

Local Life

Issue 81 - October 2025

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Hello.
And welcome to the
October edition of
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Novum Salons in Kingsley are running a skin & wellness event on Friday 3rd October. Tickets are £35 per person for a 45 session with one of their skin specialists. If you are interested in attending the event, for more details and to find out how to book please see their advert on page 4.

Featured for the first time this month is 'Dexter & Hemsley' a family run artisan takeaway sandwich and coffee shop in Davenham. Offering a range of fresh sandwiches, breakfasts, homemade cakes, loaded Yorkshire puddings and more. Next time you are passing please pop in to try their delicious food.

OJT Logs are ready to supply you with logs for the colder Winter months. Offering high quality, locally sourced hardwood logs. One bulk bag £110, half load (2 bags) £180 and a full load (4 bags) £360. If you are looking to stock up on your winter fuel, get in touch with them today.

St John's Church Hall, Cuddington have a couple of events for you to enjoy throughout the month. On Saturday 18th October, 7-9pm you can enjoy a performance from members of the ladies association of the British Barbershop Singers. Tickets are £10 which includes fizz and cake. On Tuesday 21st October, 2-4pm you can take part in the Autumn sing-along. £5 per person which includes tea, coffee & cake! See the community pages for more details on both events.

Have a great month!

Best Wishes,
Charlie

THE DEADLINE DATE FOR
THE NOVEMBER EDITION
IS 15TH OCTOBER

For advertising information please
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Some of the articles included
in this edition

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GUYS & GHOULS

Make this Halloween one to remember with these brilliant events potentially be hosted in your community... and if they're not, how about doing it yourself!

TRICK-OR-TREAT TRAIL

It is not unusual now for local businesses to club together for a Halloween Trail, whereby children follow a map collecting sweets and clues on the way.

If there isn't a trail in your area, why not suggest one to your neighbours - a great way to create community spirit and bring joy to your little monsters.

CHARITY EVENT

Find or host a charity event with a spooky twist. This could include a haunted fun run, a bake sale featuring Halloween treats, or even a fancy-dress ball.

Encourage participants to donate to a local cause while enjoying the festivities... this is also a great excuse to bust out that mummy costume you've been working on!

ESCAPE ROOMS

Most local Escape Rooms will have a dedicated Halloween experience where Participants can work together to solve puzzles, unlock secrets and 'escape' before time runs out.

You can also create your own room at home, choosing themes like haunted mansions, cursed libraries or abandoned laboratories.

A DEADLY DINNER

Host a murder mystery dinner with a Halloween twist. Design a script featuring eerie characters and invite participants to dress up and solve the mystery. Either do this at home with your friends, or create a community event at your local hall.

GHOST TOUR

If your town boasts historic sites or heritage landmarks, Halloween is the perfect time to explore their spooky stories. Organise guided ghost tours, sharing local legends and mysteries. This idea combines education with entertainment, making it an excellent option for all ages.

PUMPKIN PICKING

Following in the footsteps of our American friends, pumpkin patches have been popping everywhere.

A brilliant day out for the kids, these events allow you pick your own pumpkin, indulge in some spooky crafts and enjoy festive seasonal such as toasted marshmallows and pumpkin-spiced lattes.

SILENT DISCO

So as not to wake the dead, dance with headphones on your head. That's right, silent discos are not only an easy and affordable way to take a party anywhere, they also won't annoy the local terrors (like moody Martin who lives upstairs).

HALLOWEEN BINGO

Bingo nights are brilliant fun for all and can easily be adapted for certain times of year. Dress up, drink blood red punch and work your voodoo to win the top prize.

ZOMBIE PUB CRAWL

True, some town centres seem to host a zombie pub crawl every weekend, but this one is strictly for Halloween.

Gather your mates, dress like the undead, visit all your favourite pubs (the older and spookier the better), and forgo eating brains for quaffing delicious IPAs and ales. Terrifyingly good fun.

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Say Sausages

Ensuring your pets dental wellbeing.

When it comes to our pets, we do everything we can to ensure their health and happiness. However, one area that often gets overlooked is dental hygiene (particular in the case of cats and dogs, though also, occasionally with rabbits).

