

OUR PLACE News

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

APRIL 2026

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How to host the perfect dinner party

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Fabulous family days out in the UK

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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

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The Grand National 2026

Saturday April 11th

Aintree Racecourse, near Liverpool.

The greatest steeplechase in the world.

No other race arouses so much interest worldwide. At least 600 million people are said to watch on TV. And in England, people who never bet on anything have "a flutter" on the Grand National. Plan ahead and you could be one of almost 200,000 who attend the three-day race meet. Friday is Ladies Day, a great social event with smart attire and big hats.

The Grand National itself is run on Saturday and, after the build-up, the four and a half mile race, over 30 fences, is finished in minutes. Seventy thousand are there on the day and the atmosphere is electric.

London Marathon 2026

Sunday 26th April

London



The Virgin Money London Marathon is a phenomenal event to be a part of, as a participant and a spectator. It's not just a monumental physical challenge, but also the world's largest fundraising event - and one of the six top marathons that make up the World Marathon Majors.

Cheltenham Jazz Festival

29th April - 4th May 2026

Cheltenham, Gloucestershire

Every year, Cheltenham Jazz Festival represents the start of the summer in Cheltenham, bringing together world-renowned performers and jazz enthusiasts from across the globe.

Spirit of Speyside Distilled

Food & Drink Festival

29th April - 4th May 2026

Speyside, Scotland

Spirited, inspiring, Scottish - this festival puts on a series of four delicious events inspired by Scottish whisky, gin and local produce. Discover the passion behind the region's finest food and drink.

Liverpool Sound City

2nd - 3rd May 2026

Liverpool, North-West England



Liverpool Sound City is an annual international music festival and industry conference taking place over the weekend.

The event welcomes global stars, local artists and key industry figures.

The festival has provided a platform for many future stars early on in their careers, including the likes of Ed Sheeran, Alt J and Calvin Harris.

Do you have an event near you? If so send us an email by visiting: www.ourplace.co



Feeling blue? How blue spaces can improve our health

Most of us have experienced the unique sensation of peace you get from being by the sea. Standing in front of a vast body of water can put things into perspective; listening to the crash of the waves and feeling the wind on our skin can make us feel connected to nature.

But this isn't just a sense or a feeling - because the idea that the sea can boost emotional wellbeing is now scientific fact. Multiple studies show that natural water-based environments can have a powerful effect on both our physical and mental health.

In fact, these so-called 'blue spaces' are so healing and restorative that experts suggest that more watery spaces be created in urban areas and doctors are now prescribing 'blue therapy'. So, let's take a closer look at how - and why - blue spaces can improve our health.

The science behind blue spaces

The idea that the sea might be healing isn't new. Back in Victorian times, doctors used to prescribe 'sea air' as a cure for all kinds of major diseases.

The fresh air and ocean views were seen as essential to a patient's recovery - particularly for treating diseases like tuberculosis - and the belief that the sea had medicinal benefits was partly responsible for the rise in British sea resorts.

In more recent years, the focus has been on the benefits of 'green spaces', with more and more burnt-out urban residents seeking peace in rural surroundings. The calming effects of being among nature have been widely studied, and today, it's well-known that going for a country walk, relaxing in woodland, and adding plants to your home is good for us.

But, 10 years ago a comprehensive study involving more than 20,000 participants found that people were by far the happiest when they were in blue spaces, not green - and multiple newer studies back up this conclusion.

A 2020 study found that being close to blue spaces can improve mood, and systematic reviews and meta-analyses show that they can reduce stress and anxiety too. But the benefits are not purely psychological. In 2021, researchers from Glasgow Caledonian University found that spending time in blue spaces can also reduce the risk of cardiovascular disease and premature death.

So, what exactly is it about blue spaces that can be so healing - not just for our minds, but for our bodies too?

The importance of natural environments

First, it's important to consider that some of the benefits of blue spaces are also shared with green spaces.

Living close to the water, particularly the sea, is linked to numerous positive measures of physical and mental wellbeing, from improved relationships to higher levels of vitamin D. One reason for this is that both coastal and rural environments tend to have less polluted air and more sunlight; the latter of which can have a major effect on mood and wellbeing.

There's also the fact that human beings are meant to be around nature. It's only in recent years that humans have become a majority-urban species, and for hundreds of thousands of years we lived in forests and grasslands, beside rivers, lakes, and the sea.

As our connection to nature has dwindled, the prevalence of mental health disorders has rocketed. Plus, more and more evidence shows that human health, both physical and mental, is intrinsically connected to nature - and even the simple act of looking at images of natural surroundings can have a positive impact on brain activity, blood pressure, blood flow, and cortisol levels. However, while being in both blue and green spaces is good for us, new evidence suggests blue is better. According to the Mental Health Foundation, 65% of people find being close to water boosts their mood and mental wellbeing - and there are specific reasons for this.

The power of water

The reason that blue spaces have an edge over green spaces is because of the water itself. The rhythm and movement of water has an almost meditative quality to it, and watching the waves lap the shore or a river stream downhill can have a psychologically restorative effect. It can create a powerful sense of peace and calm - feelings that we then carry with us for the rest of the day.

Even the sound of water has been shown to reduce stress and anxiety. There are two main kinds of attention: directed attention, which is when we're focusing intensely on something, and non-directed, which is the involuntary attention we give to far-off noises or passing clouds. The sound of water stimulates our non-directed attention, which allows our busy minds to rest.

The noise of water, whether it's the sound of waves crashing to the shore, the rush of river currents, or the drumming of raindrops, is classified as 'pink noise'.

It shares some similarities to white noise, in that it comprises all the sound frequencies audible to the human ear, but it's quieter at the higher frequencies. Just like white noise, pink noise can also improve sleep and memory.

And, finally, water has another advantage that you can't get from spending time in a green space. Water-based activities like swimming, snorkelling, diving, or surfing create feelings of environmental attunement - the sense of feeling as though you're part of the environment. So, when you actually enter the water itself, its healing properties can become even more pronounced.

