

INSIDE LINES

City Edition - Aug 2025

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INSIDE
This Issue:



MOTORING | GARDENING | HOROSCOPES | REVIEWS

Welcome...

to our bumper August edition of "Inside Lincs Magazine", with even more local businesses and interesting articles. Inside Lincs magazine - your number 1 free magazine.

We deliver a massive 18,000 magazines, free **EVERY MONTH** in Lincoln & surrounding Villages, we are Lincoln's BIGGEST monthly title, that's actually a "Readable magazine" - not just an "Ad-Mag" with the "same old, same old" month in, month out!! See our web site for Areas we cover: www.insidelincs.co.uk/where we go

Once again this issue is full to bursting point

with great local businesses that you can call upon at any time. Just keep our magazine safe for the month and should you need a plumber, plasterer, Garage to fix your car, a gardener, somewhere to go for a family day out, to name just a few, then look no further than our handy little magazine.

By doing this you will also be supporting local businesses and keeping our communities thriving.

On top of all this you will find our usual, monthly Recipe, "House to Home", holiday review, film reviews, puzzle pages and lots lots more.

We hope you enjoy this month's issue and see you all next month.

Sherri + Nigel

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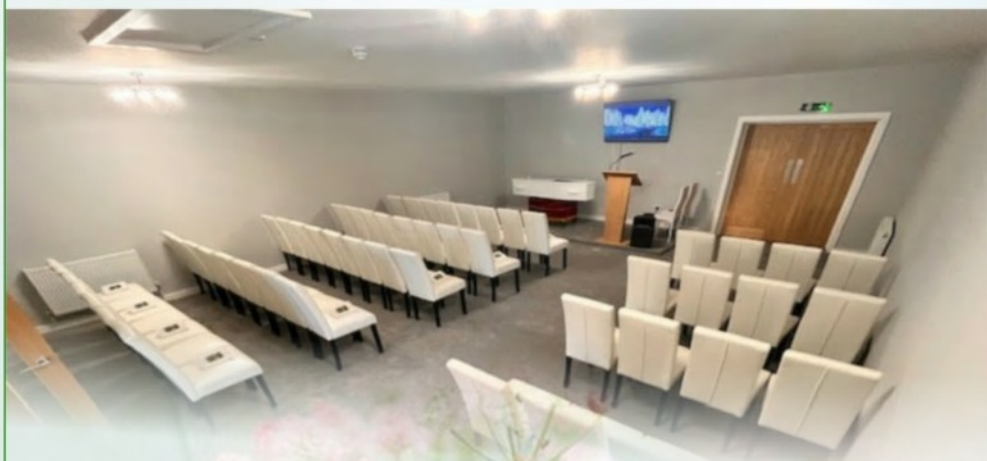


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Dementia: Definition, symptoms and causes

Part two

DEMENTIA is a term used to describe the symptoms that occur when there's a decline in brain function.

Dementia is not a single disease. There are different diseases that can cause dementia. Many of these diseases are associated with an abnormal build-up of proteins in the brain.

This build-up causes nerve cells to function less well and ultimately die. As the nerve cells die, different areas of the brain shrink.

Causes of Alzheimer's disease

Alzheimer's disease is the most common type of dementia.

Alzheimer's disease is thought to be caused by the abnormal build-up of 2 proteins called amyloid and tau.

Deposits of amyloid, called plaques, build up around brain cells.

Deposits of tau form "tangles" within brain cells.

Researchers do not fully understand how amyloid and tau are involved in the loss of brain cells, but research

into this is continuing.

As brain cells become affected in Alzheimer's, there's also a decrease in chemical messengers (called neurotransmitters) involved in sending messages, or signals, between brain cells.

The symptoms that people develop depend on the areas of the brain that have been damaged by the disease.

The hippocampus is often affected early on in Alzheimer's disease.

This area of the brain is responsible for laying down new memories.

That's why memory problems are one of the earliest symptoms in Alzheimer's.

Unusual forms of Alzheimer's disease can start with problems with vision or with language.

Causes of vascular dementia

Vascular dementia is caused by reduced blood flow to the brain, which damages and eventually kills brain cells.

This can happen as a result of:

- narrowing and blockage of the

small blood vessels inside the brain

- a single stroke, where the blood supply to part of the brain is suddenly cut off

- lots of "mini strokes" that cause tiny but widespread damage to the brain.

Not everyone who has a stroke will go on to develop vascular dementia.

Causes of dementia with Lewy bodies

Lewy bodies are tiny clumps of a protein called alpha-synuclein that can develop inside brain cells.

These clumps damage the way the cells work and communicate with each other, and the brain cells eventually die.

