush of pleasure we're talking about.

Freshly-mown grass

Is it just us, or does the amazing smell of a cut lawn instantly take you back to happy summer days from your childhood?



Yep, it really is the simple things in life that make us feel most content.

(Article source: Silver Surfers)

Which of life's simplest pleasures make you happy? tell us all about it by visiting: www.ourplace.co



Life in lockdown: Stories from isolation

The coronavirus lockdown has presented unprecedented challenges for many of us. But, amongst the darkness there have also been plenty of heartwarming stories in the media about people rediscovering old passions, isolating with friends, and finding new and creative ways to connect with loved ones from home.

Ninety-nine-year-old Captain Tom Moore completed more than 100 laps of his garden to raise money for the NHS - raising more than £12m! Whilst three grandmothers from Greater Manchester moved in together in anticipation of the lockdown to watch Netflix, keep each other company and drink wine.

We asked to hear your self-isolation stories, and we wanted to share a few of them with you below in the hope of providing some sense of solidarity during these difficult times.



Liz Prosser, Welwyn Garden City, Hertfordshire

The day I left work in March to start lockdown filled me with dread. Living by myself, I knew how work and people filled my week, and how weekends often left me feeling empty.

My sons and their families live far away. I knew I could cope over two weekend days by keeping myself busy with things like; the gym, shopping, cafes, group walks, seeing friends and trips to one son and his family in Bath. But the thought of trying to keep connected every day and feeling lonely for a much longer time was frightening.



I thank the heavens that so far I am very fit and well, and can walk and get out. In the hardest times of my life getting outdoors and staying active has been my saving grace.

I remember my mother-in-law once shouting out of her bedroom window when she saw me cycling, “When God gave out the legs, he gave them to you!” I believe my legs have kept me sane and are the source of my happiness! So, during lockdown I have kept myself sane by:

- doing early morning yoga sessions online
- walking 8 mile round trips to supermarkets with a backpack of shopping
- packing snacks and exploring new walks around the town and countryside
- volunteering for The Cinnamon Trust walking dogs for the elderly
- volunteering to collect shopping and prescriptions for our local COVID-19 group
- working at a standing desk because it feels better than sitting all day

- filling a backpack full of Lenor water softener bottles (as weights) and walking to a nearby open space to walk/jog and lunge up hills. I also do HIIT circuits, which include burpees, squats, sit ups, push ups etc; straddling over fences and step ups on benches. Yes I probably do get strange looks...there goes that crazy woman again!



A counsellor once said to me “Do you know why you are so active?” I replied, “Because it’s in my blood.” She said, “No, it’s because the air and the sunlight are healing.” And so yes making the effort to get out and active has yet again been my God send in lockdown and I would thoroughly recommend it!

Carole Osborne, Merseyside

When my now adult children were young, my partner and I were freelance workers. So money could be tight to say the least.

I’ve always been a “What-if-ist” and one day after reading a “Real life story” in a weekly women’s magazine (quite an improbable real life story, I may add) - I thought, well maybe I should give it a go.

I submitted a story that was...kinda, almost, definitely maybe, very nearly true! It was published and I received about £150 which to my little family was a “Yes, thank you baby jebus moment!”

From then on, I regularly submitted, “It happened to me” stories, and to be honest this work really did keep us afloat as a family.

But, fast forward a few years and I’m no longer a freelance worker. I work in an environment that requires reports to be collated accurately and precisely with absolutely no room for any creativity.

Then lockdown descends like an unwanted house guest and lets be honest here, there is only a limited amount of gardening, decorating, garage decluttering and pillow plumping that humans can do.

Continued on pages 10-11...



So I had an idea of setting up an online writing group/writers collaboration. Sadly, I found that most writers felt that at 60, I was a bit too old for them to collaborate with, and no one my age was interested in my idea.

But not to be deterred, I started writing again. I must say I have found it an absolute lifesaver and I am no longer restless, or bored.

I enjoy time to myself to dream, play what-if and write. It's like meeting up with an old friend. So far I've written a short film, short story, and have come up with a book idea. I know I will keep writing, as I will find it a hiatus from the constrictions of my normal day job.

Alison Goldie, Hackney, London

My isolation has been of a particular character because I've been suffering with the coronavirus myself (no official test of course, but if that unique set of symptoms wasn't caused by coronavirus, I'll eat my hat). I've been in my flat for 2 weeks straight, on my own, and I'm now much recovered.

When I've been hit with flu-like bugs in the past, I've always been good at turning off and devoting myself to recovery. This time was no exception - although the fear over whether or not I'd die, added a certain piquancy.

Luckily, I had food in the cupboard and there was enough money in the bank to tide me over. I'm also used to being solitary and enjoying my own company a lot in 'normal' life.

