

OUR PLACE *News*

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

JANUARY 2026

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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

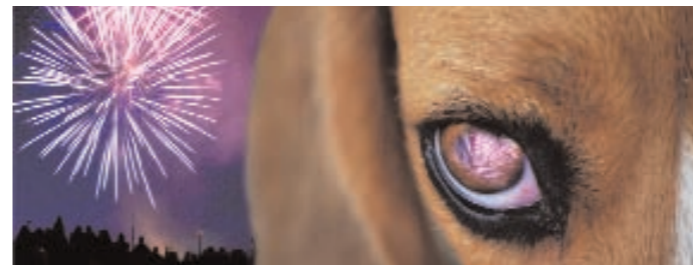
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FIREWORK FEAR

How to deal with your dog during New Year's Eve

Once again it is the time of year when many pets suffer from the effects of firework phobias. Phobias can be complex and it is important to tailor behaviour modification to each individual's circumstances, but there are some changes owners can make that will benefit most noise sensitive dogs.

The secret is to look round your home and watch how your dog is affected. See how you can use the principles to maximise the benefit for them. Here is the solution:

On the day of the fireworks:

- Take your dog out for a walk to empty before the fireworks start.
- Feed a stodgy meal of high carbohydrate, low protein, an hour before the fireworks (unless they suffer from stress related diarrhoea, when this is NOT a good idea).
- Put on some music with a heavy bass beat - not too loud, but loud enough to mask the more distant bangs.
- Take your dog to their den and provide chews, stuffed Kongs and dog food. Water should always be available. Don't worry if the food goes untouched - some dogs are so stressed they are unable to eat.

When the fireworks start:

DON'T:

- Pet, praise or cuddle your dog if they are displaying anxiety - they may see this as approval and continue with the anxious behaviour.
- Tell your dog off - this will make them even more worried.

DO:

- Take your dog to their den.
- Ignore any anxious behaviour. They have to learn to cope on their own - dependence upon people will not help.
- Ignore the noise - set a good example.
- Reward any relaxed behaviour with stroking, a massage, or food treats.
- Play games if your dog is able - if there is another, more relaxed, dog, play games with them and hope that the stressed one joins in.



RSPB Big Garden Birdwatch

23rd - 25th January 2026

Nationwide

The RSPB's Big Garden Birdwatch is the world's biggest bird survey and regularly attracts nearly half a million participants.

The records from people counting birds in their gardens provides a vital snapshot of the UK's birds each winter.

The RSPB Big Garden Birdwatch 2026 will take place over the weekend of the 23rd and 25th January 2026.



To take part in the Big Garden Birdwatch simply spend an hour watching the birds in your garden or local park over the weekend.

Count the highest number of bird species you see at the same time. You can use pen and paper or the RSPB's online counting tool.

Don't count the total over the hour as you may get the same birds visiting more than once.

Submit the results to The RSPB via their website.

Do you have a Pet Event near you? Let us know by email: articles@mypetmatters.co.uk



How Britain's over-50s really felt in 2025: Health, wealth, and a changing world

We asked thousands of our readers to share how they felt about life, money, politics and society in 2025 - and the results paint a fascinating picture of a generation that's resilient, realistic and not afraid to speak its mind.

Positive outlook - Despite life's challenges

Almost half (46%) of respondents said they felt positive about life right now, with a further 31% feeling neutral. Only a small minority described themselves as "very positive" - a sign perhaps of cautious optimism rather than exuberance.

Health tops the list of priorities

When it comes to what matters most, the message was clear: health is the top priority.

A huge 87% said "maintaining or improving my health" was their main focus, followed by "financial security" (46%) and "spending more time with family" (39%).

Yet there's a clear undercurrent of concern about finances.

More than half (56%) say they're not better off than ten years ago, and only one in ten feel "extremely confident" about their financial future.

The majority are "somewhat confident" - but nearly 34% admit they're not confident at all.

Pensions, politics and distrust

Few subjects triggered stronger feelings than pensions and politics.

