

September /
October 2025

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Some of the articles included

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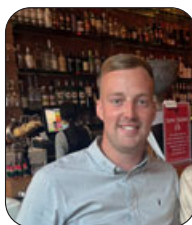
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Hello and welcome to this edition of The Local Life.

New business 'Etire Pilates Studio' are pleased to open the doors at their new premises located at Blakemere Village. Offering small group sessions (up to 6 people) with all levels and abilities welcome. Open 7 days a week and appointments must be booked in advance to attend. If you are interested in taking part and would like to book a session, please see their advert on page 4 for more information and how to book.

Dexter & Hemsley feature for the first time in this edition. The local artisan takeaway serves fantastic sandwiches, breakfasts, homemade cakes, hot and cold drinks, loaded Yorkshire Puddings to name a few. Located in Davenham, next time you are passing and wonder where to stop off for breakfast or lunch give them a try.

Are you a business owner or self employed and looking to promote your business locally? Along with this publication we also have 2 other magazines. The Local Life monthly covers: Cuddington, Delamere Park, Sandiway, Blakemere, Hartford & Weaverham. Helsby To Hand is distributed across the areas of: Helsby, Frodsham, Alvanley, Manley, Mouldsworth, Kingsley, Elton, Norley, Dunham Hill, Overton & Hapsford. If you would like to have your business featured in any of our publications please get in touch to discuss this further.

I hope you all enjoy this edition.

Best Wishes,

Charlie



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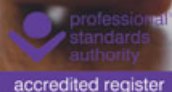


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The beauty gadgets that offer the in-salon experience for a fraction of the price.

They say beauty is in the eye of the beholder, but when it comes to treatments the winner is whoever has the biggest bank balance.

These days you can get incredible results from your local salon, and there are many services that should only be done by a professional... for instance Botox or eyebrow tattoo.

Equally, some beauty regimes can be taken care of at home, and it can be worth investing in the gadgets that will give you great results from the comfort of your own home.

LED Devices

From face and décolletage masks to hand-held wands, LED light therapy has never been more accessible. Stimulating collagen production, reducing the appearance of wrinkles and boosting the benefits of serums and face creams, this is a powerful tool that was previously only available by appointment.

IPL Hair Removal

Unlike traditional hair removal techniques such as shaving, waxing or plucking, (Intense Pulsed Light) IPL offers a long-term solution to inhibit future growth.

It works by emitting multiple wavelengths of light into the skin. This light is absorbed by the pigment (melanin) in the hair follicles, which heats up and destroys the follicle, preventing future hair growth. The light energy is delivered in pulses, allowing for a more controlled and precise treatment.

Though not as strong as salon machines, these 'at home' options are easy to use and do get results over time. However, a decent one can cost over £500.

Home Massagers

There is nothing quite like finding yourself in the hands of a professional masseur, however if you're short on cash and finding yourself in pain then you may want to invest in a home massage device.

You can now find massage guns – a handheld device that sends vibrations through your muscle at a high frequency of around 40 percussions per second – kneading massage pillows, and even machines you can place your feet in for that authentic foot rub feeling, all on the high street.

Electric Toning Devices

Also known as microcurrent devices, these fabulous little gadgets work by using low-level electrical currents to stimulate facial muscles.

This stimulation encourages muscle contraction and relaxation, which can help improve muscle tone, reduce the appearance of fine lines and wrinkles, enhance circulation, and lift facial contours.

Think of it like a workout for your face, and just as working muscles can tone up your legs and abs, it stands to reason it can also boost your facial tone.

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Aubergine Parmigiana Lasagne

Method

Ingredients

3 large aubergines trimmed and thinly sliced lengthways
4 tbsp olive oil
250g vegetarian mozzarella, drained and grated
50g vegetarian Italian-style hard cheese grated
1 bunch of basil leaves roughly chopped, leaving some for garnish
8 dried lasagne sheets (egg lasagne sheets work best)

For The Tomato Sauce:

2 tbsp olive oil
6 garlic cloves finely sliced chopped
¼ tsp golden caster sugar
1 tbsp red wine vinegar
3 x 400g cans chopped tomatoes

Preparation time: 5 minutes

Cooking Time: 20 minutes

Servings: 2

The sauce: Heat the oil in a large pan over a medium heat and fry the garlic for 1 min until golden. Add the sugar and vinegar, simmer for 30 seconds, then add the tomatoes. Season with salt and return to a simmer for 10 mins. Remove from the heat and set aside. This can be prepared up to two days ahead and chilled until required.

