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YourMag

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Five Fun Things to Do in October

FryDay Every Day - the air fryer revolution

Roam With a Home - camper vans & motor homes

The Fear Fascination - why we love a good horror film

Speedy Sparkle - quick cleaning tips for when time is short



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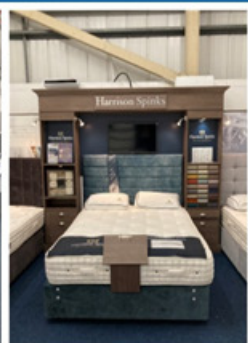
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Editor's Note

Louise Addison's *The Fear Fascination* reminds me of teenage Saturday nights, curled up on the settee with my brother and sister in front of a corny Hammer Horror Movie. At the time we thought these depictions of Dracula and Frankenstein were the epitome of thrill seeking. I'd nervously peer at the TV

screen through clasped fingers, waiting for the next shock wave to ripple through me! Dad could never understand our fascination at being scared half to death and would wander off to bed in bewilderment. How tame those films seem now!

My sister in law and I have just had a long conversation about our grown up children and the ongoing challenge to maintain positive and respectful relationships with them. Sometimes, being an interested and caring parent can be interpreted as being an overbearing and controlling adult, and establishing the correct balance is not easy. Read *It's Time to Grow Up* for more on this!

I smiled when I read *Speedy Sparkle*. Years ago a friend confessed that if she is caught out by unexpected guests or needs to tidy up in a hurry, she gets a bin bag and quickly shoves everything in it, puts it out of sight in a safe place, and sorts through it later. I have followed her example on more than one occasion!

I hope you enjoy this month's read. Until next time...

Debbie

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FryDay Every Day



My absolute favourite kitchen gadget purchase in recent years is my air fryer! I originally bought it for the sole purpose of cooking oil-free ('Slimming World') chips but I've since discovered that this innovation from heaven has almost endless possibilities!

As with many new purchases, I did wonder if my air fryer would be a passing fad that would eventually find its way to the back of the cupboard, but I'm pleased to say that not just mine but air fryers in general have become something of a kitchen staple. What's not to like about them? They are quick and easy to use, provide the crispiness of fried food without the guilt, and cost a fraction of a conventional oven to run.

Air fryers work by circulating hot air around the food, producing a crispy layer similar to frying but with only a tiny amount of oil. If you've decided to join the air fryer revolution, here are essential features to consider:

Capacity How big is your household? For singles or couples, a 2- to 3-litre unit might suffice. If cooking for larger numbers, a bigger

model (maybe 5,7 or even 10 litres) could be a better choice. There is an air fryer for almost every family.

Temperature Range A broad temperature range provides versatility in cooking. The ability to hit temperatures between 80-200°C should be a minimum requirement.

Controls Digital touchscreens offer precision, and some advanced models feature preset options for specific foods like fries, chicken, or fish.

Footprint Some models are BIG, so consider how much counter space you have available.

Ease of Cleaning Non-stick, removable parts (particularly the cooking basket) make cleaning a breeze. Many models have dishwasher-safe components for added convenience.

Additional Features Functions like rotisserie, dehydration, bake and roast might increase the price but they provide added versatility.

Safety Look for safety features like auto shut-off, cool-touch exteriors, and 'overheat' protection.

I bought my first air fryer about five years ago, and have just replaced it with a larger, more sophisticated model that has two baskets and also the capacity to roast, bake and dehydrate. Although I regularly still cook chips, I've added to my repertoire chicken, fish fingers, burgers, garlic bread, baked potatoes - in fact it will tackle anything that you would normally cook in a conventional oven! With this kind of versatility, every day can become an air fry day!

Debbie Singh-Bhatti with Tom Hancock

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THE FEAR FASCINATION

It's Halloween season and horror movie suggestions are once again popping up on Netflix and Amazon. Horror movies have been captivating audiences for decades, drawing us into a world of the unknown, terror and suspense. Why do so many of us sign up to being scared out of our wits while others avoid the horror genre at all costs?

One of the reasons many individuals find pleasure in a good horror movie is linked to our innate thrill-seeking tendencies. The human brain craves novelty and excitement, and horror films allow us to experience fear and excitement in a controlled environment without real danger. The rush of adrenaline and heightened sense of awareness during suspenseful scenes can be exhilarating - triggering our "fight or flight" response even though there's no actual threat.

Horror movies also offer a unique form of catharsis - a release of built-up emotions and stress. By immersing ourselves in a fictional world of horror, we can experience a range of intense emotions and this emotional rollercoaster can be oddly satisfying, allowing us to confront our fears and anxieties vicariously through the characters on screen.

Paradoxically, humans seek out fear-inducing experiences as a way to gain a sense of control over their emotions. When watching a horror movie, we have the ability to pause, fast forward, or even turn off the film if things become too intense. This sense of control over our environment reassures us that we're not in any real danger, making the fear more manageable and enjoyable.

The human mind is also naturally curious, and horror movies tap into this by presenting mysteries, puzzles and unexplained phenomena.

For some people, watching horror movies provides an opportunity to face and conquer their fears in a controlled context. The adrenaline rush and subsequent relief of surviving the fear can create a sense of empowerment and triumph.

On the flip side, there are individuals who



adamantly avoid horror movies. Their psychological profile is usually very different to their horror-loving peers.

People with heightened sensitivity might find horror movies overwhelming. They may react more strongly to fear-inducing scenes, leading to discomfort or anxiety.

Individuals who have suffered past traumatic experiences might find that horror movies trigger memories or emotions that are too distressing to confront.

Horror movies are designed to elicit powerful emotional responses, and some people simply prefer to avoid negative emotions, opting for more positive or light-hearted forms of entertainment.