Over two-thirds (67%) believe pensions should be passed on tax-free, and a striking 78% don't trust the government to protect them in the long term.

That sense of scepticism extends to politics more broadly: 68% say no UK political party truly represents the over-50s, and almost half (45%) simply don't care who the next Prime Minister is.

When asked about current political issues, nearly 70% said "political correctness has gone too far", and 68% feel their generation is unfairly blamed for today's housing and economic challenges.

Travel dreams and realistic plans

Despite financial caution, the appetite for travel remains strong.

A quarter of respondents expect to take two holidays next year, while one in five plan at least one. The most popular types of holiday are relaxation breaks (36%), city breaks (29%) and cultural holidays (28%).



Nearly 30% expect to take a mix of UK and overseas trips, with another 23% staying mainly within the UK - suggesting a balance between aspiration and practicality.

Health debates: Assisted dying, the NHS and ageing

Our survey also explored some of the most sensitive health topics of the moment. A remarkable 81% believe society places too much value on extending life over quality of life. Six in ten (61%) support assisted dying for the terminally ill, while another 24% would support it more broadly.

Views on the NHS are divided: almost half (46%) support limited extra charges for the very obese only in extreme cases, and just over half (53%) favour stricter driving tests for over-70s only where there are medical concerns.

Technology and the Digital Divide

Far from being technophobes, most over-50s are digitally confident: 68% describe themselves as "somewhat confident" and 18% "extremely confident".



Interest is growing in artificial intelligence, alongside ongoing curiosity about basic computer and mobile skills.

More than half pay for one or two TV streaming services each month, while a third happily use none - proof that this audience remains selective and values quality over quantity.

Climate, culture and generational divides

On climate change, the majority (56%) believe it's partly caused by human activity, and most think lifestyle change should come after government and corporate action.

Generational tensions remain strong: 84% think younger generations are "too easily offended", and an overwhelming 87% oppose giving 16-year-olds the vote.

Yet the majority (79%) oppose restricting voting rights to taxpayers, and many support national service for at least some young people - suggesting that while traditional in values, this generation still believes in fairness and social responsibility.

A generation that still cares deeply

This year's results show that Britain's over-50s are far from passive spectators in national life. They care deeply about health, fairness, and the future - even as trust in institutions continues to erode.

They're financially cautious but socially active, realistic but far from resigned. And as our data shows, they remain one of the most engaged, thoughtful and outspoken communities in the UK.

(Article source: Silver Surfers)

Winter lurgy season is here - how to give your immune system a helping hand

It seems like everyone is coming down with something right now.



Silver Surfers reports that as we're socialising more, it's becoming more challenging to avoid every cough, cold, and bug doing the rounds.

Particularly if you have grandchildren over or are going into work, you'll likely be thinking about how you can protect your immune system and avoid the dreaded winter lurgy.

If you have serious symptoms or those that persist, call 111 or speak to your GP for advice. And if you are under the weather, covering your mouth when you cough or sneeze and perhaps even wearing a mask could help keep people safe around you.

With the winter lurgy seemingly everywhere, what can we do to keep ourselves safe and healthy?

Rest up

"Getting plenty of quality sleep might seem like a surprising way to stay healthy, but a lack of sleep has an adverse effect on our immune system," says Giulia Guerrini, lead pharmacist at digital pharmacy Medino.

"Research has shown that after being exposed to a virus, not getting enough sleep makes you more susceptible to falling ill.

Additionally, not getting enough sleep while you're sick can impact how quickly you're able to make a full recovery."

Prioritise nutrient-rich foods

Soup and stew season is upon us, so use this as an opportunity to prioritise healthy foods.

"Our bodies need a mixture of foods rich in fibre, plant-based foods and probiotics to maintain gut health," suggests Guerrini.

"Oily fish, such as salmon, is a brilliant source of vitamin D, so a meal like grilled salmon with orange slaw is ideal for winter.

Aside from bringing some zest to the meal, oranges are packed full of vitamin C, which is widely regarded as an immune-boosting super nutrient.

