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APRIL 2026 ISSUE 128

# Inside Flintshire

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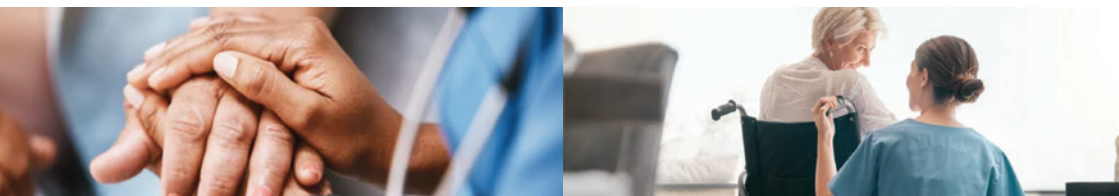
**Role overview:**

Support individuals with personal care, daily living tasks, household duties, emotional support, medication under supervision, health monitoring, and social/community engagement.

**Key Responsibilities:**

- Personal care (washing, dressing, oral hygiene) • Household duties (cleaning, laundry, meal prep)
- Monitoring and reporting changes in well-being • Promoting independence (shopping, budgeting, transport)
  - Emotional & social support, companionship • Supporting hobbies, appointments & community activities
- Accurate record keeping and contribution to care plans • Working collaboratively with health and social care professionals
  - Work Availability every other weekend & some evenings.

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# WIN A PAIR OF DAY TICKETS FOR...



Ashley Hall, Cheshire July 2-5, 2026



DAY 4 - SUNDAY, JULY 5



ABC



Let Loose



Baby Bird



Eternal



The Brit Fest, taking place this summer from Thursday 2nd to Sunday 5th July 2026 at Ashley Hall showground in Altrincham, promises its biggest and most spectacular event yet.

Headlining the festival will be **Happy Mondays** on Friday, **Holly Johnson** on Saturday and **ABC** on Sunday, joined by a stellar cast of British icons including **Wet Wet Wet**, **Eternal**, **Peter Hook & The Light**, **Sleeper**, **Chris Helme**, **Cast**, **Aswad**, **Space**, **The Blow Monkeys**, **Babybird**, **Rick Parfitt Jnr** and the **RPJ Band**,

**Fisherman's Friends**, **Altered Images**, **Doctor & The Medics**, **Stereo MCs**, **The Farm**, **Let Loose**, **Nathan Moore (Brother Beyond)**, **Mark Radcliffe & Co.**, **James Walsh (Starsailor)** and our first international guest **Jason Donovan**, plus many more.

The festival kicks off with a Thursday night party featuring **Symphonic Ibiza**, complete with live strings and special guest **Angie Brown**.

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.

Festival-goers 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:

**"Who is headlining Brit Fest's final day on Sunday, July 5?"**

**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: April 20, 2026

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# Welcome to the History of Mold!

Join us for a fascinating journey through the historical streets of Mold. Explore the rich heritage and stories of this charming town as we walk through its iconic streets.



Our knowledgeable volunteer guides will share interesting facts and anecdotes about the town's past, making this tour a must-attend for history buffs and curious minds alike. Don't miss out on this exciting opportunity to uncover the hidden gems of Mold's history first-hand. Lace up your walking shoes and get ready for an adventure!

The guided walking tours will run in conjunction with The Sunday Gathering Artisan Market, which is taking place on Daniel Owen Square and inside the Daniel Owen Centre: 26th April, 31st May, 28th June, 26th July, 30th August, 27th September and 25th October 2026

**All tours are free** but due to limited places, **BOOKING IS ESSENTIAL**. Each tour is expected to last between 60-90 minutes.

There are eight Historic tours which will run throughout the year and the tour subjects will alternate each month, with the General History tour being a constant each month. On each of the Sunday's there will be 3 tours, March to June 2026 tours as scheduled below:-

## SUNDAY 26TH APRIL

### 10am start – History of Wrexham Street and New Street – Tour Two

Described in 1920s as a working class area, the streets contain listed buildings, the first board school; businesses including a plant nursery, tannery, tripe shops. In New Street look out for the house with the Queen Victoria link.

Tour Two – starting from the former Morris Garage, our guides will take you through the history of Glanrafon area, up on to New Street

### 12pm start – General History of Mold Town Centre – Tour Two

A guided walk tracing the birth of Mold from its roots following the Norman Invasion in 1066, through the turmoil and Industrial unrest of the nineteenth century to the part Mold played in one of World War II's greatest military deceptions.

Tour Two – starting on the High Street rich in history, walk down to the old Courthouse across the former Hallfields and onto Kings Street

### 2pm start – Church & Chapels of Mold

The walk starts with one of the jewels in Mold town, that of the Margaret Beaufort sponsored parish church, St. Mary the Virgin. During the walk we will hear about the 1759 visit by John Wesley and the development of non-conformity through the lens of the denominational various churches and chapels.

## SUNDAY 31ST MAY

### 10am start – General History of Mold Town Centre – Tour One

A guided walk tracing the birth of Mold from its roots following the Norman Invasion in 1066, through the turmoil and Industrial unrest of the nineteenth century to the part Mold played in one of World War II's greatest military deceptions.

Tour One – starting on Earl Road you will discover the history of the area as you stroll up to the former Cottage Hospital and then back down onto the main High Street.

### 12pm start – History of Wrexham Street and New Street – Tour One

Described in 1920s as a working class area, the streets contain listed buildings, the first board school; businesses including a plant nursery, tannery, tripe shops. In New Street look out for the house with the Queen Victoria link.

Tour One – discover Wrexham's Streets history as you walk down from The Cross to the former Morris Garage

### 2pm start – Life and times of Daniel Owen in Victorian Mold

Born in Mold in 1836 and considered to be 'the Father of the Welsh Novel.' He was also a tailor, preacher and public servant who cared greatly about less fortunate members of society. The walk visits the locations and buildings associated with Daniel and explores how he rose from abject poverty to the individual commemorated around the town.

**July – October tours** schedule to be confirmed. Please email [TotallyMold@moldtowncouncil.org.uk](mailto:TotallyMold@moldtowncouncil.org.uk) or call 01352 758532 opt. 3 to be added to July – October waiting list.

**Accessibility & Limitations** – Attendees with mobility or other issues may not be able access certain parts of the walk but an alternative route is available, please speak to your guide at the start of the tour. **Clothing** – Participants should wear comfortable / walking shoes and any necessary weatherproof clothing, but in the event of adverse weather conditions the walk may be cancelled.