For others, a vivid imagination can amplify the fear experienced while watching horror movies, making the on-screen events feel all too real.

The enjoyment - or avoidance - of horror movies involves a complex interplay of human psychology. While many of us find thrills, catharsis, and a sense of control in the suspenseful and terrifying world of horror, others are better suited to forms of entertainment that align with their emotional sensitivities. Whatever our preference, there will be a Halloween-themed movie for you this October.

Louise Addison

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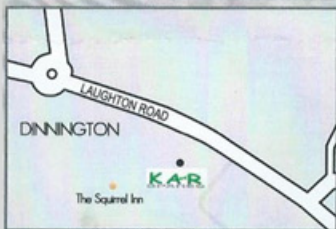
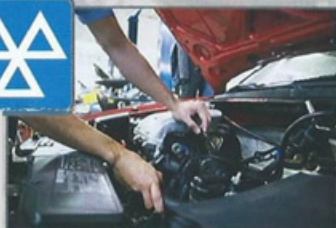
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Suggestions for Halloween Movie Night!

For lovers of the classics

Halloween (1978) - An iconic film featuring Michael Myers as a killing machine and featuring a wonderful score by John Carpenter.

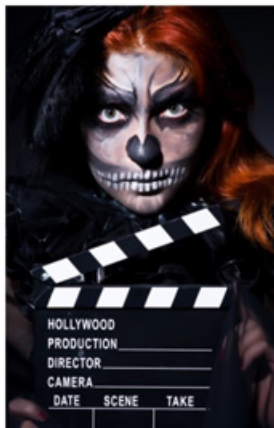
Rosemary's Baby (1968) - Mia Farrow is chilling as the pregnant young Rosemary, who must face the truth about the secret origins of the mysterious child she's carrying. It's a true, slow-burn terror.

Psycho (1960) - From the string-filled score to the creepy twist at the end, everything about Hitchcock's Psycho, from its string-filled score to its creepy twist ending is classic horror.

For hardcore terror-lovers

Hereditary (2018) - This one is a truly terrifying paranormal horror, starring Toni Collette as the secretive matriarch of the Graham family. Watch this if you don't want to sleep for at least a week!

A Quiet Place (2018) - A post-apocalyptic thriller / horror which takes place in a world where even the



slightest sound can spell your imminent death. It plays to every parent's nightmare about how we can never really keep our children safe.

It (2017) - Stephen King's Pennywise the Clown is one of the most sinister horror movie characters ever to grace the silver screen. 'Nuff said.

For family-friendly Halloween fun

Beetlejuice (1988) - From the imagination of Tim Burton, **Beetlejuice** follows the story of a young couple who find themselves stuck haunting their home in the afterlife. It's very funny!

The Addams Family (1991) - It's a classic and an easy choice for a spooky (but not nightmare-inducing) Halloween movie night.

ParaNorman (2012) - A misunderstood boy takes on ghosts, zombies, and grown-ups to save his town from a centuries-old curse.

Louise Addison



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Roam With a Home

The Motorhome and Caravan Show is on at Birmingham's National Exhibition Centre this month (17th-22nd October). Hubby and I went along last year, having developed a sudden hankering to take to the open road for future holidays. Now child free, but with the addition of a (rather large) dog, we felt a caravan or motorhome might give us more flexibility about when and where we might go on holiday.

There are lots of vehicle choices on offer, depending on the size and facilities required and of course the budget available. I have four friends who have all chosen different ways to "roam with a home".

The first are Jan and Les who tow a tourer caravan and have travelled all over Europe as well as our native shores. Their caravan is compact, with a small kitchen and dining area, a shower room with toilet and sink, and a seating area that converts into a bed that needs to be made up daily.

To set up camp, the caravan needs manoeuvring into position, which can be simplified with the aid of a motor mover that pretty much does the job for you. But attaching and detaching the caravan every time you move pitch can be off putting for some, in which case a micro camper might be a better option.

Micro campers are very compact and are similar in size to a regular transit van. Ideal for solo travellers or couples, this is the choice of our friends Ralph and Dawn. Their micro camper offers them a cost-effective way to go on adventures and they use it to take short breaks to local places like Clumber and Center Parcs. It is easier than a caravan to drive and park. Despite its much smaller size, the micro camper still provides all the essential amenities such as a comfortable sleeping area and a functional kitchenette, though you might have to stand outside to cook.

Our friends Louise and Mark chose a camper van as their holiday home. They've travelled all over Europe in it, their last holiday lasting several months! Camper vans can accommodate 2-6 people and sometimes have a bed over the driver's cabin. A little similar in size and features to a caravan, they usually have a kitchen, dining area, bathroom and sitting space that converts to a sleeping area. This is probably the most popular form of mobile holiday home.



Julie and Dave decided to take it up a notch and purchased a state of the art motorhome a few years ago. Costing around £100,000, their home includes a kitchen equipped with a full sized cooker and fridge freezer, a generous sized lounge, a separate bedroom with a fixed bed and a comfortable bathroom. Their motorhome is fitted with air conditioning and has a 'garage' where they store extras like bikes. One disadvantage of a motorhome this size (it resembles a small bus!) is the difficulty of manoeuvring it down small country roads and parking. Some owners tow a small car behind to give them more flexibility of movement once parked up.

Motorhomes, camper vans and caravans offer the freedom to explore new places while having your accommodation readily available, allowing for spontaneous detours and unique experiences. While it's true that they can save you money on accommodation and dining expenses, the initial outlay can be very expensive. Even used models can come in at well over £30,000 - that would pay for a fair few self-catering holidays! So if you only plan to use your motorhome once a year, you might be better staying in a luxury lodge for a fortnight instead.

