

OUR PLACE *News*

The monthly magazine dedicated to help everyone over 50 get the best out of life!

SEPTEMBER 2022

Inside this issue...

Dance like no one's watching!

And six more ways to recapture childhood fun

Sugarcane cabins and floating seats:

The future of air travel

Drink in the views:

The UK's 20 best waterside pubs

Sustainable gardening:

Ways to be less wasteful in the garden

PLUS...

What's on • Health & Beauty • Money & Work • Leisure & Travel
Food & Drink • Arts, Crafts & Hobbies • Home & Garden

Letter from the Editor

Welcome to Our Place - The monthly magazine dedicated to help everyone over 50 get the best out of life!

Every month, we bring you news and features on; Health & Beauty, Money & Work, Leisure & Travel, Food & Drink, Arts, Crafts & Hobbies, Home & Garden, plus... our Charity of the Month!

Our Place was founded with a mission to connect the mature online community to a world of news, features, offers and life changing products they may have missed out on. Bring them all into one place, Our Place.

What makes us special is that we are a vibrant team of all ages, from 21 to 65 who are all passionate about living life to the fullest irrespective of age. We have built strong relationships with some of the best UK age related businesses with the aim of brokering discounted rates for our Over-50s community.

Become a Friend of Our Place and receive our exclusive newsletters. They are a great way of keeping updated with the latest news and promotions. We aim to bring a smile to your face every time you open your inbox by selecting exclusive vouchers and discounts just for you.

We welcome you and hope you enjoy Our Place.

The Editor - Our Place

PS. Do you have an interesting story or article? If so, send us an email by visiting: www.ourplace.co

CONTENTS

What's On	3
Health & Lifestyle Feature	
7 ways to recapture childhood fun	4-7
Health & Lifestyle News	8-9
Leisure & Travel Feature	
The future of air travel	10-11
Food & Drink Feature	
The UK's 20 best waterside pubs	12-15
Home & Garden Feature	
Ways to be less wasteful in the garden	16-17
Our Charity of the Month	18

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NEVER leave your dog in a hot car!

Every year, dogs suffer and die when their guardians make the mistake of leaving them in a parked car, even for "just a minute" while they run an errand.

Parked cars are deathtraps for dogs: On a 78-degree day, the temperature inside a parked car can soar to between 100 and 120 degrees in just minutes, and on a 90-degree day, the interior temperature can reach as high as 160 degrees in less than 10 minutes.

Animals can sustain brain damage or even die from heatstroke in just 15 minutes. Beating the heat is extra tough for dogs because they can only cool themselves by panting and by sweating through their paw pads.

If you see a dog left alone in a hot car, take down the car's colour, model, make, and license plate number. Have the owner paged in the nearest buildings, or call local humane authorities or police. Have someone keep an eye on the dog.

Don't leave the scene until the situation has been resolved.

If the authorities are unresponsive or too slow and the dog's life appears to be in imminent danger, find a witness (or several) who will back up your assessment, take steps to remove the suffering animal from the car, and then wait for authorities to arrive.

Watch for heatstroke symptoms such as restlessness, excessive thirst, thick saliva, heavy panting, lethargy, lack of appetite, dark tongue, rapid heartbeat, fever, vomiting, bloody diarrhoea, and lack of coordination. If a dog shows any of these symptoms, get him or her out of the heat, preferably into an air-conditioned vehicle, and then to a veterinarian immediately. If you are unable to transport the dog yourself, take him or her into an air-conditioned building if possible and call animal control: Tell them it is an emergency.

Provide water to drink, and if possible spray the dog with a garden hose or immerse him or her in a tub of cool (but not iced) water for up to two minutes in order to lower the body temperature gradually. You can also place the dog in front of an electric fan. Applying cool, wet towels to the groin area, stomach, chest, and paws can also help. Be careful not to use ice or cold water, and don't overcool the animal.

When walking your dog, keep in mind that if it feels hot enough to fry an egg outside, it probably is. When the air temperature is 86 degrees, the asphalt can reach a sizzling 135 degrees - more than hot enough to cook an egg in five minutes. And it can do the same to our canine companions' sensitive foot pads.

On an 87-degree day, asphalt temperatures can reach 140 degrees, hot enough to cause burns, permanent damage and scarring after just one minute of contact. Rapid burns and blistering can occur at 150 degrees. Hot sidewalks, pavement and parking lots can not only burn paws, they also reflect heat onto dogs' bodies, increasing their risk of deadly heatstroke.

If you wouldn't put your dog in a frying pan, please don't make him or her walk on a hot pavement. Always test the pavement with your hand before setting out (too hot to touch is too hot for your dog), walk early in the morning or late at night when it's cooler, carry water and take frequent breaks in shady spots and never make dogs wear muzzles that restrict their breathing.

Summer tips for your dog

1. Exercise your dog early in the morning or late at night. Since these are the cooler parts of the day, this will make the walk more comfortable for both you and your dog. I'm a believer in vigorous exercise for healthy dogs, but this is the time of year to back off on exercise intensity.

2. Use doggie boots. You can find these at your local pet supply store. If you can't walk your dog during the early and later hours of the day, this is a good way of protecting him. Heat rises from the ground, especially on surfaces like cement and asphalt, and dogs absorb and release heat through their feet. Just like boots prevent the dog from absorbing the cold in the winter, they also isolate heat.

3. Keep your dog hydrated! Different dogs have different needs when battling the heat. Keep in mind that darker coats absorb more heat than lighter coats. Also, overweight dogs are at higher risk for dehydration. Carry a bottle of water when going on a walk with your dog. Better yet have your dog carry it for you in a backpack or a vest! The water in the bottles will keep the dog cooler and also give the dog a sense of purpose.

4. Keep your dog in the shade Don't have air conditioning? No problem! Find a spot in the shade and set up a kiddie pool. Lay down a wet towel for your dog to lie on. Or simply set up a fan in front of a pan of ice.



Dance like no one's watching! And six more ways to recapture childhood fun

It's never too late to attempt an activity you might have missed out on as a kid. Learning to dance, skip, swim, blow bubbles, play football, or go to a funfair can bring you unexpected joy, as our writers discover.

Skills such as riding a bike or learning to swim are often considered part of growing up - but not everyone gets to experience these childhood staples, and some only discover them much later in life. Drew Barrymore, who has spoken about her traumatic childhood in the past, recently shared TikToks of herself enjoying the experiences that, in a more conventional youth, might be considered unexceptional. In one, she laughs in pure pleasure at feeling the rain on her skin; in another, she dances with abandon in her living room. Here, seven writers describe belatedly embracing "childlike" endeavours - and experiencing the joy they can bring later in life.

