



# Hedgehog Rescue NEWSLETTER

Summer/Autumn 2025

## MESSAGE FROM YVONNE

**Well, I think we have seen the last of the glorious weather! I do believe the recent rain has been a blessing though, especially for those who enjoy their gardens and allotments, and for the farmers who must have struggled with feeding their animals, growing their crops and battling fires.**

Dehydration and a lack of food were big problems for hedgehogs; we had many come in desperate for a drink. One drank solidly for 20 minutes. There were many posts on social media asking people to put out bowls of water - not just for hedgehogs, but for birds and insects too. It is always a good idea to put something like a stone in the bowl of water, so insects have an island to stand on while drinking and do not drown.

Another great tip I saw was to put a flower pot in the top of your watering can. You can still fill it easily, but it stops snails and small animals from falling in and drowning, and prevents snails from going up the spout so the water does not come out!

The heat was also difficult for the volunteers, as the hospital can get very hot, but they were fantastic, did not complain and worked hard all through our busy period. We were so busy that the lack of volunteers meant many worked longer hours to get everything completed.

We recently had a recruitment drive and now have some lovely new people joining us. In the next few weeks we will also have our new work placements starting, so hopefully things will ease for a while.

We also held another Open Day, which always involves a lot of preparation. This year we took a different stance and invited speakers along.

We had a talk about moths and other beneficial insects by Ray Barnett, beneficial plants for pollinators by Sally Pattison, a talk about bats by Stewart Rowden, Alyssa Oram gave a talk about medicinal plants, and I finished up with a hedgehog talk.

I was delighted to see my friend Sylvia again. She kindly gave up her time to do the face painting with her niece

Niamh and our work placement volunteer Maddy. Sylvia and I go back to the 1990s, when we met as face-painting volunteers at Bristol Zoo.



Find out about Wendy's story later in the newsletter

The tombola and teddy tombola proved popular as always, and of course the cake, tea and coffee stall. I have to thank all the volunteers who helped behind the scenes and on the day. Thanks also to those who filled in at the hospital to make sure all our hoggies were well looked after. It would be impossible without you all! Also a massive thanks to Yate Town Council for the hedgehog highways, and to Rosie who did some kids' workshops.

There was a lot of positive feedback about how interesting the talks were. I learnt a lot from the day, and think a bigger hall may be needed next time. I learnt a lot from the day and it is back to the drawing board for next year.

## Late summer/early autumn garden checklist

**Water & Food** – Provide a shallow dish of clean water and meaty cat or dog food, or specialist hedgehog food. Do not put out milk and bread, as these make hedgehogs ill.

**Shelter** – Leave some areas of the garden wild, create leaf piles, or place a hedgehog house in a quiet, sheltered corner to give them somewhere safe to rest.

**Safe Access** – Cut 13 x 13 cm gaps in fences to allow hedgehogs to roam between gardens, and cover drains or steep-sided ponds that might trap them.

**Insect Support** – Plant late-flowering, pollinator-friendly species such as sedum and ivy to help sustain insects, which in turn provide natural food for hedgehogs. Avoid the use of pesticides and slug pellets.

**Safe Gardening** – Always check long grass before mowing or strimming, and only build bonfires on the day of burning to prevent hedgehogs from sheltering inside.

**Leave it untidy** – don't be in a rush to clear your garden. Seed heads and hiding places are invaluable to wildlife... a great excuse for lazy gardening!

*Yvonne*



[www.hedgehogrescue.info](http://www.hedgehogrescue.info)



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Hedgehog Rescue Bristol and South Gloucestershire







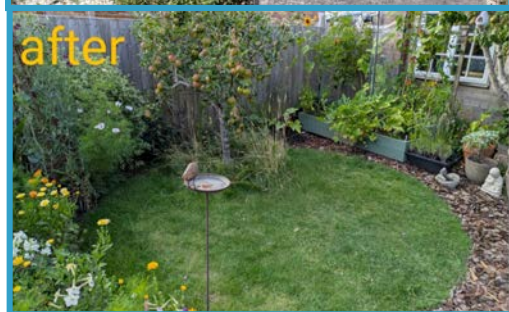
Removing old concrete pond



Creating lawn area...



before



after

## A WILDLIFE-FRIENDLY GARDEN: OUR TWO-YEAR TRANSFORMATION

When we acquired the garden, it consisted mainly of concrete and gravel with a very large above ground Koi fish pond. We also had a couple of reasonably well-established fruit trees, a shrub and a falling down shed. We had very little wildlife visiting the garden.

