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Village Edition - Nov 2025

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INSIDE
This Issue:



REVIEWS | LIFESTYLE | FOOD | TRAVEL | HEALTH

Welcome...



to our November edition of Inside Lincs, where you will find some great editorial content, such as: Health & Fitness, some of the Best Christmas Toys for the Kids (pages 8 & 9) November Horoscopes, reviews and more, to name just a few.

We also have some fantastic promotions from a diverse selection of companies, with huge savings on products and services - along with recipes, film guides, puzzles, useful numbers & much much more - they're really **is something for everyone in our Mags.**

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Sherri

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Dementia: Definition, symptoms and causes

Part five - can dementia be prevented?

THERE'S no certain way to prevent all types of dementia, as researchers are still investigating how the condition develops. However, there's good evidence that a healthy lifestyle can help reduce your risk of developing dementia when you're older.

A healthy lifestyle can also help prevent cardiovascular diseases, such as stroke and heart attacks, which are themselves risk factors for Alzheimer's disease and vascular dementia (the two most common types of dementia).

Risk factors for dementia

A risk factor is something that increases your likelihood of developing a condition.

Some dementia risk factors are difficult or impossible to change. These include:

- age: the older you are, the more likely you are to develop dementia. However, dementia is not a natural part of ageing
- genes: in general, genes alone are not thought to cause dementia. However, certain genetic factors are involved with some of the less

common types. Dementia usually develops because of a combination of genetic and "environmental" factors, such as smoking and a lack of regular exercise

- air pollution: research suggests that air pollution may affect the brain and could increase the risk of dementia.

Research suggests other risk factors may also be important. These include:

- hearing loss
- untreated depression
- loneliness or social isolation
- sitting for most of the day

The research concluded that by modifying the risk factors we are able to change, around 4 in 10 cases of dementia could be prevented.

Experts agree that what's good for your heart is also good for your brain. This means you can help reduce your risk of dementia by:

- eating a balanced diet
- maintaining a healthy weight
- exercising regularly
- keeping alcohol within recommended limits
- stopping smoking

- keeping your blood pressure at a healthy level

Diet and dementia

The risk: a diet that's high in saturated fat, salt and sugar, and low in fibre, can increase your risk of high blood pressure, high cholesterol, becoming overweight or obese, and type 2 diabetes.

What you can do: eat a healthy, balanced diet following the NIHS' Eatwell Guide.

Weight and dementia

The risk: being overweight or living with obesity can increase your blood pressure and the risk of type 2 diabetes, both of which are linked to a higher risk of Alzheimer's disease and vascular dementia.

What you can do: check if your weight is within the healthy range using the healthy weight calculator. If you are overweight or living with obesity, even losing 5% to 10% of the excess weight can help reduce your risk of dementia.

Next month: More on dementia prevention.



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Neale Court Care Home Launches Monthly Community Coffee Mornings

Neale Court Care Home, situated in a quiet area of North Hykeham, Lincoln, is delighted to announce the launch of its new monthly Community Coffee Mornings. Following a recent refurbishment, which included the addition of new bedrooms, a lounge, dining room on the first floor, and the welcoming Coffee Club Café, the home is excited to open its doors to families, friends, and the local community.

The first coffee morning took place back in August, marking the start of what will now be a regular monthly event. Held on the last Wednesday of each month at 10:30 am, the mornings are designed to provide an opportunity for people to relax, enjoy refreshments, and spend time with residents in a friendly and welcoming setting.

The Coffee Club Café has quickly become a hub of activity within the home, giving residents and visitors alike a warm and social space to enjoy.

By extending this invitation to the wider community, Neale Court aims to strengthen bonds and foster a sense of togetherness in North Hykeham.

"We're delighted to open our doors to the local community for regular coffee mornings," said Home Manager Kayleigh Moss. "It's a chance for people to connect in a warm, friendly environment — something we know will be truly valued, especially by our residents. Building these connections is so important for our home and the community we're part of."

