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SEPT 2026 ISSUE 161



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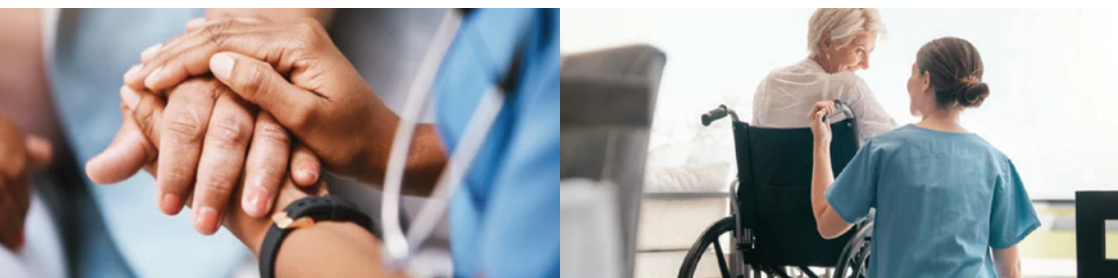
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INSIDE MAGAZINES

EDITOR'S NOTES

SEPTEMBER 2026

Inside this month's issue...



AUTUMN FASHION

The latest styles, trends and must-haves to refresh your wardrobe this season.



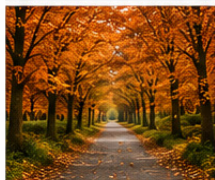
AUTUMN CITY BREAKS

Inspiring getaways to fantastic cities - perfect for a relaxing break this autumn.



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Paris



SIX OF THE BEST **AUTUMN CITY BREAKS**

THE cooler weather turns some visitors away and holiday prices plummet, leaving off-season travellers to bask in a quieter version of their destination.

So whether you're hoping to discover somewhere new or just revisit an old favourite, an autumn city break could be just what you need to stave off the post-summer blues.

We've rounded up six cracking cities that will do just that.

Central Park, New York



NEW YORK

When better than autumn to enjoy a Big Apple city break than in the run-up to Christmas? You could spend hours wandering around Macy's - one of the largest department stores in the world - or visit Central Park, trying out your ice-skating skills at the Rockefeller Centre and taking a trip on the Staten Island Ferry to see the Statue of Liberty.

Finally, why not take in a show on Broadway? 'Funny Girl', 'The Book of Mormon' and 'Hamilton' are just a few of the many great productions on offer.

PARIS

Paris is a classic city break destination. There's plenty going on to keep you entertained, such as the Autumn Festival, which sees a variety of dance, music, film and theatre acts flood the city.

Culture vultures can enjoy 'White Night'. Celebrating its 20th anniversary in 2022, the event fills the streets of Paris with interactive exhibits, light shows and one-night-only dance and music performances.

VIENNA

Vienna is a magical destination as the festive season approaches. The Christmas Markets open mid-November and you can also pick up gifts at one of the city's autumn design fairs, with markets popping up throughout September and October. In addition, Vienna has a stunning array of architecture to marvel at, such as the Hofburg Palace, the splendid Vienna State Opera House and Gothic St Stephen's Cathedral.

COPENHAGEN

Copenhagen's autumn chill creates the perfect environment to create a cosy atmosphere, drinking and eating

and ducking in and out of Copenhagen's trendy bars for a craft beer, or in the quaint cafes of photogenic Nyhavn, or taking a laidback stroll through the grounds of Tivoli Park.

BUDAPEST

Go on a city break to Budapest in autumn and you'll find plenty to keep you entertained. Take a river cruise on



Copenhagen



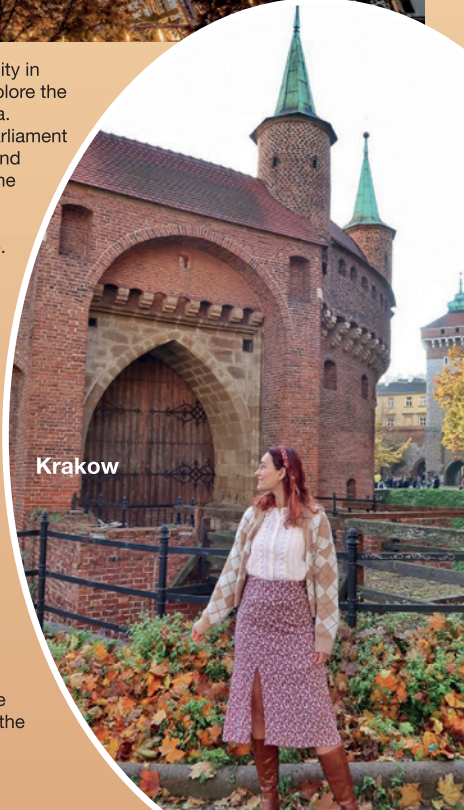
Prater Park,
Vienna

the Danube, which splits the city in two, while on foot you can explore the Castle Quarter in ancient Buda. The spectacular Hungarian Parliament Building is well worth a visit, and you should also look around the prestigious Hungarian State Opera House with its stunning Neo-Renaissance architecture.