Unluckily, I have no garden or pets for comfort, and whilst I was unwell, I was still having to supervise getting food to my aged Mum without cracking and telling her about my condition, which I knew would worry her enormously.



I spent the majority of my time in bed while I recovered. My resources during this time were:

- A selection of good friends who I chatted to when feeling lively enough.
- Social media i.e. Facebook, Twitter and Instagram on which everyone upped their game, posting exceptionally fascinating and amusing stuff.
- My favourite online newspaper, which could be relied upon for current information on the crisis, which I needed in order to feel connected to the world at large but which I rationed if I felt too low.

- Interesting food combinations - low on prep-time but high on wacky inventiveness, if I say so myself (mashed potatoes with frozen cauliflower and a fried egg on top anyone?)
- Netflix and iPlayer - I gobbled down a great drama series, and I'm now addicted to a sweet, hilarious American sitcom of which there are 5 series and which is now my go-to comfort watching
- My young downstairs neighbours whom I rarely see but who left me their last half jar of peanut butter and a melon when I texted them I was ill - these humble offerings were transformed into riches of the greatest magnitude in my situation.

Now I've emerged from the fug, I want to do some writing and some art. I also want to see if I can do anything with one strand of my work - life coaching - which I can conduct online. But I understand that this may not be a priority for people when they are focusing purely on survival.

If I can get tested to confirm that I've had the virus - or after a period which seems safe - I want to do some volunteering. I have a bike, a shopping trolley and a will to help.

Those of us who have been the early-adopters of this gruesome sickness and survived are the lucky ones, and we can use what we've learnt to console and inform - and to have confidence in the world that others won't have. In that icky, overused but suddenly meaningful phrase, I'm feeling blessed.

Jennifer Kendrick, Dursley, Gloucester

My friend and I are both 83 and we normally live apart, but I was here on holiday when the barriers came down, so I became accidentally stranded in her house! We have since evolved a daily routine that is working well for us both.



She is an early riser so is up and about as the sun rises! She has her breakfast and reads the paper before bringing me a welcome cup of tea at 8.30am.

Then she takes her dog for a walk - not far but slow and steady, taking in the weather, noticing any changes in the neighbourhood and "seeing" people from a distance.

During this time, I will shower/wash and dress to keep up appearances! When my friend comes back home for a coffee, I then go for a walk with my four wheeled companion - complete with notebook, camera and pastels for quick notes!

We have lunch together and then quiet time separately. I listen to Classic FM in my room until tea at 4pm, when we watch TV quiz programmes and catch-up on the day's news.

Together, we prepare the evening meal and eat leisurely about 6pm, followed by tidy up and more TV! We have books to read, and there is a jig-saw on the dining table which has to be carefully negotiated at meal times, as space is limited!

As the result of a plea I sent out locally for odd balls of wool, a bag landed on the doorstep and I am crocheting a blanket for fundraising when all this is over!



I thought my old fingers were beyond it, so I'm happy to still be creative. We have our moments but choose our battles carefully, and agree to differ at times which is healthy. We are fortunate to be able to reflect and be thankful!

I was a nurse and only retired 24 years ago due to the ravages of bowel cancer, which I'm now rid of after major surgery and years of follow-up.

Thanks to the NHS I am here still, healthy and happy! Coronavirus may be all around us and we may be in lockdown and facing uncertainty, but at 83 years old, I am up for a fight!

(Article source: Rest Less)



Get your motor running... 6 of the best UK road trips

If there's one thing many of us need now, it's a holiday. But while we can't go for a getaway just yet, there's nothing to stop us dreaming about what we'll do when the worst of the pandemic is over, and lockdown begins to ease.

After months of confinement, the idea of dusting off the cobwebs, getting behind the wheel of a car and taking off on the open road, may be just the sense of freedom we need to look forward to.

While traditionally the USA, Europe or Australia might be more obvious choices for a road trip, with the uncertainty surrounding travel this year, it might be that you decide to stay in the UK for your holiday.

The UK may be small, but our scenery is diverse and spectacularly beautiful. Plus, its size means you're never too far from a decent restaurant, a cosy B&B, or a petrol station - making it pretty perfect for a road trip.

But if you're planning on doing a UK road trip later this year, where should you go?

The beauty of a road trip is that there's an ideal route out there for everyone. From single-day road trips that take you through idyllic villages, to road trips lasting a week or more taking you past rugged mountains and wild moorland - it's up to you how far you want to go.

Road trips can be taken with friends and family, but they can also be enjoyed solo, as a chance to experience some quiet reflection. Whatever trip you decide to take, remember that part of the fun is exploring along the way, so it's always good to leave plenty of time to go for hikes, hit the beach, or visit local villages and towns. Just be sure to pack your walking shoes and a decent map!

To whet the appetite and get you inspired, here are six of the best road trips in the UK.

