



MESSAGE FROM YVONNE

As I sit here the ice is gradually melting from the roof of the hospital, I guess winter is here!

Personally it's not my favourite time of year. If there is anything such thing as coming back in another form I think I might like to be a hedgehog. Just think, you can snuggle down in a warm nest, forget the clocks have gone back, the nights have drawn in and you don't have to think about Christmas! You can then wake up when it is warmer and lighter and hopefully some sunshine.

With this in mind, see overleaf for my Winter Garden Checklist!

Whilst in Kos recently on holiday my husband spotted a hedgehog in the hotel grounds, I was gutted I missed it but he did get a photo. So I turned to Google to discover which species he had seen. It was a White Breasted Hedgehog.

These hedgehogs do not hibernate, they aestivate, which means they sleep when the temperatures are hot and there are drought conditions. There are other animals that do this too: lungfish, desert tortoises, crocodiles, snails, and some species of frogs, toads and insects. It is very similar to hibernation, as they slow down their metabolism, heart rate and

breathing to conserve their energy until conditions are more favourable.

Thank you to the Co-op and their members for having us as one of their community awards. This enabled us to complete the refurbishment of the annex with our specially designed vet grade pens supplied and fitted by Richard Harrison of *HVE equipment*.

We are delighted with the new pens; they are much easier to clean, reduce the risk of cross contamination and will last for many years.

The volunteers and work placement students have worked extremely hard again this year supporting the rescue, whether coming in to the hospital to clean out, feed etc. fostering, running a stall or event, being part of the courier team, collecting and taking hedgehogs to where they need to be, applying for grants and keeping up with the accounts, preparing papers in to 3's, bed boxes or shredded to make our job easier. A HUGE thank you to you all, I couldn't do this without you!

Thanks to everyone who supports us throughout the year, it must be time to say 'Happy Christmas and a Healthy New Year'!

Yvonne



A White Breasted Hedgehog in Kos



Fantastic new cages in the annex



Here the team are out and about at Warmley Community Centre Christmas Fayre and Thornbury Methodist Church Christmas Table Top Sale



HELP A HEDGEHOG THIS CHRISTMAS

The dreaded C word is on people's lips... What should I get Dad? What would Mum like? We have the answer... adopt a hedgehog! Why not buy an adoption pack and help Hedgehog Rescue at the same time.

Of course, this doesn't mean you can take the hedgehog home. Instead, your contribution directly supports the care, treatment and rehabilitation of the individual hog you choose, and we'll keep you updated on their progress.

You will receive a certificate, a small beanie hedgehog, a pen, and a pin badge. We can post the pack either to you or straight to the recipient, depending on what suits you best.

To arrange an adoption, we will need the recipient's name, the delivery address and payment of £25, plus postage. First class is £5.50 and second class is £4.95. If you are local, simply send a text and we can arrange collection in person.

Bank transfer details are:

Hedgehog Rescue
40-47-34
71515586

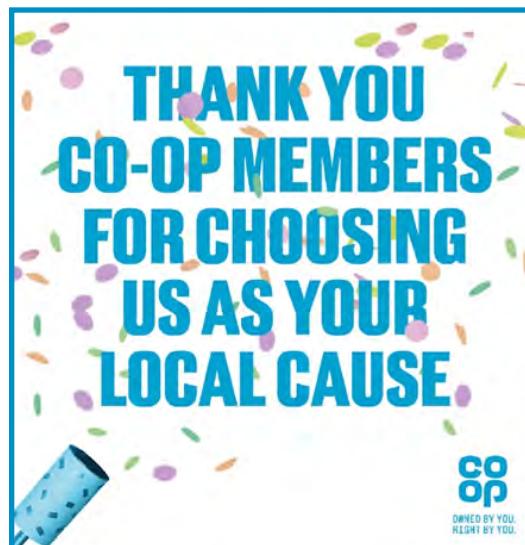
If you know someone who loves hedgehogs, then adopting one of our current hedgehogs will be the perfect Christmas gift.