KRAKOW

Krakow's magnificent Old Town square exudes charm all year round, but in the autumn months the city's central masterpiece, Rynek Główny (the main square), becomes even more pleasant.

Among the many things to do in Krakow, you can marvel at St Mary's Basilica, absorb the medieval charm of the historic Old Town or raise a glass in one of the seemingly infinite pubs and bars that line the streets surrounding the square.



Krakow



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AUTUMN FASHION



It's time to banish thoughts of the summer's unbearable heat and focus on fashion's latest pre-fall collections - clothing and accessories designed for the time between summer and autumn.

Sheer separates

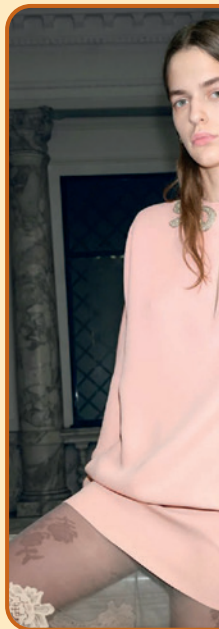
Chloé, Chanel and Carolina Herrera showcased fashion's sheer trend with frilly lace skirts, embellished woven sets and dazzling evening gowns (left).

Retro denim

From cigarette jeans to tight-fitting bootcut bottoms, vintage denim pants with slim silhouettes are having a major moment. Chloé gave the look an indie-sleaze treatment (above, left).

Sportif styles

The sportif trend is one of those hybrid aesthetics that shouldn't make any sense, but somehow it does (above, centre). A mix of activewear and elevated pieces, the look provides an intriguing sense of contrast.



TRENDS FOR 2026



Animal prints

Chanel, Ganni and Gucci championed fearless collections featuring leopard spots and zebra stripes. For those who aren't afraid to run wild, shop the daring pieces and go full-on feral by wearing animal prints from head to toe (above, right).

Bubblegum pink

This delectable shade of pink (left) has been rotating through fashion's trend cycle for the past few seasons. Khaite, Carolina Herrera and Valentino proved that the pastel hue looks stunning on satin dresses, chic co-ords and lace-trimmed frocks.

Funnel-necked jackets

Earlier this year, Marie Claire reported on the rise of funnel-neck jackets (right). Isabel Marant, Kallmeyer and Khaite styled the look and, teamed with elegant staples like sweeping skirts, designer handbags and high-vamp heels, the jackets embody a cool-girl mood.



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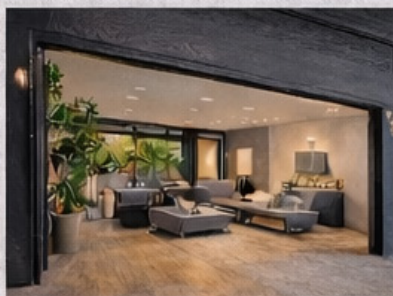


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Damson cobbler

Use your food processor to whizz together the topping for this sticky damson cobbler - it's up to the oven to do the hard work.

Ingredients

- 900g/2lb damsons, washed and stalks removed
- 100g/4oz caster sugar

For the cobbler topping

- 225g/8oz self-raising flour
- 2 tsp baking powder
- 75g/3oz chilled butter, diced
- 100g/4oz caster sugar, plus 1 tablespoon
- a pinch of salt
- 1 medium egg
- 100ml/4fl oz buttermilk
- 15g/1/2oz flaked almonds

Method

Step 1 Spread the damsons over the base of a 2 litre/3½ pint shallow ovenproof dish and sprinkle with the caster sugar. Preheat the oven to 190C/375F/Gas 5.

Step 2 Sift the flour, baking powder, the 100g/4oz of caster sugar and a pinch of salt into a bowl or a food processor, add the butter and work together until the mixture looks like fine breadcrumbs.

Step 3 Break the egg into the buttermilk and beat together well. Add to the dry ingredients and mix together lightly into a soft, sticky dough. Drop walnut-sized spoonfuls of the mixture over the top of the damsons, leaving a little space between each one, then sprinkle with the flaked almonds and the remaining 1 tbsp of sugar.

Step 4 Bake in the oven for 30-35 minutes until golden and bubbling, covering it loosely with a sheet of foil if it is browning a little too quickly. It is done when a skewer, pushed into the middle of the cobbler topping, comes away clean. Leave to cool briefly before serving with some custard, double cream or crème fraîche.

