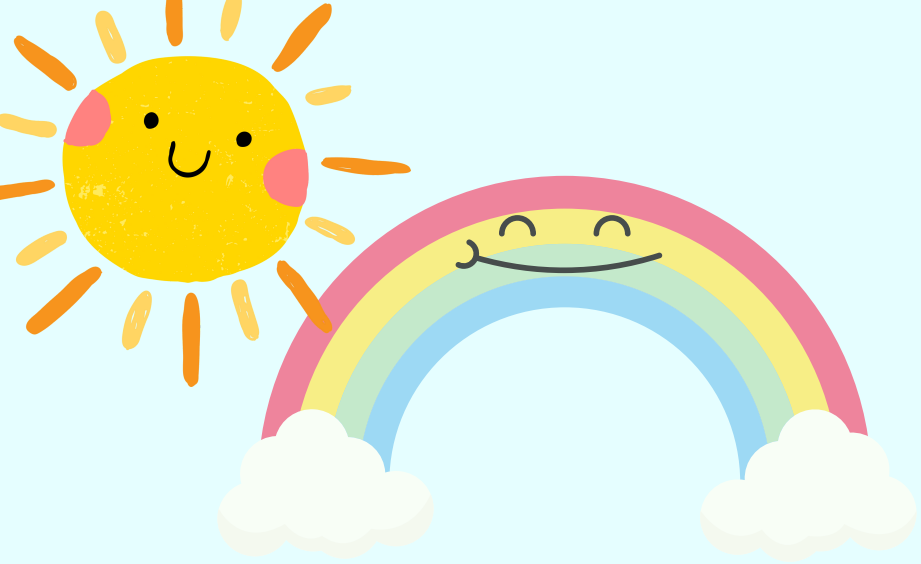




Weekly Wellbeing

by the Wellbeing Advocates

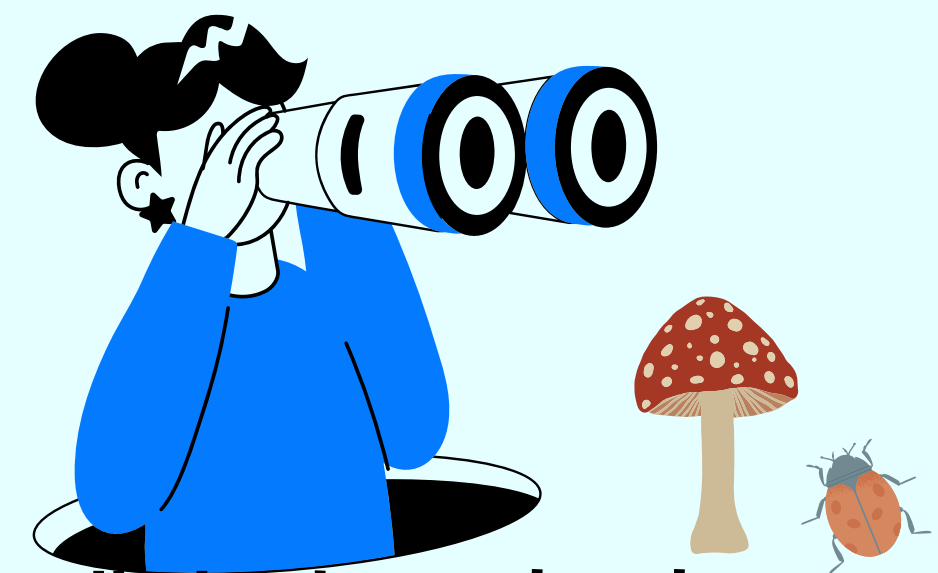
27th November 2025



Hedgehog Hospital Heroes



In Scotland, a couple have turned their house into a special hedgehog hospital to care for sick and injured hedgehogs. They've built tiny wards, intensive care units, and even have volunteers driving "hedgehog ambulances." Since starting, they've cared for more than 560 hedgehogs, nursing them back to health and releasing them back into the wild.



Tip of the week: Next time you're outside, spend 60 seconds really looking at nature.

Take a mindful minute

Try to notice something you've never paid attention to before.