

September / October 2026

Local Life

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Some of the articles included

p8



p20



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p28



**Hello and
welcome to this
edition of
The Local Life.**



Winnington Park Rugby Club are welcoming new players to join their girls teams. All abilities welcome for girls aged 10-17 with training sessions taking place on Wednesday evenings between 6:30-8pm. If you or your child are interested in attending the next session please see the community pages for more information.

A reminder that Tails Animal Rescue have their fun dog show taking place on Saturday 12th September at the Leigh Arms, in Acton Bridge. The day promises to be fun for all the family with various activities taking place throughout the day. You can enjoy: fun dog classes, stalls & treats, raffles, doggy games, live music, and fire breathing displays. Rosettes & prizes will be presented to the winners and all proceeds on the day will go to the charity.

Are you ready to 'Defeat Delamere'? Sunday 13th September is your next chance to participate in any of the 5k, 10k or 16k races. Also available on the day will be a junior run. If you are up for the challenge you can register by scanning the QR code.

Did you know that we have 3 publications in total? Distributed to 22,000 homes and businesses. If you are looking to grow your business please get in touch to find out the areas each publication covers and discuss how our local magazines can help your local business grow!

Enjoy this edition!

*Best Wishes,
Charlie*



*I am recyclable. Once you have
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Signs To Look Out For When Considering Care

As people become less able to look after their physical needs and mental well-being they could need some support.

Here in the UK, according to the Department of Health and Social Care, last year there were more than 350,000 people living in care homes in England, additionally, there were nearly one million people who received some level of domiciliary care.

Different Kinds of Care

Social care can vary greatly and includes different levels of support, from assistance with everyday chores to specialised nursing support. It can include caring for someone in their own home, which is known as domiciliary care, to day centres where someone can visit and get hot food and socialise, to care provided by residential and nursing homes.

Signs to Consider When Considering Care

Everyone is different and everyone has different care needs. Some people might need someone to visit each day and clean their home, or do cooking and shopping, others might have a medical condition that requires 24/7 specialised nursing care, and care needs change over time. Spotting the signs of changes or that a loved one needs help can be difficult and it can include watching for physical deterioration, personal changes, changes to someone's mental wellbeing or just struggling with things that they have always done.

Physical Signs

These can perhaps be easier to spot especially if someone is struggling with their mobility or has had falls. Losing weight, increased frailty or if some is having difficulty with their daily routines might be harder to spot but this might suggest a loved one is not managing well on their own.

Personal Care Challenges

Something that might be more obvious is if someone is struggling with their personal care, like bathing, dressing, grooming or neglecting their personal hygiene when this has never been an issue before. This might suggest some underlying health issues like dementia, and the need for professional care.

Cognitive Changes

Memory issues can affect many people as they get older and can include forgetfulness or confusion. Forgetfulness can indicate cognitive decline, or worsening of a condition like dementia, which may require specialised care. If someone is struggling to manage their home or their finances when before this was not a problem this could indicate a loved one needs have changed and that there is an increased care.

Social Isolation

Because of health or mobility issues many people find it difficult to get out of the house and this can lead to depression and loneliness and the effects they can have on a loved one's emotional wellbeing could indicate that they need extra care. Spending long periods on their own and losing interest in social activities that were once important to them can severely impact mental health and lead to further issues.

Although they can be subtle and hard to spot, recognising the signs early can help ensure that you can help your loved one receive the support they need to maintain their best quality of life.

By Rob Bullock



Flapjack Apple Crumble

Since school, apple crumble has been a go-to in Nadiya Hussain's house, with the addition of a few spices and the omission of powdered custard.

Ingredients

250g/9oz porridge oats
2 tsp lemon zest
125g/4½oz unsalted butter
100g/3½oz muscovado sugar
100g/3½oz golden syrup
1kg/2lb 4oz Granny Smith or cooking apples, peeled, cored and cut into chunks
40g/1½ oz unsalted butter
1 tsp cinnamon
1–2 tbsp muscovado sugar
1 lemon, juice only
1 tbsp cornflour
150g/5½oz raisins
600ml/1 pint whole milk
1 tbsp vanilla extract
4 free-range egg yolks (roughly 80g/3oz)
20g/¾oz caster sugar
2 tsp cornflour

Method

Preheat the oven to 150C/130C Fan/Gas 2.

