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# Welcome

Dear Readers,

Welcome to our jam-packed February edition. We are excited to share that quite a few new businesses have been added this month.

As always, please support the local businesses featured within and let them know you saw their advert in the Inside Magazines booklet. If you have used any of these businesses, please share your experience with us; we are often asked for recommendations and will only provide them if we have used the service personally or if the business comes with excellent reviews.

Please take the time to look through this month's magazine to see everything that is going on. When you have finished with your copy, please keep it safe in a drawer as you never know when you might require the services of one of our featured businesses, or simply pass it on to someone else to read.

Until next time, Reg inside magazines Editor

Janaury Competition Winners

Britfest - Angela Dunning - Over 30,000 Visitors

£25.00 Cash - Margaret Carden - Cerys Matthews

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**ARTWORK DEADLINE DATE 16TH FEB**

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Since its debut in 2024, The Brit Fest has seen remarkable growth, reaching over 30,000 visitors in 2025 - a massive year-on-year increase. 2026 is set to be the biggest edition yet. Altrincham-

based ABC+ Warranty returns as the Official Title Partner for The Brit Fest 2026. Festivalgoers can camp, glamp with Tangerine Fields, or bring motorhomes and caravans, while nearby hotels including the Delta Marriott offer luxury stays complete with spa and shuttle service.

For details of line-ups, ticket prices etc. go to: [www.thebritfest.co.uk](http://www.thebritfest.co.uk)

For a chance to win the tickets, just answer the following question:

**"In which year did Brit Fest make its debut?"**

**To enter:** Just send your full name, address and the date you received the magazine along with your answer to: [insidemagazinegroup@gmail.com](mailto:insidemagazinegroup@gmail.com) - Closing date: February 20, 2026



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Sixth**  
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**MAR**  
**7**

**Llysfasi**  
10am - 12pm

**MAR**  
**11**

**Yale,  
Yale Sixth &  
Bersham Road**  
5.30pm - 7.30pm

**MAR**  
**14**

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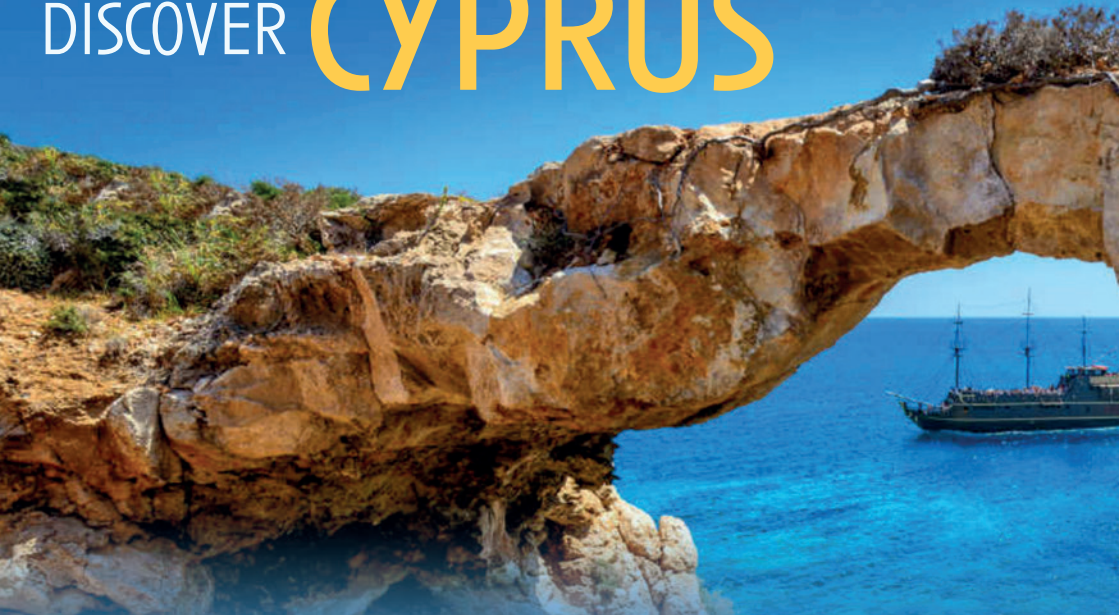
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# DISCOVER CYPRUS



Cyprus has often been described as 'the Mediterranean of your childhood' and that phrase sums up its essential peace, serenity and sheer natural beauty.

## FAMAGUSTA

The town is home to the fabulous Lala **Mustafa Pasha Mosque**, as well as countless other historical treasures. Some of Northern Cyprus' best, and quietest, beaches are close by and a stay here is ideal as a base from which to explore the wild and unspoiled beauty of the **Karpaz Peninsula** - a place where you are more likely to come across a few wild donkeys than other holidaymakers!

## LIMASSOL

Limassol has so much to offer for everyone. With pristine beaches and so much to do, it's no wonder it is one of the most popular resorts in Cyprus for a summer holiday. Visit **Limassol Castle**, the various museums including the famous archeological museum, enjoy a boat trip and explore the many historical sites nearby such as the ruins of **Kourion** and **Sanctuary of Apollo**. There are quite a few water parks around this area, which offer an amazing day out if you have children. There's also **Limassol Zoo** and the stunning **Caledonia Waterfalls** to explore.

## KYRENIA

Kyrenia means more than just the harbour and castle. Strolling through the streets of the old town, you will never be far away from the ruins of the **Lusignan walls** and towers which originally formed a protective curtain around the town. Kyrenia offers plenty for the keen shopper, with a vast array of outlets providing everything from the latest designer fashions to Cypriot souvenirs - not to mention a truly remarkable choice of restaurants. Kyrenia is an ideal base to explore Northern Cyprus, and it has some of the island's best accommodation. Yet the serene beauty of the countryside is never far away.

