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# Some of the articles included





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

Congratulations to The M6 Bed Warehouse who have been named small NBF retail champion for 2025. Director Louis Mitchell said "We are absolutely delighted to have been recognised as the Small NBF Retail Champion 2025. This award is a testament to the hard work and dedication of our team, and the loyalty of our customers. As a local family business, our values of quality and service have always been at the heart of what we do, and this recognition reinforces our commitment to those principles. Congratulations also to all of this year's finalists and winners—it's fantastic to see excellence across our industry celebrated."

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# HOLD YOUR COLOUR

They say your car's paintwork speaks volumes, although that's usually a reference to chips, scuffmarks and an accumulation of dirt you've been meaning to remove!

Yet delve (almost) below the surface and the colour of car you choose, it is said, actually reveals more about your personality than you might imagine.

Colour choice is never random, and with more than 64% of new UK cars painted in neutral tones, your selection might reflect more than just practicality. Here's what the most popular shades suggest about their drivers:

## Grey = elegant and efficient

Grey ruled the UK for the seventh straight year in 2024, accounting for 27.8% of new car registrations. This was its highest ever share, with 543,464 new cars hitting the roads in that shade.

Drivers opting for grey often value sophistication, subtlety, and resale value - they want something stylish, low-maintenance, and timeless.

## Black = confident and discreet

Black finishes held 21.7% of the market in 2024, making it the UK's second most popular new car colour.

Those choosing black frequently project confidence, professionalism, and a preference for understated elegance, driving something that looks classic, serious, and luxurious.

## Blue = creative and open-minded

Blue rose into third place last year with 14.9% market share, just overtaking white for the first time since 2010.

As the first non-monochrome hue to reach the podium in over a decade, blue drivers may lean more toward self-expression, balance or welcoming calm.

## White = practical and bright

White slipped to fourth in 2024, with a  $\overline{14.9\%}$  share and a 7.2% drop on the previous year.

Drivers choosing white often prioritise practicality and visibility, appreciating that white hides scratches, reflects heat, and tends to keep resell value.

# Red, green and yellow = bold and outspoken

Red made up just 7% of new registrations in 2024, while green reached 3.5%, and yellow just 0.6%, with these braver choices reflecting outgoing, energetic, or whimsical personalities.

Clinical psychologists suggest that people drawn to brighter hues like red or yellow are seen as risk-takers and engaging, whereas subdued tones reflect caution or introspection.

## A premium on prominence

While manufacturers often offer neutral colours as standard – with the most cost-effective options being blue, black, white and silver – vibrant options cost extra. Paints of enhanced colours cost more and car makers seek to get back this investment, yet the result is a perpetuation of a cycle where neutral colours dominate.



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#### The M6 Bed Warehouse Wins Prestigious Small NBF Retail Champion Award 2025

The M6 Bed Warehouse is proud to announce that it has been named the Small NBF Retail Champion 2025, a prestigious recognition from the National Bed Federation (NBF) that celebrates retailers who go the ex ra mile to deliver outstanding customer ex erience, staff development, and exe llence in a highly competitive marketplace.

This award is a huge milestone for the family-run business, which has grown steadily since opening its second store just two years ago. The accolade reflects the company's strong commitment to combining quality products, expert knowledge, and first-class service to deliver genuine value for every customer.

For The M6 Bed Warehouse, the win is about more than recognition within the bedding industry - it's about reinforcing what matters most: supporting local communities, championing trusted NBF brands, and helping customers make confident choices when investing in a good night's sleep.

Louis Mitchell, Director at The M6 Bed Warehouse, said:

"We are absolutely delighted to have been recognised as the Small NBF Retail Champion 2025. This award is a testament to the hard work and dedication of our team, and the lovalty of our customers. As a local family business, our values of quality and service have always been at the heart of what we do, and this recognition reinforces our commitment to those principles. Congratulations also to all of this year's finalists and winners-it's fantastic to see exe llence across our industry celebrated "



Louis Mitchell M6 Bed Warehouse, Vernon Kay BBC, Oliver Mitchell M6 Bed Warehouse. Joe Mitchell M6 Bed Warehouse. Tean Dallaway NBF President

The award also shines a spotlight on the company's ongoing efforts to provide added value, such as free delivery, free mattress recycling, and expert aftercare advice. By combining trusted NBF-approved products with a personalised, service-driven approach, The M6 Bed Warehouse continues to set itself apart in a competitive market.