For the crumble topping, spread the oats on a large baking tray and bake for 10–15 minutes, stirring once, until they are toasted and golden in colour. Once toasted, put the oats into a bowl and add the lemon zest. Leave the oven on.

Melt the butter, sugar and syrup in a saucepan over a medium heat until the sugar has dissolved. Pour over the oats, give it a good mix and set aside.

Put the apples, butter, cinnamon, 1 tablespoon of sugar and the lemon juice into a pan. Cook for about 10 minutes on a medium heat, until the apples have softened slightly. Stir in the cornflour and raisins, then tip the mixture into a 25cm/10in square or round ovenproof baking dish. Top with the flapjack mix in an even layer. Bake on the middle shelf of the oven for 40–45 minutes.

Meanwhile, for the custard put the milk and vanilla into a pan and bring to the boil, then turn down to a gentle simmer. Put the egg yolks, sugar and cornflour into a bowl and whisk until the mixture is light. Slowly add the warm milk in a steady stream, whisking all the time. Once all the milk is added, pour it back into the pan over a medium heat and stir gently with a spoon till the mixture thickens.

Pour straight into a serving jug and, if there is a wait, cover with cling film, making sure the film touches the top of the custard. Unless of course you enjoy the skin, in which case by all means leave it exposed. Serve the crumble with the custard alongside.

Notes:

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Center Parcs, Sherwood Forest

Center Parcs offers woodland lodges, swimming pools, cycling trails and a huge range of activities. Many visitors automatically assume they need to drive, but Sherwood Forest can be reached by train via Newark. From there, just hop on local transport connections.

Bruges, Belgium

One of Europe's most beautiful cities is surprisingly accessible by rail. Travellers can take the Eurostar from London to Brussels before making a straightforward connection to Bruges.

The city showcases medieval architecture, picturesque canals and cobbled streets, with cafés, chocolate and some excellent local beer making any adventure entertaining.

The Scottish Highlands

Little needs to be said about the Highlands, with the Caledonian Sleeper taking you from the south of England to the north of Scotland while you sleep.

Whether based in Inverness, Fort William or one of the region's smaller towns, visitors can enjoy mountains, lochs, wildlife and walking routes that showcase the very best of Scotland.

Amsterdam

Few European cities are better suited to a rail-based holiday than Amsterdam. Direct Eurostar services from London make it possible to travel from the heart of one capital city to another in just a few hours.

Once there, you can immerse yourself in a city famous for its canals, historic architecture and relaxed atmosphere. World-class museums sit alongside independent cafés, bustling markets and picturesque neighbourhoods.

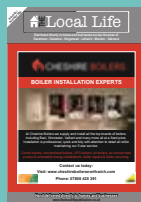
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Pick, plant and prepare - with it shortening days September is a busy month for gardeners as it marks the transition into autumn.

September is the last month of summer and gardeners should expect hot sunny weather to ripen fruits, but there are often good amounts of rain that will rejuvenate lawns. Looking to the future bulbs need planting and preparations need to be made for Autumn.

Lawns

August can take its toll on lawns, and many gardeners reduce cutting frequency and blade height to help grass survive. But September will offer a welcome reprieve and after a couple of downpours lawns should look lush. Apply low nitrogen, high potassium fertiliser to help it get through winter, consider aerating and scarifying, before scattering seed on any bare patches. Keep grass around 3 to 5cm high to allow it to absorb the maximum amount of sunshine.

Harvest

September is the month when there is something of a harvest crossover as late summer fruit and veg meet the early autumn crops. Potatoes should be still good to pick, as should runner beans, beetroot and sweetcorn, whilst there should still be some succulent plums and the last of the summer raspberries to pick. The early apples and pears, and blackberries are ripening in the warm sunshine, and some should be good enough to pick.

Plant

In the vegetable plot consider sowing winter hardy broad beans and peas for early spring harvest.

Remember, for the last of your summer legumes you should not pull up the whole plant when it has finished producing, instead leave the roots in the ground as this improves soil structure and helps fix nitrogen into the soil.

You can also continue sowing autumn planting onion and garlic sets and winter salad greens like mustard leaf and spinach for plentiful salad crops.

In the flower garden now is the time to plant spring bulbs like hyacinths, crocuses and daffodils to establish before winter but always make a note of what is planted where! Hardy annuals like nigella, English marigolds and cornflowers can be sown directly into the soil for early spring blooming.

