



found on the Arcadia website [www.arcadia-bird.com/uv-lighting/](http://www.arcadia-bird.com/uv-lighting/). A bird lamp should be fitted above the cage to reflect light downwards as a bright light hitting the side of the bird can cause eye irritation.

Different toys should be added and changed regularly to entertain birds. A variety of enrichment ideas can be found at [www.northernparrots.com](http://www.northernparrots.com). It is, however, important to bear in mind that many pet shop toys can be easily demolished, so only sturdy toys should be used. When purchasing toys or cages always make sure that they are "zinc-free" as zinc toxicosis is increasingly seen in captive birds. Be careful as some fixings can contain zinc, yet the toy is sold as zinc free. Household items such as keys, old paintwork, and lead weights can contain heavy metals and be potential sources of toxicity. If planning to be out of the house for a long time, it is also a