"Everyone has heard that eating five fruit and vegetables per day keeps the doctor away, and it's impossible to deny that good nutrition is a great way to stay as healthy as possible.

Vitamin D is one of the most important nutrients for this, due to its links to disease resistance - among many other amazing benefits.

During the winter months, the sun sets earlier in the evening and due to a lack of exposure to the sun, our body naturally produces less vitamin D."

Supplement your diet

If your diet isn't giving you enough, it may be worth looking at supplements.

"My advice is everyone should make a conscious effort to consume enough vitamin D during winter, including taking supplements if required - although you should contact a medical professional by visiting your GP or speaking to one of our pharmacists to discuss your vitamin levels first," suggests Guerrini.

"A lack of vitamin D is associated with an increased risk of death from cardiovascular disease, cognitive impairment in older adults, severe asthma in children and cancer - all incredibly serious conditions."

Avoid too much alcohol

Many of us tend to drink more during Christmas party season, but that may actually be making us more susceptible to the lurgy.

"There's nothing wrong with enjoying a beverage or two after a long day, but heavy drinking increases our risk of both bacterial and viral infections, such as Covid-19," Guerrini says.

"This is due to alcohol disrupting the communication between organs, which affects the function of the immune system and the intestinal immune system."

(Article source: Silver Surfers)

Do you have an interesting story or article?

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

Wintering well: Boost your mood and banish the blues

As the days grow shorter and temperatures drop, it's not uncommon to feel your mood follow suit.



Silver Surfers reports that the colder, darker months can bring a sense of lethargy or even sadness for many.

But winter doesn't have to be a season of gloom. With a little effort and some mindful strategies, you can not only survive the colder months but thrive in them.

Here's how to embrace winter, lift your spirits, and stay well.

Light it up

One of the biggest challenges of winter is the lack of natural sunlight, which can disrupt our body's production of serotonin and melatonin - key players in regulating mood and sleep. Combat this by maximising your exposure to daylight:

- Morning walks: Spend 20–30 minutes outside each morning. Even on cloudy days, natural light can have a positive effect.
- Light therapy lamps: Invest in a high-quality light therapy box. These simulate natural sunlight and are particularly effective for those dealing with Seasonal Affective Disorder (SAD).

Keep moving

When it's cold outside, the temptation to curl up on the couch can be strong, but staying active is one of the best mood-boosters available.

- Indoor workouts: Try yoga, pilates, or dance videos to get your heart pumping.
- Cold weather adventures: Bundle up and enjoy winter activities like ice skating, skiing, or even a brisk walk. The fresh air and movement will leave you feeling energised.

- Stretch it out: Gentle stretches in the morning can help wake up your body and reduce stiffness from winter's chill.

Embrace hygge

The Danish concept of hygge (pronounced "hoo-gah") is all about finding joy in life's cosy moments. Here's how to bring a little hygge to your winter:

- Create a warm atmosphere: Soft blankets, candles, and warm lighting can make your home feel like a sanctuary.
- Comforting rituals: A steaming cup of tea, a good book, or journalling by the fire can transform your evenings.
- Connection: Spend time with loved ones, either in person or through virtual gatherings. Connection and laughter are powerful antidotes to the winter blues.

Nourish yourself

What we eat can have a big impact on how we feel. To stay energised and in good spirits:

- Focus on seasonal foods: Root vegetables, citrus fruits, and hearty soups are nutrient-dense and comforting.
- Vitamin D: With less sunlight, it's essential to ensure you're getting enough vitamin D, either through fortified foods or supplements.
- Stay hydrated: Cold weather can dry out your skin and leave you feeling sluggish. Keep water or herbal tea handy.

Prioritise rest

Winter is a natural time for slowing down, and embracing this can be beneficial for your mental health.

- Sleep well: Aim for 7–9 hours of quality sleep each night. Keep your bedroom cool and dark for the best rest.
- Relaxation practices: Try mindfulness, meditation, or breathing exercises to calm your mind.