Prepare

If you have one, netting the pond is a good thing to do this month as it will stop too many autumn leaves falling in and decomposing. In the greenhouse you can still take cuttings of fuchsias and geraniums to propagate for next year but do not forget to prepare your greenhouse for the colder weather. It should be cleaned and tidied and the glass washed and dried then line the inside walls and roof with horticultural bubble wrap.

Water butts also need a good clean out this month and given a thorough flushing, cold frames need cleaning, tidying and washing like greenhouse and then lining with bubble wrap. September is the perfect month to deep clean your patio and any flagged paths, or any decking removing any moss and algae which could make them slippery and allowing everywhere to dry in the sunshine.



Gardening September



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How Much Health?

We're constantly told to eat more fruit and veg, but not all produce offers the same nutritional punch.

So while every portion contributes towards a healthier diet, some fruits and vegetables provide far more vitamins, minerals and fibre than others. Let's see the good from the... not so good.

The big five

Let's start with five nutritional stars. **Blueberries** frequently appear near the top of healthy eating lists. Packed with antioxidants and vitamin C, they're associated with a wide range of health benefits, and as well as being tasty and easy to consume, they're particularly popular for supporting overall wellbeing.

Kiwis are often overlooked but contain impressive levels of vitamin C, fibre and potassium. Their nutrient density makes them one of the most valuable fruits available, and as for the effect on the tastebuds...!

Broccoli has earned its reputation as a superfood. Rich in vitamins C and K, fibre and plant compounds, it offers considerable nutritional value while remaining low in calories.

Spinach delivers a powerful combination of iron, folate, vitamins and antioxidants. Whether eaten raw or cooked, it provides a substantial nutritional boost... just ask Popeye!

Finally, **sweet potatoes** round out the top five. High in fibre, vitamin A and beneficial plant compounds, they offer a more nutritious alternative to many refined carbohydrate options.

Less good... but still good!

At the other end of the scale are fruits and vegetables that provide fewer nutrients relative to their calorie content or water content. To start, the humble **iceberg lettuce**, which is crisp and refreshing, definitely, but contains significantly fewer vitamins and minerals than darker leafy greens such as spinach or kale.

Cucumber is hydrating and low in calories, but much of its composition is water, meaning its nutritional profile is comparatively modest.

Celery shares similar characteristics. It recently gained the reputation of requiring more energy to consume it than it actually offers, yet that's not all - while healthy as a snack, it contains fewer nutrients than many other vegetables.

Aubergine offers some benefits but generally provides lower concentrations of vitamins and minerals compared with many colourful vegetables.

Watermelon, meanwhile, is enjoyable and hydrating, particularly during summer, albeit the nutritional density on offer is lower than fruits such as berries, kiwis or citrus fruits.

Through all this though, there is an important caveat. The healthiest fruit or vegetable is often the one you actually enjoy eating. Variety remains one of the most important principles of good nutrition, and regularly consuming a wide range of produce is likely to provide greater benefits than focusing exclusively on any single 'superfood'... so tuck in!

Modern cars are smarter than ever. They can park themselves, maintain safe distances from other vehicles and even help keep drivers in their lanes.

Yet as technology takes over more tasks, some experts are asking an important question: are motorists becoming too dependent on the tech in their cars?

Few people would argue against advances that improve safety and convenience. Features such as reversing cameras, parking sensors, adaptive cruise control and satellite navigation have made driving easier and less stressful for millions.

Yet there is growing concern that some traditional driving skills may be fading.

Take parking, for example. Many motorists now rely heavily on cameras and sensors when manoeuvring. While these systems can be extremely useful, they are no substitute for observation, awareness and vehicle control. Cast your mind back to the skills required when passing your driving test – in much the same way that a taxi driver in London must still learn The Knowledge despite the advent of sat navs; so too must be able to manage many aspects of a vehicle without solely relying on tech.

Ultimately, drivers who become overly dependent on AI assistance may struggle when those systems are unavailable or malfunction.

To return to navigation, this presents another interesting case. Before sat navs became commonplace, drivers routinely planned journeys, studied maps and remembered routes. Today, many people simply follow spoken instructions. While in

one instance this is something that keeps our eyes towards the road, rather than staring down at a map, it can also reduce awareness of surrounding streets and landmarks.

