OURPLACE News

The monthly magazine dedicated to help everyone over 50 get the best out of life! OCTOBER 2024

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Welcome



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

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Halloween in London

London Dungeon

South Bank, London

Delve into the ancient capital's most horrible history at the London Dungeon.

Experience live actors, thrilling rides and exciting special effects during this terrifying 90-minute experience.

The London Dungeon is a walk-through experience that recreates scenes from London's scary history. Take the medieval lift into the depths of the dungeon and begin your journey. Along the way you'll have a close shave with Fleet Street barber, Sweeney Todd, investigate the mysterious identity of Jack the Ripper and discover the dreadful secrets of the torture chamber. Not for the faint-hearted!

Tickets to the London Dungeon cost from £27 per person.

Jack the Ripper Museum

12 Cable St, Aldgate, London E1 8JG

Visit the world's only dedicated Jack the Ripper museum, learn about the suspects and victims of the terrible murders and step back to the year 1888 - the year that Jack the Ripper terrorised the streets of Victorian London.

Set across six incredible floors, the museum shows painstakingly recreated scenes connected to the murders alongside artefacts that have never before been shown to the public. See a realistic recreation of PC Watkins discovering the body of Catherine Eddowes on Mitre Square and visit Jack the Ripper's 'sitting room', containing medical instruments, books and an impressive and fascinating collection of Ripper memorabilia.

Visit a recreation of the Whitechapel police station that was the epicentre of the investigation and inspect a wall of clues, including original newspapers, police artefacts and the 'From Hell' and 'Dear Boss' letters.The attic of the museum is a recreation of victim Mary Kelly's humble living quarters, the room where she lived and died.

Here you will learn the life stories of the women he murdered a poignant exploration of the domestic and working lives of the Ripper's victims. If you dare, descend to the morgue, where you can inspect actual autopsy photographs and read the medical reports of the nine women that fell victim to the Ripper's knife. With all this evidence, perhaps you will be able to solve one of the most famous crime mysteries of all time!

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Experience Leicester's Festival of Light Leicester, Leicestershire

Wrap up warm for Leicester's spectacular Diwali lights switch on, or join in with a wealth of activities and celebrations leading up to the epic finale on Diwali Day.

To mark the start of Diwai, the Belgrave Road area of Leicester is bathed in twinkling lights, with a Festival of Light opening party on in late October.

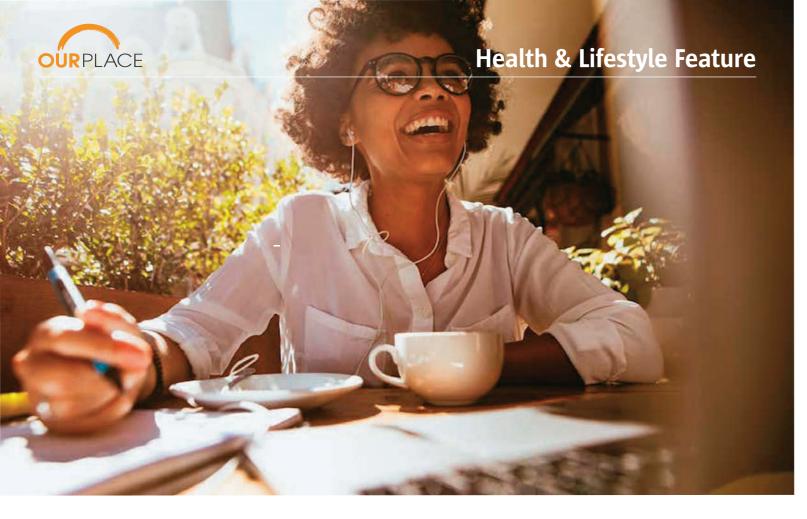
For the next two weeks, the city comes alive with theatre performances, craft activities, parades, exhibitions and, of course, mouth-watering food. All faiths and races join in with the festivities, with thousands coming along to see the light switchon, and even more attending the culmination of cultural celebrations on Diwali Day.

Alongside a fire garden and Global Rainbow that will beam light across the city, Diwali Day, in early November, will see an array of Bollywood dances, music performances and dazzling fashion. It's a street party like no other.