## How To Book

Please send an email to confirm the date, tour and number of attendees you wish to book for, via email to [TotallyMold@moldtowncouncil.org.uk](mailto:TotallyMold@moldtowncouncil.org.uk) or call 01352 758532 opt. 3

**NB: All tours may be subject to change.**

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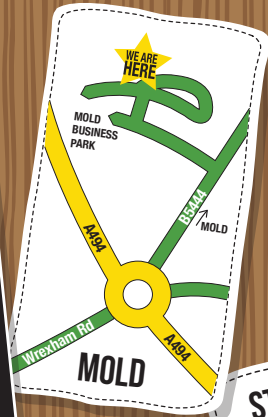


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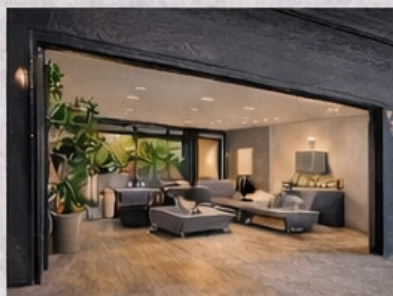


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# Legendary Ocean Colour Scene set to perform in Wrexham!

Wrexham is in for a spectacular treat this May! The legendary Ocean Colour Scene are bringing their iconic Britpop sound to Llwyn Isaf on Monday 4th May, performing in the big top thanks to FOCUS Wales. Even better, all profits from the ticket sales will go directly to Nightingale House Hospice, Wrexham's independent hospice, supporting patients and families living with a life-limiting illness.

Tickets go on sale at 10am Thursday 19th February, with first access signups available from 10am Wednesday 18th February via [www.nightingalehouse.co.uk/events](http://www.nightingalehouse.co.uk/events).

The concert forms part of Ocean Colour Scene's 30 year celebration of their triple platinum album 'Moseley Shoals', home to unforgettable hits such as Riverboat Song, The Circle, and The Day We Caught the Train. With seventeen Top 40 singles and six Top 10s to their name, Ocean Colour Scene remain one of the most successful and beloved bands of the modern era. Their live performances are celebrated for their infectious energy, engaging audience sing-alongs, and vibrant, memorable atmosphere.

Having honed their craft over six years before exploding onto the Britpop scene, Ocean Colour Scene released three Top 5 albums and chalked up nine successive Top 20 singles. Inspired by the soul, folk, and blues legends who shaped them, the band have continued to refine their sound and returned the favour in 2018 when they toured with Martha Reeves & The Vandellas, thrilling audiences with their legendary performances.

Elise Jackson, Events and Campaigns Manager at Nightingale House, said:

"We are absolutely thrilled to be part of this incredible event. Ocean Colour Scene are true legends, and thanks to FOCUS Wales, this concert will not only celebrate amazing music but also raise vital funds for Nightingale House. Every ticket sold will help ensure our patients and their families receive the care and support they need when it matters most."

FOCUS Wales yn cyflwyno : presents  
in association with Nightingale House

# OCEAN COLOUR SCENE

**+ GUESTS**  
Llwyn Isaf (AKA 'The Library Field'), WREXHAM LL13 8TJ

## MONDAY 4 MAY

Doors 5:30pm | 14+ event (under 18's must be accompanied by an adult)  
Get tickets at [nightingalehouse.co.uk/events](http://nightingalehouse.co.uk/events)



PROFITS IN AID OF...  
Nightingale House Hospice  
Wrexham Tŷ Ieu

Andy Jones, Head of Music at FOCUS Wales shared:

"We're excited to be bringing such a special show to Wrexham in support of Nightingale House Hospice, and we're hoping the whole community show their support for such an important cause."

This is a unique opportunity to witness one of the UK's greatest live acts while supporting a vital local charity. Mark your calendars, you won't want to miss this extraordinary night of music.

#### EVENT DETAILS

## Monday 4th May 2026, 5.30pm

Llwyn Isaf (The Library Field), Wrexham

Tickets on sale 10am Thursday 19th February –  
<https://tinyurl.com/OCSWrexham>

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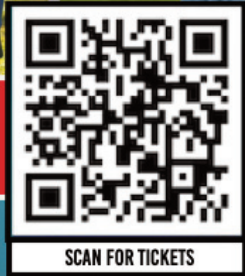


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# We're back and bigger than ever.

## We cannot wait to welcome visitors back to Bodrhyddan Hall for No Man's Land 2026.

**No Man's Land is a unique living history and re-enactment event, showcasing vehicles, uniforms, weapons and curios from Ancient Greece to the modern day. As well as vehicle and firing displays, there will be a chance to walk among and talk to over 800 re-enactors.**

**When is it?** Over the weekend of April 11/12th 2026, from 10am-4pm.

**Where?** Bodrhyddan Hall is between Dyserth and Rhuddlan on the A5151.

**How much?** £12.50 for adults in advance (£15 on the day), under 16's are free. You can buy a ticket for both days for £20. Or upgrade to include a house tour of Bodrhyddan Hall (tickets coming soon). Tickets can be bought from the link below or on the day.

**Is parking included?** Yes, the car park is approx 200m from the displays. We try to accommodate blue badge parking but cannot guarantee it during busy times.

**Is this event good for kids?** Yes, absolutely. As well as a chance to talk and learn



with the re-enactors, there are also activities such as archery, axe throwing, target practise and much more. We are delighted to be able to keep this event free for under 16's to encourage them to learn more about history, as well as help parents to navigate a busy (and potentially expensive) Easter holidays.

### **Will there be enough to keep them occupied?**

Definitely! Along side the demonstrations, there is also a timetable full of activities in the main arena, including cavalry, cannons and much more. Check out the timetable on our facebook page.

### **Is the event accessible?**

The event takes place on the open fields and parkland behind the Hall itself. While the approach is gentle and for the most part flat, there may be some uneven

ground in places. This may be more difficult to navigate in wet weather.

**What about the weather?** It has been an exceptionally wet winter and while the site has started to dry out, we would still recommend appropriate footwear and umbrellas.

**Are there stalls?** Yes, we have over 30 traders selling a variety of products, including antiques, toys, vintage clothes, viking mead and much more. Is there food? Yes, we are delighted to welcome back a number of food vendors who have worked with us before, as well as some new exhibitors.

**Anything else?** Yes, we have a large refreshment tent that also hosts live music from Nastee Chapel and the The D-Day Dolls as well as puppet shows and comedy from Professor Llusern.

**Can I bring my dog?** Yes, but please be aware that some of the demonstrations include loud cannon fire which may startle some animals.