Customers can expect to see celebrations in-store and online, including special product launches and promotions developed in partnership with leading NBF suppliers. These initiatives will ensure that the recognition of this award translates directly into added value and choice for customers.

Winning the Small NBF Retail Champion Award not only cements The M6 Bed Warehouse's reputation as a trusted local retailer but also signals its continued growth, built on the same pillars that have defined its journey so far: quality, integrity, and exceptional service.

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How to avoid overindulgence this Christmas and New Year

Whether it's mince pies, eggnog lattes or glasses of bubbly, it's very easy to overdo it around this time of year. It is for this reason that a time of joy can turn into one of remorse as the excess of calories and alcohol take their toll.

Fortunately, it doesn't have to be that way. With a little pre-planning and self-awareness, you can avoid those predictable pitfalls.

## **QUESTION CHRISTMAS CALORIES**

A soon as those festive sarnies and coffee-shop beverages hit the high street, you might feel your resolve start to dissolve, but make sure you check the nutritional stats on that turkey gut buster or eggnog latte with extra cream, because you may be surprised.

It is certainly not unusual for such treats to contain at least half of your daily recommended calories, and often more. So while you may enjoy the odd item form the seasonal menu, it's important you don't indulge every day leading up to Christmas.

## THINK BEFORE YOU DRINK

After all your hard work this year, it's understandable you may want to let your hair down. However, work-related soirees can soon lead to regret as you inadvertently vomit in the staff toilets or attempt to reenact the scene from Flashdance using your desk chair.

To ensure such malady doesn't befall you, do the following: before going out, take time to eat. Protein is best, such as a couple of boiled eggs, nuts or even a small turkey salad to line your stomach and slow the absorption of alcohol.

Then, when at the event, aim to drink one glass of water for every glass of booze. Your ego will thank you.

## STAY ACTIVE

Slobbing around in your PJs for an entire week may be tempting, but it isn't sensible. As work winds down, take time to indulge in self-care such as attending a fitness class, or go for a run or cardio in the form of gift shopping.

Then, on Christmas Day, insist on a family walk after lunch and balance all indulgence with a little activity.

## RESIST STRESS

Stress is inherently bad for you, and this season can be incredibly stressful. Be careful not to overcommit yourself to others and leave some alone time in your schedule for a bath or long walk.

Be aware of the pressures you may put upon yourself on creating the perfect Christmas Day and instead focus on family, gratitude and love.

As soon as your local yoga, Pilates or meditation centre re-opens, hit the mats and re-centre yourself. Before you know it, you'll be fighting fit for the year ahead!









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Servings: 9

Preparation time: 2.5 Hrs

Cooking Time: 25 Min

# Ingredients

## For The Dough

420g Strong white flour, plus
extra for dusting
4 tbsp caster sugar
2 tsp Dried fast-action yeast
100ml Milk
40g Butter, plus extra for
greasing
Oil, for greasing.

## For The Filling

150g Blueberries, halved. Zest of an orange 1 tsp ground cinnamon Nutmeg 4 tbsp brown sugar

## To finish

1 Beaten egg 70g Icing sugar. 1-2 tbsp Iemon juice or water Fresh whole blueberries, to decorate.

# Method

Dough: Pour the milk and 100ml water into a saucepan with the butter. Heat gently until the butter is melted. Leave to cool until it's lukewarm.

Place the flour, sugar, and yeast into a bowl (or the bowl of an electric mixer fitted with a dough hook). Make a well in the centre. Pour the milky mixture into the well. Either mix with your hands or in the mixer on the slow setting with the dough hook. 'Knead' for about 5 minutes, or until a smooth dough has formed.

Oil a large bowl and place the dough inside. Cover with cling film and leave to rise in a warm place for about 2 hours. When the dough has doubled in size, place on a lightly floured surface and knead for a second time by hand for a few minutes. Butter a 23cm/9in round springform tin.

Roll the dough out to a rectangle. Scatter the orange zest, ground cinnamon, nutmeg, and brown sugar over the dough, then top with the blueberries. Strating from the long side, roll up the dough as though you were making a Swiss roll. Slice into 9 swirls using a sharp knife. Place the swirls gently into the buttered tin, eight around the edge and one in the middle, cut-side up.