Bonfires are perfect sleeping areas for hedgehogs and every year many get burnt alive. If you are having a bonfire, just make sure you check inside before lighting it. If you do find a hedgehog, move it to a safe place. This year second litters have been born later than usual. This means that there may still be young and underweight hedgehogs around. Remember if they are under 600gr they will not survive hibernation and need to be taken to a local animal rescue centre.





ADHD: Signs you might have undiagnosed ADHD as an adult

It's believed more than two million people in the UK have undiagnosed ADHD. We ask the experts how to spot the signs in adults.

Millions of people in the UK have ADHD, including a host of celebrities such as Ant McPartlin, Ben Fogle, Zoe Ball, Lily Allen and Richard Branson.

Yet according to ADHD UK, it's thought more than 80% of people with ADHD (short for attention deficit hyperactivity disorder), remain undiagnosed.

And that's one of the reasons October is ADHD Awareness Month, which aims to educate more people about the condition and help those with undiagnosed ADHD spot the signs and seek a diagnosis.

As ADHD UK points out, people with ADHD show 'a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with day-to-day functioning and/or development'.

Dr Selina Warlow, a psychologist specialising in ADHD and autism at The Nook Clinic in Surrey, says: "ADHD affects an estimated 2.5-4% of adults, though this may be an underestimation.

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It's common for adults to have undiagnosed ADHD, particularly women.

"Many people misunderstand the condition, thinking ADHD always involves hyperactivity, but it can also present as inattentiveness, impulsivity, or a combination of both," she adds. "ADHD is one of the most talked about, and misunderstood conditions today."

Consultant psychiatrist Dr Shvamal Mashru, an ADHD specialist at the ADHD Health Clinic in London, points out that people with ADHD may struggle with organisation, time management and emotional regulation, leading to difficulties in academics, work, and relationships.

"ADHD can significantly impact a person's life, extending far beyond the core symptoms of inattention and hyperactivityimpulsivity." Mashru says. "These challenges can lead to feelings of frustration, low self-esteem and anxiety, impacting their overall wellbeing and guality of life."



Restlessness He explains that there are three types of ADHD: 70-80% have a combined presentation, where they experience both inattentive and hyperactive-impulsive symptoms to a significant degree; 10-Restlessness and fidgeting can be a sign of ADHD. Warlow says 15% have a predominantly inattentive presentation, where people who have the condition may have difficulty sitting still for extended periods, and adds: "This is more noticeable in children, inattentive symptoms are more pronounced and hyperactiveimpulsive symptoms are less evident, while the final type, who might seem like they're always on the go, but adults can predominantly hyperactive-impulsive presentation, is rare. experience it too, often in the form of inner restlessness."

Exactly how ADHD affects people can vary from person to person. However, ADHD UK points out that to diagnose ADHD in adults and adolescents aged 17 or older, at least five symptoms Excessive talking and difficulty taking turns in conversations can will be needed. And they will need to be things that happen in be another symptom of ADHD, says Mashru. consistent patterns, rather than being an occasional experience. So, what are they? **Risky behaviour**

Here, the experts outline signs of ADHD in adults...

Inattentive symptoms...

Difficulty focusing

If you have a lot of trouble focusing and sustaining attention on tasks, it may be linked to ADHD, says Mashru.

Forgetfulness

Mashru says adults with ADHD may be frequently forgetful and "It may be helpful for them to speak to their parents or think back misplace things. However, Warlow points out that the official to their childhood to look at if these have been ongoing criteria for the diagnosis of ADHD says it's forgetfulness that difficulties," she says. "As ADHD is a neurodevelopmental condition, we'd expect some of the difficulties to be historical." interferes with functioning or development, and stresses: "This really differentiates day-to-day difficulties - for example, forgetting where you left your keys or forgetting a one-off Get a professional assessment appointment = with a formal diagnosis."

Both experts advise adults who suspect they may have ADHD to **Easily distracted** seek a professional assessment. The Royal College of Psychiatrists says people who think they have ADHD which is Having ADHD can lead to adults becoming distracted by other having a negative effect on their life should speak to their GP, things, instead of concentrating on the task at hand, "They may who can refer them to an appropriate service, such as a be easily distracted by external stimuli," says Mashru. community mental health service. However, waiting times for referrals can currently be very long. Private assessments are also Not following instructions available.