Prescribing blue therapy

Research shows that spending time in blue spaces can improve mental wellbeing so significantly that some doctors have begun prescribing 'blue therapy'.

One example of this is the Blue Prescribing scheme, which is run by the charitable organisation Wildfowl and Wetlands Trust (WWT), in partnership with The Mental Health Foundation (MHF). As part of the scheme, six-week blue therapy courses are prescribed to single parents, long-covid sufferers, and people suffering from chronic health conditions or poor mental health. Participants are invited to spend time at the WWT's London Wetland Centre, where they go for guided walks and take time to appreciate their surroundings and spot wildlife.

Participants report that being in this particular blue space clears their minds and stops them from thinking about what's worrying them, and they leave "feeling light-hearted and refreshed." The economic benefits of blue therapy have also been obvious, as research has shown that for every pound that the WWT has spent on blue therapy, the participants retained £9.30 of 'social value'.

The benefits of WWT's blue therapy are so clear that the University of Exeter is working with WWT and MHF's blue prescribing team to begin a full clinical trial over the next few years. The trials would evaluate blue spaces as a treatment in the same way that medicines are assessed. Experts believe blue spaces won't only be shown to treat health problems, but to stop them from appearing in the first place.

Final thoughts...

While the healing power of the sea has long been in human consciousness, scientific research has made it impossible to ignore the therapeutic benefits of the ocean - and water in general. There's something about natural bodies of water that captures the imagination and interrupts the busy momentum of daily life, making us feel calm and rejuvenated.

So, the next time you feel stressed, anxious, or overwhelmed, why not take some time for yourself and head out to the coast? At the very least, you'll get a change of scenery and enjoy some invigorating sea air - and hopefully, you might return home with a whole different mindset...and a healthy new mechanism for dealing with stress.

(Article source: Rest Less)

The unlikely appeal of barefoot hiking: 'It makes you feel quite primal'

From clay trails in Seoul to remote Australian coastlines, a small but growing number of hikers are hitting the trail unshod. But what happens when you feel the ground beneath your feet?



The Guardian reports that when Gen Blades set out to hike South Korea's Namsan Dulle-gil trail, she didn't expect to be slipping her boots off halfway along the track.

An outdoor education lecturer and researcher based in Castlemaine, Victoria, Blades was tackling the 147km trail in Seoul when the terrain abruptly changed. Ahead lay a damp stretch of clay - known as "hwangto" - designed for barefoot walking. Naturally, she dived in feetfirst.

"There's something about that direct contact of the sole of your foot in the clay. It almost feels like mud," she says. "But then you realise, 'Oh yeah, it's oozing up between my toes!'" "It's sort of enlivening, like getting a massage," she continues. "Your dominant sense becomes the texture of the ground on your feet."

Luckily for Blades, the slippery clay stretch was fitted with foot-washing stations, as well as shoe lockers and a safety handrail. Trails like this are common across South Korea, where barefoot walking is widely embraced for its health benefits. In Seoul alone, more than 150 parks feature designated barefoot walking areas. "The trails were often right in the busy part of town where people were out exercising after work," says Blades.

In Australia, however, anyone keen to try it is more likely to be forging their own path. Dale Noppers, a 37-year-old health and safety superintendent from Perth, has been barefoot hiking for about seven years. What began as a curiosity linked to bush survival skills has since become a regular hobby. "It makes you feel quite primal," he says, "being in nature and slowing everything down."

His early barefoot hikes lasted little more than half an hour. These days, he can go for up to seven hours - on trails like the 14km Kitty's Gorge trail at Serpentine national park, featuring steep, rocky inclines, uneven ground, mud and, his least favourite surface, pea gravel. Despite the rough terrain, Noppers says his feet have adapted well. "The bottom of my feet are nice and soft and supple ... it's almost like they've had a pedicure," he says, laughing.

He now organises group barefoot hikes on bush trails around Perth. Turnout is modest, Noppers says - most walks attract just three or four others, though occasionally as many as 10 people show up. The group spans a wide mix of ages, including his five-year-old son Achille, who sometimes joins the gentler outings (named after the Greek hero, not the tendon, he explains).

While barefoot walking can feel liberating for some, podiatrist Dr George Murley says the science is mixed. "It's really person-specific," he says, noting that both overly cushioned footwear and going barefoot without conditioning can lead to injury.

However, walking unshod can improve balance and coordination, Murley says: "Our feet are one of the most sensitive parts of the body. If you place an interface like a shoe with soft cushioning between your skin and the ground, you reduce the neural input into the body." He also notes that many common foot problems, such as calluses and pressure lesions, are caused by footwear.

For those curious about barefoot hiking, Murley suggests easing in gradually. "You've got to be slow and progressive," he says. "Almost like treating it as a gym session for your feet."

Of course, walking without shoes requires a certain level of vigilance. Ants, spiders, snakes and the occasional shard of glass are among the hazards to watch for. "Bugs are one of those things that come with the territory," says Noppers, who adds he hasn't encountered snakes on a barefoot walk. He has had one mishap: "I've been cut badly by a broken bottle once when getting into the river after a walk, but no issues other than that."

For Blades, that heightened attention is part of the appeal. "When walking barefoot, awareness of the ground opens up. I notice the ants and step aside," she says.

For Uralla Luscombe-Pedro, barefoot walking began long before it became a deliberate practice. The 32-year-old conservation researcher grew up on a farm near Walpole on Western Australia's south coast. "Walking around barefoot was probably quite accessible to me," she says. "More so than if I grew up in the city and had to walk on cement all the time."

As an adult, Luscombe-Pedro has taken the habit further, walking hundreds of kilometres of wild coastline barefoot. In 2020 she spent two weeks walking from Batemans Bay to Mallacoota on Australia's east coast, camping on beaches along the way. More recently, she spent a week tracing Western Australia's south coast from Bremer Bay towards Albany.