Heat a griddle or large frying pan over a medium-high heat. Brush the aubergine slices on both sides with the olive oil and season with a little salt. Griddle the slices in batches until softened and slightly charred (ensure the heat isn't too high or the aubergine will char before it softens). Transfer the cooked slices to a plate as you go.

To assemble: Place a third of the aubergine slices in a layer over the base of a rectangular or square oven-proof dish, then pour over a third of the sauce. Scatter with a small handful of both cheeses and half the basil. Keep most of the cheese for the top. Cover the aubergine layer with half the lasagne sheets. Repeat once more, then finish with a final layer of aubergines topped with the rest of the sauce. Scatter the remaining cheese over the top. After leaving to cool completely this can be frozen so it's a great dish to prepare ahead for busy families. Defrost fully before cooking.

Heat the oven to 200C/180C fan/gas 6. Place the dish on a baking tray and bake for 30 mins until the cheese is golden and the sauce is bubbling at the edges. Leave to cool for at least 10 mins, then scatter with the reserved basil and serve with a green salad.





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How to choose the perfect vet for your beloved pet.

Finding the right veterinarian is one of the most important decisions a pet owner can make. A good vet is not only a skilled medical professional but also a partner in your pet's overall wellbeing. Plus, as a pet owner it's important that there is transparency, trust and kindness for your furry, feathered, or scaly friend.

Before searching for a vet, consider your pet's specific needs. So, if you have a cat, choose a vet who specialises in feline care or has a cat-friendly clinic to avoid potential run-ins with unruly hounds.

Exotic pets, such as reptiles or birds, often require a veterinarian with specialised training, and if your pet has a chronic condition, seek out a professional with experience in managing similar health issues.

A veterinarian's qualifications are crucial. Ensure that they are licensed and accredited by a recognised veterinary board, also look for additional certifications in specialised areas, like surgery or dermatology. And it's not just about the clinical aspect, the overall atmosphere is vital in ensuring you and your pet feel comfortable and content. It is for this reason that word-of-mouth recommendations can be invaluable. Ask friends, family or neighbours for suggestions on trusted local individuals or practices. Online reviews can also provide insights into the vet's reputation and customer service.

If possible, visit the surgery to check it is clean, organised and has high standards. A veterinarian should be approachable and willing to explain medical terms and procedures in a way you can understand, because your pet's health depends on clear communication.

Also, remember that emergencies can happen at any time. Check whether the clinic offers emergency services or has a partnership with a nearby animal hospital.

Petcare can be costly, so it's wise to compare pricing among different clinics. Ensure that the vet provides transparent billing and discusses costs upfront for treatments. Many clinics offer payment plans or pet insurance options to ease the financial burden, but if you are really in a tight spot money-wise, look into charity-run hospital who can offer reduced rates for those on low incomes. Never ever let your financial problems stop you from seeking help for your pet, as there will always be someone willing to help an animal in need.

Just like a decent doctor, a good vet should demonstrate genuine care and compassion for animals. Observe how they interact with your pet during your first visit. Do they handle your pet gently and with patience? Small gestures of kindness can reveal a lot about their attitude. After all, the best medicine in the world, is love.

Vetting The Vet



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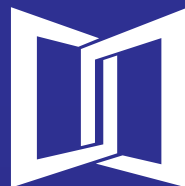
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September Gardening

September is a busy month in the garden as you harvest crops, prune and divide, and prepare for autumn and beyond.

Harvest Time

Because the month of September is a transitional month for the weather and the seasons, it is a busy month for gardeners, especially as they harvest the fruits of their labours.

Summer fruits and vegetables such as tomatoes, courgettes, and runner beans are still going strong this month gracing our tables and making us think of different ways of preserving our bounty. Whilst beans do freeze well, tomatoes do not unless you make sauces so consider more traditional methods of preserving such as picking or bottling.

Blackberries and plums should still be cropping whilst autumn fruiting raspberries are coming into their own. Squashes are just starting to crop, but until they are picked ensure larger fruits are kept well clear of the ground with straw.

Looking Forward

Take cuttings - September is the perfect month to take cuttings from plants such as fuchsias and hebe because hormone levels are high and this will encourage them to take.

Divide Plants - herbaceous perennials such as geums divide easily. Geums come in a huge variety of colours and are a really great value plant as you can divide them and get more and more. Simply lift the plant out of the ground and it should divide up quite readily. You could easily get six smaller plants from one large one. Geums grow tall so add a brilliant extra dimension to the border.