Prep Less than 30 min **Cook** 30 min - 1 hour
Serves 6-8

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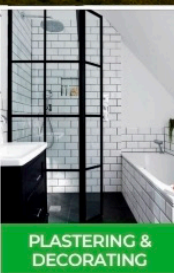


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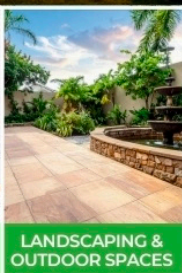
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A Dining Experience to Remember at The Celtic Arms

Set within the beautiful surroundings of Northop Country Park Golf Club, The Celtic Arms enjoys a wonderful location overlooking the picturesque Flintshire countryside. With its relaxed atmosphere and welcoming restaurant, it provides the perfect setting for anything from a casual lunch to a special evening meal.

The Celtic Arms has recently welcomed a new Head Chef, Nathan, and judging by our visit, this is a very exciting new chapter for the restaurant. We have enjoyed Nathan's cooking previously and, in our opinion, he is one of the best chefs in the area. His attention to detail and passion for quality ingredients were evident throughout our meal.

It wasn't just the food that impressed us either. The service from the entire team was exceptional — friendly, attentive and welcoming from the moment we arrived.

Starters That Set the Standard

We began with the Prawn Cocktail, served with Marie Rose sauce and a fresh buttered brown bloomer. Forget the tiny prawns you sometimes find in a traditional prawn cocktail — these were huge, juicy and



incredibly fresh. Nathan had specifically sourced the prawns himself, and the quality certainly showed. Simple, classic and absolutely delicious.

Our second starter was the Greek Salad Bruschetta, a new addition to the menu and the perfect dish for summer. Feta cheese, cucumber, red onion,



cherry tomatoes, sun-dried tomatoes and olives were piled onto crisp garlic bruschetta and finished with a drizzle of basil oil.

Fresh, colourful and wonderfully refreshing, it was an outstanding starter and one we would happily order again.

Mains That Raised the Bar Even Higher

After two starters of such a high standard, expectations for the main courses were understandably high. We needn't have worried.

First came the Braised Lamb Shank, accompanied by basil mashed potatoes, buttered greens and a mint and redcurrant sauce.

The lamb was cooked beautifully, falling effortlessly from the bone and packed with flavour. But we have to give a special mention to those basil mashed potatoes — they were unbelievable! Creamy, flavoursome and something completely different, they complemented the lamb perfectly.

This was comfort food elevated to another level and, quite simply, one of the best meals we have enjoyed in a very long time.



Then came the Butter-Roast Seabass, served on a bed of sweet potato wedges with tenderstem broccoli and an incredible watercress and prawn cream sauce.

The presentation was a work of art — almost too beautiful to disturb. Thankfully, we did, because the flavour was even better than the presentation.



The seabass was light and beautifully cooked while still delivering an extravagantly rich depth of flavour. The star of the dish was undoubtedly the watercress and prawn cream sauce, which brought everything together superbly. We can confidently say this was by far one of the best seabass dishes we have ever eaten.

And There Was Still Room for Dessert...

For dessert, we tried the homemade Ferrero Rocher cheesecake. Rich, indulgent and deliciously chunky, it was everything you would hope for from a homemade cheesecake.

We also sampled the summer berry Eton mess, with whipped cream and meringue. Light, fruity and refreshing, it was a lovely way to finish an exceptional meal.



Our Verdict

From the quality of the ingredients and beautiful presentation to the creativity of the dishes and excellent service, our visit to The Celtic Arms was outstanding from beginning to end.

Nathan has brought something special to the kitchen, and if this meal is an indication of what's to come, diners at The Celtic Arms have plenty to look forward to.

Quite simply, this was the best meal we've had in a long time — and we can't wait to return.



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12PM – 2PM

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- ✓ FOOD INCLUDED

£10 PER CHILD

ADULTS PARTY

6PM – MIDNIGHT

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The Show is designed to make the audience feel that the legendary performer is right back in front of them, strutting her stuff on the most famous legs in show business!

All the songs are enhanced by the customary flourish of sparkling stiletto heels, flamboyant tail feathers, high energy dance routines and musical genius.

In fact, it's probably the closest thing to a live Tina Turner concert!

Tickets:
<https://totallytina.co.uk/>

For a chance to win the tickets, finish the title of this Tina Turner song:

“River Deep.....???”

To enter: Just send your full name, address and the date you received the magazine along with your answer to: insidemagazinegroup@gmail.com - Closing date: September 20, 2026

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21st August

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11am – 3pm

DECEMBER EVENTS TO DATE:

Saturday 5th

Whitney / Tina tribute

Saturday 12th

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Friday 18th

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Saturday 19th

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Cinema

SEPTEMBER

Heart of the Beast



● **In cinemas:** September 25, 2026 ● **Director:** David Ayer ● **Starring:** Brad Pitt, J.K. Simmons, Anna Lambe. ● Heart of the Beast follows James Sterling, a former Navy SEAL living in deep Alaskan isolation with Odin, his retired combat dog and only companion. After a medical emergency causes their plane to crash far from civilisation, James and Odin must survive the wilderness together.

