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COLCHESTER ZOO

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WELCOME

WELCOME TO THE SECOND 2022 EDITION OF OUR MAGAZINE, ZOO LIFE!

This summer we are kickstarting the warmer season with our special PASSHOLDER event, Wake up With Colchester Zoo. This exclusive event for valid Zoo Passholders begins bright and early, with the chance to watch some of our animals start their day with a delicious breakfast at one of our many special encounters! Why not upgrade your ticket to a Colchester Zoo Pass for the chance to enjoy this exclusive event?

We have also reintroduced many more events throughout the year, including our spooktacular Shriek Week and Trail of Terror nights. Don't miss our festive Magic of Christmas days and join us for a NEW Enchanted - Trail of Light - you won't want to miss it!

With every edition we love to share the news of our latest arrivals and this spring we have seen the arrival of four hoglets, and the birth of an endangered Philippine spotted deer to name a few!

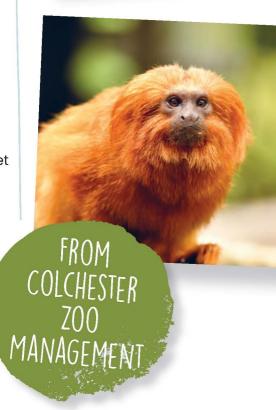
We've been celebrating all things APE on our social media channels, releasing a series of videos and pictures introducing our great and lesser apes, as well as answering all your important questions about these APE-TASTIC creatures.

As the sweltering weather starts to creep in, our catering team are on hand to help cool you down with a range of seasonal specials, including iced lattes and delicious ice-cream flavours! Don't forget Passholders can also receive 10% OFF in our catering outlets with a valid Zoo Pass!

After a difficult 18 months, our charity Action for the Wild had been unable to provide funds to a number of conservation projects around the world, but this year our charity is once again able to support these vital projects – find out more in this issue!

We hope you enjoy reading our summer edition!





THE OUTPOST GIFTSHOP

Brighten up your home from the inside out with our NEW summer collection. Stop by our gardening section for ornaments that will help spruce up your garden or pick up a gift that's worthy for any animal lover with our range of products for all ages.

BOOKS Discover all of

Discover all about the fascinating world of animals with our collection of beautifully illustrated books. Packed with stickers and fun facts, our range of books will help keep your little one entertained this summer.





Add a splash of colour to your wardrobe this summer with the vibrant and stunning cross-over bags from Alice Wheeler. Mix and match your colours with a range of detachable straps to create your very own style. Not only do these bags look great for everyday use, but they also can transform into an evening clutch with plenty of space to hold all your belongings.





Bring nature into your home this summer with our fantastic range of indoor and outdoor ornaments and homeware.

Garden

Turn your garden into a space of tranquillity with our range of garden ornaments. Create a picture-perfect outdoor space that will leave your neighbours feeling envious. Transform your potted plants into an elegant feature with our animal planting statues, and our bold flamingos will help brighten a shady corner of your garden.

Home

Whether you're looking for the perfect sculpture to complete your living room or on the hunt for soft furnishings to create harmony in your home, our collection of homeware will leave your house feeling like a home! Choose from modern ornaments that capture your favourite animal to quirky door stops.







Gift Vouchers

Give the gift of memories with a Colchester Zoo gift voucher. Let them experience their favourite animal closer than ever before with an Animal Experience voucher, or our monetary voucher allows the lucky recipient to choose a wild item from our Outpost Gift Shop! Still unsure what to get? An open dated ticket makes the perfect gift as the recipient can choose to visit the zoo on a day that suits! Terms and conditions apply to all vouchers.



THE OUTPOST GIFTSHOP









All That Glitters

Sparkle in the sun this summer with our new range of delicate jewellery from POM (Peace of Mind). This beautiful range includes a gorgeous bee necklace that will look perfect on anyone that wears it. Their range includes nature inspired drop earrings, exquisite bracelets and subtle necklaces! Not only does this range have the most fabulous jewellery, but you can also pair your look with a vegan friendly bag! Selected colours available.

Indulge in a Cuppa

Start your morning right by drinking your steaming hot drink from a mug that oozes style. The beautifully designed animal print mugs from Candlelight will add a touch of elegance and fun to your favourite drink – the perfect addition to your morning routine or as a gift for a loved one.





All Wrapped Up!

Make your gifts look irresistible with premium recyclable wrapping paper from Deva Designs! Not only will your present stand out from the crowd, but you can also feel like an eco-warrior with this sustainably sourced paper. Choose from elegant, illustrated wrapping paper to bold gift bags for children!





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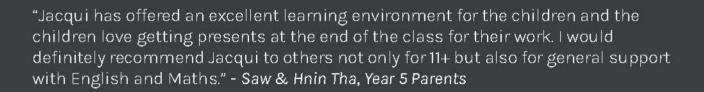
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Fancy being treated like a VIP for the day while stopping off to see an array of amazing animals? Our Animal Experiences will take you on an adventure of a lifetime to meet lemurs, penguins, giraffes and more, whilst guided by an experienced host.

Minimum of four participants – up to six more participants can be added at an additional cost per person.

As well as the ULTIMATE full day Extra-ordinary Experience, we also offer a half day option both for the morning and afternoon.

Extra-ordinary Animal Morning Experience – lemurs, giraffes & penguins

9am - 11.45am £380 for 4 people (£95 per person) Additional guests (up to 6 people) can be added at £95 per person

This package includes:

- Priority complimentary entry for the day
- Exclusive access behind the scenes for the morning
- · Close up encounters with a variety of species
- Experienced host for the morning
- A cooked breakfast
- · Souvenir gift





Wildlife Trust

Registered Charity Number 210065 Children photos: Carol Durrell

www.essexwt.org.uk/visit

ZOO LIFE SUMMER 2022 SHOPPING

Extra-ordinary Animal Full-Day Experience - the ULTMATE!

9am – 3.30pm £700 for 4 people (£175 per person) Additional guests (up to 6 people) can be added at £175 per person

During your full day Extra-ordinary Experience you will stop off to meet or feed a whole variety of animals including elephants, giraffes, sealions, ring-tailed lemurs, tigers, and more!

This package includes:

- Priority complimentary entry for the day
- Experienced host for the day
- Exclusive access behind the scenes for the day
- · Close up encounters with a variety of species
- Souvenir gift
- Cooked breakfast, two-course lunch at Penguini's Restaurant and afternoon refreshments!

Extra-ordinary Animal Afternoon Experience – tigers, meerkats & gelada baboons

12pm – 3.30pm £380 for 4 people (£95 per person) Additional guests (up to 6 people) can be added at £95 per person

Begin your experience with a delicious VIP lunch before your afternoon adventure begins! You'll spend the rest of your afternoon behind the scenes with an experienced host, to see a variety of animals including baboons, tigers and meerkats!

If you want to make a day of it, you're welcome to enter the zoo any time from 9.30am to explore more before your experience begins.

This package includes:

- · A delicious lunch
- Priority complimentary entry for the day
- Experienced host for the afternoon
- Exclusive access behind the scenes for the afternoon
- Close up encounters with a variety of species
- Souvenir gift

CALL 01206 331292 EXT 462 TO BOOK OR EMAIL EXPERIENCES@COLCHESTERZOO.ORG

Please note, this experience is not bookable online. There is no age restriction for this experience. However, participants under 18 must be accompanied by participating adults 18 years or over. Prices are correct at time of publishing and may change. Please read the terms and conditions and essential information on our website at www.colchesterzoo.org before making your booking.



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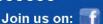
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MEET OUR QUADRU-PIGLETS!

Warthogs Hermione and Moja expand their family with the arrival of four more babies.

Back in 2021, our two adult warthogs, female Hermione and male Moja, became first-time parents to two adorable piglets. Fast forward a year later and our warthog family has expanded again by four with litter number two!

On 5 April, our Animal Care Team awoke to the joyful news that Hermione had given birth to four healthy piglets.