Brush with oil, cover with clingfilm and place in a warm place to rise for about 30 minutes this time, or until doubled in size again.

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Firework displays are a dazzling spectacle for many, but for our furry companions, those same booming sounds and flashing lights can be a source of considerable fear and anxiety.

As pet owners, it's our responsibility to ensure our animals feel safe and secure, especially during periods where fireworks are common, such as bonfire night or New Year's Eve.

Before diving into solutions, it helps to understand why fireworks are so distressing for pets. Dogs, cats, rabbits and other household animals possess acute senses, particularly when it comes to hearing. The loud, unpredictable sound of fireworks – often accompanied by vibrations and bright flashes of light – can easily startle them. Unlike thunderstorms, which animals may become accustomed to, fireworks are less predictable and often more intense, leading to heightened stress or even panic.

Signs your pet is distressed can include excessive drooling, trembling or shaking, pacing or restlessness, hiding or attempting to escape and excessive barking, meowing, or vocalising.

When it comes to pet anxiety, prevention is better than cure, so plan ahead. Firstly, designate a quiet, comfortable space where your pet can retreat during fireworks. Ideally, this is a room with few windows, away from the noise, and familiar to your pet.

Add their favourite bedding, toys, and perhaps a piece of your clothing to provide comfort through familiar scents.

For cats, a covered bed or box can provide an extra sense of security.

If you know fireworks are a regular occurrence in your area, consider training your pet to become less sensitive to noises. Play recordings of firework sounds at a low volume, gradually increasing the volume over several weeks while rewarding your pet with treats and praise for remaining calm. This technique, known as desensitisation and counter-conditioning, can reduce their fear response over time.

One big worry for owners is that frightened animals may try to escape in panic, so ensure your pet's collar is secure and that their identification tags and microchip details are up to date. This step increases the chance of a safe return should they manage to get out.

Another way to avoid this scenario, is to ensure your dog receives a long walk or play session earlier in the day. This physical activity can help tire them out, making them more likely to rest during the evening's festivities. For cats, engage in interactive play with toys or puzzles to expend excess energy.

Some pets experience such severe anxiety that professional intervention is required. Speak with your vet about options such as pheromone diffusers, calming supplements or, in extreme cases, prescription medications. Your vet can recommend a tailored approach based on your pet's temperament and health, because no animal should have to suffer for the sake of a celebration.



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When the sun is high in the sky, it's important to wear SPF and limit exposure, but otherwise summertime is a pleasant time for your skin. The colder months, however, can wreak havoc on your perfect complexion as the combination of cold winds, low humidity and central heating can strip moisture, leaving it dry, dull, and prone to irritation.

Fortunately, investing in some professional salon treatments will protect your skin from the elements, meaning you can stop stressing about your pores and instead, enjoy the season.

#### **Hydrating facials**

Hydrating facials are a winter staple in salons, designed to replenish moisture, soothe irritation, and restore the skin's natural balance.

These often involve steam therapy to open pores and encourage deeper absorption of hydrating serums, and hyaluronic acid masks which deliver an intense burst of moisture, plumping and smoothing the skin.

## **Oxygen infusion**

Oxygen is essential to every cell in your body, so it should come as no surprise that it also can give you a luminous complexion.

These non-evasive and relaxing facials use pressurised oxygen to deliver active ingredients deep into the skin, boosting radiance and hydration. They are often customised with ingredients like aloe vera, vitamin E, and ceramides (depending on your own personal needs) to bolster the skin barrier and defend against environmental stressors (even more beneficial if you reside in an urban area).

# **COLD THERAPY**

Microdermabrasion and gentle exfoliation While exfoliation can seem counterintuitive for a dry complexion, gentle professional exfoliation is vital for removing dead skin that can block the absorption of moisturisers.

Salons use microdermabrasion or enzyme-based peels to slough off dull surface cells without irritating sensitive winter skin. However, if you have a big event coming up, it may be worth having this treatment a few days before to allow skin to settle down again.