As all moggy and canine owners know, doggy and fishy breath is expected to some extent, but there is a point where it becomes problematic and may allude to an underlying health issue.

Why it matters

Healthy teeth and gums contribute to an animal's overall well-being, while neglected oral care can lead to discomfort, infections and even systemic health issues.

Just like humans, cats and dogs can suffer from plaque buildup, gum disease and tooth decay. If untreated, this can lead to bad breath (halitosis), pain and difficulty eating, loss of teeth, and infections that can spread to vital organs.

On top of the pain and anxiety this causes the animal, it also amounts to costly veterinary treatments.

Get brushing

The cheapest and easiest way to deal with plaque is brushing. Ideally, you should brush your dog or cat's teeth daily. If that is not feasible, aim for at least 3–4 times a week. This may sound bonkers, but unless your pet has unusual behavioural issues, it should be possible to get them used to the process.

To help make things easier, use a toothbrush specifically designed for pets or a finger brush for ease. Choose canine or feline toothpaste, as human toothpaste can be harmful.

Start slowly to help your pet adjust. Begin by letting them taste the toothpaste and gently rubbing their gums with your finger, then gradually introduce the toothbrush.

Brush in circular motions, focusing on areas prone to plaque buildup, such as the outer surfaces of teeth.

Chews wisely

There are a plethora of dental chews on the market that help promote a healthy oral environment while also being a pleasant treat for your pet.

In terms of overall diet, go for dry kibble, which is less likely to stick to teeth compared to wet food, include foods formulated to promote dental health, such as those containing enzymes that fight plaque, and avoid overdoing sugary treats (such as carrots), which can contribute to tooth decay.

Professional cleaning

Despite your best efforts, a professional clean by your vet may be unavoidable. Although it is a straightforward process, cleaning may require anaesthesia to ensure thorough removal of plaque and tartar and to avoid stress.

When to seek help

To catch issues early, keep an eye out for signs of dental distress, including bad breath, red or bleeding gums, excessive drooling, loose or broken teeth, difficulty eating or pawing at the mouth. As is often the case, prevention is better than cure, so get brushing today.

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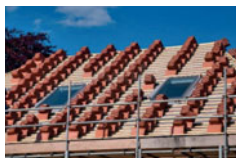
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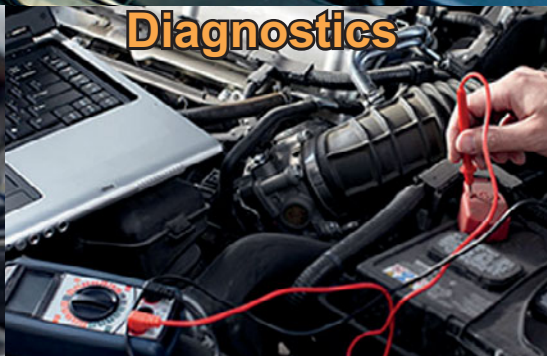
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Spider Cookies

Preparation time: 25 minutes

Cooking Time: 12 Minutes

Servings: 20 Cookies

Ingredients

70g butter softened
50g peanut butter
150g golden caster sugar
1 egg
1 tsp vanilla extract
180g plain flour
½ tsp bicarbonate of soda
Generous pinch of salt
20 Maltesers, Rolos, Peanut butter cups or Lindor chocs
100g milk or dark chocolate
Pack of icing eyes

Method

Preheat the oven to 180C/160C fan/gas 4. Line two baking sheets with greaseproof paper / baking parchment.

Cream the butter, peanut butter, and sugar together until very light and fluffy, (you can use a mixer or do it by hand) then beat in the egg and vanilla. Sieve the flour, bicarb, and a pinch of salt together and fold into the creamed mixture.

Scoop 18-20 tbsps of the mixture on to the baking sheets, leaving enough space between each scoop to allow for spreading. Make a thumbprint in the centre of each cookie. Bake for 10-12 mins or until firm at the edges but still soft in the middle – they'll harden a little as they cool. Leave to cool on the tray for a few mins before topping each biscuit with a Malteser or Rolo etc.