Sadia Nowshin: 'I can't wait to frolic in the sea on my next holiday'

I have a vivid childhood memory, from around the age of nine, of clinging to an equally anxious friend as we squeeze our eyes shut and jump into the cold water of lane one.

We emerge beaming with achievement, having entered the pool for the first time just a few months earlier, marking our last swimming lesson with a final, fearless leap of faith.

But that was the last time I went near a pool until years later, on a family holiday, when I discovered that, contrary to my expectations, swimming was decisively not like riding a bike.

The shock had me scrambling back to safety, a fear of water flooding in. A cultural expectation for girls to cover up had already removed revealing swimming costumes from my wardrobe. This, coupled with teenage body-image issues, saw me vow to remain on dry land.

Then, earlier this year, I booked myself on to a beginner's course of swimming lessons as part of a post-pandemic mission to break out of my comfort zone.

I had thought my experience was unique, but quickly found that I was the youngest in a group of exclusively south and east Asian women chasing the same mission. We became sheepish swimming comrades, united by a desire to overcome the shame that comes with learning late, and encouraging each other at every metre milestone. I might not be winning races, but I no longer feel anxious every time I go over a bridge and will accept the next pedalo offer that is extended, with confidence, knowing that a tumble into the water won't result in a mortifying rescue mission. Most importantly, I've reclaimed the feeling of exhilaration I embraced as a child and can't wait to frolic into the sea on my next holiday to make up for all the salty memories I've missed out on making.

Simon Hattenstone: 'Skipping makes me feel like a king of the universe'

I was so jealous of people who could skip. I couldn't work out the magic - was the rope going through them, across them, under, over? Whoosh! It didn't matter. It was so fast and pure and beautiful.

I never skipped at school. I missed a few years, due to contracting encephalitis, which may well have been the skipping years. When I returned, it was all football. No boy skipped in the playground at secondary school unless he wanted his head kicked in. Well, this was the 1970s.

A few years ago, Jimmy, a sprinter, became part of our family. Wow, could he skip. He was mesmerising. I would watch his big toe rising every milli-second, thinking, how?

A boxing club opened near work. A brilliant way to get fit, people said, such fun. But skipping was part of the training. And I couldn't skip. People would laugh at me. It's not that I wasn't willing to learn; I was convinced I couldn't. I blamed it on the encephalitis, which can screw up perspective and coordination. Whatever the cause, it was humiliating.

One day, Jimmy brought home orange plastic skipping ropes to send back to kids in Sierra Leone. When everybody was out, I had a go. I tripped up. I'd jump on the rope or miss it all together. But I didn't give up. I managed two skips, then three, and built up. It was the middle of lockdown and there was lots of time to practise. My sister came over and I showed her. "Wow - three!" she said. Then I changed technique. Instead of jumping with both feet, I'd lift my left foot, and it felt easier. Ten became 20, then 30. But I would get out of breath. Skipping was so much harder than running.

Gradually, the two came together - skipping and breathing. Now, I love the feeling. I'm slow and clumsy but on a great day I can get to a hundred without stopping. People laugh when they see me because I look so happy and childlike. They ask if I can launch off my right foot (no) and what other techniques I can do (none). I'm terrified of trying anything new in case I forget what I can already do. It feels like the first thing I've learned to do since kick-ups with a football when I was 11-ish. Occasionally, I can even hear the wind through the rope. It makes me feel like king of the universe. Whoosh.

Kerry Hudson: 'At the funfair I was alive with my happy, deeply loved kid riding on my shoulders'

In my teens, the funfair was omnipresent - from our Great Yarmouth council estate, I could hear the screams from the Pleasure Beach rollercoaster. But, in the working-class towns of my earlier childhood, annual fairs always seemed to be for "other kids". For us, the walk to the fair was punctuated by a fierce briefing from my hard-up single mum: "One ride; don't ask for a single extra thing. Otherwise, you're right home."

My eyes lit up with the rainbow of lights and I stuck my tongue out to catch silky wisps of candyfloss floating through the air like new snow but there was always so much more that I wanted - a goldfish in a bag, doughnuts, a ride on the waltzers! - that I would spend a lot of time tussling with the natural childish urge to want, want, want and eventually I would always buckle and plead, plead, plead. The memory of my mum's expression, when she had to open her purse to show me there were no more coins, twists my heart even now. Eventually, I learned not to ask; instead, I lingered in arcades snaking my fingers, smelling of tangy copper, into the payout slots in the hope of finding a forgotten two-pence piece.



I'm a mum myself now and, at Easter, Prague's biggest funfair arrived. My happiness was twofold. I knew my toddler - though he wouldn't have everything he demanded - wouldn't see the stress on my face as I weighed up the waltzers against dinner. I had also just had life-saving airway surgery and, as I watched him delightedly devour "chimney cake" and bounce along to Haddaway, I was alive with my happy, healthy, deeply loved kid riding on my shoulders. Growing old, and getting to experience childlike pleasures alongside your children, truly is the greatest joy. Getting to ride the dodgems and waltzers as many times as I want is just an extra bonus.

Continued on pages 6-7...



Coco Khan: 'Dance classes gave me a new appreciation of my body'

At school, it never occurred to me that I might like dance classes. Even when I was going to "nappy nights" - club nights for the under-18s - nurturing a love of raves that I still have now, it didn't cross my mind to actually learn some moves.

Part of this was circumstance - being one of three kids in a single-parent family meant money was tight, and having different pickup times from school could be an impossible hurdle. But I have also wondered if culture played a role: many girls get into dancing through infant ballet classes, yet none of the south Asian girls from my council estate did them. By my teenage years, some of these same friends were facing active discouragement from performing arts or sport by their families. I couldn't see anyone who looked like me doing it, so, perhaps, I deduced, it wasn't for me.

Then, three years ago, I arrived at my regular gym looking for a class to find the only one available was dance. I went for it. The worst bit was the mirror. Dancing in a club is one thing, but seeing yourself in the cold light of day - the clumsy shortness of your limbs, and how parts of you continue to jiggle long after you've paused - takes some getting used to. Eventually, however, something clicked. Concentrating on the steps helped push my body insecurities away. Soon enough, a new, different appreciation of my body began: a love for what it can do, rather than how it appears.