Unlike traditional hiking trails, these coastal routes have no signposts or track markers. Luscombe-Pedro simply follows the shoreline, navigating sand, granite outcrops and scrub, detouring inland when cliffs or headlands block the way. "Your feet are sensory organs," she says. "You can feel with your feet as you can with your hands."

The appeal, she says, is the solitude and the landscape itself: blue water stretching to the horizon, empty beaches and sheltered bays where you can swim whenever you like. After weeks walking this way, she can feel her body change. "You definitely feel like a more lean animal," she says. "Your body feels more capable."

The experience has also reshaped how she thinks about modern environments. "Our human habitat is strangely boring compared with the environments we could be interacting with."

For Blades, the barefoot stretch on Seoul's Dulle-gil trail resonated with ideas she has explored for years in her research on walking and outdoor education.

Her PhD examined the "embodied" experience of walking - paying attention to what the body actually feels while moving through a landscape. She has experimented with barefoot walking in different settings, including sections of the Lurujarri heritage trail north of Broome, a 80km coastal route led by Goolarabooloo elders.

For Blades, the appeal lies partly in how barefoot walking disrupts the pace of modern life. "Walking is already a radical act in our modern world," she says. "You choose to slow down - going barefoot slows things down further still. Your senses become more attuned to what's around you."

Walking barefoot near her home in Castlemaine, she says, the slower pace often reveals small details she might otherwise miss: tiny orchids pushing through the grass, a delicate cobweb stretched across a path, subtle shifts in the texture of the ground. In a time of climate crisis and species loss, she believes that kind of attention to the living world matters.

"Walking barefoot allows you to sink into country. You're perceiving not just with your eyes, but with your body."

(Article source: The Guardian)

Fewer heat-related deaths in 2025 despite warmest summer

The number of heat-related deaths recorded during summer 2025 - the UK's warmest - was much lower than expected, officials have said.

BBC News reports that around 1,504 heat-associated deaths were reported in England, according to the UK Health Security Agency (UKHSA), roughly half the 3,039 predicted.

The figures come despite last year being the warmest summer on record, with four heatwaves, a top temperature of nearly 36C and a mean temperature of 16.1C.

Heat health alerts, alongside action taken across the NHS and care system are likely to have reduced the impact, the UKHSA said.

How hot was 2025?

Summer 2025 saw four heatwaves, although they were relatively short and not record-breaking, the Met Office has said.

The highest temperature reached 35.8C in Faversham, Kent on 1 July, below both the 35.9C recorded in 1976 and the UK's all-time high of 40.3C in July 2022.

However, the season's average temperature of 16.1C made it the warmest summer on record, surpassing the previous high of 15.76C set in 2018.

The summer of 1976 remains "iconic", according to the Met Office, with 16 days exceeding 32C compared to nine days in 2025.

The persistent warmth has been driven by a combination of factors, including the domination of high-pressure systems, unusually warm seas around the UK and the dry spring soils, the forecaster said.

Why were deaths lower than expected?

The UKHSA says it is possible that warmer conditions in late spring 2025 may have encouraged people to adopt earlier "protective" behaviours ahead of the peak heat.

Dr Agostinho Sousa, head of extreme events and health protection at UKHSA, said the lower-than-expected deaths "suggests that the actions taken across the health and care system may be helping to reduce harm".

However, he warned that continued vigilance is needed "as periods of heat become more intense, longer and more frequent".

"Coordinated preparation and response remain essential to protect the most vulnerable in our society".

Who is most at risk?

Heat can affect anyone, but some vulnerable groups, like older people and babies, run a greater risk of serious harm. As in previous years, the highest heat-associated mortality rates were seen in older age groups - the 75s and over.

Old age and some long-term conditions, such as heart disease, can leave people less able to cope with the strain heat puts on the body. During hot weather, it can be easy to overheat, sometimes resulting in heat exhaustion or heatstroke.

What is the forecast for 2026?

The Met Office outlook suggests that global average temperatures in 2026 are likely to be around 1.46C above pre-industrial levels (1850-1900), which would place it among the four warmest years on record.

While there are no localised UK figures for the year ahead, the winter season has been relatively mild. The Met Office has issued yellow warnings for wind for parts of the UK over the Easter Bank Holiday weekend.

(Article source: BBC News)



Step out this spring! Fabulous family days out in the UK

Join the Famous Five in Dorset, relive Springwatch in the Peak District... our selection of spring treats will keep all the family entertained.

Birding in the fens near Ely (pictured above)

Spring has arrived at Wicken Fen, one of Europe's most important wetlands, and with it the first summer migrants. Chiffchaffs are usually the earliest, with their rhythmic song ringing out across the fens. Then, if the weather is mild, blackcaps and willow warblers might join them. Listen closely, especially early morning or at dusk, for the foghorn-like calls of the booming bittern across the reedbeds. There's a pushchair- and wheelchair-friendly boardwalk around Sedge Fen, and wheelchair-accessible wildlife hides. Look out for the electric blue flash of a kingfisher, and male marsh harriers performing their dramatic sky-dancing flights as the breeding season gets under way, before the cuckoos arrive in late April. From £10 adults, £5 children (under-5s free), nationaltrust.org.uk

Artful planting in West Sussex

When Dan Pearson created the landscape design at Goodwood Art Foundation sculpture park, which opened last May, he planned 24 seasonal moments to complement the art-dotted trails through woodland, glades and meadows. This is the first spring visitors will see his graphic plantings of daffodils and bluebells, cherry blossoms and the katsura grove coming into copper-coloured leaf. Over the Easter holidays, children can pick up a free Art in Nature pack to create rubbings and collages inspired by the shapes and textures. There is artful nature of a different kind at nearby Petworth's spring festival, with more than 100 pots of spring bulbs in flower, willow foraging and basket making workshops, and other garden-themed kids' activities. Goodwood Art Foundation, £15 adults, under-18s free, goodwoodartfoundation.org. Spring festival at Petworth, from £21 adults, £10.50 children (under-5s free), 4-19 April, nationaltrust.org.uk