### LED light therapy

LED light therapy uses specific wavelengths of light to stimulate collagen production, reduce redness, and accelerate healing. In winter, this treatment can soothe inflamed skin, calm sensitivity, and promote a healthier, more resilient complexion.

Afterwards your face may feel a little flushed, but it's a perfectly safe treatment that can offer extraordinary results.

## **Professional peels**

Mild chemical peels, such as Lactic Acid or Mandelic Acid peels, can help refine the skin's texture and boost hydration. These are particularly beneficial in winter, as they remove surface dryness and promote the absorption of nourishing serums applied afterwards.

## Nourishing body treatments

It's not just the face that suffers in winter - the whole body can benefit from extra care. Professional body wraps featuring shea butter, coconut oil or seaweed extracts can deeply hydrate and repair dry, rough patches on the arms, legs and torso. Plus some salons also offer paraffin wax treatments for hands and feet, delivering intense moisture from top to toe.



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When imagining a trip to Japan, your first thought might be of neon lights, futuristic cityscapes and a Lost in Translation adventure in the country's bustling capital city, Tokyo. But much of this magnificent country is far more rural, picturesque and steeped in history and culture.

Once the imperial capital of Japan, Kyoto's allure lies in its deep historical roots. This serene and wonderful destinations has over 1,600 Buddhist temples and 400 Shinto shrines. Each is a masterpiece, showcasing the astonishing artistry of generations past.

Kinkaku-ji, the famed Golden Pavilion, shimmers above a reflective pond, its gold leaf exterior glowing in the afternoon sun as if a mirage. Ginkaku-ji, or the Silver Pavilion may be less ostentatious, but with its exquisite sand gardens and moss-covered grounds it certainly holds its own.

Though Kyoto cannot emulate the neon fever dream of Tokyo, in the atmospheric districts of Gion and Higashiyama, tradition comes alive. Wooden machiya townhouses, stone lanterns and willow-lined canals set the stage for encounters with Kyoto's living icons - the maiko and geiko (apprentice and full-fledged geisha).

In the early evening, the glow of lanterns reveals figures in exquisite silk, moving between teahouses, their footsteps echoing on ancient cobblestones.

For a second, you might think you are in an immersive theme park, but these districts are not staged attractions, and are far more stunning for that fact.

No matter the season, Kyoto captivates with its natural beauty. In spring, clouds of cherry blossoms (sakura) transform parks and temples into surreal scenes.

Maruyama Park, the Philosopher's Path, and the grounds of Heian Shrine are especially breathtaking under a cascade of pale pink petals.

Summer brings lush greenery and the lively Gion Matsuri festival, while autumn cloaks the city in crimson and gold, particularly in the gardens of Tofukuji Temple and Arashiyama's mountainsides.

Once you've explored, it's time to sample the exquisite cuisine. At the heart of the city's food culture is kaiseki, a multi-course meal that elevates dining to an art form. You can of course keep it simple, by enjoying delicate wagashi sweets with matcha in a centuries-old teahouse. And don't miss Nishiki Market, known as "Kyoto's Kitchen," where you can sample everything from pickled vegetables to fresh sashimi and artisanal sweets.

Finally, visit workshops where artisans handcraft Kyo-yaki ceramics, shimmering Nishijin textiles, and intricate washi paper. The city's museums, like the Kyoto National Museum and the Kyoto International Manga Museum, offer deeper dives into the nation's creative heritage. Perhaps attend a traditional tea ceremony, watch a Noh or Kabuki performance, or join a hands-on class in calligraphy or ikebana (flower arranging).

When you leave, you'll be turning Japanese.

The best tech to invest in when the Black Friday and Cyber Monday deals hit.

Everyone loves a good deal, but to make sure you only get the stuff you really need, do some research beforehand on the tech that is truly worth your time and cash.

#### Phones and tablets

Problematically, phones and tablets start to lose value the minute you unbox them, but that doesn't mean you can't get a good deal.

As certain major tech companies often release new devices in early Autumn, Black Friday is a good time to get older models as shops look to shift the old stock.

Also, remember that you don't need to splash out all at once as many phone networks do deals on pay monthly plans, meaning you can get a good deal and pay it off over months or years.

#### TVs and home entertainment

TVs are definitely a good investment for Black Friday, primarily because the discounts on them are actually noteworthy, and because there is less of a need to get the latest model.