These days, I dance once a week. Even when the pandemic forced studios to close, there were plenty of YouTube videos teaching the latest TikTok dance or a classic Britney routine (pro tip: add it to your karaoke routine and watch everyone lose their minds). To me, dance classes are win-win. It's one of the best all-round exercises for improving strength, lung capacity and coordination; it requires no equipment and most people can participate at some level. When else in life do we get a deal this good?

Chris Godfrey: 'I'm quietly confident that I'm now an asset to my football team'



My older brother Matt used to tell everyone that I had a foot problem: that's how bad I was at football. I'm still not sure if this lie was to protect him or me from embarrassment. Still, it's fair to say that my fervour for Arsenal off the pitch wasn't matched by my ability on it. "I'd sometimes think to myself, 'can he even see the ball?'" said my lifelong friend Josh. "We'd have been better off if you just stayed at home and played video games," added his brother, James. And, to be fair, that's eventually what I did.

But last year's lockdown presented an opportunity to rectify the situation. There was an abundance of spare time and an urgency to be outdoors. I bought some new boots. I got my match fitness up (sprints, mainly). And I took a ball to my local park where I trained alone (and there is no sadder sight than a man in his early 30s, on his own in a park, teaching himself kick-ups and dribbling around cones). I watched YouTube videos, enlisted friends to critique my game, and repeatedly passed the ball against walls.

Eighteen months later, I'm playing five-a-side once a week. As a defender, I've taken my game from Shkodran Mustafi to Rob Holding (AKA "error prone" to "competent"). At the rate I'm going, I'll soon be as elegant on the ball as Ben White, capable of effortlessly dribbling out of defence and laying on silky attack-minded passes. My teammates agree. "I couldn't believe how relaxed he was on the ball along with his first touch, control and decision making," says personal trainer Matt Godfrey, my aforementioned brother, after a recent game. "It's a proud feeling seeing all the things we've been teaching him come together."

"Most improved this season: Chris. Solid defender," says Rob Timanti, which means a great deal, because Rob is a baller. "It's been really great to see Chris go from strength to strength," says Adam Hartnell, who is as good a coach as he is a player. "I knew it would just be about confidence and after he started getting more minutes on the pitch things just completely changed. He now keeps up with even the best players." And, while it may be four games without a win at the time of writing, I'm quietly confident that I'm now an asset, not a hindrance.

Saima Mir: 'I plan to be a silver-haired 70-year-old, sparring with my twentysomething son'

At 47, I am a latecomer to martial arts. Growing up, my brother and I would scour the shelves of Blockbuster for films such as Kickboxer, Bloodsport, China O'Brien, and, of course, anything starring Bruce Lee. Despite loving the idea of learning to fight, I didn't think it was an option for a brown, Muslim girl from inner-city Bradford. If someone had told me then that Muslim masters used martial arts as a spiritual tool, and that Islamic teachings of self-control and restraint are mirrored in disciplines such as Silat and Wushu, maybe I would have thought differently.

When I heard that one of the dads at my children's school was starting a club, I signed my son up. Sifu Carl Jackson had amassed 17 British titles, three European titles and six world championship silvers, and had achieved the feat of creating a club that felt hugely inclusive. Knowing my interest in the sport, my husband nudged me to sign up too. I was nervous that first day, but the minute my boxing glove made contact with a pad, I knew I was where I belonged. Something about it felt comforting. I was hooked.

My Saturday mornings are now spent learning to jab, cross, kick and power punch with women ranging in age from their 50s to teenagers. Some members fight in hijab. We learn Jeet Kune Do, the martial arts form devised by Bruce Lee, which of course makes it incredibly cool. I'm not as fast or slick as I would have been in my youth, and my knees aren't what they used to be, but I've passed my yellow tag.

With work, book festivals, and three children, my free time is short. I choose to spend it only doing things I like, with people I love. Martial arts ticks these boxes. I've learned not to regret my life choices, but I do wonder about the chances I let slip by. I won't do that again - I plan to be a silver-haired 70-year-old, sparring with my twentysomething son.

Jenny Stevens: 'I found myself staring at the bubbles with wonder'

My sanity was fragile and I was looking for a reason to keep going. I found it, unintentionally, in the glossy, iridescent, unfathomable magic of a bubble. Pop! I had just been discharged from a psychiatric unit. My relationship, I had finally realised, was bad. I left it and my flat behind, and was taken in by two close friends and their 18-month-old baby, Nico. I was fascinated by him: his shiny brand-newness, and how unencumbered he was by thoughts of the kind that were strangling my potential happiness: the hurt and the pain. He laughed with abandon, farted with glee, and woke up every morning yelling the only word he knew: "Achoo!" His delight at the most mundane events, like the ping of the microwave or counting the stairs, was infectious.

During summer 2018, my friend brought home a bottle of bubbles. I don't remember liking them much as a child - kids at school lobbing the soapy water at each other put me off - but, as I blew through that little ring, and a bubble grew and then detached itself into the air, Nico looked on in silent rapture. It was one of the purest things I had ever seen: his undiluted joy at witnessing something as humble as a bubble for the first time.

It was, I thought, what medical professionals were talking about when they spoke to me of mindfulness. There was absolutely nothing else in Nico's mind at that moment but the smooth surface of that bubble, the way it wobbled into the air and its colour shifted from a blue sheen to a pink and silver one. I found myself staring with that same wonder - what a thrilling, beautiful and completely baffling thing. Sometimes, when I feel hopeless, I think of Nico seeing bubbles for the first time and remember that there is always someone looking at the world with new eyes - and that joy really is both the smallest and biggest of things. Now, I blow bubbles whenever I can.

(Article source: *The Guardian*)

GPs to prescribe walking and cycling in new trial to improve mental wellbeing

The DfT announced that 11 local authorities have received £12.7 million to fund pilot social prescriptions and projects like adult cycle training.



Silver Surfers reports that GPs will start prescribing walking and cycling as part of a trial in England to help improve mental and physical wellbeing and tackle health disparities.

The Department for Transport announced on Monday that £12.7 million has been given to 11 local authorities to fund pilot social prescriptions as well as projects like adult cycle training, walking groups and free bike loans.

GP prescriptions will also include wheeling for wheelchair or mobility scooter users, the department said.

But there will also be other schemes introduced like all-ability cycling taster days and exercise mental health groups, it added.

The Government said authorities must improve infrastructure alongside the trials so people feel safe undertaking the activities.