[bodrhyddan-events.co.uk/tc-events/no-mans-land-april-11th](http://bodrhyddan-events.co.uk/tc-events/no-mans-land-april-11th)

# WIN A PAIR OF TICKETS FOR... **DISCOS FOR GROWN UPS**



**CHESTER CATHEDRAL  
SATURDAY MAY 2, 2026**

After four **SOLD OUT** discos at Chester Town Hall...the legendary **DISCOS FOR GROWN UPS** disco party is coming to a bigger venue in the city centre....the beautiful and historic **CHESTER CATHEDRAL** on **Saturday 2nd May 2026!**

It's going to be an incredible night of 70s disco, 80s pop and 90s dance classics dancing in this incredible venue.

**Tickets will sell out quickly... so grab yours now!**

Get glittered up for a fun, fab and feel-good night of dancing with

people your own age to the best ever 70s, 80s and 90s classics to boogie to.

Expect our stage dancers, mirror balls, glitter, glamour and the **BEST** ever dance floor classics.

The Cathedral will be lit by an amazing light and laser show to dance under.

Dance the night away to all your favourite dance floor classics you love from Donna Summer, Earth Wind and Fire, Chic, Human League, Kylie, Sister Sledge, Odyssey, Chaka Khan, Abba, Madonna, Robin S, Erasure, Bee Gees, Candi Staton, Faithless and many more.

**Free glow sticks and retro sweets for everyone!**

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It's your **BEST** night out dancing ...**EVER!**

**Tickets:** From £21.87

**Starts:** 6.30pm

For details go to: <https://chestercathedraldisco.eventbrite.co.uk>

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

**“How many sold out discos have been held at Chester Town Hall?”**

**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: April 20, 2026



# Misty Waters

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**Moules marinière** mussels steamed in white wine, garlic, shallots, and a butter sauce – £7.99

**Stuffed Cheese & Bacon Potatoskins** – £5.99

#### Mains

**BBQ spare ribs** served on a sizzling platter with homemade chips – £15.99

**Chicken sizzler** sliced Chicken with red onions & peppers in a peppercorn sauce on a sizzling plater and homemade chips – £18.99

**Slow cooked beef brisket** served on a bed of creamy mashed potato & steamed veg – £18.99

**Slow cooked gammon joint** with a hot honey and orange glaze served with homemade chips and steamed veg – £18.99

**Homemade Fish Pie** topped with creamy mashed potato served with homemade chips and steamed veg – £14.99

**Slow cooked harissa lamb** lamb shoulder with garlic noodles and homemade chips – £18.99

**Seafood Linguine** mussels, squid, king prawns in a creamy white wine sauce on a bed of pasta – £15.99

**Mixed meat stir fry** (chicken & pork gyros) served on sizzling plater with salt and chilli fries – £14.99

**Jamaican Jerkey Chicken Thighs** boneless thighs served with salt and chilli fries & rice – £14.99

**Salmon & King pawns** filleted salmon with king prawns in a creamy garlic sauce with hasselback potatoes – £18.99

**Chicken Bacon & mushroom pie** served with homemade chips veg and gravy – £14.99

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## INGREDIENTS

- 225ml vegetable oil plus extra for the tins
- 300g plain flour
- 100g cocoa powder
- 2 tsp baking powder
- 1½ tsp bicarbonate of soda
- 400g light brown soft sugar
- 300ml milk
- 2 tsp white wine vinegar
- 100ml strong coffee or espresso, cooled
- 2 tsp vanilla extract or paste
- 3 medium eggs

## For the vanilla buttercream

- 400g butter at room temperature
- 800g icing sugar
- 2 tsp vanilla extract or paste
- 4-5 tbsp milk food colouring pastes

## To decorate

- edible flowers
- pastel sugared almonds or chocolate eggs

Serves: 15  
Prep: 35 min  
Cook: 30 min



## METHOD

**STEP 1** Heat the oven to 180C/160C fan/gas 4. Oil three 20cm cake tins and line with baking parchment. Weigh out the flour, cocoa powder, baking powder, bicarb and sugar into a large bowl, add a pinch of salt and whisk gently to combine.

**STEP 2** Measure the oil, milk, vinegar, coffee and vanilla into a jug, then add the eggs and whisk to combine. Pour the ingredients into the dry and stir with a whisk until smooth, making sure there are no pockets of flour at the bottom of the bowl. Divide the batter evenly between the tins, then bake on the middle shelf of the oven for 25 mins.

**STEP 3** Check the cakes are

cooked by inserting a skewer into the centre of each - if any batter clings to the skewer, return the tins to the oven for another 5 mins, then check again. Leave to cool in the tins for 30 mins, then turn the sponges out onto wire racks to cool completely. If making ahead, wrap the cooled sponges well and store in an airtight container for up to three days, or the freezer for up to two months.

**STEP 4** For the buttercream, beat the butter using an electric whisk or in a stand mixer for a few minutes until smooth and creamy. Add half the icing sugar and beat again to combine. Add the remaining icing sugar, the vanilla and 4 tbsp milk then beat again to combine, adding a splash more milk if needed. Divide between three bowls. Add a few

drops of different food colouring paste to each bowl, then mix well.

**STEP 5** Spoon the buttercream mixtures into three separate piping bags, pipe a dot of buttercream onto a cake stand or board and place a sponge on top to help keep it in place. Pipe small blobs of purple buttercream all over the top of the sponge by holding the piping bag directly above the cake, about ½cm from the surface, and squeezing the bag while pulling upwards to create a small peak.

**STEP 6** Place the second sponge on top, add pink buttercream, add the third sponge, then pipe yellow buttercream over the surface. Decorate with edible flowers, sugared almonds or mini chocolate eggs. Will keep in a tin at room temperature for up to five days.

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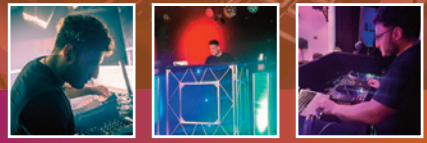
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Here are the upcoming dates for your diary: **11th April, 9th May, 13th June, 11th July, 8th August and 12th September.**



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# April Horoscopes



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

You could subject yourself to some much-needed self-scrutiny this month. If you are feeling the strain of working too hard, then take some time out. If a relationship is not working, then end it. During this time you can be as decisive as you like, as you are unlikely to make a bad decision.



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

Watch out for muscle strain, muscle weakness and leg pain this month. You are likely to be physically restricted in some way. The affliction is only temporary, but it will mean that your physical development will be strong and you are likely to be very sensitive to others' needs



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

You may be feeling a little fragile - maybe because of work-related stress, family problems or simply because your work/life balance is out of kilter. Either way, those born under the water sign of the crab could find alternative therapies very helpful.



