OURPLACEMews

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

FEBRUARY 2020

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How David Bowie paved the way for modern menswear

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These are the best garden shows and festivals to visit in 2020

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Happy Valentine's!

9 proven ways being in love makes you gorgeous (and healthy, too!)

PLUS...

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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

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Lightopia London 2020

22nd January - 1st March 2020

Chiswick House Gardens, London

Step into a world like no other.

Taking place at Chiswick House Gardens, Lord Burlington's 18th century villa inspired by Andrea Palladio and Inigo Jones with classical landscapes and 65 acres of gardens. Lightopia is a brand new immersive and visually-dramatic lantern and light festival, that promises to fuse beautiful art installations with human experience.

The very first of its kind in the UK and Europe, Lightopia will explore the senses with unique interactive and immersive lights, lanterns, installations and an incredible 3D mapping projection on Chiswick House, destined to create unforgettable memories and provide alternative family fun throughout the festival season.

The festivities will be made up of six key interactive installations. Each installation is universally communicable, all united with the theme of harmony. As guests travel through the festival, they will be fully immersed into the Lightopia narrative, exploring nature and human experiences through each design, transporting event goers into a spiritual society through careful artistic intervention.

The installations throughout include, The Love Gate, Tree of Life, Elysian Field, Flower Hand, The Flower Road, Happy Valley and many more, symbolising various experiences throughout life and humanity.

Lightopia will open to the public from 22 January to 1st March 2020. The ticketed event will also include live entertainment, such as acrobatic performances, local musicians and family rides available to enjoy every night. There will also be a host of food and refreshment options available for all taste-buds to enjoy.

Guests will be led on a breath-taking journey of discovery through the park, guided by beautiful light trails. Educational elements shine through, as visitors can explore the values behind spirituality, inclusivity, togetherness and the importance of positive energy, through each installation.

Ticket Price: Booking Fee Apply)

Advance: On the day
Adult £20.00 | Adult £22.00
Child £13.00 | Child £15.00
Family Ticket £58.00 | Family Ticket £66.00

The London Classic Car Show 2020

20th - 23rd February 2020

Olympia, London

2020 will mark the next chapter in the history of the London classic car show as we move to our new home, the prestigious Olympia London in Kensington.

Now in its sixth year, The London Classic Car Show is firmly established as the must-attend event for discerning classic car owners, collectors, experts and enthusiasts.

From 20th - 23rd February 2020, Olympia London will be transformed into a classic car buyer's paradise, featuring some of the world's finest classic cars and vintage models for sale.

Orchid Festival 2020

Saturday 8th February to Sunday 8th March

Princess of Wales Conservatory, Kew Gardens



The orchid festival is back, celebrating the magnificent biodiversity of Indonesia, the land of 17,000 islands.

Rainforests and volcanoes are brought to life inside the Princess of Wales Conservatory through an exotic array of vibrant orchid displays. Over 5,000 species of orchids can be found in Indonesia, alongside the staggering wildlife found nowhere else on earth.

Come see a celebration of the cultural and natural diversity that is scattered across the country's archipelago of 17,504 islands, and the scientific discovery being made by Kew's intrepid scientists.

We have a host of After hours events featuring Indonesian music and cuisine and expert talks. Or go behind the scenes with our exclusive of our Orchid Nursery tour and Tropical Nursery tour.

Book your free timeslot to the festival when you buy your ticket to Kew Gardens.

Half-term special: The quest for the blue orchid

- Saturday 15 Sunday 23 February
- Performances between 10.30am 3.30pm

This February half-term follow in the footsteps of the great scientist and explorer Evelyn Cheesman with our brand new interactive theatrical experience. Uncover the secrets of New Guinea in a quest for the most mysterious orchid of all.



Don't stop me now -Retirees having a ball!

People are now living around a third of their lives after the age of retirement, giving them more time to spend with family, travel abroad, enjoy their hobbies and learn new skills.



50 Plus reports that a study by Age UK demonstrated this zest for life among the older generation, finding that 82% of over 65s say they have felt happy or content either most days or every day for the past two weeks - the highest percentage for any age group including 16-24 year olds.

One of the reasons for this could be an increase in healthier and more active lifestyles among older Britons. The same research study found that nearly three quarters of over-65s have been involved in leisure activities or hobbies in the last two weeks.

Another lifestyle trend emerging among retired Britons is an increase in digital savviness and a willingness to embrace new technology. Our parent company, FirstPort, has found that its Digital Eagles Tea & Teach sessions have helped older residents realise the benefits that technology can bring to their day-to-day lives. I've seen residents who use Tea & Teach sessions to learn how to send their first ever email, make a skype call to family abroad, and conduct a live online chat with a company to guery a bill. All may sound like simple tasks to someone who is familiar with technology, but these can be massive hurdles and very daunting tasks for those who are not familiar with the online world.

Those who build retirement living properties are responding to having more active, social retirees living under their roof. Forwardlooking retirement properties are built with more open plan areas, social spaces and gardens to serve a more active community. Weekly yoga sessions, film showing, games nights are all activities I've recently come across in our development's social calendars, designed to bring residents together and create communities.

If you want to have a ball in your retirement, visit www.retirementhomesearch.co.uk to find out more.



The menopause: dreaded, derided and seldom discussed

Isabel de Salis explores the menopause and explains why there is a need to end the silence that surrounds a stage of life that half of humanity go through.

50 Connect reports that women experience the menopause between the ages of around 45 and 55, but their experiences of this significant stage of life are diverse. Each woman's menopause is unique.

Common themes run through women's stories, however. From our research talking with women in midlife, we found that they often talk about menopause as a normal, inevitable and natural process, which of course, it is. Seeing menopause in this way allows women to minimise symptoms and behave stoically. "It's no big deal," one woman told us. "You just get on with it." But this positive approach can also be a rebuttal of a common perception in society of the menopause as a negative event - a view which leads to denigrating women who react differently to the menopause.

Because for some, menopause is considered a loss, a struggle. Bodily sensations such as mood swings or hot flushes can be overwhelming and embarrassing. The negative images many often associate with menopause can be distressing - a barren land signalling the end of fertility, youthfulness and sexuality. Women may mourn the passing of a phase of life when their biological usefulness is over - menopause is seen as "a marker of getting old". One told us: I feel like my life's over. It marks the end of being young and attractive and fertile. Some of those with no close female network and who worked in predominantly male environments, felt unable to share their experience. Women often felt foolish asking for help that they would be wasting their GP's time or admitting incompetence to a boss.

The stigma of menopause, with its associations of hysteria and incompetence, the shame of ageing, and the taboo about revealing menopausal symptoms, compounds the distress and struggle. Stigma can become internalised so that beliefs about other people's reactions to menopausal symptoms such as hot flushes can be unduly negative.



Less commonly, menopause is treated as a positive marker of "moving on" to the next stage - a time of "new beginnings" and renewed libido. For these women, menopause is a "rite of passage" involving both social and psychic transformation whereby a sense of self emerges anew from loss, grief and shame. Another different experience occurs when bodily sensations like hot flushes are actually welcomed. Some described the physical side of menopause as feeling "nice and toasty", and "helping me move on to another stage in life".

So although menopause is frequently perceived negatively, as something to be ignored or dreaded, we heard positive perceptions. This is important. One woman commented: It's kind of a gateway isn't it, in to the next stage of your life? It sets a point in the sand about how long you've been on the earth. Women with more negative attitudes towards menopause report more symptoms during the transition, and we know from cross-cultural research that experiences of menopause are socio-culturally shaped and not universal.