Practical Magic 2

● **In cinemas:** September 11, 2026
● **Director:** Susanne Bier
● **Starring:** Sandra Bullock, Nicole Kidman, Stockard Channing.
● A multi generational family of witches, cursed to be loveless for centuries, attempts to break the spell by confronting dark secrets and sacrificing for each other.



Sense and Sensibility

● **In cinemas:** September 25, 2026
● **Director:** Georgia Oakley
● **Staring:** Daisy Edgar-Jones, Caitriona Balfe, Bodhi Rae Breathnach.
● In an irresistible new take on Jane Austen's iconic Sense and Sensibility, Daisy Edgar-Jones returns with a masterfully restrained performance, portraying an Elinor who must balance her steadfast logic with a heart pushed to breaking point.

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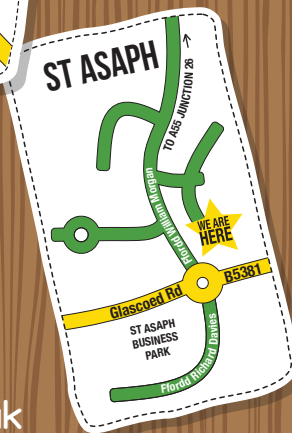
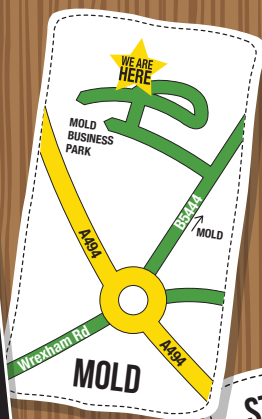


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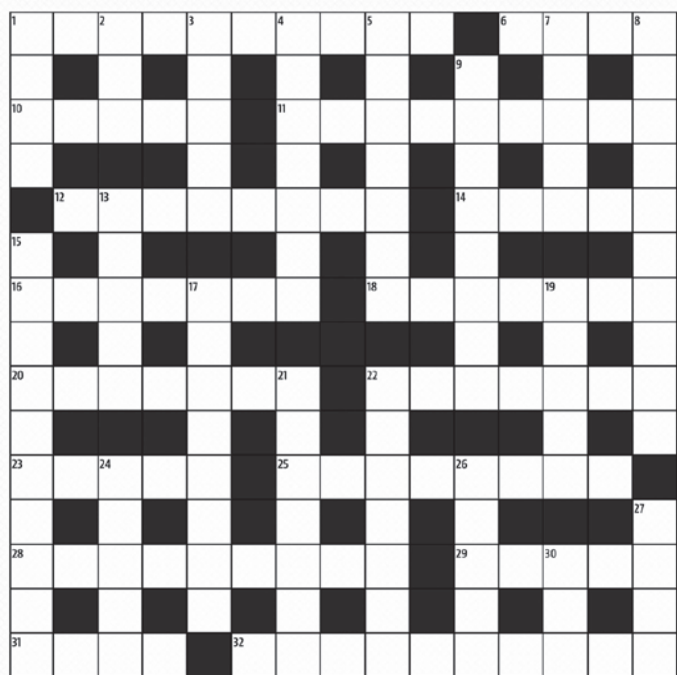
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COFFEE TIME....



CROSSWORD....

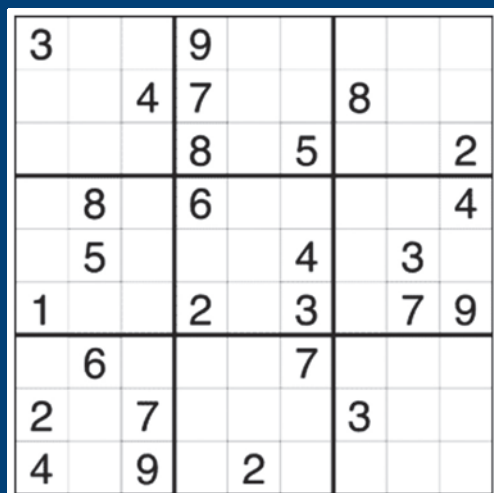
Clues across

- 1 Imitation
- 6 Sacred song
- 10 Stiff
- 11 Tourist
- 12 Injuring
- 14 Moistened (meat)
- 16 Holiday spots
- 18 Majestic
- 20 Egg sauce
- 22 Able to be heard
- 23 Lies adjacent to
- 25 Imaginary sea creatures
- 28 Abates
- 29 Fast European dance
- 31 Failures
- 32 Marriage cheats

Clues down

- 1 Father (children)
- 2 Earthenware cup
- 3 Loaded down
- 4 Morsels
- 5 Citrus fruits
- 7 Egg yellows
- 8 Plant growers
- 9 Data entry pad
- 13 Desert springs
- 15 Stated
- 17 Relieve of anxieties
- 19 Lodge firmly
- 21 Relegated
- 22 Pressurised spray
- 24 Reversed the effects of
- 26 Plenty
- 27 Browns in sun
- 30 Fib