Our aim was to soften the garden to make it more enjoyable for us and to attract more wildlife. We started by removing the concrete pond and paving and replaced it with a natural stone patio incorporating a small wildlife pond. We used bark nuggets to create a pathway leading to the end of the garden. We removed the old wooden shed and replaced it with a more permanent garden room/shed. Then we established a small lawn area and planted various shrubs and plants with a view to create a good amount of ground cover and to attract as many pollinators as possible. Also, we have left some of the lawn uncut.

We left an area under a shrub at the rear of the garden uncultivated where we have put a homemade hedgehog house with a separate feeding station and water bowl. To enable hedgehogs to access neighbouring gardens, we have left gaps in and under the fencing to give them entry and exit points. We have placed a wildlife camera to monitor the hedgehog house and feeding station. We have also put up a homemade birdbox and a watering station (bird bath

with pebbles) for bees, butterflies and other insects. We have various bird feeders on the pear tree and a raised bird bath underneath.

The results of the above are that we now have a considerable number of pollinators (bees, butterflies etc.) along with regular hedgehogs visiting the garden to feed and nest. Two years in a row we have had blue tits nesting successfully in our bird box. In addition, we have wagtails, dunnocks, starlings and other birds visiting with an occasional night visit from a fox.

It has taken us two years to get to this stage but it has been well worth it for us and the wildlife.

In summary, wildlife needs much the same as us, water, food and shelter. If you provide it, they will come.

*Ian & Patricia*



Area for hedgehogs

Hedgehog house



And just look at it now!







## A TRIO OF HOGS OF THE MONTH - TYLER, TYRONE AND TREVOR

Rhonda, a mother hedgehog, was brought into HR suffering from severe digestive problems so she immediately began worming medication. After three weeks she gave birth to four hoglets. As the first litter born at HR this year, we think that they are proudly deserving of "Hogs of the Month".

We disturbed the family as little as possible, apart from changing soiled bedding, and Rhonda had been eating well. One day, however, we discovered that Rhonda had died behind her bed box. Her four hoglets, still with their eyes closed and weighing between 52–65g, were cold and dehydrated. They were gently warmed and given subcutaneous fluids before being passed to Julie, who became their surrogate carer.



At first, all four did very well. Julie syringe-fed them until they were strong enough to lap and begin eating on their own.

Sadly, after a couple of weeks the little female passed away, but the three surviving males continued to thrive and gained weight, reaching around 900g each

It's a happy ending to the story as the lovely trio have been released back into the garden where Rhonda was originally found.

Julie has done a wonderful job as always. Although a sad story, it reflects the reality of working in a hedgehog hospital. If Rhonda had died out in the wild, all four of her hoglets might have perished too.

## WHO'S IN, WHO'S OUT .....

*Karen*



### Zoe

At just 73g Zoe was found in a lane beside her two dead siblings, with no sign of her mum. She received antibiotics, worm treatment, and overcame ringworm. A shy little hedgehog, Zoe has been released into a garden close to where she was found.



### Winnie, Wilbur & William

These dehydrated hoglets were found under a tarpaulin with no sign of mum. Probably nearby building work had scared her away. They have put on weight and are in foster care with Winnie being the bossy, naughty one!



### Wendy

Little Wendy was found out in the daytime being attacked by crows, with a nasty, open infected wound on her side. She came in to HR and immediately had a course of antibiotics. Her wound was flushed and treated daily, and she is now doing really well.

### UPDATE on Poppet:

After a long battle with ringworm, Poppet has made a great recovery and was released into Victoria's garden weighing over 900g. She has chosen to stay in the garden and it's great to share that she has now had two healthy hoglets.





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## DIARY DATES:

Yvonne is often out giving talks to Brownies, WIs and other community groups, or taking the HR stall to community events with the team. If you have an event and would like us to come along, or would like to book Yvonne for a talk, we would love to hear from you. (We are also always looking for people who enjoy chatting to the public about hedgehogs and would like to get involved.)

In the meantime, here's some of the events that HR will be attending in the next few months

### 21 September 2025 • 10am-4pm Paws & Ponies Charity Open Day

The Avon Centre, Kings Weston Road, Henbury, Bristol BS10 7QT  
Horse rides, Shetland-pony sessions, a horse-simulator experience, arts and crafts, market and food stalls, games and a tombola, plus an indoor dog show.

### 8 November 2025 • 10am-1pm Christmas Table Top Sale

Thornbury Methodist Church Hall,  
4 High Street, Thornbury

A festive morning of vintage goods, handmade gifts and cards and local produce. Serving teas, coffees and homemade cakes, plus a giant Christmas raffle.