Smart features are standard nowadays, but once you've settled on the size you want, look for OLED and QLED models. The jump in picture quality, brightness and colour accuracy is significant in the latest generations, especially with 8K and 4K becoming more affordable.

Soundbars and home theatre systems are often bundled with TVs for immersive audio at a discount, meaning you get even more bang for your buck.

#### Gaming consoles

The big release this year is from the Japanese brand with everyone's two favourite plumbers, but it would be unwise to Switch to that this early in the game. Instead, consider consoles which have been out for a few years.

That said, in terms of offers, the best deals are usually on games, digital currency and extra hardware such as controllers or charging stations.

## Kitchen gadgets

Splashing out on a whole new kitchen refurb is probably a bit overkill this close to Christmas, but there are some great mid-price gadgets that will definitely be discounted and potentially could make the festive reason a bit more straightforward.

A decent air fryer is the obvious addition to your home if you don't already have one, but anything from a new microwave to heated serving trays are also worth investigating.

## Audio gear and beyond

Speakers, headphones and other audio paraphernalia is always worth getting this time of year should you be in the market for such things. Also, look into other items which are less swayed by trends but are actually useful.

With hybrid and remote work here to stay, upgrading essentials like monitors, webcams and ergonomic chairs equals performance and comfort!

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They love and support us all year long, which is why even our beloved pets deserve a treat this festive season.

## Gifts for dogs

Your dog loves treats, and your dog loves you, so a treat from you is an extra special joy. Make those puppy eyes light up on Christmas Day with puzzle feeders, treat-dispensing balls, or squeaky toys that will keep them entertained and mentally stimulated during the day.

Mince pies may be off the menu (raisins are highly toxic), but adorable pup chews in festive shapes will keep then entertained while you eat lunch.

Another gift idea is a lovely new bed for that post lunch snooze, or maybe an upgraded dog lead, harness, or travel water bottle for that afternoon walk.

#### Gifts for cats

They might not act like it all the time, but your cat adores you! Bring some feline fun with pet-friendly laser pointers, feather wands, and battery-powered 'prey' toys that tap into your cat's hunting instincts.

Everyone wants to look good on the big day, which is why a new grooming brush is wonderful gift; and while you're sipping on Baileys, why not indulge Felix with catnip-filled mice, cushions, or even catnip bubbles that are irresistible for many felines?

Then, when the festivities get a bit much, gift your cat a place to hide away from the chaos with soft igloo beds, window perches or tunnel systems that offer comfort and a sense of security.

#### Gifts for small mammals

From rabbits and guinea pigs to hamsters, rats and ferrets, small pets also appreciate gifts! Enrichment toys such as tunnels, chew-safe wooden toys and climbing platforms provide entertainment and physical activity, while dried veggies or fruit and other speciesappropriate nibbles mean they can fill up before taking a snooze in their cosy new bed.

Finally, consider creating festive-themed hideouts or tunnels, just avoid lights they might chew through!

# Gifts for the rest of your pet crew

Don't make your feathered-friends sing for their supper, make them birds of yay with seed bells, or dried fruit treats that are healthy and festive, along with new cage accessories such as mirrors, bells and puzzle toys to make their world more interesting and interactive.

If you've got fish or reptiles you can jazz up their tank with colourful plants, new caves or unique ornaments to make the environment more stimulating for them and more visually interesting for you.

Finally, high-quality pellets, dried insects or freezedried foods can also be reserved for special occasions, which, if you've got a serpent, may include a frozen mouse... because Christmas really is for all!

# Fun Fur All

Gift ideas for all our animal











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Whether alone, accompanied by your dog, or within a group, a country walk is good for mind, body and soul.

So shop locally to get the equipment and provisions you need and get exploring, because the great outdoors really is... great!

#### WHY WALK?

Much is made of the benefits walking brings, and there is a reason for that.

Firstly, it's free, which means anyone can do it. It's also low impact, so doesn't put a huge strain on your bones or muscles, making it ideal for those who aren't in peak fitness or have mild mobility issues.

Of course, we all know walking can improve mental health, and if combined with a social aspect (like within a walking group), can really provide simple pleasure and iov.

Other health wins include strengthening the cardiovascular system, significantly reducing the risk of serious conditions, including heart disease and strokes.