The coffee mornings are open to all, whether you're a family member, a neighbour, or simply someone who would like to enjoy a chat over coffee and cake. Everyone is welcome to come along and experience the community spirit at Neale Court Care Home.

Country Court aspires to provide the kind of care every one of us would wish our loved ones to receive.

For more information about the coffee mornings or life at Neale Court Care Home, please contact Kayleigh Moss on 01522 682 201 or email careenquiries@countrycourtcare.com.



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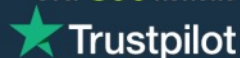
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Cauliflower cheese and potato bake

Once you've made this version, you could try mixing up the cheese - use something with a similar strength to mature cheddar, such as a creamy Stilton.

Ingredients

- large cauliflower (about 1.3-1.4kg/3-3lb 3oz), leaves and stalk trimmed away, cut into small florets
- 4 spring onions, trimmed, white parts and green parts separated and sliced
- 70g/2½oz butter
- 1 onion, roughly chopped
- 70g/2½oz plain flour
- 1 tsp English mustard powder
- 750ml/1¼ pint milk
- 150ml/5fl oz vegetable stock
- 150g/5½oz mature cheddar, grated, plus 2 tbsp extra for topping
- 25g/1oz Parmesan, finely grated
- 4 tbsp single cream
- 2 tbsp finely chopped fresh flatleaf parsley, plus extra to garnish (optional)
- ¼ tsp ground white pepper salt and freshly ground black pepper

For the topping

- 900g/2lb potatoes, peeled or well scrubbed
- 1 tbsp vegetable oil

Method

Step 1 Bring a large saucepan of water to the boil. Add the cauliflower and cover with a lid. When the water returns to the boil, cook for just 2 minutes. Drain well and leave in the colander to thoroughly steam dry while you make the sauce. The cauliflower should still have a lot of bite.

Step 2 Place the white parts of the spring onions in a saucepan with a lid. Add the butter and onion and, once the butter has melted, put on the lid and cook until really soft but not coloured, stirring occasionally.

Step 3 Stir in the flour and

mustard powder, then gradually stir in all the milk followed by the stock. Cook over a gentle heat, stirring, until it just begins to bubble and has thickened. Remove from the heat and stir in both cheeses until melted. Add the cream, parsley, white pepper and ½ teaspoon of salt. Combine the sauce with the cauliflower in a large baking dish. Stir through the green parts of the spring onions.

Step 4 To make the topping, bring a large saucepan of water to the boil and add the whole potatoes. Cook for 15 minutes, or until almost cooked. Drain and, when cool enough to handle, slice into 5mm/¼in-thick rounds. Layer

the potatoes over the cauliflower mixture (you can cover and chill the bake for 1 day or freeze for up to 3 months).

Step 5 Preheat the oven to 200C/180C Fan/Gas 6 and brush the topping with the oil. Season the top with salt and pepper, then bake for 30-40 minutes, or until golden and the sauce below is bubbling. Preheat the grill and scatter the extra cheddar over the top. Grill briefly to melt the cheese and brown the top. Garnish with parsley, if preferred and serve immediately.

Serves: 5-6

Prep: 25mins **Cook:** 1-2 hrs

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Making a will All you need to know

MAKING a will is the only way to make sure your money, property, possessions and investments (known as your estate) go to the people and causes you care about.

This month we look at, among other things, how to update your will, and the consequences of not making a will.

How do I update my will?

You should review your will every 5 years or after a major change in your life – such as the birth of a new grandchild or moving house. But it's important you never make alterations to the original document. If you want to make a minor change to your will, you can add a supplement, known as a codicil. This must be signed and witnessed in the same way as the will – although the witnesses don't have

to be the same as the original ones. If you want to make a major change, you should make a new will and cancel your old one.

Do I need to change my will if I get remarried or divorced?

If you marry, remarry or enter a civil partnership, this cancels a previously existing will. Divorce doesn't automatically invalidate a will made during the marriage – but it does exclude your ex-spouse or ex-civil partner from benefiting if they're mentioned.