## AYIA NAPA

Relax on one of the 14 Blue Flag beaches during the day, and enjoy the party in one of the many bars and clubs in the evening and throughout the night until sunrise. The world famous **Nissi Beach** is not far away, whichever Ayia Napa hotel you choose, featuring music and dancing on the sand until the early hours. The Agia Napa coastline features many luxury 5 star hotels, as well as smaller

family run accommodation in the town centre itself, or choose an apartment on the main party strip to be in on all the action.

## CORAL BAY

Coral Bay, although lively in the town centre, offers a more relaxing and tranquil location than some of the other resorts in Cyprus, which may be one of the reasons this town is so popular. The peaceful white sand Blue Flag beach features a limestone cliff backdrop, with plenty of sun loungers to choose from. This is a relaxed and family-friendly resort, with many traditional bars and tavernas serving local food to choose from in the main town centre.



## PAPHOS

A holiday in Paphos (main pic) offers the perfect blend between all the amenities you need and absolutely stunning beaches. Explore Paphos, the ancient city in the south-west of Cyprus, full of interesting culture and ancient history. The Troodos Mountain Range is not far away, and the airport is just a stone's throw from the hotels, making for an easy airport transfer. Paphos Aphrodite water park is well worth a visit if you have children, and is the biggest water park in the area. The baths of Aphrodite are also not far away, with tour options available. There is Pafos Zoo, plenty of boat trips and excursions available, and a visit to Kato Paphos Archaeological Park is well worth a trip.

## LATCHI AND POLIS

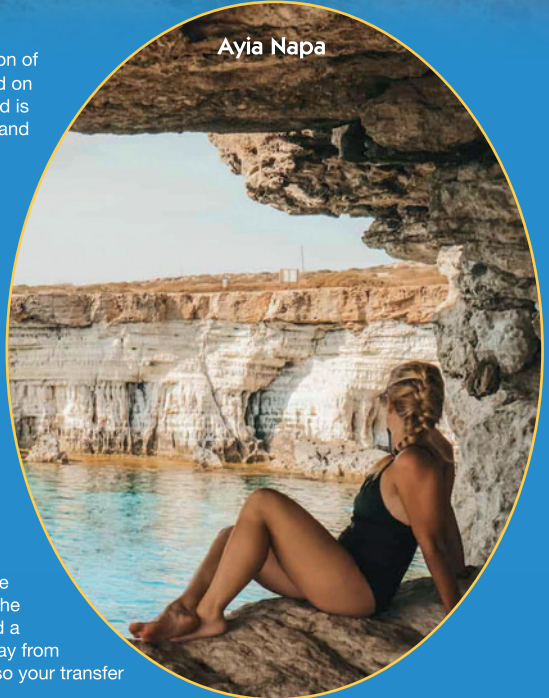
If you enjoy walking and exploring the landscape, the **Adonis Nature Trail** is an extremely popular attraction close to Polis. At around 7.5km, this hiking trail is perfect to experience the natural wonders of Cyprus. You need to be fit to attempt the walk to the top of the ridge, but the views are well worth the effort. You could also consider the **Smigies Nature Trail**, which also offers spectacular views. The nearby village of **Kathikas** is well worth a visit, being a traditional

Cypriot village in the mountains, away from the hustle and bustle.

## LARNACA

The Larnaca region of Cyprus is situated on the east coast and is generally a quiet and unspoilt haven, with fields of wild flowers, making it ideal for exploring and walking holidays. It is one of the oldest cities in Cyprus, featuring many historical sites to explore, a pretty seafront lined with palm trees, lively nightlife and Blue Flag sandy beaches, not to mention the flamingos! All of the hotels are located a stone's throw away from Larnaca airport, so your transfer will be a breeze.

## Ayia Napa



Kyrenia

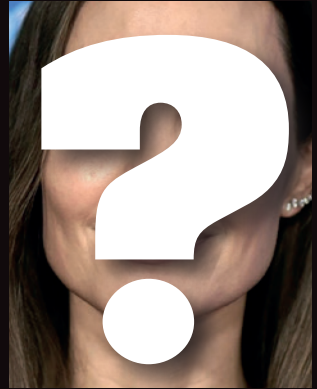
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Born on June 4, 1975, in Los Angeles, California, to actors Jon Voight and Marcheline Bertrand, her godparents are actors Jacqueline Bisset and Maximilian Schell.

She made her screen debut as a child alongside her father, Jon Voight, in *Lookin' to Get Out* (1982), and her film career began in earnest a decade later with the low-budget production *Cyborg 2* (1993), followed by her first leading role in a major film, *Hackers* (1995). She won an Academy Award for Best Supporting Actress for her performance in the 1999 drama *Girl, Interrupted*. Her starring role as the video game heroine Lara Croft in *Lara Croft: Tomb Raider* (2001) established her as a leading Hollywood actress. She continued her action-star career with *Mr. & Mrs. Smith* (2005), *Wanted* (2008),

# WHO AM I?

*Salt* (2010) and *The Tourist* (2010). In addition to her film career, She is known for her humanitarian efforts, for which she has received a Jean Hersholt Humanitarian Award and made an honorary Dame Commander of the Order of St Michael and St George (DCMG). She has been cited as the world's most beautiful woman by various media outlets. Her personal life has been the subject of wide publicity. She is divorced from actors Jonny Lee Miller and Billy Bob Thornton, and is legally separated from actor Brad Pitt with whom she has six children, three of whom were adopted internationally.