Feast by the sea in Kent

From Italian small plates in Margate to Japanese ramen in Deal, the Kent coast has upped its foodie credentials. Dig in at the Broadstairs food festival, which pops up on the seafront over Easter (3-5 April). There's a delicious lineup of chefs, street food stalls and local artisan producers, plus food-themed arts and crafts workshops, from chocolate lollipop making to screen printing napkins with fig, oyster, crab or seaweed designs. Broadstairs is a treat to eat your way around anytime, with seafood at Kebbells, tapas at Bar Ingo and, of course, a sundae at Morelli's Formica-tastic ice-cream parlour. Free entry, 3-5 April, broadstairsfoodfestival.org.uk

Treetop thrills and stargazing in the Lake District

The deep dark woods at Grizedale Forest in the Lake District offer an action-packed day out for families, with Go Ape treetop thrills, adrenaline-pumping mountain biking and sculpture-filled walking trails (including a Gruffalo orienteering route and a Room on the Broom nature walk for Julia Donaldson fans). Now you can add stargazing to the list. The new Grizedale Observatory opened last May, the Lake District's first public observatory and planetarium. There are family sessions every Saturday at 4pm, where budding astronomers can touch real meteorites and watch a show in the planetarium. Easter holiday events include Jupiter viewings, aurora nights and afternoon planetarium shows. Grizedale Forest, free (bar Go Ape), forestryengland.uk. Observatory events, from £13 adults, £8 children, grizedaleobservatory.com

See grand designs and baby lambs in North Yorkshire

Sir John Vanbrugh was a playwright with no architectural experience when he was commissioned in 1699 to build a massive new house for a fellow Kit-Cat Club member, the Earl of Carlisle. It would be fair to say that Castle Howard was a decent first stab. In celebration of the tercentenary of its creator, there are new tours giving unprecedented access to areas of the house, follies and monuments not usually open to the public. Plus you can meet baby lambs born on the estate at the magical Skelf Island adventure playground (4 and 5 April). Garden tickets, which include Skelf Island, from £17 adults, £8.50 children (under-3s free), castlehoward.co.uk

Woodland blooms in Cornwall

Each year, six champion *Magnolia campbellii* are eagerly watched in six of the Great Gardens of Cornwall, including the Eden Project. The moment they come into full bloom (counted as 50 flowers), spring is declared to have officially arrived in England. This year it happened on 27 February. The Gulf Stream helps hurry the start of the season along here, and means you may see a few bluebells popping their heads up in the Easter holidays.

Tehidy woods is famous for its carpets of bluebells - the first were spotted in early April last year. That will be just in time for fantastical theatre company Rogue Otherworld's Wild Awake show, which weaves between the trees telling the story of the forest awakening, guided by the Wild Spring Hare. Wild Awake show, £10-£15 adults (pay what you can; under-3s free), 3-6 and 8-12 April, rogueotherworld.co.uk

Poohsticks in Ashdown Forest

It's the 100th anniversary of AA Milne's Winnie-the-Pooh this year, so good reason to follow the honey-loving bear and his friends down to the real-life Hundred Acre Wood in Ashdown Forest. Milne wrote the children's classic at Cotchford Farm (now a holiday rental) on the edge of the forest, where he lived with his wife and his son, Christopher Robin. Follow the Pooh Walks (0.6 or 2 miles) from Gills Lap to trace out spots from the book, including The Enchanted Place, the Heffalump trap and Roo's sandy pit. Don't leave without playing a game of poohsticks on the Poohsticks Bridge. Pooh fans can plot a return trip for the summer holidays to catch The Big One Hundred celebration, which will include a giant puppet roaming through the woods, interactive performances and five new walking routes. Free, ashdownforest.org

A wild coastal walk in County Antrim

The walkways, bridges and steps that make up the Gobbins cliff path cling to sheer basalt rock, the waves crashing below. This elemental trail was built by the railway engineer Berkeley Deane Wise in 1902, and now can only be followed on 2.5hr guided tours, which have been paused since last year due to rockfall. They are due to restart on 20 March, and it's a thrilling stop on the Causeway Coastal Route. Alternatively, the Blackhead Path is almost as dramatic and free, starting at nearby Whitehead. The route hugs the coast past smuggler's caves and rocky coves, before taking the steep steps up to the clifftop Blackhead Lighthouse. A Mauds ice-cream at Coastal Coffee back in Whitehead is just reward for the climb. £22.75 adults, £16.50 under-16s (minimum 4ft tall, roughly seven years old), thegobbinscliffpath.com

Relive Springwatch in the Peak District

Last year, BBC's Springwatch was based at the Peak District's Longshaw Estate. Over the weeks of live broadcasts, Chris Packham and Michaela Strachan spotted short-eared owls feeding voles to their chicks, kept an eye on pied flycatcher nests, and tracked hares, deer and a host of other wildlife across the estate's habitats. The Padley Gorge and Burbage Brook walking route is particularly good in spring, winding past the pond to the ancient woodland of Padley Gorge, with its twisting oak trees and moss-covered boulders. Back out on the meadow, watch for birds of prey overhead - buzzards, red kites, peregrine and kestrels - and adders emerging from hibernation in the grass (so dogs need to stay on leads). Free, nationaltrust.org.uk

Continued on pages 10-11...