The most common reported symptom among Japanese women, for example, is not hot flushes or night sweats, but chilliness. Menopause can be experienced particularly negatively where fertility status is highly valued as in rural Iran. But where post-reproductive status is seen as positively transforming, as among Taureg women in the Sahara desert, or Rajput women in India, it is welcomed.

Contrasting lifestyles, physiology, diet, genetics, reproductive history and physical environment all contribute to the variety of experiences worldwide. But we need also to acknowledge how important are the expectations and meanings of menopause, and the attitudes towards fertility loss and ageing.

Reclaiming the menopause

Many women want and need more support going through menopause. They want reliable information. There is now more discussion about what can be done in the workplace to support women through menopause, especially if they have difficult symptoms. A recent report from the University of Leicester acknowledged that gendered ageism is a significant concern for women at work. The official guidelines on menopause may enable the health sector to address women's health matters seriously.

Can we reclaim the menopause as a powerful and positive process in women's lives? It is difficult to experience menopause as transformative when it is primarily considered as degeneration and decline, and the multiple meanings of menopause are hidden. As part of our research at the University of Bristol, we are inviting women to share their experiences with us.

Menopause is a political issue that is rarely discussed. Imagine, for example, a society that accepts women having hot flushes in the boardroom or in which post-reproductive status is valued. Perhaps even a society which allows for women to welcome the menopause. Fundamentally, we need to value all women's diverse menopausal experiences without assuming they are hysterical, incompetent, or "past it". We need to end the silence that surrounds a stage of life that half of humanity go through. Isabel de Salis, Research Fellow in Medical Anthropology, University of Bristol

(Story source: 50 Connect)

Eating for a healthy heart

February is National Heart Month, drawing attention to the ways that you can prevent heart disease and its associated conditions.



Choice reports that diet is a vital component in keeping the heart healthy. Here are some tasty heart-friendly recipes to try.

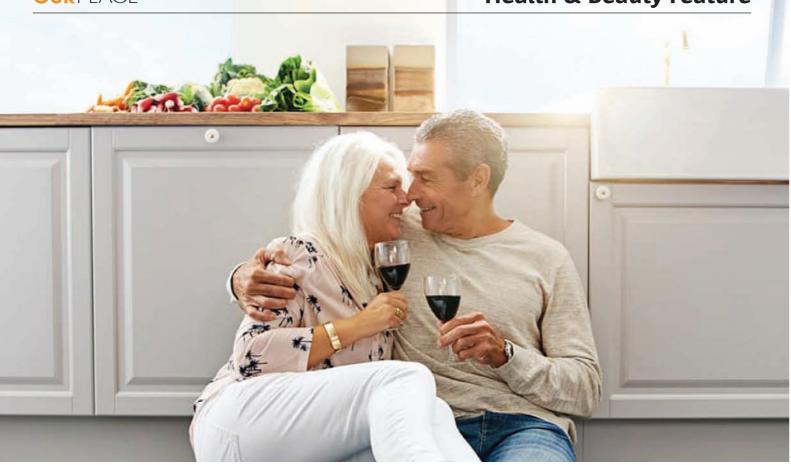
A healthy diet is one important way that you can help reduce the risk of developing coronary heart disease and also stop you gaining weight, thereby reducing your risk of diabetes and high blood pressure. It can also help lower your cholesterol levels and reduce your risk of some cancers. Even if you already have a heart condition, a healthy diet can also benefit your heart. Oats are one element of a healthy diet, containing the soluble fibre beta-glucan which has been shown to help lower cholesterol, and the recipes on these pages suggest imaginative ways you can include them in your diet. Eating for a healthy heart also means reducing the fat content of your diet - and in particular the saturated fat content. The recipes featured on these pages include rapeseed oil, which is lower in saturated fat than all other cooking oils and fats and just as versatile. It also provides healthy monounsaturated and polyunsaturated essential fatty acids, omega 3, 6 and 9. The recipes are not only low in fat and full of wholegrains but are also low in salt - another important factor in keeping your heart healthy.

Q10 study

The vitamin-like substance coenzyme Q10 plays a key role in the energy supply for all body cells. Heart muscle cells in particular require huge volumes of Q10 to function normally, but Q10 levels decrease with age. To date there have been many placebo-controlled studies supporting Q10's role in heart health.

- The KiSel-10 trial from Sweden, published in June 2012, revealed how a 200mg Q10 supplement, plus 200mcg of selenium, reduced cardiovascular mortality by 50 per cent and also improved heart function in a group of healthy older adults.
- This encouraging outcome is further supported by the Q-Symbio study, which is soon to be published. Preliminary results were revealed at the International Coenzyme Q10 Association meeting in Seville in November 2012. Scientists found that about twice as many patients with chronic heart failure will survive their disease and reduce complications by taking 100mg of Q10 three times a day. Danish preventative nutrition specialists Pharma Nord were chosen to supply their patented Bio-Quinone Q10 product in both KiSel-10 and Q-Symbio.





Happy Valentine's! 9 proven ways being in love makes you gorgeous (and healthy, too!)

Here's how love is transforming you into your healthiest, hottest self. Being in love affects a lot more than our mood - loving relationships improve our looks and our health, too. In fact, love may just be the best medicine out there.

Just how powerful is love? Your strong relationship can do everything from lowering your blood pressure to helping you recover from cancer. It even keeps your skin healthy! And, it's not just romantic relationships that are responsible for your awesome well-being. Your close friendships and parental love are keeping you in tip-top shape, too.

Once again, we're reminded how important loving relationships are - so much that your life could depend on it.

Here's how love is making you happier, healthier and hotter than ever before.

1. Being in love makes it easier to DITCH destructive habits.

Making a big change in your life is never easy, whether you're changing your diet drastically or finally starting to hit the gym. But, when you're in a relationship, your partner has a great influence on your confidence and the choices you make to lead a better lifestyle. Research shows that couples in love can greatly affect each other's healthy choices - whether you're guitting smoking or getting a flu shot. The study showed that when one partner gave up alcohol, the other was five times more likely to stop drinking.



2. People in love have lower stress levels and are in better moods.

While we all know that sex is a huge stress-buster, it's not the only form of physical contact that's good for your mental wellbeing. Hugging, cuddling and touching can put you in better spirits and help you relax. A University of North Carolina study discovered that when couples hug, they have higher levels of oxytocin - the bonding hormone that relieves stress and

In another study, researchers looked at cohabiting couples and tested for the stress hormone cortisol before, during and after being separated for 4 to 7 days. Researchers found that when the couples were separated physically, they had higher cortisol levels and had worse sleep than when they were together. And it's not just romantic love either that's keeping you wellbalanced. One study shows that a mother's love can counteract negative health effects and protect young kids from the physiological effects of stress.

3. Being in a good relationship lowers your heart attack risk.

Love doesn't just make your heart go pitter-patter, it protects it, too. In a Harvard study, researchers discovered that married men who felt loved by their wives experienced 50 percent fewer heart issues, despite having high risk factors like high cholesterol, high blood pressure and diabetes.

Strong bonds aren't keep men's hearts strong. A study from the University of Pittsburgh found that women in happy marriages have a much lower risk of cardiovascular disease than those in high-stress ones. Love really is good for your heart.