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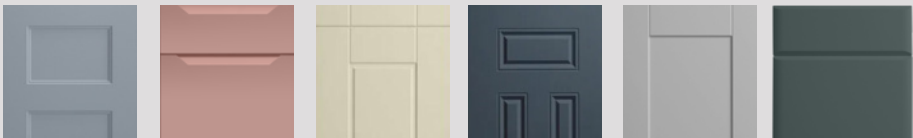


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# CINEMA

FEBRUARY



## WUTHERING HEIGHTS

● **In cinemas:** February 13, 2026 ● **Director:** Emerald Fennell ● **Starring:** Margot Robbie, Jacob Elordi, Owen Cooper. ● Margot Robbie and Jacob Elordi star in this latest adaptation of Emily Brontë's passionate and tumultuous classic love story set against the backdrop of the Yorkshire moors, exploring the intense and destructive relationship between Heathcliff and Catherine Earnshaw.

## GOOD LUCK, HAVE FUN, DON'T DIE

● **In cinemas:** February 20, 2026  
● **Director:** Gore Verbinski  
● **Starring:** Sam Rockwell, Stevel Marc, Tanya van Graan.  
● A "Man From the Future" (Rockwell) arrives at a diner in Los Angeles where he must recruit the precise combination of disgruntled patrons to join him on a one-night quest to save the world from the terminal threat of a rogue artificial intelligence.



## GOAT

● **In cinemas:** February 13, 2026  
● **Director:** Tyree Dillihay  
● **Voiced by:** Caleb McLaughlin, Gabrielle Union, Nick Kroll.  
● A small goat with big dreams gets a once-in-a-lifetime shot to join the pros and play roarball, a high-intensity, co-ed, full-contact sport dominated by the fastest, fiercest animals in the world.

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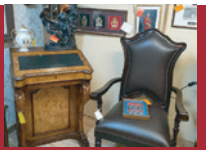


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# 2026 Quiz

Test your knowledge on the events of the upcoming year

## 1: JANUARY

Can you name the European country that will adopt the euro this month?

## 2: FEBRUARY

The Winter Olympics are scheduled to be held this month in Cortina d'Ampezzo. In which country is this winter resort?

## 3: MARCH

Peaky Blinders: The Immortal Man arrives in cinemas and on Netflix in March. Who are the two stars pictured who take centre stage in the new movie?

## 4: APRIL

Following Rachel Reeves' November Budget, the National Living Wage for Ages 21+ will rise by 4.1% to £12.71 in April. How much extra is this an hour?

## 5: MAY

One of the most highly anticipated films of the year, the Devil Wears Prada 2, is set for release. Name the two actresses

to be reprising their roles from the original 2013 movie.

## 6: JUNE

Which iconic actress (who died on August 4, 1962) would have been 100 on June 1?



See Question 11

## 7: JULY

The men's football World Cup will reach its conclusion on July 19. In which three countries are the games being played?

## 8: AUGUST

The Commonwealth Games will draw to a close on August 2. Which UK city will host the event?

## 9: SEPTEMBER

The shortlist for the Mercury Prize will be revealed in September. Who won the award in 2025 with his album 'People Watching'?

## 10: OCTOBER

October marks the 100th anniversary of the first collection of Winnie the Pooh stories being released. Who wrote the books?

## 11: NOVEMBER

On November 15, the NASA spacecraft pictured will reach the historic milestone of being one light-day away from Earth - that's 16.1 billion miles away. Do you know the name of the spacecraft and the decade it was launched?

## 12: DECEMBER

On December 18, it will be 60 years since the film How the Grinch Stole Christmas! was first shown. But do you know who wrote the book?



See Question 3

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## INGREDIENTS

- 50g honey
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tsp grated ginger
- 1 orange, zested
- 1 red onion, cut into slim wedges
- 2 star anise
- 250g forced rhubarb stalks, sliced into 3cm pieces
- 4 bone-in pork chops
- 1 tsp vegetable oil
- 1 tsp Chinese five-spice powder
- small handful of coriander, roughly chopped
- 1 tsp toasted sesame seeds
- steamed vegetables or rice to serve (optional)



## METHOD

**STEP 1** Heat the oven to 200C/180C fan/gas 6. Combine the honey, soy sauce, sesame oil, ginger and orange zest in a bowl. Add the red onion and star anise, and toss together. Season lightly. Pour onto a baking tray, spread out, then roast for 15 mins. Add the rhubarb, tossing to combine, and roast for a further 10 mins.

**STEP 2** Drizzle the pork chops with the vegetable oil, then mix in the Chinese five-spice and season well. Heat a large frying pan over a medium heat and using tongs, hold the chops fat-side down for 2 mins to brown the fat. Cook for a further 2 mins on each side, until golden brown.

**STEP 3** Nestle the chops into the onion and rhubarb mixture and roast for 8-10 mins or until the pork is just cooked through. Remove from the oven and discard the star anise. Sprinkle over the coriander and sesame seeds. Serve with steamed veg or rice, if you like.