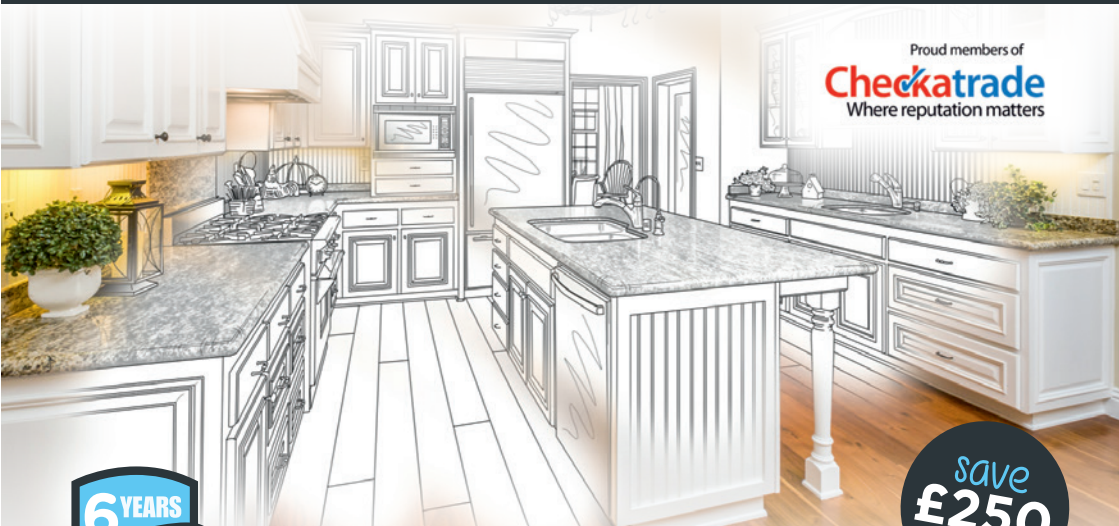
SUDOKU.....



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

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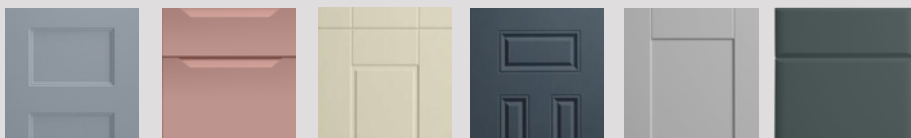


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**19
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5
SEP



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13
SEP



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19
SEP



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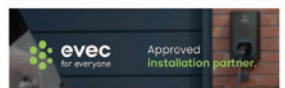
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3.30pm 5pm, & 6.30pm
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THURSDAY

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- 2:** Which website is nicknamed "the front page of the internet"?
- 3:** In which year was Facebook launched?
- 4:** Which website calls itself the "best online photo management and sharing application in the world"?
- 5:** Which social network was purchased by ITV in 2005 for 120 million pounds?
- 6:** As of 2008, which country in the world has the most Facebook users?
- 7:** Name the best known technology entrepreneur that co-founded Facebook?
- 8:** What was the largest social networking site in the world, between 2005 and 2009?
- 9:** What was purchased by Facebook for one billion dollars in 2012?
- 10:** Which social network for businesses and professionals was founded in 2002 by Reid Hoffman?
- 11:** Twitter's iconic blue bird logo was named after which American sporting legend?
- 12:** Which website's CEO described his company as a "catalogue of ideas" that inspires users to "go out and do that thing"?
- 13:** Which word, originating with Twitter, refers to a topic that is especially popular on social media at a given moment?
- 14:** Which video-sharing website was founded in 2004 by Jake Lodwick?
- 15:** What word is used to describe someone that deliberately tries to offend others on social media?



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WHO AM I?

Born March 19, 1955, ??? is an American actor. His career began on the off-Broadway stage in the 1970s. He achieved fame with a leading role on the comedy-drama series **Moonlighting (1985–1989)**.

He has since appeared in over 70 films, gaining widespread recognition as an action hero after his portrayal of John McClane in the Die Hard franchise (1988–2013) and other subsequent roles.

His other credits include *The Last Boy Scout* (1991), *Pulp Fiction* (1994), *12 Monkeys*

(1995), *Last Man Standing* (1996), *The Fifth Element* (1997), *Mercury Rising* (1998), *The Sixth Sense* (1999), *Hart's War* (2002), *Moonrise Kingdom* (2012) and *Motherless Brooklyn* (2019).

As a singer, He released his debut album *The Return of Bruno* in 1987, followed by two more albums in 1989 and 2001.

He made his Broadway debut in *Misery* in 2015, and has received numerous honours, including a Golden Globe and two Primetime Emmy Awards. He received a star on the Hollywood Walk of Fame in 2006.

