

Wellbeing Wednesday

The challenge is to create your own bird feeder to encourage birds into your garden. Be creative, recycle and give the birds a treat.

Your bird feeder can be as extravagant as you like; consider yourself a bird architect! Make sure you decorate your feeder and make it as innovative and stylish as possible!

Share your photos with your phase email and the winners will be announced next Friday- deadline for entries-5pm Thursday

Someone in each phase will win a £10 Amazon voucher.