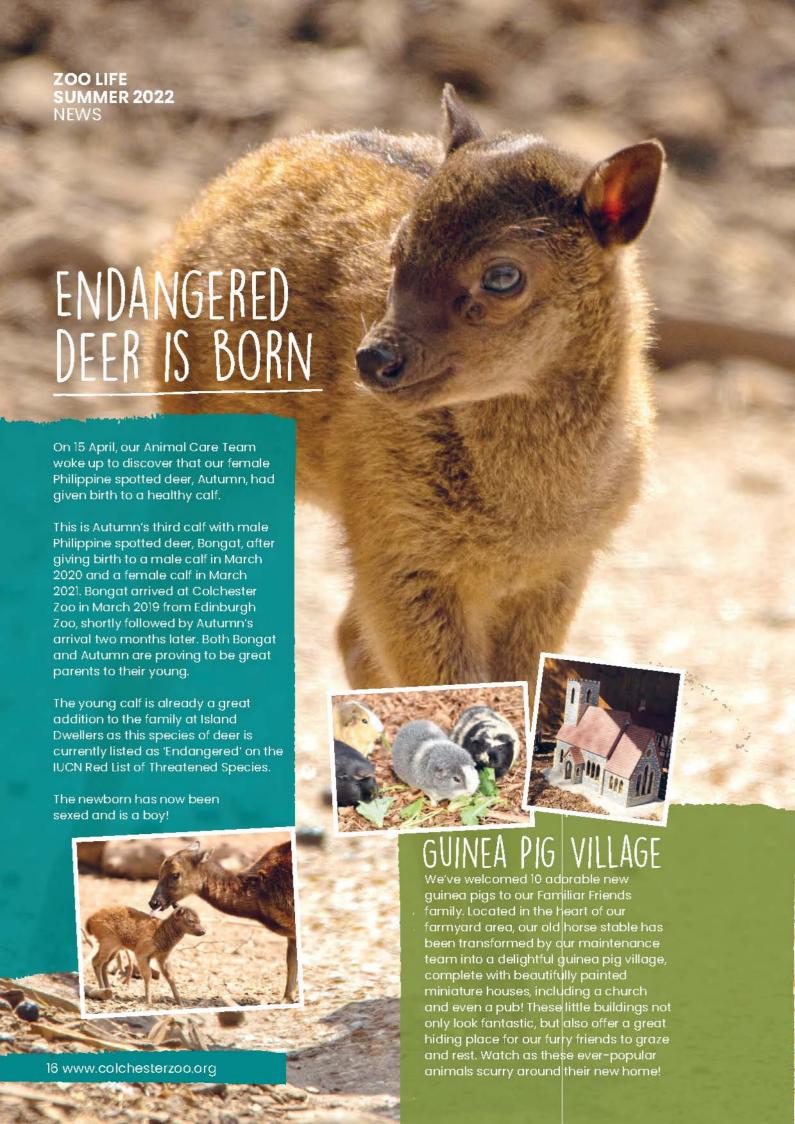
Since their welcome arrival, the team have been able to assess the piglets' health while confirming that Hermione is a proud mum to three males and one female. The male hoglets have been named, Mbili, Tatu and Nne, and our female hoglet is called Maimoona.

Hermione arrived at Colchester Zoo in October 2019 from Munster Zoo, whilst Moja was born at Colchester Zoo in June 2014. Both Hermione and Moja are once again proving to be excellent parents. The four piglets have already grown in confidence and are exploring their new home. They can often be found enjoying the sunshine with older siblings, Zuma and Zuri.

Warthogs are currently listed as 'Least Concern' on the IUCN Red List of Threatened Species.









ZOO LIFE SUMMER 2022 NEWS

FIRST EU ANIMAL TRANSFER SINCE BREXIT

On 6 April 2022, male L'Hoest's monkey, Mowgli, transferred to Budapest Zoo (Hungary) following a breeding recommendation from the European Association of Zoos and Aquaria (EAZA) Ex Situ Breeding Programme (EEP) coordinator.

As Colchester Zoo's first European animal transfer since the UK left the EU, it has been a challenging process, having taken over a year of organisation since the recommendation came through in March 2021.

Transfers to Europe now require extra certification and health checks, not only for species under the Convention of International Trade in Endangered Species of Wild Fauna and Flora (CITES), but for all species.

2021 saw further legislative changes to a new EU Animal

Health Law for zoos and aquariums, which adds to the animal transfer challenges. Longer processing times delay the recommendations, which are essential in maintaining healthy species populations, many of which play a critical role in international conservation breeding programmes.

In 2021, just 56 transfers occurred across the UK/EU borders, and around 12 animal transfers have taken place so far this year, compared to around 1,400 animals in an average pre-Brexit year.

The British and Irish Association of Zoos and Aquaria (BIAZA) are working closely with DEFRA to resolve these issues and, although slow, the process is picking up, and we hope transfers will get easier and more frequent soon!





BAILEY UPDATE

After the devastating news of the passing of our last female lioness, Naja, we've received an abundance of support, but also growing concerns for our male lion, Bailey. Bailey's health is our top priority, and our Animal Care Management Team are continuing to monitor his health, both mentally and physically.

Bailey has become a big part of the Colchester Zoo family and every option has been explored to ensure his health, including transferring him to another location or adding to the collection, however these options feel almost impossible and irresponsible. The team have also noticed that Bailey is now more willing to engage with his keepers, which has led to introducing a new training programme to contribute towards his welfare.

For the latest updates to our zoo news, visit our social media pages or website – **www.colchesterzoo.org**

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GAME RANGERS INTERNATIONAL – ELEPHANT ORPHANAGE PROJECT (EOP)

Donation: £5,000

The Elephant Orphanage
Project (EOP) was established
in southern Kafue National
Park (KNP), Zambia, in 2007
with the mission to rescue,
rehabilitate and release
orphaned elephants back
into the wild.

The need for the EOP is growing rapidly as poaching is still on the rise and there is an increasing loss of elephants due to conflicts occurring, as human expansion and farming becomes increasingly prevalent nearer to parklands and often blocks elephant migration routes. As the EOP herd increases in numbers, there is more pressure on its limited funding base.

EOP's mission

Rescue – Initial capture from wild scenario when elephant calves have become orphaned (usually health is compromised, and the calf is under great stress).

Rehabilitate – Orphans raised with a high level of care at the Elephant Nursery from point of rescue until weaning age (approximately three years).

Release – Orphans less
than three years old are
transferred to Kafue Release
Facility to be weaned from
milk and supplementary
feeding; gradually reducing
dependency on human support
over the years until they are
ready (emotionally, physically,
socially) to be reintegrated
with wild elephants and live
back in the wild.

Research – Data is collected on all elements of orphaned elephant rescue, rehabilitation and release to further understand all processes and ensure systems are constantly reviewed to achieve the best possible results for collaboration and information sharing across networks.

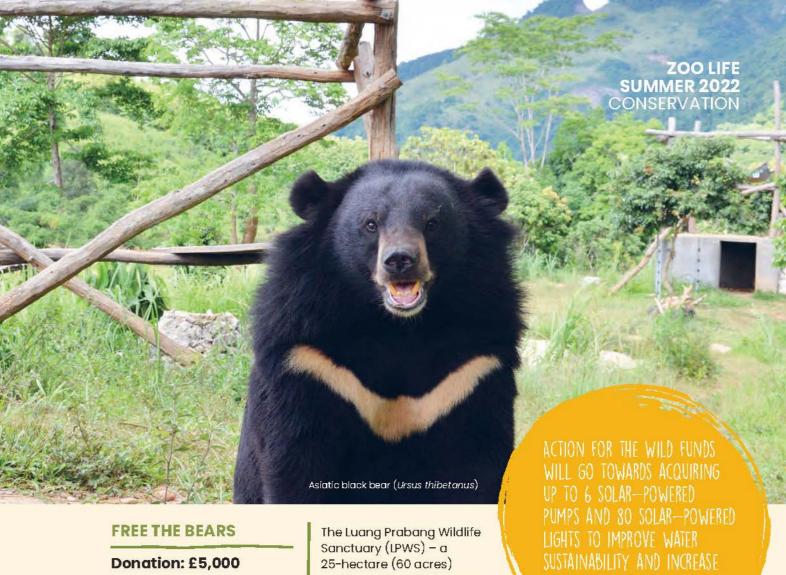
The numbers

Lilayi Elephant Nursery – 5: milk dependent calves

Kafue Release Facility -

17: 5 supplemented dependent juveniles; 9 milk-weaned dependent juveniles; 1 previously released sub-adult female and her wild born calf, which are now dependent (for security); 1 independent sub-adult, joining the orphan herd for walks

Kafue National Park –
1: elephant fully released (since Feb 2020)



Throughout Southeast
Asia, sun bears (Helarctos
malayanus) and Asiatic
black bears (Ursus thibetanus)
are used in traditional
medicine and this threat is
developing at a rapid rate.

In 2019, the government of Laos committed to finally resolving the issue of tiger farming and bear bile farming in the country.

Free the Bears has been working in Laos since 2003, employing a range of strategies to ensure that bears are protected and survive for future generations. Since 2007, it has pushed for an end to the practice of bear bile farming – providing a commitment to offer safe sanctuary and life-long care for any bears rescued from bile extraction facilities.

The Luang Prabang Wildlife
Sanctuary (LPWS) – a
25-hectare (60 acres)
multi-species wildlife rescue
facility – has been secured
and is currently the main
location for bears rescued
from bile farms. The challenge
now is to continue building
facilities for rescued wildlife
as quickly and efficiently as
possible so that the government
of Laos can begin to close the
country's bear bile farms.