Dementia with Lewy bodies is closely related to Parkinson's disease and often has some of the same symptoms, including difficulty with movement and a higher risk of falls.

Next month: We look further into the causes of dementia.



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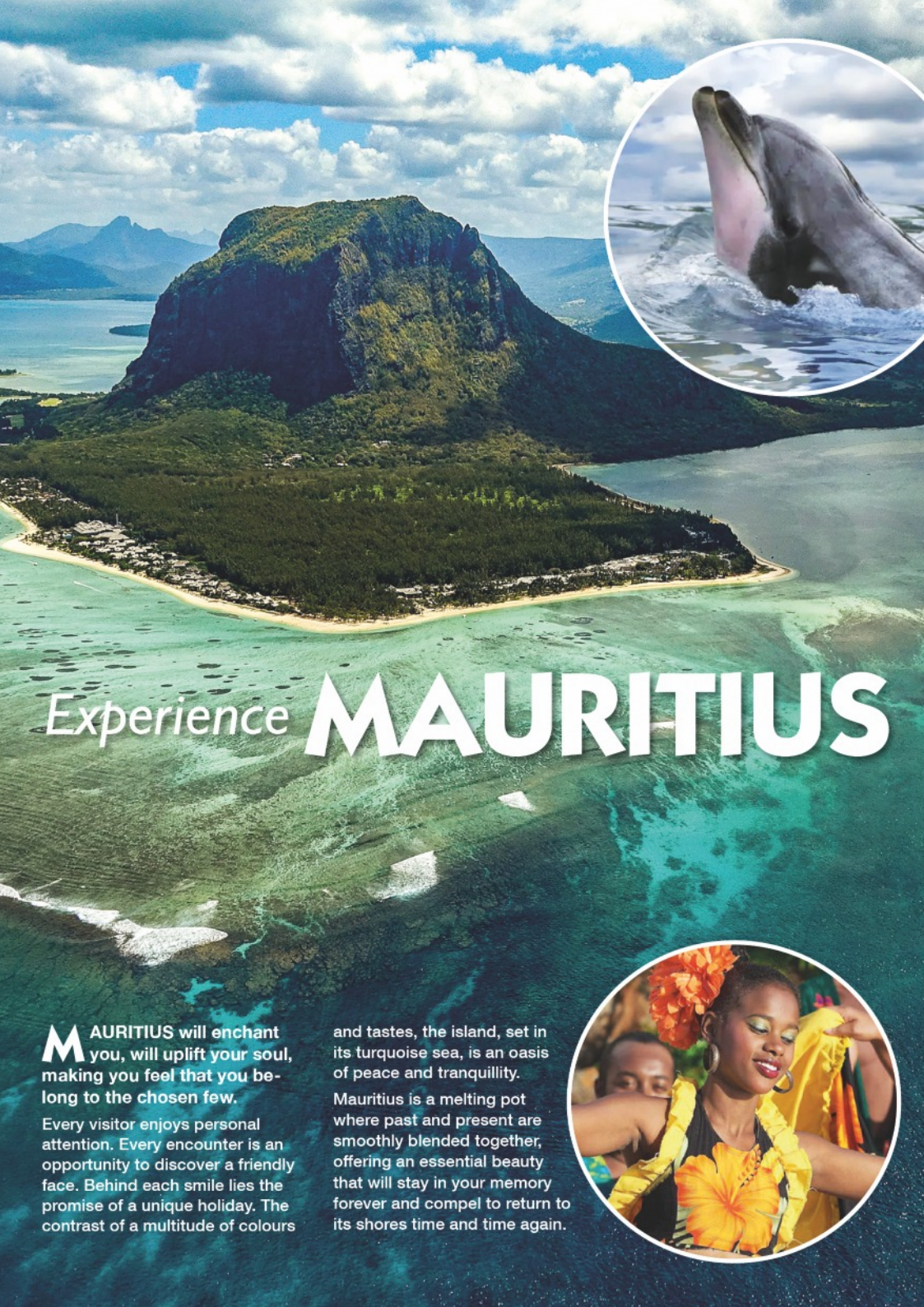
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and tastes, the island, set in its turquoise sea, is an oasis of peace and tranquillity.

Mauritius is a melting pot where past and present are smoothly blended together, offering an essential beauty that will stay in your memory forever and compel to return to its shores time and time again.



Things to do

Casela Nature Park Spanning over 350 hectares and divided into five unique zones, visitors can enjoy a safari-style experience and get up close to wildlife, including giraffes and camels. Thrill-seekers can go zip-lining, ride a summer luge, and even jump off a 45-metre platform into a canyon on a swing.

Odysseo Oceanarium Finding Nemo fans will love Odysseo, an oceanarium located in the Mauritian capital of Port Louis. Visitors can enjoy shark encounters, feed majestic stingrays and experience virtual marine life with 3D projections and cutting-edge tech.