4. Love makes you live longer.

The secret to a longer life? Love just may be it. A study done by UCLA researchers found that unmarried people had a "significantly higher" death rate than married couples who live together. Although you could argue that this is because couples influence each other's lifestyle choices, but Harvard University researchers also found that married women are 20 percent less likely than single women die of stress-related causes like heart disease, suicide and cirrhosis of the liver. As for married men, they're 100 to 200 percent times less likely to die of these causes than single men are. Love is keeping us alive!

5. It lowers your blood pressure!

Another reason love is good for your heart? Spending time with your partner lowers your blood pressure. A study by the State University of New York at Oswego found that when happy couples spend time together, it leads to a drop in blood pressure. Loving relationships between close friends can also breed lower systolic numbers. In a study published in the Journal of Psychology and Aging, people with quality relationships reported drops in blood pressure compared to lonelier peers.

6. Love can help you cure cancer!

Not only do married couples have lower cancer rates than singles, researchers at the University of Iowa found that ovarian cancer patients with satisfying relationships had stronger white blood cells, which kill cancerous cells, than those who didn't have healthy relationships.

Additionally, Your Tango expert Carmelia Ray writes, "studies that show even patients who are diagnosed with cancer have recovered from cancer treatment faster when they had strong family connections. Also, those in loving partnerships recovered quicker or completely eliminated the cancer with no scientific explanation other than the fact the patient had great love and support from close family and friends."

7. It makes you more athletic!

Staying longer at the gym? Beat your personal record on your last 10K? Your boyfriend could be the one to thank for your increased energy and fitness abilities. Researchers at California State University at San Bernadino discovered that loving relationships boost athletic performance, especially for those in a long-term relationship. And it makes sense too, in committed relationships, you're supported, motivated and feel confident. That's worthy of a gold medal all on its own.

8. Love helps you lose weight!

Forget the juice cleanse, being in love can help you keep that extra weight off. When we're in loving relationships, our bodies produce adrenaline, which can act as an appetite suppressant meaning less junk food and late-night snacks. Additionally, with your partner's support for better lifestyle changes, it's likely you'll be motivated to hit the gym to look and feel your best.

And if that wasn't enough, sex also makes you hot! Get it on (*wink*) clears your skin, builds your immune system, and keeps you fit! WIN-WIN!

9. Being in love even makes you LOOK vounger!

You're not just living longer when you're in love, you're looking the part too. You've heard of the sex glow, which can make you look seven years younger, but according to science, there's a love glow too. With increasing blood flow to the skin, being in a happy relationship gives your skin cells nutrients and oxygen to make you look physically younger.

(Article source: Your Tango)

Does being in love make you feel healthier? Tell us all about it by visiting: www.ourplace.co

Money & Work News

Beginners guide to the stock market

There is an abundance of stories which exist online, reporting on the quick fortunes made by savvy stock market players.



Over 50s.com reports that whilst plenty have played their hand at earning a quick mill, others have lost their life savings, investing all on a bad risk. Luck and wit contribute to success when navigating the stock market, but research and intelligence are key.

To understand how to invest wisely in the stock market, let's start with some basics.

Know how the market works

Before you start, it's fundamental that you understand what the stock market is; Its a place where shares in quoted companies are bought and sold through intermediary traders. In the UK that's the London Stock Exchange, though most developed countries have their own stock exchanges.

In order to trade shares, you have to open an account with a 'broker' who will take your instructions on the share or shares you want to buy or sell and interact with a trader to execute the trade for a small fee.

Understand the different forms of share that exist.

Without complicating things too much, it is important to understand that there are two basic ways of buying shares.

Unit Trusts

You can trade a mix of shares from a 'fund manager' whose job it is to follow the fortunes of a particular market sector, such as banking, mining, retail services etc.. and based on this research, buy shares in those companies that appear to be thriving and whose fundamentals are sound. These shares are then bundles into 'unit trusts' and bought or sold through the stock exchange to retail investors, such as you or me.

Good fund managers have a range of tried and tested tools at their disposal and the shares they purchase for the Unit Trusts are the result of years of patient research using these tools. They add a premium to the true cost of the underlying value of the shares in the unit trust to reward them for the application of their expertise. There are 'league tables' for fund managers to give the retail investor an idea of what their individual track record is over time to enable them to make an informed choice.

Fund managers have the benefit of being attuned to the vagaries of specific stock market sectors and of individual companies and they understand how true or rumoured 'takeovers' or other events might impact the share price. Retail investors buying shares without such advice or knowledge are, in comparison, at a relative disadvantage.

Individual Company Shares

Retail investors working alone may choose to do their own research buy and sell shares in individual companies by themselves. This is notoriously difficult to do, as the information about the companies they are researching which will be available to them and the tolls they have at their disposal will be relatively limited compared to the company information and tools which a professional fund manager has. Despite this, some individual retail investors may feel that they can 'beat the market' finding out as much as they can about the companies through personal research and using their intuition to evaluate whether a companies shares will thrive or do badly.

Conclusion

This short piece should be a taster for the uninitiated who want to dabble in stock market investing.

The issues are far more complicated than can be explored in a tasting session such as this. Stock market crashes, company failures and a host of other risks which cannot be predicted are all factors to be considered. One must never forget that hard earned cash can be easily lost.

Experts always advise that those new to the stock market should always seek out a seasoned fund manager, investing time and research in identifying the right person to help you prosper.

(Story source: Over 50s.com)

Being rich 'adds nine years to your life'

A study says efforts in reducing health inequalities should target people from disadvantaged socioeconomic groups.

Manchester Evening News reports that they say money can't buy happiness, but it could add years onto your life.

A new study published in the Journal of Gerontology found being wealthy could give you eight or nine more years added to your life.



Money & Work News

Younger drivers either experienced a smaller increase or saw their average premiums fall.

and 49, to an average of £714.

Insurance costs rose by 2.6pc for drivers between the ages of 25

Premiums actually fell 1.2pc for motorists under the age of 25 during 2019. However, this age bracket continued to pay the most for cover: £1,591 on average. The reason older drivers are paying more is mostly due to factors outside their control.

Drivers have been getting older as the population ages. Once motorists reach 70, statistics show they are more likely to have accidents. The risk of this has fed into a higher average insurance

There is an increasing number of older drivers on the roads, as public transport has suffered from budget cuts in many rural areas. Elderly drivers also tend to be less proficient at using the price comparison websites which promote the cheapest premiums and bring down the average.

This means the insurance market for the over-50s remains less competitive than for those using websites. However, there are ways drivers can fight back against rising premiums.

Ensuring your occupation is listed as "pensioner" rather than "unemployed" can make a difference. When drivers reach retirement age insurers tend to register them as "unemployed" and charge more as a result.

Adding an adult son or daughter to a policy will also bring the premium down. However, this will not apply for additional drivers in their early 20s.

John Blevins, of Consumer Intelligence, said cheaper premiums for younger people have been the result of telematics technology, or socalled "black boxes". These monitor driving and reward careful road use. However, older drivers can also benefit from the technology.

An offshoot of telematics only records how many miles a car clocks up, then rewards lower mileage with cheaper premiums. This is particularly helpful for older drivers, who tend to cover less distance than younger ones.

James Blackham of By Miles, a telematics broker, said: "Many older drivers save hundreds of pounds with our pay-by-mile policies."

The cost of insurance for older drivers has increased sharply since 2013, when Consumer Intelligence first started their monitoring.