A masterplan for the sanctuary was prepared in June 2016 based on the assumption that up to 50 bears would be rescued over the following three years. However, since then the Laos government has given several positive signs, indicating that all bear bile farms (currently estimated at 100 bears held in three to four farms) could be closed more quickly than hoped. This has led to an increased need for facilities to house the rescued bears.

An order issued by the country's Prime Minister in May 2018 is the clearest indication yet of the government's determination to end the illegal farming of protected species in Laos. It offers Free the Bears a unique opportunity to work together with its government partners in making Laos the first country in the world to close its bear bile farming industry in a way that results in positive benefits for both people and bears.





THE LEMUR CONSERVATION ASSOCIATION (AEECL)

Donation: £1,700

AEECL is a zoo-managed conservation organisation based in Sahamalaza-lles Radama National Park in Madagascar. The project works to research, protect and restore the vital ecosystems lemur species inhabit, collaborating with local communities and authorities to achieve a sustainable and biodiverse habitat for the future.

The Sahamalaza-Iles Radama National Park is home to some of the last remaining populations of the critically endangered blue-eyed black lemur (Eulemur flavifrons) and the Sahamalaza sportive lemur (Lepilemur sahamalazensis), both endemic to this region.

Other lemur species found within the boundaries of

the protected area are the endangered northern giant mouse lemur (Mirza zaza), the endangered aye aye (Daubentonia madagascariensis), the fat-tailed dwarf lemur (Cheirogaleus medius), the northern bamboo lemur (Hapalemur occidentalis), and the black lemur (Eulemur macaco).



Key activities in Madagascar include:

- Community education

 subsidising teachers'
 salaries and giving
 students scholarships
- Reforesting trees and mangroves
- Monitoring of reforested areas and wildlife sightings
- Firebreak construction
- Environmental awareness festivals
- Construction of research facilities

In addition, an Association of British and Irish Wild Animal Keepers (ABWAK) lemur workshop is being held here at Colchester Zoo in June 2022. Donations will go towards Helpsimus, an association studying lemurs in Madagascar mainly focused on the greater bamboo lemur and red-bellied lemur.



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INTERNATIONAL OTTER SURVIVAL FUND (IOSF)

Donation: £4,910

The illegal wildlife trade is an increasing threat to otters; they are at the forefront of the wildlife fur trade, with tigers and leopards, and there is also a large and rapidly increasing market for pet otters.

These animals are almost all taken from the wild and the mother is killed to get the cubs. They are sold through social media or are on sale openly in wildlife markets.

In Asia, there are few scientists working on otters and their habitats, so IOSF has been providing a series of training workshops covering otter field techniques, public awareness programmes, law enforcement

and general conservation issues. These have been a great success and work is ongoing in communities through country networks linked together by the Asian Otter Conservation Network.

Workshop aims:

- Work in field research to provide data on which practical conservation programmes can be based
- Work in education and public awareness within local communities to reduce otter/fishermen conflicts and to encourage the people to conserve otters, wetlands and all biodiversity
- Reduce trade in otters, both for fur and pets
- Develop networks that can collaborate on future projects and work together to reduce cross-boundary illegal trade in otters

FUNDS HAVE BEEN PUT
TOWARDS A WORKSHOP
IN MALAYSIA, HELD IN APRIL,
BRINGING IN PEOPLE FROM
THAILAND AND MYANMAR TO
ENCOURAGE CROSS—BORDER
COLLABORATION,

There are four species of otter in the region of Malaysia, Thailand and Myanmar:

- Eurasian otter (Lutra lutra), classified on the IUCN Red List as 'Near Threatened'
- Smooth-coated otter (Lutrogale perspicillata), classified as 'Vulnerable'
- Asian small-clawed otter (Aonyx cinereus), classified as 'Vulnerable'
- Hairy-nosed otter (Lutra sumatrana), classified as 'Endangered'

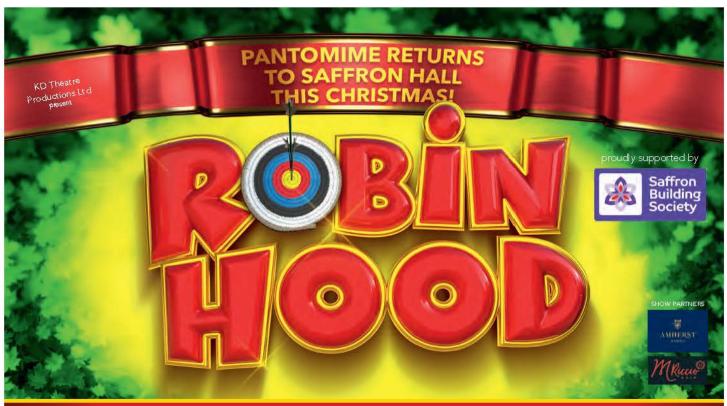












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The global red panda population has declined by 50 per cent in 20 years and there may be as few as 2,500 remaining in the wild.

Habitat loss is the number one threat for this species. The Red Panda Network works to protect red pandas and their habitat using an integrated, landscape-level approach to conservation that is built on the support and participation of local communities.

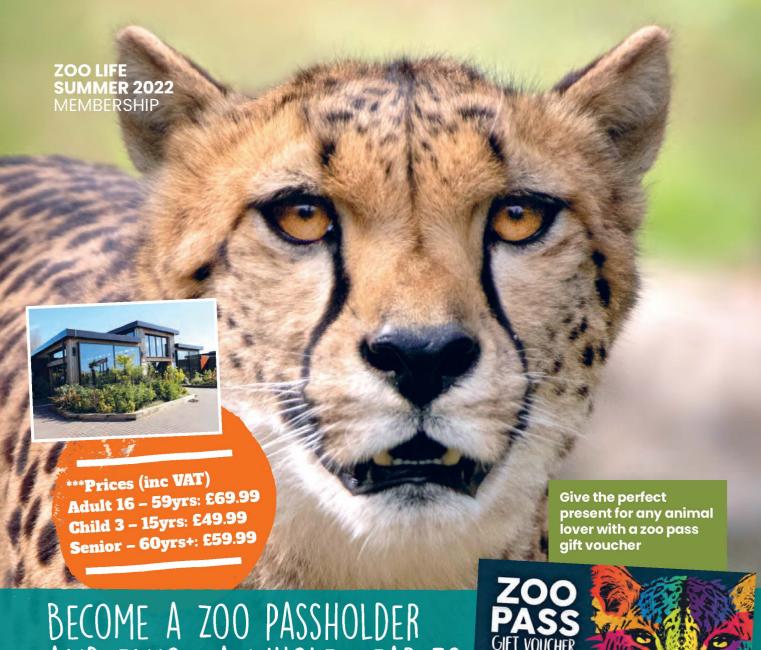
Forest guardians are local people who are paid to monitor and protect red panda habitat, as well as educate communities. The payment they receive supports their families and their experience as a forest guardian helps them build

- 76 forest guardians work in the Panchthar-llam-Taplejung (PIT) Red Panda Protected Forest in eastern Nepal
- 35 forest guardians work in western Nepal
- The Red Panda Network works in 75 community forests of 13 red panda range districts (out of 25) in Nepal

Key activities will include:

- Recruiting new forest guardians and establishment of new monitoring blocks
- Capacity building of the forest guardians via training in monitoring and data collection
- Red panda monitoring and anti-poaching patrolling
- Camera trap operation and installation training

- Providing improved cooking stoves, which leads to forest conservation by reducing use of firewood while improving local living conditions through reduced exposure to indoor air pollution
- Providing field gear and equipment
- Education scholarships
 128 school children will be provided with Red Panda
 Scholarships, which supports their need for school supplies and clothing.



BECOME A ZOO PASSHOLDER AND ENJOY A WHOLE YEAR TO DISCOVER THE WONDERS OF WILDLIFE AT COLCHESTER ZOO!

A Zoo Pass membership gives unlimited visits for 1 year* and entry to exclusive events, such as our Wake Up with Colchester Zoo event where passholders see the zoo in a whole new light as they enter just as the animals are beginning their day!

Being a member also means you receive discounts in our Outpost Gift Shop and food outlets so you can fuel your adventure and purchase souvenirs to remember your day for even less.

Not only do you receive discounts in our shops, but you can also get even closer to our amazing species with money off selected Animal Experiences!**

PLUS, a Colchester Zoo membership gives you entrance to selected major zoos free of charge – check our website for venues.



*Year membership starts from date of purchase. Access excludes Christmas Day.

 $\ensuremath{^{**}}\xspace$ Discount valid only for the passholder taking part in the animal experience.

***Prices and details correct at time of publishing – we reserve the

right to change these at any time. Further terms and conditions apply



AMAZING ANIMAL ADOPTIONS!