Winter garden checklist

The best way you can help hedgehogs this winter is:

- Leave accessible, sheltered areas where a hedgehog can safely nest.
- Provide a hedgehog house filled with dry leaves or hay.
- Put out dry cat biscuits and water in a shallow bowl if you know hedgehogs are still active.
- Make a feeding station to stop foxes and cats eating the food.
- Avoid disturbing log piles, leaf piles or compost heaps.
- Check bonfires before lighting (this is not just for bonfire night).
- If you find an underweight or active hedgehog in very cold weather, seek advice from Hedgehog Rescue.



THANK YOU CO-OP COMMUNITY FUND !

Our time with the Co-op Community Fund scheme has ended. On behalf of HR we would like to say a **MASSIVE THANK YOU** to the **CO-OP COMMUNITY FUND** team for their support and to all the Co-op members who took time to vote and support our cause. Together this has resulted in Hedgehog Rescue receiving a fantastic total of...

£2852.88

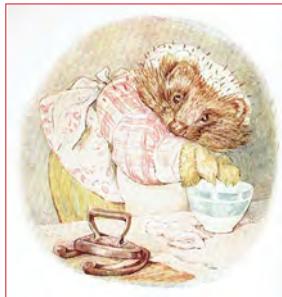
Hedgehog Rescue is a volunteer led organisation and every penny received contributes directly to the treatment and rehabilitation of hedgehogs. This funding enabled us to complete the improvements to our annexe area, including new veterinary grade pens, which help us provide the best possible care.

HEDGEHOGS IN CLASSICAL CHILDREN'S LITERATURE

As Christmas approaches many of us revisit our own early childhood memories - stories which were read to us and became favourites, Nativity plays at school, pantomimes we saw and school parties we took part in.

We can relive these memories in several children's stories which involve hedgehogs, and I hope that you will enjoy going down Memory Lane with me.

There is only one hedgehog that I could possibly start with and that is Beatrix Potter's Mrs. Tiggy-Winkle. She was a shy, grandmotherly laundress, quietly washing, starching and ironing the clothes of many of the other little animals in the stories - keeping everything running smoothly. She was beautifully portrayed by Sir Frederick Ashton in the 1971 ballet film "Tales of Beatrix Potter".



At the other end of the hedgehog age range is Fuzzypeg, Alison Uttley's little hedgehog, on his first day at school, where he was sent by his father, Milkman Hedgehog, to get some "edication".

In another story, beautifully illustrated by Margaret Tempest, he and his woodland

friends go carol singing and then join Grey Rabbit to celebrate around the Christmas tree in the woods. Pancake Day was another day of festivity.

So far, I've completely failed to find any hedgehogs in the tales of Hans Christian Andersen but the Brothers Grimm have two. Sadly, they are less well known to English-speaking children than most of Grimm's tales but they deserve better.

"Hans my Hedgehog" tells the story of a baby who was born half hedgehog and half human and was rejected by his parents. He eventually left home riding a faithful cockerel and, after many trials, became a full human being and lived happily ever



after. (I'm not telling you any of the more interesting details. You can google it or enjoy reading it yourself).

In the other tale, two wily hedgehogs outwit a self-important hare in a story worthy of Aesop. (You should look that story up too.)

Aesop himself records a tale of a hedgehog finding a bloody and exhausted fox lying swarming with ticks. The kindly hedgehog offers to pick off the ticks, but the fox refuses on the grounds that these ticks are satiated, and if they are removed another hungry swarm will arrive and the process will start again.

(This moral of the story was based on the belief that Aristotle argued for the life of a notorious, predatory politician who had bled the population dry. He reasoned that his replacement would be another politician, newly hungry for wealth and power, and that the whole process would start again. Better to stick with the one who has already had his fill.)