Blue Safari Submarine The fleet of two submarines can dive to 35 metres where passengers can peer out at the colourful fish, coral, crab and stingray, while a knowledgeable pilot talks you through this magical underwater world.

Wakeboarding With roots in water-skiing, snowboarding and surfing, this is great for board-sports, extreme sports and skateboarders. Riders stand on a wakeboard which is attached to and pulled along by a motorboat, with experienced riders attempting aerial tricks. Expect to fall off plenty – but that's all part of the fun.

Central Flacq Market

Located in Central Flacq in the northeast of the island, the market is an authentic slice of Mauritian life. Locals shop for fresh produce with stallholders shouting out

their prices and trying to vie for your attention. You can smell freshly-cooked street food and browse stalls offering souvenirs and clothing.

Coin de Mire

See the rust-orange cliffs from the water, where seabirds such as the graceful red-tailed tropicbird or wedge-tailed shearwater soar and swoop above you.

Coin de Mire is also known for its amazing snorkelling opportunities. You'll be in with a chance of seeing some of the reef's most curious creatures, from damselfish to moray eels; and you might be lucky enough to see a turtle or passing pod of dolphins.

Private catamaran cruise

Laze in a net above glistening waters as you whip across the ocean, gazing out at lush islands and white-sand beaches. Drop anchor at secluded spots to swim and snorkel, then jump back on board to tuck into a tropical lunch of fresh salads and juicy fruits.

Blue Bay Marine Park

Blue Bay Marine Park is recognised for its exceptional underwater seascape and unique coral garden. This protected marine reserve is the perfect place for snorkelling due to its calm, shallow waters and clear visibility. Enter the water and spot a brain



coral garden teeming with butterfly fish and damselfish or admire it all from the comfort of a glass-bottom boat. Keep an eye out for turtles and dolphins, too.

St Felix Beach

Renowned for being one of the best beaches on the south coast of Mauritius, it's one of the quieter beaches on the island, with only a few hotels, snack bars and sports courts edging its milky-coloured sands.

This picturesque spot is blessed with clear aqua waters, its soft and wide sandy beach offering plenty of space for beach sports.





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FILMS

AUGUST'S PICKS

Freakier Friday

- **In cinemas:** August 8, 2025
- **Director:** Nisha Ganatra
- **Starring:** Jamie Lee Curtis, Lindsay Lohan, Chad Michael Murray
- The story picks up years after Tess (Curtis) and Anna (Lohan) endured an identity crisis. Anna now has a daughter of her own and a soon-to-be stepdaughter. As they navigate the myriad challenges that come when two families merge, Tess and Anna discover that lightning might indeed strike twice.



The Naked Gun

- In cinemas:** August 1, 2025
- **Director:** Akiva Schaffer
 - **Starring:** Liam Neeson, Pamela Anderson, Paul Walter Hauser
 - In this re-boot of the 1988 original, Detective Frank Drebin Junior (Liam Neeson), following in the footsteps of his bumbling father, must solve a murder case to prevent the police department from shutting down.

Nobody 2

- **In cinemas:** August 15, 2025
- **Director:** Gareth Edwards
- **Starring:** Bob Odenkirk, Connie Nielsen, Christopher Lloyd
- Workaholic assassin Hutch Mansell takes his family on a much-needed vacation to the small tourist town of Plummerville. However, he soon finds himself in the crosshairs of a corrupt theme-park operator, a shady sheriff, and a bloodthirsty crime boss.



BAKED RICOTTA WITH CHERRY TOMATOES, CHILLI AND SESAME



INGREDIENTS

- 3 tbsp olive oil, plus extra to grease
- 500g ricotta
- 2 medium free-range eggs
- 60g parmesan (or veggie equivalent), finely grated, plus extra to serve
- 2 large pinches dried oregano
- 400g cherry tomatoes, halved
- Good bread or baguette to serve (optional)

For the dressing

- 2 tbsp sesame seeds
- 1 cinnamon stick, snapped in half
- 1 star anise
- 3 tbsp olive oil
- 1 shallot, finely chopped

- 2 garlic cloves, finely chopped
- 1-2 tsp chipotle flakes
- 2 large tomatoes, coarsely grated

METHOD

ONE: First, make the dressing. Toast the sesame seeds, cinnamon and star anise in a small frying pan over a medium heat for 2-3 minutes, shaking the pan every now and then, until the seeds are golden brown. Add the olive oil and heat for 1 minute. Add the shallot and garlic, then fry for 1 minute until fragrant. Stir in the chipotle flakes and grated tomato, heat through, then season with salt and pepper. Set aside.