Owning a motorhome also involves maintenance, servicing and storage expenses. But if you're still keen, establish a budget before you start shopping and decide which amenities are essential for your comfort and convenience. Before committing, consider renting the size and model you are considering for a few days to see whether it suits your needs. You might decide that the motorhome holiday is not for you - or you might just kickstart a whole new lifestyle!

Debbie Singh-Bhatti with Greg Palmer



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Gym at Home

Tales From The Gym
By
Fiona Lau



There are days when I just don't want to haul myself and my Matalan leggings to the gym. It might be too hot or too cold; my regular instructor may have thoughtlessly gone on holiday and left us with a less favoured stand-in; my day could be filled with other stuff- the necessary appointments for those of us of a *certain vintage*; or I just might not feel like it.

On these days I salve my fitness conscience with a carefully curated selection of YouTube videos (the chief criteria being that they are short, encouraging, and not too irritating). I do: Yoga with Adriene, Get Fit with Rick, and Belly Busting (sadly very much needed these days) with Denise. The advantages are many: I can wear my pyjamas and I can talk back to the instructor (usually a sarcastic "Yeah right") as they contort themselves into an impossible (if you're over 60 and have osteoarthritis) position. I can modify the instructions to something vaguely possible and no one will raise an eyebrow. All I have to do is shove the coffee table to one side, flick on the TV, and assume a slightly athletic stance.

Yoga is especially good for housework. No, I don't do a quick sun salutation before vacuuming, but I do notice things. Over the years I have rigorously trained myself to NOT notice needed housework. However many's

the time during a creaky downward dog or a reluctant cobra that I've spotted a dead fly recumbent on the windowsill or a deceased spider on the floor. As I do my steps on the spot I can easily observe dust on the top of the TV and remove it, or see leaves on my plants that need pruning.

Lying on the sofa and watching TV is my absolute favourite pastime. One of my fitter friends suggested that I could march as I watched TV. "How hard could it be?" I thought as I prepared for a tough evening watching athletics. Heaving myself off the sofa I began to march on the spot as I followed the race. As the athletes belted round the track I even sensed a little kinship with them as I felt at least one bead of sweat escape my brow. All the same it did seem to be going on a bit and my elderly body became less and less enthusiastic. Too late I spied the words 5,000 metres in tiny letters in the bottom corner of the screen. My pride (and my smart watch) would not let me stop, and I staggered to the end, a shadow of my former self, as some young lithe runner set a new record!

And so dear reader, this account of the joys of the Gym at Home comes with a horrible warning: occasionally we bite off more than we can chew! Who would have thought it?

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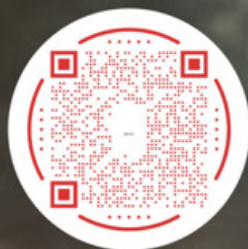
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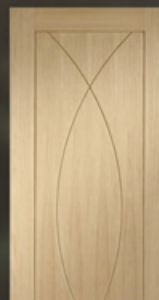
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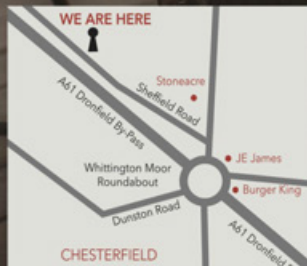


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Five Fun Things to do in October

Get lost! Visit a Maize Maze with family or friends and get lost for an hour or so (search online for locations, but there are some in Doncaster, Nottingham, Leeds and Ashbourne for starters) then hit the farm shop after to stock up on goodies. There are often other attractions such as pumpkin patches and hayrides.

Pick your own pumpkin This is a fun activity (and cute photo op) for all the family. Head to your local pumpkin patch (there's one at Gulliver's Valley) and choose your favourite. You might also be able to carve or paint it at some locations.

Take a guided ghost walk Strange Sheffield Ghost Walks is an example. The guide dresses up and tells stories of hauntings and horror. Some are kid-friendly too.

Go leaf-collecting Dress up warmly and head out to the local woods. See how many different colours and types of leaves you can collect. Press them between sheets of blotting paper when you return home and use them to make pictures or decorate cards.

Read a creepy book Cool autumn evenings are just right for curling up with a good book. Try Erin E Adam's **Jackal** about a black woman, Liz Rocher, returning to her predominantly white hometown in Pennsylvania to attend a wedding and discovering a horrifying secret, that children have been vanishing in the nearby forest for years. All of them black. All of them girls. Can Liz find the latest missing child before she's consumed by the darkness?

Tracey Anderson





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SPEEDY SPARKLE

Cleaning Hacks for When Time is Short

We all know how wonderful our homes look and smell after a deep clean. But real life is crazy busy and sometimes we might let things slide for a week... or several (tell me it's not just me!) and suddenly we realise that visitors are arriving imminently, and the house is not quite as sparkly as it might be.

Don't panic if your house looks like the aftermath of a natural disaster - it's actually not that difficult to fake a clean-ish house with only 30-60 minutes to spare. It's mainly about perception. Concentrate on where the visitors will be rather than the whole house.

Clutter can make your space look uncared for. Hot spots are the porch/hall, the living room and the kitchen. Mentally divide clutter into five categories: rubbish, laundry, dirty dishes, items with a designated home and items without a designated home. Whip around the three hotspots with a bin bag. Throw obvious rubbish straight into it then take it to the bin. Then whizz round again. Collect all dirty cups and plates, take them to the kitchen and deposit them in the sink. Do the same for dirty laundry, depositing it in the laundry bin. Do a final sweep for items with and without homes. Return all the 'homed' items to their designated places and dump the rest somewhere out of sight to be dealt with later (even if it's in the boot of your car)!

