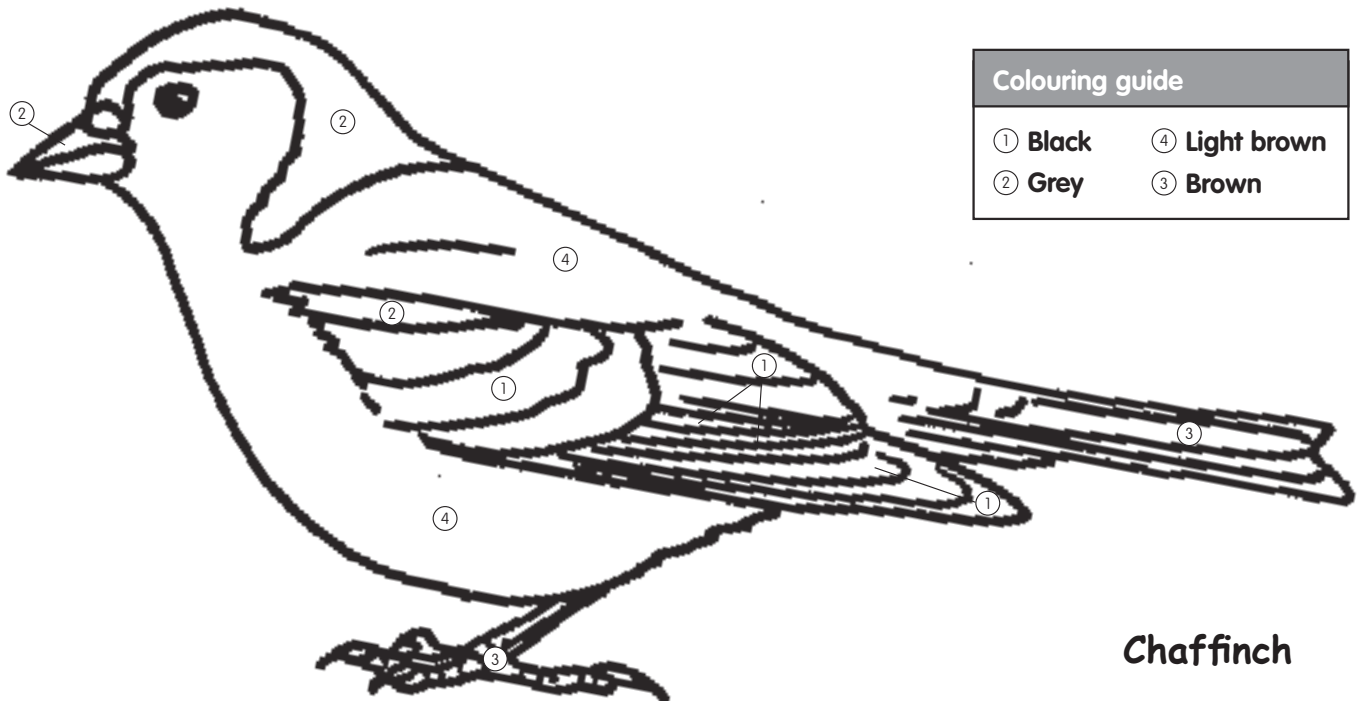


Colouring Picture - have fun!

A picture for you to colour. Use the number codes to make sure the colourings are correct.



Make some Bird Cake

During the Winter, birds can find it difficult to find food. Why not help them out and make some for them? You will need:

Bird seed, raisins, grated cheese, suet or lard, yoghurt pots, string, mixing bowl and scissors

1. Make a hole in the base of your yoghurt pot and thread the string. Tie a knot on the inside of the pot and leave enough string to hang up on a tree branch.
2. Allow the lard to warm up at room temperature. Cut it up into chunks and put in the mixing bowl.
3. Add the other ingredients and mix altogether.
4. Fill the yoghurt pot with the mixture and put in the fridge to set for about an hour.
5. Hang your bird feeder from a branch and watch the birds visit your garden !!!!

Other ways to attract birds to your Garden:

- Put out seeds and oats in a bird feeder and hang in a space where birds can spot danger easily
- Don't forget to leave a bowl of clean, unfrozen water for drinking and bathing
- Plant bushes with berries and hedges for natural nesting sites
- Plant flowers and shrubs in Spring which attract insects - these will in turn attract birds
- Put out chopped up apples in Winter as well as fat balls
- Build or buy nest boxes for smaller birds

Competition!

Send us your drawing of a Garden Bird. Name it and make sure you use the correct colours. The winner will receive a bundle of CRT goodies. Good Luck!!! Entries please with your name, address and age by April 30th 2013. Send to Laure Tordjmann, The Countryside Restoration Trust, Bird's Farm, Haslingfield Rd, Barton, Cambridge, CB23 7AG.

The Countryside Restoration Trust

Bird's Farm, Haslingfield Rd, Barton, Cambridgeshire CB23 7AG

T: 01223 262999 E: info@countrysiderestorationtrust.com www.countrysiderestorationtrust.com

Registered charity no: 1142122