Over-50s now pay 47.2pc more than they did in 2013, while the 25-49 bracket pay 32pc extra. However, the under-25s are paying 20pc

(Story source: The Telegraph)

Older motorists are paying ever-increasing insurance premiums while younger drivers pay less - but there are ways for the over-50s to beat the rise.

insurance costs last year, as prices rose 3.3pc to an average of £413, according to analysts Consumer Intelligence.

Do you have an interesting story about Money & Work? Tell us all about it by visiting: www.ourplace.co



In their research, experts analysed more than 25,000 people aged 50 and above and discovered those who are rich live more years free from disability and illness.

The wealthiest men in England and in the US aged 50 lived around 31 extra years in good health, compared with 22-23 years for those in the poorest group. Similarly, women in England and the US lived around an extra 33 years in good health, compared with 24-25 years for the poorest group.

"Inequalities in healthy life expectancy exist in both countries and are of similar magnitude," concluded the team led by University College London (UCL). "In both countries, efforts in reducing health inequalities should target people from disadvantaged socioeconomic groups," they added.

The study collated a range of data and followed the participants for up to a decade. Dr Paola Zaninotto, lead author of the report from UCL, said: "While life expectancy is a useful indicator of health, the quality of life as we get older is also crucial.

"By measuring healthy life expectancy we can get an estimate of the number of years of life spent in favourable states of health or without disability. "Our study makes a unique contribution to understanding the levels of inequalities in health expectancies between England and the US where healthcare systems are very different."

(Story source: Manchester Evening News)

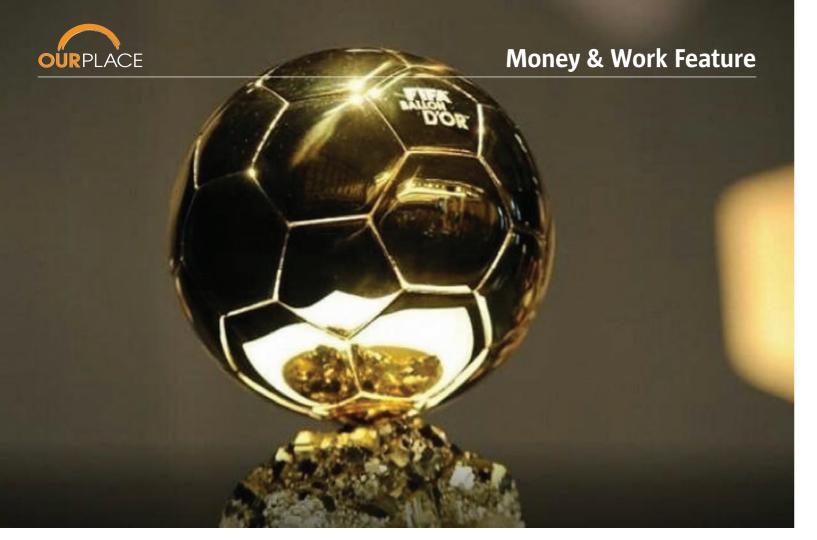
beat them

Over-50s hit by rising car

premiums - here's how to

The Telegraph reports that this group saw the biggest rise in their





Golden balls: Which top football players of 2019 made traders money?

Analysing who were the top players of 2019 and who saw their values rise can help Football Index traders plot their moves in 2020.

Christian Eriksen

It may surprise some avid followers of the Premier League - and Tottenham Hotspur in particular - but Christian Eriksen has made traders plenty of money over the past 12 months.

The mercurial Danish midfielder went from poster boy to enfant terrible at the Tottenham Hotspur Stadium this season with widespread reports of his desire to leave coinciding with a terrible run of form for both him and the club. Yet his price soared in 2019 from $\mathfrak{L}1.62$ to $\mathfrak{L}2.52$, largely due to expected media dividends and a belief among some traders that he may move to Manchester United.

Eriksen will continue to figure in the headlines in 2020 as he completes his expected move away from north London, but if he leaves the Premier League, traders may see his price dip.



Memphis Depay

The Dutchman left the Premier League in underwhelming circumstances after failing to hit the heights expected of him with Manchester United after they signed him for £25 million in 2015. Since his move to Lyon in the January transfer window of 2017, Depay has rediscovered his form playing at the heart of the Ligue 1 side. Until he suffered an unfortunate cruciate ligament injury in December, Depay had scored nine league goals in 12 league starts for Lyon this season (plus five in the Champions League and three for Holland) and his value rose from £1.34 to £4.04 in 2019.



Takumi Minamino

The first Japanese player to play for Liverpool made headlines here and in his home country when he signed for the Merseyside club, who appear to be cruising to their first league title for 30 years.

Minamino only made his debut for Liverpool this month in the FA Cup third-round derby against Everton, but already his value has risen from £0.34 to £1.98 in his time at Anfield. He still represents good value at a little under £2 and expect heavy trading in him in 2020.

Raheem Sterling

Traders may avoid the Manchester City and England striker because of his widely acknowledged excellence but his value continued to grow throughout 2019. He went from $\mathfrak{L}2.74$ to $\mathfrak{L}6.54$ during the year as one of the key performers in a Manchester City team that stormed to the league title, FA Cup and League Cup.

Like other superstars on Football Index such as Lionel Messi, Cristiano Ronaldo and Neymar, just because Sterling is not 'under the radar' he could still be well worth trading in.

Kalvin Phillips

The Leeds United player has become a key part of the team under manager Marcelo Bielsa in the past couple of years. Bielsa moved Phillips from being a box-to-box midfielder into a centre-back and the 24-year-old local lad has flourished as a result.



Canny Football Index traders have benefited too, spotting his worth early in 2019 when he was valued £0.41. Now, with Leeds looking good for another promotion push to the Premier League, Phillips is at £1.88 and his stock is still rising.

Kevin De Bruyne

Like Sterling, De Bruyne goes from strength to strength with City and, even if he doesn't win the league with them this season, he may win other honours and will be at the heart of all that is good about the club.

The Belgian will also fancy his chances to excel at Euro 2020 in the summer. Although he started 2019 at $\mathfrak{L}2.52$, his value still soared to $\mathfrak{L}5.30$ and it would be no surprise to see it increase again in 2020.

Bruno Fernandes

There are always a couple of players around whom the January transfer window headlines seem to revolve and Portuguese Bruno Fernandes is certainly one this year. It seems almost certain he will move to Manchester United and his value has risen accordingly in recent months.



He started the year at £0.56 and those who bought then could be trading him at £4.59 now, thanks largely to the media dividends he accrues.

(Article source: The Telegraph)



Leisure & Travel Feature

Africa's Caribbean: 10 reasons why Cape Verde is the most underrated winter sun destination on Earth

Some countries shine brightly on the map of the world. Your eye is drawn to them before your brain has clicked into gear. The US is one of them. So is France. So is Italy, as it dangles its no-doubt shapely leg down into the waters of the Mediterranean.

Cape Verde, it is perhaps fair to say, is not one of these countries. It hides in the mid-Atlantic, a 10-strong cluster of islands which, born of volcanic fury, are as beautiful as they are mysterious.

Where are they exactly? OK - let your gaze drift down Africa. Look to the left flank of the continent. Go down through Morocco and Mauritania until you find Senegal - then drag your vision 350 miles to the west.

There you go, Cape Verde.

So not the most famous or obvious of destinations, then? True. But it's a good enough reason to provide 10 reasons as to why you should pay it a visit.



