

Hello everyone

This week we are looking outside for inspiration. There's no doubt that getting outside is good for us – it keeps us fitter and makes us happier.

We are loving the messages you send us and are pleased to hear you are ok. Please keep sending them in.

Remember if any of you are feeling lonely or need anything we are here for you. Just give us a call at the office or message on Facebook and we'll do what we can to help.

Stay safe and we hope to see you soon

Bruce

Go WILD in 2020 with Northumberland Wildlife Trust

The Northumberland Wildlife Trust is running their '30 Days Wild' programme again this June. Join thousands of people taking part in their annual nature challenge where they ask people to do one thing for wildlife every day. Do it for your health, wellbeing, wildlife and the planet! Click on the link

below to sign up for the 30 Days Wild programme:

[30 Days Wild](https://www.wildlifetrusts.org/30dayswild)



Tomato plants - free to a good home!

Contact us by phone, e-mail or Facebook if you would like some tomato plants. We can drop them off on your doorstep if you live in Hexham. They're free!!



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The Hextol Foundation
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Garden I-Spy

Our gardens are now full of life with all sorts of beautiful colours and smells. So here's a bit of fun for you all. Below is a list of the top 8 plants and creatures to look out for in your gardens. How many can you find in your garden or out on your daily exercise?



1. Goldfinch
2. Alliums
3. Rhododendrons
4. Rose buds
5. Chaffinch
6. Lupins
7. Hedgehog
8. Crocosmia - the flowers won't be out quite yet but look out for the green shoots which will become a firework display of oranges and yellows later on

This is also the time of year where animals that have been quiet for the winter come out a lot more, often with their young. These include roe deer and hedgehogs which can be seen more at this time of year. You'll also see plenty of lambs and baby rabbits. Anyone know what a baby rabbit is called?