You should arrange to make a new will if you marry, separate or divorce.

What happens if I don't make a will?

If you don't make a will, you're said to have died intestate – and your estate may not go to the people you want.

If you have a partner and you aren't married or in a civil partnership, they have no automatic right to

inherit from you if you haven't made a will – even if you've lived together for a long time or have children.

Intestacy rules state that:

If you're survived by a spouse or civil partner and children, your spouse or civil partner will inherit all your personal possessions and at least the first £322,000 of your estate, plus half of anything above this amount. Your children are then entitled to the other half of this balance.

If you're survived by a spouse or civil partner but don't have children, your spouse or civil partner will inherit your whole estate, including any personal possessions.

If you're survived by children but not a spouse or civil partner, your children will inherit everything, divided equally between them. If you don't have a spouse, civil partner or children, then other relatives inherit in a set order. If you have no surviving relatives who can inherit, your estate will pass to the Crown.

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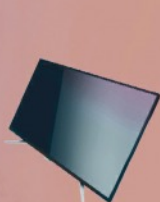
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A promotional image for the movie 'The Running Man' featuring Josh Brolin as the psychotic show host Killian. He is in the center, wearing a red and black vest with 'RICHARDS' on it. Two men in black uniforms and caps are in the background. The word 'RUNNING' is partially visible in large red letters behind them.

Cinema

NOVEMBER

The Running Man

● **In cinemas:** November 14, 2025 ● **Director:** Edgar Wright

● **Starring:** Glen Powell, Emilia Jones, Josh Brolin ● A man joins a game show where contestants, allowed to go anywhere in the world, are pursued by 'hunters' hired to kill them. Arnold Schwarzenegger starred in the original Stephen King adaptation - this reboot casts Josh Brolin as psychotic show host Killian. Edgar Wright directs.

Predator: Badlands

● **In cinemas:** November 7, 2025

● **Director:** Dan Trachtenberg

● **Starring:** Elle Fanning, Dimitrius Schuster-Koloamatangi

● In this first standalone film from the Predator franchise, a young Predator outcast from his clan finds an unlikely ally on his journey in search of the ultimate adversary.



Wicked: For Good

● **In cinemas:** November 21, 2025

● **Director:** Jon M. Chu

● **Starring:** Cynthia Erivo, Ariana Grande, Jeff Goldblum

● After challenging the Wizard's totalitarian regime in Oz, Elphaba must grapple with her identity as the "Wicked Witch of the West". Meanwhile, the Wizard has given Glinda the title "Glinda the Good" and a public status as the nation's defender against Elphaba. The two witches must make decisions that seal their fates.





THIS MONTH...

...in 1940: Luftwaffe blitzes Coventry

There were 17 small raids on Coventry by the Luftwaffe during the Battle of Britain between August and October 1940 during which around 198 tons of bombs fell.

The raid that began on the evening of November 14, 1940, however, was the most severe to hit Coventry during the war. It was carried out by 515 German bombers, of Luftflotte 3 shuttling to the target from their bases in northern France. The attack, code-named Unternehmen Mondscheinsonate (Operation Moonlight Sonata), was intended to destroy Coventry's factories and industrial infrastructure, although it was clear that damage to the rest of the city, including monuments and residential areas, would be considerable.

The first wave of follow-up bombers dropped high explosive bombs, knocking out the water supply, electricity network, telephones and gas mains and

cratering the roads, making it difficult for the fire engines to reach fires started by the later waves of bombers.

At around 20:00 Coventry Cathedral was set on fire by incendiaries for the first time. In one night, more than 4,300 homes in Coventry were destroyed, and around two-thirds of the city's buildings were damaged. Most of the city centre was destroyed. An estimated 568 people were killed in the raid, with another 863 badly injured. Given the intensity of the raid, casualties were limited by the fact that a large number of Coventrians 'trekked' out of the city at night to sleep in nearby towns or villages following the earlier air raids.