Find joy in the season

Reframe winter as a time for new opportunities rather than a challenge.

- Start a winter hobby: Knitting, baking, or even learning a new instrument can give you something to look forward to.
- Appreciate nature: Winter landscapes can be stunning. Take time to notice the beauty of frosty mornings or snow-covered trees.

Winter doesn't have to be a season of struggle. With a little intention and the right tools, you can make the colder months a time of warmth, connection, and personal growth. So, grab your favourite sweater, light a candle, and start wintering well!

(Article source: Silver Surfers)



Footy fever! Our top tips for planning a holiday in each World Cup city where you can watch England play

Want to score big for the 2026 World Cup? Then start planning now.

Price-comparison site Skyscanner saw a 340 per cent increase in searches for flights from the UK to host nations the US, Canada and Mexico after the draw. Don't panic, though, as there's still time to bag a deal and plan the ultimate holiday.

Here are our tips for booking a World Cup trip, with things to see and do in the cities where England will be competing.

Dallas, Texas England v Croatia, June 17

It may be a booming skyscraper city, but Dallas has managed to maintain that classic Southern charm for which Texas, the second largest state in the US, is so well known.

Even non-footie fans may be familiar with its 80,000-seat AT&T Stadium, home to the NFL's Cowboys and America's most famous cheerleading squad, the Dallas Cowboys Cheerleaders. A dedicated fan zone will take over Fair Park – a 277-acre parkland in the city centre which annually hosts the State Fair of Texas as well as regular festivals. More details, including dates and activities, are yet to be revealed.

It would be a sin to visit Texas and not dine at a barbecue joint. Cattleack Barbecue in North Dallas is one of the best, and it is featured in the Michelin guide for good reason. Meats are scorched on oak-fired smokers and served with tangy pickles, cornbread, mac and cheese and "Granny's coleslaw". Go for the wagyu brisket. If England win big, take the celebrations to Deep Ellum, the arty entertainment district known for its music venues and boisterous cocktail bars.

New York (pictured left) England v Panama, June 27

If you have never been to the Big Apple, you're in for an absolute treat.

England will be taking on Panama at the MetLife Stadium, which sits just across the water from Manhattan and can be reached from Times Square in around 20 minutes by cab on a good day.

If it is your first time, you'll want to tick off the must-sees, and the best way to do that is with a CityPass. You can pick one up for around £100 per child and £120 per adult. It is a rather hefty outlay, but it will save you money in the long run.

Passholders will gain entry to the Empire State Building Observatory and the American Museum of Natural History, as well as their pick of three other attractions, such as the Top of the Rock Observation Deck, 9/11 Memorial & Museum and Ferry Access to Statue of Liberty and Ellis Island. Booked independently, these would add up to almost £200.

The city promises to be even more buzzy than usual during the summer, thanks to a fan village that will open at the Rockefeller Center (July 4-19). Expect interactive soccer pitches, live match viewing, musical performances and guest appearances. And if that's not enough, across the bridge, Jersey's Liberty State Park will play host to the huge Fifa Fan Festival from June 11 to July 19.

Some of NYC's most breathtaking landmarks, such as the Manhattan skyline, Ellis Island and the Statue of Liberty, will provide the backdrop to interactive experiences and concerts.

Atlanta, Georgia



If England are successful in the initial stages and win their group, the Three Lions head to Atlanta for their first knockout match. The Centennial Olympic Park will play host to the Fan Festival there, exactly 30 years after it welcomed the 1996 Summer Olympic Games.

Elsewhere in the state capital, you can walk in the footsteps of the civil rights activist at the Martin Luther King Jr National Historical Park. Or uncover the secrets of Britain's favourite fizzy drink at the World Of Coca-Cola. The museum features interactive exhibits and hosts a vault that guards the secret recipe.

Mexico City

Here's hoping our boys battle it through to the last 16, because that means we will likely be playing in Mexico City.