**SERVES: 4   PREP: 20 mins   COOK: 50mins**



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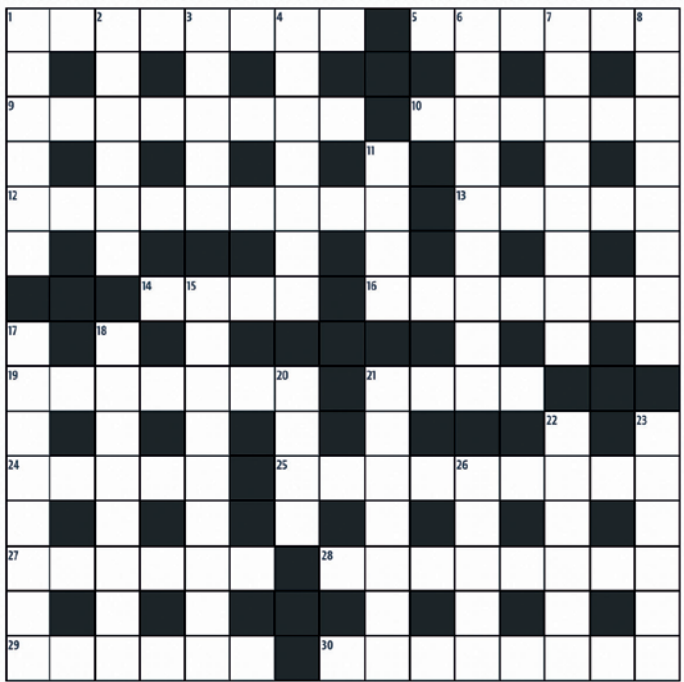
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## CROSSWORD....

### Clues across

- 1 Strategic
- 5 Cookers
- 9 Social event
- 10 Strange person
- 12 Capture spirit of
- 13 Steam bath
- 14 Engrave
- 16 Motor racing championship, ... One
- 19 Greedily stored
- 21 Conceal
- 24 Guru
- 25 Forking (off)
- 27 Sufficient
- 28 Obsession
- 29 Rascals
- 30 Self-centred acts (3,5)

### Clues down

- 1 Treacle sweet
- 2 Fortright
- 3 Lead-in
- 4 Eliminate
- 6 Cherished
- 7 Chaste
- 8 Travel illegally (on ship)
- 11 Cattle meat
- 15 Clearing away mess (7,2)
- 17 Beard
- 18 Abnormal mistrust
- 20 Sum owed
- 21 News story title
- 22 Two-piece swimsuit
- 23 Salesmen
- 26 Crowd's simple song

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Each row and each column must contain the numbers 1-9, and so must each 3 x 3 box.

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# Your stars for February



## **Aries** (March 21 - April 19)

If you are tempted to overspend, try to resist the urge. This is likely to be a very social period in your calendar and you may need to watch any potential strain on your finances. You will be in great demand on the social circuit and others will seek out your company.



## **Taurus** (April 20 - May 20)

Your patience could well be put to the test. There could be a situation where you will need to forgive and forget, rather than harping on about something that has irritated you. Your emotions may be up and down but mentally you will remain strong and able to deal with whatever may happen.



## **Gemini** (May 21 - June 20)

This could be a profitable period for those born under the sign of the Twins. You will be confident enough to take risks, and if you make investments this month, they may prove profitable in the future. An approach to your bosses about a pay rise may prove more successful than it has previously.



## **Cancer** (June 21 - July 22)

Cancer charts show you may need to slow down and take more care of your health. You may also need time to de-stress and get away from the workplace. A few hours of relaxation, especially at weekends, could be of great benefit to you.



## **Leo** (July 23 - August 22)

You are going to experience a certain amount of fulfillment where your career is concerned and much satisfaction will be gained from doing well and achieving your goals. Others will seek you out for advice which they will follow and your opinion could be much sought-after.



## **Virgo** (August 23 - September 22)

You will be dealing with a lot of money-related issues during this period and your horoscope predictions suggest that any financial speculations you make will be fruitful, though you will not indulge in impulsive spending; rather, you will be taking a more measured and careful approach.



## **Libra** (September 23 - October 22)

Life may slow down for Libra folk, offering some welcome rest from the recent whirl of activity, giving you time to spend with family and close friends. It is a time for quiet reflection, recovery and an ideal time to re-charge your batteries.



## **Scorpio** (October 23 - November 21)

This is likely to be a spiritual phase for Scorpions where you will be in a reflective and contemplative mood. It is entirely likely that stepping back from the business in your life will make you spiritually stronger. Don't feel guilty about taking time out to relax.



## **Sagittarius** (November 22 - December 21)

Sagittarians may see the need to sort out minor issues in personal relationships. It would be beneficial to all concerned if both parties could listen to the other and act directly and quickly upon what has been said. You may need to curb their idealism and learn to be more practical in their relationships.



## **Capricorn** (December 22 - January 19)

You may feel a bit fragile - whether this is due to stress at work, family problems or simply that your work/life balance is off-kilter. In any case, Capricorns could find alternative therapies very helpful, especially when symptoms like tiredness, headaches and indigestion are vague annoyances.



## **Aquarius** (January 20 - February 18)

Your finances will be in great shape during this phase and there could be an influx of money which you didn't know was coming. This will mean that you can fulfill some of your wishes or desires. It could be a lucky time for you in all aspects of your financial dealings, so don't hold back!



## **Pisces** (February 19 - March 20)

You could find yourself in a quiet and reflective mood and feel a bit down and dejected. It may be that you are struggling with the pace of your life at the moment so be mindful that life doesn't always have to go at a hundred miles an hour.