### 16 November 2025 • 11am-3pm Warmley Community Centre Christmas Fayre

20 Deanery Rd, Kingswood,  
Bristol BS15 9JB

A festive event with stalls selling gifts and crafts, children's activities, a raffle, tombola and refreshments served from the community café.

### 28 November 2025 • (evening) Christmas Carols around the Tree

The Bickeridge Centre,  
Frampton Cotterell

Debs will be taking her homemade crafts stall along to raise funds for HR. The perfect place to get ahead with your Christmas shopping!

*Lynne*



The Hedgehog Rescue team out and about with the stall - sometimes it's more about information sharing, like at Yate Ageing Better Festival (above), and others it's a fundraiser, like the Bristol East Allotments Annual Summer Show!



## STORIES, ART, AND IDEAS FOR ANYONE WHO LOVES HEDGEHOGS

An interesting website, Hedgehography offers a thoughtful and creative exploration of hedgehogs through art, writing, and observations.

From reflective blog posts and engaging illustrations to hedgehog-themed projects and musings on nature, it's a well-curated site that provides a lovely fresh perspective on hedgehogs – an inspiring resource for anyone involved in their protection and rehabilitation.

You can visit the site at: [hedgehography.com](https://hedgehography.com)

## HEDGEHOG BOXES

Are you or a friend thinking about getting a hedgehog box?

Please remember that if you buy your box through Hedgehog Rescue, all proceeds are kindly donated to the rescue by our hog house maker, Mike. Boxes are approximately £40 and can be made to order. Bespoke shapes and sizes can be accommodated.

To order, email: [hedgehogrescue@live.com](mailto:hedgehogrescue@live.com)



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## WHY EVERY GARDEN NEEDS A WATER SUPPLY

It has been a particularly hot summer this year, with many hedgehogs coming in to Hedgehog Rescue dehydrated and malnourished. Sadly, sometimes they are not strong enough to survive the conditions they come in with. If hedgehogs cannot find anything to drink, the end result is multiple organ failure and cardiac arrest.

Water is vital for all wildlife, so please put out clean shallow dishes of water throughout your garden. It's really easy to do.. all you have to do is to pop a few pebbles in so that insects can safely have a drink without drowning. Don't forget to clean keep them topped up all year round, more so in the hot weather. It could mean the difference between life and death.



Ponds are a great source of water for wildlife, but always ensure there are different escape routes. Add a sloping edge, ramp or half submerged rocks so hogs can scramble out. Although hedgehogs are good swimmers, if they can't get out they will tire and drown.

Hedgehogs can easily get trapped if they fall into drains or areas they can't climb out of. It's easy to build some steps, a ramp, or use bricks so they can climb out and hoglets don't get left behind. Wherever possible cover any open drains.



Even the National Trust has fitted special ramps inside its cattle grids, showing how simple measures can provide life-saving escape routes for wildlife. It's a good reminder that in our own gardens we can do the same by thinking about safe exits wherever animals might get stuck.

With just a few small changes, we can make our gardens and green spaces safer, giving hedgehogs and other wildlife a better chance to thrive.

*Karen*



## RAISING FUNDS AT FRAMPTON COTTERELL ART EXHIBITION



Last week, Frampton Cotterell held an art exhibition, and I had a table to display my handmade items along with Hedgehog Rescue leaflets. Through donations and purchases of my handmade items, I raised £75.

I would like to thank Frampton Cotterell Parish Council for their support, and everyone who kindly donated or made a purchase during the exhibition.

I am very pleased with the result, and I have also been invited back to their Christmas Carols Around the Tree event in November.

*Debs*



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## THE ROLE OF FLOWERS IN SUPPORTING US... MEDICINAL PLANTS IN THE UK: GROWING AND SUPPORTING NATURE

Britain has a long tradition of using plants for healing, and many of these species are not only easy to grow in our climate but also offer valuable benefits to local wildlife.

From cottage gardens to allotments, cultivating medicinal plants can be both a practical and ecological choice. Even if you only have the smallest of spaces, a few well chosen plants can help our wildlife, as well as your health!



A medicinal flower bed

Medicinal plants not only benefit us but also form part of a thriving ecosystem. Their flowers provide nectar and pollen for bees, butterflies and hoverflies, while their leaves and stems shelter beneficial insects such

as ladybirds and lacewings. By planting a diverse range of species, gardeners can create a self-supporting system where medicinal herbs also contribute to pest control and pollination.