Our new adoption packages are a great way to help care for your favourite species at Colchester Zoo, while also supporting the work of the zoo and its charity, Action for the Wild, to assist conservation projects worldwide.

Each package includes a range of supporter gifts, including a notebook and pen, small soft toy, pin badge and lanyard. PLUS, if you opt for the Ambassador package, the recipient gets a free child entry to Colchester Zoo in their pack, and if

you choose the Protector Adoption, the recipient gets two adult entries to the zoo!

Our Guardian and Protector packages come with a plaque that will be displayed at your chosen species' enclosure at the zoo and can be personalised with a short message to make your adoption extra special.

Keep an eye on our social media for the release date of these exciting new adoption packages!

Ambassador Package: Price £45

Guardian Package: Price £65

Protector Package: Price £95

All packages are subject to change and supply chains. Available while stocks last. Please check the website for the most up-to-date details - www.colchesterzoo.org

Get a free child admission

PROTECTOR PACKAGE:

COLCHESTER ZOO

FREE ADMISSION FOR ONE CHILD

FREE ADMISSION FOR ONE PERSON

MAKING LEARNING FUN!

Our Conservation Education Team are always busy preparing and delivering sessions for schools, writing signage for around the zoo, managing work experience students, and much, much more!



Biofacts

Have you ever wondered what is inside an elephant's foot? Or what the fur of a leopard feels like?

Here at Colchester Zoo, we offer opportunities to get up close with all the parts you never thought possible, through the use of biofacts. These biological artefacts come in all shapes and sizes, in the form of real furs, skins, horns and antlers, as well as replica skulls! Used in our education sessions and in pop-up exhibits around the zoo, biofacts are the perfect way to illustrate brilliant animal facts and interesting science concepts.

Many of our animal items came to us through the illegal wildlife trade. When offenders are caught at the borders and the items are confiscated by authorities, they are often donated to zoos and museums to support education. Other objects might have been wildlife souvenirs or inherited items donated by zoo supporters.

Our use of biofacts at Colchester Zoo is a powerful tool in our conservation education mission. A jaguar fur coat, carved ivory or a taxidermy sea turtle hits home the plight of endangered animals. Using these biofacts gives a real opportunity to highlight exactly what part we can all play to protect wildlife.

If you have any items that you think would make great biofacts, such as fur coats or old wildlife souvenirs, please consider donating them to Colchester Zoo to help us continue bringing learning to life! Contact us by email education@colchesterzoo.org



Work based learning

Work Experience

Here at Colchester Zoo, we want to be able to assist in providing opportunities and help with career progression for people who are passionate about working with animals.

We offer unpaid work experience placements of 10 weeks, 3 months, 6 months, and 12 months for people who are enrolled on or who have completed an animal/conservation related qualification.

Our placements offer opportunities to gain practical experience and insight into working with animals in a zoo. Candidates will be inducted into different areas of the animal department after an application and selection process. They will find themselves working alongside zookeeping staff carrying out a range of jobs;

preparing animal diets, monitoring animal behaviour, cleaning animal areas, refurbishing enclosures and many other tasks.

The 12-month Student
Keeper Programme also
has monthly lessons on Zoo
Management delivered by
our Conservation Education
Team. There are sessions on
zoo legislation, animal welfare,
conservation and presentation
skills among others.

Apprenticeships

The apprenticeship at Colchester Zoo is the Level 3 Keeper and Aquarist qualification. To be an apprentice, you must be hired by the zoo in a paid junior role.

Colchester Zoo was one of several zoos to develop this apprenticeship and the goal is to help create an industry standard of learning for keepers and aquarists to help the zoos to achieve

high standards of welfare, conservation and learning. You can find out more about our work experience and vacancies at the Zoo www.colchesterzoo.org/careers

..."SINCE FINISHING THE PROGRAMME, I HAVE BEEN WORKING AS A TRAINEE KEEPER AT A DIFFERENT ZOO. THE SKILLS AND EXPERIENCE I GAINED FROM THE COURSE WERE VITAL FOR SECURING THE JOB, AND I STILL USE THINGS I LEARNT AT COLCHESTER ZOO ON A REGULAR BASIS."

Student Keeper testimony

WHAT'S APP-ENING?



Download the Colchester Zoo App to discover all the many exciting things to see and do around the zoo. We don't want you to miss a thing, so use the app to navigate the park, learn more about our animals and find places to rest for a bite to eat on your wild adventure... PLUS so much more!

DOWNLOAD

PLEASE NOTE:

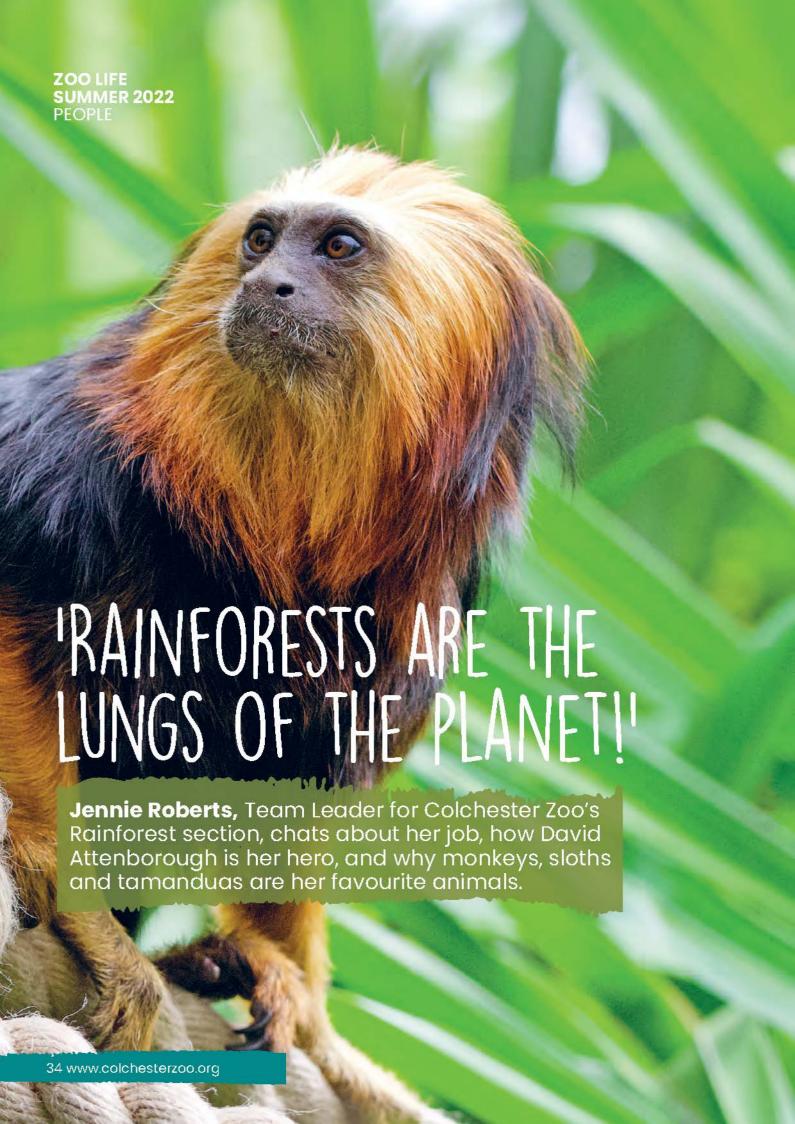
Some areas and enclosures may close prior to zoo closing. You will need to visit more than once to see every single animal /event. We cannot guarantee which animals you will see. Management reserve the right to close all or parts of the zoo as necessary without notice. Displays or attractions can be temporarily withdrawn without notice due to animal sickness or other unforeseen circumstances. Refunds cannot be given under these circumstances. Cars are parked at your own risk and Colchester Zoo cannot be held responsible for the loss or damage to vehicles or their contents. Children must be accompanied by a responsible adult at all times. Details are accurate at time of going to press, but subject to change. We are constantly developing, please bear with us as there may be some minimal disruption whilst work takes place.



'Colchester Zoo Guest'

Password: Please ask a staff member as our code changes.







About me

I've always been around animals and had an interest in the natural world. I grew up with cats, dogs and birds, but have also had rabbits and other small furries. I was lucky that the headmaster of my village school was enthusiastic about nature and would take us on inspiring and sometimes macabre walks, teaching us about the cycles of life.

A lot of that has stayed with me. I remember a project on endangered species and, sadly, the species we learned about are still in trouble now. That's one of the reasons I'm still passionate about my work here at the zoo. One of my most treasured possessions is a copy of David Attenborough's Trials of Life that my sister got signed for me when the TV

series was first shown. He is a massive inspiration for many of us keepers and I will never forget meeting him when he came here to film.