Finally, we mustn't forget Lewis Carroll's Alice in Wonderland, in which the fearsome Red Queen plays croquet using flamingoes for mallets and rolled-up hedgehogs as croquet balls (not to be recommended!). After struggling to keep her flamingo's head down, Alice then found "it was very provoking to find that the hedgehog had unrolled itself, and was in the act of crawling away".



I think there are some modern children's tales about hedgehogs that could also become classics, but that is for another day. If you'd like know more about these characters, their authors and stories are:

Beatrix Potter: The Tale of Mrs. Tiggy-Winkle.
Tales of Beatrix Potter by the Royal Ballet (film, DVD)

Alison Uttley: Fuzzypeg Goes to School,
Little Grey Rabbit's Christmas, Fuzzypeg's Brother
The Grimm Brothers: The Hare and the Hedgehog,
Hans my Hedgehog.

Aesop: The Hedgehog, the Fox and the Ticks

Lewis Carroll: Alice in Wonderland

Anne P.



HOG OF THE MONTH - GUNNER

Found paddling in a bucket of water and separated from his family, at 300g he was **too small to be fending for himself.**

He had a bad chest (probably caused by ingesting water) and lungworm. After 5 days on meds and the nebuliser, he developed balloon syndrome, a rare condition unique to hedgehogs, where gas builds up under the skin, causing them to swell up like a balloon. This often occurs after an injury and makes it difficult for the hedgehog to move, breathe or curl up.

A needle was carefully inserted under the skin to release most of the gas, but some was trapped so he went to the vets for an x-ray.



He couldn't go under anaesthetic as his chest was so bad.

They removed the last of the gas and started him on painkillers and antibiotics to treat the underlying infection. After a month of going in the nebuliser it was clear. While he was there, the vets noticed one of his front toes was sticking up at an angle and would need removing.

Luckily for Gunner an x-ray showed his toe wouldn't need amputating so he was released back into the garden where he was found after the water hazards had been removed... and has been visiting the feeding station every night since.

UPDATE on WENDY:

Featured in the last newsletter, Wendy was attacked by a dog and crows and had an infected wound. She has done well and was recently released into the area where she came from but into a safe hog-friendly, dog-free garden.



WHO'S IN, WHO'S OUT



TAMARA

Found out in the day, weighing 231g, she was dehydrated, very thin, and covered in a brown sticky substance - we weren't sure what it was. After a couple of medicated baths to remove the sticky substance, dry and warmed up, she was tucking into some kitten biscuits.



ROGER

Roger came in with lungworm and other parasites. He's had extra medication and nebulising as his chest is taking longer to clear. He has put on over 200g since he came in. He is a 'floofy' hog with a cheeky character and is clearly very photogenic!



SOOTY

Despite ongoing warnings about checking bonfires for wildlife before lighting them, a lot of rescues have had casualties in and deaths again this year.

Sooty had a lucky escape, he was dehydrated when he was found by a bonfire in a farmer's field. His spines were covered in a black residue and smelt smokey. It took three baths to get him clean. He is being treated for lungworm, fluke and chest issues caused by ingesting water (and made worse by the fire). A sad reminder of why you should always check your bonfires before lighting them.





HEDGEHOG HIBERNATION: NATURE'S CLEVER SURVIVAL TRICK

Hibernation is one of the cleverest survival strategies in the natural world, and hedgehogs are experts at it. As autumn draws in and their favourite snacks become harder to find, they spend the season busily building up fat reserves. This stored energy becomes their lifeline through the winter months, keeping them going while they remain safely tucked away and unable to forage.

A remarkable transformation

Once a hedgehog settles into hibernation, its body begins an extraordinary transformation. Its temperature drops to only a few degrees above the surrounding air, its heart rate slows from a rapid flutter to a gentle pulse, and its breathing becomes barely noticeable. Everything switches to energy saving mode.



One of our volunteer's hedgehogs is preparing for hibernation



Although they usually stay dormant for long periods, hedgehogs may stir occasionally if something changes in their environment or if their reserves are running low.