The pilots will kick off this year and run until 2025 in Bath and North East Somerset, Bradford, Cornwall, Cumbria, Doncaster, Gateshead, Leeds, Nottingham, Plymouth, Suffolk and Staffordshire.

It comes as part of the Government's Gear Change Plan published in 2020 and aims to evaluate the impact of these activities on individuals' health, such as reduced GP appointments and reliance on medication.

The Department for Transport said several government departments and agencies, including NHS England, Office for Health Improvement and Disparities, Sport England, National Academy for Social Prescribing, the Department for Environment, Food and Rural Affairs and the Department for Health & Social Care, are working together on the project.

Walking and Cycling minister Trudy Harrison said the activities have "so many benefits - from improving air quality in our communities to reducing congestion on our busiest streets".

"It also has an enormous positive impact on physical and mental health, which is why we have funded these projects which will get people across the country moving and ease the burden on our NHS," she said.

Chris Boardman, commissioner of National Active Travel, an executive agency being set up by the Government to improve the standards of the UK's cycling and walking infrastructure, said: "As a nation we need healthier, cheaper and more pleasant ways to get around for everyday trips.

He added: "Moving more will lead to a healthier nation, a reduced burden on the NHS, less cancer, heart disease and diabetes, as well as huge cost savings.

"This trial aims to build on existing evidence to show how bringing transport, active travel and health together can make a positive impact on communities across England."

Minister for Health, Maria Caulfield, said: "Getting active is hugely beneficial for both our mental and physical health, helping reduce stress and ward off other illness such as heart disease and obesity. "The UK is leading the way in embedding social prescribing in our NHS and communities across the country."

(Story source: *Silver Surfers*)

9 ways to treat a headache without taking medication

Can you relieve a headache without popping pills?

Silver Surfers reports that a headache can strike at any time, and they're often more common during the warmest days of summer - particularly when the mercury soars in the midst of a heatwave.

"Headaches can be triggered by a multitude of factors," says Dr Steve Allder, consultant neurologist at Re:Cognition Health ([recognitionhealth.com](https://www.recognitionhealth.com)). "Ranging from genetics, diet, food intolerances, hunger and allergies, through to hormones, lifestyle, weather conditions, environment, fatigue, sleep disturbance or deprivation, strenuous exercise, dehydration and wider medical issues."

Remember, if recurring or painful headaches are bothering you, it's always best to speak to your GP, so they can give you the most appropriate advice for you. But if you're looking for ways to relieve a nuisance headache - without having to resort to painkillers and pills - there may be other options that could help. Experts outline nine ways to treat a headache without taking painkillers...



1. Drink water

"Dehydration is a well recognised trigger for episodic headaches and worsens chronic headaches," says Dr Anita Krishnan, consultant neurologist and divisional clinical director at The Walton Centre NHS Foundation Trust ([thewaltoncentre.nhs.uk](https://www.thewaltoncentre.nhs.uk)). "People who are prone to headaches should aim to keep well hydrated and drink two to three litres of water over the day." Allder adds: "Drink more in hot weather and when exercising, as water is lost through perspiration." A good way to check if you need to up your water intake? Check the colour of your pee: if it's on the darker side, you could well be dehydrated.

2. Be mindful of your blood sugar

Low blood glucose levels, called hypoglycemia, can lead to headaches, although the exact reason is not clearly understood. "Migraine and cluster headaches can also be triggered by low glucose levels," says Dr Deborah Lee from Dr Fox Online Pharmacy ([doctorfox.co.uk](https://www.doctorfox.co.uk)). "Any adult who suspects their headache could be due to a low blood glucose level might benefit from taking 15g dose of glucose immediately. This could be three or four glucose tablets, three boiled sweets, four or five jelly babies, or half a cup of a fizzy drink (not sugar-free)."

However, for people with diabetes - or other health conditions that may affect blood glucose levels - it's important to only follow healthcare advice that's specific to your needs. "A diabetic with a low blood sugar should follow their GP's advice, as this is a medical emergency," notes Lee.

3. Get some sleep

You might find that a short nap or heading to bed earlier than usual helps to alleviate a headache. "When a person has a severe headache, the most common type being migraine, sleep does help in recovery from that attack," explains Krishnan. Experts agree that one of the best ways to prevent headaches is to make sure you get enough sleep each night. Allder says: "Studies have suggested that a lack of REM sleep, which occurs in 90 to 120 minute intervals throughout the night, is linked to more painful headaches, and sleep deprivation increases the production of proteins that cause chronic pain and can lead to painful migraines."

4. Avoid trigger foods

In the case of migraines, people affected often learn which foods can cause their symptoms to strike or worsen.

"Some of the most commonly reported food triggers are dairy products including cheese, processed meats, sugar, chocolate, alcohol and caffeine," says Dr Leila Dehghan, a doctor turned nutritionist at Plant Based Health Professionals.

5. Beware of caffeine withdrawal

"Caffeine withdrawal can trigger a painful, intense and throbbing headache," says Dr Bryony Henderson, Lead GP at Livi ([livi.co.uk](https://www.livi.co.uk)). "This is sometimes accompanied with feeling nauseous, anxious and irritable." If this sounds like an issue for you, it might be best not to go cold turkey if you're a coffee lover but want to reduce your caffeine intake. "Cut down slowly over a period of six weeks," Henderson suggests. "You can try making your coffee more watery, have smaller cups, or replace the drink with tea or decaffeinated."

6. Shade your eyes

"Bright lights, especially flickering lights and glare, can cause migraine headaches," says Dr Nabila Jones, optometrist and researcher for specialist eye hospital group Optegra ([optegra.com](https://www.optegra.com)). "To help manage this, sit in a dark room and shade your eyes." What if you're out in the sun when a headache hits? "If you are outside, sunglasses and polarised lenses can help reduce light intensity and glare, which will help reduce pain levels."

7. Avoid strong smells

Have you ever noticed the way certain smells that you usually enjoy, like perfume or strongly flavoured foods, become unbearable when you've got a headache? "This hypersensitivity to odours is called osmophobia and is common in those with chronic migraines," explains Suzie Sawyer, clinical nutritionist and health expert at Nature's Way ([natures-way.com](https://www.natures-way.com)). "If you think you may be sensitive to smells, avoiding perfumes, cigarette smoke and strongly scented foods may help decrease your chance of getting a migraine."

