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Issue 82 - November 2025

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Hello.
And welcome to the
November edition of
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Many businesses have started to mention and plan for Christmas! With offers available and discounts on the run up to the festive period, make sure you take advantage of these over the next few weeks.

Redwalls Nursing Home are pleased to share that their Christmas market afternoon is back by popular demand on Friday 5th December from 2pm. Enjoy an afternoon of shopping, mince pies, mulled wine and hot chocolate. Local Councillor Gillian Edwards will be switching on the Christmas lights.

Congratulations to The M6 Bed Warehouse who have been named the small NBF retail champion for 2025. You can read all about their award on page10.

With the colder months approaching, are you looking to stock up on your Winter fuel? Both OJT Logs and Cheshire Logs Direct are ready to supply you with high quality logs to keep you warm throughout the Winter. Both companies are proud to supply high quality, local logs. Get in touch with them directly to place an order.

Novum Hair & Beauty invite you to their launch event on Wednesday 5th November. Enjoy personalised consultations, expert advice, exclusive incentives and prosecco & nibbles. More details can be found on page 4.

Have a great month!

Best Wishes,
Charlie

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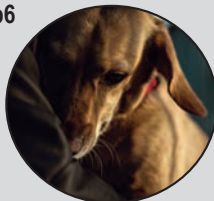
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Some of the articles included
in this edition

p6



p20



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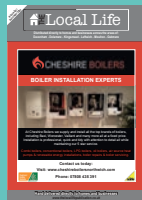
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Our Christmas Market Afternoon is back by popular demand. Come and join us for an afternoon of shopping for those unique handmade Christmas gifts.

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PET SOUNDS

How to keep your
pet calm during
fireworks.

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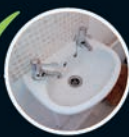
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The M6 Bed Warehouse Wins Prestigious Small NBF Retail Champion Award 2025

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 extra mile to deliver outstanding customer experience, staff development, and excellence 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 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."



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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Butterskwut Nosh!

This lovely dish of pasta with butternut squash and brown sage butter acquired its name when my then four-year-old son mixed up his words while asking if we could have his favourite pasta dish for supper! Eighteen years on we still call it Butterskwut Nosh!

Preparation time: 25 minutes

Cooking Time: 25 minutes

Servings: 4-6

Ingredients

2 tablespoons olive oil

Half a large squash or one whole small squash, peeled, deseeded, and chopped in 2cm chunks.

Salt and pepper

30g unsalted butter

1 small shallot or half a small onion, finely diced.

15g fresh sage leaves, finely chopped.

1 tbsp lemon juice

450g pasta tubes

25g fresh grated parmesan plus extra to serve.

Method

Heat the olive oil in a large stainless-steel pan. Add the diced squash, season with salt and pepper, and cook, stirring occasionally until golden brown and tender. Add the unsalted butter and finely chopped shallot and continue cooking, stirring frequently for about a minute, until the butter is lightly browned and smells nutty. Add the sage and stir to combine. Remove from the heat and stir in the lemon juice. Set aside.

Fill a medium or large saucepan with salted water and bring to the boil. Add the pasta tubes and cook until they are not quite fully cooked. Drain the pasta and reserve a couple cups of the liquid.

Add the almost-cooked pasta and about half a cup of the pasta water to the pan containing the squash. Bring everything to a simmer and stir constantly until the pasta finishes cooking, adding more water if required to keep the sauce loose. When the pasta is cooked, remove the pan from the heat and stir in the parmesan. Serve immediately, top with more parmesan at the table





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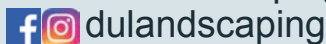


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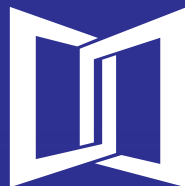
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KYOTO

If you're looking for an alternative holiday destination, this super slice of Japan might be just the ticket.

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 Tofuku-ji 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.

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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 joy.

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!

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Glass, it's better when it's clear!



As the days grow shorter and cooler, the last of the autumn colour will lift spirits as gardeners prune, plant and prepare for winter.

November is a month when there just does not seem to be enough hours of daylight for gardeners. And whilst much time is spent preparing for heavy frosts and downpours, pruning and planting will remind you that spring is just around the corner.