The raid reached such a new and severe level of destruction that Joseph Goebbels later used the term 'Coventriert' ('Coventried') when describing similar levels of destruction of other enemy towns.

...in 1979: Anthony Blunt outed as a spy

Anthony Blunt was a professor of art history at the University of London and Surveyor of the Queen's Pictures. He was also the "fourth man" of the Cambridge Five, a group of Cambridge-educated spies who worked for the Soviets between the 1930s and the 1950s.

In May 1940, Blunt was part of the Dunkirk evacuation. During that same year he was recruited to MI5.

In MI5, Blunt began passing the results of Ultra intelligence (from decrypted Enigma intercepts of Wehrmacht radio traffic on the Eastern Front) to the Soviets. After the War, he was accused of betraying Operation Market Garden to benefit both the Nazis and the Russians. The aim of the Soviets, and therefore of Blunt, would have been to prevent Allied forces from

arriving in Berlin before the Russians.

On November 15 1979, Margaret Thatcher revealed Blunt's wartime role to the House of Commons in reply to questions put to her by Ted Leadbitter, MP for Hartlepool, and Dennis Skinner, MP for Bolsover.

The Queen stripped Blunt of his knighthood. Blunt later quoted the E. M. Forster adage, "if asked to choose between betraying his friend and betraying his country, he hoped he would have the guts to betray his country."

In 2002 the novelist Julian Barnes asserted that "Blunt exploited, deceived, and lied to far more friends than he was loyal to ... if you betray your country, you by definition betray all your friends in that country".

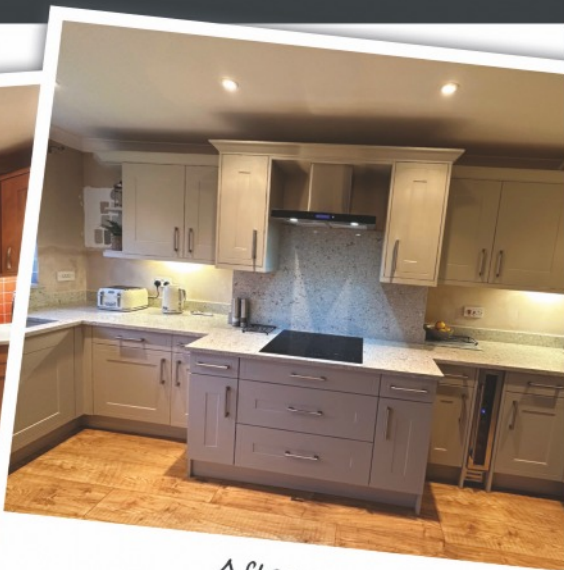


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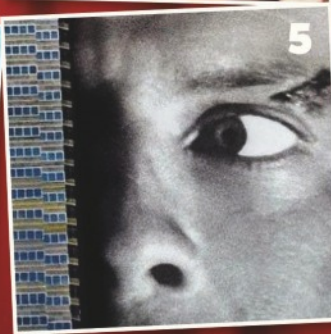
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Movie poster quiz

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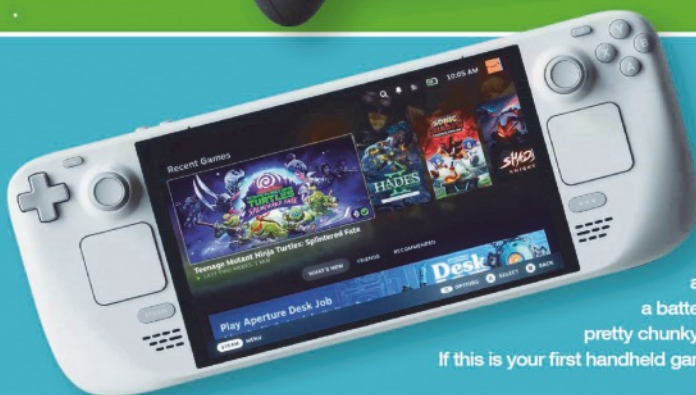


ANSWERS
ON PAGE
39

GAMING TECH

ROG XBOX ALLY X £720

There's plenty of Asus DNA still on display here, but the Xbox Ally X also proudly wears its Microsoft influences. Two grips that look like they could've come straight off an Xbox One controller now flank the 7in screen, giving you lots more to grab onto. It instantly feels more comfortable than the standard Ally, and sits more naturally in the hands than the Asus-flavoured Ally X. It's also chunkier than the Switch 2.