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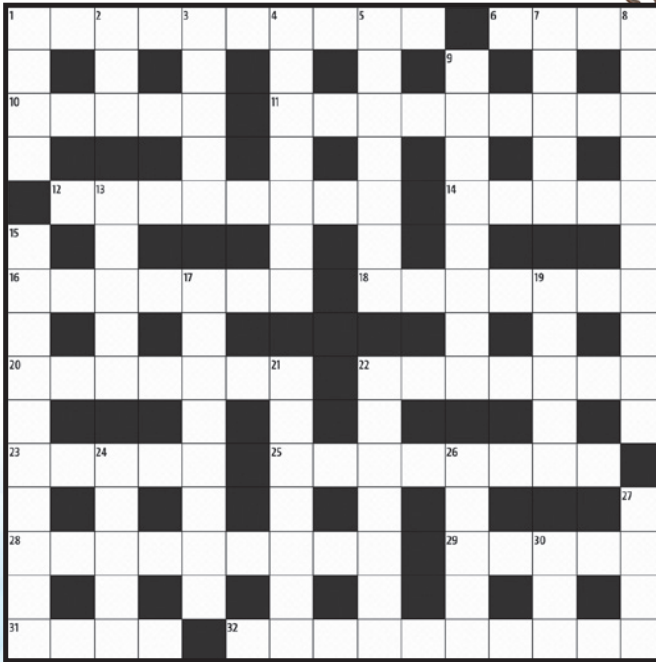
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# Crossword



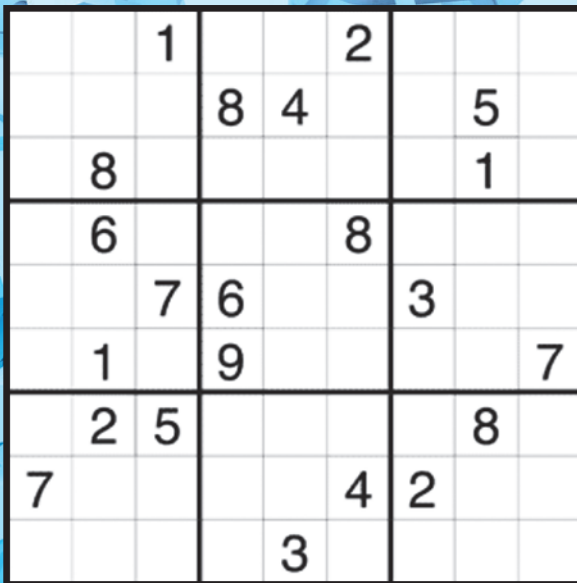
## Across

- 1 Vouched for
- 6 Cupid
- 10 Small lizard
- 11 Washed (hair)
- 12 Unit of pronunciation
- 14 Financial outlays
- 16 Darken
- 18 Burnt with steam
- 20 Yearly publications
- 22 Song and dance show
- 23 Comes closer to
- 25 On upper floor
- 28 Bank robber's head cover
- 29 Swallows nervously
- 31 Recedes
- 32 Cinema attendants

## Down

- 1 Pop band performances
- 2 Rainbow shape
- 3 Circular coral reef
- 4 Nuclear agreement (4,3)
- 5 Travel cheats, fare ...
- 7 Origins
- 8 Riding position (4,6)
- 9 Sale items
- 13 Crave (for)
- 15 Acquirable
- 17 Backpack
- 19 Furnishing scheme
- 21 Shrill laughs
- 22 Boo-hoo
- 24 Impromptu (2,3)
- 26 Journalistic slant
- 27 Functions
- 30 Illuminated

# Sudoku



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# THIS MONTH...

## ...in 1964: The Beatles appear on the Ed Sullivan Show

On February 9 1964, The Beatles made their first appearance on The Ed Sullivan Show - their first appearance in front of an American audience.

The show was seen by over 73 million viewers and came to be regarded as a cultural watershed that launched American Beatlemania - as well as the wider British Invasion of American pop music - and inspired many young viewers to become rock musicians. The band also made another appearance during their 1965 U.S. tour.

The Beatles began to receive attention in the mainstream American press and radio play in November and December 1963.

Due to rapidly growing listener demand, the band's first

single on Capitol Records, "I Want to Hold Your Hand" was rush-released in late December, three weeks ahead of schedule.

The Beatles flew into the John F. Kennedy International Airport in New York on February 7 to a waiting crowd of 5,000 fans, and after a press conference arrived at the Plaza Hotel in Manhattan.

During the February 8 rehearsals for their first performance, lead guitarist George Harrison was confined to the hotel while recovering from strep throat; Beatles road manager Neil Aspinall and an Ed Sullivan Show staffer took turns standing in for George during the rehearsals.

## ...in 1975: Margaret Thatcher becomes Tory leader

Margaret Thatcher became Conservative Party leader and Leader of the Opposition on February 11 1975, after Edward Heath's leadership of the Conservative Party had looked increasingly in doubt.

Thatcher was not initially seen as the obvious replacement, but she eventually became the main challenger, promising a fresh start. Her main support came from the parliamentary 1922 Committee and The Spectator.

She defeated Heath on the first ballot, and Willie Whitelaw, Heath's preferred successor, in

the second.

Thatcher's election had a polarising effect on the party; her support was stronger among MPs on the right, and also among those from southern England, and those who had not attended public schools or Oxbridge.

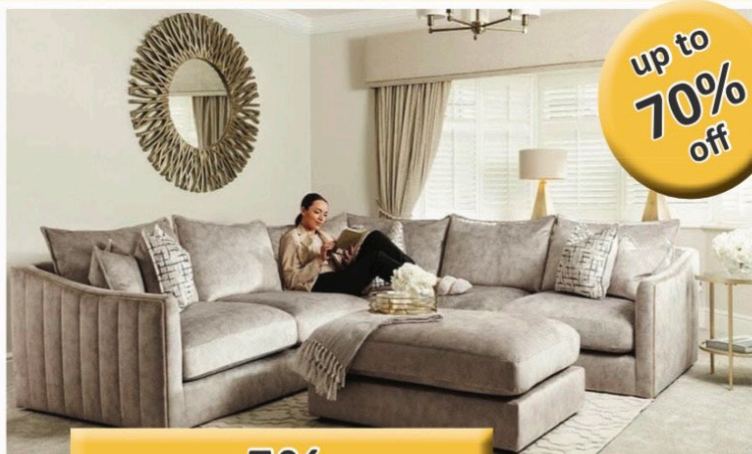
Right from the start, Thatcher drew criticism. Television critic Clive James, writing in The Observer prior to her election as Conservative Party leader, compared her voice to "a cat sliding down a blackboard".