8. Apply an ice pack

There are lots of ice and cooling-based products on the market promising to cure headaches, but do they really work? "They provide temporary relief only in headaches such as cluster headaches and migraine," says Krishnan - but be careful, as applying anything too cold may have not have the desired effect. "If someone has trigeminal neuralgia (a type of facial pain), cold temperatures and therefore ice packs can trigger off pain," notes Krishnan.

9. Do some exercise

While strenuous exercise can sometimes cause a headache or make it worse, for some people, getting moving can be a helpful source of pain-relief. "When we exercise, our body releases endorphins, a natural painkiller which can help alleviate pain from a headache once underway," explains Allder. "Don't forget to keep hydrated and drink plenty of water, as dehydration can exacerbate the pain. And don't overdo it, especially in the heat."

Always consult your doctor if you are experiencing ongoing or worsening symptoms and need personalised health advice.

(Story source: *Silver Surfers*)



Sugarcane cabins and floating seats: The future of air travel

A lot goes into a best-ever flight experience - seat comfort, service and safety to name but a few factors. And all three could look completely different in a few decades' time.

Plane cabins are ever-changing, particularly in the long-haul world. In the past few months alone we've seen Air New Zealand unveil its first lie-flat beds for economy passengers - a series of bookable bunk-beds towards the back of the cabin known as the "Skynest", which can be reserved for a mile-high nap during a chunk of the flight. Finnair has rethought the traditional business class seat with a new wide-backed "lounge" chair, which gives you more room to move around, yet still lie flat.

Meanwhile, Virgin Atlantic unveiled a new A330neo cabin, with its most luxurious Upper Class seat yet, the Retreat Suite. This enables business passengers seated at the front of the Upper cabin to turn their comfy, lie-flat seats into a snug, sociable booth for up to four passengers to dine or take a meeting together. Virgin is also prioritising bigger entertainment screens, wireless device-charging pads and Bluetooth functionality to keep pace with consumer trends.

But what other big moves are being made towards a smarter, safer or comfier cabin?

Here are some of the most recent innovations on their way to a plane near you:

Bluetooth-equipped entertainment

In some ways, it's mad that this seemingly universal technology is just coming to inflight entertainment (IFE) systems. As David Kondo, head of customer experience product design for Finnair, points out: "The infrastructure for digital stuff onboard is just so lagged - you know, we've just figured out how to do Bluetooth headphones." Virgin's new A330-800neos will be equipped with seatback screens you can connect to your own earbuds, Qatar's Dreamliners already have the functionality and United Airlines has it on some flights. Kondo predicts more of this "interacting with your own device", such as being able to log into your own streaming services.

Techy passenger checks

The "internet of things" is coming to your plane seat. Namely, the seatbelts: "smart" belts were spotted at the 2022 Aircraft Interiors Expo, able to tip off the cabin crew as to who's buckled up and who isn't, saving the manual walk-through to check. TAP Portugal went even further in 2019, trialling a whole "smart seat" by tech manufacturer Recaro, which fed back passenger behaviour and data to the crew - they can see who is standing upright when they shouldn't be, when a tray table is down or up, and who is belted up - all from a tablet at the front of the cabin. According to Recaro, "settings for the seat, lighting and temperature can (also) be individually controlled and saved from a smart phone or tablet".

Seats that 'know you'

Not just whether you're stretching your legs when the seatbelt sign is on, but you - who you are, your preferences, even your calendar. "It might provide personalised inflight entertainment, tailor-recommend you things, what film to watch," says Anthony Woodman, vice president of customer journeys at Virgin. "Crews could be tipped off about birthdays, or if someone hits a million air miles with us, so they can organise a celebration in the moment." If you're delayed on a connecting flight, he adds, your seatback screen might alert you or allow you to book or change your next leg there and then.

The possibilities for this are endless, says Finnair's Kondo. "You could get onto the aircraft and your seat knows what kind of recline positions you want to be in. It knows about your preferred light settings. It pre-orders you a G&T after take-off." But many airlines are tangling with how to balance customisation with privacy (and just not seeming plain creepy). He envisages an opt-in system where you pre-set what you're comfortable with.

Sugarcane cabin walls

One major area of innovation is lighter materials for cabin walls. Lighter aircraft mean less fuel burn, and some engineering companies are experimenting with building the cabin walls and bulkhead with resin derived from sugar cane, polyfurfuryl alcohol (PFA). This is not only lighter, but more sustainably made than the current material plane interiors are sculpted from (phenolic sandwich panels). Algae has also been considered as a base for creating flexible, lightweight aircraft panels, but developments to make either safe enough for commercial flights could take decades.

Under-floor heating

As someone who is perennially freezing on planes - you'll find me under three airline blankets, a hoodie and a hot chocolate - I was delighted to hear that some airlines are considering underfloor panels to regulate cabin temperature. Kondo tells me that Finnair already has these on some aircraft, though only in the galley and crew areas; some cargo operators are also installing these for crew on larger, chillier cargo planes.

However, Lufthansa Technik said at this year's Aircraft Interiors Expo that it has signed a deal to provide its HeatNOW underfloor heating system to Condor on its A320 fleet.

Personal mini-fridges

Collins Aerospace won a Crystal Cabin award for its SpaceChiller design in June, which came first in the Passenger Comfort category. They say: "This new technology chills compartments to food-safe temperatures without the use of refrigerants that may impact global warming, reduces power consumption up to 50 per cent over alternate thermoelectric systems and can be leveraged across multiple service areas". We say: "A stocked mini-fridge by your plane seat? Ace."

Convertible and 'floating' seats

One of the key tasks when designing FinnAir's AirLounge seat was giving the passenger more space to move around and get comfy, says Kondo. The wide shell and pull-up panel is aimed at letting you cosy up in the most natural position, more like a sofa than a dentist's chair. Other designers are on this track, too: French studio Style & Design say that avoiding having the same body parts resting on the same place in a plane seat is key to long-haul comfort, sketching out a mattress-like foam seat with moveable headrest, leg rest, ottoman and arm rests so you can shape it around you like a giant memory-foam neck pillow.