VALVE STEAM DECK OLED £430

The Steam Deck OLED arrived at the tail end of 2023 as an upgrade to Valve's handheld PC. As well as having a superior screen this model is also lighter and quieter, and crucially has a battery that lasts considerably longer. It's still pretty chunky, but it sits in the hands nice and snugly. If this is your first handheld gaming PC, you're likely to be blown away by what the Steam Deck OLED can do.

NINTENDO SWITCH 2 £479

The original Switch became one of the best selling consoles of all time, so is it any surprise that Nintendo hasn't messed too much with the formula? As well as being a handheld, the Switch 2 lets you detach the Joy-Con controllers to play in tabletop mode, or combine it with the dock to play on your TV. The screen's slightly bigger, and it's more powerful. In other words, it does just what the original Switch does, but better!





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PART TWO

Will a conservatory add value to your home?

HERE we look at how to maximise the monetary potential of a new conservatory - and how it could lose you money!

How can you maximise how much value a conservatory will add?

Integrating your conservatory into the house by knocking through the external wall will ensure your conservatory is an essential and desired element of your home, adding a more permanent space and increasing value.

If you decide you don't want an external door between the conservatory and your home, a full Building Regulation application is needed – the total building needs to comply.

You may need to upgrade the insulation in the rest of the home to offset the heat loss through the conservatory, so the new home and structure are no worse from a heat loss point of view than the existing property. An SAP calculation is usually undertaken by a specialist surveyor.

Ideally, the new conservatory design would be considered as part of the entire house, rather than a bolt-on addition at the back, to maximise value added.

To increase the possibility of your conservatory adding value to the home, it should take into consideration function, flow and beauty.

The new addition should be well-suited to the needs of the homeowners, built for longevity with high-quality materials and craftsmanship, and should integrate well in size and design with the existing property.

Can conservatories devalue a house?

Unfortunately, yes. A poorly-maintained plastic frame with a polycarbonate roof and single-glazed windows can often indicate a lack of attention that might implicate other parts of the house upkeep.

When viewing houses, some don't count the conservatory floor space as 'extra square footage' - they see them as something to drain costs to get it into a good condition. That being said, when done properly, they can be the final gem that sells the house.

Is a conservatory a good investment?

A conservatory is a great investment if you either spend on a high quality structure or plan to be in your home for the cheaper conservatory's lifespan (approximately 20-30 years for a uPVC model).

The additional space, light and garden views might transform the way in which you live in your house, but perhaps don't expect buyers to feel the same way. If you're not willing to invest in higher-quality materials, then the investment towards a conservatory might not justify itself.



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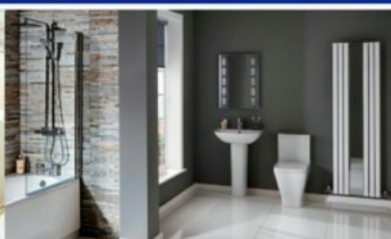
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What is Karate?

KARATE is one of the World's most popular martial arts. Modern day Karate was developed in Okinawa, a small Island off Japan. Karate is a highly effective system of self-defence, and also an excellent form of exercise that promotes a number of life skills and values.

Karate practise is generally divided up into three components: Kihon (basics), Kata (forms) and Kumite (sparring).