Cruise control has also transformed motorway driving. Used correctly, it can improve comfort and even fuel efficiency. However, some safety experts worry that prolonged use may encourage complacency, particularly on long journeys where concentration can naturally drift.

Even basic vehicle maintenance knowledge appears less common than it once was. Many drivers would struggle to check fluid levels, identify warning lights or perform simple maintenance tasks that previous generations considered routine.

That doesn't mean technology is the problem. In fact, modern safety systems have undoubtedly helped reduce accidents and improve driving experiences. Features such as automatic emergency braking and lane assistance can provide valuable support when used appropriately.

The key is remembering that these systems are aids rather than replacements. Responsibility still rests with the person behind the wheel.

As vehicles continue to become more advanced, the most effective drivers may be those who combine traditional skills with modern technology, using both to stay safe, aware and confident on the road.

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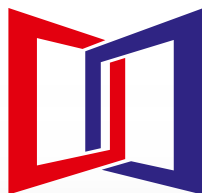
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Where to Stay

Amsterdam is divided into 26 neighbourhoods, each with its own distinctive character. In Centrum-West district, the now gentrified area of Jordaan (a working-class district in the early 17th century), is a popular location to stay. Not only is it close to the city center, a stunning canal runs through the district and Noordermarkt (a street food market) is held over the weekend. In Jordaan there's easy access to nearby lively bars and tapas restaurants as well as mini supermarkets - ideal if you have booked self-catering accommodation. Cheap wine and prosecco are widely available in these stores, although if you prefer a harder drink you may have to look further afield as smaller shops tend not to sell spirits.

Nightlife

Located in the Southern Canal Ring, Leidseplein (aka 'the party capital') is the square to be in if you're up for a night out on the town. Packed with bars, clubs and organised party crawls, cocktails cost from around €11, with beer between €5 and €6. If you are a solo traveller or in a sociable group of friends, a hosted bar crawl may be up your street. Ladies receive a free t-shirt, the first drink at each bar is on the house and everyone essentially gets a free "tour" of the streets of Amsterdam (depending on what you can remember!). It's a fun, sociable event to join, with the hosts encouraging various games and dancing throughout the night.

Daytime Exploring: The Southern Canal Ring

Not just the party capital, Leidseplein (and the rest of the Southern Canal Ring) is a great place to explore by day, as it's packed with historical architecture, a looping canal and a plethora of restaurants to try.

Check out the streets peeling off the main square for rows of budget pizza, steak and pasta joints. There are also Starbucks, McDonald's and Burger Kings throughout the region.

Saved a bit of spending money? Amsterdam's Hard Rock Cafe and gift store is just a few minutes walk from the centre. You can also hire a bike to explore further afield, join a canal tour to see the city from a different perspective and discover local street art. Another tourist favourite is Dam Square, positioned in the bustling medieval centre of Amsterdam. Perfect for a stroll around shops and food stalls, you can also watch street performers or jump in a rickshaw for a thorough explore of the area.

Coffee Shops v. Cafes

You may have heard of Amsterdam's coffee shops (they're the ones which don't serve afternoon tea and biscuits - check back at a cafe for a English Breakfast or cappuccino). If you're keen to try the Amsterdam coffee shop experience, then head to a Bulldog coffee shop; an international company which owns a chain of coffee shops in Amsterdam. Enjoy!

The Perfect City Break

Amsterdam is brimming with activities, making it difficult to pack it all in one weekend, so prioritising is key. To explore the museums, such as Anne Frank's House, it's worthwhile getting up early as queuing can take up to six hours! There's also bikes and trams to take you around the city, or pedalos for the canals. Check out iamsterdam.com/en to start planning your city break.



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Still need convincing? Well, put it to the test - if your property is feeling a little tired, here are six tasks that we're confident will provide an instant lift.

1. Window to the world

The first and perhaps most effective job is cleaning your windows. Over time, dirt, dust and weather stains build up on glass, reducing the amount of natural light entering your home. Sparkling windows can make rooms feel noticeably brighter and more spacious, particularly in these glorious summer months.

2. Touch it up

Refreshing paintwork is another quick win. You don't need to redecorate an entire room. Touching up scuffed walls, repainting skirting boards or refreshing tired doors can make a surprising difference, in both light and darker conditions.