1. The Atlantic Highway, England (left)

The Atlantic Highway is an ideal road trip for people who only want to drive for a day or two. Also known as the A39 (which doesn't sound quite so exciting!), the Atlantic Highway is one of the longest roads in the South West, and connects Somerset to Cornwall. The most beautiful stretch of the road, however - where the route gets its name from - takes you from Barnstaple, Devon, to the seaside resort of Newquay, Cornwall, and offers near-constant views of the wild Atlantic Ocean.

If you start from Barnstaple and end in Newquay, you can drive the 77 mile route in one to two days, which leaves plenty of time to explore along the way - though if you're up for it, you can keep driving into Cornwall until you end up at Land's End.

Driving from Land's End to St Ives* also makes a great day trip: ideally, you should try to leave time to stop off in the pretty market town of St Just* and wander down to the secluded Cot Valley, where you can enjoy breathtaking views of the ocean.

Even if you stick to driving on the Atlantic Highway, there's plenty to see and do along this stretch of road. You can take surf lessons in Newquay, go swimming at Bude, kick back on the beach, or hike or cycle along the miles of coastline.

If you're interested in wildlife, you can also take a detour to Dartmoor National Park where, if you're lucky, you might spot the wild ponies who make their home here. History buffs may also like to stop off at Tintagel Castle to discover the legend of King Arthur, who was said to have been born here in the 12th century.

2. North Coast 500, Scotland

If you're looking for a real adventure, head up to Scotland to drive the North Coast 500. Regularly voted one of the best road trips in the world, the North Coast 500 is the most Instagrammed route in the UK - and for good reason.



This 500-mile round trip takes you through the wild Scottish Highlands and past scenery so beautiful and dramatic you'll have to keep reminding yourself you're still in the UK. Drive past fairytale castles, windswept beaches, historic ruins, heather-covered moors, and pristine lochs - sometimes in the same day. Whatever you do, don't forget your camera for this one.

Beginning and ending at Inverness Castle, a week is usually enough to take in all the sights along the way and get plenty of exploring under your belt - although if you want to take some detours, it's a good idea to add on a couple of days.

One of the most popular detours is to Loch Ness; you might not spot the legendary monster, but there's still plenty of adventure to be found here. You can take a speedboat ride around the loch, or wander through the mysterious ruins of Urquhart Castle.

But you certainly don't have to deviate from the route to keep busy. The official route passes through scenic towns and villages including Durness, John O'Groats, Dornoch, Ullapool and where you can visit whisky distilleries, go on blustery coastal walks, enjoy a warming pub lunch, and find cosy places to stay.

After leaving Ullapool you'll pass over Kylesku Bridge, which crosses the Loch a' Chàirn Bhàid and provides sensational views of the surrounding mountains and lochs. Nature enthusiasts can spot dolphins and seals at Chanonry Point and depending on the time of year you take your trip, you may even see the Northern Lights. Caithness is one of the best places outside of Scandinavia to spot this natural phenomenon - which is known as the 'Mirrie Dancers' in Scotland.

It's a good idea to plan your route in advance and book accommodation before setting off, as options can be limited if you leave it until the last minute. While there are petrol stations along the official route, it can be a long distance between them, especially if you take detours, so it's always advisable to fill up each time. You can find out more about planning your North Coast 500 road trip over on the official website.

3. The Cambrian Way, Wales

If you're drawn to exploring Wales, you won't find a better route than the Cambrian Way, which runs from the south of the country to the north coast. Beginning in Cardiff and ending in the seaside resort of Llandudno, the route takes you past the stunning Brecon Beacons National Park, the Elan Valley, and the awe-inspiring peaks of Snowdonia. Five days is more than enough time to drive the distance and enjoy plenty of stop offs along the way.

Leaving from Cardiff (where you may want to leave some time to explore), you'll soon be in the South Wales Valleys, where you can uncover the harsh world of mining with a guided underground tour at Rhondda Heritage Park, and learn about the iron industry at Merthyr Tydfil.

A little further north are the wide open spaces of the Brecon Beacons, which are perfect for hiking - or, you can hop on the Brecon Mountain Railway to explore this area from the comfort of a train.

Continued on pages 14-15...



By day three you should be at the Elan Valley lakes, a picturesque string of reservoirs that are perfect for exploring by foot, or by driving along the scenic mountain roads.

For most people, the jewel in the crown of the Cambrian Way is Snowdonia National Park. Each time you drive around a bend you'll be greeted by a picture-perfect view, whether it's craggy mountains, glistening lakes, crumbling ruins, charming villages, or the lush green valleys Wales is most known for.

If you're feeling adventurous, you could even plan to climb Mount Snowdon. Just be sure to set aside a whole day for it, pack and dress for the weather, and do plenty of research.

By the end of this road trip, you'll finish up at the crescent bay of Llandudno, where you can explore the medieval castle - or, if you're tired, treat yourself to chips or an ice cream on the beach.