Gather Seeds - harvesting the seeds from flowering plants can save you money and is hugely satisfying. Sunflowers are perhaps one of the easiest flowers to gather seeds from as the seeds and heads are so big. Simply wait until the head dries and then cut it off, hang it upside down and shake, or rub the head until the seeds come out.

Lay a New Lawn

September is a good month to lay a new lawn because the soil is still warm and there is usually enough rain to allow it to grow. You can create a new lawn by either using seed or buying turf. Using seed is the cheaper option but you will need patience, and it is best to start early in the month unless the weather is very hot and dry. Turf offers a quicker result, but it can be hard physical work and possibly the job for a professional. Both seed and turf come in numerous choices that include popular wildflower lawns.

Other September Jobs

Weeds are still growing vigorously in gardens so tackle them regularly. Depending on the weather slugs and snails could still be abundant too so be watchful. To make sure your beautiful pots and hanging baskets continue flowering until the first frosts dead head them and water regularly. Ponds need to be netted to stop leaves falling in and clean and tidy greenhouses and cold frames in readiness for autumn use.

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As the nights draw in more and more of us are heading for a night out at the cinema or settling down on the sofa to watch the very best of TV this September.

September is traditionally the month where many telly favourites return to our screens and with the addition of some exciting new programmes there is a lot to look forward to. And not to be outdone, the silver screen has some exciting big and small budget films coming to cinemas this month to delight. Here are some highlights.

The Morning Show Season 4 – 17TH September – Apple TV

Starring the brilliant Jennifer Aniston and Reese Witherspoon the eagerly anticipated Season 4 is set in spring 2024, two years after the events of the third season and the dramatic UBA-NBN merger with its huge ups and monumental downs. Once again, the idea of which characters and which news sources are trustworthy run through the entire narrative keeping viewers on the edge of their seats. The magnificent Billy Crudup returns as TV executive Cory Ellison, rated by fans as the show's most dangerous character.

Task – September – Sky

Starring the award-winning Mark Ruffalo and created by Brad Inglesby who was responsible for the acclaimed *Mare of Easttown*, this drama has already been labelled as the crime drama of the year by some critics. Ruffalo plays an experienced FBI agent tasked with investigating a series of violent robberies whose leading suspect is a seemingly ordinary mild mannered family man.

Last Night of the Proms – 13th September – BBC

After eight weeks and more than 80 concerts this year's proms conclude from the Royal Albert Hall with plenty...

September Entertainment

Film and TV Highlights - By Rob Bullock

of merriment, flag waving and pomp and circumstance culminating in, as always, *Land of Hope and Glory*.

Downton Abbey: The Grand Final – 12th September

The latest and, possibly, last chapter of the wonderful *Downton Abbey* franchise and the story of the ups and downs of the Crawley family promises to be a delight. Writer Julian Fellowes is at his very best and most of the famous ensemble return with some notable additions such as Joely Richardson and Simon Russell Beale.

The Golden Spurtle – 12th September

Possibly the best film of the month if not autumn, *The Golden Spurtle* is a low budget, charming, laugh out loud Scottish film by Constantine Conti about the World Porridge Championships! This year due to ill health it is Charlie Miller's last time to be in charge of proceedings and the results are hilarious.

Mother's Pride – 26th September

With a stella cast including Mark Addy (*The Full Monty*), Martin Clunes (*Doc Martin*), 'Inbetweeners' James Buckley and the indomitable Miles Jupp, *Mother's Pride* is a delightful British comedy about a failing pub, a grieving family and a divided community whose lives are changed forever by entering the Great British Beer Awards.

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Trouble in Paradise

Five BIG Holiday Mistakes to Avoid.

Holidays are a chance to relax, unwind and transport yourself to a different place, mentally and physically.

That's why when things go wrong during this special time of the year, it can be disheartening.

However, you can steer away from stress by circumnavigating these common holiday horrors.

Travel restrictions

You may have a place in mind, but long before concerning yourself over passport, travel insurance and vaccinations, give a final check that your destination is somewhere safe.

Natural disasters, political conflicts and social unrest are just a few of the reasons a place may find itself on the no-go list. Some of these elements may change frequently given we are in fast-moving times.

You can find guidance on the Foreign, Commonwealth and Development Office (FCDO) website and it's worth checking this information often in the weeks leading up to your holiday. In the past the FCDO has issued various travel warnings, including advice against 'all travel' and 'all but essential travel' to entire countries or parts of countries, so don't get caught out.

