

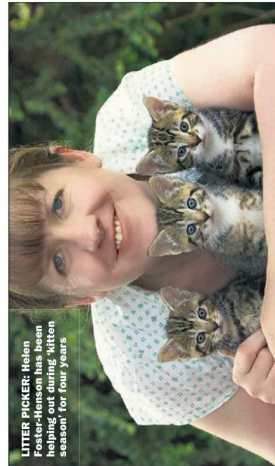


Winter's tails

BY STUART WINTER Follow him on twitter: @birdman or email stuart.winter@express.co.uk

Take a pregnant paws and help out a moggy

ALL THE Midwife has finished its pregnancy and is ready to help with the delivery. It's a time when the cat's body is at its most vulnerable and it needs support from you. The cat's body is at its most vulnerable and it needs support from you. The cat's body is at its most vulnerable and it needs support from you.



LITTLE PICKERS: Helen Foster-Mason has been helping out during 'kitten season' for four years

surrounded because an owner knows her cat can cope, or where they may present as being slim but not scaming by us as found in mid-stage pregnancy. The feedback we get from families is just about to have just given birth. A home with a cat is a great place to go through pregnancy. The feedback we get from families is just about to have just given birth. A home with a cat is a great place to go through pregnancy.

IN ASSOCIATION WITH CJ WILDLIFE For details of how to care for wild birds visit the CJ Wildlife website at birdfood.co.uk/SE or you can play in a cat's life.

LIKE worms, and my worms are looking well healthy. They weren't a couple of years ago before I dug in a few bags of compost. They were looking quite healthy. They weren't a couple of years ago before I dug in a few bags of compost. They were looking quite healthy.



ROCK'N' CHAS'S ROLL ALLOTMENT

The Birdman

At last, sand martins and wheatears arrive to herald the start of spring

SPRING is marching on relentlessly with its haze of golden daffodils and catkins glistening in the bright sunshine. Gardeners have been busy and many are preparing for open days to show off gambolling lambs.

Ask most birdwatchers to choose the moment when the first sand martin or wheatear arrives and they will point to the arrival of two birds at the vanguard of the great annual migration from Africa.

The sight of tiny sand martins battling against the elements as they arrive is a sight to behold. They are the first of a large number of birds that will be seen in the weeks ahead.

Up to 100 sand martins and half as many wheatears have been making landfall in Britain over the past few days after completing their gruelling flights north.

The birds that get to us are the fittest and strongest. They are the ones that have survived the long journey from Africa.

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