1. It's more accessible than you think

Despite the distance involved - the capital Praia is 2,837 miles from London, and the journey takes you most of the way to the Equator - Cape Verde can be reached with ease from the UK. In fact, there are direct flights. Thomson Airways (0871 231 4787; thomson.co.uk/flight) flies to the island of Sal from Birmingham, Bristol, Glasgow, Gatwick and Manchester - and to its neighbour Boa Vista from Birmingham, Gatwick and Manchester. Thomson Cook Airlines (01733 224 330; thomascookairlines.com) follows suit, touching down on Sal from Gatwick, Manchester and Birmingham, and on Boa Vista from Birmingham. Each of these services takes six hours or thereabouts.

Portugal's national carrier TAP (0345 601 0932; flytap.com) is a further option, serving Sal and Boa Vista - plus sibling islands Santiago and Sao Vicente - from Lisbon. It offers UK connections to London City, Gatwick, Heathrow and Manchester.

2. Its nearly year-round sun

The Canary Islands tend to be Britain's go-to destination for a decent dose of warmth in the depths of December, January and February. But those who are prepared to fly an extra two hours into the Atlantic are rewarded by the Cape Verdean weather, which rarely shifts from the upper 20°C at any time of year. The nearest it comes to a vast swing in temperature is the five-degree gap between the January average of 25°C and the 30°C that defines September. Hours of sunshine? Between five and nine. Lovely.



3. To bag a good package holiday

The presence of Thomson and Thomas Cook in the list of travel options should be a clue that these travel giants sell fly-and-flop escapes to Cape Verde as well as flights. They focus on Sal and Boa Vista, the two islands where you find the majority of the beach resorts.

These tend to be solid rather than spectacular, and dependable rather than deluxe - but if you want a swimming pool and a balcony, they will do nicely. Thomas Cook (01733 224 808; thomascook.com) offers breaks at the Oasis Salinas Sea, at Santa Maria on the south coast of Sal - a seven-night all-inclusive stay, flying from Gatwick on November 22, costs from £679 per person. Tui (020 3451 2585; tui.co.uk) offers the Hotel Riu Touareg - a one-week all-inclusive stay, flying from Birmingham on October 25, costs from £927 per person.

4. Its intriguing colonial heritage

The anthropological history of Cape Verde is an unusual one. Unlike most parts of the planet, it was empty until colonialism gave it a population - the isles were uninhabited when Portuguese and Genoese sailors stumbled upon them in 1456. Portugal put down the first roots, founding what is now the town of Cidade Velha, on the south coast of Santiago, in 1462. Praia followed in 1615, before becoming the archipelago capital in 1770. A small city of 130,000 people, it looks back into the past (Cape Verde gained independence from Portugal in 1975) via the Monumento de Diogo Gomes (a statue of the Portuguese explorer who discovered Santiago in 1460) and the Presidential Palace (which was built in the 19th century for the Portuguese governor).



5. Its unique music

Cape Verde's cultural gift to the world is morna - a lilting, rhythmic form of music which slipped into life on the archipelago (probably on Boa Vista) at some undefined point in the 18th century. Its spiritual leader is Cesaria Evora, a singer nicknamed the "Barefoot Diva" who hailed from Sao Vicente - and was so loved that, since her death in 2011, its airport has been named after her. Her powerful voice and grasp of melody lingers in her birthplace, the island capital Mindelo. Here is a pleasant, picturesque small town where morna drifts out of the doorways of bars and cafes - such as the Casa Cafe Mindelo where you can witness live performances.

6. To explore Africa's most westerly point

São Vicente's neighbour Santo Antão is an outpost. It is the most westerly segment of the archipelago and - depending on how specific you want to be about geography - the most westerly point in Africa as a consequence. It certainly feels like the end of a continent. Home to just 44,000 people - many of them clustered in the town of Porto Novo - it is a place of desolate grandeur, with its rocky interior rearing up from the water, coffee plantations strewn across its sides. You can only travel to it by water, via ferry from Mindelo - but if you make the crossing you have definitely left the beaten track.

Continued on pages 14-15...

Leisure & Travel Feature



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7. Its incredible volcanic landscape

Santo Antao makes little attempt to disguise its lava-fried origins - but its is beaten to the unoffical title of "Most Visibly Volcanic Island in the Cape Verde Archipelago" by Fogo. The giveaway is the name - "fogo" is, of course, Portuguese for "fire". The island lives up to its moniker, rising to the conical summit of Pico do Fogo, which troubles the sky at an altitude of 9,281 feet (2,829 metres). It has erupted as recently as 2014. Not that this seems to worry the locals. You can drive up to Chã das Caldeiras, a village of some 1,000 souls which, remarkably, is located inside this kraken's crater.

8. To go island-hopping

Although strewn across some 1,500 square miles of the Atlantic, the archipelago lends itself to multi-island journeys. Specialist operator Cape Verde Experience (01489 866 969; capeverde.co.uk) offers a range of island-hopping breaks, including a 14-night "The Peaks of Cape Verde" package which takes two weeks to tick off São Vicente, Santo Antão, Santiago, Fogo and Sal. From £1,869 a head - with international flights.

9. ...and sailing

Tropical islands plus ocean also equals sailing escapes. So it proves with Cape Verde. Classic Sailing (01872 580 022; classic-sailing.co.uk) describes the archipelago as an "unspoilt alternative to the Caribbean" - and has an 11-day "Island Hopping in Cape Verde" voyage scheduled to depart from Sal on January 11 2018. The journey will be aboard the Oosterschelde, a 300-ton schooner.

No prior experience is needed to sign up for this near-fortnight under sail, and participants can help out as much or as little as they like on a route which will also take in Santiago, São Vicente, Santo Antão, Sao Nicolau and Boa Vista. Berths are available for £1,486 (\in 1,650) per person. Flights extra.



10. Its eerie abandoned airport

If you want to venture truly off-grid, the islet of Brava is your obvious port of call. "Port" being the pertinent word here because, as with Santo Antão, you can only reach it by boat. Not that it doesn't have a runway. Esperadinha Airport sits on its west coast next to the hamlet of the same name. It occupies one of the only flat pieces of land on the island - a precarious location on a narrow promontory on the edge of the water. Too precarious, in fact. Opened in 1992, the airport ceased operations in 2004 because the strong winds which swirl here make it too dangerous for planes to land. You can, though, stroll along its deserted tarmac. Cue the Scooby Doo theme tune...

Cape Verde: The biggest draw is a natural high

David Attenborough eat your heart out. I'm standing on the edge of the beach of the Dune of Sal in Santa Maria in the Cape Verde islands.

We're cooing as if the cutest ever newborn is being paraded. Eight tiny loggerhead turtles, barely a day old, are taking their first steps since being rescued by the Project Biodiversity team. The group, supported by TUI's Turtle Aid Programme have set up a flat sandy area with hundreds of nests filled with turtle eggs. Each is numbered.

They've been moved away from areas of the beach which suffer from light pollution or where eggs would have been damaged, to ensure they hatch and make it down to the sea. Even the little ones which are not strong enough are placed into buckets and released into the sea at night, to give them the best chance of survival.

This stunning volcanic island chain is made up of ten islands and five islets and sits 310 miles off the coast of West Africa. It could be likened to islands in the Caribbean thanks to their all-round sunshine and golden sands.



But they also offer visitors the rare chance to get up close to the turtles. The archipelago is home to the third largest loggerhead turtle nesting population in the world and second in the Atlantic ocean overall. Cape Verde has often been referred to as The African Caribbean but in reality it's perhaps only now that it has the quality of hotels, activities and restaurants to rival the likes of Barbados and Jamaica.