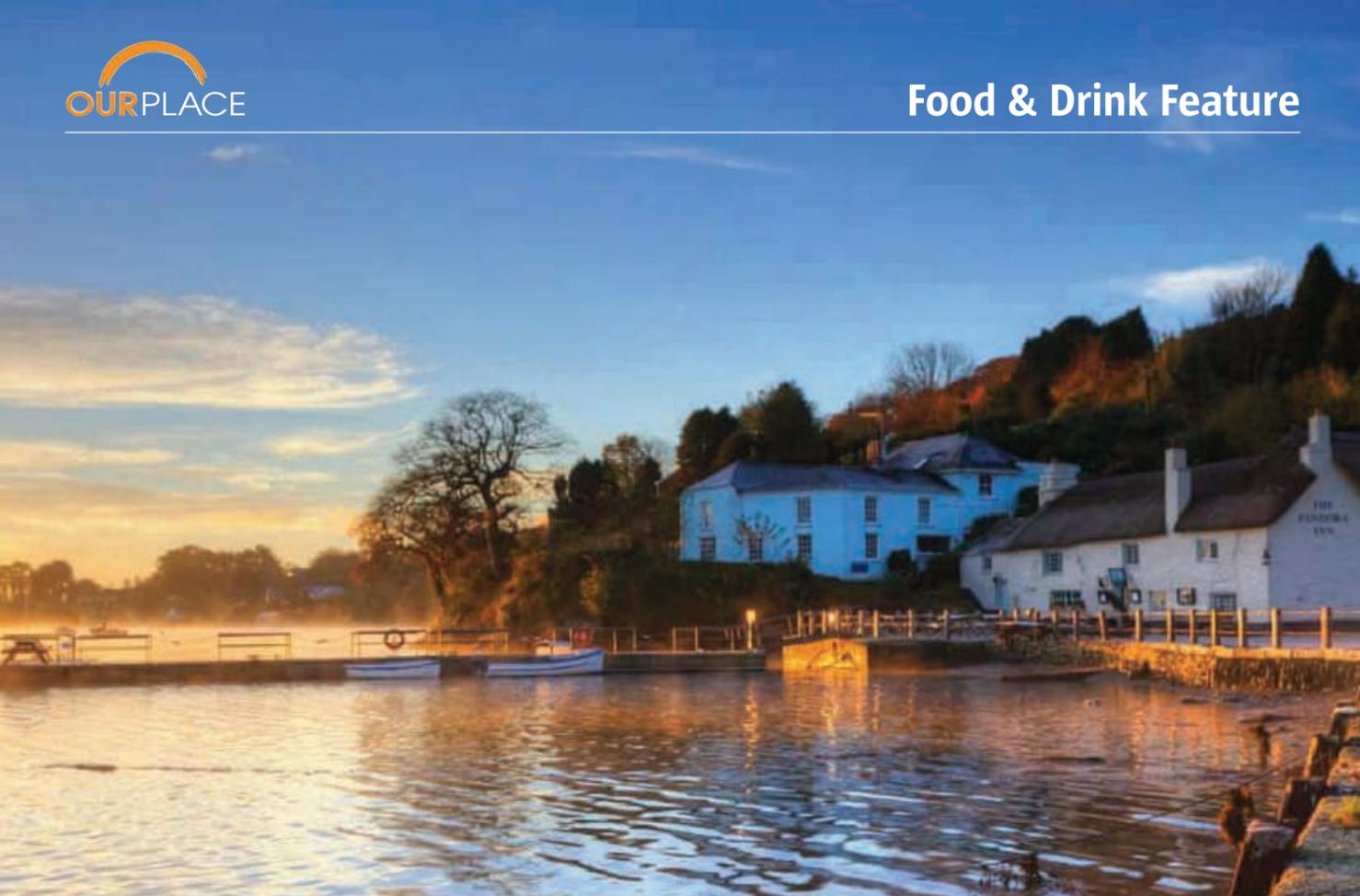
Not on the market yet, it was a finalist in 2019's Crystal Cabin design awards. Meanwhile, American design studio Teague has created "floating" plane seats, Elevate, attached to the walls of a narrow-body aircraft; this does away with heavy under-seat mechanisms and allows entertainment screens to be attached to the cabin wall instead.

Trippy ceilings (pictured top left)

Another slightly more offbeat train of thought is having projections or soothing images play out across the ceiling of a commercial flight. Collins Aerospace has revealed designs for a "Secant Luminous Panel" that can convert any panel of the plane interior into an illuminated display screen. Collins reps say this could be used for anything from branded advertising to personalised seat information.

Other designs have shown airlines creating a relaxing atmosphere with a moving animated image of a starry night sky, blue sky with clouds or simply mood-enhancing colours and lights. It's an idea that takes some airlines' existing low-lit "mood lighting" or circadian rhythm lighting a step further. Boeing launched a patent for a similar projection-illuminated plane ceiling in 2016, with a spokesperson telling Quartz: "In theory, airlines could use lighting enhancements on the walls and bulkheads to display information about destinations or to project scenes that get passengers thinking about where they're going."

(Article source: The Independent)



Drink in the views: The UK's 20 best waterside pubs

Stunning views over lakes and rivers make these the prettiest places to enjoy a pint, and maybe stay a night.

The Cross Guns, Wiltshire (pictured right)

A honey-stone exterior gives way to beautiful gardens with panoramic views of the River Avon, fringed with weeping willows. There is an impressive range of local ales, cider and weekly changing guest beers, as well as locally made cider. Drop in at the weekend to visit the tiki bar that's in the garden for the rest of the summer. crossgunsavoncliff.com



The Cornmill, Denbighshire

In Llangollen, on the River Dee, watch the white-water rafters from this pub perched over the rapids. Enjoy a glass of wine, or two, as the mill's water wheel turns behind the bar, and the steam trains puff away on the opposite side of the riverbank. brunningandprice.co.uk/cornmill

Swan Inn, Oxfordshire

The perfect-picture book Cotswold pub with bantam hens under the apple trees and sturdy tables on the banks of the Windrush river. It has a legendary Sunday lunch (booking is essential) with all the meat sourced locally, and there are 11 bedrooms between a cottage and a converted stable block. Doubles from £140 B&B; theswanswinbrook.co.uk

The Pandora Inn, Cornwall (pictured top left)

A thatched 13th-century inn on the edge of Restronguet Creek, this pub serves St Austell beer, and the ciders are Cornish too. Food includes fish pie with a Pernod sauce. The best way to arrive is by boat: there are both water taxis and moorings. pandorainn.com

Sculthorpe Mill, Norfolk

This riverside pub just 20 minutes inland from the Norfolk coast has won awards for its food - try the buttermilk chicken and waffles made with Norfolk Dapple cheese - while summer Saturdays bring DJs and an outdoor kitchen. Doubles from £150 B&B; sculthorpemill.uk