Outside of work, I like to spend time with my friends and family. I still enjoy heading out for walks in the Essex countryside and coast. Indoors, I read, craft, and spoil my pets!

How I became a Rainforest Keeper

I knew I wanted to work with animals, but was fairly open-minded as I knew it was a difficult field to get into. Through school and college, I had part-time jobs at a kennels, then a specialist pet shop, and got experience at a tiny local zoo. There were fewer academic options for those of us wanting to

work with animals when I started out, so I was investigating universities and keeping an eye out for jobs at the same time.



I came across an ad for a parrot and sealion keeper and applied. I didn't think for a minute I'd get it, but I did! I was very much trained on the job and have gained animal management qualifications. Since the early days, I've worked with many different animals on several sections. The only consistent thing in my career is that there has always been at least one bird species on my section. I am now the Team Leader for our Rainforest section and in July, I will have been at the zoo for 27 years, which I can't quite believe myself!

Why I love my job

Hove being around animals. The last couple of years or so have been tough for everyone, but being able to care for the animals kept me going when I couldn't see friends and family. I also get a lot of satisfaction from the knowledge that what we do here makes a difference through conservation and, hopefully, inspiring others to do their bit.

Thing I like doing most as part of my job

I enjoy all the hands-on stuff (even most of the cleaning). We can work in with most of our animals, so they are always close by. Animal enrichment and training is a big part of what we do and, sadly, when our animals do get poorly, we are able to nurse them ourselves, which is very rewarding and sometimes heart-breaking.

What I enjoy the least

As a modern zoo, it is essential for us to cooperate with other zoos (not the bad bit), but that means increasing computer time and paperwork – yuck!
Also, if someone had told eight-year-old me I'd become a window cleaner as well as a zoo keeper, I would not have believed them.

Rainforests are amazing because...

They are the lungs of the planet! Trees and plants produce oxygen while drawing in and storing carbon. That is the opposite to animals and people who breathe in oxygen and breathe out carbon dioxide; their by-product keeps us alive.



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ZOO LIFE SUMMER 2022 PEOPLE

5 things you didn't know about the rainforests

I. Most of our rainforest animals originate from the Amazon Rainforest in South America. The Amazon is about 25 times the size of Great Britain and is spread across eight countries. That makes it the largest rainforest in the world.

2. Brazil holds a third of the world's tropical rainforests, including part of the Amazon and all of the Atlantic Rainforest where all four species of lion tamarin are found. We have two of the four here, the golden lion tamarins and golden-headed lion tamarins.

3. Around 80% of the world's known species are found in tropical rainforests, even though the forests themselves only cover 6% of the land area on Earth. There are probably millions more undiscovered species out there.

4. A quarter of all natural medicines were found in tropical rainforests. Many other goods came from these forests, too, like rubber, chocolate, bananas, coconuts and tea. Brazil nuts will only grow in the Amazon!

5. Tropical rainforests are found close to the Equator, have long days and fairly stable, warm temperatures. There are other rainforests further from the Equator that are cooler called temperate rainforests. We have temperate rainforests here in the UK. Sadly, they are under as much threat as the forests of South America.

Main photo, one of Colchester Zoo's tamandua and, top inset, Jennie performs a health check on one of our sloths (also pictured below)



Rainforests are essential for reducing the carbon that us humans are releasing into the atmosphere by the burning of fossil fuels and deforestation. Rainforests help to regulate the climate and prevent soil erosion too. We need the world's rainforests for the survival of the planet.

My favourite animal in Colchester Zoo's Rainforest

I can't have just one favourite – it's impossible! All the small monkeys are such characters, and the sloths and tamandua are remarkable in terms of the adaptations to forest life.

The marmosets and tamarins definitely have 'small monkey syndrome' as they can be

pretty highly strung and territorial over their patch of forest.

The titi monkeys are just really funny without really meaning to be; they are quite easily offended if you offer them the 'wrong' food or they don't like the weather, or something else beyond our control.

The tamanduas are so curious and often playful. The youngest, Tomsk, is quite a handful as he tries to get us to play with him, with no understanding how much his two-inch claws hurt when he grabs your leg as he tries to climb up it like a tree. Tamanduas have prehensile tails and are extremely strong as they tear into logs and termite nests to find food.

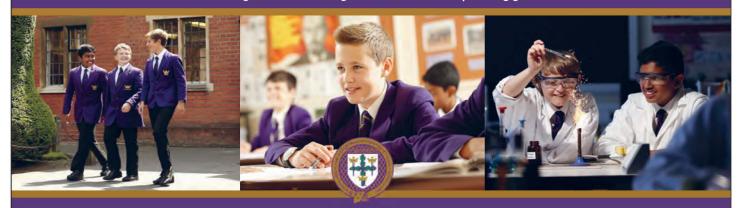
The sloths are NOT lazy, but it is true they aren't very active due to having a low metabolic rate. Before working with them, I had no idea how much personality they had. They need time to get to know their keepers – and also for us to learn their body language – but when they grow to trust you, it is really special.

If I wasn't a Rainforest Keeper...

I'd probably be a pet sitter or therapist, maybe – something with animals, that's for sure. I'm a home body, so I'd have to give in-situ work a miss, unless it was for somewhere like The Wildlife Trusts or the RSPB.

Colchester Royal Grammar School

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THE GOOD SCHOOLS GUIDE

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RECORD RAINFALL

The first three months of the year has seen UmPhafa receive the most rainfall since 2005 and before that the highest recorded was in 1998 for the first quarter of the year.

Why?

In January, heavy rainfalls were expected because of a La Niña event which affects ocean currents and usually results in above average rainfall in southern Africa until the later part of April-June. But the severity of the rain, just a few years after some of the worst droughts on record, underscores the unpredictability of weather as the accumulation of greenhouse gases in the atmosphere alters the Earth's climate.

A La Niña event is one of three phases of a climate cycle called the El Niño-Southern Oscillation (ENSO). The others are the El Niño and Neutral phases. These phases influence global atmospheric circulation and consequently global rainfall and temperature patterns. So, the ENSO is one of Earth's most important climate phenomena.

How has it impacted UmPhafa?

Our roads have been badly eroded and, in some cases, have disappeared completely. The River Tugela, which borders the property, was swollen for several weeks causing our river fences to be completely underwater. It made the reserve inaccessible as several roads were flooded. The submersible river pumps were hooked with debris from the river and damaged; luckily enough, we lost none of them. Some of the buildings have been flooded.

The effects have meant a massive increase in maintenance work on the reserve as we fight to keep the roads driveable, the buildings dry and the fences upright.

Were there any positives?

Absolutely! The dams filled with water, the bush turned a beautiful lush green, and new life emerged.

Extract taken from Eyewitness News South Africa (EWN) which first appeared in The Conversation.

AFRICAN PAINTED DOGS

UmPhafa has been delighted to host one of Africa's most iconic predators – a pair of female African Painted Dogs (*tycaon pictus*) that arrived from Tembe Elephant Park, in Northern KwaZulu-Natal.

This is part of Southern Africa's major conservation effort to help relocate and establish new packs of African Painted Dogs across the continent. It is our interns' duty to help monitor the safety and wellbeing of the dogs during their time here. They have been nicknamed Marbles and Smudge.

Endangered

African Painted Dogs are the second most endangered carnivore in Africa with only an estimated 6,600 left in the wild. They live in established packs with a dominant male and female which are usually the only animals allowed to breed. The entire pack gets involved in raising the pups. Wild dogs' main threats are disease, persecution, and human-wildlife conflict, as well as habitat loss and fragmentation.

Once adulthood is reached, dogs will leave their parent packs to find mates and establish their own packs. Nowadays, for this to happen, human intervention needs to occur. Reserves with wild dogs are few and far between, with most nature reserves being fenced and surrounded by farmland or communities. Conflict therefore occurs between humans and the dogs when the dogs move on to this unprotected land in search of mates or food.

Relocation

To prevent this conflict, conservationists step in to help relocate African Painted Dogs to new homes. Marbles and Smudge are with UmPhafa temporarily until they can be



relocated to their new home, to a reserve where there will be an unrelated pack of male dogs they can bond with and establish their own pack.

We at UmPhafa and Action for the Wild are proud once again to be part of this vital conservation initiative to help preserve one of South Africa's most endangered carnivores. ZOO LIFE SUMMER 2022 CONSERVATION

OUR SLICE OF BUSH PARADISE

The team at Umphafa Private Nature Reserve write about Colchester Zoo's intern programme, which offers an adventure of a lifetime to volunteers who want to play a part in crucial conservation efforts and kick-start their careers.



Sunset on UmPhafa Private Nature Reserve





The intern programme on UmPhafa Private Nature Reserve offers a unique and exciting opportunity to get involved with the day-to-day activities of a working reserve in South Africa.

