

Factsheet

Learn all about the birds that visit our gardens in winter and discover tips for helping them stay happy and healthy.

Brilliant bird facts

Let's learn some fascinating facts about birds in winter...

Did you know?
Some people believe spotting a robin in winter brings good luck.

Birds need to eat their own body weight in food each day to survive cold weather.

Starlings gather in winter flocks called murmurations.

Long-tailed tits huddle together in winter to stay warm.

Many garden birds eat twice as much in winter as they do in summer.

Top tips for helping winter birds

Here are some easy ways to turn your outdoor space into a winter paradise:

Keep feeders clean

Wash them regularly with warm water.

Provide fresh water

A shallow dish of water is vital when puddles and ponds freeze.

Plant bird-friendly shrubs

Holly, ivy, and rowan provide berries and shelter.

Offer shelter

A pile of twigs, a hedge, or a nesting box can give birds a cosy spot to sleep.

Feed little and often

Topping up daily makes helps your garden become a favourite café for hungry birds.