4. The Norfolk Coast, England

If you want to see wide open spaces, near-empty roads, sandy beaches and gorgeous sea views, you might want to head to the eastern coast of England, to Norfolk. If you begin in King's Lynn, you'll hug the coast until the seaside resort of Cromer, at which point you can head south if you want to visit the city of Norwich, with its 11th century cathedral and medieval castle.

Alternatively, you can stay on the coastal road and head down to Great Yarmouth. Either way, four days should be enough to explore this region and enjoy plenty of stop offs.

If you're starting from King's Lynn, it's worth taking the time to wander around this historic market town. There's plenty to do here, from taking a tour of the cobbled streets to hunting for treasures at the town's two market places. As you travel north you'll pass through the two seaside towns of Heacham and Hunstanton, which are two of the sunniest resorts in Norfolk. Known for their dramatic sunsets, where you can see the sun setting right into the sea, they're great places to spend a night.

As you drive, you'll pass through the best of the Norfolk Coast (which is a designated Area of Outstanding Beauty (AONB)), and will probably want to make several stops to admire the landscape, which includes huge sand dunes, empty beaches, coastal marshes and dramatic cliffs.

The seaside village of Blakeney is worth spending the day at, especially if you're into nature: it's known for its nature reserve and seal colony, as well as plenty of sailing and walking.

Cromer is one of the UK's best loved seaside towns, so if you enjoy the merits of a traditional seaside holiday, from walks along the pier to local museums and sandy beaches, you'll probably want to stop here too.

If you choose to stay by the coast and end up in Great Yarmouth, you'll pass through the pretty village of Happisburgh, which is known for its iconic red and white lighthouse. Built in 1790, this is the only independently run lighthouse in Great Britain and is definitely worth a visit. In between Norwich and Great Yarmouth you'll find the Broads National Park, which is an essential detour if you want to admire dreamy landscapes of waterways and windmills, and open skies meeting seemingly endless horizons.

5. The Yorkshire Moors, England

The dramatic moorland of the Yorkshire Moors was made for driving through. Meandering roads take you up and over heather moorlands, past dense forests, and through green fields where sheep graze beside old drystone walls. While most road trips focus on either the North Yorkshire Moors or the Yorkshire Dales, there's no reason why, with a bit of planning, you can't visit both. To make all the stops on this route, you should ideally allow for up to a week, though you can do the trip in around four days if you're happy to skip a few places.

Starting off from the rural village of Reeth, you'll pass wildflower-filled meadows, scenic waterfalls, and some of the best hiking paths in the country. You'll then hit the small market town of Hawes, and after that, the lovely village of Grassington, where at each place there will be plenty of opportunities to enjoy a pub lunch, potter around in shops, sample fresh local produce, or find somewhere to stay for the night. If you prefer to stay somewhere more lively, you may want to wait until you reach Harrogate. There's plenty to do in this historic spa town, so it's a good idea to leave a day to explore.

Next it's York, where history enthusiasts may want to take a tour of this ancient city, which has Roman roots and a Viking past. After that, you'll leave the Yorkshire Dales and head out into the wild North Yorkshire Moors. There are plenty of great spots for walking here, but you may also want to stop off at Dalby Forest, which will be on your right after you pass the vibrant market town of Pickering - which is also a great place to spend the night.



At the village of Goathland you can hike towards Mallyan Spout, which is the tallest waterfall in the Moors, and well worth a visit. After that you'll finish up in the village of Grosmont, in the Esk Valley - although, if you're not ready to end your trip, you can head further north to the seaside town of Whitby, where you can browse museums, galleries and boutique shops to your heart's content. There's so much to do and see here that you can comfortably spend a few days exploring, so if you want to extend your holiday, it's a good idea to plan to end up here.

The Yorkshire Dales and Moors are some of the most dog-friendly regions in the country, so if you're lucky enough to have a dog, this is definitely a road trip they can come along for. Do bear in mind that the wild nature of the moors means that sat-nav isn't always reliable, so it's advisable to take a map with you, especially if you plan to do any hiking.

6. Causeway Coastal Route, Northern Ireland

Northern Ireland's Causeway Coastal Route is a 130 mile route that hugs the Atlantic coast between Belfast and Derry. This area is steeped in myths and legends, and boasts some of the most beautiful scenery in Ireland. It also takes you past some of the country's best known tourist attractions, like Giant's Causeway, Carrick-a-Rede Rope Bridge, and Dunluce Castle. You can do this trip in about three days, although if you want more time to explore it's advisable to set aside five days.