Difficulty following instructions and completing tasks on time Warlow explains that a clinical psychologist or psychiatrist will can be a sign of ADHD, says Mashru. complete a formal assessment and then tailor support for each individual. "This may include behavioural strategies to support Daydreaming day-to-day, or medication can be helpful for some people," she says.

Someone who's frequently got their head in the clouds and daydreams excessively could be displaying a symptom of ADHD, warns Mashru.

Impulsive symptoms...

Acting without thinking

Adults with ADHD may act without thinking about the consequences. "This might look like interrupting conversations, making hasty decisions, or needing help with waiting for their turn," explains Warlow.

Mashru adds: "There may be a tendency to blurt out responses before fully thinking them through."

Talking a lot

Mashru says the impulsivity linked to some types of ADHD may lead to people taking unnecessary risks, or engaging in impulsive actions.

The bigger picture...

Has your behaviour existed since childhood?

Adults who think they may have ADHD should think back to their childhood behaviour, suggests Warlow.

Mashru adds: "Accurately identifying the type of ADHD allows for personalised treatment plans. Medication, therapy and behavioural strategies can be tailored to address the specific challenges faced by each individual."

The World Health Organisation and the Workgroup on Adult ADHD have developed an Adult ADHD Self-Screening Tool to indicate whether someone might have ADHD and would benefit from further clinical analysis. Only a clinician can accurately diagnose ADHD. Visit adhduk.co.uk

(Article source: Silver Surfers)



How to stay positive and uplifted in today's fastpaced world

Staying positive and uplifted in today's fastpaced world can feel challenging, but it's not only achievable - it's transformative.



Silver Surfers reports that a positive mindset fuels resilience, creativity, and overall well-being. Here are some key strategies to help maintain an optimistic outlook:

Practice Gratitude Daily

Gratitude is a powerful antidote to negativity. Taking a few moments each day to reflect on what you're grateful for can shift your focus from what's lacking to what's abundant. Whether it's the warmth of the sun, a kind word from a friend, or simply the ability to breathe deeply, acknowledging these small joys helps uplift your spirit.

Surround Yourself with Positivity

The people you spend time with and the environments you engage in greatly impact your mood. Surround yourself with positive, uplifting individuals who encourage your growth. Engage with content that inspires - books, podcasts, or social media accounts that promote joy and motivation.

Focus on Solutions, Not Problems

When challenges arise, it's easy to get bogged down by problems. However, shifting your mindset to focus on solutions sparks creativity and empowerment. Ask yourself, "What can I learn from this?" or "How can I make this situation better?" This mindset fosters a sense of control and keeps your mood elevated.

Engage in Uplifting Activities

Do things that bring you joy! Whether it's exercising, meditating, listening to your favourite music, or spending time in nature, these activities nourish your soul and boost your energy. Regularly dedicating time to these habits is like feeding your inner positivity engine.

Health & Lifestyle News

Practice Mindfulness and Positive Self-talk

Mindfulness helps you stay present and connected to the now, preventing your mind from spiraling into negativity. Combine this with positive self-talk - affirmations or reminders of your strengths and progress. When negative thoughts arise, counter them with positive, constructive ones.

Help Others

Nothing lifts the spirit like helping someone else. Acts of kindness, big or small, create a ripple effect of positivity. Volunteering, offering a listening ear, or simply sharing a smile not only uplifts others but also enhances your own sense of purpose and fulfillment.

Limit Negative Media Consumption

While staying informed is important, too much exposure to negative news or toxic social media can drain your energy. Curate your media intake to include content that informs but also inspires. Balance it with uplifting stories, humour, and creativity. By cultivating gratitude, surrounding yourself with positive influences, and focusing on solutions rather than problems, you set a foundation for sustained positivity. Each small action builds a more uplifted, joyful, and resilient mindset.

(Article source: Silver Surfers)

Do you strive to be in control of your life? It might be holding you back...

Beyond being in or out of control, there is an alternative - and it's one of the building blocks to living well.

The Guardian reports that my family was recently taken down by a brutal stomach bug. It took us out one by one, and although nothing could be more predictable in a household with a child who has recently started nursery, the biblical brutality of the symptoms took me by surprise. I think I had better leave it at that.

While I have recovered physically, I am still reeling from the psychological vulnerability of feeling so helpless, of having no control over my own body. So I have been thinking about control, how frightening it is to feel out of it, how we kid ourselves that we are in it.