3. Don't mutter, just declutter

Decluttering is often overlooked but can transform how a space feels. Clearing surfaces, organising cupboards and removing items you no longer need can instantly create a calmer, more attractive environment. Not only that, you'll find your mental health takes an upward slant, and you may just be able to tick off a few of those admin jobs at the same time.

4. Let there be light

Lighting also deserves attention. Replacing old bulbs with brighter, energy-efficient alternatives can improve a room immediately, as well as helping the environment. Cleaning lampshades and light fittings can further enhance the effect.

5. Under pressure

Outside, pressure-washing patios, paths and driveways will improve kerb appeal. Years of dirt and algae can disappear in a matter of hours, revealing surfaces that look almost new. Of all the tasks, this is one you'll probably want to do yourself, as the satisfaction levels are high!

6. Plant a seed in your mind... and your garden

Finally, don't underestimate the power of plants. Houseplants, hanging baskets and colourful containers can bring life and character to both indoor and outdoor spaces. Even a few carefully chosen plants can make a room feel more welcoming.

Ultimately, the beauty of these projects is that they require relatively little time or expense.

Individually they may seem small, but together they can transform the look and feel of a home, proving that sometimes the simplest improvements have the greatest impact.

Home

Comforts



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What Is Essential

Interestingly, 'essential' in the essential oils' name means that they contain 'the essence' of the odour and flavour of the plant that they're derived from, not that they are 'essential' to one's body or its functions. But even without being essential, essential oils have been used for centuries in practices such as homoeopathy for healing infections and such, and also have been proven to improve our daily lives as they can help with sleep, anxiety and life's general everyday stressful moments.

Lavender Oil

Lavender oil is huge within the aromatherapy industry and is one of the most common essential oils worldwide. It has been used to assist people who have difficulty sleeping or suffer from anxiety due to its calming scent and relaxing aroma. As well as its stunning smell, it also has anti-inflammatory qualities and can help with healing fungal infections.

Tea Tree Oil

Tea tree oil can be used daily for many different purposes. Originating from Australia, it is widely used as treatments for bacterial infections and fungal conditions as well as viruses. With the right recipe, it makes an excellent hand sanitiser and insect repellent due to its natural essence to kill E. coli. It is often used as an ingredient in deodorant and shampoo, as it can help fight bacteria and act as a controlling substance against dandruff.

Chamomile Oil

Chamomile oil is an extract directly from its plant and is most commonly produced as tea leaves. It is known for helping to soothe the digestive system and also possesses a calming essence that can benefit people

who suffer from depression or anxiety. The essential oil, when diluted, can help relieve pain through application to the skin.

Peppermint Oil

Peppermint is a common extract for fresh breath, as its flavouring is used in mints, chewing gum and mouthwash frequently. Due to its fresh taste, it is often used in culinary dishes to add extra flavouring. Peppermint tea is a common beverage, and, unlike lavender or chamomile, it can naturally boost energy and help with staying alert throughout the day.

Lemon Oil

Citrus is known for cleansing the digestive system, and lemon oil is no exception. It can aid with washing out the body as part of a detox diet to filter out any toxins and can also be used as a natural exfoliator for the skin, eliminating dead cells from the surface of the face and body. Similar to peppermint, the lemon oil scent can cause moods to lift and the person to energise.

Cinnamon Oil

Cinnamon oil is commonly associated with winter due to its comforting and spicy smell. It is one of the stronger scented oils and needs to be well diluted before use. It can be used to fight bacteria and acts as an antifungal agent, as well as contributing to the mood-enhancing area of aromatherapy. It is a widely used ingredient in cooking, especially around the holiday season due to its subtle spice and sharp taste.

These oils, plus many more, have made their way into mainstream healthcare, with more of the public using natural remedies to aid in treating various physical and mental issues. As well as using these to make a delicious addition to home-cooked meals.

Essential Oil Benefits





September Entertainment

Film and TV Highlights - Rob Bullock

With comedy, magic and monsters on the big screen and science fiction, glitz and glamour and pomp and circumstance on the small screen, September is a fantastic month.

How To Rob A Bank

Directed by David Leitch and starring British actor Nicholas Hoult (About a Boy), Tati Gabrielle and 80's Hollywood heart-throb Christian Slater this highly entertaining high-speed heist comedy features a group of bank robbers who use social media to showcase their daring robberies. But as their confidence and notoriety grows, they find themselves in an exciting cat-and-mouse game with a veteran FBI agent and a skilled software engineer.