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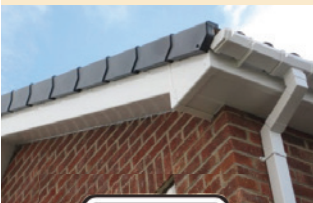
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**Malibu Genius 641 LE** The winner of the most luxurious campervan at the Practical Motorhome Awards 2025 is an innovative option which offers plenty of comfort and storage.

Malibu has added an extra 47cm to the original 5.93m length of the Mercedes Sprinter, as the manufacturer was unable to fit everything it wanted to include for its comfort spec level. Despite this rear extension, it still matches the

original base vehicle's beading.

This extra space is especially felt in the side kitchen, where a good work surface (including a pull-out extension), a two-burner hob and a large sink can be found, although there is no oven as standard.

**Base vehicle:** Mercedes Sprinter **Berths:** 2 **Belts:** 4  
**MTPLM:** 3500kg **MiRO:** 2946kg **Payload:** 192kg  
**Length:** 6.40m **Width:** 2.02m



**Sun Living V65 SL** This is an impressive campervan!

The Fiat Ducato-based campervan is a new layout, and there's a comfortable front lounge, with light streaming in through the windows and a Heki, while movable LED spotlights and ambient lighting can be used in the evening. We liked how the clip-on table also comes with a swing-out extension, so everyone can reach it.

**Base vehicle:** Fiat Ducato **Berths:** 2 (plus 2 optional) **Belts:** 4  
**MTPLM:** 3500kg **MiRO:** 2940kg **Payload:** 560kg **Length:** 6.36m  
**Width:** 2.05m



**Mobilvetta Admiral H6.3**

The Fiat Ducato-based camper comes with a smart black exterior, and a cab that includes plenty of features so you can sit back and enjoy the drive. These include cruise control, air conditioning, traction plus and electronic stability control.

**Price:** £79,995 **Base vehicle:** Fiat Ducato **Sleeps:** 2  
**Belts:** 4 **Length:** 6.36m **Width:** 2.05m **MTPLM:** 3500kg  
**MiRO:** 3124kg **Payload:** 376kg



# VANS FOR 2026



**Auto-Trail Expedition 68XL** It may have an XL in its name, but the Expedition 68XL is still fairly small, coming with a length of only 6.36m. We thought it was an impressively nifty campervan when we put it to the test, with plenty of storage. It makes a great choice for campervanners who want a good day-to-day vehicle that also provides plenty of the comforts you would want on tour.

The front dinette has an optional pop-top roof and a table that can be folded away beneath, which not only gives you space for the ladder, but also ensures anyone in the two travel seats has plenty of legroom.

**Price:** £57,563  
**Sleeps:** 2 (optional 4)  
**Belts:** 4  
**Base vehicle:** Fiat Ducato  
**Length:** 6.36m  
**Width:** 2.05m  
**MTPLM:** 3500kg  
**MiRO:** 2950kg



**Swift Carrera 144** A longtime favourite, but we think the new upgrades the 2026 model comes with have given a nice freshen up to what we already viewed as one of the best campervans. The Carrera 144 has a layout that works particularly well for touring couples. This is due to its comfortable rear lounge, where facing sofas can be made up into a double bed; couples would then have the option of leaving the bed set up, and then using the front dinette to relax in during the day instead. The washbasin folds away, and we also like the new smart black fittings.

**Price:** From £77,590 **Sleeps:** 3 **Belts:** 4 **Base vehicle:** Fiat Ducato  
**Length:** 5.99m **Width:** 2.26m **MTPLM:** 3500kg **MiRO:** 3025kg  
**Payload:** 475kg



**WildAx Equinox** A highly commended contender in our best campervan for everyday use category at the Practical Motorhome Awards 2026, the Equinox is a high-spec Ford Transit-based campervan which has plenty of comfort throughout and is available as both a front-wheel-drive and all-wheel-drive model.

**Price:** £78,495 **Base vehicle:** Ford Transit **Berths:** 4  
**Belts:** 4 **MTPLM:** 3500kg **MiRO:** 3108kg **Payload:** 392kg  
**Length:** 5.98m **Width:** 2.06m



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# Training your pup

**T**HE secret to a happy and healthy dog is to create a bond with them and remembering that dogs experience emotions similar to ours. So, they can get lonely and they can get scared. It's also been proven that our emotions may impact that of our dogs so it's important to look out for emotional upsets that may affect your dog too.

There are a few things that you need to do to maintain that bond with your dog.

### **Never punish your dog**

Verbal reprimands are included here. Punishment can only be conflicting to your dog and can cause frustration.

### **Always make sure they have a safe place to rest**

By this, we mean a safe haven where all their favourite things are kept and it almost becomes a little den for them to escape from everything.

### **Ensure your dog's positive welfare**

Make sure your dog's emotional and psychological needs are met.

### **Listen to your puppy**

If your puppy isn't happy to do something, don't force them. Socialisation is for life, so this is a journey that lasts for the rest of their years.



### **Play with your puppy**

Play strengthens bonds and makes learning a faster and easier task.