People often speak of feeling out of control – of their thoughts, their emotions, their relationships - and it's something that comes up a lot in therapy, whether I am the patient or the therapist. The assumption seems to be that to build a better life, you have to be in control of it; the truth is, this desperation to be in control can destroy our lives and the lives of those we love.





This wish to be in control is not always spoken about in the consulting room in a conscious way; it can be communicated unconsciously, for example, through a patient's late arrival, so that I, as the therapist, am the one given the experience of being left waiting, and they do not have to endure the feeling of being out of control of when the session begins.

Or they might speak of their experience only in the language of diagnoses - not exploring with me, in the voice of a patient, how they really feel, but declaring, in the voice of a psychiatrist, that they have, for example, OCD or ADHD, or an eating disorder, as if that is the end of it. Closing the door on their experience, rather than opening it and inviting me in.

There is a high cost to all of this. When a patient arrives late, they lose precious minutes of the session. When they hide inside a diagnosis and close the door to me, they deny themselves the care a part of them also wants.

These costs are always higher in other areas of the patient's life because that is the nature of a relentless search for control: it makes it so difficult to let anyone else in.

We can end up isolated and crushingly lonely, in absolute dominion of our empty empire of one. And we can trap others - our partners, colleagues, children - in our frantic striving to be master of all.

Why are we like this? I think we have to go back to the beginning and the trauma of being born so incredibly out of control. Infants live in a world of things happening to them; of bodily functions and hunger that feel shocking, painful and monstrous, of nappy changes and baths and clothing that seem to come from nowhere. No wonder they cry so much and so loudly.

Loving parents will try to mitigate this terrifying sense of being out of control by responding as best they can to their baby's distress, cuddling and feeding when they cry for milk.

But all parents are at times overwhelmed by the primal and allconsuming needs of a brand new being. It is not only babies who need to develop the capacity to bear being out of control.

As a therapist I find this a useful way to think about the many different constellations of symptoms that patients bring - not just the alphabet soup of diagnoses mentioned above but also people who become controlling partners, or who repeatedly find themselves in relationships with controlling partners, and other difficulties too.

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Perhaps all these ways of relating to ourselves and to others are linked by the trauma of being born with no control, and the desperate, dangerous wish to have it; the belief that we should have it.

The ability to tolerate not being in total control is essential to building a better life, not just for infants and parents but for all of us. It can feel like being in or out of control are the only options, but that is not the case.

There is an alternative. I have felt it in the presence of my psychoanalyst, who offers me an atmosphere of freedom of feeling and of thought, where emotions do not have to be controlled but can be understood, meaningful.

If we give in to the compulsion to try to be in control at all times, we lose the most valuable parts of ourselves: the parts that need freedom to come alive.

Our emotions, which reveal to us who we are and where we want to go, and who we want to go there with.

(Article source: The Guardian)



From grape stomping to truffle hunting: 10 great harvest festival trips in Europe

Autumn is a great time to join locals as they celebrate the fruits of the season, from the vineyards of Provence to the forests of Transylvania.

Olive picking: Istria, Croatia (pictured above)

Croatia's northernmost region is famous for its olives, and the Meneghetti hotel and winery produces four different varieties of oil from the 750 trees dotted across the estate. From early October to mid-November, guests can join the olive harvest and oil-making process, as well as oyster-shucking on the nearby fjords and truffle hunting (until the end of October). The hotel also offers wine tastings and tours, while the restaurant produces dishes created from the 1.5 hectare kitchen garden, with more than 44 species of fruits, vegetables and herbs.

Doubles from £210 B&B, meneghetti.hr

Truffle hunting: Transylvania, Romania

The lush, dense forests that roll out from the Valea Verde are famous for their "black gold". From now until February, guests at Valea Verde can book the Truffle Hunting Weekend programme which mixes foraging with plenty of truffle-infused dishes. The guided hunt begins with an explanation of the different types of truffle and an introduction to the dogs that do the searching. Back at the hotel, dinner is a five-course truffle-tasting menu, before a breakfast of truffled eggs Benedict the following day.