Mayfly, Hampshire

Sit under a parasol outside this gabled Victorian redbrick pub with views out to a small weir. Lunch on local trout then explore Chilbolton Cow Common, the Black Chalk winery and the timber-framed village of Wherwell. mayflyfullerton.co.uk



The Waterman's Arms, Devon

On a reed-fringed bank of the Harbourne near Totnes, this 17th-century pub has 15 bedrooms and a rambling garden, and the river is usually low enough to paddle in. A summer pizza shack is currently in place alongside the restaurant's classic pub grub. Rooms from £115; thewatermansarms.net

Swan at Streatley, Berkshire

This pub and hotel in the Chilterns has a sprawling terrace that reaches to the river's edge so you can enjoy a lunchtime rosé with views across a wide stretch of the Thames. There is also a private island nearby, accessible by electric boat. Doubles from £70; coppaclub.co.uk/at-the-swan



Butt & Oyster, Suffolk

Deservedly one of the best-known pubs on the east coast, the Butt & Oyster is just 10 minutes from Ipswich. Enjoy a pint of Adnams outside with gorgeous views across the River Orwell and endless Suffolk sky. debeninns.co.uk/buttandoyster



The Blue Lias, Warwickshire

A pretty 18th-century pub festooned with flower baskets and tables, where the only passing traffic will be walkers and narrowboats on the Grand Union Canal - and the grub is pretty good, too. Walk it off afterwards with a tranquil stroll through the Warwickshire countryside. thebluelias.co.uk

Continued on pages 14-15...



Boathouse, County Antrim

Enjoy mussels and just-caught flaky cod with chips at this lakeside pub with views over Lough Neagh, a large freshwater lake. Afterwards, take a stroll along the shoreline - ideally you'll time your walk for one of the glowing sunsets. boathouseantrim.co.uk



Kingfisher on the Quay, Surrey

Perfect for a summer afternoon, the Kingfisher's outdoor area spills out on to the edge of a spring-fed lake, and the decked terrace is dotted with red and green umbrellas. If you want to get active there's swimming and water-skiing sessions, otherwise relax with an Aperol spritz and enjoy some of their tapas-style dishes - the crispy chilli squid is particularly tasty. destinationinns.co.uk/pubs/kingfisheronthequay

Anchor Inn and Boating, Sussex

A delightful countryside pub on the west bank of the River Ouse, not far from Lewes. Along with lovely locally sourced food, the pub has a fleet of rowing boats for customers to gently navigate the river as far as Fish Ladder Falls, before heading back for a pint or a Pimm's. anchorinnandboating.co.uk



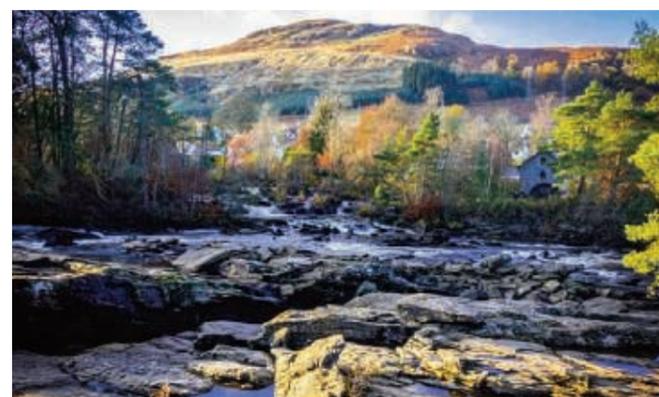
Riverside, Sheffield

An urban gem on Kelham Island, just outside the city centre, with a wide terrace overlooking the River Don. There's always a good selection of Yorkshire beers as well as Sheffield-made gin, while food has a strong vegan showing, including fried banana blossom and chips. riversidesheffield.co.uk



Falls of Dochart Inn, Perthshire

Enjoy a picturesque pint at this whitewashed hotel that overlooks the tumbling white-water rapids of the Falls of Dochart. There's a focus on local artisan food, and they also produce their own smoked salmon. Doubles from £120 B&B; fallsofdochartinn.co.uk



Ye Olde Ferrie Inn, Herefordshire (pictured top left)

On this staggeringly beautiful bend of the Wye River, there's been a hostelry since 1473 but the latest incarnation has seriously good food including salmon from its own river and Herefordshire beef and Forest of Dean wild boar. There's accommodation too, and canoes to hire. Doubles from £110 B&B; yeoldferrieinn.com

Boat Inn, Monmouthshire

The magical terraced gardens of the Boat Inn are reached by an old railway bridge. Spend an afternoon watching the waterfall tumbling down from the rocks above. There's a lovely retro menu - don't miss the scampi and chips - and all tables have views on to the idyllic River Wye. Accommodation to sleep four from £100 per night, minimum stays apply; theboatpenallt.co.uk



Tamesis Dock, London

Moored between Lambeth and Vauxhall bridges, this converted 1930s Dutch barge is the perfect floating pub. At high tide, you'll gently bob about on the Thames, while at low tide you'll be drinking at a slight angle but it's worth it for the views of the Houses of Parliament, London Eye and Battersea Power Station. tdock.co.uk



(Article source: The Guardian)

Green Dragon Inn, Yorkshire Dales

An ivy-clad Wensleydale gem, this inn backs on to Hardraw Force - a stunning waterfall with a 100ft drop - the longest in England. Don't leave without trying their much-loved homemade steak pie, best paired with a pint of Theakston Old Peculier ale. Doubles from £80 B&B; greendragonhardraw.com

The Taybank, Perthshire

A spectacular riverside setting with seven very lovely bedrooms and an acclaimed restaurant, The Taybank also hosts an open-air cinema in its garden, and there's music inside. Doubles from £170 B&B; thetaybank.co.uk



Sustainable gardening: Ways to be less wasteful in the garden

We're all looking towards sustainability and not chucking garden stuff away, whether it be old tools, gluts of veg or clippings.

As you start your great garden clear-up at the end of summer, spare a thought for what you may be throwing away.

Old squeaky tools, blunt shears, bedding plant debris and vegetable gluts may all end up in the bin. Yet there are many easy ways to avoid waste, if we just think about it.

Save seed

You can save seeds from a plethora of veg, including French beans, peas, tomatoes, chillies and courgettes, enthuses seed expert Adam Alexander, whose new book *The Seed Detective* is published in September.

"Saving your own enables you to have seed which becomes adapted to local conditions, germinates more quickly and has greater viability and, above all, you know its provenance," he says.