Plus, as winter unfolds, the risk of colds and flu intensifies, so engaging in regular walking activities strengthens and invigorates your immune system, transforming it into a formidable defence against these seasonal adversaries.

Finally, as a natural weight-bearing exercise, walking plays a crucial role in maintaining bone health.

#### GETTING STARTED

To embark on your walking journey, equip yourself with snug shoes for foot comfort and don appropriate warm clothing to shield against the brisk winter temperatures.

Lightweight waterproofs are handy in case of a shower, and a water bottle for hydration is key, along with a couple of healthy snack bars if you're planning on going a few miles.

Keep motivated by using a pedometer (most smartphones have these inbuilt) and ensure you have access to either a map, guidebook or a GPS app that doesn't require phone signal.

Treats and a water bowl will be key if you're taking a furry friend, and if you're grappling with a long-term condition, the CSP (Chartered Society of Physiotherapists) website offers insightful advice on aligning activity with your needs.

#### MAKE IT FUN

Though solitude can be a positive aspect of walking for some, for others the activity can be a fantastic way to meet new friends. Unlike cycling clubs or sports teams, walking is an activity those who are less athletic can enjoy while also allowing for conversation and connection on the way. So check out local noticeboards or online resources to find suitable groups aimed at your ability, age bracket, fitness level or similar interests.

Finally, planned walking outings often end on, or have in the middle, a trip to the pub for food and drinks. This allows you to replenish those calories you've lost, slake your thirst, and properly get to know your new buddies. Now that's an exercise regime few can sniff at!

# THESE BOOTS ARE MADE FOR WALKING





# Horoscopes for November -

by Philip Heaton

Aries (March 21 to April 20) Has an opportunity from your career path led you to make some big plans? You are feeling enthusiastic, and a new adventure may beckon. It could be with your partner, or you are meeting the public and being very sociable indeed. Now be careful not to be too high spirited. Remember how you like to win. Be diplomatic and polite, not contentious and aggressive.

Taurus (April 21 to May 21) There is a rise in emotional intensity as your ruler Venus transits the sign of Scorpio. Buried passions can erupt from below into idealism and indulgence. Taurus energy known for values and

high morality, this month could see promiscuity and negative behaviors. This may lead to losing friendships however like your Aries cousins you find yourself a large circle of acquaintances.

Gemini (May 22 to June 22) There is something or someone challenging your sense of right and wrong. Question just how traditional you really are. Relationship matters are picking up speed and despite your communication genius you need solitude to recover. The 19th and 20th will see the height of activity. You are in top gear at work and play. Rest when you can or you could be unwell.

Cancer (June22 to July 22) There is no place like home and that is exactly where you are staying this month. You want to withdraw and seek spiritual or artistic peace. However, there is so much going on around you, especially the affairs of children. Younger crabs will be emotional and unsettled but middle-aged specimens will be more relaxed and go with the tidal flow as it covers your rockpool.

Leo (July 23 to Aug 23) Matters of health and wellbeing are on your agenda right now. You have a real sense of purpose in attempts to get, well as strong as a lion. This does not mean, however, you should be a right royal pain to everyone, especially in your job. If you actually were the celebrity, you often think you are with that big ego then undoubtedly you would come out as king of the jungle.

Virgo ( Aug 24 to Sep 23) It is a quiet time in the cosmos for all Virgo's. Towards the end of the month, you will feel the possible benefits of what you have been working on. Financial matters are doing well. Special skills derived from interests or things you do for pleasure are the key to perhaps a second income. Careful not to worry and be critical because you are.

Efficiency will make you smile.

Libra (Sep 23 to Oct 23) Nothing is seriously wrong, however attention must be paid to practical matters, both in your job and at home. Both employers and partners require clarity in any agreements you make. Things just won't go smoothly until you do. Also, you are still in euphoric mood from the last few weeks so keep in the real world not your fantasy one.

Confront the truth.

Scorpio (Oct 24 to Nov 22) Have you or are you about to gain authority in some way. Do you feel your personal power is reflected in your status in life. If this is the case, then quite frankly it is what you perhaps have deserved through determination. Do not play games and do not throw away your humanity. You can be brought down and end tragically. Alter your life direction always for the better.