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Shower baths

How to make them look more luxurious while saving space in your bathroom



A shower idea that involves stepping into the bath has always felt awkward, and it often goes hand in hand with an unaesthetic design.

So how do we combat this? While it can be tempting to knock it out and replace with a gorgeous walk-in shower, practicality has to come first and sometimes a combined bath and shower is exactly that.

While a shower over a bath can often feel restricting in terms of design, it's important to not allow it to stifle your creativity.

A shower over a bath does not have to mean a built-in bath, a standard glass screen and a wall-mounted shower set squeezed in at one end. It's not just the bath positioning you have to think about - where the shower head sits is important, too.

Positioning is where many layouts go wrong. The shower head should sit above the widest, flattest part of the bathing area, rather than over a steeply sloping end where it is uncomfortable to stand.

Part of what many find difficult about their bath shower situation is that it must be turned on by the bath tap, which means dashing in and out under the shower head to avoid getting wet. If you're designing from

scratch, this is a key design flaw to abolish.

Controls should be close enough to the edge that the water can be turned on before getting into the bath, so nobody has to step beneath a cold shower. I would also keep the bath filler away from the main entry point and, where possible, use wall-mounted brassware to leave the rim feeling cleaner and less crowded.

Practicality aside, it's time to consider style. A simple glass divider and white subway tiles aren't going to make your bath-shower feel stylish, so instead focus on how you can incorporate colour and pattern into the wash zone.

A stripe-drenched look using simple tiles is particularly effective and can keep costs down by opting for budget-friendly subway tiles.

If tiling is out of budget (or too much faff), then tongue and groove panelling is a simple way to make a bath-shower set-up feel warm and inviting, rather than cold and boring. Painting in an earthy shade gives you added style points.





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Nothing Phone 4b

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Nothing's Phone 4b has the same name as a type of pencil, which is probably because it looks so sharp (particularly with its natty blue paint job). In fact, the letter 'b' could conceivably stand for 'budget' but, apart from the price, there's very little here that will make you think you've picked it out of the bargain bin.

The glyph lighting is subtler than on a lot of Nothing's phones, but you can still tell it's from the same design stable, with a soft-touch coating and some transparent bits around the cameras.

There's nothing budget about the screen, either; it's a 6.77in AMOLED with 2000 units of peak brightness and a 127HZ refresh rate.

The main camera can shoot 50MP stills and 4K video with optimal image stabilisation, plus there's an 8MP one for when you need to squeeze more into the shot.



Polaroid Go Gen 3

£79

Tiny camera... or big photo? This is no optical illusion. What you're looking at is the world's smallest instant camera (that's as long as you don't include the old second-gen version, which was smaller and slightly lighter).

This third-gen is small enough to fit in your mouth (should you want to try that) and weighs under 252gm without any film loaded, so you can take it out on a whim and not get hacked off having to carry it.

It takes Polaroid Go film, so the pictures it spits out are way smaller than the old-fashioned ones., meaning you can tuck them inside your phone case. You get eight shots per cartridge (Polaroid sells them in double packs at £19) and they take 10-15 minutes to develop.

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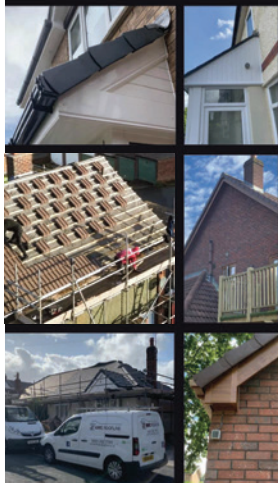
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1. VW TRANSPORTER

No list of recommended camper van conversions would be complete without the Volkswagen Transporter.

It was the VW Transporter's forebear, the famous Type 2 Bulli, that was the founding father of the camper van movement across the world.

Every generation since has been extremely popular with converters - so much so that there's an entire industry that has built up around making premium VW camper vans, such as the example shown here.



3. FIAT DUCATO

The Italian maker has become well known for supplying the Fiat Ducato as a platform and chassis cabs to a number of companies who specifically build them with camper van bodies.

Indeed, as a result of the Fiat Ducato's popularity in this sector, it's often the go-to choice for converters looking to build and supply large motorhomes.

It's a good van for the job, with a long and low chassis and a 3.5-tonne GVW making it ideally suited.

5. MERCEDES SPRINTER

As well as the prestige and cachet of the famous three-pointed-star, the Mercedes Sprinter offers an impressive reputation for mechanical reliability. With a production run of over 30 years since the first-generation Mercedes Sprinter appeared, there are lots of long wheelbase models available at various price levels to suit those who wish to build their own.

If you're after a newer van, then there are multiple specialists building premium Sprinter-based motorhomes that are among some of the most desirable on the market.