Not only does the programme offer the chance to live in the beautiful South African bush, but students will also leave knowing that they have contributed to actual conservation work.

In 2022, UmPhafa has so far hosted two groups of interns with many more booked. The first group stayed for the first three months of the year. They were the first group of interns to come to UmPhafa since 2019, as the programme had to be closed due to the Covid pandemic.

These were a group of individuals all from different backgrounds who arrived on

the reserve to learn and lend a hand. They loved gaining experience in the bush, learning about the different animals, meeting different people (some of whom will be friends for life), experiencing different cultures and learning Zulu.

Once they said their goodbyes and left for home, the first of our university groups arrived for their shorter two-week visit. The nine students studying animal care at East Coast College were enthusiastic to be in Africa and enjoyed a fast-paced experience of everything UmPhafa has to offer. One of the students gave feedback that the most rewarding part of the programme was "having my main responsibility in life being to wake up and work on a conservation project".

Living on a game reserve can present unpredictable

challenges, like dealing with the exceptional amount of rainfall Kwa-Zulu Natal has received in the first three months of the year, but also wonderful rewards. You get to wake up each morning to a melody of bird song and receive almost daily visits to the accommodation garden by a family of warthogs, kudu, and other animals. Drives around the reserve in the open-topped game drive vehicles are also always an opportunity for a possible leopard sighting. The first group of interns were particularly good spotters and saw six leopards in the three months they were here!

Interns still to arrive can expect each day of the programme to be varied and the activities that they will be involved with encompass all aspects of reserve management, conservation, and research.

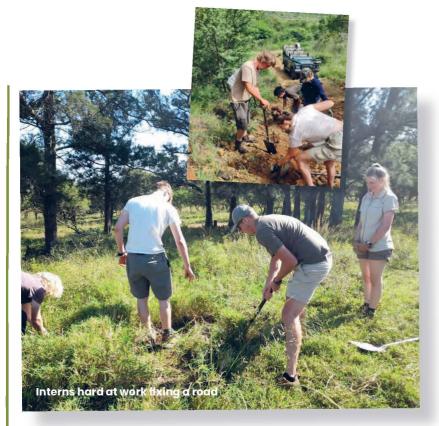
ZOO LIFE SUMMER 2022 CONSERVATION



These activities could include game counts, bird surveys, night drives, frogging, or insect surveys, which record important data and provide evidence for the abundance of biodiversity that can be found on UmPhafa.

The activities also ensure the reserve species lists are up to date. Camera traps are another important reserve activity and are set up for the same purpose. They are especially important to record the more elusive and nocturnal species that can be found living on the reserve such as leopard, porcupine, serval, or hyena that mostly come out at night.

The information collected on the animals is used to make informed decisions on how to manage the animal populations of the reserve. General vegetation surveys,



grass and tree surveys are other important reserve activities that interns might be involved with in their time here.

In conjunction with the data collected on the animal populations, the vegetation data is used to work out reserve carrying capacities, or in layman's terms, the number of animals that can be supported by the vegetation growing across the landscape. This is important for the Reserve Managers to decide to move off or release more animals onto the reserve.

Maintenance is another ongoing reserve activity that the interns will be exposed to and gain experience in. Activities could include anything from fixing roads, managing erosion, reducing bush encroachment or alien plant control. While these are some of the more physically demanding activities, they are also some of the most important for the management of the reserve.

Without drivable roads, we wouldn't be able to do any of the work that needs to be done or see all the animals.

Feedback from the students of 2022 has been really positive. They loved driving around the reserve and learning about all the different animals. Activities such as the reserve-wide game counts made them really feel like they were a part of actual reserve activities, and they enjoyed doing such important work. Leopard sightings and joining the Field Rangers on patrol to experience the important work they do were also both highlights of the programme.

The team here at UmPhafa have thoroughly enjoyed meeting all the interns of 2022 who have made their mark on the reserve. We are looking forward to seeing how the UmPhafa Intern programme will make a difference in the world of conservation and look forward to welcoming future interns to our little slice of bush paradise.



We take happiness seriously

Saturday 17 September 2022

Senior and Sixth Form Open Day

Senior School - Friday Snapshot

30 September 2022 7 October 2022 4 November 2022

Prep School - Friday Snapshot

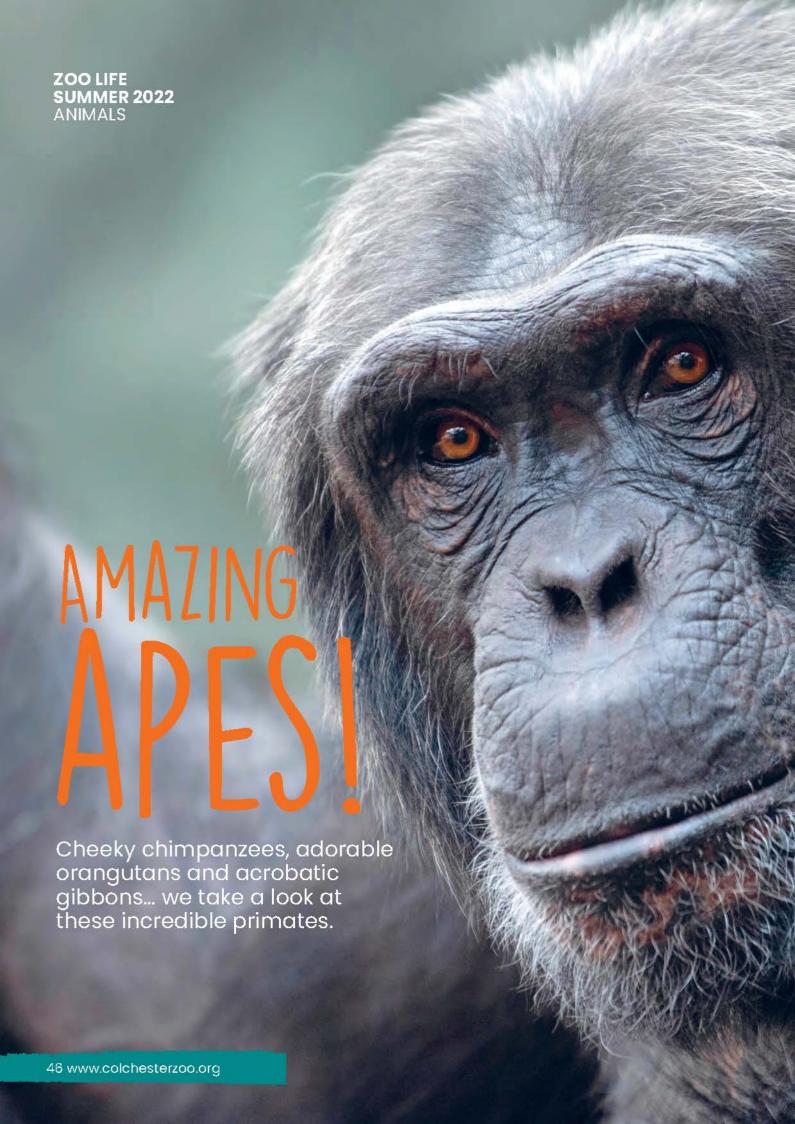
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ZOO LIFE SUMMER 2022 ANIMALS

We host a range of daily encounters at the zoo where you can learn more about each species, and often our keepers are asked about the apes in our care. Our Primate Team has rounded up your most frequently asked questions...

Why do orangutans carry blankets around with them or use them for hiding?

In the wild, orangutans use broad tropical leaves as an umbrella during the rain and as a hood for shade in the hot sunshine. While we try to maintain a natural habitat for our orangutans, blankets are provided to encourage this natural behaviour. They are also used for playtime, or just to hide for some quiet time.

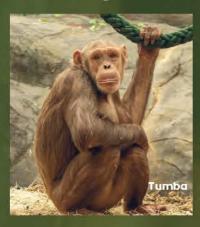
Why do certain chimpanzees have enlarged bottoms?

have enlarged bottoms?
Female chimpanzees, like other primates such as baboons and macaques, get pink swelling around their rear when they come into season to advertise their readiness to mate. Generally, larger swellings are more attractive and increases from cycle to cycle, with natural variation between females on the maximum size. After a few seasons, the skin around their bottom can hang loose after the swelling has reduced.

What is the difference between male and female orangutans?

Orangutan males are much bigger and heavier than females. Dominant males have long, dreadlock-like hair, making them

appear larger to intimidate rival males and attract females. Males also have large cheek pads called 'flanges'. Dominant males with large flanges signify to females that they are in charge. Males also have a large throat sac underneath their chin to allow them to make 'long-distance calls' to attract breeding females.



Why is our chimpanzee, Tumba, brown?