Sagittarius (Nov 23 to Dec 21) You are making a simply great host in business at home. Short journeys around your environment keep your foot flat to the floor. Sagittarius is never shallow, and your executive ability is enthusiastic and sincere. The biggest Jupiterian benefit of all, not the financial success but a self-understanding that heals the doubts and fears you had when younger.

Capricorn (Dec 22 to Jan 20) Your hopes and wishes, usually a solitary pursuit for you ambitious and hardworking people. It is the role of groups that you realise is very important. Co-operation and teamwork may be helpful or a hinderance. Come to terms with this question and you will be far clearer in how successful you are and most importantly, will be. You may or may not get what you want.

Aquarius (Jan 21 to Feb 18) 'It's all about you'; As the group McFly sang in 2005. Enlightening, reviving or upsetting and unpredictable. That outcome is up to you, but you are changing, and you actually want to change. Physically, mentally and emotionally. Look closely at the restrictions upon you, this is what needs change the most. If uncertain, consult an astrologer. As above, so below.

Pisces (Feb 19 to March 21) Neptune's watery depths hold the answers to whether you have acknowledged your spiritual and even psychic self. Life is not what we see and to try and access the realm of peace can also prevent depression and isolation feelings. You may not only find yourself but realise you are connected to the whole. It will take until the 17th but the urge to talk will come forth.

#### Across

- 1. Said by a magician (11)
- 9. Postmortems (9)
- 10. Sound from a sheep (3)
- 11. Alternative (5)
- 13. Nonconformist, hippie (7)
- 14. Young child (6)
- 15. Reward, settlement (6)
- 18. Regular oval shape (7)
- 20. Russian spirit (5)
- 21. Munch, scoff (3)
- 22. With sore, open wounds (9)
- 24. Use of medication to prevent pain sensation (11)

#### Down

- 2. Autonomous computer programme (3)
- 3. Painkiller and blood thinner (7)
- 4. With hands on hips (6)
- 5. Bewildered (2,3)
- 6. Had a band of merry men (5,4)
- 7. Instrument used to measure thermal change during a chemical reaction. (11)
- 8. Deck (4,2,5)
- 12. La-di-da, pompous (9)
- 16. Detrimental (7)
- 17. A three-line verse of poetry (6)
- 19. Wait, delay (5)
- 23. French for 'you' (3)

# Crossword

	1	2	3	4		5	6	
7								8
9							10	
11		12		13				
14					15	16		
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# Wordsearch

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#### **Collective Nouns**

ambush fever fleet band batch flock bevv gaggle brood gang cast herd cloud host cluster knot colony litter culture mischief murder nest pack pride shiver shoal swarm troop

# Mus Paut

Can you find all the Christmassy words hidden in the grid?

bauble pud
cards snow
carols sparkle
gifts star
lights tinsel
party turkey





# 🧩 FIND 10 DIFFERENCES <





All the characters in the school nativity play have been mixed up. Can you unscramble them?

kyeond pheojs rpekenein leang presshhed rast

swie enm yram





Donkey Tinkeeper Wise men Wise men Mary Mary Angel Star

Nativity word scramble



Find the differences noitules

# Quiz

- 1. Which US holiday is always celebrated on the fourth Thursday of November?
- 2. Which red flower is worn in the UK to commemorate Remembrance Day?
- 3. Which festival of lights, celebrated by many around the world often falls in November?
- 4. "November Rain" is a hit song by which American rock band?
- 5. Which famous German wall fell in November 1989?
- 6. Which football competition usually sees the start of its first-round proper in November?
- 7. Which famous comet was last visible in the UK in November 1985–86?
- 8. Which annual charity event, featuring comedy and fundraising, takes place every November in the UK?
- 9. On 5 November 1605, Guy Fawkes was arrested. In which part of Westminster Palace was he found?
- 10. Which former British Prime Minister famously resigned on 22 November 1990?

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Sudol	ku

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8					9	2		

# Solutions

#### Quiz

1. Thanksgiving 2. The Poppy 3. Diwali 4. Guns N Roses 5. Berlin Wall

6. The FA Cup 7. Halley's Comet 8. Children In Need 9. Under The House of Commons
10. Margaret Thatcher

#### Crossword

#### Wordsearch

#### Sudoku

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