TWO: Heat the oven to 170°C fan/gas 5 and brush the inside of an oven dish with olive oil. Mix the ricotta with the eggs, parmesan and half the oregano, then season with salt and pepper. Spoon the mixture into the oven dish and bake for 30 minutes until puffed in the middle and browning.

THREE: Meanwhile, mix the cherry tomatoes with 1 tbsp olive oil and the remaining oregano. Season, then tip the tomatoes into a snug-fitting oven dish and roast for about 30 minutes or until golden, juicy and bubbling.

FOUR: Serve the ricotta topped with the roasted tomatoes and sprinkled with the chilli dressing.

Serves: 4 Prep: 15mins Cook: 30 mins

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THIS MONTH...



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1945 Japan surrenders

Japan officially surrendered to the Allied forces on September 2, 1945, formally ending World War II.

The formal surrender ceremony was held on 2 September, aboard the U.S. Navy battleship USS Missouri, at which officials from the Japanese government signed the Japanese Instrument of Surrender, ending hostilities with the Allies. Allied

civilians and military personnel alike celebrated V-J Day, the end of the war in the Pacific; however, isolated soldiers and other personnel from Japan's forces scattered throughout Asia and the Pacific refused to surrender for months and years afterwards, some into the 1970s.

The atomic bombings undoubtedly played a part in Japan's unconditional surrender. The state of war formally ended when the Treaty of San Francisco came into force on 28 April 1952, formally ending their state of war.

...in 1900 Coca-Cola sold in UK for the first time

Coca-Cola was first sold in Britain on August 31, 1900. It was initially available through soda fountain outlets, including Selfridges and The London Coliseum. While it was sold in Britain earlier, it wasn't until the 1920s that bottled versions became widely available.

It originated when American Confederate Colonel John Pemberton, wounded in the American Civil War and addicted to morphine (and also had a medical degree) began a quest to find a substitute for the problematic drug. In 1885 at Pemberton's Eagle Drug and Chemical House, his drugstore in Columbus, Georgia, he registered Pemberton's French Wine Coca nerve tonic.



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Laptop TECH



Lenovo ThinkPad X1 Fold 16 Gen 1

Lenovo's ThinkPad range is known for rather corporate laptops, distinguished by utilitarian design, but the X Fold 16 is different.

A 16.3in tablet that folds in the middle, it has a separate QWERTY that can be placed over the bottom half of the screen if you don't like virtual keys. There's also an attachment that adds a fold-out stand, so you can prop it up in either portrait or landscape mode.

The X Fold 16 shines brightest when using the stand to become an all-in-one PC, with its punchy speakers making it a strong movie machine, while the bundled stylus makes it work well as an art tablet.

The 12th-gen Core CPU has enough power to make Windows 11 sing, and for everyday stuff there's no sense of compromise.

From £4389



Samsung Galaxy Book 4 Pro

You can tell the Galaxy Book 4 Pro is a pricey laptop as soon as you get your hands on it. It has aluminium body plates, which your fingers instantly recognise as metal much more readily than those lighter magnesium alloys.

The OLED screen maintains the feeling too, with fantastic colour depth and pop, and the keyboard is solid, with plenty of feedback, giving you confidence in your typing.

From £1599



MSI Sword 16 HX B14V

Gaming laptops at the more affordable end of the spectrum can be hard to recommend, but the MSI Sword 16 swerves that issue by combining its balance of memory and grunt with a 16in screen that has none of the usual colour saturation issues.

If you're looking for pure performance, the Sword 16 delivers it. The Nvidia RTX 4060 graphics card is a perfect fit for this laptop, allowing game-play at maximum resolution.

From £1500

Answers
on page
43

General knowledge quiz

1 What was the name of the Bronze Age civilization which grew up on and around the island of Crete in the Mediterranean?

2 Saint Petersburg, Stockholm, Helsinki and Riga are all cities situated on which sea?

3 Which film has the following as its last line - "I do wish we could chat longer, but... I'm having an old friend for dinner. Bye."

4 Shirley Crabtree Jr was a huge presence on the UK wrestling scene under what name?

5 What was the Manhattan Project?

6 In which city is the famous Edvard Eriksen

statue,
The Little Mermaid?

7 Which book by Ray Bradbury starts with the words - 'It was a pleasure to burn.'

8 What is the capital city of Canada?

9 Which actress, writer and producer wrote the first

series of Killing Eve and was the creator and writer of Fleabag?

10 In 1953 Edmund Hillary was the first man to reach the summit of Everest along with which other person?





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RESTORING



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WHATEVER your motivation for restoring a classic car, it is the ultimate labour of love

It also requires time, patience, skill and, of course, a good garage or workshop with the right tools for the job. For a classic car lover, bringing a car back to life is a rewarding experience, and one that could see you turn a profit when you sell the car on.