BEST VANS FOR CAMPER CONVERSIONS

A new camper van can be very expensive, but the good news is that there are a number of independent converters who will be able to transform a standard panel van into a two or four-berth motor home at a much more affordable price level. Alternatively, if you're feeling brave, you could do it yourself - all you need is a base van, a competent level of skill - and commitment.

Here are six vans that are best suited for camper conversions.

2. FORD TRANSIT CUSTOM

Given that it's the best-selling van in the UK, it's not surprising in the slightest to learn that the Ford Transit Custom is also an extremely popular choice among those looking for a camper van.

From home-finished conversions through to high-end bespoke examples such as the MS-RT performance-inspired campervan seen here, there's a Ford Transit Custom to suit all budgets when pursuing the van life.



4. VAUXHALL MOVANO

As a result of them being inexpensive to buy, yet fairly prolific, the first two generations of Vauxhall Movano have become popular with those who like to do home camper van conversions.

Part of the appeal is that they are extremely simple to work on, while the high roof variants mean that even tall people can stand up comfortably in the back.

If you are going to convert a van yourself then a Vauxhall Movano is a very good place to start.

6. PEUGEOT BOXER

Peugeot is second only to Fiat in terms of popularity with European camper van manufacturers and like the Italian company - as the Peugeot Boxer is essentially the same van as the Fiat Ducato, anyway - it's offered in multiple different layouts and formats to suit converters' needs.

With a flat floor and a high roof, the Peugeot Boxer, whatever its age, is a very popular choice for those looking for a large motorhome.



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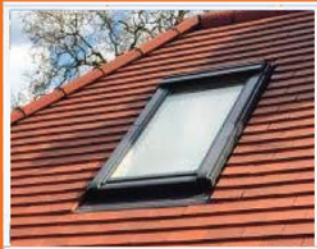


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Micro ponds

Turn a tiny garden into a relaxing oasis

If you've been dreaming of adding a water feature to your garden, but lack the space to commit to a pond, micro ponds are the space-saving alternative that birds, bees and butterflies will love, too.

We've rounded up our favourite small garden ideas to give you some inspiration.

Patio ponds are growing in popularity as more people look for simple ways to support local wildlife, even if they only have a small outdoor space. They offer many of the benefits of a traditional garden pond without requiring a large garden or significant investment.

As well as attracting wildlife, patio ponds can transform the feel of an outdoor space by creating a calming focal point. The combination of water, movement and reflection helps bring a sense of tranquillity to gardens, patios and balconies, while adding visual interest throughout the year.

The patio pond offers an affordable way to add a water feature to your space (especially if you build your own patio pond like our Editor in Chief, Heather Young). They offer many of the

same benefits as a traditional pond, but are more compact and less maintenance to take care of.

Patio ponds are a great idea, especially for wildlife! They become a mini-ecosystem beneficial for pollinators and birds, and they're such a great way of maximising a small space. They add character to a garden, and they're a stylish alternative to a traditional pond, which can be high maintenance but also expensive to install in the first place.

Benefits of micro ponds

The most obvious benefit of a patio pond is, of course, giving an urban

garden wildlife-friendly features.

However, if you do plan on your pond being somewhere that local wildlife can bathe, make sure you add a small ramp in and out of the pond to make it accessible.

Patio ponds are a great option for anyone looking to make their outdoor space more wildlife-friendly without undertaking a major garden project. They're relatively inexpensive to install, straightforward to maintain and can have a real impact on the variety of wildlife visiting your garden.

For people with limited outdoor space, they're an easy way to create a thriving mini ecosystem while adding an attractive feature that can be enjoyed year-round.

While low-maintenance, just bear in mind that you have limited space, so don't go overboard on buying the aquatic plants.

We'd say patio ponds are low maintenance, especially compared with larger ponds structured into your garden. Just make sure, especially in summer, you're keeping your pond topped up with fresh water, clear away any excess debris and occasionally just trim back your aquatic plants so they don't start taking over.