Medicinal plants can often provide vital support for amphibians and hedgehogs, two groups that are declining in the UK. Dense plantings of herbs such as lemon balm and chamomile create cool, shaded groundcover where frogs, toads, and newts can rest during the day. The abundance of insects around flowering herbs provides a steady food supply, especially important for amphibians that feed on flies, beetles, and other small invertebrates.

For hedgehogs, a garden rich in medicinal herbs attracts beetles, caterpillars and earthworms—key parts of their diet. Low-growing plants and undisturbed herb beds also create sheltered corridors that hedgehogs can use to forage safely. If combined with a small pond or log pile, a medicinal garden becomes a thriving refuge for both hedgehogs, slow worms and amphibians, supporting their survival in suburban and rural landscapes.

Growing medicinal plants in the UK is not only practical for natural remedies but also enhances biodiversity in the garden. By choosing herbs that thrive in our local soils and climates, we are often creating a space to encourage our local wildlife species to thrive.

*Alyssa*

### Easy-to-Grow Medicinal Plants in the UK



**Chamomile** (*Matricaria chamomilla* / *Chamaemelum nobile*)

Known for its calming tea and soothing effect on digestion, it prefers well-drained, sandy or loamy soil with full sun. Chamomile attracts pollinators such as hoverflies and bees.



**Lemon Balm** (*Melissa officinalis*)

Traditionally used for reducing stress, improving sleep and easing digestive issues, Lemon Balm thrives in moist, well-drained soil, tolerant of partial shade. Its flowers are particularly attractive to honeybees.



**Feverfew** (*Tanacetum parthenium*)

Traditionally used to help prevent migraines and reduce inflammation. Tolerates poorer soils but prefers well-drained ground in full sun. Produces daisy-like flowers loved by hoverflies, which in turn prey on aphids.



**Echinacea** (*Echinacea purpurea*)

Often taken to boost the immune system and ward off colds, it grows best in fertile, well-drained soil and full sun. As it is very nectar-rich, its blooms support butterflies and long-tongued bees. If you're lucky you might also see hummingbird hawk moths. Its strong scent deters pests, also making it a useful ally for many crops.



**Lavender** (*Lavandula angustifolia*)

Known for its calming aroma, lavender is used in teas, oils and balms to reduce anxiety and aid sleep. Requires free-draining, slightly alkaline soil and plenty of sun and is one of the best plants for bees and butterflies (and all other pollinators).





## AND IN SUPPORTING HEDGEHOGS AND OTHER WILDLIFE...

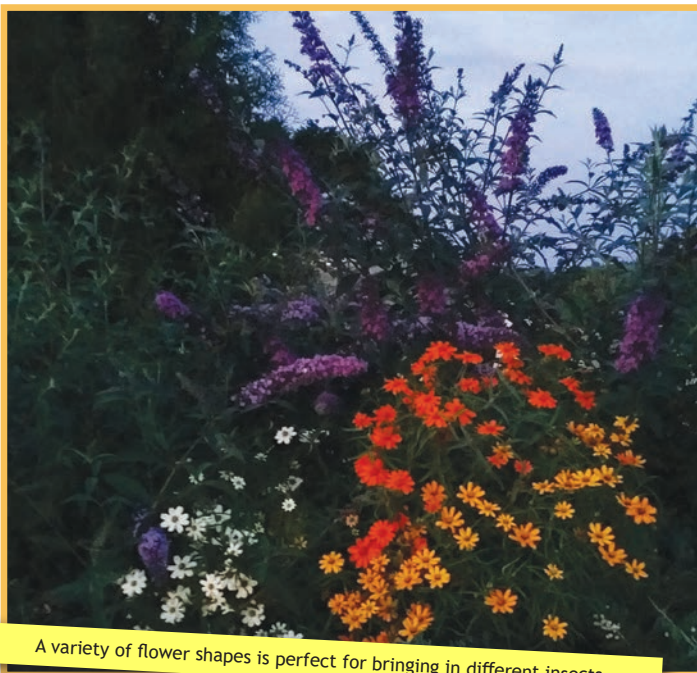
Insects are essential to the balance of our ecosystem, and different species are drawn to different flowers depending on their anatomy. For example, long-tongued bees are perfectly suited to tubular blooms such as foxgloves and honeysuckle, while short-tongued bees favour open flowers like daisies and buttercups.

By planting a variety of these flowers, you can support a wide range of insects while also providing a valuable food source for hedgehogs, which may occasionally eat bees if they encounter them near flowers or beehives.