Two-night breaks from £211pp full-board, valeaverde.com



Black lobsters: Fjällbacka, Sweden

Autumn is the time when the North Sea's seafood-rich waters Mountain herbs grow in abundance on the slopes of the give up their bounty, with the lobster season kicking off in Dolomites. During October guests in the Valsugana region can September. Enjoy a week's self-driving tour of west Sweden, join a foraging tour into the surrounding woodland to harvest beginning in Gothenburg, including three days in Fjällbacka with everything from gentian and nettle to myrtle and Swiss pine, and a huge choice of lobster-fishing trips and seafood safaris from in November you can go hiking in the Adamello Brenta natural the town's small port. The M/S Mira has three-hour lobster park, where the trails that encircle Lake Tovel offer spectacular safaris that offer the chance to join in with pulling up the traps reflections of the auburn-tinged woodland that surrounds it. and harvesting the lobsters (msmira.se, £67pp), along with trips Castel Pergine makes an ideal base nearby, a dramatic 13thto the unspoilt Koster Islands, surrounded by a marine national century castle with 20 rooms, some chic and modern, others filled with antiques. park.

A week from £905pp B&B including car hire, discover-the-world.com

Figs and pomegranates: Andalucía, Spain

Harvest and taste Italy's best on this week-long "food adventure" Autumn in the Alpuiarras, a wave of hills in the shadow of the staving at Casale Villarena, a simple but comfortable hotel set on Sierra Nevada is the perfect time for hiking or cycling through the hillside above the fishing village of Nerano. The trip includes the olive groves and almond trees, with plenty of harvest-themed an afternoon joining the olive harvest, a visit to an agriturismo celebrations and activities. Stay at Las Chimeneas, a charming to taste lemons and oranges straight from the trees and the hotel in the traditional hilltop town of Mairena, where hosts David chance to make provolone and mozzarella. A wine tasting at the and Emma offer visits to the local olive harvest and guided tours Marisa Cuomo winery is also included, with plenty of time to of their organic farm nearby, with the chance to pick figs, explore the region's spectacular historic sites and unspoilt hiking pomegranates and walnuts. Dinners offer Spanish classics with routes. a North African twist.

A week from £880 half-board, including car hire, three picnics and an olive mill trip, inntravel.co.uk

Hazelnuts and herbs: Linguaglossa, Sicily

In late October the slopes below Etna's famous crater buzz with Until the end of October, Pädaste Manor, a 16th-century estate people harvesting the area's unique hazelnuts, along with fennel, on Muhu Island, is offering an Autumn Enchantment package, asparagus and wild herbs. The Bonneherbe Estate offers 90including two morning yoga classes and a four-course dinner. minute foraging experiences (£30pp) and can also organise The forest around the hotel groans with wild harvest in autumn, horse-riding trips and picnics. The 17th-century Palazzo Previtera including chanterelle mushrooms, bilberries, wild garlic and is a lovingly converted, art-filled guesthouse in the nearby town juniper. Easily explored on foot, the best way to experience the of Linguaglossa that oozes traditional Sicilian style, with ornate landscape is on horseback, or by carriage ride - both of which painted ceilings, original floor tiles and rich silks in the three can be arranged at the nearby Tihuse farm (tihuse.ee), home to suites and two cottages. 200 native Estonian horses.

Doubles from £152 B&B, palazzoprevitera.com

Grape stomping: Provence, France

Few things are more traditional than "stomping" the grapes once they've been harvested, and at Les Pastras (lespastras.com), an organic farm in the picturesque Luberon region, guests can join in the grape treading in huge, waist-high barrels. The experience includes a traditional cheese and charcuterie lunch, washed down with free-flowing wine from the estate and a truffle and olive oil tasting. Stay at Le Mas du Colombier nearby, a family-run hotel with a peaceful pool area and walking trails from the door.

Doubles from £90 B&B, lemasducolombier.com

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Herbs in Trentino: Italy

Two-night breaks from £110pp B&B, castelpergine.it

Cheese and wine: Amalfi Coast, Italy

A week costs from $\pounds1,960$ for B&B, including car hire and all excursions, expertoitaly.com

Mushrooms and berries: Padaste Island, Estonia

A two-night break, including all of the above and a ${\in}50$ spa voucher costs £251pp B&B, padaste.ee

Grape picking: Douro valley, Portugal

Experience a day in the life of a grape harvester on this two-night break at the Quinta da Pacheca, set deep among the vine-clad slopes of the Douro Valley. After a welcome dinner, the following day begins with a traditional breakfast of onion soup and grilled sardines, before being given an authentic harvester's attire complete with straw hat and secateurs - and set to work on the vines. Lunch follows a morning picking, with a tour and tasting, before grape-treading, accompanied by large glasses of port.