What better way to celebrate a win (or drown your sorrows) than in the birthplace of tequila? Licoreria Limantour is frequently named in the list of The World's 50 Best Bars thanks to its creative concoctions (there are classic drinks, too).

There's likely to be more than just official fan zones - the Mexicans know how to party so come prepared. But there's so much more to do, including the Basilica of Guadalupe temple ruins, museums, cable cars and parks.



Boston

Home to the world-famous Harvard University, America's oldest public park and a vibrant harbour, the city of Boston has some great stories to tell from down the years.

Games will take place at the Gillette Stadium, which is being temporarily renamed the Boston Stadium for the World Cup. It sits in the town of Foxborough, around an hour on the train from the main city of Boston, so you might want to book a stay a little farther out if you wish to save those pennies. But make sure you don't miss out on the delights of the city, which has an incredibly rich history.

You can learn all about it and the American Revolution on the 2.5-mile Freedom Trail, which will guide you to 16 culturally significant sites, from museums and churches to meeting houses and burying grounds.

And why sample one Boston foodie tradition when you can do several at once? Head to Quincy Market, a huge food hall that dates back to 1826 where you can pick up classic New England grub like clam chowder, lobster rolls and the notorious Boston cream pie. The whereabouts and details of the fan zone are still being decided upon for this city, but you can guarantee there'll be lots of footie-themed fun.

(Article source: The Sun)



Fortunate food: 10 lucky foods to eat on New Year's Day for a year full of blessings

Black-eyed pea dip would make anyone feel fortunate!

The new year is a great time to hit the reset button and start fresh. You can set yourself up for success by drafting a New Year's resolution or kick things off with an inspirational New Year's blessing.

But if you're looking for other ways to guarantee a lucky year ahead, try serving up one of these New Year's good luck foods!

That's right, one of our favourite things to do on New Year's is eat, especially when the dishes involved bring good fortune to the upcoming year.

Whether you're planning a New Year's Eve dinner party or a New Year's Day brunch, check out this list of foods (plus a few recipe ideas!) that symbolise prosperity, health, and happiness.

Of course, not everyone believes in New Year's superstitions, but that doesn't mean these tasty foods aren't worth a try! "I've always eaten black-eyed peas on New Year's Day," Ree Drummond says. "I figure starting the new year by indulging in a juicy superstition can't hurt." Plus, it'll taste good, too!

Along with black-eyed peas, some cultures believe that noodles, pork, and pomegranates are filled with auspicious benefits when eaten on New Year's.

If you want to try out this fun tradition, pick and choose a few of these traditional New Year's foods or opt for a full menu of Southern comfort foods that incorporate some of these ingredients. Whatever you select, be sure to serve it with a glass of champagne and a New Year's toast!

Black-Eyed Peas

Legend has it that eating 365 black-eyed peas (one for each day of the year!) on New Year's Day will bring good luck to the year ahead. Ree's Hoppin' John, a comforting blend of black-eyed peas (which are actually beans!) and rice, will definitely do the trick, but you can also try her hearty black-eyed pea burrito or cheesy black-eyed pea dip.

Leafy Greens

Since collard greens are the colour of paper money, they're said to symbolise a year full of prosperity. This effect is even stronger when eaten alongside black-eyed-peas (see above!) and cornbread, since they represent the shape of coins and the colour of gold, respectively. If collard greens aren't your thing, you can easily swap them for any other leafy green.

Onions

In ancient Greece, onions became the ultimate symbol of luck and fertility once the civilisation realised they'd sprout even when left alone. That's why the Greek tradition of hanging a bag of onions from the door on New Year's Eve emerged. To fill your year with growth and rebirth, whip up one of Ree's delicious onion recipes. Her air-fryer onion rings are a tasty and easy place to start!

Pork



If you want to bless the new year, whip up one of Ree's pork recipes on New Year Day! Since pigs are known to push forward as they eat, a pork dish will help you move forward in the new year. Pork is also fatty and rich, which is said to bring wealth to the upcoming year. Ree's chipotle-orange pork roast will make a delicious entrée for your New Year's dinner!