With a two-hour time difference and just a six-hour flight time, there is no jetlag to speak of. Although there are palm trees and pastel coloured homes in every shade, what you'll also find is a blend of mountains, beaches and peaceful seaside villages set amid a melting pot of African, Brazilian and Portuguese cultures.

The 18-mile long island of Sal, with its red deserts and salt pans, is also home to unusual wildlife. You can paddle with baby lemon sharks and deep-sea dive with tropical fish.

Depending on how lazy or adventurous you are, the Hilton Cabo Verde Sal Resort, can be a base to explore or a paradise to relax in without going very far. Opened in 2017, it offers a glorious vacation spot in the colourful town of Santa Maria. As well as the oversized swimming pool at the heart of the hotel, and the Eforea Spa which does fantastic post-flight massages, including the signature Cabo Verde Earth Reconnecting Journey, there are also four restaurants, including the excellent Magellan, bars, watersports and fitness centre.

But if you do, you could sink your toes in the pristine white-sand beaches and stroll to destinations such as the extinct Pedra de Lume volcano surrounded by white and pink salt pans.



We joined a tour with guide, Manuel. Swimming in the medicinal salt waters is a bit like taking a dip on a giant industrial estate that has been built on Mars.

There's still old mining equipment scattered around and the old cable car frame, so it's not the most glamorous of locations but the salt is good for my skin - apparently.

Other highlights of the day tour was Shark Bay to see the lemon sharks which swim around your feet, (they only eat fish apparently) and the natural phenomena, the Buracona Lagoon. When the sun hits the water in a particular way, it lights up the surface like a blue eye. Eerie but beautiful.

That night we dined at the appropriately-named LobStar restaurant in Santa Maria, working our way through seafood platters washed down with their homemade sorbet served in champagne flutes.

The next morning I decided to try my hand at something a little more strenuous. The Atlantic Star Nautical Centre focuses on all things watersports, in particular kite surfing and waterskiing. I tried my hand at the latter but given the amount of times I fell over, it was clear I was not a natural. The centre also offers a Scuba Diving Day, which aims to introduce people to the wonders of diving, including a theory session before diving into the Hilton pool, followed by an open water dive.

However it's kite surfing that's the big draw, thanks to the perfect wind conditions. It's no surprise then that three world champions hail from the island.

The local mantra of Cape Verde, and the phrase they live by is "no stress". It wouldn't be a difficult decision to choose to come again

(Article source: Various)

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Seasonal tips and recipes: **Britain's bounty of** February produce

February is a month in which the winter blues can be felt most acutely here in the UK. We look longingly towards the equator, yearning for tropical sunshine and exotic fruits - and those of us who didn't cunningly plan a holiday look on our jet-setting friends with envy.



The Telegraph reports that we invest in expensive SAD lamps in the hope that light therapy will lift us from our slump, and crave sugary foods and carbohydrates such as chocolate, pasta and bread.

But don't be downcast: there may be no juicy British strawberries to be found on the roadside, but there's still plenty of comforting British produce to be sought out at this time of year.

Much of it lends itself perfectly to warming winter soups, stews and casseroles, and is best enjoyed accompanied by a roaring open fire. In terms of vegetables, there's the the on-trend cauliflower (just don't buy a cauliflower 'steak' in plastic packaging), purple sprouting broccoli, East Anglian mustard, rainbow chard and kale with the promise of wild garlic, radishes and sorrel soon to follow in March.

In old English, the month of February was known as sprote-kalemonath - the month of sprouting cabbage. We can only assume that our ancestors had plenty to go around.

Admittedly, our larder is rather sparse when it comes to fruit, but for apples and pears - synonymous with homemade crumbles and cobblers. But there is also the emergence of the first tender crop of tart rhubarb to enjoy with lashings of custard.

Yorkshire's famous 'Rhubarb Triangle' is enjoying good growing conditions this year, and the ingredient is also increasingly popular in drinks: Warner Edwards created one of the first rhubarb gins three years ago and has seen sales increase 355 per cent in a year and 8,650 per cent since 2014.

Beyond the vegetable patch and the orchard, on our shores there's currently an abundance of shellfish including oysters, scallops and mussels. In our waters there's plenty of flat fish, cod, cuttlefish and bream, and it's the start of wild salmon season.

It's also the last opportunity to make the most of certain types of British wildfowl and game. During the 'closed season' shooting of certain species is not allowed, to protect animals when they're breeding and rearing their young. February is the last month for hare, duck and goose. Venison, including roe deer bucks, fallow bucks, red deer and stags, is only available until the end of March. The exception to that is muntiac deer, which has no closed season (animals regarded as pests, such as muntiacs, rabbits and pigeons have no closed season.)

Added bonuses to cooking up a dish with these February ingredients? Firstly, you can feel doubly smug about your decreased carbon footprint - not only did you virtuously refrain from flying out to the Maldives this half term, but neither can anyone accuse your fruit bowl of being an Air Miles Andy.

Seasonal food often tastes better, and can be better value, too. And that's not even to mention the health benefits of such produce: cauliflower is believed to keep your brain healthy, help unclog your arteries, reduce the risk of degenerative disease, and perhaps even ward off cancer. Meanwhile, according to Taste of Game, game meat is one of the most healthiest available, since it is high in protein but low in fat and cholesterol. This is partly because game is wild and able to walk and roam freely - and therefore doesn't store so much fat as farm animals. It's also high in iron and other nutrients.

Game is also considered by many to be ethical: Louise Gray recently explored this idea in her bestselling book The Ethical Carnivore, and named venison her ultimate 'Ethical Carnivore' dish. "Venison is perhaps the most ethical meat we can eat in Britain today," she wrote recently in The Spectator. "Because of a lack of natural predators and a warmer climate, there are as many as one million deer in the UK - the highest number since the Ice Age."

At a glance | British produce in season in February

Vegetables, herbs, fungus and plants

Beetroot, Brussels sprouts, cabbage, carrots, celeriac, chicory, Jerusalem artichokes, kale, leeks, mushrooms, onions, potatoes, parsnips, purple sprouting broccoli, spring greens, spring onions, squash, swedes, kohlrabi, salsify, shallots, horseradish.

Apples (including cooking apples, Granny Smiths, Golden Delicious, Braeburn and Cox's), pears. (comice and conference)

Shellfish and fish

Clams, cockles, mussels, scallops, winkles, oyster, skate, salmon, cod, dover sole, gurnard, haddock, halibut, hake, langoustine, lemon sole, lobster, red mullet, turbot, trout, bream, cuttlefish,

Meat, poultry, wildfowl and game

Venison (including muntjack, roe deer bucks, fallow bucks, red deer and stags), wild duck and goose, hare, pigeon, rabbit, turkey.



Over 50s to boost delivery boom: The NPD Group

Whilst operators stand to lose part of £1 billion of business as 25-to-34-year-olds curb their eating out habits.