Next, wash the dishes and put them away. Clear kitchen surfaces give the impression of a house under control, so put as much as you can into



cupboards, then wipe the counters. Empty the kitchen bin and open the windows to air the space. Your home should be looking better already!

If the visitors are arriving in the daytime, open the curtains and blinds to let light flood in; well-lit spaces are

perceived as cleaner than those that are dimly lit. Be careful with this one though, as I have been caught out when sunlight flooding into the house has highlighted dusty or finger printed windows!). Cast an eye around for obvious dust (the TV, coffee tables and mirrors can collect a surprising amount). If your guests are arriving after dusk, ambient lighting is your friend. Cosy lamplight can hide a multitude of dusty sins.

Plump up cushions and put out fresh towels in any bathroom your guests might use. Flush the loo and sprinkle some fresh smelling toilet cleaner down it. Finally spritz a little scent around. Anything citrusy brightens the space because we are conditioned to think that 'lemon smells clean'.

Add a plant or flowers, if you have time. It doesn't have to be big or showy. Even a few sprigs of greenery in a vase will make it look as though you have your act together. Then open the wine, order a takeaway, and enjoy spending time with your guests!

Sarah Davey

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It's Time to Grow Up!

I remember when my first child was born, cradling her in my arms, looking down at her and wondering what the future might hold for her and for me. From the day our children are born, we have the job of caring for their needs but our role is to also help them prepare for the time when they will eventually leave home and live independently as adults.

As our children progress through their teenage years and transition into adulthood, it can be both rewarding and challenging. They want more independence and more control over their choices but their view of what is acceptable or appropriate may not match our own. Successfully navigating through this period of change takes patience, flexibility, understanding and a combination of guidance, support and letting go.

First off, it is important to set healthy and clear boundaries. Whilst your child might want the chance to "go it alone" and do things for themselves, your natural instinct might be to protect and guide them. So, discuss together how your child might be able to practise independence whilst still satisfying your desire and need to know they are safe. This could include agreeing on check-in times or a home time if they are out with friends. Or it might mean you dropping them off and picking them up, whilst they have time away from you in between. It all depends on the age and maturity of your child.

Moving into adulthood isn't all about doing things independently. It's also about learning to take responsibility. This might mean that your young person will take a more active role in household chores. So initiate conversations about expectations and responsibilities. I remember as a teenager feeling sorry for two of my friends whose mum made them do the ironing every Saturday morning before they were allowed out with friends. I thought she was mean! But these friends learned valuable lessons about responsibility and priorities and later in life they found it much easier to keep a clean and tidy house than I ever have!

Encourage your young adult to express their thoughts and needs as well. This establishes mutual respect and lays the groundwork for understanding each other's boundaries. As they get older, their need for privacy and personal space may increase, for example. Avoid prying into their affairs or constantly checking in. This respect sends a signal that you trust them to handle their own lives. It is, of course, important to make them aware of potential dangers, particularly with regards to online activity.



With the current cost of living crisis, many of us are providing financial support to our adult children. It's important to be clear about the terms and conditions of this support. Maybe consider giving them a loan rather than a handout? Encourage them to take charge of their own finances, even if you're helping out - and let them know that mum and dad don't have bottomless pockets either! This helps them understand the value of money management.

None of us wants to see our children hurt, but sometime we need to let them make mistakes. Experience is a valuable teacher and independence grows when they realise the impact of their choices, and that mistakes are not setbacks, but opportunities for growth. If your adult child faces failure, you can still offer emotional support, help them analyse what went wrong and guide them to consider how to improve the outcome next time.

Learning how to make decisions independently is one of the hardest parts about becoming an adult. I remember as a young adult wishing mum and dad would step in and sort out challenging situations for me. We can help prepare our older children for this type of situation by encouraging them to brainstorm solutions independently. Discuss options with them and practise active listening rather than imposing your own views. Offer advice only when asked and if their decisions differ from what you'd do, respect that and support them in their choices.

Finally, acknowledge and celebrate their achievements, no matter how small. This reinforces their confidence and their ability to succeed on their own. Remember, your role as a parent is evolving during this phase, from a primary caregiver to a supportive mentor. By following these strategies, you will empower your adult child to embrace their journey towards independence.

Tracey Anderson

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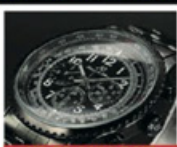


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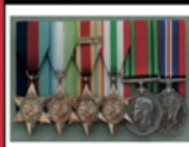


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Learning to Eat Intuitively

I was very tempted to duck out of writing My Slimming Diary this month. After the euphoria of reaching another all time low weight last month, I went on holiday and had a gain. Twice! A week away with grandchildren, eating far more chips, chocolate and crisps than I am used to, followed by a cruise where limiting my meals to three a day still didn't work, means that I no longer weigh 12st 6lbs. BOO HOO! However...

I've chosen not to record my weight, largely due to the fact that I am on a break from Noom. No - I haven't given up on it! It's all part of the training. Now and then you are given a day or two off to just relax and forget about getting weighed, measuring, counting calories, doing exercise etc. After three months as a 'Noomer' I am now nearing the end of the course and the focus is on helping me to develop intuitively the ability to make wise choices about what and how much I eat, and when and how I exercise.

To be honest, it is a little scary. But it is all about trust. How much do I trust myself to be able to make these choices on my own without someone watching over me? The Noom philosophy is all about exposure. To confront and overcome fears

we need to be exposed to them and have experience of them. And this is why we are given occasional 'days off' to go it alone.

Part of this exposure process is to occasionally eat food that serves as a trigger. I've often heard people say something like, "I can't eat chocolate because I can't stop at one piece. If I have a taste, I have to finish the whole bar." I've had similar thoughts myself. But is it realistic or desirable for any of us to face a future without ever again having chocolate, biscuits, crisps, chips, cheese, peanuts or a multitude of other trigger foods?