Two-night breaks from 664pp half-board, including transfers, grapescapes.net.



Affordable feasting: Communal dining is Copenhagen's best-kept culinary secret

Eating out in Denmark can be costly, but a growing number of childfriendly community supper clubs in the capital offer affordable feasting with the locals.

Copenhagen is a gastronome's paradise. Stroll around the Danish capital's elegant boulevards and before long you're bound to stumble upon a hallowed, Michelin-starred temple of New Nordic cuisine. However, there's a cheaper and more convivial side to the city's culinary scene: its communal supper tables.

Leading the way is the community centre Absalon, a former church in the smart Vesterbro neighbourhood. On a Sunday evening in September, the air buzzes with conversation and the clatter of cutlery as about 200 people tuck into bowls of steaming tomato lentil soup and piles of fried potatoes in a creamy fennel and chive sauce. This is the nightly fællesspisning dinner (the Danish word loosely translates as communal dining), featuring long tables, shared by strangers.





The menu changes daily to spotlight locally sourced ingredients made into affordable dishes that are served tableside by the guests themselves. I'm sharing with a group of Danish nurses who are in town to

I'm sharing with a group of Danish nurses who are in town to celebrate 40 years since they met as students. They ladle out bowls of soup and kindly insist on serving my son first - he is getting restless in his high chair - and pass down extra chunks of focaccia for him throughout the meal.

All around us, people are chatting in English and Danish, and though everyone looks very at ease, I'm fairly sure we're not the only tourists here. It's a pragmatic kind of welcome, with all diners expected to get stuck in: at the end of the meal, we all stack our plates neatly and file happily back over to the kitchen.

"It's a wonderful idea," says one of the nurses, lvonne Christensen, when I ask what she and her friends enjoy about fællesspisning. "You don't have to cook, you can come here when you're tired; it's easy."

Crucially, it's also affordable. At Absalon dinner costs 60DKK (about \pounds 6.75), or \pounds 11.20 on Thursdays, Fridays and Saturdays, when dessert is included. Children under three eat for free.



"This is for everyone," says Lennart Lajboschitz, the founder of the Danish retail chain Flying Tiger, who launched Absalon in 2015 with the goal of bringing people together over food. "It's such a simple thing, but a very important thing."

Although it's accessible, Absalon strives to offer an interesting and elevated dining experience: recent chef-led creations have included creamed potatoes and braised chicken, as well as more international dishes such as coconut dal and cauliflower and chickpea korma. "We want it to be good quality," says Lajboschitz of the cuisine. "People said, 'You can't do both, that's too cheap,' because prices are high in Denmark. But we do the magic."

Lajboschitz also has two hotels in Copenhagen, including the upmarket waterside property Kanalhuset - where a sophisticated fællesspisning offering costs about $\pounds 17$ - but variations on these communal suppers can be found at venues all over the city. At the supper club Kafa-x, weekly vegan or vegetarian dinners come with a suggested donation of 30krona ($\pounds 3.40$), and guests are asked to wash their own plates and cutlery.

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Send Flere Krydderier is a social enterprise that employs women of ethnic minority backgrounds and has two canteens in the Nørrebro area, and an onsite children's library, play area and sports hall at its Nørrebrohallen site - meaning younger diners have plenty of opportunity to burn off energy before or after the weekly communal dinners.

The Send Flere Krydderier vibe is noisy but relaxed: everyone is free to sit wherever they like, food is served from 5pm onwards and meals are collected from the counter when your number is called.

The dishes are inspired by African and Middle Eastern cuisine the name means Send More Spices, a reference to what women who arrived in Denmark in the 1980s and 90s would write in their letters to family in their home countries.

On our visit, my son (who is under three, so eats free of charge again; adult portions are£8) devours his baby portion of aubergine and chickpea curry and fresh scallion salad, before being set free to attempt to commandeer toys from his Danish peers.

