

## Do you wish to join or assist The Glens Red Squirrel Group?

Please complete the form below and return this slip to our Secretary.

Visit [www.glensredsquirrelgroup.com](http://www.glensredsquirrelgroup.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Membership Fee. £5.00

*Membership Secretary*  
Nuala Connolly  
Glenville  
Layde Road, Cushendall  
BT44 0NN

## Feeding Red Squirrels

One positive way of helping the Red Squirrel is by setting up “Feeding Stations”

It is most important to provide a variety of food for Squirrels. A constant diet of Peanuts can cause severe complications for the Red Squirrel in the long term and although they may often be seen raiding bird feeders, peanuts are not good for them in excess.

A mix of Grain, Hazelnuts, Sunflower Seeds etc. provides a good balanced diet and a piece of carrot or cuttlefish bone will give them the additional Calcium they need (especially Females)

There are different types of feeders; some designed for areas where there are Red Squirrel only. Other feeders which restrict access by either size or weight are used where there are Grey Squirrels in the locality.

It is important that Feeders are kept clean and changed regularly. For advice please contact our website or any Group member.



Charity No. XT30683

## The Glens Red Squirrel Trails

The Glens Red Squirrel Group in association with the Causeway Coast and Glens Heritage Trust has developed a number of mapped Trails that the public can visit to view Red squirrels in their natural habitat.

Glenariff Forest Park is located in the Antrim Coast & Glens Area of Outstanding Natural Beauty. AONBs are designated landscapes of national importance. The designation aims to protect and enhance landscape quality for those who live there and for those who come to enjoy it.

This trail can be started either from the main car park in the forest park or from the Laragh Lodge Restaurant car park at the bottom of the Forest.. A story board at the tea house in the park and the Laragh Lodge will direct people and a post box will be provided to accept report cards that will be available.



CAUSEWAY COAST & GLENS  
HERITAGE TRUST