Totally denying ourselves of certain food groups cultivates an "all or nothing" attitude. We are either "on it" or we are "off it" and when we are off it, boy do we go for it! I know, because I have been there - many times! I'm pleased that I am finally developing the ability to say "no". Not always, but usually! So, although I am anxious about eating intuitively on a permanent basis, I also recognise that my trust in myself is greater now than it has ever been. And this gives me hope that one day I will be able to relax around food and stay in control of my eating habits!

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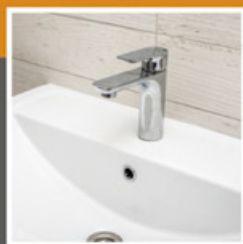
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Blue is Beautiful

Gentians have a reputation for being tricky little things to grow and it isn't entirely undeserved. They're a temperamental lot. They will only grow from fresh seed; they require the gardener to jump through hoops to get them to germinate; they don't like being transplanted; they insist on free-draining but not impoverished soil...the list goes on. But those gorgeous ultra-marine trumpet flowers are so desirable, especially at this time of year when not much else is flowering.

I've had my fair share of failures with autumn gentians over the years but still I keep trying to grow them. Like most of us I haven't the time to devote to primping and preening the truly diva-ish varieties: those are best left to alpine devotees. I've had most success with *Gentian sino-ornata*. These form low growing clumps some 15cm / 6 inches high and 30cm / 12 inches across. In the right conditions they will produce gorgeous bright blue trumpets with pale green stripes from September all the way to November.

Gentians prefer shade for at least part of the day and, I can't stress this bit enough, **there must be no lime in the soil**, or they'll turn up their pretty blue toes and expire.

Unfortunately, as I garden in an area rich in limestone (our house is actually built on a limestone ridge!), the only way I can grow them is in low, dish-shaped containers where they can spread out a bit. If you're making up your own pots, use ericaceous compost with added grit to promote drainage. An even easier way to grow them is to buy them ready-potted. Garden centres will sell them at this

time of year.

In spite of their fussiness, they are hardy perennials. If you can get them established they'll proliferate. In the garden divide them carefully, disturbing the roots as little as possible, every three years in the spring. If you're growing them in pots then at the start of spring carefully scrape out some of the top compost and redress it with ericaceous compost. Keep it moist and in a partially shaded area and the flowers should return in the autumn. When the pot looks overcrowded you can try splitting them once the flowering season is over but often it is better just to buy new plants.

The trouble with gentians is that they're addictive. Grow a few successfully and you'll get greedy for those startling blue flowers and want more. Then you'll start to think, 'I wonder if they really are that difficult to grow from seed...' and you're lost.

Rachael Leverton



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Special Roasted Cauliflower

Preparation time: 10 min

Cooking time: 20 min

Serves: 4

Ingredients

1 medium cauliflower, cut into florets.

3 tbsp olive oil

1 large onion thinly sliced.

1 tsp ground cumin

1 tsp ground turmeric

Pinch of saffron, infused in 150ml boiling water.

3 tbsp pine nuts, lightly toasted

75g raisins, soaked in warm water.

300g spinach leaves

1 tbsp butter (optional)

Method

Blanch the florets for 1 minute, then drain.

Heat the olive oil in a heavy saucepan then add the onion and a pinch of salt. Cook on a low heat until soft then add the ground spices and cook for another couple of minutes.

Add the blanched cauliflower florets. Pour in the saffron water, add the pine nuts, drained raisins and spinach leaves. Cook until the leaves have wilted, the cauliflower is soft, and you have a thin sauce. Season to taste and add the butter, if using.

Serve as a side dish or as a light meal with crusty rolls or garlic bread



Cooks Note: How to blanch

Have ready a large bowl of ice-cold water, a slotted spoon, and a plate lined with a clean cloth or paper towel for draining.

Bring a large pot of water to boil over high heat.

Just before adding the vegetables, add a generous pinch of salt.

Add the florets to the pot in small batches so that the water continues to boil. After about 1-2 minutes remove them from the boiling water with a slotted spoon and plunge them into the ice bath to stop the cooking process in a process called 'shocking'.

When the florets are completely cool, remove them from the ice bath and drain on the towel-lined plate.

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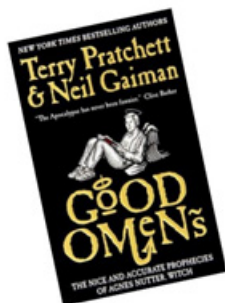
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Good Omens

by Terry Pratchett & Neil Gaiman

Terry Pratchett's *Good Omens*, a collaborative masterpiece co-written with Neil Gaiman, is an imaginative tour de force that seamlessly melds humour, fantasy, and social commentary.

Published in 1990, the novel has become a timeless cult classic that continues to captivate readers with its wit and irreverence. The book was adapted into a successful TV series, but the original book is definitely worth seeking out.

The story revolves around an angel, Aziraphale, and a demon, Crowley, who have grown accustomed to life on Earth and have developed a certain fondness for humanity. When the apocalypse looms, they join forces to prevent the end of the world, inadvertently

misplacing the Antichrist in the process. What ensues is a delightful romp through absurd situations, satirical jabs at religious norms, and a heartwarming exploration of friendship.

Pratchett and Gaiman's unique writing styles blend seamlessly. Pratchett's penchant for witty wordplay and Gaiman's darkly enchanting storytelling combine to produce a tale that's as intellectually stimulating as it is entertaining. The duo weaves together multiple storylines, including the Four Horsemen of the Apocalypse, a quirky witch named Anathema Device, and a bumbling witch-hunter, creating an intricate tapestry of characters and events.