"These kinds of places are made for kids," says Eva Buchhave, a regular at Send Flere Krydderier since having her own child three years ago. "Restaurants are expensive and not for screaming kids - and park picnics are off the agenda in cold winter months," she says.

Indeed, despite visiting several parks - including the beautiful King's Garden - repeatedly during our trip, as well as the theme park Tivoli Gardens and the fabled food markets at Reffen and Broens Street Food, it was the communal dinners that provided the most interaction with Danes and a sense that we had scratched beneath the surface of the city's cool, calm and collected culture.

Fællesspisning is, inherently, a welcoming tradition, but there's no denying that eating at a communal dinner requires a little more courage than frequenting restaurants staffed by polyglot waiters. At Absalon, an onstage host welcomes everyone to the meal and runs through the evening's dishes in English, but eating at other venues as a tourist necessitates more legwork, with many websites and online ticketing systems only available in Danish.

It's nothing that can't be overcome through a combination of guesswork and Google, however, and once on site, people are chatty and helpful. At Send Flere Krydderier, Buchhave taps me on the shoulder when I miss my number being called. "Your food is ready," she smiles.

(Article source: The Guardian)

Home & Garden Feature



Happy hogs! Top tips to help hedgehogs hibernate

Hedgehogs are charming and endearing creatures that often visit our gardens. Hedgehogs usually hibernate from October/November through to March/April.

Research has shown that each individual is likely to move nesting sites at least once during this period and so can sometimes be seen out and about.

During mild winters hedgehogs can remain active well into November and December.

Hibernation is a crucial part of their natural cycle, allowing them to conserve energy and survive harsh conditions.

As responsible gardeners and animal lovers, we can do our part to help hedgehogs hibernate successfully.

In this feature, we will share the top tips to ensure these adorable spiky mammals have a safe and comfortable hibernation period.





Check for Hedgehog Residents

Before you start any garden work in the late autumn, especially bonfires, check carefully for hedgehogs. They may have already made a nest for hibernation in your garden. Gently inspect areas like compost heaps and under sheds or hedges. If you find a hedgehog, leave it undisturbed and adjust your plans accordingly.

Provide Food and Water

Hedgehogs need to stock up on food before hibernating, so ensure they have access to a reliable food source in your garden. Leave out dishes of cat or dog food (preferably wet food) and fresh water. Avoid giving them milk, as hedgehogs are lactose intolerant.



Keep Garden Hazards at Bay

Make your garden hedgehog-friendly by removing potential hazards. Check for open drains or holes they might fall into and cover them. Keep your garden free from litter and ensure netting is properly secured to prevent hedgehogs from getting tangled.

Monitor Temperature Fluctuations

Hedgehogs can be sensitive to temperature changes. During mild winters, they might wake up from hibernation, using up valuable energy reserves. If you notice a hedgehog active during winter, consult a local wildlife rescue centre for guidance.

Avoid Disturbance

Resist the urge to disturb hedgehogs during their hibernation period. If you find one out and about, it might be in trouble. Consult a wildlife expert or rescue centre for advice.

Create Hedgehog-Friendly Habitats

One of the best ways to support hedgehogs during hibernation is to provide them with suitable habitats. Ensure your garden has a variety of hiding spots, such as leaf piles, log piles, or even specially designed hedgehog houses. These shelters offer protection from the cold and predators.

Home & Garden Feature



Create Hedgehog Highways

Hedgehogs need to roam and find food before and after hibernation. Ensure your garden is connected to neighbouring green spaces by creating small holes in fences or installing hedgehog tunnels. This allows them to move freely, increasing their chances of survival.



Support Local Hedgehog Rescue Organisations

If you're truly passionate about hedgehog conservation, consider supporting local wildlife rescue organisations dedicated to the protection and rehabilitation of hedgehogs. The British Hedgehog Preservation Society (BHPS) is a registered UK Charity, founded in 1982, dedicated to helping & protecting hedgehogs native to the UK. Your donations or volunteer efforts can make a significant impact.

Hedgehogs are delightful garden visitors, and by following these top tips, you can help ensure they have a safe and successful hibernation period. By creating a hedgehog-friendly environment and being vigilant, we can play a crucial role in preserving these endearing creatures for future generations to enjoy.

(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 <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:

'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



Registered Charity No: 1126812 (England & Wales) Registered Charity No: SCO47720 (Scotland)