Scams

Scam websites on the internet are nothing new, and there is nothing more devastating than paying out for a dream trip only to realise you can't even make it through Passport Control.

To check if a holiday company is legitimate, look for suspicious language, typos, ensure there is clear contact information, website reviews, and membership in reputable trade bodies like ABTA or IATA. Verify the company's ATOL (Air Travel Organisers' Licence) if it offers flights, and avoid companies that request payment outside of secure systems.

Delays

Some delays are inevitable, but there are steps you can take to make it less likely. For example, if you're taking a short haul flight on a budget airline, it's best to get the first flight as planes will likely be going to and from mainland Europe several times in one day, so delays can accumulate. Also, download the app of the airline you're travelling with for regular updates.

Overpaying

Even if the website hollars 'hotel in demand... one room left!!' do not book anything on a whim. Companies often use this as a tactic to pressure customers into booking, but it is always worth checking your options.

Visit price comparison websites, read reviews of hotels so you can be sure it offers the standards promised and, if in doubt, book via a travel agent who will source the best deal.

Culture clashes

Some countries have different cultures to the UK. In France for example, this often means ladies will sunbathe topless on the beach, however if you try that in some Middle Eastern countries you are likely to get arrested.

Ultimately, it comes down to respect for a location and its people, so take time to ensure a destination matches with your own values, persona and identity.



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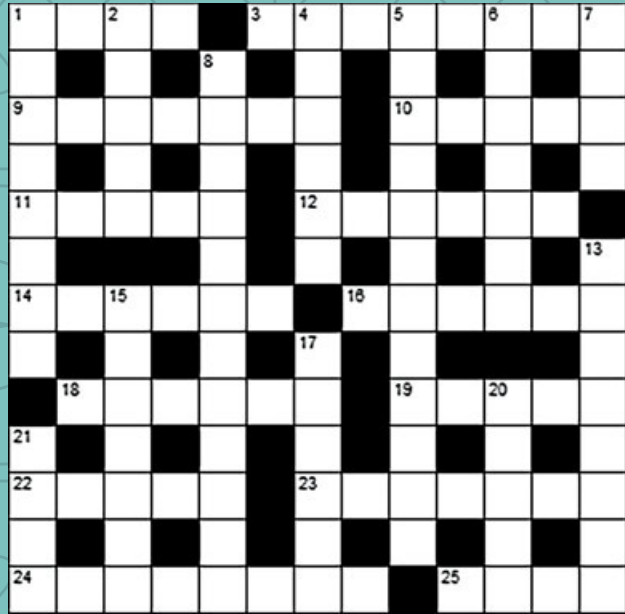
Across

1. Free from danger (4)
3. Upright, perpendicular (8)
9. Circus swing (7)
10. Game in which you shout when you win (5)
11. Without clothing (5)
12. Appeared to be (6)
14. Filtered through fine mesh (6)
16. Concern, issue (6)
18. Diversion (6)
19. Labels (5)
22. Predatory marine mollusc (5)
23. Highly seasoned Indian rice dish (7)
24. Old form of address for a woman (8)
25. Presidential assistant (4)

Down

1. Devil worshipper (8)
2. Container for fluid (5)
4. All the same, however (4,2)
5. Mealtime etiquette (5,7)
6. Arrogance (7)
7. Large wild cat (4)
8. Seamstress or tailor (12)
13. Social standing (8)
15. Antennae (7)
17. Clans (6)
20. _____ Dolphins, American football team (5)
21. Moved through the water (4)

Crossword



Wordsearch

E R M L W O R K B O O T S S Y
 S Y O S E E G W O V V U P Q O
 K J M A D M S T A U B M S D E
 A F F N G F O L D D U O O B S
 T B L D E U L C I P E U C R P
 E P D A S P L I C P V R K O A
 S H W L T X H C P A P H S G D
 K Z Y S K S L L C F S E G U R
 S L I N G B A C K S L I R E I
 A J M O T U I E N Y L O N S L
 S H L L O A F E R S A M P S L
 U C Y P E E P T O E S U Z S E
 W G Z X R N Z H G M Y L Q U S
 D M I X R A V H O S I E R Y R
 G A L O S H E S E U A S R V F



Types Of Shoe

- | | | |
|-------------|------------|-----------|
| brogues | moccasins | socks |
| clogs | mules | waders |
| espadrilles | peep-toes | wedges |
| flats | pumps | workboots |
| flip-flops | sandals | |
| galoshes | skates | |
| hosiery | slingbacks | |
| loafers | slippers | |

Kids' Page

Can you spot the 7 differences between the two tea parties?