At its core, *Good Omens* is a celebration of the human experience. It nudges readers to question the conventions they take for granted while delivering laugh-out-loud moments that provide much-needed levity. It's no wonder that this book has become a cherished favourite among readers.

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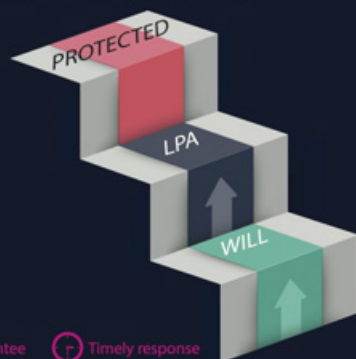
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IBIS - Arts and Crafts

Is it ever too early to plan for Christmas? Not in the world of craft. Crafters throughout the UK will have been hard at work for weeks now ensuring their "goodies" are ready in time. Indeed, members of our group have already planned what they would like to achieve to showcase at our Craft Fair later this year. We have a list of activities which will run up to a week or so before the big reveal.

This year has seen our members attain so many different skills, all being taught by our members. Could you be our next tutor? Or would you like to learn a new craft? Why not give us a try – we are always happy to see new members join our group.

We meet on Wednesday afternoons 12-3pm at Anston Parish Hall. We offer a welcoming social space with tea and biscuits at the ready! And don't forget your first week is free.

For more information please contact our Secretary Sue Sayles on 01909 564891 or email roysayles123@btinternet.com. Or just pop in - the door is open.

Margaret

Publicity, Publicity!

For eight years, monthly articles have publicised Rotherham u3a (Ru3a) and the forty activities available to members. Readers are always invited to discover more at u3asites.org.uk/rotherham or 01709 379 379.

As a result, many YourMag readers have joined, but there must be others who mean to follow it up, but haven't got round to it. If this describes you, or if you simply don't know about the Ru3a, what it is, who it's for, what activities it offers and how to join, why not come along to our Open Day on Saturday 14th October at Herringthorpe United Reformed Church, Wickersley Rd S60 4JN and find out from people who can answer your questions?

All are welcome. Entry is free. Tea/Coffee and biscuits will be provided, a raffle too. There will be displays of work e.g. Art, Photography, Card Making, Embroidery/ Soft Furnishings and Yarn Addicts; stalls giving information about other group activities, including Languages, Opera, Flexercise and Strollers, and general information.

Doors open at 10-30 am and close at 2-30pm. Looking forward to meeting you.

Litter Picking Locations

Dinnington & Anston September 2023

Meet on Thursdays 9am-9.30am/bag drop area:
5th - Greenlands Park car park at entrance
12th - NEW LOCATION: Nursery Rd/Dukeries Drive at the junction
19th - Church Lane at junction between Screwfix & Briddon Gates
26th - Houghton Road at Todwick Road end at the junction
Email len@fowkes42.plus.com for more information

To have YOUR say, email debbie@yourmag.net!

The Art Society Dukeries

Members enjoy monthly hourly talks, two Special Interest Days, newsletters, national magazine, coach holiday and days out to the theatre/local places of interest.

Next Talks - Wednesday, 4th October 2023: "160 years - London Underground, its design and architecture." Speaker Mark Ovenden. The Underground's history from 1860 up to the Jubilee Line extension/architecture and the Elizabeth Line/ Northern Line extension to Battersea etc. Wednesday, 1st November: "Paintings of Pieter Bruegel."

Meeting at the Civic Centre, Long Lane, Carlton-in-Lindrick, S81 9AP. Talk 11 am to 12 noon approximately; refreshments from 10 am. Free car parking. Visitors welcome paying at the door. Full details on the web page at: www.theartssociety.org/Dukeries

Voglia d'Italia

The Italian Society for South Yorks and North Notts presents: "The Italian Armistice - 80 years on". Betty Merrick relates some stories of escapes by Allied prisoners of war following the Armistice in September 1943, and of the bravery of Italian peasant folk who sheltered them in German occupied Italy.

Friday 6th October 2023 7.30 pm, Tickhill Parish Room, Northgate, Tickhill, DN11 9HZ

Non-members are welcome. Admission: £4 non-members. Further information: 01709 370895.

Bassetlaw Cardiac Support Group

Paul Newsham made a welcome return on Friday 1st September. A forensic scientist, Paul talked interestingly and educationally on the subject of finger print evidence. How much we learned and how little we knew! Be careful where you leave your prints (especially as our members are all experts now)! Time sped by so quickly, such was the interest.

New members always welcome. Please join us. You may bring a friend. Meetings take place on the first Friday of each month at Workshop Cricket Club, 2pm. Speaker on 6th Oct is Ted Grey. Subject - Places of interest in two shires.

For further info, please call 01909 562361.

Pat Broskom (Chairman)

Bassetlaw Branch Parkinson's UK

The next meeting will take place on Tuesday October 3rd at 2pm, Workshop Cricket Club, Central Ave. Members will enjoy a return visit of the popular husband and wife duo, Fools Gold, playing music and telling stories of life in past times.

October also sees the Branch hold an afternoon event at The Aurora Centre to recognise the role of Carers. Called "Carers Corner", members will chat together over tea and cakes about the highs and lows of life as a carer.

To learn more about the group and the many activities and benefits available call Chris Coldwell 01909 730629 or just come along to a meeting.