Here we offer advice on what to consider when starting a project, and provide practical mechanical advice to point you in the right direction, no matter what your previous experience or skills.

Time and money

If you don't have enough time on your hands, your project will be destined to fail from the off, or else stall long enough to sap the enjoyment out of the whole experience. Make sure you can concentrate fully on the project, without it interfering with your family or work life.

As for cost, the average classic car restoration costs anywhere between £15,000 and

£40,000, including the price of buying the car and all of the tools and materials needed. Of course, this is just a ballpark figure, and your project could cost more or less depending on the car you buy and how much work is required.

Finding the perfect car

Choosing a car that can be restored to a high standard while keeping costs down is a balancing act, so shop around and get advice from fellow enthusiasts on classic car renovation forums like OldClassicCar.co.uk.

One of the best places to start your search is classified ads, either in your local paper or online. Sites like eBay and Gumtree can prove a hotbed for bargain classic cars, but make sure you view the car before agreeing to buy.

There are a few things to look for which tell you about its condition and how easy it'll be to restore. As a rule, only buy a complete car that's solid and free from major damage and rust.



A CLASSIC CAR

TIPS AND ADVICE FOR BEGINNERS

While it's possible to replace parts and fix problems, the cost could spiral.

Space, tools and equipment

The biggest outlay you'll face is investing in the tools, equipment and materials needed to complete the renovation to a high standard - and that's after you've found a space large enough to act as a workshop.

Here's what you'll need:

- Screwdrivers • Pliers
- Sockets and a wrench • Sheet metal scissors • Drill and drill bits
- Wire brushes • Floor jack
- Electrical tools (air compressor, voltage checker etc.)

You may also need access to the following:

- Engine crane and engine stand
- Jack stands • Grinder
- Blowtorch • Welder

We recommend hiring these tools when they're needed. Some of the tools require specialist skill and knowledge, so be prepared to get help with certain jobs or else invest in a training course to carry out the work yourself.



Body and paintwork repair

Even if they've been well looked after, classic cars have a tendency to develop faded paintwork as well as damage in the form of rust spots or dinks.

For the most satisfying and effective results, you've got to tackle body and paint restoration head on.

There's no shortcut when it comes to restoring paintwork and body panels, and learning how to hammer out dents and rebuild body panels from scratch requires patience and practice.

Seized components

Even if an old car looks OK on the outside, you can almost guarantee there'll be something that needs attention beneath the bonnet. When left to stand for a long period, moving parts seize due to corrosion and decay. Fluids such as transmission and brake fluid need to be changed at least every two years, or else the systems are liable to fail. If your old car has been left to rot in a shed for years, you might find you have to repair or replace most of its moving parts.

Electrics

Without regular charging, a car's battery will go flat in around four weeks - less in winter. You might even need to replace it completely. As well as this, any electrical components and wiring within the car will need to be checked to make sure they still work. Wires can degrade over time, particularly if they've been exposed to moisture. Mice also have a tendency to chew through internal cables, so always cover and secure your car when it's in the garage or workshop.

Mould

If you spot signs of mould in your car's interior, don't write the car off just yet. Surface mould is actually easy to remove from the interior of a car using a regular cabin cleaning product like **Simoniz Upholstery and Carpet Cleaner**; simply apply the product to the mould and scrub away with a cloth. The presence of mould, however, could indicate that the cabin isn't watertight, and this will need to be plugged to stop mould spreading again in the future.



What is a mortgage?

Part Three

In the final part of our mortgage series, we look at, among other things, the reasons most of us need mortgages.

Why do we need mortgages?

The price of a home is often far greater than the amount of money that most households save. As a result, mortgages allow individuals and families to purchase a home by putting down only a relatively small down payment, such as 20% of the purchase price, and obtaining a loan for the balance. The loan is then secured by the value of the property in case the borrower defaults.

Can anybody get one?

Mortgage lenders must approve prospective borrowers through an application and underwriting process. Home loans are only provided to those with sufficient assets and income relative to their debts to practically carry the value of a home over time. A person's credit score is also evaluated when deciding to extend a mortgage. The interest rate on the mortgage also varies, with riskier borrowers receiving higher interest rates.



Fixed or variable rate

Many mortgages carry a fixed interest rate. This means that the rate will not change for the entire term of the mortgage, typically 15 or 30 years, even if interest rates rise or fall in the future. A variable- or adjustable-rate mortgage (ARM) has an interest rate that fluctuates over the loan's life based on what interest rates are doing.

How many mortgages can I have on my home?