Go mudlarking on the Thames

For a hands-on dig into London's history, try one of the Thames Explorer Trust's In the Footsteps of Mudlarks tours. Normally anyone searching the river's foreshore needs a permit from the Port of London authority, which has a waiting list running into the thousands. These two-hour guided tours give combers the chance to temporarily jump the queue, with archaeology experts on hand to help find and identify surface artefacts - maybe smoking pipes, pottery or even bones. Children over eight can join regular scheduled tours, while during the school holidays there are special family sessions (aimed at ages 5-12) meeting at the Brunel Museum in Rotherhithe. Children's Footsteps of Mudlarks tour, £30 adults, £17 under-12s, on 4, 7, 9 April, thames-explorer.org.uk

Take a seabird safari in North Berwick

Off the coast of North Berwick, the Bass Rock is home to the world's largest colony of northern gannets. After spending the winter in warmer seas, the birds, with their distinctive black wingtips and yellow heads, return in February. Boat trips from the Scottish Seabird Centre restart in late March, and range from exhilarating RIB "seafaris" to gentler catamaran cruises, which loop around Craighleith (home to almost 10,000 breeding puffins) and Bass Rock, sometimes accompanied by dolphins and seals. Back on dry land, the centre has live wildlife cameras, as well as exhibits, games and films, or join a spring beach clean (10 April) along the sand. Boat trips, from £32 adults, £15 children (3 and under free); Scottish Seabird Centre Discovery Experience, £13.50 adults, £9 children (under-3s free), seabird.org

Join the Famous Five in Dorset (pictured above)

"In the very middle... on a low hill, rose the ruined castle," wrote Enid Blyton in the first Famous Five adventure, Five on a Treasure Island. Blyton holidayed for decades on Dorset's Isle of Purbeck, and the imposing remains of Corfe Castle are believed to be the inspiration for Kirrin Castle. The most storybook way to arrive is in the vintage carriages of the Swanage Railway, which the author herself took, chugging through the countryside in a plume of smoke and steam. Try to catch the new Magic Faraway Tree film (out now) at a cinema to complete the Blyton jolly. Swanage Railway, from £14 adults, £7.50 children (under-5s free) one way, swanagerailway.co.uk

Iron age living at Loch Tay

Back in the iron age, crannogs - roundhouse settlements built on artificial islands of stone and timber - would have been a common sight on lochs across Scotland. Their remnants have been remarkably preserved thanks to being buried beneath the cold, dark, peaty waters. The remains of 17 have been found in Loch Tay alone, and on its shores the Scottish Crannog Centre reconstructed these ancient structures in an immersive living museum, until it was destroyed by fire in 2021. It reopened nearby in 2024, and this spring will complete its first new crannog. To celebrate, join The Crannog is Hatching event on 4-5 April, exploring the traditions of birth and renewal, with springtime foods in the Feasting Hall. £15 adults, £10 children (under-5s free), crannog.co.uk

Dive into art near Edinburgh

At the Scottish sculpture park Jupiter Artland, you can get a unique perspective on two of its works of art - by swimming in them. Joana Vasconcelos's wiggling, vibrantly coloured Gateway pool and Charles Jencks's Teletubbyland-like Cells of Life are open to bathers. Gateway is created from 11,366 hand-painted Portuguese tiles, and is bookable for half hour sessions from 2 April. Jencks's lakes, surrounded by undulating grassy landforms, are open for swimmers every Sunday from 11am to 12pm (both over-3s only). There are pieces by Tracey Emin, Antony Gormley, Anish Kapoor and Andy Goldsworthy elsewhere in the 120-acre park, which is a half-hour drive from Edinburgh. Budding artists can also give it a go in the Make Studio, filled with materials - an invitation to get messy with paint, clay and more. From £11.80 adults, £7.50 children (3 and under free; swims included in ticket price but must be prebooked), jupiterartland.org

Find dragons in Caerphilly

Wales's largest castle, Caerphilly, reopened last July after a two-year, £8m renovation by Cadw, the Welsh government's historic environment service. Built in the 13th century, the whole stronghold covers about 12 hectares (30 acres), with wide water defences, hulking great walls, stern-looking gatehouses and a leaning tower that's even more leaning than Pisa's (reputedly the result of gunpowder damage during the civil war). The most head-turning of the recent upgrades is the Great Hall dining room, now dressed for its medieval heyday. Elsewhere interactive exhibits bring the castle's long history to life, and a family of giant, smoke-snorting (animatronic) dragons live in a lair beside the moat. £12.90 adults, £9 children (under-5s free), cadw.gov.wales

Ride a carousel in Flintshire

On Saturday 4 April the grounds of the Hawarden Estate will be filled with vintage fairground rides for its Great Easter Show - the ferris wheel spinning, the carousel cranking out the waltz and squeals coming from the red-and-white-striped helter-skelter. Alongside there are circus skills workshops, a dog show, craft sessions and an egg-and-spoon race. If you miss out on the fete do not fear - the fun continues all season with a kids' Explorer Club every Saturday and classes at the Walled Garden School (how to build a birdhouse on 7 April; a spring foraging walk on 11 April). There is also a self-guided explorer trail from the farm shop, with a 10-metre trumpet to blast and secret mirrors to spot among the trees. The Great Easter Show, £18.50 adults, £12.50 children (under-5s free; tickets include unlimited rides). The Walled Garden School events, from £30 a person; Explorer Club, £10 a child (accompanying adults free), hawardenestate.co.uk

Highland tales in Inverness

Sitting grandly on the banks of the River Ness, the red sandstone Inverness Castle isn't really a castle at all: it was built in 1836 as a court and prison. There have been plenty of "real" castles on the strategic site since the 11th century, destroyed by everyone from Robert the Bruce to Bonnie Prince Charlie.

This January, after a £47m redevelopment, it opened as the snazzy new Inverness Castle Experience, where visitors follow the voices of the seanchaidhean (Gaelic storytellers) to learn about Highland history and culture. Sure, there are clans and tartan, but also Celtic music, the sport of shinty and a tapestry created by more than 600 stitchers from across the Highlands and Islands. Finish on the rooftop platform looking out towards Ben Wyvis and the Highlands. £20 adults, £14 children (under-5s free), invernesscastle.scot

Cruise the world's highest canal aqueduct in the Dee valley

Standing 39 metres above the Dee valley in north Wales, the Pontcysyllte Aqueduct is the highest canal aqueduct in the world and, at 307 metres, the longest in Britain. It's described in its Unesco World Heritage listing as "a masterpiece of creative genius". See it up close on a 45-minute trip on board the Little Star, which departs from close to the Canal & River Trust's Trevor Basin Visitor Centre five times a day from 1 April. Alternatively, walk across the towpath for free (you will need a good head for heights, although there are railings) and continue along the Llangollen canal to Llangollen. There, hike up to the ruins of Castell Dinas Brân overlooking the town, then pick up some homemade butter fudge at Cottage Cream'n'Candy. Trips on AngloWelsh's Little Star, from £10.48 adults, £6.29 children, anglowelsh.co.uk