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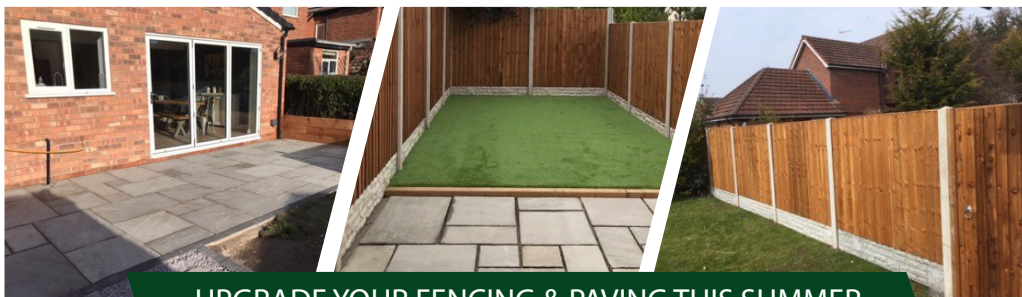
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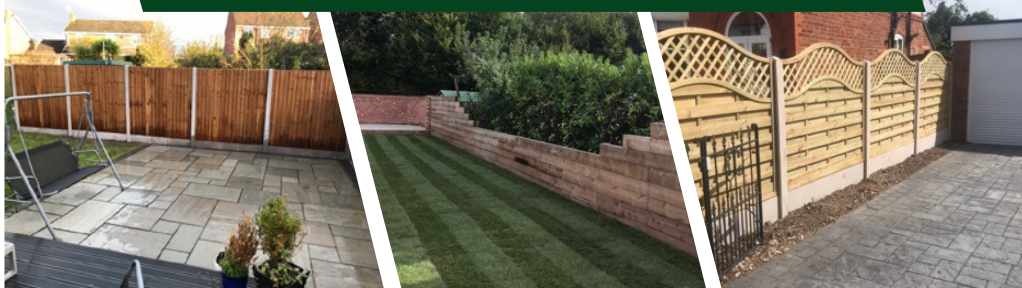
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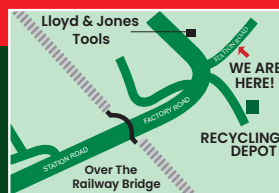
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THIS MONTH...



...in 1985: Wreck of the Titanic found

On Sunday September 1 1985, after several fruitless attempts stretching back as far as the vessel's sinking, the wreck of the British ocean liner RMS Titanic was finally located. It was discovered by a joint French–American expedition led by Jean-Louis Michel of IFREMER and Robert Ballard of the Woods Hole Oceanographic Institution.

The Titanic sank on 15 April 1912, after striking an iceberg during her maiden voyage. The wreck lies at a depth of about 12,500 feet, about 325 nautical miles south-southeast off the coast of Newfoundland, Canada. It lies in two main pieces about 2,000 feet (600 m) apart.

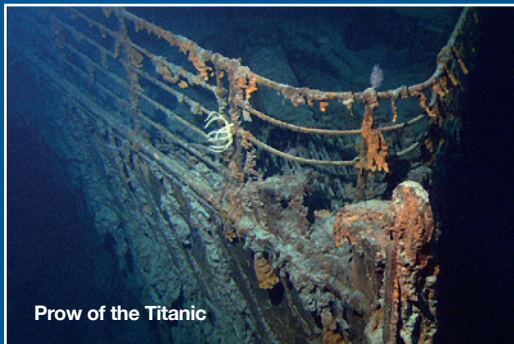
The bow is still recognisable with many preserved interiors, despite deterioration and damage sustained by hitting the sea floor; in contrast, the stern is heavily damaged. The debris field around the wreck contains hundreds of thousands of items spilled from the ship as she sank.

In the years prior to its discovery, numerous proposals

were put forward to salvage the Titanic. However, all fell afoul of practical and technological difficulties, a lack of funding and, in many cases, a lack of understanding of the physical conditions at the wreck site. One failed plan involved using a bathyscaphe and to raise the wreck by inflating nylon balloons attached to her hull. The declared objective was to “bring the wreck into Liverpool and convert it to a floating museum”.

One of the first items identified by the 1985 expedition was a boiler, identical to those shown in pictures from 1911. The following day, the main part of the wreck was found and Argo sent back the first pictures of the Titanic since her sinking 73 years before. The discovery made headlines around the world.

Subsequent missions have uncovered more of Titanic's secrets. A 2000 expedition by RMS Titanic Inc. carried out 28 dives during which over 800 artefacts were recovered, including the ship's engine telegraphs, perfume vials and watertight door gears.



Prow of the Titanic



Crockery lying on the sea bed.



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Rupert's Rainbow



Rupert's Rainbow was created to share the story of our son Rupert and raise much-needed awareness of **Alternating Hemiplegia of Childhood (AHC)**, an extremely rare and complex neurological condition.

Rupert lives with AHC, which can cause frightening episodes of paralysis affecting one or both sides of his body. It can also cause abnormal movements, seizures and other neurological symptoms. Everyday things such as tiredness, excitement, changes in temperature or illness can trigger episodes, making life incredibly unpredictable.

Despite everything AHC brings, Rupert is a happy, much-loved little boy who inspires us every day.

Through **Rupert's Rainbow**, we share Rupert's journey, raise awareness and fundraise for his future. An important reason for our fundraising is to be prepared for potential treatments as they become available. Exciting research and potential new treatments for AHC are being developed in the USA, giving families like ours real hope for the future. Should Rupert become eligible for a treatment, there could be significant costs involved in accessing it, travelling to America and spending time there as a family.

We don't want finances to be the reason Rupert cannot access an opportunity that could change his life.



Every fundraiser, donation and person who shares Rupert's story helps us prepare for that future while making **AHC less unknown.**

Together, we're raising awareness, creating hope and preparing for whatever opportunities the future may bring for Rupert.





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