Transfer to a wire rack to cool completely. Heat the chocolate in the microwave in short bursts, or in a bowl set over a pan of simmering water, until it melts. Scrape the liquid chocolate into a piping bag and leave to cool a little. Pipe eight legs on to each spider, then add a pair of eyes. Leave to set.

Enjoy. Happy Halloween



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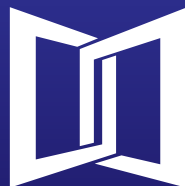
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Preparing Your Home For Christmas Festivities.

The festive season is coming, and while it is absolutely not okay to play Christmas music before December, it is not too early to consider what you're doing for the season.

Specifically, you may want to think about updating your home so you can fit all your friends and family comfortably inside, especially if it is your turn to host and you want to outdo last year's snooze-fest at Auntie June's house... not that that would take much effort.

Big moves

If you're in the mood for a big revamp, this is a good time to do it. Not just for holiday hosting, but also to make your home super comfy during the miserable months that come early in the year.

When considering how to smarten up your living area, think specifically about your needs. Maybe you've always dreamt of having an open plan dining/lounge space and it's time to take out a wall; perhaps you want your flooring to be kid- and pet-friendly and can swap carpet for lino; or maybe it's time to create the kitchen of your dreams.

Whatever your needs, there are professionals in your area that can help you negotiate big changes.

Small additions

If you're not in the market for a mass revamp, consider instead a few furniture upgrades. The two most important aspects of Christmas Day are the lunch... and the bit after the lunch where everyone snoozes and reminisces on how good the lunch was!

With this in mind, ensure your dining table is up to scratch and that your lounge area is spacious and cosy.

Having a decent sized table in your home is a worthy investment, and if you don't have loads of space, simply get one that can be adjusted and extended. You might consider a buffet-style meal to save space on the table top.

If it's time for a new sofa, consider one that can be moved around or an L-shaped one that lots of people can sit on. Alternatively, invest in foldable chairs, poufs or ottomans that can be easily stored after the festivities. These are perfect for accommodating larger groups without cluttering your space permanently.

Deck the halls?

Obviously, you're not going to repaint your house in red and green just for one day (unless you really, really like Christmas), so instead choose throws, table clothes and other embellishments to create that festive ambience.

Go for a colour palette that reflects the season and matches your existing furniture. Traditional colours like red, green, gold and silver work beautifully, but a winter-inspired theme of whites, blues and greys is better if you prefer a modern feel.

The most important thing is that the decorating suits you and fits in with the kind of experience you want to offer your guests for that special day.



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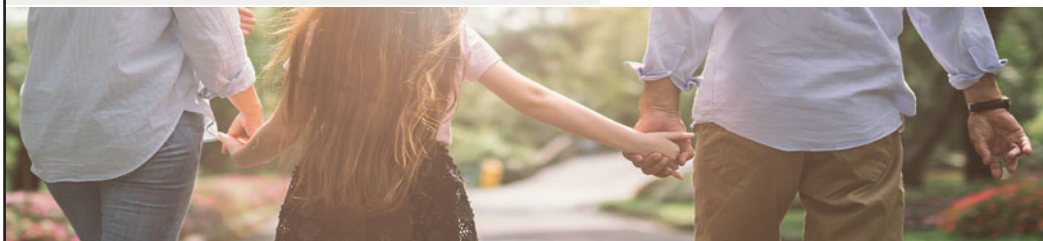
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AWKWARD AUTUMN ON OUR ROADS



Why October brings a spike in UK road accidents, and how to minimise your chances of becoming part of those statistics!

Falling leaves, damp roads and early dusks might sound poetic, but for British drivers autumn can be a surprisingly dangerous time of year. According to the Department for Transport, road collisions tend to rise in October and November, and it's no coincidence given the significant change going on all around us at what is a pretty yet hazardous time of the year.

From country lanes in Cumbria to commuter routes through Surrey, a cocktail of seasonal hazards makes autumn uniquely challenging on the road.

1. Slippery leaves

Wet leaves might not look menacing, but once compacted on tarmac, they become slick as ice.