Can you Find all the ALICE IN WONDERLAND characters in the letter grid?

C	A	T	E	R	P	I	L	L	A	R	G	Q
E	W	H	I	T	E	R	A	B	B	I	T	U
O	N	Y	J	W	D	D	H	L	C	L	L	E
M	A	F	C	E	O	L	G	X	H	U	K	E
A	T	W	E	E	D	L	E	D	E	E	R	N
D	Y	D	J	D	A	L	F	U	S	A	G	O
H	V	C	A	L	C	M	S	B	H	F	L	F
A	D	H	L	E	H	I	F	H	I	O	Q	H
T	O	W	I	D	P	D	C	G	R	S	C	E
T	D	Z	C	U	E	R	R	B	E	T	N	A
E	O	X	E	M	A	K	T	I	C	T	U	R
R	D	O	R	M	O	U	S	E	A	Y	Y	T
D	I	M	O	C	K	T	U	R	T	L	E	S

Alice
Caterpillar
Cheshire Cat
Dodo
Dormouse
Mad Hatter
March Hare
Mock Turtle

Queen of Hearts
Tweedle Dee
Tweedle Dum
White Rabbit



Quiz

1. What is the chemical symbol for gold?
2. Name the largest ocean on Earth?
3. Which gas makes up most of the Earth's atmosphere?
4. What metal is liquid at room temperature?
5. What's the tallest mountain in the UK?
6. What is the smallest country in the world?
7. Who was the first female Prime Minister of the UK?
8. What major event happened in London in 1666?
9. What battle is often considered Napoleon's final defeat?
10. What kind of rock is volcanic rock made from?

Sudoku

3				5				6
	9	4						
	6		4	9		1		
			7			8	2	3
8								1
9	2	7			3			
		3		7	6		5	
						6	4	
6				2				8

Solutions

Quiz

1. AU
2. Pacific Ocean
3. Nitrogen
4. Mercury
5. Ben Nevis
6. Vatican City
7. Margaret Thatcher
8. The Great Fire of London
9. Waterloo
10. Igneous Rock

Crossword

S	A	F	E		V	E	R	T	I	C	A	L
A	L		N	V	A		O		I			
T	R	A	P	E	Z	E		B	I	N	G	O
A	S	E		N	L	C						
N	A	K	E		S	E	E	M	E	D		
I			L	O	M	I	P					
S	I	F	T	E	D		M	A	T	T	E	R
T	E	W	T		N		E					
S	D	E	T	O	U	R		N	A	M	E	S
S	L	R	I		E		I	T				
W	H	E	L	K		B	I	R	Y	A	N	I
A	R	E	E		S		M		G			
M	I	S	T	R	E	S	S		A	I	D	E

Wordsearch

E	R	M	L		W	O	R	K	B	O	O	T	S	S	Y
S	Y	O	S		E	E	G	W	O	V	V	U	P	Q	O
K	J	M	A	D	M	S	T	A	B	M	S	D	E		
A	F	F	N	G	F	O	L	D	D	U	O	B	S		
T	B	L	D	E	U	L	C	I	E	U	C	R	P		
E	P	D	A	S	P	L	I	C	P	V	R	K	O	A	
S	H	W	L	T	X	H	C	P	A	P	H	S	G	D	
K	Z	Y	S	X	S	L	L	C	F	S	E	G	U	R	
S	L	I	N	G	B	A	C	K	S	L	R	E	I		
A	J	M	O	T	U	I	E	N	Y	L	O	N	S		
S	H	L	L	O	A	F	E	R	S	A	M	P	S		
U	C	Y	P	E	E	P	T	O	E	S	U	Z	S		
W	G	Z	X	R	N	Z	H	G	M	Y	L	Q	U	S	
D	M	I	X	R	A	V	H	O	S	I	E	R	Y	R	
G	A	L	O	S	H	E	S	E	U	A	S	R	V	F	

Sudoku

3	1	8	2	5	7	4	9	6
5	9	4	6	3	1	7	8	2
7	6	2	4	9	8	1	3	5
4	5	1	7	6	9	8	2	3
8	3	6	5	4	2	9	7	1
9	2	7	1	8	3	5	6	4
1	4	3	8	7	6	2	5	9
2	8	9	3	1	5	6	4	7
6	7	5	9	2	4	3	1	8

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