Finding the perfect hideaway

Choosing the right winter shelter is essential. Hedgehogs tend to select quiet, sheltered corners such as well insulated compost heaps, cosy log piles, thick undergrowth or a sturdy hedgehog house.

These spaces provide warmth, safety and stability. A poor choice of shelter or an unexpected disturbance can leave them vulnerable to cold, damp or unnecessary stress at a time when their energy must be carefully conserved.

How climate change is complicating hibernation

Climate change in the United Kingdom is making this natural cycle harder to navigate. Unseasonably mild spells, sudden cold snaps and increasingly erratic winter weather can disrupt the cues hedgehogs rely on. Some now delay hibernation, wake more often, or emerge before spring has properly arrived.

Each of these disruptions consumes valuable energy, and if food is not readily available the hedgehog may struggle to regain what has been lost.

Why disturbance puts hedgehogs at risk

Because waking early can drain vital reserves, disturbance during hibernation is especially risky. It is sensible to leave piles of leaves, logs and other potential nesting spots untouched through winter.

Providing a designated quiet corner in the garden, free from heavy footfall and routine tidying, offers an extra layer of protection for any hedgehogs that decide to settle there.

With a better understanding of how remarkable hibernation truly is, and how climate change complicates it, we can do our part to help hedgehogs conserve their strength and greet the spring in good health.

Liz



CRAFTING FOR CONSERVATION IN FRAMPTON COTTERELL

On 18 October, Frampton Cotterell Parish Council joined forces with the Hedgehog Heroes to host a welcoming community event focused on making hedgehog houses.

Families and individuals of all ages came along to build shelters to take home for their own gardens, with the aim of giving local hedgehogs safer spaces to rest and nest.

The event also involved an impressive spread of homemade cakes, footprint tunnel activities, and a range of crafts for visitors to try.

I had a table displaying my own handmade items, together with a



collecting tin, and I am pleased to report that we raised £60 for HR.

The Hedgehog Heroes also generously donated a £50 Mall voucher, which I used to purchase essential supplies for all the animals in our care.

My thanks go to everyone who contributed, whether through donations, enthusiasm, or simply by taking part in the day.

On 12 December I have also been invited to take part in the Christmas Carols around the Christmas Tree event, which promises to be another warm and well supported community gathering.

Debs

DIARY DATES:

Yvonne is always busy doing talks to Brownies, WIs and Garden Clubs, and the Hedgehog Rescue team regularly take the stall out to various community events, to raise awareness about how to help hedgehogs, as well as vital fundraising.

If you have a community event that you would like us to attend, would like to book Yvonne to come and do a talk, or would like to help with the stall, please do get in contact.

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

**12th December 2025 • 6pm
Brockridge Centre, Frampton Cotterell
Carols around the Christmas Tree**

HR stall will be at this lovely yuletide event.