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

There are enjoyable times in store for Cancerians, particularly in affairs of the heart and in familial relationship matters. It is an excellent time to try for a baby as your compatibility with partners and spouses will be especially harmonious.



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

If you've been feeling a bit down in the dumps, maybe due to exhaustion, now is the time to put on a brave face and embrace all the changes going on around you. Everything has an upside and a downside. If you focus more on the positive, things will get better in the long run.



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

You could feel in need of a time out this month so that you can relax and revive. If your body is tired through overwork, then allow it to rest. If your mind is racing, then you will benefit from allowing yourself some downtime.



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

If you are tempted to overspend this month, 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.



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

Your patience could well be put to the test this month. 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 effectively with whatever may happen.



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

This could be a profitable period for those born under the sign of the archer. You will be confident enough to take risks where others wouldn't dare. If you make investments this month, they may prove profitable in the future. If you approach your bosses about a pay rise they might actually listen to you.



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

Capricorn charts show you may need to slow down and take more care of your health. If you are prone to skin eruptions (which many born under this earth sign are) your skin could be telling you to avoid junk foods and eat a more healthy diet.



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

This is likely to be a steady period for Aquarians. You are going to experience a certain amount of fulfillment where your career is concerned and there will be much satisfaction to be gained from doing well and achieving your goals. Others will seek you out for advice, which they will follow.



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

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. You will not indulge in impulsive spending; rather, you will be taking a more measured and careful approach to your finances.



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Holiday review

**APRIL**

# May half-term fun and sun

**M**ay half term is a great opportunity for a good value, bonding break with the family. Not only will you spend far less for your holiday than you would for the same trip in peak season, but there's no need to fly too far to find warm sunshine. Active families are well-served too. Whether it's a spot of surfing, cycling, kayaking or camel riding, there's a masses of fun to be had.

## Elegance and sun in Crete

**Flight time: 3h 45m; Temperature: 23C**

Spring is a perfect time to visit Greece's largest island. By this time of year there's up to 14 hours of daylight and hardly any rain, with temperatures which are warm but not sweltering. Ideal for a fly-and-flop week to an upmarket hotel located within easy reach of a white-sand beach.

**Details:** from £982 per person, half board, sharing a family bungalow sea view suite at the five-star Kalimera Kriti Hotel and Village Resort, through Sovereign Luxury Travel (01293 832 459; sovereign.com) including UK airport security fast passes and access to airport lounge, departing May 27.

## White-sand beaches in Corsica

**Flight time: 2h 10m; Temperature: 20C**

Glorious beaches, compelling culture and mouthwatering cuisine combined with stylish, child-friendly self-catering, a range of activities and spectacular inland scenery makes

this French island a top springtime destination for families.

**Details:** from £910 per person, self-catering, at Alto di Pinarello apartments near Porto Vecchio, through Simpson Travel (020 8003 6557; simpsontravel.com) including car hire, departing May 27.

## Surfing in Portugal

**Flight time: 2h 40m; Temperature: 22C**

Pounding Atlantic surf, huge sandy beaches and sports a-plenty, the Algarve is an ideal family playground for a May break. The only drawback is pricey flights (fares are currently on a par with August departures) but good value accommodation brings the overall costs to affordable levels.

**Details:** from £358.50 per person, with breakfast, for seven nights in an apartment sleeping four, at Monte da Vilharina near Carrapateira through i-escape (i-escape.com) including bike hire, departing May 26. Excludes flights and transfers.

## Water adventures in Croatia

**Flight time: 2h 20m;**

**Temperature: 21C**

This country's dramatic coastline, rivers and gorges offer plenty of scope for exciting half-term pursuits for energetic, outdoorsy families including white-water rafting, climbing, sea kayaking and canyoning in up to 15 hours of daylight and reasonable warmth.

**Details:** from £1,515 (adult), £1,359 (child, from seven years) half board, for a seven-night "Family Adventure Holiday in Croatia" through Explore (01252 883634; explore.co.uk) departing May 26.



White sands in Corsica



Off the beaten path in Sicily



Idyllic beaches in Crete

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## Grown-up glamour on the Cote d'Azur

**Flight time:** 1h 55m (driving time from Calais: 11h);

**Temperature:** 19C

Treat older teenagers to a taste of the highlife on the French Riviera where late May sees long, clear days with some real warmth creeping into the sun's rays. Base yourself within walking distance of buzzing restaurants and bars, and take day trips to flower-filled inland villages and sophisticated seaside resorts.

**Details:** from £2,855 rental only, for L'Estere! Pins, sleeping four, near Cannes on the French Riviera, through Oliver's Travels (0800 133 7999; oliverstravels.com), departing May 26. Flights and transfers excluded.

## Sunshine but fewer crowds in Sicily

**Flight time:** 2h 50m; **Temperature:** 21C

Long days, plenty of sunshine and comfortable heat can make late May a better alternative to the searing temperatures this island can experience in the peak summer months, especially for families with small children in tow. Pack extra layers for cooler evenings.

**Details:** from £4,599, rental-only at Casa dei Gabbiani, a seafront villa sleeping four with pool near Pozzallo, through The Thinking Traveller (020 7377 8518; thethinkingtraveller.com), departing May 26. Excludes flights and transfers.

## Alpine activity in Austria

**Flight time:** 1h 45m; **Temperature:** 13C

Walking, biking, mini golf and go-karting are just a few of the activities offered in the Austrian Tirol making it ideal for energetic, outdoor families who aren't fazed by the chance of an occasional shower. Expect around six hours of sunshine for circular hikes through idyllic Alpine wildflower meadows.

**Details:** from £762 per person, half board, based on two rooms at four-star Hotel Boglerhof in Alpbach, through Inghams (01483 791116; inghams.co.uk), departing May 26. Price includes a £90 per person saving and an Alpbach resort card.



## Ancient treasures in Jordan

**Flight time:** 5h; **Temperature:** 26C

Best for families who like their sunshine a little hotter than southern Europe can command in May, this fascinating Middle Eastern country offers the chance for four-wheel drive journeys into the desert, camel-riding, a swim in the Dead Sea and a day exploring the rose-red city of Petra, plus snorkeling in Aqaba.

**Details:** from £1,335 (adult), £1,185 (child, five to 11 years) with some meals, for a seven-night "Family Jordan Adventure Holiday" through KE Adventure Travel (01768 773966; keadventure.com), departing May 27.