Beginning in Belfast, you'll first head north towards Gobbins Head, where you can stretch your legs on the famous Gobbins Cliff walk - an entirely unique hiking experience that will have walking over bridges above the sea, climbing stairways carved into the rock face, and wandering through secret smuggler caves as the ocean thunders beneath you. The Causeway Coastal Route is perfect for anyone who enjoys exploring caves, as the next stop on the way is the Cushendun Caves - which fans of Game of Thrones may recognise from the show.

You'll pass through charming villages like Carnlough and Ballycastle, and have plenty of opportunities to spot wildlife on the gorse-covered clifftops - keep an eye out for seals, puffins and hares. When you arrive at Carrick-a-Rede, you'll have a unique chance to test your nerves - the Carrick-a-Rede rope bridge hangs nearly 100ft above the sea, and takes plucky travellers from the mainland to tiny Carrick Island. If you want to sway above the waves and visit the island, you'll need to book tickets in advance. A little further afield is the awe-inspiring landscape Giant's Causeway, a geographical wonder that was formed 60 million years ago by an erupting volcano. This magical place is no secret, however, so if you want to escape the crowds it's a good idea to come here for sunset.

On your last day, you'll be able to explore the dramatic Dunluce Castle, a crumbling 14th century castle that's perched precariously above the ocean, where ghosts and banshees are said to wait at night. Fans of whisky will enjoy visiting the Old Bushmills Distillery, where you can enjoy a guided tour and plenty of tastings. After that, you'll see sandy beaches appear as you approach the seaside villages of Portrush and Portstewart, where you can enjoy a game of golf at one of two famous courses, kick back on Portstewart's Blue Flag beach, and take advantage of the excellent dining options at Portrush - a wonderfully indulgent end to a wild and intrepid road trip.

Final thoughts...

A UK road trip is the perfect opportunity to find out just what our country has to offer - as well as how dramatically beautiful and diverse it is. We might have had to put some holidays on hold, but that doesn't mean we can't still enjoy a staycation later on this year that we'll cherish for years to come. Just be sure to follow government guidelines, call ahead to make sure certain places are open, and book accommodation in advance if you're heading somewhere busy.

(Article source: Rest Less)

Countryside visitors urged to say hello, stick to footpaths and bin dog poo

An update of the Countryside Code is being published on the 70th anniversary of the booklet's first publication.



Silver Surfers reports that visitors to the outdoors are being urged to say hello to other people, stay on footpaths, and bag and bin their dog's poo in a new-look Countryside Code.

The updated version of the code, which provides advice for visitors to natural places, is being launched on the 70th anniversary of the booklet's first publication in 1951.

It is the first refresh of the Countryside Code in more than a decade, although there were some updates last summer in response to issues raised during lockdown, such as an increase in litter and dogs worrying livestock.

Officials said the new version, which comes as more people are using green spaces, aims to help the public be safe, look after the natural environment and protect the livelihoods of people who live in the countryside.

It is being launched as easing lockdown restrictions ahead of the Easter weekend is expected to lead to large numbers of people visiting rural areas.

Changes to the code include advice on creating a welcoming environment for other people by being nice and saying hello, and reminders not to feed livestock, horses or wild animals and to stay on marked footpaths, even if they are muddy, to protect crops and wildlife.

There are also clearer rules for dog walkers to bag up their pet's poo and take it home to their own bin if there are no public waste bins, and information on permission for certain activities such as wild swimming.

The code is aiming for a change of tone to create a guide for the public, rather than a list of rules, as it recognises the benefits for people of spending time in nature and encourages people to "enjoy your visit, have fun, make a memory".

It also makes clear that the guidance applies to all natural places, including parks and waterways, coast and countryside.

The new version, launched by government agencies Natural England and Natural Resources Wales, has been drawn up following an online survey that garnered nearly 4,000 responses, and has been welcomed by rural and farming groups.

Natural England chairman Tony Juniper said: "The Countryside Code has been providing an excellent guide for people on how to get out and enjoy the outdoors safely for over 70 years.

"With more people than ever before seeking solace in nature, this refresh could not come at a more crucial time.

"We want everyone to be aware of the Code, so people of all ages and backgrounds can enjoy the invaluable health and wellbeing benefits that nature offers, while giving it the respect it deserves."

Rural affairs minister Lord Gardiner said: "With so many people visiting the countryside, the Countryside Code has never felt more relevant.

"Crucially it now covers all green spaces, waterways, the coast and even parks in towns and cities, so that everyone, as we lift restrictions, can enjoy a greener future."

Mark Bridgeman, president of the Country Land and Business Association (CLA), which represents 28,000 rural businesses owners across England and Wales, said: "With more people expected to explore rural areas over Easter it's imperative that the Code is well-read, respected and followed.

"Although there have not been significant changes to the Code, the messaging is clear – Respect, Protect and Enjoy the outdoors.

"By closing gates behind you and sticking to footpaths, to keeping your dog under control and picking up rubbish, there is no reason why we cannot work together to keep the countryside beautiful for everyone to enjoy."