Lenders generally issue a first or primary mortgage before allowing

a second one. This additional mortgage is commonly known as a home equity loan. Most lenders don't provide for a subsequent mortgage backed by the same property. There's technically no limit to how many junior loans you can have on your home as long as you have the equity, debt-to-income ratio, and credit score to get approved for them.

Why is it called a mortgage?

The word "mortgage" comes from Old English and French, meaning "death vow." It gets that name since this type of loan "dies" when it is either fully repaid or if the borrower defaults.

The bottom line

Mortgages are an essential part of home buying for most borrowers who aren't sitting on hundreds of thousands of pounds of cash to buy a property outright. Different types of home loans are available for whatever your circumstances may be. Different government-backed programmes allow more people to qualify for mortgages and make their dream of homeownership a reality, but comparing the best mortgage rates will make the home-buying process more affordable.

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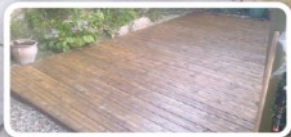
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While one of the best portable air conditioners is an option, these can be noisy to use, heavy to move and need venting out of a window.

A built-in air conditioning solution, on the other hand, can offer quiet operation and keep windows and floor unencumbered, but you will have to carefully consider the aesthetic compromise you will need to make with a permanent installation.

How much does it cost to install air conditioning?

Installing air conditioning in a single room in the UK usually falls between £1,500 and £2,500, depending on the unit type and how complex the job is. Wall-mounted units are

often the go-to as they're quicker and more straightforward to install. That price includes both the unit and professional installation, which typically takes about four hours if the setup is straightforward.

If you want to source the single split kit (comprising of one indoor unit and one outdoor unit) and labour separately, you can expect to pay between £150-200 per day - more if the installation is more complex.

In more than one room?

To install air conditioning in more than one room, you will need a multi-split system. This will include a sufficiently powerful

outdoor unit and multiple indoor units, which will understandably come at a higher cost.

A multi-split system that covers two to three rooms might come in around £3,000 to £5,000, depending on the setup. If you're cooling four to six rooms, especially with more advanced units or tricky layouts, costs can reach £9,000 or more.

Ongoing costs

The biggest ongoing cost for a permanent air conditioning system will be the electricity it takes to run it.

A single split system with a 3.5kW outdoor unit will cost around 90p per hour to run (based on the energy price cap for electricity being 25.73p per kWh between 1 June and 30 September 2025), but being tactical about how you use your air con will help to keep these costs under control. Blasting the air on full on the coldest temperature setting in the height of summer will cost more than if you choose a slower fan speed and warmer temperature.

Similarly, keeping doors and windows closed while your air con is running will ensure you keep the air you generate contained where you want it.



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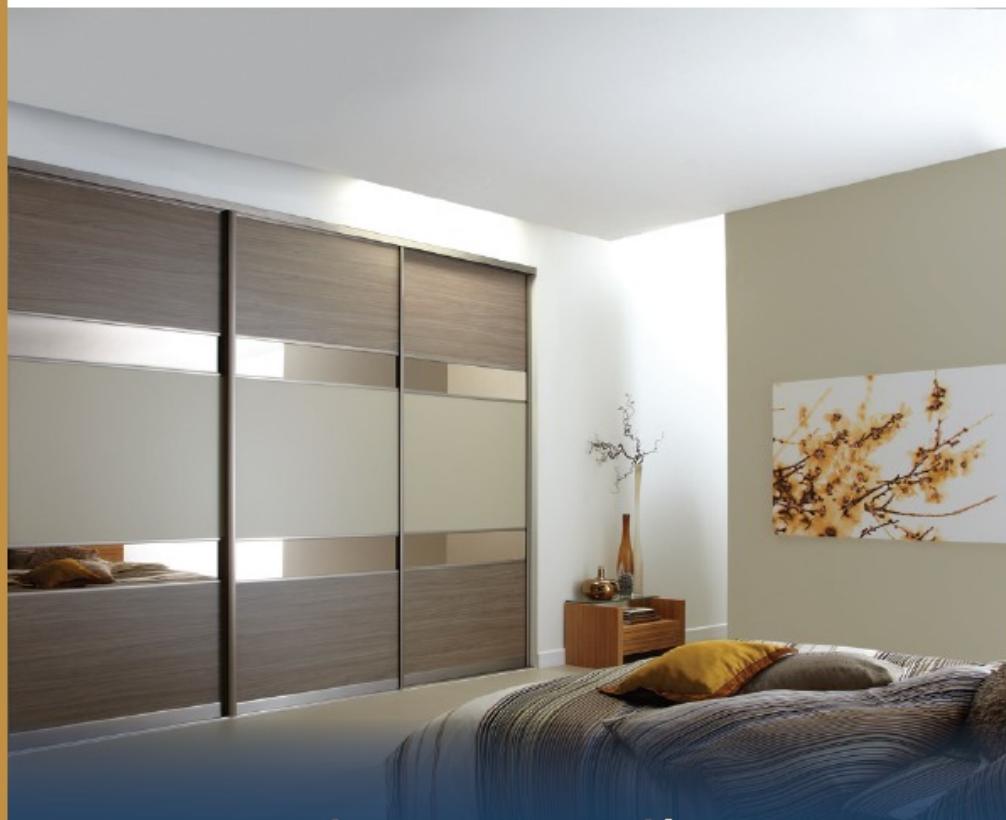
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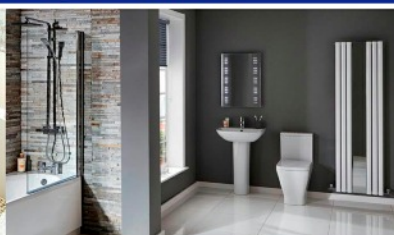
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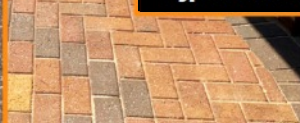
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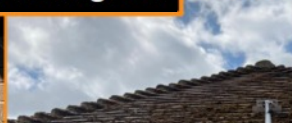
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Can I run with friends?