## Surfing thrills in Portugal



## Family fun in Austria



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# TV Soaps Quiz

How good is your UK soaps knowledge? Now's the time to find out...

**1:** Which Coronation Street character started off as a student with high hopes, but never left his home town. He had a string of jobs and almost as long a string of ex-lovers and wives?

**2:** In 1993 what tragedy did Emmerdale use to attract viewers?

**3:** In Eastenders, who shot Phil Mitchell?

**4:** Originally a villain, which Emmerdale character softened his ways over the years. He also had an eye for the ladies, and dodgy antiques deals?

**5:** In Brookside, what was the name of Mandy Jordache's daughter who helped Mandy murder Trevor Jordache?

**6:** Unlucky in love may well have been a phrase coined for this Coronation Street



character. She had the misfortune to be widowed four times and really had to learn to stay away from water?

**7:** In the long running series "The Bill", what personal tragedy hit Chief Superintendent Adam Okaro?

**8:** In Hollyoaks, who was the Scouse businessman who turned his hand to many ventures. He first appeared as a teenager and chalked up a succession of marriages and affairs.

**9:** In Crossroads, which character ended up confined to a wheelchair following a car accident?

**10:** When he first appeared in Eastenders he was just an argumentative teenager, but which character managed to cook up five marriages to four women in 32 years?

**11:** Brookside was Channel 4's flagship soap and ran for nearly 20 years. In which city was Brookside set?

**12:** In Coronation Street, what is the name of Gail's third husband, who killed his ex wife Patricia, and buried her body under concrete?



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# Cinema

## APRIL

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• **Starring:** Jafaar Jackson, Juliano Valdi, Colman Domingo. • The story of "King of Pop" Michael Jackson. From his childhood of being the star of the Jackson 5, through times of abuse by his father Joe Jackson, to his hit Thriller, the purchase of Neverland Valley, to his tragic and unsuspected death on June 25, 2009.

## LEE CRONIN'S THE MUMMY

• **In cinemas:** April 17, 2026  
• **Director:** Lee Cronin  
• **Starring:** Jack Raynor, Laia Costa, Natalie Grace.

• The young daughter of a journalist disappears into the desert without a trace. Eight years later, the broken family is shocked when she is returned to them, as what should be a joyful reunion turns into a living nightmare.



## THE SUPER MARIO GALAXY MOVIE

• **In cinemas:** April 1, 2026  
• **Directors:** Aaron Horvath, Michael Jelenic  
• **Voiced by:** Chris Pratt, Anys Taylor-Joy, Benny Safdie.

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# SPRING FASHION



**CAN you feel that? It's finally in the air, a kind of palpable Springiness.**

This means a whole new season of trends - a lighter, brighter outlook - not so much hot-house as simply hot florals to sporty layers to dresses that are pretty, yes, but still pack a punch.

Supple leather, fashioned into a harness top or panelled trousers (left), is always a key fabrication at **Hermès**. This Spring, seek out a conker shade - warm and easily paired with neutrals.

Pretty dresses (right) are back for Spring at **Dior**, especially embroidered with flowers or trails ribbons.

Athleticism inflected the art of dressing at **Fendi** (above left), where a perforated leather track jacket could be zipped over bare skin for a sporty yet sultry mood.

**Chanel's** classic tweed jacket was given new relevance by artistic director



# TRENDS FOR 2026



Matthieu Blazy (above centre), making a future collector's item out of the cover-up. Paired with pumps - square-toed and block-heeled - it's this season's most covetable way to do suiting.

The black dress expanded its lexicon at **Celine** (above right), with a high neck, distinctive buttons and a cut - severe yet somehow artistic - that made it worthy of renewed interest.

A cinch-waisted dress (right), complete with pleated skirt, became a modern proposition in the hands of **Prada**, who gave it an off-kilter colour - somewhere between chartreuse and lime - for added pep. Tucking a shirt underneath, in a contrasting shade, will have a similar effect this Spring.



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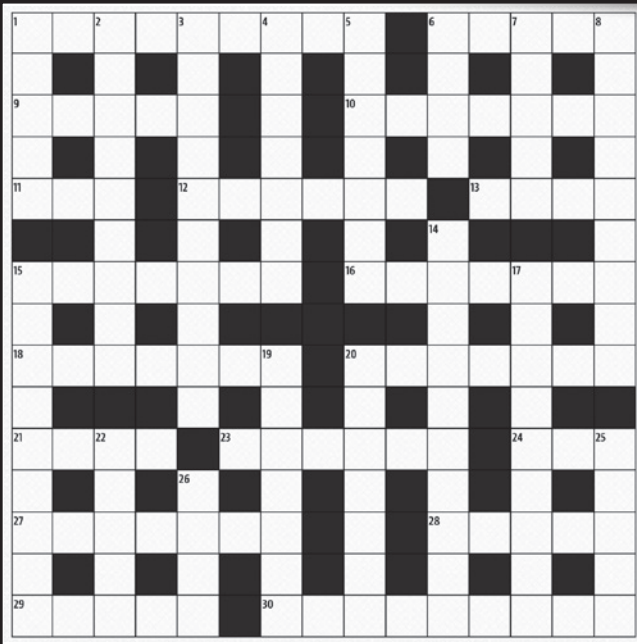
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## CROSSWORD

### Across

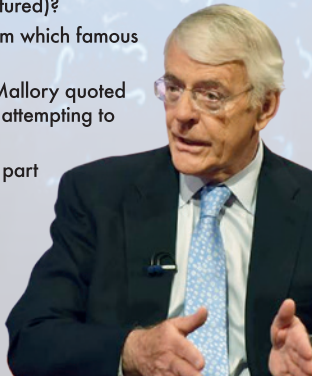
- 1 First-rate
- 6 Peaches and ...
- 9 Bellows
- 10 Sloping type
- 11 Illuminated
- 12 Approached
- 13 Mix with spoon
- 15 Germ-free
- 16 Salt and pepper pots
- 18 Chess rooks
- 20 New Delhi natives
- 21 Historical ages
- 23 Nuclear
- 24 Thrilled cry
- 27 Cutting tooth
- 28 Public square
- 29 Artist's naked models
- 30 Army quitters

### Down

- 1 Backing, ... support
- 2 Cleverness
- 3 Basic needs
- 4 Disallowed
- 5 Hangs about
- 6 Scottish tribe
- 7 Official decree
- 8 Suspects
- 14 Garden shaper
- 15 Discharge
- 17 Embellish (the truth)
- 19 Stitched surgically
- 20 Prison occupants
- 22 Formed a curve
- 25 Makes well
- 26 Requests, ...for

## QUIZ: GENERAL KNOWLEDGE

- 1 The album 'Rubber Soul' was recorded by which group?
- 2 Known as Venus to the Romans and Freya to Norsemen, what was the goddess known as to the Greeks?
- 3 What type of animal is an Oryx?
- 4 The term GCHQ refers to what?
- 5 What Cabinet post was held by Denis Healey, Sir Geoffrey Howe, Nigel Lawson and John Major (pictured)?
- 6 And so to bed' is a quotation from which famous diarist?
- 7 What was mountaineer Geoge Mallory quoted as saying when asked why he was attempting to climb Mt Everest?
- 8 What sport would you be taking part in if you performed a 'pile-driver'?
- 9 In which TV programme did Gordon Kaye play the character Rene Artois?
- 10 Who was the first American president to be assassinated?