Practical Magic

The sequel to the 1998 film Practical Magic, this romantic fantasy film once again stars Hollywood legends Sandra Bullock, Nicole Kidman and Stockard Channing, alongside English actress Maisie Williams. Practical Magic 2 is set twenty-five years after the original film as we follow the Owens family who are facing a new crisis when Sally's daughter uncovers terrible hidden family secrets and develops dark abilities which plunges the whole family into a struggle to break their centuries-old curse.

Resident Evil

The second reboot of the Resident Evil franchise, directed, co-written and starring Zach Cherry. This is the story a medical courier called Bryan who is unfortunate enough to become embroiled in a deadly viral outbreak of infected monsters in Raccoon City, where he has to fight for his very survival over one horrendous night.

Dr Who "The Climate Conundrum"

Dr Who fans have been waiting a long time for these new instalments of the timelord's adventures. The third

episode of this highly anticipated new series has mostly been kept tightly under wraps by the BBC but it promises much under the new direction of showrunner Steven Knight and Billie Piper who last we saw regenerating as the new Doctor in the previous episode. Piper is a Dr Who fan favourite, she previously played companion Rose Tyler in 2005 and 2006 but there is much conjecture about the future of the Time Lord as Piper's regeneration has been mooted as just temporary until a new permanent Doctor is announced.

The National Television Awards

Coming from the O2 Arena in London, this year's awards are the 31st airing of the event that celebrates all the very best-loved shows and stars of British television, with the winners determined by viewer votes. Multiple-time winners Ant and Dec are once again hoping to reclaim their crown in the Best TV Presenter category after Gary Lineker famously broke their 23-year winning streak last year!

The Last Night of the Proms

Rounding off a wonderful summer of live music the finale is once again broadcast live on the BBC from the Royal Albert Hall in London. This year's Last Night features world-renowned pianist Yuja Wang and tenor Nicky Spence, amongst others and will conclude the 2026 Prom season as always with plenty of wonderful pomp and circumstance.

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For years, it seemed as though social media would replace many of the clubs and groups that once brought communities together. Yet across the country, book circles, walking groups, choirs and amateur sports teams are attracting new members.

The reality is, in an increasingly digital world, people are rediscovering the value of meeting face to face.

Not so long ago, joining a club was one of the most common ways to meet people. Whether through sports, hobbies, music or volunteering, these friendly groups provided opportunities to learn new skills, make friends and become part of a community.

Then came the rise of social media, streaming services and online entertainment. Suddenly, it became easier to spend evenings at home, rather than head out to meet others. For a time, many traditional clubs struggled to attract younger members.

Now, however, there are signs of a revival.

Outdoors groups are reporting massive surges in attendance, book clubs continue to flourish, while choirs, gardening societies and amateur dramatics groups are welcoming people of all ages. Community sports clubs are also experiencing renewed interest as more people seek activities that combine fitness with social interaction.

Part of the appeal is simple human connection. Online conversations can be convenient, but they rarely replace the benefits of meeting people in person.

Shared experiences help build friendships, reduce feelings of loneliness and create a stronger sense of belonging.

Many clubs also offer opportunities to learn new skills. Whether it's photography, painting, dancing or local history, organised groups allow people to pursue interests they might never have explored on their own.

The mental health benefits can be significant too. Studies have repeatedly shown that social connections contribute to happiness and wellbeing. Regular participation in community activities can help reduce isolation while boosting confidence and self-esteem.

Another attraction is affordability. Compared with many forms of entertainment, clubs often provide excellent value for money. Many are run by volunteers and rely on modest membership fees.

For those looking to meet new people, learn something different or simply spend less time staring at a screen, there has rarely been a better time to get involved. Ironically, perhaps, the best way to find out what's available around you is to jump online! There, you should be able to locate the leisure activities that suit best your needs and schedule; but past that point, put the phone down and reach out to new experiences and, who knows, perhaps a new friend or too as well.

In 2026, the humble club may be one of the oldest forms of social networking, but it remains one of the most effective.



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Community Events & What's On....

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Where?