Pruning and cutting back

Many annuals and perennials have died back by November and need to be tidied. Annuals like sweet peas that just a short time ago were full of flowers have withered and died so need to be completely cleared. Roses need to be pruned back to prevent wind-rock which is where strong winds move rose plants loosening the soil around the base hindering growth.

Planting

There is much planting that needs to be done this month. Trees can be planted, as can hedges which are havens for wildlife.

Winter bedding plants can be planted out and spring bulbs, especially tulips, can be planted before the first of the heavy frosts arrive. When planting tulips ensure you plant them about 15cm deep making sure the pointed ends face upwards. It is worth considering placing chicken wire over them if you have rodents in your garden. Many people like to plant tulip bulbs quite close together for maximum effect come spring.

Even as you have pulled up the last of this year's sweet peas you can sow from seed in your greenhouse next spring's early varieties including Spring Sunshine, Peggy Sue and Pandemonium. Sweet peas germinate well in cooler temperatures, and they will grow strong roots.

Cleaning paths is a job that needs doing in November. Pressure washing will allow you to clear moss, dirt and algae which could be slippery in winter. It is always advisable to wear the correct protective clothing and make sure your surfaces are suitable for this kind of cleaning. A gardening professional can offer excellent advice or assistance.

Consider helping wildlife

If you have a pond, November is the time to clear up any fallen leaves – lawns should also be raked to remove fallen leaves to stop the grass dying. Birds often struggle to find food in the colder months so consider installing a bird table or feeders or make sure existing ones are in good condition. If you have any wood or logs why not consider making a log pile? Log piles are havens for all kinds of wildlife including small mammals, birds, insects and amphibians because they replicate natural habitats that you would find in woods or forests. Likewise leaf piles can also provide food and shelter for different creatures.

There is much to be done in your garden this month and much of it will be preparing for the next gardening year.

Prepare for winter

Pots and containers need to be prepared for winter, perhaps moving them to a frost-free place, or insulating them against frosts. Pots should be lifted slightly to stop them getting waterlogged.

November Gardening





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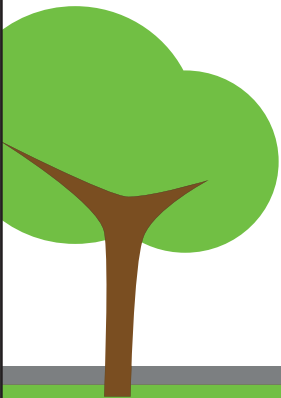
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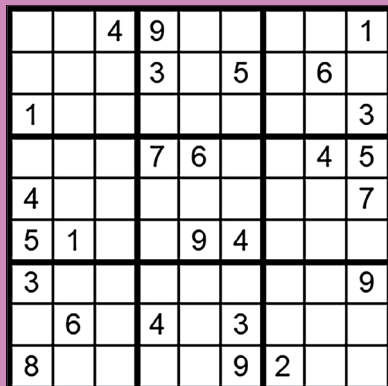
PUZZLES

Word Search

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



Sudoku



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)

Mindbenders

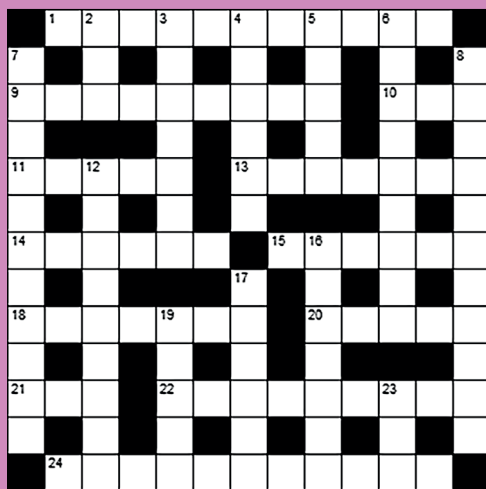
Can you find the hidden phrases?



sit! stay!
sit! stay!
sit! stay!
sit! stay! ←

H
C
T
I
T
S
A

Crossword



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)



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P U Z Z L E
S O L U T I O N S

Mind Benders

1. Speak of the Devil
2. Last orders
3. A stitch up

Crossword



Sudoku

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

Word Search





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