Kihon (basics) covers various strikes, blocks, kicks, stances and movements one might need to use in self-defence. Students practise these in lines each class so that the techniques are refined and become instinctive. Kihon, or basic practise, allows students to develop an understanding of their body and how it can be used as most effectively as a weapon, for example, how to generate maximum power with minimum effort.

Kata (forms) is often referred to as the 'art form' of karate. Each kata (form) is a traditional predetermined pattern of movements that promotes a number of self-defence principles. Kata practise also develops coordination, balance, agility, strength and speed.

Kumite (sparring) is where techniques and principles learnt in Kihon (basics) and Kata (forms) are applied against an opponent. Kumite can vary greatly, depending on the student's level of experience. For example, beginners only practise pre-arranged kumite. This is where both the attacker and defender know exactly which techniques will be used and when. They do this in a slow and controlled environment.

As students develop in ability and confidence, they may choose to move onto free kumite. This is where students wear protective equipment and spar in an environment where techniques are exchanged freely.

Karate has a coloured belt (or ranking) system

strong practice. It is at this stage that the serious student discovers that his or her study of karate has only just begun. The object of true karate practice is the perfection of oneself through the perfection of the art.

Karate as a form of self defence

As a self-defence system, karate does not so much teach a set of standard responses to a set of limited scenarios, but rather it teaches a set of principles that can be applied to any situation. Unlike many martial arts, the size and strength of a karate practitioner is unimportant as students are taught to use their entire body when delivering strikes. Furthermore, students are trained to deliver sharp blows with various weapons of the body towards pressure-sensitive areas of an opponent.

While karate teaches a person combat skills, karate does not promote aggression. Instead it promotes awareness to avoid conflict. Combat should only be used as a last resort.

Health benefits Of Karate

As a health and fitness activity, karate tones and shapes the body, increases aerobic stamina, improves muscular strength and flexibility, enhances balance, agility and co-ordination and quickens the reflexes.

Karate also improves our mental health. As it challenges the brain, it improves focus and concentration. It also develops a person's composure and provides a deeper insight into one's mental capabilities.

One of the advantages of karate is that students may train at their own pace so even those who have not exercised in some time can start learning and gaining from the benefits of karate.



allowing students to set goals and measure their progress. As they progress and develop in both physical and technical ability, each component becomes more advanced, giving them a new challenge and skill to develop take on. As the student approaches their black belt, their technique, speed, coordination and stamina all become natural as a result of

Ford Puma Gen-E

The new all-electric version of Ford's hugely popular Puma small SUV

HOW do you make one of the UK's best-selling cars even better? Well, for some buyers, this new Ford Puma Gen-E electric SUV could be the answer.

Up until now, the closest the hugely popular Ford Puma range has offered to an electric car has been some mild-hybrid engine tech. With the arrival of the all-electric Gen-E, you can now choose a version that runs purely on battery power.

How can you tell a Gen-E apart from petrol Pumas? Well, it has a smoothed out

front grille, a slightly longer rear spoiler and white badging on the tailgate. It's also available in a unique paint colour named Electric Yellow for those who want their electric Puma to stand out.

Performance and drive

The Ford Puma Gen-E is powered by a 165bhp motor driving the front wheels, and that gave it enough power to sprint from 0-60mph in 7.8 seconds when we tested it in the wet.

What's more, the Puma's official 0-62mph time is more spritely than an equivalent Peugeot e-2008 or Vauxhall Mokka Electric and just half a second behind a Kia EV3 Standard Range. However, a Smart #1 Pure is much quicker from 0-62mph, taking 6.7 seconds.

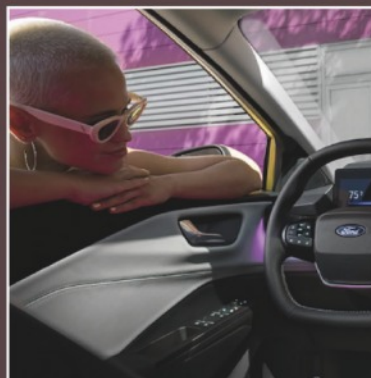
The Puma Gen-E's ride is much firmer than most rivals'. While generally calm, controlled and comfortable, it can be unsettled by larger potholes but you generally hear them more than you feel them. More positively, the meaty brake pedal gives a

progressive response that makes it much easier to bring the car to a smooth stop.