Tumba has two recessive alleles (versions) of a gene in his DNA. One from his mum and one from his dad. Normally, dominant alleles are always expressed even if there is only one of them and are code for things such as hair colour. However, if you get two recessive alleles of a certain gene and no dominant allele, then that recessive allele will be expressed. Chimpanzee hair colouration is the dominant allele of black, but Tumba has two recessive brown alleles (one each from his parents) making him brown.



ANIMAL WELFARE

Training Programme

Animal welfare is our top priority and while some species can be easily handled, our larger, more dangerous animals require training so that our team can assess them for medical reasons without causing stress. Our Animal Care Team work closely with their animals and develop a training programme, which will allow them to perform health checks without having to use general anaesthesia.

Enrichment

Our Animal Care Team provide our animals with an enrichment programme that is suited to each species. Enrichment is crucial for our animals' mental and physical health, and allows our team to get creative, creating puzzles from ordinary materials, such as cardboard boxes and hessian sacks, as well as buying specially designed puzzle feeders.

Our information video, pictures, and facts can all be found on our website at www.colchesterzoo.org or on our social media channels.





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At Lexden Primary School we aim to provide every child with a stimulating and caring environment where creativity and challenge inspire academic success and individual fulfilment. We work tirelessly to unlock the potential of every child and encourage them to achieve as highly as possible.

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If you would like any further information please take a look at our website or contact the school office. admin@lexden.essex.sch.uk

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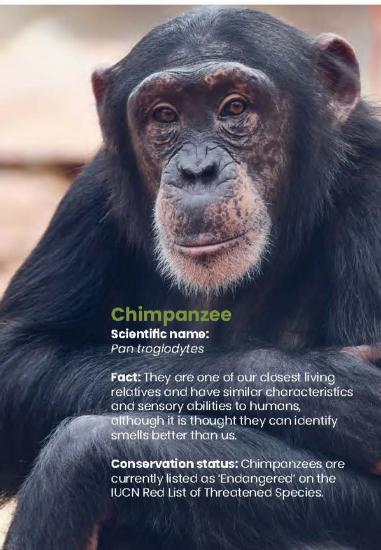
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Host a Play Date this July and raise money to help seriously ill children being treated at Great Ormond Street Hospital.

Sign up now for your free Play Date pack:

gosh.org/playdate

*Any donation(s) received in relation to the GOSH Charity Play Date event(s) will be used to fund the Play Services at Great Ormand Street Hospital for Children NHS Foundation Trust. Our target for this appeal is to raise £101,250. In the event that additional donations are received over and above our target and/or the needs of the hospital or patients change, we reserve the right to redirect funds for use against the hospital's most urgent needs. Great Ormand Street Hospital Children's Charity. Registered charity no. 1160024.



ZOO LIFE SUMMER 2022 FOOD & DRINK

GOING GREEN



Catering Manager, Lynn Woolhead, tells us how her department

sources ingredients and products that support the zoo's mission of protecting the planet by reducing wastage and emissions. The zoo also buys from companies that share our passion for keeping the world a greener place.





REDUCING PLASTIC

We're reducing our plastic waste and yours! We have introduced an exciting NEW product to our catering outlets to help reduce the use of single plastic around the zoo as part of our Plastic Pledge.

Re:Water is a 100% recycled aluminium water bottle which comes filled and can then be reused and refilled again and again to help stop plastic waste. Once you've emptied your bottle, simply head to one of our catering outlets where they will refill your bottle for FREE with tap water.

The bottle also keeps the water inside cooler and fresher for longer, so you won't be wasting water either!

This product is now available in still or sparkling, along with our

boxed water, One Water, which comes in cartons made from sustainable paperboard from FSC-approved forests, which are 100% recyclable.

As well as looking at reducing our plastic waste on our cold drinks, our coffee cups are now plastic FREE along with the lid, which is fully recyclable.

We've eliminated the use of plastic straws and cutlery around our site, we're now offering paper straws and Birchwood cutlery, and we've changed our takeaway food containers to a Vegware product made from sugar palm. Our Ribena and Shaken Udder children's drinks now also come with paper and not plastic straws.

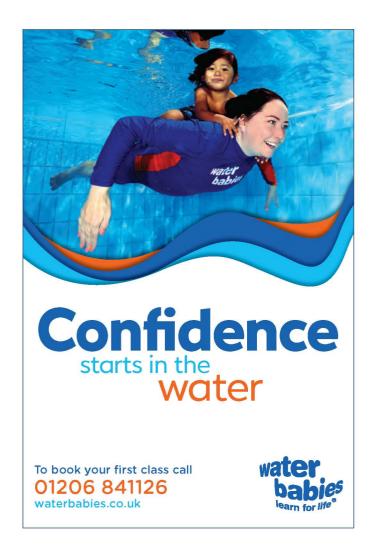
We've mooo-ved away from plastic milk jiggers. Our

catering outlets store fresh, milk instead. The move to fresh milk will help to reduce our plastic waste considerably and we haven't stopped there... Sauce packets are now a thing of the past in our larger restaurants as we've made the switch to use large sauce dispensers!

SOURCING PRODUCTS

Colchester Zoo is committed to continuously working to purchase products for our catering and retail facilities which avoid the use of palm oil or use only RSPO-certified sustainable palm oil for any new products we introduce. This includes food items, ice creams, sweets and other gift shop products.

Our chicken is also sourced from UK suppliers, and is Red Tractor Assured.



Road, West Bergholt, Colchester,

CO6 3DQ





ZOO LIFE SUMMER 2022 FOOD & DRINK

SUMMER SPECIALS

With Covid (hopefully) behind us, we are all looking forward to a summer without boundaries along with the warmer weather. With the scorching weather imminent, we have introduced a range of products this summer to help keep you cool.

While enjoying the sights of the zoo, be sure to pop by one of our catering outlets for an energising and refreshing Iced Latte. Choose from a scrumptious Iced Toffee Latte, topped with whipped cream and toffee sauce, or our Iced Vanilla Latte topped with whipped cream and chocolate sauce.

We are also proud to be able to offer dairy free alternatives. If coffee doesn't tickle your taste buds, then we have you covered. Our Slush Station* reopens for the summer, providing the ultimate refreshing drink. Slurp your way through a range of flavours for a tantalising drink that will leave you feeling cool as a cucumber.

SENSATIONAL SCOOPS

No summer is complete without a delicious cone piled high with your favourite scoop of ice cream. Whether you're all about rum and raisin, or perhaps mint chocolate chip is your go-to flavour, we have a wide range of flavours to help cool you down this summer. Stop by our Scoop and Go where you can enjoy a mouth-watering ice cream gazing across the lake, or head to Ice Cream Parlour while you watch the kids swing and slide on the outdoor play area opposite.

Looking for a bite to eat? Our seasonal spuds will help to refuel your adventure, leaving you ready to take on the rest of the day. Stop by Penguini's Restaurant where you can rest your feet whilst tucking into a hearty lunch.



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EXCLUSIVE PASSHOLDER EVENT

Wake Up with Colchester Zoo:

2 July

Our exclusive 'Wake Up With' event is back for the first time in two years!

We invite you to see the zoo in a different light as our doors open early from 7.30am exclusively for Zoo Passholders, with a number of special animal breakfasts and encounters.

Upgrade your entry ticket to a Zoo Pass today for a chance to experience this truly special event!

Entry into this event requires a valid Zoo Pass and cannot be purchased on the morning of the event. From 7.30am, selected catering outlets will be offering a variety of breakfast options, drinks and snacks.

Dino Discovery Day:

9 July & 17 September

Take a step back in time with our Dino Discovery Day filled with all things prehistoric, including the chance to meet and greet our dinosaur friends, and it's all included in the cost of your admission!

Discover extinct species from millions of years ago, from gigantic carnivores to the graceful herbivores. We will also have a range of ROAR-SOME activities taking place throughout the day where you can find out more about the most ferocious creatures that walked the earth.





Character Breakfast:

19 June & 9 October 9.30am - 11.30am

What better way to start your Sunday than with a meet 'n' greet over a delicious breakfast with your favourite Colchester Zoo characters! Rise and dine at Penguini's Restaurant with appearances from some of the Zoo Crew characters. PLUS, you will receive one FREE Kids' English Breakfast when you purchase an Adult's Full English Breakfast. Terms and conditions apply.

Breakfast will be allocated on a first-come, first-served basis and queuing may be required. Breakfast is not pre-bookable, simply head to our Penguini's Restaurant for the chance to meet some of our Zoo Crew characters. Please be aware that the Zoo Crew may not all be out at the same time during the breakfast and not all characters may appear.





Summer Holidays:

23 July to 4 September

Experience a summer like no other as we host a number of activities for all the family to enjoy!