### **Keep on top of your pup's training**

Make sure you train your dog every day even if it's just for a few minutes. Some owners will train their puppies but then forget that as they grow into adult dogs that they still need training.

Make sure that you train your dog throughout their life.

Pups are forever curious but their noses can often land them in trouble. The vets at **Joi**

can help put your mind at ease from the comfort of your own home. How? Their services include a symptom checker, nurse clinics, and video vet consultations for pet owners to use whenever they need it and wherever they are.



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# Health



## Some bad habits that are actually good for you...

**E**ver promised yourself that this year you were definitely going to give up a bad habit, only to give into your vice again after only a couple of hours?

Well, the good news is that 'bad' habit may not actually be as harmful as you think.

### Gossiping

Most of us love a good gossip, whether we're giggling over a colleague's new romance or passing an opinion on someone's outfit choice or behaviour, and the good news is that gossiping could actually be good for us. Not only does listening to gossip help us to learn more about the characters of those around us, but bonding and having a laugh with your peers also releases feel-good hormones which help to relieve stress and anxiety.

### Drinking coffee

Although drinking too much coffee can be detrimental to your health, in smaller quantities the popular hot drink can actually be good for you. When drunk in moderation (no more than three cups per day), caffeine can speed up your metabolism, boost exercise endurance and reduce your risk of gallstones and kidney stones. A recent study has also found that women who drink two or more cups of coffee a day are less likely to be depressed, while separate research has shown that drinking three cups cuts risk of age-related diabetes.

### Swearing

Shouting expletives out in the middle of the street isn't recommended but studies suggest that in certain situations swearing may actually be good for you.

According to a study by the University of East Anglia, swearing at work could help employees cope with stress and maintain solidarity. Meanwhile, researchers at Keele University's School of Psychology found that swearing can provide effective short-term relief from pain. However, the study also notes that swearing should be reserved for crises only, as the higher the daily swearing frequency was for participants, the less pain relief they experienced.

### Skipping a shower

Repeatedly missing showers may not win you any friends, but if you are ever tempted to skip a shower here and there, research suggests that you could be doing your health (and the environment) a favour. Daily washing not only strips your skin of the natural oils that keep it hydrated and supple, it could also strip your skin of good bacteria that help to prevent disease. If you do decide to skip a shower, just try to do it on a day when you won't be vigorously working out!

### Having a lie-in

Feeling guilty about your weekend lie-in? Don't be! Research has found that sleep can help you live longer, boost your memory and reduce stress, while not getting enough can lead to

accidents, weight gain, and increased risk of heart disease. Furthermore, delaying your morning workout in favour of some shut-eye may have health benefits, as research from Brunel University found that heavy training sessions early in the morning can compromise the immune system.

### Losing your temper

Many of us have been brought up to believe that losing our temper is the ultimate social faux pas. To an extent this is true (nobody wants to hang out with that person who is always losing their cool and shouting their mouth off), however research has found that losing your temper could actually be good for your health. Venting your emotions

is believed to reduce the effects of stress, while a Swedish study found that men who bottled up their anger when unfairly treated at work doubled their risk of having a heart attack.



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# Keep your home safe with these clever home security solutions

**T**HERE are two peak times for burglaries: during the summer holidays and now, when the afternoons are dark and the nights feel longer.

However, an easy deterrent that can help protect your home from unwanted visitors is investing in a top-notch home security system. Now is the perfect time to pick one up at a bargain price.

## Reolink Elite Floodlight WiFi

The Reolink Elite Floodlight WiFi, a 4K dual-lens floodlight camera with 180-degree panoramic view, has been reduced from £199.99 to £139.99.



What sets this gadget apart from other security cameras is its 4K UHD resolution and expansive 180-degree panoramic view, meaning it offers a clear view of driveways or a back garden with no blind spots.

It also includes a clever local AI video search, so when an alert about a suspicious white van goes up on your road's WhatsApp group, you can type in 'white van' to quickly search through the footage.

## Reolink Altas PT Ultra

If it's a wireless camera with a long battery life you're after, then the Reolink Altas PT Ultra is for you.

It's a 4K battery/solar camera with 360-degree coverage and a 10-second pre-event recording feature, delivering eight days of continuous recording, or 500 days of battery life based on 300 seconds of daily video.



It offers all-angle surveillance coverage with no blind spots.

It also automatically detects, follows and records moving objects in the camera's field of view, and will alert you when it spots something.

Don't worry about being inundated with false alarms about a curious fox as it can detect between people, animals and vehicles. You will only be alerted about important events, plus there are no subscription fees involved.

It's currently reduced by 50% from £239.99 to £119.99.

## Reolink Battery Doorbell

If you live in a flat or a small terraced house, a video doorbell camera will keep your property protected. The Reolink Battery Doorbell is a 2K/4MP video doorbell camera with head-to-toe video and has been reduced from £119.99 to £79.99.



It's completely wireless, making it extremely easy to install, and has smart detection for people, vehicles and packages. This will send an alert to your phone whenever relevant motion is detected.

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**Ford Crossover** A new mid-sized crossover will join Ford's ranks, filling the gap left by the soon to be axed Focus hatchback. Technical details remain unknown, but it is likely that the new model will arrive with a diverse powertrain offering, including a pure-electric option.

# BEST NEW



**MG 2** MG has confirmed it is working on an electric city car with a target price of around £20,000. It could be named the MG 2 and is expected to go on sale early 2026.



**Mercedes E-Class EV** An all-electric version of the C-Class will break cover next year as a direct rival to the forthcoming BMW 3 Series EV.



**Kia EV-2** Kia will launch a small crossover in 2026, trading the long range and rapid charging speed of its stablemates for a more affordable price of £25,000.