QSR Media reports that Global information company The NPD Group is predicting a decrease in eat-out or out-of-home (OOH) visits by consumers aged 25-to-34 between now and 2022. Citing its new report, The Future of Foodservice: Great Britain 2022, it says OOH visits in Britain's foodservice industry amongst this age group will decrease from 20% to around 18% of the industry total of 11.5 billion visits, a drop of two percentage points. This is equivalent to 155 million fewer visits annually and a potential loss in annual spend of up to £800 million. This would represent another strong visit decline after the big drop between 2007 and 2012 in the same age

But Britain's foodservice operators can compensate by targeting the over 50s. According to the NPD Group, that fast-growing demographic will account for more than 70% of the growth in the country's population between now and 2022 according to the ONS. This is an attractive proposition for British foodservice, especially as many over 50s are wealthier, more active and more experimental when eating out than previous generations. Total OOH visits among people aged 50+ could increase by more than 4% by 2022 (130 million visits), three times faster than the total OOH market.

NPD Group foodservice director UK Cyril Lavenant said, "Foodservice operators seeking growth in the next five years should be aware that business coming from the 25-to-34 age band, which includes many 'millennials', is likely to drop. Visits from this age group have been dropping since 2007. One reason is that millennials typically need new experiences and sources of inspiration that the foodservice industry does not necessarily provide."

"The 25-to-34s are also facing higher living costs than ever, especially in housing and childcare, and this is prompting them to cut back on foodservice purchases. Operators and suppliers will have to work hard to determine what could bring the 25-to-34s back to the market.

But now is also the right time to think more about the needs of the over 50s. There are huge differences in levels of fitness, mobility and prosperity as people move beyond 50 and into their 60s and 70s. But this is still a big opportunity for the foodservice industry,"

Big spenders and weekenders

Also according to NPD Group, not only will the over 50s account for more visits, they are already the biggest spenders when it comes to eating out. The average bill for the 50-to-64 age group at a fullservice restaurant is £13.41, higher than any of the other age bands, including 25-to-34s.

The over 65s have the second highest average spend at £13.10. Older customers will also sustain weekend business. The NPD Group says the over 50s will drive more than half of an expected 14% increase in weekend foodservice traffic by 2022, and eventually account for 29% of weekend visits.

Over 50s to boost delivery boom

Britain's over 50s will strengthen the delivery boom, in which customers order food by phone, online or via apps. The over 50s currently account for 14% of all delivery visits and this will increase three percentage points by 2022 to 17%. While the over 50s currently only account for 8% of delivery via apps, the NPD Group believes this will increase rapidly as older consumers become more

The NPD Group says the industry can expand home delivery for the over 50s, especially if operators innovate with lighter food options. Menus can offer more low-GI foods, for example, including many fruits and vegetables, beans, minimally processed grains, pasta, low-fat dairy foods and nuts. Menus can do more to assist consumers who are diabetic or who are watching their cholesterol.

Closing the frequency gap

Foodservice operators need to close the 'frequency gap' between voung and old. Consumers aged 35-to-49 will be visiting OOH foodservice operators more than 253 times a year by 2022, buying anything from an afternoon snack or a lunchtime sandwich at work to a sit-down restaurant meal in the evening.

This is a high frequency - more than 1.5 times the visit frequency of the 50-to-64 age group (166 yearly visits per capita in 2022), and 3.5 times the frequency of the over 65s (73 visits per capita predicted for 2022). The foodservice industry can build business by narrowing that gap.

Cyril Lavenant added, "Balancing lower eat-out business among 25to-34s in the next five years with more business from the over 50s will be a challenge. But Britain's foodservice operators have the skills to address this. Brands and advertisers in many industries are beginning to make the over 50s more of a priority and the foodservice industry should do the same."

(Story source: QSR Media)



(Story source: The Telegraph)





Fashion! How David Bowie paved the way for modern menswear

Few figures have influenced the worlds of music, fashion and beyond like David Bowie, who would've turned 73 on January 8.

The musician died in 2016 from liver cancer, but throughout his career, the visuals were just as important as the music he made. Style was integral to Bowie's maverick personality - he was always reinventing himself.

Menswear has seen something of a red carpet renaissance in recent years - largely thanks to people like Timothée Chalamet and Billy Porter - and Bowie's influence can be keenly felt in this new wave of stylish dressers. Here's how...

He was a style chameleon

From Ziggy Stardust, Aladdin Sane and Halloween Jack to the Thin White Duke, every few years brought a new Bowie character - along with a distinctive new look. The Londoner set a standard against boring dressing, because why would you stick to the same look when you can try something new whenever you feel like it?



He walked a line between masculine and feminine

Long before Jaden Smith started wearing skirts, Bowie was proving men needn't stick to rigid gender fashion norms. He wasn't afraid to wear high heels, loved a feminine silhouette and certainly wouldn't turn his nose up at a skirt.

In fact, Bowie famously wore a dress on the cover of his third album, The Man Who Sold The World, and went on to consistently experiment with androgeny - which was fairly out there in the Seventies and Eighties.

Bowie frequently collaborated with Japanese designer Kansai Yamamoto, who was responsible for many outfits from his Ziggy Stardust phase. Yamamoto told The Cut: "Today, lesbian and gay people today are gaining more rights and acceptance, but when I was working with David, that community did not have the same rights. So I found David's aesthetic and interest in transcending gender boundaries shockingly beautiful."



He wasn't afraid to dress-up

Bowie was a master of playing dress-up - much like Billy Porter today. The glam rock of Ziggy Stardust, the iconic lightning bolt make-up of Aladdin Sane (thought to represent a split personality), the mod rock vibe of the Thin White Duke in a powder blue Yves Saint Laurent suit or the space clown costume from the Ashes To Ashes video, you can't say Bowie didn't commit to a theme.

Each look and character contained layers of meaning - every fashion and beauty choice appeared carefully considered.



Interestingly, in a 2003 interview with Complex Bowie noted that his "fascination with clothes generally was motivated by trying to create the characters for the stage", while in day-to-day life he was "much happier just wearing the most low-profile things that I can come up with just so I can get down the street... (fashion) doesn't rule my life at all, fortunately."

He played around with traditional suiting

Timothée Chalamet has stolen hearts with his unusual suits, and we wouldn't bame him for taking inspiration from Bowie, who wasn't averse to tailoring. He really experimented with suiting think loose jackets, interesting materials and bright colours.

He never said no to pattern or colour

The way Bowie experimented with pattern and colour would be revolutionary today.

He paved the way for modern male celebrities to mix up their colour palettes and showed you absolutely don't have to stick to a boring black tux on the red carpet.

(Article source: Silver Surfers)



Green fingers? These are the best garden shows and festivals to visit in 2020

Put a date in your diary to visit these inspiring and informative plantfilled shows and events.

If you're looking for inspiration, colour, or just a lovely day out, there are plenty of flower shows and other horticultural events to mark on your calendar this year. Here's a look at some of the best and brightest gardening shows and festivals on the line-up for 2020...

Daffodil delights

To mark the 250th anniversary of the birth of William Wordsworth, four main RHS gardens, **Wisley**, **Rosemoor**, **Harlow Carr** and **Hyde Hall**, have planted enough bulbs to make each spring garden a sight to behold.

Meanwhile, in Buckinghamshire, Cliveden is staging its daffodil spectacular **The Gilded Gardens** (Feb 29-May 1) for the second year.

Inspired by the 24-carat gilded golden gates on the Sounding chamber and the hundreds of thousands of daffodils across the estate, you'll be able to see narcissi springing up throughout March and April and rolling displays of rarer, pot-grown varieties will be on show in the Ferneries. Visit nationaltrust.org.uk.

Irish blooms

If you're in Dublin, don't miss **Bloom** (May 28-June 1), a show spanning 70 acres of Phoenix Park, with show gardens and other attractions based on other successful shows such as Chelsea and Hampton Court. Launched in 2007 by Bord Bia (the Irish Food Board), Bloom has numerous highly creative gardens and plant displays which are used to inspire and excite the public about gardening and garden design.