Many seeds can be extracted from mature, ripe crops, cleaned and dried off before storing in an envelope and placed in an airtight Tupperware in a cool, dry spot. Alexander advises people to choose open pollinated varieties from which to extract seeds, as they will come back truer than F1 hybrid types.

Share gluts

Don't chuck away excess produce that you grow on an allotment or in your veg patch at home. Share them with family, neighbours and fellow allotmenters, who in turn, may well swap what they have grown with you.

Preserve edibles

If you run out of people to give gluts to, keep veg by blanching and freezing them - you can do this with beans, peas, sweetcorn and others. Chillies can also be frozen or dried, while courgettes, tomatoes, aubergines and onions can be transformed into ratatouille or layered in delicious vegetarian lasagnes for freezing.

Tomatoes can also be made into passata for freezing, while unripe green tomatoes are great for making chutney, which will keep for a year in a cool place, if the jar is properly sterilised and sealed. Gluts of fruit can be made into jams and compotes, while apples and blackberries can be cooked and frozen, to transform into pie fillings for a later date.

Maintain tools

Instead of chucking your secateurs and loppers in the shed, think about how you are going to maintain them, so they will last many more seasons. Clean spades, hoes, rakes, forks and trowels with a stiff brush, to remove soil from the blade and shaft, or give really muddy tools a hose down before drying them with an old towel. You can also oil tools with general purpose oil to help stop them rusting, although more modern stainless steel tools are less likely to rust, says the RHS.

After cleaning blades with wire wool and spraying mechanisms with WD40, sharpen secateurs with a diamond sharpener or sharpening steel. Some secateurs can be disassembled to make sharpening easier.

Let your grass recover naturally from the drought and book your mower in for a service, to ensure everything is in order next year.

Replace annuals with perennials

The cost on the environment of annuals can be high if you consider the plastic pots still used extensively by garden centres, plus transport costs.



Perennials, however, come back year after year, so you won't have to replace them annually, and can save money as well as promoting more sustainable gardening. If you can't live without your burst of colourful summer annuals, try growing them from seed, using home-made containers, such as cardboard toilet-roll middles or biodegradable pots widely available in garden centres.

Clean garden furniture

Some garden furniture, such as aluminium sets, weatherproof wicker or plastic, doesn't need much maintenance over winter, just a quick clean with soap and water before putting it away. However, wood furniture is a different story - even hard wood like teak will need a coat of protector from time to time if you want the original colour to be maintained, although good quality teak can survive with virtually no treatment for many years, according to the RHS.



Softwood such as pine, however, tends to be cheaper, and if you want to sustain it, it will need a coat of preserving stain or paint in dry weather every year, and you'll need to cover it during the cooler months to avoid damp getting in. It's also worth putting some rubber or plastic feet over the legs to avoid damp seeping into the wood.

Make compost

Don't ditch your green household waste, garden clippings and cardboard, because you can transform it into rich organic matter, whether you opt for a regular compost bin with a lid, or an open heap topped with old carpet to retain the heat.

It is important to get the balance right, though. The RHS recommends you aim for between 25-50% soft green waste - such as grass clippings, kitchen veg waste, annual weeds or manure, with the remainder being woody brown material, such as prunings, paper, cardboard, dead leaves or straw. Avoid letting grass clippings become dominant, as they can become a slimy mess on their own, the charity advises.

Use veg space in winter

So, once you've harvested your summer and autumn crops, don't let the space in your veg patch go to waste. Kale, leeks and winter cabbage can all be grown on the plot, but if you can't be bothered, sow some green manures, which are fast growing and will return nutrients to the soil and improve its structure.

Mustard sown before mid-Sept can be incorporated in October, while grazing rye can be sown from August to November, to dig in the following spring. Winter field bean and winter tares can also be sown in September for overwintering.

(Article source: Silver Surfers)

Please help us rescue and care for vulnerable hedgehogs - **Britain's favourite mammal**

A shocking study has revealed that hedgehogs are rapidly vanishing from our countryside, with numbers **HALVED** in the last 20 years.

I am delighted to tell you that Britain's hedgehog has won favourite mammal in a UK poll.

The UK's only spiny mammal won with 35.9% of the 5,000 votes, more than double that of the Red Fox, who came in second place with 15.4%. The Red Squirrel came third with 11.4%, out of a shortlist of 10 charismatic UK mammals.

Unfortunately, hedgehogs are rapidly vanishing from our countryside as numbers have **HALVED** in the last 20 years, a shocking study has revealed.

Henry Johnson, hedgehog officer, People's Trust for Endangered Species (PTES) said:

"We Brits seem to love hedgehogs for a whole range of reasons, including their cute appearance, their role as slug controllers and the way they have colonised our gardens with such aplomb. This is why it is so sad to see them decline, with one in three lost since the millennium."

Threats to hedgehogs come mostly from us. In rural areas, our farmland increasingly lacks the diversity of habitats hedgehogs need and the invertebrates they feed on. In towns and cities green spaces are lost to development, paved over or increasingly fragmented. Hedgehogs are also very prone to road traffic accidents.

This is why we have launched this special Annual Appeal to protect Britain's favourite mammal.

At Hedgehog Rescue Rehabilitation and Care Centre we respond immediately to rescue injured hedgehogs. A vet is called in straight away and the hedgehogs are monitored and cared for. Once fit and well they are released back into the wild.

Hedgehog Rescue is now conducting its Annual Appeal. Only by continuing our huge effort and long-life commitment can we give these wonderful animals a safe, happy and contented life.



We care for many hedgehogs here at our rehabilitation centre. Hedgehogs just like these:

'Julie'



'Julie' (pictured left) came in last Autumn, quite small, out in daylight and had ticks. She stayed a few weeks, put on enough weight, and made a full recovery. She was released back to her own territory by the finder.

Baby Hedgehogs

These 2 hedgehogs came in as very small babies and had stayed with us a few weeks, gaining weight and giving us a chance to sort out their health issues. They had several ticks and needed worming. When they were 100% ready, we released them close to where they were found.



These hedgehogs are some of the lucky ones. Others are less fortunate.

As a friend who knows what a wonder animals can be, I hope you will support our Annual Appeal. Your kind gift will help us rescue and care for many more vulnerable hedgehogs - Britain's favourite mammal.

To donate to Hedgehog Rescue, go to:
<https://www.justgiving.com/fundraising/hedgehogrescue>
 or write to: **Raise more, Unit 1, Alton Road Industrial Estate, Ross-on-Wye HR9 5NB**