Rural drivers are most affected, especially near tree-lined bends, so keep your speed down on unfamiliar roads and avoid harsh braking on leafy patches - it's easier to slide than you think.

2. Low sun glare

With the sun lower in the sky, sunrise and sunset dazzle is a daily hazard, particularly during the school run or evening drive home.

Keep your windscreen squeaky clean, replace old wipers, and always keep a pair of polarised sunglasses in the car, even in overcast conditions.

3. Longer nights

By late October, many of us are driving to and from work in twilight or full darkness. That makes it harder to spot pedestrians, cyclists and wildlife.

Furthermore, make sure all your lights are working, clean and properly aimed, and don't forget to dip your beams in built-up areas.

4. Temperature swings

Frosty mornings and mild afternoons are typical in a British October, but those early chills can create black ice, particularly on bridges or shaded back roads.

So check your tyre pressure weekly and keep an ice scraper and de-icer in the boot - you'll likely need them sooner than you think.

5. Wildlife on the move

It's deer rutting season, and sightings spike in woodlands all across the UK. Collisions with deer are more common than you might think. If you see one, slow down (and you may well, as there are two million wandering around the UK - that's the highest number for a thousand years), as they rarely travel alone.

From Yorkshire to Yeovil, autumn driving means thinking ahead, slowing down and staying alert. The clocks go back on October 26th, but don't let your awareness do the same. This season rewards the cautious.



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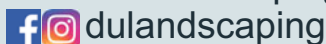


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PUZZLES

Word Search

Alien, Carrie, Creature, Cujo, Dawn of the Dead, Dracula, Evil, Goosebumps, Gremlins, Hangman, Intruder, It, Jaws, Misery, Primeval, Psycho, Saw, Scream, Splinter, The Birds, The Blob, The Damned, The Lodger, The Mummy, The Omen, The Ring, Tremors, Troll, Vertigo



Sudoku



Across

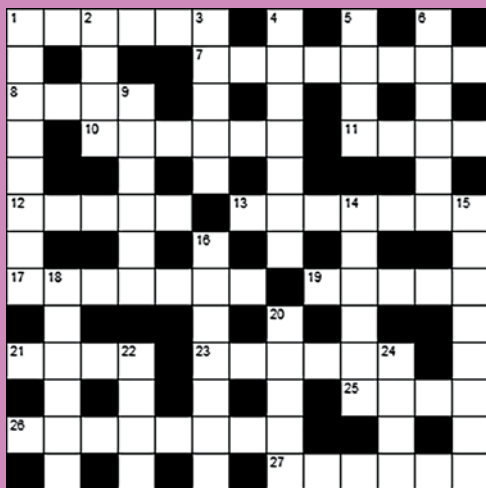
- 1 Motionless (6)
- 7 Leftover (8)
- 8 Partiality (4)
- 10 Dried grape (6)
- 11 Pin, tack (4)
- 12 Head of a monastery (5)
- 13 Highly contagious viral disease (7)
- 17 Stress (7)
- 19 Lightweight wood (5)
- 21 Clasp, clench (4)
- 23 Kitchen appliance (6)
- 25 Duty, function (4)
- 26 Camouflage (8)
- 27 Alcove (6)

Mindbenders

Can you find the hidden phrases?



Crossword



Down

- 1 Deduct (8)
- 2 Slightly open (4)
- 3 Fresh, chilly (5)
- 4 Disjoined, apart (7)
- 5 Norse god (4)
- 6 Extreme scarcity of food (6)
- 9 Hairdressing establishments (6)
- 14 Ice dancer (6)
- 15 Lurch, reel (8)
- 16 Egotism, arrogance (7)
- 18 Insect with pincers (6)
- 20 Influence, authority (5)
- 22 Piece of paper, leaf (4)
- 24 Prickly plant with flowers (4)

Community Events & What's On....

FREE pages for charities and non-profit making organisations



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Community Events deadline for the November edition is **16th October**

Please email Charlie - thelocalife@btinternet.com

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

Mind Benders

1. Once bitten, twice shy
2. The silent majority
3. The tip of the iceberg

Crossword



Sudoku

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

Word Search





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