Yes again! One of the best things about trail running is the community. Races are very sociable events, but there are also lots of running clubs that run together.

What three things will I get from trail running?

- The confidence and freedom to explore.
- Feeling stronger and healthier in yourself.
- Meet a great group of people!

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NIKE ELITE

Nike's Elite boots feature the most advanced technology, designed for players who demand the best. The Flyknit upper provides a lightweight, sock-like fit, allowing for maximum flexibility and responsiveness, while All Conditions Control (ACC) ensures consistent ball control, no matter the weather. The Aerotrak soleplate is engineered for explosive power and snap.



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Your Horoscopes



Aries (March 21 - April 19)

During this period, certain blocks that have been following you for a long time will also surface, and even mild health problems with your back will show up. That's why you should focus on yourself and start solving your problems



Taurus (April 20 - May 20)

Due to your composure and peace of mind, you will spread positive energy in your surroundings, and you will get in touch with interesting people with whom you will be on the same wavelength. However, long-term problems accumulate at work, and you may face disputes with your superiors.



Gemini (May 21 - June 20)

Do not let your feelings engulf you - think about everything in advance and rationalise. During this period, you will be prone to impulsive behaviour and if you are not careful, it can backfire on you in the form of an unpleasant quarrel with your partner.



Cancer (June 21 - July 22)

This will be a challenging time for Cancer. You will be betrayed by one of your closest friends, and it will knock you down. You will deal with it, but it will be necessary to close up for a while and process everything gradually.



Leo (July 23 - August 22)

You will shine with positive energy, positively affecting surroundings, and you can expect very interesting invitations to VIP social events. Wherever you walk in, you will be a welcome guest that everyone will want to chat with. Just don't let fame rise to your head.



Virgo (August 23 - September 22)

You will do things the way you feel at that moment. But beware of mood swings in front of your partner. They will certainly have an understanding with you, but you must have an understanding with them as well, so be careful not to hurt them.



Libra (September 23 - October 22)

Empathy will awaken, and thanks to that, you will become favourite mentors to your friends. This month you would do everything for others, so it will be fulfilling for you when your friends confide in you, and you will be able to advise and support them.



Scorpio (October 23 - November 21)

Complications may occur in relationships, as you will experience emotions more intensely. Feelings of frustration could then cause you to be too critical, and on the contrary, your affection could be completely unreasonable. Be careful and let someone trustworthy help you.



Sagittarius (November 22 - December 21)

Sagittarians won't be able to stop thinking about freedom and travelling. You will enjoy both day-trips and stays abroad. However, this time you should try to get out of the hotel's comfort zone and the beach and go exploring an unknown place. No doubt you won't regret it.



Capricorn (December 22 - January 19)

You might feel as if you are on an emotional roller coaster that will not have a good effect on people around you or your partner. You will also have problems with jealousy and with a desire to control everything. That can be potentially very problematic if you will not hold yourself back.



Aquarius (January 20 - February 18)

You will lose track of what you actually want in life, and you will be looking for help from your close ones. Sharing your troubles is definitely good for you because letting yourself be stuck in a depressive state is really not the best solution.



Pisces (February 19 - March 20)

You will enjoy being playful, and you'll feel comfortable and confident talking with a higher number of people; they will listen to everything you say. You will let everything flow, will not stress about anything, and will just fully enjoy every moment.