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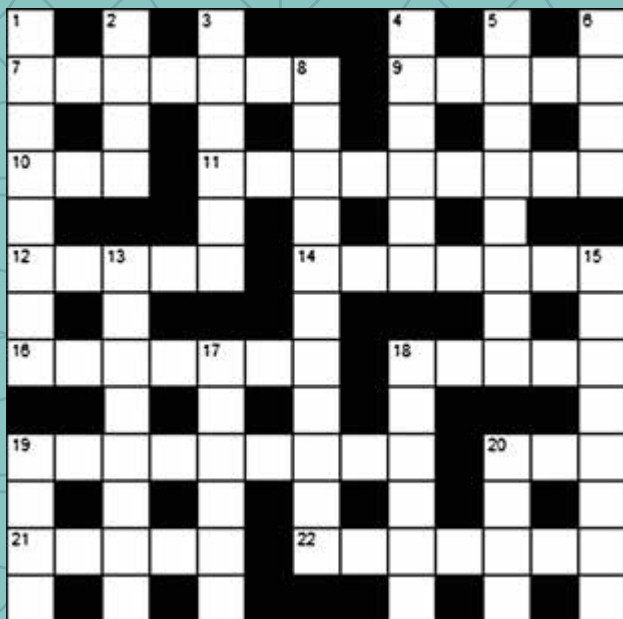
Across

7. Mexican drink (7)
9. Wind instrument (5)
10. Range cooker (3)
11. Hired soldier (9)
12. Coach, instruct (5)
14. Anguish (7)
16. Buffer, protect (7)
18. Polishes, wipes (5)
19. Occasionally (9)
20. Glide over snow (3)
21. Fleshy fruit (5)
22. Barrel makers (7)

Down

1. Second-largest ocean (8)
2. Water (4)
3. Pilot, aviator (6)
4. Tenders, puts forward (6)
5. Absconders (8)
6. Fee, tax (4)
8. Designed to reduce drag (11)
13. Make (8)
15. Most treacherous (8)
17. Contemplate, mean to (6)
18. Absolute ruler (6)
19. Drainage pan or pit (4)
20. Spore, germ (4)

Crossword



Wordsearch



STATIONERY

- | | | |
|-----------------|--------------|-----------|
| Adhesive Labels | Folders | Ruler |
| Batteries | Glue | Sellotape |
| Box files | Highlighters | Shredder |
| Calculator | Hole Punch | Stapler |
| Card | Ink Pad | Staples |
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| Drawing Pins | Packing Tape | Waste Bin |
| Envelopes | Paper | |
| Eraser | Pen | |

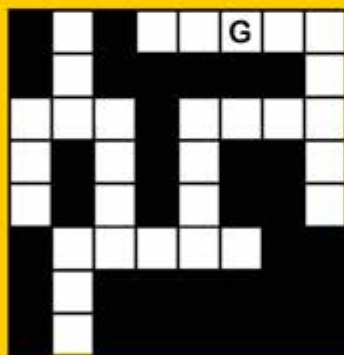
Kids' Page

	11	22	16
15		7	
21	4		8
13			5

Add 'em up!

Can you place the black numbers below into the empty squares so that each row and column adds up to the white number? Each number can only be used once.

6 5 9 3 2



Can you arrange the numbers below so they all fit into the grid? The first letter has been done for you.

ONE
TWO
THREE
FOUR
FIVE

SIX
SEVEN
EIGHT
NINE
TEN

Why was number six scared?
Because 7 8 9

What did zero say to eight?
"Nice belt!"



Number Grid
Solution

13	2	6	2	13
21	4	9	8	21
15	5	7	3	15
11	22	16		

Add 'em up!
Solution

Quiz

1. Who wrote the famous play Macbeth?
2. Run, jump and write are what type of words?
3. What planet is the closest to the sun?
4. What is the longest river in the UK?
5. What year was the Great Fire of London?
6. A species that eats both meat and plants is referred to as what?
7. What measurement is used to record the volume of sound?
8. The Titanic set sail for its maiden voyage in what year?
9. Alexander Fleming is credited for discovering what?
10. The study of maps is called what?

Sudoku

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

Solutions

Quiz

1. William Shakespeare
2. Verbs
3. Mercury
4. River Severn
5. 1666
6. Omnivore
7. Decibels
8. 1912
9. Penicillin
10. Cartography

Crossword

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

Wordsearch

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

Sudoku

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

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