Car-free Cotswolds garden tour

The lively market town of Moreton-in-Marsh is the ideal jumping off point for a car-free Cotswolds jaunt - it's only 1h 30min direct from London's Paddington, or one change from Birmingham or Bristol. From there, strike out along the Monarch's Way about 1.7 miles to Batsford Arboretum, home to the UK's national collection of Japanese flowering cherry trees, with more than 120 covered in frothy blossom. Continue on to Bourton House Garden, which reopens for the season on 7 April, for perfectly clipped topiary and cakes in the tearoom. Finish the loop at Sezincote House and Garden, a little slice of India in the English countryside, with its water garden, elephant statues and stepping stones across a winding stream. Batsford Arboretum, from £10.90 adults, £3.15 children (under-4s free), batsarb.co.uk. Bourton House Garden, £10 adults (under-16s free), bourtonhouse.com. Sezincote House and Garden, from £9 adults (garden only), £3 children, sezincote.co.uk

(Article source: *The Guardian*)



The hostess with the mostest: How to host the perfect dinner party

Over the last few years, dinner parties have started to see a cultural revival. As restaurant bills have started to rise in price, younger generations are becoming more interested in hosting home-cooked gatherings, which also make for great shared experiences on social media.

“People are craving connection and comfort, and dinner parties offer both,” says Matilda Bea, a lifestyle influencer from London whose dinner party videos have earned her more than 200,000 Instagram followers. “It’s about more than just food - it’s the joy of gathering, the creativity in hosting, and building memories together. It doesn’t have to be fancy - it just has to feel personal and welcoming.”

She also explains that her friend group has such busy schedules that deciding on a venue for dinner can be a struggle, so a simple dinner party takes the stress of organisation away from your guests.

Hosting the perfect dinner party can be difficult, as you have to balance the right guests with the right food, music, ambience, table décor, entertainment, and more.

We’ve assembled a guide with advice from some of the UK’s top experts to make sure you can get the most out of your parties this summer. From tips in politeness from the UK’s ‘Queen of Etiquette’ Laura Windsor, to advice on décor from Barker and Stonehouse’s resident Head of Product and Displays, Lena Gierasinska, here’s everything you need to know about hosting the best dinner party possible.

What to do as a host

Food choices

As fun as it is to socialise at a dinner party, the food is an essential part of the experience. A good menu should cater to the needs of your guests, but you don’t want to scare them off with too bold a palate.

“Serve food and refreshments you know will work” says etiquette expert Laura Windsor, “and keep the menu simple, unless you’re a cordon bleu chef!”

She emphasises the importance of keeping your food choices balanced, such as keeping your first course and pudding light if you’re cooking a heavy main dish. You can also save time by cooking your food in advance, as puddings can be refrigerated ahead of time to stay tasty, while soups and salads can be prepared at short notice.

When it comes to choosing your food, Matilda Bea says to go for easy-to-prepare crowd-pleasers: “Family style dishes like big salads, pasta bakes, or sharing boards always work. They’re casual, comforting, and allow guests to serve themselves. Pair with themed cocktails or a drinks station for a simple yet elevated experience.”

You should also ask your guests about any allergies or dietary requirements in advance, and prepare alternative options for them that are just as appetising as your main dishes. Consider labelling your dishes to avoid cross-contamination, so that your guests are aware of what they’re eating beforehand.

Keep the party flowing

The last thing you want at a party is an awkward silence, where guests feel like they can’t interact casually with one another. When you’re planning out your dinner party, try to arrange your seating so that your guests can easily converse without having any obstacles in the way.

You may also want to consider a seating plan to control the chaos if you’re inviting a large number of guests. Laura Windsor suggests separating people by personality, so you can group shy guests with talkative ones to get them involved, or keep two boisterous guests apart. When using a rectangular table, you should sit at the opposite end to your co-host if you’re splitting the duties. If your party has a guest of honour, etiquette dictates that they should always sit to the right of the host.

As much as your guests will be able to get the conversation flowing themselves over time, it’s crucial to help break the ice where you can. Introduce your attendees to others on the guestlist who you think would gel nicely with them, and remember to provide enough introductory information to spark an interest.

Matilda Bea suggests an interactive element such as a DIY cocktail bar at the start of the night, as it relieves pressure as guests arrive.

You should also keep the schedule simple: “I try to avoid overloading the itinerary or overcomplicating the food. Hosting shouldn’t be stressful. Keep it relaxed and low-effort with high-impact moments - like a grazing board or pre-mixed drinks - and never plan so much that you’re stuck in the kitchen while everyone else is having fun.”

Entertainment ideas

Without the right entertainment, a dinner party can just feel like any random get-together. It’s up to you as the host to organise an enjoyable experience, so pay attention to your guests’ mood and set up some activities to keep the spirits high.

Music is an essential part of any dinner party, as it can break the silence in a room without being overwhelming, and can set the tone or help to start conversations. Laura Windsor says “the music should be just loud enough to be distinct but not drown out the conversation during dinner.”

For smaller groups, board games or charades are a reliable spot of fun, but dancing should always go down a treat with the right playlist. It’s important to avoid any activities that could cause embarrassment to your guests, so make sure you inform them of your plans for the evening’s entertainment ahead of time.

Top hosting tips

- Remain calm, stay prepared, and always keep your guests engaged
- Meet and greet all your guests as they arrive and do everything you can to help them feel at home (take their coats, provide drinks, etc.)
- Inform your guests of any house rules (e.g. taking shoes off at the door, no plus ones) before they arrive to minimise awkward interactions
- Keep conversations positive and avoid close-ended yes/no questions - avoid uncomfortable topics such as sex, money, religion, politics, etc.
- Be respectful to every guest - avoid boasting, dominating the conversation, blurting out private information, etc.
- Drink responsibly and make sure your hosting abilities aren’t impaired by too much alcohol. Break through any awkward silences using humour, or questions that you’re confident will revive the party.