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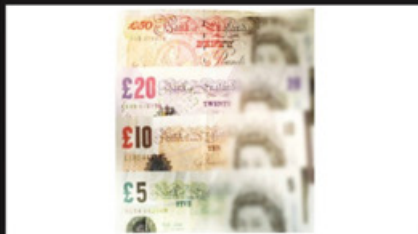
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Silver

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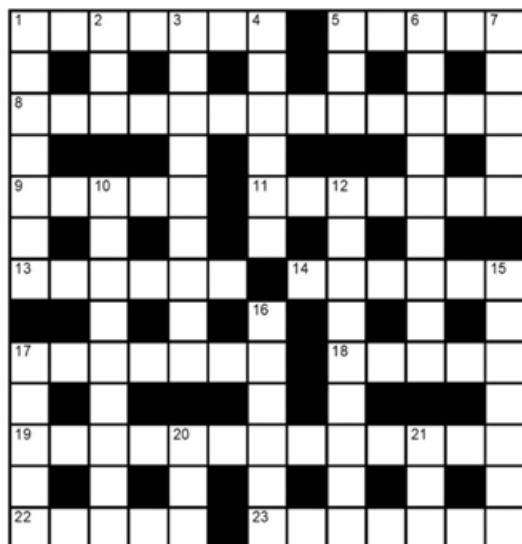
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Crossword



Across

- 1 Dried grape (7)
- 5 Take place, happen (5)
- 8 Global, cosmopolitan (13)
- 9 Male relative (5)
- 11 Modulate, attune (7)
- 13 Ecstatic, joyful (6)
- 14 Dishevel, discompose (6)
- 17 Artist's paint-mixing board (7)
- 18 Weary (5)
- 19 Hysterical with fear (5-8)
- 22 Beg (5)
- 23 Drags a riverbed (7)
- 4 Peninsula between the Red Sea and the Persian Gulf (6)
- 5 Japanese kimono sash (3)
- 6 Anglo-Saxon King, Edward the _____ (9)
- 7 Rent out a property again (5)
- 10 Dispute, question (9)
- 12 Skin injury caused by extremely low temperature (9)

Down

- 1 Convulsion, fit (7)
- 2 Object or objects for sale at an auction (3)
- 3 Accord, concurrence (9)
- 15 Conclusions, denouements (7)
- 16 Leased, chartered (6)
- 17 Appear suddenly (3,2)
- 20 Dastardly person (3)
- 21 Small barrel (3)

Word Search

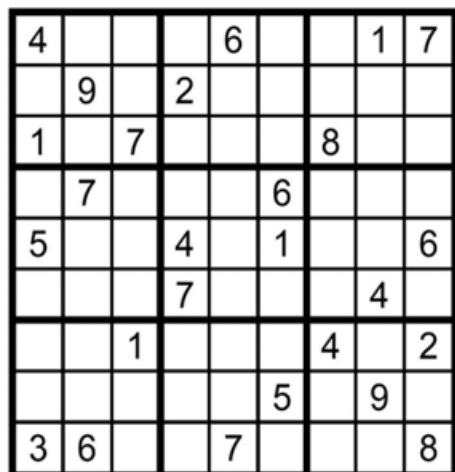
Can you find all the things you might find in the garden shed hidden in the grid?

Sudoku

How to play Sudoku

It's simple! Fill in the grid so that each row, column and 3 x 3 box contains the numbers 1 through 9 with no repetition. These puzzles use logic alone. Watch out! Sudoku is highly addictive!

- | | | |
|---------------|------------|------------|
| ANT KILLER | HOSEPIPE | SACKS |
| BICYCLE | LADDER | SPADE |
| BUCKET | LAWNMOWER | TOOLBOX |
| CHARCOAL | MALLET | TRESTLE |
| COMPOST | OILCAN | TWINE |
| CREOSOTE | PAINT CANS | WOOD STAIN |
| FORK | PLANT POTS | |
| HEDGE TRIMMER | RAKE | |



Solutions on Page 50



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Kids' Page

FIND 10 SPIDERS IN THE WITCH'S NOOK



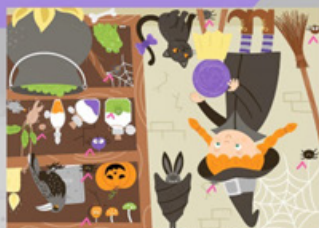
Find all the creepy words in the letter grid

Bat Pumpkin
Boo skeleton
Broom Spider
Cat spooky
Ghost Treat
Ghoul Trick
Mummy Witch

B	G	X	U	Y	T	H	N	C	P
R	P	U	M	P	K	I	N	J	X
O	Z	M	M	W	X	E	B	M	U
O	U	S	B	W	S	P	O	O	K
M	I	K	P	A	A	G	H	O	S
K	I	E	L	I	T	V	H	B	T
Q	T	L	C	H	D	C	T	O	C
Y	R	E	A	V	T	E	O	I	U
R	E	T	T	I	M	O	R	G	R
D	A	O	W	C	B	T	G	R	F
J	T	N	L	T	A	D	S	Q	G

Creepy Word Grid Solution

What do ghosts wear when
their eyesight gets blurry?
Spooktacles!



Find the Spiders Solution

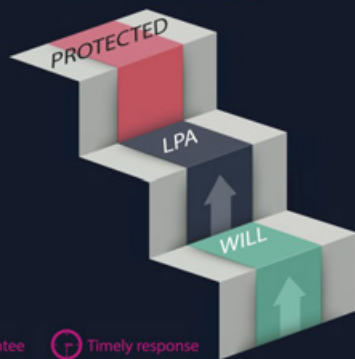
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WOMEN'S KONIG high quality black leather riding boots. Size 5 1/2 (slim fitting). Includes 2 metal & wood pull-hooks. £75. **BRAUN** Oral B Electric Toothbrush. Unused. £10. **MEN'S SIZE 10** Jeffery West blue suede loafers. Offset blue leather rim. In original Jeffery West box. Good condition. **BOXED & UNOPENED** "Home Protector Alarm System."