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General knowledge quiz

- | | |
|---------------------------------------|-------------------------------------|
| 1. Minoan | 6. Copenhagen |
| 2. The Baltic Sea | 7. Farenheit 451 |
| 3. Silence Of The Lambs | 8. Ottawa |
| 4. Big Daddy | 9. Phoebe Waller-Bridge |
| 5. The development of the Atomic Bomb | 10. Tenzing Norgay (Sherpa Tenzing) |

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Is it cheaper to build a pergola... or buy one?

MANY of us are looking to upgrade our garden's shade solutions, and pergolas are without a doubt the best way to do this...

...but in the interest of keeping costs down, it's worth asking - is it cheaper to build a pergola or to buy one? In general, it's much cheaper to build your pergola yourself than to buy a pre-made structure or have a professional come in and build a custom pergola for you. But the cost difference will vary based on materials, size and design complexity.

To build your own wooden pergola, you'll find the materials you need at a builder's merchants or timber yard with square posts starting from £9.00 each. Arguably, you'd need to be a dab hand at right angles or, failing that, you can buy ready-to-build wooden pergola kits from selected suppliers.

Keep in mind that building your own pergola isn't the easiest DIY job, but it is doable with the right tools and the know-how. Once you've constructed the wooden structure, you'll need to add pergola shade ideas as well, such as a canvas sail.

What makes wooden pergolas cheaper to build is that you can buy individual posts and rafters at affordable prices. Essentially, it's up to you how much wood you buy and the quality of wood you use, both of which will affect the overall cost. Size and longevity are, therefore, important things to consider



before building a pergola. That being said, you can still buy ready-made wooden pergola kits at an affordable price.

Pre-built kits have risen in popularity in recent years, offering a convenient

and stylish finish for any garden. You can find budget-friendly options like the Klikstrom Alizé Rectangular Pergola, £300 for the 3x3 and £340 for 3x4.

Some assembly is required for these pre-built versions, but it is minimal compared to a DIY kit. Some of them are more like a piece of flatpack furniture.

Where can you save costs on a pergola?

You can save on costs if you opt for a wooden pergola over an aluminium one... but they do have their drawbacks.

The cons of wooden pergolas are the seasonal use, and the transfer of green sap onto furniture below, which can be hard to remove. For an all-season shelter, you can't get better than an industrial-grade aluminium pergola, which is considerably more expensive (the 3m x 3m with four screens from Suns Lifestyle will set you back £4,120).

So in all, it is cheaper to build a pergola from scratch or a DIY kit than to buy one, but you'll have to weigh up cost versus effort and also if you have the DIY skills to do the job safely.

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The Championship play-off final... football's richest game?

SUNDERLAND triumphed in the EFL Championship play-off final in 2025 after defeating Sheffield United 2-1 at Wembley Stadium.

A dramatic finish saw Sunderland score deep into added time to send them back to the Premier League for the first time since 2016/17. The showpiece match, one of the most eagerly anticipated in the English football calendar, has long been dubbed 'the richest game in football'.

The financial rewards of the Premier League are obviously considerable, and while the two automatically promoted teams gain their slice, the high stakes of a one-off, winner-takes-all encounter to join them carries huge allure.

But does the EFL Championship play-off final really live up to its billing as the richest game in football?

What is the EFL Championship play-off final actually worth?

Unlike the Premier League, final placings in the Championship are not a huge determining factor in competition income.

All 24 clubs receive £5million in solidarity payments from the Premier League, with the EFL's central income topping this up to £11m annually. The only differential in income for each club comes from television fees. Clubs chasing promotion, or traditionally bigger clubs - all three of 2024/25's promoted clubs tick both of these boxes - will tend to do better from this, but the difference between clubs at the top and bottom remains negligible.

For the teams placed third to sixth, entry into the playoffs tops up the coffers nicely, with 12.5% of the gate receipts from the four semi-final matches split equally between the quartet.

In the final, the two teams take 25% of the Wembley gate receipts each. In the event of a sell out, that leaves the losing finalist with a consolation pot of around £2m.

Lavish riches only start to flow once promotion is confirmed. Clubs not already in receipt of parachute

payments can expect a minimum 400% annual increase in revenue simply by competing in the Premier League.

Sheffield United, for example, finished bottom of the 2023/24 Premier League table and raked in £109.7m.

Precisely how much a Championship playoff final win is worth to the victors depends upon a variety of factors, from their existing revenue base to where they finish in their Premier League campaign.

Estimates from financial researchers of how much a Championship play-off final win can be worth range from £170m to £300m. Even at the lower end of that scale, this means the match makes good on its 'richest game' tag.

Even the revamped FIFA Club World Cup and its lavish prize fund that guarantees the winner in the region of £120m, does not come particularly close.



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