**Porsche Boxster/Cayman** This next-generation 718 Boxster and Cayman will be fitted with combustion engines in a major shift away from its electric strategy.



# CARS 2026

**Volkswagen ID GTI** The hot version of the ID Polo is set to go into production in 2026, when it will be Volkswagen's first electric GTI model. Bosses say the car prioritises fun handling over outright power and performance.



**Renault Megane E-Tech** Renault will roll out a range-topping performance version of the Megane E-Tech next year that will reposition the EV as a hot hatchback.



**Hyundai Ioniq 6 N** The 6 N shares the 5 N's 641bhp dual-motor powertrain and has a similarly aggressive aerodynamics package.



**Jaguar Electric SUV** The current Jaguar GT will be followed by a Bentley Bentayga-sized electric luxury SUV and a similarly positioned electric saloon.



**Dacia Estate** Going toe-to-toe with the Skoda Octavia, this petrol-powered, off-road-ish estate will support Dacia's growth ambitions in the C-segment.



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# How to tempt robins into your garden this winter



**W**HO doesn't love robins? These cheerful little birds are a favourite amongst gardeners across the UK, and if you want this feathered visitor to keep returning to your garden, a wildlife expert has revealed the one fruit you should be adding to your bird feed this winter.

With deep cultural and symbolic associations, distinctive red breasts and apparent confidence around humans, robins are a delight - it's easy to see why so many of us want to know how to attract robins to our gardens.

One fruit robins love in particular is raisins, and experts say they are great for providing an extra energy boost this winter.

Before we get into it, it's important to make clear that you should NOT leave raisins out for birds if you have dogs. This is because raisins are toxic to dogs.

If you have a dog, or if neighbouring dogs could access your garden, it's best to offer raisins in a way that dogs can't reach - such as on a raised feeding table or in an enclosed feeder

- or simply choose a safer alternative like mealworms or a soft bird food mix.

## Why should you leave raisins out for robins?

If it is safe for you to leave raisins out in your garden, they can provide a wonderful energy boost for robins and other garden birds - and in winter, when food is scarce, it's important to ensure to leave out high-energy and fat options, and raisins happen to be one of a robin's favourite foods.

Robins adore raisins. They're a lovely little energy boost when natural food is harder to find. If you soak the raisins in warm water first, it makes them softer and easier for robins to digest - especially helpful during frosty mornings when insects and worms are tucked far below the frozen ground.

Raisins, along with mealworms and soft fruit, are brilliant for helping robins keep their strength up through the colder months.

We can't go as far as to say that providing a robin's favourite food will make them 'loyal' to your garden, but providing a safe environment with shelter and food is a great way to

attract birds and keep them coming back.

Because robins are highly territorial, once a bird has claimed your patch as part of its territory - and discovers you're offering food - it will happily come back day after day. Many people find their robin becomes a bit of a companion, following them around the garden just as their wild ancestors once followed boar, watching for food stirred up by the digging.

## Why is it important to feed birds in winter?

Knowing what to feed birds in winter is so important, as food can be in short supply during this time of year. While berry-bearing shrubs can be a vital source of food in your garden (so it's worth planting some), you should also consider leaving food out regularly for your garden birds.

Winter is the hardest time of year for robins, especially during long cold spells when they can lose up to 10% of their body weight in a single night.

A steady supply of high-energy food can quite literally be the difference between life and death for these little birds.



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#### SUDOKU

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### 2026 QUIZ

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1 Bulgaria                         | 7 Canada, Mexico               |
| 2 Italy (the Dolomites)            | and the USA                    |
| 3 Barry Keoghan and Cillian Murphy | 8 Glasgow                      |
| 4 An increase of 50p               | 9 Sam Fender                   |
| 5 Meryl Streep and Anne Hathaway   | 10 AA Milne                    |
| 6 Marilyn Monroe                   | 11 Voyager 1, launched in 1977 |
|                                    | 12 Dr. Seuss                   |

### COFFEE TIME ANSWERS

#### CROSSWORD

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#### SUDOKU

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4	3	1	5	7	8	9	2	6
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# FEBRUARY TECH

## STEAM FRAME

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Six years is a long time in any reality, but in the world of VR it feels like a lifetime; so while the Steam Frame was a long time coming, it looks like it was well worth the wait. Replacing the Valve Index, the Frame is a lot more versatile than its predecessor. For starters, it doesn't need base stations to know where you or the controllers are, using four built-in tracking cameras

instead - but perhaps even more significant is the fact that you can use it without a PC.

The Frame runs Steam OS 3 and has a Snapdragon 8 gen 3 with 16GB of RAM, so some games can be played directly from the built-in storage. It also comes with a 6GHz dongle that lets you connect it wirelessly to your PC.



## EVEN REALITIES G2

£5990

At first glance you'd think the Evan Realities G2s were just a normal pair of glasses, even when propped up by your nose - the only real giveaway is that they have extra talents hidden behind your ears.

Unlike Meta's smart glasses they don't have a camera, but there is a tiny projector that beams a 640x350 micro-LED display onto one of the lenses.

## HONEYCOMB AERONAUTICAL ECHO AVIATION CONTROLLER £150

Most people would struggle to fit the flight deck of a plane into their living room without at least moving the sofa, but the wireless Echo Aviation Controller lets you leave all the furniture exactly where it is. Designed for Microsoft Flight Simulator and other nerdy pilot-'em-ups, it swaps a lot of the standard buttons and sticks found on a normal game pad for slides, switches and paddles more suited to adjusting the throttle, flaps, rudders and other bits of a virtual plane.



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