Hedgehogs thrive in gardens rich in insect life, as many of these creatures form an important part of their diet. By planting flowers that attract pollinators such as bees, butterflies and hoverflies, you are helping these insects to flourish, and creating a plentiful food supply for hedgehogs. Their spines offer some protection from bee stings, although they are not completely immune, so attracting a broad mix of insect species is important.

### Which flower shapes work best?

Some flower shapes are particularly effective at attracting the insects hedgehogs depend on for food. Blooms with open, easily accessible forms tend to appeal to a wide variety of pollinators, especially bees.



A variety of flower shapes is perfect for bringing in different insects

When planning a garden with hedgehogs in mind, consider including:

#### Cup-shaped flowers

Crocuses, tulips, hellebores, aconites and other cup or funnel-shaped blooms attract bees, moths and small insects. Their shape provides both nectar and shelter for visiting insects.



#### Open flowers

Flat, open blooms such as oxeye daisies, primroses, poppies, cosmos and echinacea are perfect for short-tongued bees and other pollinators, giving easy access to nectar and pollen.



#### Clustered flowers

Plants like lavender, thistles and clover grow in dense clusters that draw a wide range of pollinators. These flower-rich areas offer hedgehogs a great hunting ground for food.



### Creating a thriving habitat...

Planting a variety of flowers in different shapes helps create a rich and vibrant habitat that benefits both insects and hedgehogs. The insects these blooms attract provide an important extra food source, particularly in the warmer months when hedgehogs are most active.

Including a mix of native wildflowers is another excellent way to encourage a balanced ecosystem, providing both food and shelter for hedgehogs while supporting many other species of wildlife. Native flowers are especially valuable because they have evolved alongside local insects and pollinators, meaning they offer the most suitable nectar, pollen and habitats. They are also well adapted to local soil and climate conditions, making them easier to grow and better for sustaining long-term biodiversity.

By choosing the right mix of flowers, you can create a garden that is not only beautiful but also a thriving, sustainable refuge for wildlife such as our beloved hedgehogs.

Liz







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## THERE ARE MANY WAYS YOU CAN SUPPORT HEDGEHOG RESCUE

Thank you to all our wonderful supporters - however you choose to offer your support and whatever you do for hedgehogs around you and at the rescue, it is appreciated. Here are a few ideas for ways you can show your support.

Financial donations are always very welcome, we are a not-for-profit organisation so every penny we receive goes towards our running costs, food, medicines and vet bills. This year we will spend at least £3,500 on food. This figure does not include food kindly donated to the rescue, which last year had a value of just over £300. When added together the rescue uses in the region of £4,000 of food every year. The majority of the expense peaks in the Spring/Summer/Autumn when we care for young hoglets and need to buy items like kitten milk.

### Co-op Community Fund



Our year with the Co-op community fund runs until **18th October 2025** so there are still a few weeks left to go for Co-op members to nominate us and boost our final payment. If you or a family member or friend are a Co-op member please choose **Hedgehog Rescue Bristol and South Gloucestershire** or **Cause ID 91144** as their community cause:

1. Selection can be done via the Co-op website or in the app. Simply go to: [membership.coop.co.uk/causes/91144](https://membership.coop.co.uk/causes/91144)
2. During the funding period every time you visit a Co-op near you and spend a minimum of £5 or online via [shop.coop.co.uk](https://shop.coop.co.uk) - Hedgehog Rescue will be entered into the monthly prize draw to win a little extra.
3. Scan your membership card at the till and your cause (Hedgehog Rescue Bristol and South Gloucestershire) will automatically be entered for a chance to win big for you and hedgehog rescue. Good Luck.

### Amazon wish list



Of course, kitten milk is just one item on our Amazon Wish List. All list items are things that we use daily in the rescue and are an alternative way to show your support. Items are a range of prices and can be delivered directly to Hedgehog Rescue. Whatever you purchase will be gratefully received and will help to keep HR running.

Visit [amazon.co.uk/registry/wishlist/1667YMU5IY05P](https://amazon.co.uk/registry/wishlist/1667YMU5IY05P)

Thank you!

Anne

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Just search for:

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:)

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Exclusive retailer offers



Competitions



A warm feeling inside!

Over  
**£60m**  
raised for UK good causes

**£0**  
extra cost to anyone

**AND SEE JUST HOW VITAL  
IT IS TO US - AT NO COST TO YOU...  
THANK YOU!!**

You support this cause

**Hedgehog Rescue South  
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£1,244.01 raised

77 supporters

Refer a friend and earn £1



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