

St Alban's going for Bronze in 2024

We've featured Hedgehogs and Bees. Now it's the turn of the UK's favourite garden bird the **ROBIN**.



Robins are found across the UK in woodland, gardens, parks and hedgerows. Robins are widespread and their population is thought to be stable.

Robins sing nearly all year round and despite their cute appearance, they are aggressively territorial and are quick to drive away intruders.

Thanks to its bright red breast, it's familiar throughout the year. Males and females look identical, young birds have no red breast and are spotted with golden brown

The breeding season usually begins in March, although if the winter has been mild it can begin as early as January. The female robin builds a cup-shaped nest using moss, hair, grass and dead leaves, somewhere on or close to the ground. Robins begin laying their eggs between mid-April and mid-August, and a clutch is made up of around 4–6 eggs. Chicks hatch after around 13 days.

The chicks fledge approximately two weeks later.



Robins are threatened by harsh winters, however, losing up to 10% of their body weight during just one freezing winter night. You can help robins build up their fat reserves during the winter by putting bird food, such as mealworms, on your garden bird table – they are a favourite for robins.

They enjoy eating fruits, seeds and insects, such as beetles. They also love feasting on earthworms and can often be seen in gardens on the lookout for juicy worms as they are dug up by gardeners.



The easiest way to attract a robin to your garden is to provide a source of food. Insects and invertebrates make up most of a robin's diet, with seeds and fruit also eaten in winter. Your garden will be even better for robins if you make it a home for their natural prey. Encourage invertebrates by allowing parts of the garden to grow wild. Planting trees and adding features like

a log pile or compost heap will help too. These minibeasts will provide food for robins and a host of other wildlife.

Christmas Card Fact - The reason robins are used so frequently on Christmas cards is because during the Victoria era, when the tradition of sending Christmas cards began, postmen wore red jackets, earning them the nickname 'robins'.

Wildlife-friendly gardening

Whether you have a big lawn, a concrete yard, or just a balcony, you can do small things to make a big impact for wildlife. The key to helping British species is to provide the food and shelter they need.

This is about creating a haven for both you and local wildlife. By tending to your garden in a way that benefits animals and plants, you'll enjoy a natural outdoor space.

Easy Access for Wildlife: Ensure that animals can move freely in and out of your garden. Create gaps in fences or hedges to allow passage.

Food and Water Sources: Plant nectar-rich flowers for pollinators like bees and butterflies. Consider adding bird feeders and a water feature for drinking and bathing.



Habitats for Insects and Mammals: Provide diverse habitats, such as wildflower patches, shrubs, and log piles. These spaces attract insects, birds, and small mammals.

Safe Shelter and Breeding Areas: Create safe spots for wildlife to nest, hibernate, or seek refuge. Hedgehog houses, bee hotels, and bird boxes are excellent additions.

Why not have a go and see what happens over time you could change your garden into a wildlife haven.

HAPPY WILDLIFE GARDENING