Meanwhile, the Gen-E's regenerative braking system activates more smoothly than in a Smart #1. You can use a drive mode menu to crank up the regen effect so the car stops when you lift off the brake, allowing for one-pedal driving - something you can't do in an e-2008 or Mokka Electric.

Interior

the driver's seat in the Ford Puma Gen-E is comfortable and comes with adjustable lumbar support. There's plenty of adjustment for the seat and





steering wheel, and some buyers will appreciate the slightly sportier driving position.

The Puma Gen-E's steeply angled front pillars can partially obscure your view at junctions and roundabouts, so it's harder to see out than in an EV3, with its larger side windows. However, every Gen-E gets a rear-view camera and rear parking sensors to help out.

The Gen-E's 12.8in infotainment touchscreen is easy to reach from the driving seat and most of the icons are big and easy to hit while driving. It's just a shame the sat-nav map takes a few seconds to load back up if you've

moved away from it.

All Gen-Es come with wireless phone-charging and wireless Android Auto and Apple CarPlay so you can run smartphone apps through the touchscreen. Going for either Premium trim or the Sound Edition adds a punchier 10-speaker B&O sound system, rather than the standard six-speaker system.

Passenger and boot space

Two six-footers will fit just fine in the front of the Ford Puma Gen-E, with plenty of head and leg room, and more elbow room than in an Alfa Romeo Junior Elettrica or Mini Aceman.

The Gen-E has a slightly higher floor than the regular Puma because of the battery underneath. Back-seat passengers will find their knees slightly raised and a bit less foot space under the front seats.

In terms of boot space the Gen-E is actually better than the petrol Puma. With the rear seats up and the height-adjustable boot floor removed



the all-electric version has 523 litres of storage against 456 in other versions.

Buying and owning

In entry-level Select trim, the Ford Puma Gen-E costs about the same as an entry-level Jeep Avenger Electric or Smart #1 but more than the Renault 4 (which gets a bigger battery).

With a maximum charging rate of 100kW, the Puma Gen-E officially takes 23 minutes to charge from 10-80% from a suitably powerful public EV charger. Most rivals, including the EV3, e-2008 and Mokka Electric, take around half an hour. It's also worth knowing that Ford includes a home EV charger and £217 of energy credit with all its electric cars as part of the Power Promise incentive scheme.



Garden landscaping ideas

HERE are a few more garden landscaping ideas to help give your garden a new look.

We've rounded up our favourite garden landscaping ideas to help you get started.

Mix up your planting heights

If you're looking for small garden ideas, strategically planting at different heights can make the most of the space.

More and more, we are seeing smaller garden spaces take the forefront in new garden design. The urban courtyard theme is one of the big ones - this includes vertical planting, and a lot of containers. A living wall can add interest and greenery to a smaller garden, as can tiered planters.

Incorporate in-built seating

You really need to consider your (and your guests') needs when landscaping your garden, and think about which garden seating ideas will serve you the best.

If you love to entertain, then make sure you build in seating to your walls or raised beds. It's cheaper than doing it later on, and you won't have to worry about choosing outdoor furniture.

If you're short on space, create versions which have integrated, waterproof storage to tuck away your outdoor cushions and seat pads.

Favour environmental choices

If you're concerned about the environmental impact of your garden, you can create an oasis that can benefit the planet which still bursts with texture and visual interest.

Use a rich palette of drought-tolerant planting including native seaside plants, grasses and Mediterranean shrubs surrounded by a stone mulch in different sizes and set amongst paving of locally reclaimed York Stone.

Try plants like *Verbena bonariensis*, *eryngiums*, *euphorbias*, lavender, *achillea* and *ballota*.