Journey around the park and watch as our animals soak up the summer sun. Feeling toasty yourself? Duck out of the heat and head into one of our many undercover areas! You can even pick yourself up a delicious and cooling treat at one of our seasonal catering outlets, such as Slush Station and Scoop and Go!

With so much to see and do, create a scrapbook filled with memories made at the zoo.

You can also enjoy unlimited fun throughout the summer holidays and help keep the kids entertained with an annual Zoo Pass! Purchase a pass today for the chance to enjoy the school holidays without the extra cost of keeping them entertained throughout the year!

Stretched Out Summer Days:

30 July & 20 August

Join us until 7:30pm for our extended summer openings during the school holidays. Enjoy the zoo in the late summer sun and watch as our animals continue to enjoy the warmer weather into the evening.

Starlight Safari Nights:

10 September & 24 September

Enjoy a magical twilight spectacular as we remain open until 9.30pm on 10 and 24 September.

As the temperature drops and the senses sharpen, you will have the chance to see some of our animals in a whole new light, as some bed down for the evening while for others the night is just beginning!



www.colchesterzoo.org 61





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Shriek Week:

22 October to 30 October

This October half term, enjoy a week filled with SPOOK-TACULAR daytime activities suitable for children of all ages. Let your little one transform into a scary witch or creepy zombie at our Face Painting Station or create wands and potions with the good witches and wizards at the Craft Coven. Our range of FANG-TASTIC activities will keep the family entertained all day long and you can even take home your own hand-picked pumpkin from our Pumpkin Patch or donate it to the animals to play with!

The Trail of Terror, Expect the Unexpected:

From 6:30pm on 14, 15, 21, 22, 26, 28 & 29 October

As the darkness descends across the park, all manner of creatures start to emerge from the shadows to bring to you a night that will leave you both thrilled and terrified. The trail begins as you step through our doors from rustling bushes to masked monsters that will leave you screaming! Beware the trail is not for everyone. Only the brave-hearted will make it through the horrors!

This is a pre-bookable event, and we recommend booking early to avoid missing out.

Terms and conditions apply. Find out more on our website



26 & 27 November, 3, 4, 10, 11 and 17 - 24 December

Immerse yourself in the wonderful Christmas atmosphere with our festive activities.

See Santa's beautiful reindeer in their stables ahead of the big day, create festive crafts at the Elves' Workshop or listen to the elves as they tell stories of Santa's NEW friend Poco the sloth at the Christmas Tales.

Enchanted - Trail of Light:

From 5:30pm on 3, 7, 10, 14, 17, 21 & 23 December

Watch as the zoo sparkles and shines with our BRAND NEW Enchanted Trail of Light. Become dazzled by our magical lights as they twinkle to life after the sun descends for the evening. From illuminated life-size animal sculptures to walking along pathways filled with dazzling displays of luminous lights, our trail will leave you feeling truly enchanted.

Please be aware there is no Santa Experience (Grotto) taking place on our Enchanted Trail of Light event evenings. This is a pre-bookable event, and we recommend booking early to avoid missing out.

Terms and conditions apply. Find out more on our website.

Please also note that all events and activities are subject to change.





RBC Race for the Kids

5k family fun run

Kids go free!

8 October • Hyde Park gosh.org/rbcraceforthekids

Sponsored by



Royal Bank of Canada





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GET INSPIRED!

Sainsbury's Stanway store tells us all about the latest changes to its grocery aisles, with new ranges that inspire and make good cooking easy!

At Sainsbury's, we're responding to the ever-changing needs of our customers, and in listening and responding to these needs, we are transforming our grocery aisles.

Making more changes to our grocery aisles, adapting to evolving customer shopping habits – now and in the future – we are passionate about continually working to provide the right space and selling the right products.

When you visit our Stanway store, you may notice a different look and feel with some new and exciting ranges.

There's more innovation with new ranges like Inspired to Cook, which gives you a hand with cooking from scratch. We've added 200 new products to our Impulse and Packaged & Speciality ranges, we've rolled out more Lindt and Candy King Pick & Mix, and there's new FreeFrom signage to match our new packaging.



Cooking delicious meals from scratch is often the aspiration of our customers, but many lack the time or inspiration to do it day in, day out. That's where the new Inspired to Cook range of products from Sainsbury's can help. A collection of more than 200 time-saving ingredients, it's designed to take all the hard work out of cooking interesting meals at home.

The range will be found across Grocery, Frozen, Fresh & Chilled.



Included is everything from flavoured oils for jazzing up simple meals and spice pastes for making quick dinners with minimal effort. There's also anti-pasti, which can be used as an ingredient or enjoyed on its own, and dried pulse mixes for fuss-free, plant-based meals, plus salad toppers, herb kits, pizza dough and more.

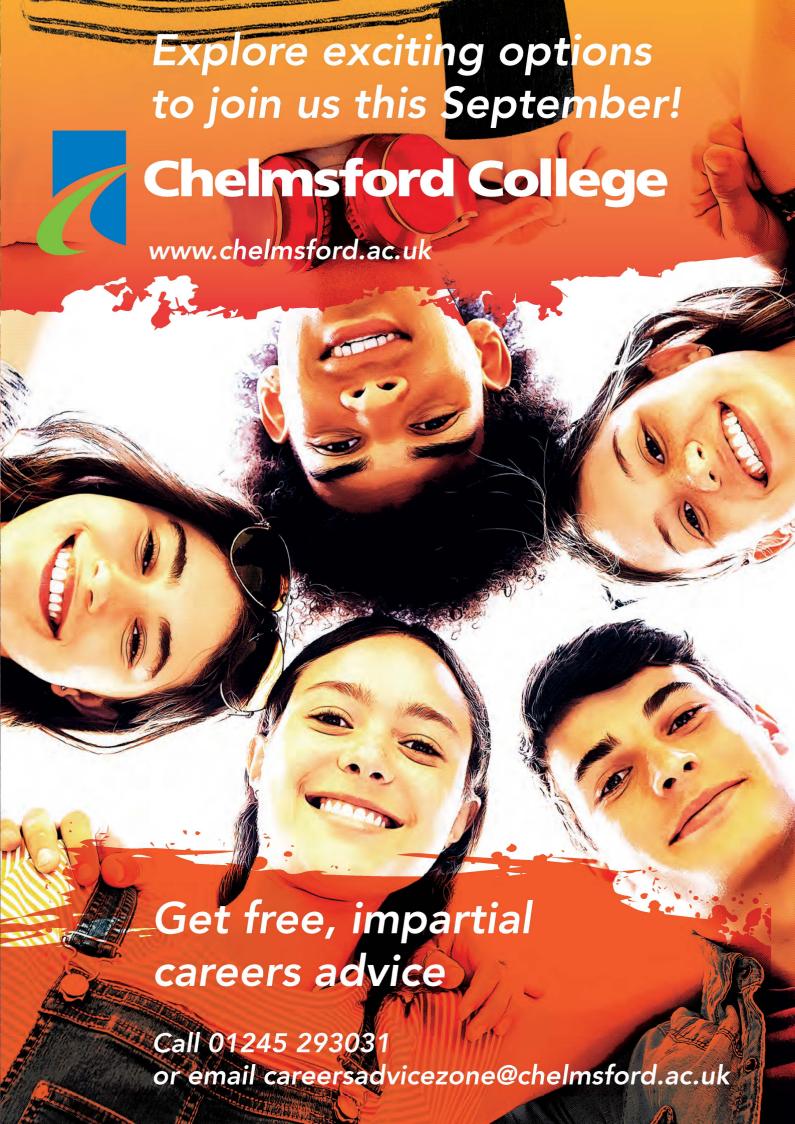
We've worked hard to make sure we've got everything covered for all occasions with our new Inspired to Cook packet sauces, providing great value, taste and breadth of choice, while helping us

with our commitment to Plan for Better as the packaging is fully recyclable! Look out for classics including chicken casserole, spaghetti Bolognese and fish pie.

Our new range of Tex Mex freshly prepared meals have also just landed in store. Whether you're looking for some mid-week inspiration or a weekend treat, we have some familiar meal and snack favourites, from Pulled Beef Burrito and Chilli Con Carne with Cajun Style Rice to some great snacking options of Cheese Poppers and Empanadas!

We also now have some new, exciting products in fresh, prepared meals to bring exotic, international flavours to your dinner table.

Our limited edition range includes delights like Prawn Penang Thai Curry with Sticky Jasmine Rice, Chicken and Mushroom in Oyster Style Sauce with Egg Fried Rice, and Karahi Chicken with Cumin Rice. Plus, there's also a premium range for an indulgent evening meal featuring some delicious Taste The Difference Oriental snacks, including Sainsbury's King Prawn Dim Sum Selection and Vegetable Spring Rolls.







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THE GOOD SCHOOLS GUIDE