Furnishing tips for your dinner party

Looking to get your décor right for a party? Our Head of Product and Displays, Lena Gierasinska, has some tips to redecorate ahead of a get-together. Follow our advice to stun your guests with a great looking house:

Continued on pages 12-13...



Make room for your guests

Nobody wants to be crowded around a dining table that's too small, so make sure your guests have ample and comfortable room. Multi-functional furniture like stools, folding chairs and ottomans can save space and enhance your décor too, while day beds and garden lounge sets are perfect for al fresco dining in larger areas.

Choose the right furniture

For outdoor dining, try a traditional oval dining set for a formal dinner, or use benches and individual chairs around a large dining table for casual gatherings. Corner sets with coffee tables are also a great idea for serving nibbles.

You can also make an impromptu bar by styling a tall table with co-ordinating stools. Some sets even come with ice buckets to keep your drinks cool.

Get cosy

If you're going to be throwing your dinner party outside, your guests will likely get cold once the sun goes down. By providing a range of soft furnishings like blankets and decorative cushions, you'll be able to give your outdoor area a friendly and homely atmosphere in spite of the weather. Hanging chairs are also a trendy way to add a quiet nook to your seating area to break away into private conversations.

Warm things up with a fire pit

A great place to gather around, and perfect for roasting marshmallows over the open flames, fire pits can turn any outdoor event into a magical evening to remember and keep the party going until the early hours. And, of course, don't forget to find the perfect fire pit seating ideas to cosy up with your friends!

Set the scene with atmospheric lighting

The right choice of lighting can change the ambience of a dinner party drastically. Think about the tone you want to set, whether it's a bright arrangement for indoor parties, a moody and layered approach for later nights, or solar-powered bulb lights for a magical outdoor atmosphere.

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Get creative with garden décor for your party

By personalising your space through creative decorations, you can start to incorporate a theme for your party, or show off with unique centrepieces and floral arrangements to attract the attention of your guests. A good décor arrangement for a dinner party will stick in your guests' minds once they leave, so don't be afraid to go all out.

Be prepared for the weather to take a turn

Throwing an outdoor dinner party in Britain is always a risky move given the unpredictable nature of our weather. Consider setting up a pergola or parasol to shield your guests from the rain if clouds begin to roll in. You can also integrate unique lighting to transform your outdoor area into a cosy, private space.

Theming ideas

For an extra touch of magic and fun, why not try giving your dinner party a theme? This could play into your décor, your food choices, your entertainment, and much more. Our dinner party expert Matilda Bea says that "themed dinner parties are having a major moment. Guests are no longer just showing up for a meal; they're coming for a whole experience. Whether it's a seasonal menu, matching tablescapes, or even coordinated outfits, themes help elevate the evening and make it memorable."

Here are some of Matilda's favourite interior trend ideas from the last few years:

Cottagecore

Cottagecore is a social media trend dedicated to off-the-grid rural living. "Think gingham linens, foraged flowers, fresh pies cooling on the table and wild, wholesome dishes like roast chicken, fresh-baked sourdough and elderflower cocktails", says Matilda, describing it as nostalgic and beautifully rustic.

Martinis

"A 'Tini Bit Older' is another favourite theme of our party expert, whose martini themed birthday dinner party is an ode to ageing gracefully. With a sleek dress code, vintage glassware, and of course a make-your-own martini bar, it's a fun mix of kitschy humour and classy living.

Coastal

Why not take a trip to the beach with a "saltwater supper" theme? With big bowls of seafood and grilled fish, crisp white wine, and a sumptuous arrangement of linens and nautical colour palettes, you can give your guests the coastal elegance of an island getaway from the comfort of your garden or dining room.

TV-inspired themes

Still thinking about that show you binged recently? Why not turn it into a dinner party theme? Matilda recommends a White Lotus-style dinner with exotic dishes, themed outfits and the soundtrack added to your playlist, with bonus points for a mysterious twist to your entertainment. There are plenty of series to take inspiration from though, like a fancy Bridgerton banquet, or a spooky Stranger Things throwback to the 80s.

Under the sea

This classic underwater theme is making a big comeback due to its versatile styling, letting you choose between playful vibes or a chic, enchanting ambience.

Whether you're adorning your tables with shellfish towers and seaweed salads, or giving your night a whimsical twist with mermaid-themed outfits and blue-tinted cocktails, you can easily add your own personal flair to your underwater getaway.

What to do as a guest

Gift ideas

Our etiquette expert Laura Windsor says that "it is extremely rude to turn up at anyone's house empty-handed, so don't just bring yourself! It's nice to present the host with a token of appreciation."

Rather than bringing an extravagant, expensive gift, it's better to keep your present thoughtful and simple. A bottle of wine is a classic offering, although don't expect it to be opened over dinner, as your host may have already organised wines to pair with your courses. Books, unscented candles, plants, and chocolates are all tried-and-tested gifts that hosts love.

It's also important to remember any requirements the host may have that would lead them to decline a gift. Some religions don't consume alcohol, for example, or your host may have an allergy to the ingredients in your chocolates. Be sure to get to know your host before attending so you can organise some appropriate ideas.

When to arrive

If you've ever hosted a party, you know how stressful it can be to make last-minute arrangements before your guests arrive, which is why it's so frustrating when somebody comes to the door earlier than expected. Our expert says that "showing up early to a dinner party is considered rude and is a clear sign that you do not normally host parties".

You should aim to arrive at a party roughly 10-15 minutes later than the time you have been invited for, which means for a 7:15pm invite, you should arrive between 7:25 or 7:30. Early arrivals can interrupt your host's cooking plans, dressing arrangements, or any other preparation.