(Story source: *Silver Surfers*)

**CORONAVIRUS
STAY SAFE**

Holidays may be in the UK this year, but Costa del Berwick can cost just as much as a trip to the Med

We have reached the stage where a seaside break, once the beloved if kitsch balm for working Brits' souls, has become a rarefied luxury that's too expensive for millions of people.



Inews reports that did you have a good Easter? Go anywhere nice? Let's face it, just leaving the house feels daringly decadent. Meanwhile, travel abroad for all but "essential" reasons will result in a £5,000 fine until at least 17 May. Travellers already in 33 countries returning to the UK will have to book a 10-night stay in a quarantine hotel at a cost of £1,750. That's a lot of money to fiddle about with a tiny kettle.

Then again, holidaying in the UK might not be cheap either. Prices on Airbnb accommodation in 'desirable' coastal destinations for July and August have risen 35 per cent, according to Which?. One Airbnb property owner in Brighton increased their price per night by 140 per cent.

We have reached the stage where a seaside break, once the beloved if kitsch balm for working Brits' souls, has become a rarefied luxury that's too expensive for millions of people. The Costa del Sol has long been cheaper than the Costa del Berwick: both may now be off the table for anyone without a supersized holiday fund and/or ninja booking skills.

Rory Boland, travel editor at Which?, tweeted a few weeks back that it was possible to find a seven night budget holiday package in Corfu in mid-July for £370, covering two people with flights. "You'll pay close to double that in Cornwall". He acknowledges this isn't just about "rip-off prices", with the cost of doing business in the UK far greater.

Still, those of us who can't afford a ritzy B'n'B in St Ives may have to drastically alter our expectations. Rory says: "If you look beyond the coast, head inland and swap a building for a caravan or tent you bring costs closer to £370 in the UK, but you are then talking about a very different type of holiday."

Quite. Camping equipment in my cupboard gathers dust because I'm scarred for life by Glastonbury 2008 when our tent flooded in the night and I almost got trench foot. But even if you manage to organise a more serene (and affordable) staycation, you will have to figure out what your rights are if the worst happens and whether you can cover your back.

Firstly, don't assume your existing travel insurance covers British holidays: many standard policies don't. Secondly, you might not be covered if you're staying in a privately rented cottage as opposed to official "commercial premises" like hotels and B'n'Bs.

Furthermore, just 1 per cent of policies will cough up if your trip is cancelled due to another lockdown. This seems unlikely but the past 12 months has taught us to rule absolutely nothing out. Yes, travel firms should be refunding you automatically in this event. Thousands of customers, still waiting to get their money back after last year's cancellations, will testify that 'should' doesn't mean 'will'.

Some 29 per cent of policies won't pay out if you catch Covid-19 before your trip and can't travel. You can opt for fully flexible booking with hotels, but they'll usually cost more. Some Airbnb hosts offer refunds, many don't. Covid-19 is turning all of us into self-taught professors of small print, and that's no bad thing. I only wish so many of us weren't having to learn the hard way.

If it's any consolation, I think UK travel can be enormous fun and great value, so long as you plan it smartly and stay philosophical about the weather (it does help that I was brought up in Scotland). For instance, you can stay in budget accommodation further away from hotspots if you have - or hire - a car.

It also pays to keep an open mind about potential destinations. Pre-Covid, my generation had maybe become too preoccupied with how photogenic our holidays looked on social media as opposed to whether we had a genuinely mind-broadening experience. Research from Schofields Insurance suggested 40 per cent of us would choose our holiday destination based on how 'Instagrammable' it was.

Such expectations were reinforced by travel bloggers and influencers jetting all over the world, their digital postcards highly filtered and often covertly paid-for. Our messed-up housing market (and one-note media coverage of it) also encouraged young people to think: "Sod it, I may as well see the world if the alternative is a giant mortgage on a shoebox."

I love going abroad as much as anyone. Yet when I reflect on research from GfK back in 2016 (tellingly sponsored by Airbnb) which found that millennials rated travel as a bigger financial priority over the coming five years than saving for a home or paying off debt, my heart sinks. I genuinely hope they enjoyed it while it lasted. But I pray they didn't do so at the expense of building their financial resilience, having had their buttons pushed by online salespeople. In that case, Instagram memories provide scant consolation.

(Story source: *Inews*)



Reduce your grocery bill: How to grow new vegetables from kitchen scraps

A pair of keen allotmenters offer a guide to growing new plants from veg cuttings, fruit stones and pips.

When you're depositing your kitchen scraps - including old spuds, vegetable seeds and stones in the bin, or on the compost heap, think again.

There are many things you can grow again from food waste, insist gardening duo and allotmenters Paul Anderton and Robin Daly, known on Instagram as Two Dirty Boys.