Go large to make a statement

Use oversized containers filled with a glorious mix of trees, shrubs and perennials to create an impressive oasis. Include multi-stem birch trees underplanted with evergreen Ferns and spring-flowering crocus., Beech balls with *Erigeron*

daisies and *Muehlenbeckia* and shrubs and perennials including *Syringa microphylla* 'Red Pixie'.

Pave the way

No list of garden landscaping ideas would be complete without a few garden path ideas, and the options are endless - not to mention convenient, if you want to avoid treading an unsightly channel into your lawn.

Whether you go for an affordable gravel path or a cheap DIY one, or splash out on a paved path that matches the rest of your hard landscaping, a dedicated walkway is a great way to zone and protect the rest of your garden from foot traffic.





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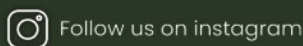
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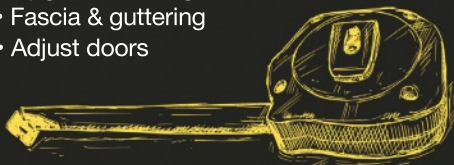
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Your Horoscopes



Aries (March 21 - April 19)

There may be someone close to you who will try to betray you. Since you will act more intuitively than usual during this period, you will recognise who is your faithful friend and who's just playing with you. However, you can use this month to read and study, as learning will go smoothly.



Taurus (April 20 - May 20)

This period will bring Taurus a lot of motivation to change their lives. You will place the greatest emphasis on your health, as you will also face mild health problems during this period. So try to change your diet so that you feel healthy and full of energy.



Gemini (May 21 - June 20)

Gemini can look forward to many social events. Due to the pleasant demeanour that you will definitely not lack, you will start friendships with new, very interesting people, with whom a common professional future can even emerge.



Cancer (June 21 - July 22)

Your motivation and determination will be high during this period, so don't be afraid to embark on something you've been putting off for a long time. You will manage twice as much as normal, and you will not even feel tired. But beware of sleep deficiency!



Leo (July 23 - August 22)

This period will bring Leo a depressing mood. You will get tired and feel like closing up. At the same time, you should protect yourself during this bleak period and warmly dress so that you are not stricken by some illness, which you will be more prone to this month.



Virgo (August 23 - September 22)

During this period, you will be very honest, which is a big plus, and in addition, you will be able to find a way to express your opinion so as not to offend anyone. This will also be appreciated by your colleagues and superiors at work, and thanks to that you will achieve big success.



Libra (September 23 - October 22)

Libras will be affected the most by Mercury so that they will feel completely calm and peaceful. You will be able to settle conflicts easily, and everyone included be extremely grateful. Thanks to that, your authority will be stronger, and they will consider you to be the mentor who can always advise them.



Scorpio (October 23 - November 21)

Your memory will be very good, so you can merge it into studies of something quite challenging as now is a time when you have the ability to absorb a lot of information. You will have tendencies to overeat this month, but you should hold yourself back a bit.



Sagittarius (November 22 - December 21)

Sagittarians might feel some tiredness that might affect their mood and mental state as well. Understanding is what you need the most this month; you can search for it in your family. You will also need to get some rest, do not push yourself to do anything you do not feel like doing.



Capricorn (December 22 - January 19)

This period will bring you a lot of energy which you can use for doing sport, the only thing you will need is motivation, but you will have enough of it this month. The positions of planets are calling for you to stop overthinking and do what you feel like doing at a given moment.



Aquarius (January 20 - February 18)

Aquarians will not stop their thinking process for a moment. You will start thinking about your life, but will get into a bubble of overthinking that will be hard for you to get out of there. Do not let yourself be down because of these states. Try to distract yourself and pay attention to something else.



Pisces (February 19 - March 20)

You will be closer to your family at this time. However, don't forget about the relatives outside of your intimate family circle as you haven't seen them in a long time. You will be in an ideal mood to rebuild relationships, and you would all love to remember the old days.

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