Home & Garden Feature

The show gardens, created by some of Ireland's top garden designers, are the heart and soul of the five-day festival which not only focuses on flowers but also on the best food Ireland has to offer. For details visit bloominthepark.com.

Scottish celebration

This year, the **Royal Botanic Garden Edinburgh** is celebrating its 350th birthday with a year of community celebrations. Don't miss the exhibition Think Plastic (Jan 31-Apr 26), which brings together local artists and scientists to explore the possibilities of transferring sustainable, recyclable and environmentally-responsible plastics from the laboratory into craft and arts productions.

Garden party and giant veg

The Malvern Shows (**Spring Festival**, May 7-10; **Autumn Show**, Sep 26-27) in Worcester should be on every gardener's calendar. The RHS Malvern Spring Festival celebrates its 35th anniversary this year with a new feature, Music At Malvern, with two spectacular evenings of performances featuring the 54-piece English Symphony Orchestra led by Lesley Garrett, performing a special VE Day commemorative concert on May 8. The following night, Radio 2's Jo Whiley will be hosting the Gardeners' Party as she plays music throughout the decades, chosen by the show's special guests. This will be along with the show's stellar lineup of experts, including Alan Titchmarsh, Carol Klein, Joe Swift, Jonathan Moseley and the new show ambassador, Chris Beardshaw.



In the autumn show, grow-your-own fans shouldn't miss the ever-popular popular CANNA UK National Giant Vegetables Championship, top quality plant specialists in the Floral Marquee and a throwback to Forties and Fifties Britain in the Vintage Village. For details visit rhs.org.uk.

Northern show-stopper

The Great Yorkshire Show in Harrogate (Jul 14-16), an iconic three-day event and one of the biggest agricultural shows in the English calendar, features spectacular nursery displays, including several RHS Gold medal-winning exhibitors from far and wide. This year the show will be welcoming back floral designer and celebrity florist Jonathan Moseley, who will be appearing daily on the Garden stage, creating some fantastic displays. For details visit greatyorkshireshow.co.uk.

Chelsea perfection

It's considered the most elite gardening show on the calendar, and this year's **RHS Chelsea Flower Show** is targeting the challenges of our changing climate. Gardens will highlight the future of cities in the face of climate emergency, while there will also be a slant on sustainable materials and growing methods adopted by the world's leading garden designers and growers. Running from May 19-23, for details visit rhs.org.uk.

TV expert advice

BBC Gardeners' World Live at Birmingham's NEC (Jun 18-21) may be a more commercial show than some of its rivals, but it packs a punch with its top-notch TV gardening experts, including Monty Don and Alan Titchmarsh, who'll be offering advice in the GW Live theatre during the show. Visitors can admire a range of innovative show gardens and bag a bargain from the many plants and accessories outlets. Less for the specialist, more for the practical gardener, you can bag yourself some bargain plants and get advice on how to grow them too. For details visit bbcgardenersworldlive.com.

Flower power

If you want to see a riot of colour, book your ticket for the **Wisley Flower Show** at the RHS flagship garden (Sep 8-13), where you will see an array of spectacular blooms, feast your eyes on the National Dahlia Society Show and browse the offerings from more than 50 specialist nurseries selling a range of horticultural goodies. Learn how to make gorgeous flower arrangements from the National Association of Flower Arrangement Societies and enjoy talks and demonstrations in an Expert Zone. For details visit rhs.org.uk.

Orchid mania

Kew's 25th annual **Orchid Festival** (Feb 8-Mar 8) will for the first time celebrate the incredible wildlife and vibrant culture of Indonesia - an archipelago of more than 17,504 islands, including Java, Borneo, Sulawesi, Papua and Bali. Indonesia's landscape is as diverse as the flora and fauna that inhabit it, from tropical rainforests to spectacular volcanoes. The festival features an immersive journey through the different zones of the glasshouse, where visitors will find spectacularly beautiful orchid displays which each represent an aspect of Indonesian wildlife and culture. For details visit kew.org.

Festival fever

The RHS Hampton Court Palace Flower Garden Festival (July 7-12) rebranded itself as a 'Garden Festival' in 2019 and remains high on the list of go-tos among gardeners for its royal setting, show gardens, floral marquees and trade stands, to buy everything from artisan goods to basic tools. From contemporary to traditional, its show gardens will be awash with ideas on how to revitalise green spaces, while plants people, celebrities and foodies will be making guest appearances. For details visit rhs.org.uk.

(Article source: Silver Surfers)



Cat Hospice - Giving palliative care to sick cats

Cat Hospice is a small charity dedicated to cats living with FIV and is named after one of it's first residents, 'Strompus' - a pretty little long-haired feral cat, who sadly died on Christmas Eve in 2011.





Feline Immunodeficiency Virus (FIV) is similar to HIV / Aids in humans, in that it effects the immune system. With careful healthcare, these cats can live happy and healthy lives, so we feel that it should not automatically result in a death sentence. Most of our FIV cats are feral but some, like Tom, pictured above, are friendly pets who have just got into a bit of bother. Domestic cats with FIV can be rehomed in some circumstances. Tom (who came from Watford) went to live as a companion to another FIV positive cat in the North East. All our FIV cats are neutered, microchipped, wormed and vaccinated.

There are many cats in our care who live in our Cat Hospice who are very sick. Cats just like these...

'Tiger'



Tiger was abandoned on the street of a busy market town when his owners moved house. Frightened and hungry, he found his way to the home of a lady who fed him until we were able to take him in. Tiger was terribly matted and extremely thin, and he had to be fully shaved because of how matted his coat was.

After some time and a lot of love, we got him well and happy and a lovely coat. His health wasn't to last however, as some time later he developed lymph cancer, and needed a course of Chemotherapy. It was a difficult time for him, as the chemotherapy did take it out of him and make him sleep a lot. After two weeks of treatment, when he stopped taking them, his condition improved drastically, and he was in remission. This was 3 years ago now. Tiger's health will always be a problem, as he is a fragile boy, but he fought cancer and won. He has to remain at the rescue in a flat on site because of his sensitive nature and possible future vet costs. He loves relaxing on a comfy bed and still plays with toys even at his advanced age.

Cat Hospice needs help to care for all these other cats:

'Kiska'. This little FIV positive girl came from the same feral colony as Strompus.

'Wilton'. This rather handsome young chap came from a factory site in the North East, thanks to the Cat Orphanage. As he is FIV positive, we were happy to care for him at our Cat Hospice.

'Gillan'. Long haired tabby female Gillan is a feral cat living with FIV.

'Secret'. Secret is about 3 years old and is one of our domestic FIV boys.

'Whiskers'. Whiskers is a friendly boy who is living with FIV.

As you can see, all of these beautiful cats have their own unique character. They all need looking after so Cat Hospice can give them the best possible care through their final years of life.











Kiska

Wilton

Gillan

Secret

Whiskers

To donate to Cat Hospice, please write to: Raisemore, Unit 1, Alton Road Industrial Estate, Ross-on-Wye HR9 5NB

Not yet made your Will? Already have a Will, but is it enough? Get yours checked now. FARPLACE ANIMAL RESCUE have arranged a free Will making service at no cost to you or the charity.

Just call McClure Solicitors on Freephone 0800 852 1999 and mention Farplace Animal Rescue.