"Regrowing scraps and cuttings can reward you with fresh homegrown food which can help reduce your grocery bill," say the pair in their new book *Regrown*.

"When we first started the process of regrowing, we did so in such small quantities that the cuttings generated just about enough food for Barbie's brunch. However, if you get into the habit of continually saving potential plants before they get to your compost bin, you'll find you are rewarded with a decent-sized harvest when the time comes."

Armed with a windowsill and reusable containers, you can make a start on these five easy to regrow edibles, following Anderton and Daly's guide...

1. Spring onions

They say: "This is a really easy and foolproof project. It's great to do with the kids as the progress is fast. You'll never throw away the base of your spring onions again."

Top tips: Retain one inch of the root end of the vegetable for regrowing. Fill a jar with pebbles or marbles and position each cutting with the root end downwards amongst the stabilisers.

Fill the jar with water to cover the roots, but leave the top of the cuttings above the water. Place on a bright windowsill and refresh the water each day. Harvest when desired.

2. Avocado

They say: "Avocado pits get tossed into the dustbin every day - each one a perfect new seed of a future avocado tree. They make beautiful houseplants."

Top tips: Rinse an avocado stone and gently peel away the outer skin revealing a nut-like surface. Identify the pointy end of the stone and ensure this now remains facing upwards during the next steps.

Pierce the stones with three toothpicks, evenly spaced. These will allow you to position the stone in water without full submersion.

Fill a glass or jar with water and position the stone and toothpicks so the stone is hovering at the water line (with the bottom of the stone under water). It can take several weeks for the stone to germinate and start growing so be patient.

Once roots have descended and the stone has started to grow a stem and leaves, you could choose to transplant the plant to a plant pot filled with potting mix. Keep your new avocado houseplant in a bright location and water when necessary.

3. Potatoes

They say: "We've all been guilty of neglecting a bag of potatoes in a dark kitchen drawer or cupboard. It's easy to regrow these into a whole new batch of tasty spuds."

Top tips: An out-of-date potato can be used to grow a new crop of potatoes. Use a sharp knife to cut the potato into sections, but make sure each section has its own 'eye' as this will be the foundation of a new plant.

Let the potato pieces dry in the open air to avoid bacterial infections. After some time, each eye should begin to sprout. The process is called chitting. You can now plant each potato piece in the earth with the eye facing upwards (four inches deep) or in a plant pot or growbag (with a 50/50 mix of compost and garden soil).

Water regularly if in pots and once the plant above ground has flowered and begun to wilt (between 70 and 120 days later), your underground potatoes are ready to be harvested.

4. Tomato seeds

They say: "It's the time of year most gardeners start thinking about their tomato seedlings. Why not grow this year's plants from a kitchen scrap? Heirloom tomatoes are the best choice."

Top tips: Scoop out the inner part of an overripe tomato and seeds and mix these with some water in a jam jar. Seal it and let it start to ferment for one week. This process will separate the seeds from the flesh and help fight diseases.

Strain the seeds, rinse them and lay them out on paper towels to dry for at least another week. After this time the seeds should be ready for planting. Use the tomato seeds as you would any store bought tomato seeds. Then start the process off using potting mix in seed trays.

5. Beetroot greens

They say: "It takes a lot of beetroot cuttings to grow yourself a bag of beetroot greens - but the process is fun and there's nothing more satisfying than serving up a salad you grew on your windowsill."

Top tips: The top inch or so of a beetroot root can be used to regrow fresh beetroot greens which are wonderful in salad or used in dishes as a spinach substitute.

Start by removing the existing wilted leaves (or use them to cook with if they're fresh enough). Place multiple beetroot tops in a flat bottomed waterproof tray and fill the tray with a enough water that each root slice has access to water but isn't submerged.



Within the first day or two new leaves should start to emerge. Changing the water each day will ensure the plants don't rot. You'll be rewarded with a mini field of fresh beetroot plants.

Harvest the leaves as and when you wish. Harvesting leaves when they are still very small makes a novel topping for canapes.

Regrown: How To Grow Fruit, Herbs And Vegetables From Kitchen Scraps by Paul Anderton and Rob Daly is published by Hardie Grant available from Amazon

(Article source: *Silver Surfers*)



Alan Titchmarsh: Gardeners are interacting with nature and encouraging it along

As Alan Titchmarsh launches a new show, he talks about career changes, the joy of gardening, and reducing his carbon footprint.

There is one thing you can be sure of following an interview with Alan Titchmarsh. The much-loved gardener, presenter, and novelist, who turns 72 in May, will not be leaving his career behind any time soon.

“People say, ‘Why don’t you retire?’ And you say, ‘Well, if I retire, I’ll have to find something to fill the time’,” quips the Ilkley-born star, on a video call from his study (it is in the attic of a barn, and he moves his camera to show the stunning views out over his garden).