**7th March 2026 • 10-12am
Bathampton Garden Group**

Yvonne's talk

**1st April 2026 • 3-4pm
Wick Garden Group**

Yvonne's talk

**13th May 2026 • 7.30-9pm
Wick WI**

Yvonne's talk

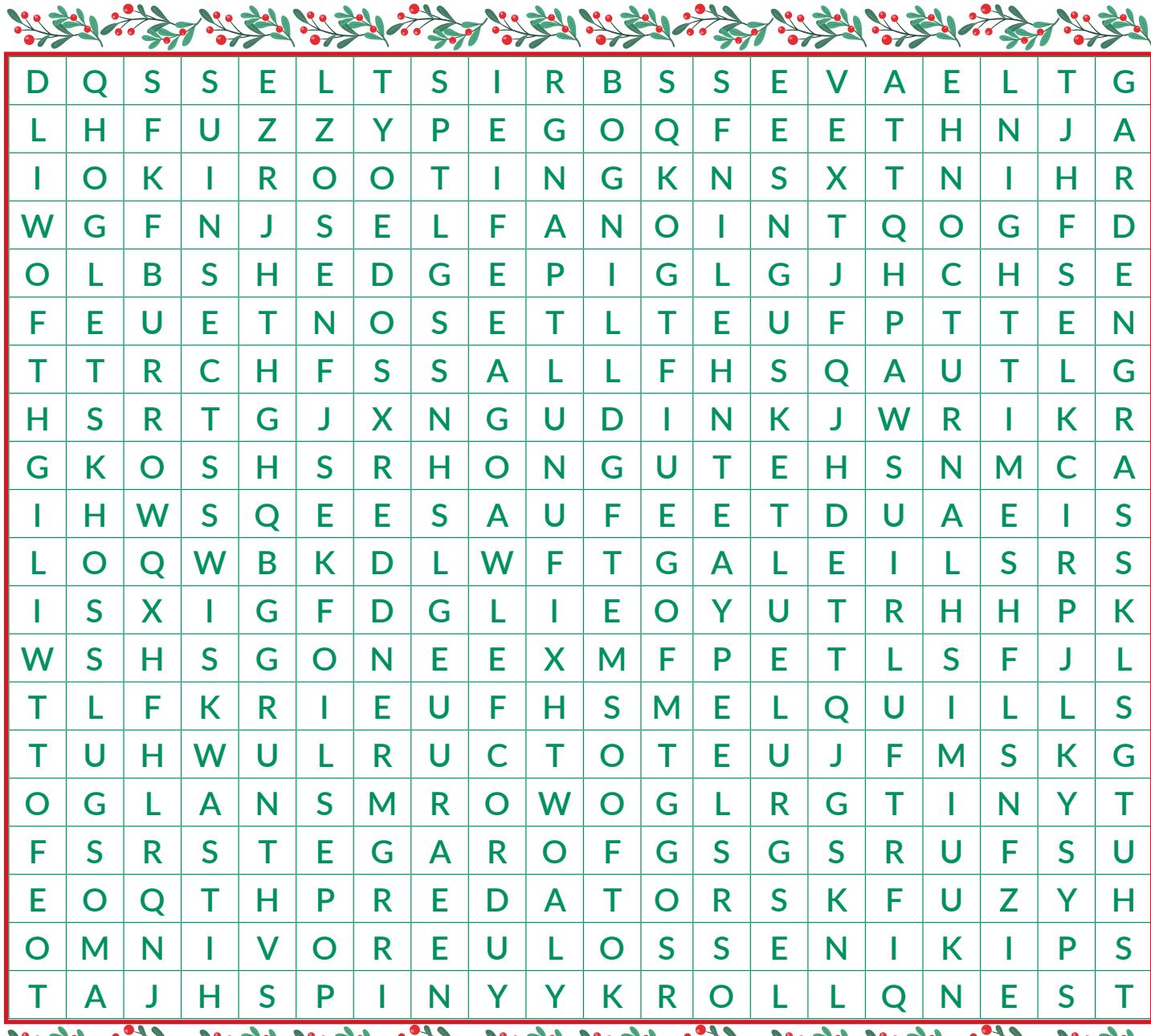


FACEBOOK... Follow us to get updates of what we are doing and what matters to us:
[facebook.com/hedgehogrescuesouthgloucestershire](https://www.facebook.com/hedgehogrescuesouthgloucestershire)





HEDGEHOG WORD SEARCH



Autumn	Fur	Hibernation	Nest	Rooting	Spiny
Bristles	Garden	Hoglets	Omnivore	Self Anoint	Swimmers
Burrow	Grass	Insects	Paws	Sleepy	Tiny
Curl	Grunt	Leaves	Predators	Slugs	Twilight
Feet	Hedgehogs	Litters	Prickles	Snuffle	Wild
Forage	Hedgepig	Nighttime	Quills	Snout	Worms
Fuzzypeg	Hide	Nocturnal	Roll	Spikiness	