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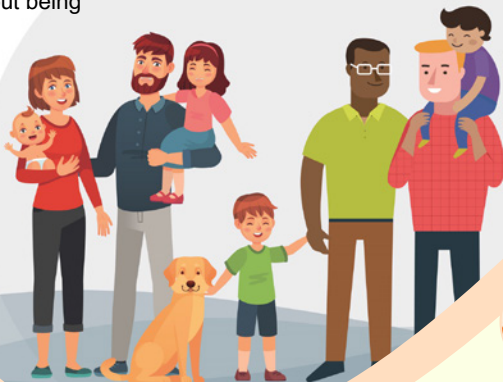
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# THIS MONTH...

## ...in 1989: The Hillsborough disaster

On April 15 1989, football fans gathered at Sheffield Wednesday's Hillsborough ground amid a "carnival atmosphere". The mood was described as "boisterous" but jovial.

As kick-off approached, a large crowd built up outside the Leppings Lane turnstiles. Following an urgent request to relieve the pressure, match commander Ch. Supt. David Duckenfield gave the order to open an exit gate.

Two thousand Liverpool fans entered via a tunnel on to already-packed terraces. A severe crush developed in the central pens and people are pulled out in a "human cascade". Ninety-six men, women and children lost their lives with hundreds more injured. The oldest victim was

67, the youngest just 10 years old.

In January 1990, a judicial inquiry was held into the tragedy. Lord Justice Taylor's report concluded the failure to close off the tunnel was "a blunder of the first magnitude" and match commander David Duckenfield "failed to take effective control".

In November 2019, after a six-week trial at Preston Crown Court, David Duckenfield was controversially found not guilty of the gross negligence manslaughter of 95 Liverpool fans.

In July 2021 Andrew Devine, who suffered life-changing injuries in the crush, became Hillsborough's 97th victim, passing away at the age of 55. A coroner ruled later that month that he had been unlawfully killed.

## ...in 1755: Samuel Johnson publishes first dictionary

A Dictionary of the English Language, sometimes published as Johnson's Dictionary, was published on April 15 1755 and written by Samuel Johnson. It is among the most influential dictionaries in the history of the English language. There was dissatisfaction with the dictionaries of the period, so in June 1746 a group of London booksellers contracted Johnson to write a dictionary for the sum of 1,500 guineas (£1,575), equivalent to about £310,000 in 2023. Johnson took seven years to complete the work, although he had claimed he



could finish it in three. He did so single-handedly, with only clerical assistance to copy the illustrative quotations that he had marked in books. Johnson produced several revised editions during his life. Until the completion of the Oxford English Dictionary 173 years later, Johnson's was viewed as the pre-eminent English dictionary. According to Walter Jackson Bate, the Dictionary "easily ranks as one of the greatest single achievements of scholarship, and probably the greatest ever performed by one individual..."

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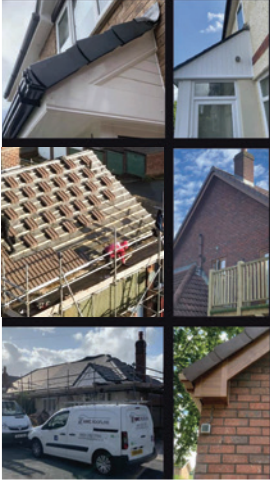
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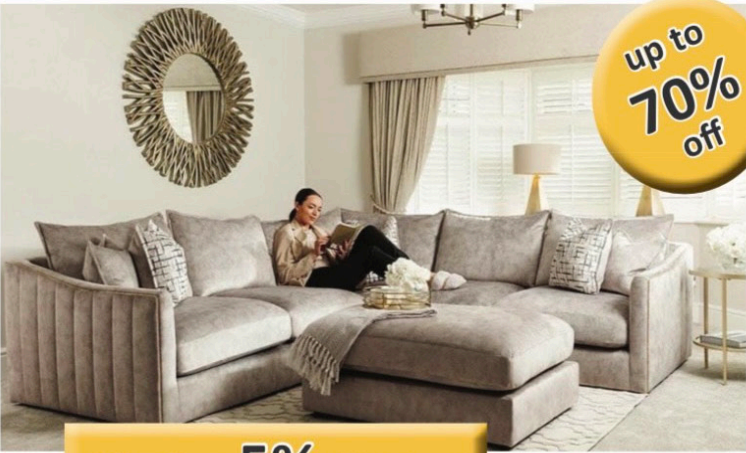
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# Conservatory blind ideas Part One

**B**ACK in the 1980s, conservatories experienced wide popularity, meaning many homes throughout the UK still have the bright, open extension.

While some find the room unattractive, when decorated right and given the attention they deserve, conservatories have the potential to become a loved and cherished room. That's why you should think carefully about your conservatory interior ideas and choices and decorate it with consideration just like you would any other room in your home - and that includes your blinds.

## Classic Roman blinds

Roman blinds are not only an excellent bedroom and living room blind idea, they also work really well dressing your conservatory windows. Roman blinds are a popular way to dress conservatory windows. Their soft textures, easy application and neat appearance makes for a window furnishing that is both smart and stylish. Roman blinds can be effectively lowered to the right position, allowing you to let daylight in without being disturbed or overlooked. They are also available with a thermal blackout lining upgrade, so you can further boost the functionality of your window dressing depending on the season.

## Roller blinds

We love roller blinds for our kitchen windows just as much as we love them dressing our conservatory as this is another classic blind style that looks stylish in this space. And they're easy to use and affordable on top of that, which comes in handy if you're working with a tighter budget.

Roller blinds offer a sleek, budget-friendly solution for conservatories, providing effective light control and privacy, all while blending seamlessly with modern or traditional decor styles. They are a celebrated classic that can be enjoyed throughout the home including conservatories.