“I could drive a minibus for people - but perhaps I’m better off doing what I do. Just maybe just a little bit less of it.”

While he says he’ll never give up work entirely, he muses reflectively: “I like to think I know when to stop doing something.

I did seven years of Gardeners’ World, six years of Ground Force, 10 years of Pebble Mill At One, seven years of the chat show (The Alan Titchmarsh Show); I like to think I go, ‘I’ll park that one now’ before people go, ‘Oh get him off!’”

Following the success of Love Your Weekend With Alan Titchmarsh, which started in 2020, ITV is now launching a brand-new primetime show.

The nine-part series, set in the heart of Hampshire, where Titchmarsh lives in a Grade II-listed Georgian farmhouse, will cover farming and animal life, and where and when to plant for the coming year.

Plus, each week there will be a celebrity guest joining him for planting, nature features and food tastings.

It is airing at a great time; warmer months are coming, and everyone has realised after being in lockdown, just how important fresh air for “keeping us sane”.

Many people have also realised the huge wellbeing benefits of gardening, which Titchmarsh sums up perfectly, noting how nurturing and caring for plants is “good for the soul and the spirit”.

“The technological revolution has covered it up in a lot of people, it’s sort of submerged it, and people are very tech-savvy, which I’m not.

Over the generations, they’ve lost the ability to feel for nature. With me, it’s very instinctive. I’m quite a primitive person, but I love that aspect of it - the feeling that I’m participating in it.

Also, gardeners are the only interactive naturalists. A lot of naturalists are spectators, bird watching or whatever.

But with us, we take cuttings, we sow seeds, we plant things, so we are involved, we are interacting with nature and encouraging it along, and it’s a wonderful feeling when it responds.”

What Titchmarsh wants to stress is that you don’t have to have a lot of land; you could just have a plant pot on your doorstep, for example. “I don’t want to make it a chore or to be bullying or hectoring, but just to say, ‘Why don’t you have a go at this?’”

He campaigned long and hard during the first lockdown in spring of 2020 to get garden centres open, “and mercifully in the second lockdown, they stayed open”.

Titchmarsh had the first dose of the Covid-19 vaccine on February 1 and, discussing how there are people questioning whether to have it or not, he urges them to “get it in your arm!”

Suggesting there’s a “far greater risk not having it”, he gets emotional remembering all the volunteers shepherding him into the vaccination centre, and the work that has gone into make the job possible.

“I think there’s so much anger at the moment, and bitterness and crossness about everything, and when you think what we’ve achieved, and particularly with Oxford-AstraZeneca...

I had the AstraZeneca, which I was really rather chuffed about. I had no reaction at all. I barely felt it go in. I had no pain in my arm afterwards - no symptoms whatsoever.

“My second one’s on April 25, and I just feel an enormous sense of gratitude and appreciation to the people who have worked on it to get it at such speed.”

What would Titchmarsh say living through a year of a global pandemic has taught about himself? “I can’t tell you how it felt for people who are in blocks of flats who have been told stay at home, ‘You’re allowed one walk a day’.

I don’t know whether I would have survived that, and I take my hat off to them for being able to. I’ve always been a man of the land, ever since I was little boy, and I grew up in the Yorkshire Dales so the wider open spaces are my territory.

“To have a bit of land here and beyond that, I don’t take it for granted at all. It’s reinforced my belief that I did the right job when I left school at 15, but also that I am never happier than when I’m out there, on that earth, pottering and doing it.”

The presenter, who married his wife Alison in 1975, has, of course, missed being able to see his friends, two daughters, and four grandchildren.

“We are social animals,” he notes. “We’re like ants, we function together, and that’s been very hard - and it’s not to be underestimated, the ramifications that having been pulled apart will have, in some families.”

But lockdown has also made him realise just how much he likes being here, on his bit of Hampshire land.



Work-wise, he currently does his Saturday morning radio show on Classic FM, plus all his voiceovers, from home, and that there’s another reason for that, too: to help look after the planet.

“Yes, I’ll go into town and touch base with folk, but in the future I shall work heavily on saying to people, ‘Look, it makes much more sense for me to do it from here’ because it’s much more responsible climatically apart from anything else, and I can make a difference,” he suggests.

“My little bit, it’s only a little bit, but not everything is empirical. We all feel powerless when we talk about global warming, climate change, on a grand scale; ‘What can I do?’ I can do what I’m doing; not go on the train, not drive.

I can do it all here, and it makes sense to do that.”

(Article source: Silver Surfers)

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

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



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

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

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

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

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

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

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

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

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

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

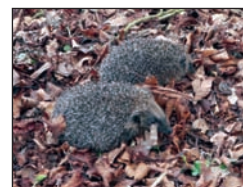
'Julie'



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

Baby Hedgehogs

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



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

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

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