Let your host know if you're going to be arriving more than 15 minutes after the invitation time, as this will allow them to adjust accordingly. Don't lie about your ETA to make them feel better - honesty and communication are important.

Leaving politely

When it comes to the end of the night, try to avoid lingering too long with your farewells, as your hosts will have plenty of other people to attend to. Say your goodbyes quickly, and leave any follow-up notes in a kindly worded thank-you note the next day to let them know you enjoyed your evening!

(Article source: Barker & Stonehouse)



Take a walk outside on the wild side: 11 ways to make your garden more wildlife-friendly

Our gardens can offer us peace, beauty, fresh air, and a regular hobby. But they can also be havens for the UK's wonderful wildlife.

Some gardens are more wildlife-friendly than others, and this is often determined by water accessibility, the types of plants we choose to grow, and whether there are enough shelter and nesting spots.

So, if you're a green-fingered animal lover who would like to breathe more life into your outdoor space, here are 11 ways to make your garden more wildlife-friendly.

Create a hedgehog-sized hole in your fence

Hedgehogs travel far and wide when looking for food (sometimes 2km per night!). So, if you want to give them a helping hand, you could consider making a hole in the bottom of your fence to allow easy passage.

With hedgehog numbers in decline, it's believed that fencing and hedgerows without proper connectivity may be partly responsible. This is because it can limit their search for food and isolate them.

Let the grass grow

Many of us have adopted the habit of keeping our lawns neat and tidy by mowing them regularly. But if you want to support insect wildlife, why not let your lawn grow wild every once in a while?

According to the RSPB, "Letting the plants grow a bit unruly, especially if you have a lawn, is actually a big help for insect wildlife. The mini jungle created by long grass gives them a safe haven to hide in, and if there are wildflowers in there, it's good for bees too."

You could even go a step further and sow some extra wildflowers (like poppies and cornflowers) in the long grass, which make excellent food for bees and butterflies - and look stunning too!

Feed birds

Installing a bird feeder in your garden will encourage more feathered visitors and offer more birdwatching opportunities.

Because birds have different needs throughout the year - for example, breeding, nesting, feeding their young, moulting, and migrating long distances - providing a steady supply of good quality food can help them keep their strength up.

The RSPB advises that during spring and summer when they're particularly active, birds need high-protein foods like black sunflower seeds, mealworms, and meaty, tinned dog and cat food. In autumn and winter, on the other hand, birds need high-energy, high-fat foods like fat balls to keep warm on frosty nights.

Build a pond

Even a small pond can add immense value to your garden by acting as a sanctuary for all sorts of different wildlife.

Amphibians, particularly common frogs, use ponds to reproduce, while other animals like birds and hedgehogs will drink from them (and birds also love to splash about!). Building a pond needn't be time-consuming or expensive. For example, all you need is a plank of wood, a pond liner, a variety of pond plants, some large rocks, and some builder's sand.

Open an insect hotel

Whether you love or hate insects and minibeasts, they're an essential part of our ecosystem.

Not only do insects and minibeasts act as food for birds, hedgehogs, frogs, toads, bats, and fish, but they're also involved in pollination - turning flowers into fruit. Plus, they help to keep our environment clean by breaking down plants and animals after they die.

Insects and minibeasts, like other animals, need somewhere to shelter, raise their young, and store food. So, one way you could help them is by opening a 5-star bug hotel! Bug hotels usually consist of a strong, stable structure that's stuffed with natural materials - such as sticks, bricks, and straw - to create plenty of warm, dry hidey holes for insects of various sizes.

For insects and minibeasts who like to burrow into decaying wood (like centipedes and woodlice), you could also create a log pile in a shady area of your garden and stuff gaps with dead leaves to make it more snug.

Start a compost heap

Simple yet powerful, compost heaps make for brilliant ways to enrich the soil in your garden, save money, recycle kitchen scraps and garden debris, reduce pollution, and provide food and refuge for all kinds of different wildlife.

Some of the most common compost heap dwellers include beetles, toads, hedgehogs, bats, birds, slow worms, and grass snakes. These creatures also eat slugs and insects, making them natural pest controllers.

Making compost takes about six months and you can do it in either a large bin. You can make one yourself using it on bare soil - though the latter takes much longer. Bins are helpful because they retain warmth and moisture, speeding the composting process up. You can add garden waste like grass cuttings and leaves, and kitchen waste like teabags and eggshells to your compost bin.

Plant nectar-rich flowers

Nectar is the food of some of our prettiest insects, like bees, moths, butterflies, and hoverflies. And, as these insects move between flowers, sipping on nectar, they pollinate them - allowing plants to make seeds or bear fruit. So, if you're looking to add some beautiful new blooms to your garden, why not choose ones that are most popular with our pollinator friends?

Setting up a nectar cafe will not only help pollinators thrive but will also allow you to sit back and enjoy the fluttering of gorgeous butterflies and bumbling bees.

Hydrate your guests

Providing access to a fresh, clean water supply is a key way to support your garden guests, and encourage them to come back. So, why not consider adding a birdbath to your garden?

The most obvious visitors to birdbaths are, of course, birds who drink from them but also wash dirt and debris off their feathers, during the process of preening (or grooming). The preen gland is an essential part of this process because it produces oil, which birds spread to each feather to coat and protect them and make sure they stay waterproof. Bees, wasps, and other beneficial insects may also drink from bird baths. You can either buy a birdbath - they come in all sorts of interesting colours and designs - or you can make one yourself.

Build a hedgehog house

As previously mentioned, creating a hole in your fence can increase a hedgehog's travelling distance and help them thrive. Though, if you want to go a step further, you could also consider adding a hedgehog house to your garden to give your humble visitors somewhere to shelter and nest.

It's best to place it in a dry, secluded place with plenty of shade and a low threat from predators - perhaps behind a shed or under plant cover.

You can either buy a hedgehog home; many of which have been designed to provide insulation during winter and ventilation during summer. Or, you can build one yourself.

(Article source: Rest Less)

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