## Opt for light colours

When choosing your conservatory blind colours, it's best to stick to light colours due to the room's high exposure to the sun. Darker blinds would not only fade over time, but they would attract and trap the heat from the sun, making your conservatory even hotter.

## Consider thermal blinds

Thermal blinds bring an extra layer of protection and temperature regulation as they will keep your conservatory cooler in the summer and warmer in the winter. Any blinds with thermal or light reflective properties will be most suitable, but you might also want to consider light filtration too. Some window dressings can become more expensive when you add blackout and thermal options, but most of our conservatory blinds already come with these properties included. So you're saving whilst also furnishing your conservatory with the very best.

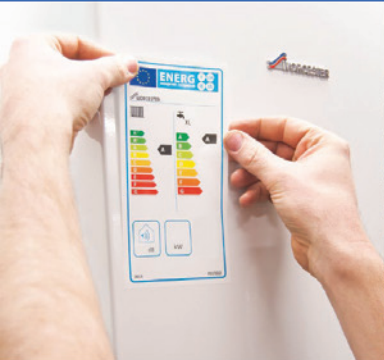




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## Real Stories, Real Hope: How Families Overcome Ketamine Misuse With the Right Support

**Ketamine misuse can create chaos in a family's life, leaving parents feeling anxious, frustrated, and unsure how to help. Yet many families have faced this challenge and found hope through the right support. Real recovery stories show that, with professional guidance, compassionate communication, and personalised care, families can rebuild trust, strengthen relationships, and help their loved ones regain control of their lives.**

### Understanding Ketamine Misuse

Ketamine is a dissociative anesthetic often misused for its hallucinogenic effects. Recreational use can quickly evolve into dependency, impacting emotional stability, cognitive function, and social connections. Individuals may show mood swings, memory problems, withdrawal from family or friends, or changes in academic and work performance.

Recognizing ketamine misuse as a medical condition rather than a moral failing allows families to respond with empathy. Approaching recovery with understanding helps create a safe, supportive environment where healing can begin.

### The Importance of Early Intervention

Families who act early often see better outcomes. Paying attention to behavioral changes and addressing concerns before patterns worsen can prevent long-term consequences. Early intervention involves:

- Observing for changes in mood, habits, and social interactions
- Initiating conversations in a calm and private setting
- Seeking professional guidance for assessment and treatment

Professional evaluation ensures that interventions are tailored to the individual's needs and can include mental health support, addiction recovery, and holistic therapies.

### FAMILY STORIES OF RECOVERY

#### Finding Strength Through Inpatient Care

For some families, inpatient treatment was the turning point. Residential programs offer structured care, therapy, and 24-hour medical supervision. One parent shared how their child's engagement in counseling, group sessions, and holistic activities helped them rediscover purpose. Family therapy sessions allowed parents to understand the recovery process and learn how to provide constructive support at home.

#### Flexibility and Progress With Outpatient Programs

Other families found success in outpatient programs that allow individuals to continue living at home while receiving regular therapy and medical support. Parents report that this balance enabled their loved ones to maintain daily responsibilities while gradually rebuilding healthy habits. Outpatient care also gave families the tools to reinforce positive changes and monitor progress closely.

#### Holistic and Faith-Based Approaches

In many recovery journeys, integrating holistic methods and faith-based support has been vital. Mindfulness practices, counseling, group therapy, and spiritual guidance strengthened coping skills and offered renewed purpose. Families involved in these programs noted improvements not only in their loved ones' health but in family dynamics, communication, and overall emotional resilience.



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# MINI COOPER 2026

**T**HE new petrol-powered Mini Cooper hatchback is a bit like keeping your vinyl collection and a record player in the age of Spotify.

Sure, technological advancement towards electric cars is great and all, but sometimes you just want something simple and fun. It's still very good, too.



The Mini hatch is a premium small car - making it a posher and slightly pricier alternative to cars such as the Audi A1 or Peugeot 208. Being such a fashion-led model means it's also in contention with cars such as the Fiat 500 or Mazda MX-5.

## Performance and drive comfort

**In town:** The Mini's tiny dimensions make it a dead cert for around-town manoeuvrability. It's light and darty, with good visibility out the front and a tight turning circle. All models have an automatic gearbox, too, so there's no clutch pedal to worry about in heavy traffic - and though it can be a little dimwitted if you ask for a quick burst of acceleration, say

at a roundabout, it's mostly fairly well-behaved. With firm suspension you do feel the bumps around town, but it's not uncomfortable thanks to excellent and supportive seats. With loads of low-down power from both engines, it's quite good fun to nip into small gaps in traffic and to zip about roundabouts.

### On the motorway:

The suspension doesn't settle down too much at speed, and so you do feel the bumps, expansion joints and poor surfaces - but again, thanks to the excellent seats, this isn't too much of a hardship. What's nicer is that while the Mini is a small car, both engines are relatively powerful, so unlike some alternatives you don't feel like getting up to speed on a sliproad or overtaking is a challenge. It's not too noisy, either, and the

driver aids work quite well - the adaptive cruise control isn't too hyperactive and the lane-keeping keeps you in place without too much tugging at the wheel.

## Space and practicality

Life in the Mini Cooper is alright if you're sat in one of the front seats. You get plenty of room, and loads of adjustment for drivers of all sizes in both the seat and the steering wheel. There's also a reasonable amount of storage. The door bins will fit a good-sized drink bottle, there's a pair of cupholders in the middle and a clever upright wireless charging pad





which keeps your phone within easy reach but covers the screen - so you can't get too distracted. There's also a covered box in the centre console, which looks a little like a jewellery case - it's not removable, despite appearances, but provides a good spot for things like keys.

## Interior style, infotainment and accessories

The interior is the Mini's standout feature. It's dominated by a huge, totally circular touchscreen display - the first of its kind in a car - which controls almost everything, as well as displaying your driver information at the top.

Physical controls are limited to the steering wheel and column stalks as well as a small lozenge-shaped panel below the screen which contains a retro twist-to-start switch, a drive mode selector, gear selector and volume dial.

That touchscreen is pretty easy to use given its unconventional shape. The menus largely make sense though there are a lot of functions, so it might take you a little while to work

out exactly where everything is. The climate

controls are relegated to the lower edges - they're a bit fiddly to press on the move. At the top you'll find your speed and other driver information, though if you don't like turning your head to look then a head-up display is a pretty reasonably-priced optional extra.

## MPG, emissions and tax

CO2 emissions, meanwhile, are 133g/km for the Cooper C and 140g/km for the Cooper S, meaning neither makes a particularly good company car - you'd want a hybrid Toyota Yaris for that, or better still an electric car.