Noodles

Many countries serve noodles for their New Year's celebration to symbolise the longevity of life. Try the sesame pork noodle salad or beef curry with sweet potato noodles, but whatever you do, don't break the noodles before you eat them (it's all part of the tradition).



Lentils

Similar to black-eyed peas, lentils are a type of legume that look like little coins. They're typically eaten in Italy (and in other countries) on New Year's to bring luck and good fortune. The red lentil hummus would make a great New Year's eve party snack, while the Mediterranean lentil salad would be a refreshing dish on New Year's Day.

Fish

Depending on the culture or country, fish is eaten on New Year's for different reasons: It can be considered a symbol of abundance because fish swim in big schools or a sign of good fortune for their shiny scales. Either way, you can't go wrong with one of these tasty fish recipes.

Pomegranate

Pomegranate seeds add a pop of colour and flavour to festive New Year's eve cocktails, like pomegranate sparklers, but they'll also bring fertility and life to those who eat them. At least, according to some people Turkey, Greece, and the Mediterranean.

Ring-Shaped Cakes

It's always a good time for cake - especially if you're celebrating a special occasion like ringing in the New Year. A round, ring-shaped cake in particular is known to represent the full circle of life. Try one of Ree's crowd-pleasing Bundt cakes in pumpkin spice or lemon-lime flavour or go for something unexpected like a round-shaped monkey bread.

Cornbread

Here's another symbol of gold for your New Year's table: cornbread! Combine this Southern favourite with black-eyed peas and collard greens for triple the luck.

(Article source: *The Pioneer Woman*)



Feathered friend: 10 things you should know about the most winter season of all garden birds - the robin

These little cuties come into their own in winter.

Be they sat on garden fence posts or their likeness emblazoned on half the Christmas cards that come through the door, it is definitely the season for one of our most recognisable garden birds.

British gardens make excellent habitat for robins with up to 250 breeding pairs per square mile.

This means every British garden is likely to hold at least one nesting pair, with wildlife friendly gardens supporting even more.

Robins are frantic breeders.

They can start nest building as early as January and can go on to have four or five broods of four to five eggs each per season. Sometimes the female will be incubating a clutch of eggs while the male continues to feed the previous brood.

Robins do not use the same nest more than once.

However, they will stick to a territory and location in which they have previously reared a successful brood.

With so many young being raised, why aren't we inundated with robins?

Sadly, life expectancy is very short for robins. The average robin lives less than a year, with winter devastating their numbers.

Male and female robins look alike, both having red breasts.

These are used along with song to proclaim and hold territories year-round.

Both sexes will fight off intruders in their own territories until a pair bond has formed.

At this point the male becomes very aggressive, singing and fighting to repel any intruders on their shared patch.

Robins sing all year round.

They even sing throughout the night if disturbed by loud noises such as car horns, thunder, or fireworks.

Artificial streetlights will also trigger singing and robins can be seen sitting under street lamps singing throughout long winter nights in towns and cities.



Robins are omnivores.

They will eat a wide range of foods including seeds, fruit, insects, and worms.

This means they are easy to attract and feed in gardens by offering a range of bird food including suet pellets, mealworms, and seed mixes.

And finally, why is the robin associated with Christmas?

Victorian postmen wore red tunics and were known as 'robins' or 'robin redbreasts'.

After the uniform changed, the goodwill linked to postmen delivering Christmas cards got transferred to the bird and we still celebrate robins on Christmas cards to this day.



Robins really are 'the early bird'.

They have specially adapted eyes to see in low light, allowing them to start feeding earlier than other birds and even feed at night under street lamps.

Robins evolved following pigs and boar.

They root about disturbing worms and invertebrates that the robin could eat. In modern Britain, the lack of wild boar means robins follow gardeners who effectively do the same job.

This habit of following anyone digging led to the robin being affectionately known as the 'gardener's friend'.



(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 2, Home Farm, Bishopswood, Ross-on-Wye, Herefordshire HR9 5QZ