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LITTLE TYKES Garden Slide £5 good condition. **ROADSTER** Childrens Electric Car, electrics need attention, £5. Aston **0114 287 7283**

VANTONA Green single bed fitted valance, fitted sheet, still packaged never opened. £15. **VANTONA** sheet still packaged £12. **HAMILTON MC** Bride valance fitted sheet, Pink £15. **07396 660070**

PAPERBACK NOVELS x 25 various authors £5. **01909 566839**

ALUMINIUM TROLLEY vgc, lightweight-folding. Suitable for fishing/shopping etc. £20. **FISHING TROLLEY** Heavy duty, black, folding, removable pneumatic wheels, adjustable handle vgc, £45. **DOG TRAVEL CAGE** top quality "BARNESBROOK rattle free" foldable, car/house use, suitable for Labradors or smaller dogs. £100. **CARAVAN** winter wheels as new. £25. **01909 566050**

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HARDWOOD folding outside chairs x 4 in good condition plus outside gate leg table in hardwood needs attention. £30 **07551 525054**

SPANISH GUITAR still boxed plus case, suit beginner £25. **OAK** internal door, 6'6" x 2'6", unfinished, six glass panes, brass ironmongery, slight damage to front edge. £20. **VINTAGE** suitcases x 3 £20. each. **ALUMINIUM** two section step ladder, 24ft extended £60. **VINTAGE** wooden decorators step ladders x 3 no. 5 and 6 steps £50 each. **01909 564647**

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South Anston Methodist	01302 711064
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St James, South Anston	01909 519876
St Joseph's R C, Dinnington	01909 562664
St Leonards, Dinnington	01909 518777

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Anston Greenlands	01909 550557
Anston Hillcrest	01909 550022
Anston Park Infant	01909 550011
Anston Park Junior	01909 550779
Dinnington Primary	01909 550034
Dinnington Comprehensive	01909 550066
Laughton All Saints C of E Primary	01909 550531
Laughton Junior & Infant	01909 550477
St Josephs Primary	01909 550123
Wales High	01909 771291
Woodsetts Primary	01909 550758

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Rother Valley	01142 471452
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Laughton Common	01909 562588
North Anston	01909 561947
South Anston	01909 562452

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Hall Court Veterinary Surgery	01909 562319
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Anston Parish Council	01909 560922
Anston Parish Hall	01909 560922
Childline	0800 11 11
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Citizens Advice Worksop	08448 563411
Crimestoppers	0800 555111
Dinnington Library	01709 334426
Dinnington Town Council	01909 564169
Dinnington Resource Centre	01909 518555
Electricity—Emergency	0800 375 675
Gas—Emergency	0800 111 999
Lyric Theatre and Community Hall	07583 796827
Mail Preference Service	08457 034599
Middleton Hall	07759 281654
Police Station (non-urgent)	101
RMBC	01709 382121
Safer Neighbourhood Team	01709 832720
South Anston Neighbourhood Watch	01909 565194
Streetpride	01709 336003
Telephone Preference Service	08450 700707
Woodsetts Parish Council	05602 775973
Woodsetts Village Hall	07934 430149
Yorkshire Water	03451 242424

Health

Anston Medical Centre	01909 517433
Bassetlaw Hospital	01909 500990
Dinnington Group Practice	01909 562207
Dinnington Dental Practice	01909 562475
Laughton Road Dental Surgery	01909 566408
NHS Emergency Advice Line	111
Rotherham General Hospital	01709 820000
Woodsetts Surgery	01909 567342

Travel

Bus Enquiries	01709 515151
National Rail Enquiries	08457 484950

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E		O		G		R		B		O		E
I	N	T	E	R	N	A	T	I	O	N	A	L
Z				E		B				F		E
U	N	C	L	E			I	N	F	L	E	C
R		H		M		A		R		S		
E	L	A	T	E						T	O	U
				L		N		R		S		O
P	A	L	E	T	T	E				T	I	R
O		E				N		B				I
P	A	N	I	C	S	T	R	I	C	K	E	N
U	G		A		E	T	E			G		
P	L	E	A	D		D	R	E	D	G	E	S

Solution to October Quick Crossword

P	L	A	N	T	P	O	T	S	I	Z	J	A	U
A	V	C	X	A	S	K	B	A	T	G	I	Q	I
I	W	S	H	U	C	E	N	B	W	I	L	P	
N	N	H	A	Y	A	T	C	E	T	U	B	I	N
T	M	M	R	S	O	B	U	C	K	E	T	S	
C	O	Z	C	S	P	P	X	N	I	M	J	S	L
A	W	J	O	T	R	E	S	T	L	E	D	G	A
N	E	E	A	C	L	M	B	O	L	T	C	O	D
S	R	O	U	C	A	P	Y	O	E	K	O	R	D
C	O	G	Y	C	I	A	R	L	O	U	M	M	E
N	B	C	L	P	M	G	L	B	V	L	P	S	B
A	L	E	A	J	A	Y	O	S	R	O	P	P	O
B	O	S	G	B	M	W	X	J	A	S	A	S	R
W	O	O	D	S	T	A	I	N	M	K	T	D	N
H	E	D	G	E	T	R	I	M	M	E	R	E	Y

Solution October Word Search

4	3	5	8	6	9	2	1	7
8	9	6	2	1	7	5	3	4
1	2	7	5	4	3	8	6	9
2	7	4	3	5	6	9	8	1
5	8	3	4	9	1	7	2	6
6	1	9	7	8	2	3	4	5
9	5	1	6	3	8	4	7	2
7	4	8	1	2	5	6	9	3
3	6	2	9	7	4	1	5	8

Solution to October Sudoku



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