The Cooper attracts a reasonable

first-year tax bill, and unless you go absolutely crazy with the options list you probably won't push the list price above the £40,000 threshold for the higher rate of road tax.

## Safety and security

Not many Minis go through crash testing - the last to do so was the Countryman back in 2017. The Cooper hatch was last tested in 2014, and that's the model that this new car is heavily based on - it scored four stars then.

All cars get the usual suite of safety aids including speed limit assist, lane-keeping assist, autonomous emergency braking and the like. A reversing camera is standard, and you can add a useful head-up display that lets you keep your eyes on the road more of the time as a not-very-expensive option.



## TV Soaps Quiz

- |   |                                       |
|---|---------------------------------------|
| 1. Ken Barlow   | Tilsley)                              |
| 2. A plane crashed into the village, leaving most of it in ruins and four villagers dead. | 7. The death of his wife and children |
| 3. Lisa Shaw  | 8. Tony Hutchinson                    |
| 4. Eric Pollard   | 9. Sandy Richardson                   |
| 5. Beth   | 10. Ian Beale                         |
| 6. Gail Rodwell (néé  | 11. Liverpool                         |
|   | 12. Richard Hillman                   |

## PUZZLE ANSWERS

### CROSSWORD



### QUIZ

- 1 The Beatles
- 2 Aphrodite
- 3 Antelope
- 4 Government Communications Headquarters
- 5 Chancellor of the Exchequer
- 6 Samuel Pepys
- 7 'Because it's there.'
- 8 Wrestling
- 9 'Allo 'Allo
- 10 Abraham Lincoln

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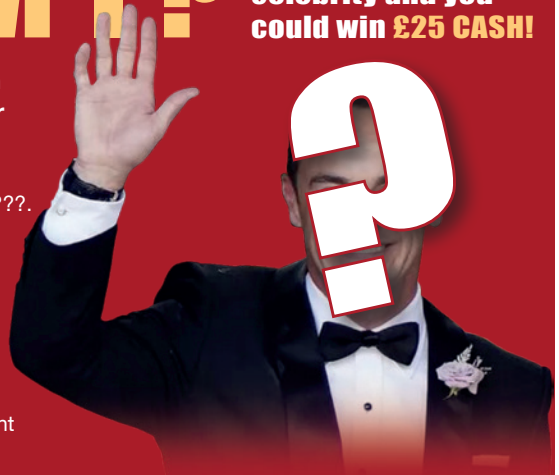
# WHO AM I?

**Guess the identity of our mystery celebrity and you could win £25 CASH!**

**Born 18 November 1975, ???? is an English television presenter, former singer, rapper and actor.**

He is best known for working alongside D Donnelly as part of the presenting duo ????????

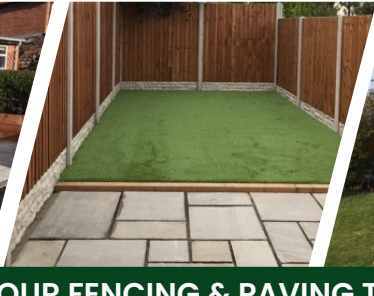
He came to prominence, alongside Donnelly, in the children's drama series Byker Grove, with both of the boys establishing successful careers as television presenters, in which they presented SMTV Live (between 1998 and 2001), I'm a Celebrity... Get Me Out of Here! and Saturday Night Takeaway (2002-2024) and Britain's Got Talent (since 2007).



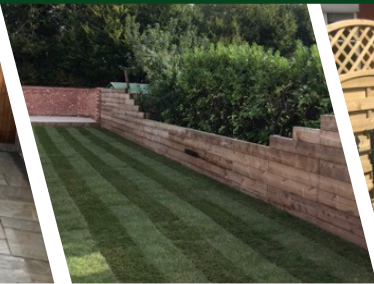
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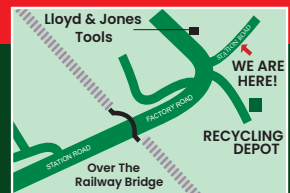
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# How to create a calming garden

**C**ALMING garden schemes are on track to be a huge trend in 2026. But if you're not sure where to start, garden experts have revealed how to use the QUIET method to achieve a beautifully serene outdoor space at minimal cost.

It's fair to say that most of us will lead busy, noisy lives, which is why it can be so beneficial for your garden to be a peaceful sanctuary where you can retreat after a long day.

## What is the QUIET method?

The QUIET method is an acronym for five components that make up the foundations of a calm garden:

- Quiet corners
- Understated scents
- Indirect lighting
- Essential planting
- Touchpoints

Multiple studies have shown that natural environments like gardens and green spaces can reduce stress and anxiety by influencing cortisol levels, and improve mood and emotional wellbeing.

You don't need to spend a lot of money on redesigning a whole garden, or be able to constantly maintain the space and look after the plants. You can make it as low or high-maintenance as you like.

## Quiet corners

Quiet corners lend themselves to your garden seating ideas and patio ideas,

whereby you can design and position the space to become an area you can relax in. It's a spot tucked away from the rest of the garden, where you get some peace and quiet.

A space like this doesn't have to be large, just a simple spot that is away from the main area of the garden, to feel a little more tucked away.



## Understated scents

Strong perfume can feel overwhelming, so go for plants that release a gentle fragrance when you brush past them or when the air warms up slightly, things like lavender, thyme or sweet woodruff. They naturally encourage you to slow down and engage with the garden.

## Indirect lighting

Your garden lighting ideas are equally

as important as your seating when it comes to creating a calming garden environment. You want to create a relaxing ambience, so avoid anything gaudy or harsh.

Gentle lighting in the evening encourages the body to wind down, so you feel that the space isn't for activity, but for rest. From low lamps that highlight paths, to fairy lights around a summerhouse, indirect lighting makes the garden feel more inviting than bright lights that are fully illuminating.

## Essential planting

This means opting for calming plants when deciding what will be going in your beds, borders and containers. When we think about essential planting, we always come back to keeping things simple. Too much variety creates visual noise. We'd rather see a handful of well-chosen plants repeated through the garden, which creates rhythm and softness. Evergreens mixed with a few light, airy perennials like verbena or gaura give movement without clutter.

## Touchpoints

Calming gardens need pieces that feel good to interact with, natural materials like timber and rattan, and soft cushions. Even the height and depth of a chair affect how relaxed you feel. Choose furniture you genuinely want to sink into, because if the seating isn't comfortable, the garden won't feel calm.

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