

OUR PLACE *News*

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

OCTOBER 2025

Inside this issue...

Homegrown hikes:

Amazing walks to take in Britain
this autumn

Rakes at the ready!

Get ahead with Autumn gardening
jobs

'Age is but a number':

How to embrace ageing and combat
the fear of getting older

Seriously searing good:

The 10 best steaks in the world!

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	
How to embrace ageing	4-5
Health & Lifestyle News	6-7
Leisure & Travel Feature	
Amazing walks to take in Britain this autumn	8-9
Food & Drink Feature	
The 10 best steaks in the world!	10-13
Home & Garden Feature	
Get ahead with Autumn gardening jobs	14-15
Our Charity of the Month	16

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Halloween in London

London Dungeon South Bank, London

Delve into the ancient capital's most horrible history at the London Dungeon.

Experience live actors, thrilling rides and exciting special effects during this terrifying 90-minute experience.

The London Dungeon is a walk-through experience that recreates scenes from London's scary history. Take the medieval lift into the depths of the dungeon and begin your journey. Along the way you'll have a close shave with Fleet Street barber, Sweeney Todd, investigate the mysterious identity of Jack the Ripper and discover the dreadful secrets of the torture chamber. Not for the faint-hearted!

Tickets to the London Dungeon cost from £27 per person.

Jack the Ripper Museum 12 Cable St, Aldgate, London E1 8JG

Visit the world's only dedicated Jack the Ripper museum, learn about the suspects and victims of the terrible murders and step back to the year 1888 - the year that Jack the Ripper terrorised the streets of Victorian London.

Set across six incredible floors, the museum shows painstakingly recreated scenes connected to the murders alongside artefacts that have never before been shown to the public. See a realistic recreation of PC Watkins discovering the body of Catherine Eddowes on Mitre Square and visit Jack the Ripper's 'sitting room', containing medical instruments, books and an impressive and fascinating collection of Ripper memorabilia.

Visit a recreation of the Whitechapel police station that was the epicentre of the investigation and inspect a wall of clues, including original newspapers, police artefacts and the 'From Hell' and 'Dear Boss' letters. The attic of the museum is a recreation of victim Mary Kelly's humble living quarters, the room where she lived and died.

Here you will learn the life stories of the women he murdered - a poignant exploration of the domestic and working lives of the Ripper's victims. If you dare, descend to the morgue, where you can inspect actual autopsy photographs and read the medical reports of the nine women that fell victim to the Ripper's knife. With all this evidence, perhaps you will be able to solve one of the most famous crime mysteries of all time!

Experience Leicester's Festival of Light Leicester, Leicestershire

Wrap up warm for Leicester's spectacular Diwali lights switch on, or join in with a wealth of activities and celebrations leading up to the epic finale on Diwali Day.

To mark the start of Diwali, the Belgrave Road area of Leicester is bathed in twinkling lights, with a Festival of Light opening party on in late October.

For the next two weeks, the city comes alive with theatre performances, craft activities, parades, exhibitions and, of course, mouth-watering food. All faiths and races join in with the festivities, with thousands coming along to see the light switch-on, and even more attending the culmination of cultural celebrations on Diwali Day.

Alongside a fire garden and Global Rainbow that will beam light across the city, Diwali Day, in early November, will see an array of Bollywood dances, music performances and dazzling fashion. It's a street party like no other.

HEDGEHOG WARNING

At this time of year please check for these prickly creatures before lighting your bonfire.



Bonfires are perfect sleeping areas for hedgehogs and every year many get burnt alive. If you are having a bonfire, just make sure you check inside before lighting it. If you do find a hedgehog, move it to a safe place. This year second litters have been born later than usual. This means that there may still be young and underweight hedgehogs around. Remember if they are under 600gr they will not survive hibernation and need to be taken to a local animal rescue centre.





'Age is but a number': How to embrace ageing and combat the fear of getting older

Be positive, maintain strong social connections and prioritise your physical and mental health.

In a society that often idolises youth, ageing can trigger fears of losing relevance, beauty and vitality - and a recent Age UK survey of 2,121 UK adults aged 50-65 highlights this concern.

The research, which used Kantar online polling, found that nearly half (46%) of midlife respondents fear getting older, and almost two-thirds (64%) worry about whether they'll still be able to enjoy life as they age. In addition, more than half (56%) expressed concerns about others, assuming they're less capable as they age.

To mark Positive Ageing Week (September 26-October 3) - which aims to highlight the positive aspects of ageing and promote a more inclusive society for older adults - we spoke with Paul Farmer, CEO of Age UK.

He shared some insight into what drives these negative perceptions and offered some advice on how we can shift our mindset and start to embrace ageing with confidence, curiosity and joy.

Why are so many people scared of ageing?

"It's understandable that people do fear ageing because as a society we've created this world where that sense of ageing is a bad thing," reflects Farmer. "The whole concept of ageism almost acts like a black cloud over a lot of people's experiences as they get older, because they feel as though the nature of people, of what you're doing, is a slow and inevitable decline.

"There's also prevalent concerns around issues like mental and physical health, finance, and isolation in later life."

What factors can exacerbate these negative perceptions about ageing?

"I think it's all about the way that society generally treats older people," recognises Farmer. "Our research found that more than 40% of people in midlife said their feelings about ageing were mostly negative, and people cited that this was due to things like the portrayal of older people in the media and what they have seen happen to other people. A lot of people also said that they were worried about the impact ageing would have on their ability to do things that they want to do, so this research highlighted a real broad set of issues.

"Of course, there's also the whole question of ageism, which is almost embedded in our society - things like anti-ageing creams, the road sign with somebody bent over with a walking stick, for example. So, these things that are kind of almost embedded into our culture just perpetuate this idea that later life is going to be awful and you're not going to be able to do anything."

However, Age UK is determined to shift this negative mindset. Here are some of Farmer's top recommendations on how to combat this fear of ageing and what we can do to embrace and enjoy the process of growing older...

Start to recognise ageist behaviours

"Call out really ageist behaviours," advises Farmer. "So, an example of this is when somebody older is in hospital and is with a younger person, maybe their adult child, and the older person just gets talked across. They might say 'How is she?' to the doctor when that person is actually in the room at the same time. Speak up and challenge these kind of behaviours."

Be proactive by staying active

"Take that positive step forward and take up regular physical activity," recommends Farmer. "We're running a campaign at the moment called Act Now, Age Better which is all about encouraging people be active and maybe pick up a new physical activity that you haven't done before."

Consider the type of environment that will boost your happiness

"In this country, traditionally, lots of older people just went to the seaside to retire - but interestingly, we're beginning to see people who are thinking that's not what they might want to do," recognises Farmer. "They might want to stay in a city because the transport is better, or the culture is better or the health care is better. I think it's important to openly start to embrace these conversations in midlife."

Open up about your concerns

"I would encourage people to not to bottle it up and to openly talk about their concerns," advises Farmer. "Pick up the phone and talk to us at Age UK nationally, or go to your local Age UK, or just talk to your friends and family."

Focus on the positives

"There's an awful lot of benefits about later life, so don't be afraid of it," says Farmer. "If you have got a bit of time on your hands, there are some fantastic benefits that you get from volunteering and there is also the utter joy of spending time with your grandchildren."

Think about what you enjoy

"Dedicate time to the things that you really enjoy," recommends Farmer. "For some people that's sport, art, theatre, music or cinema. Whatever it might be, allocate time to really deepen your understanding and your knowledge of it."

Stay connected

"Prioritise your friendships and connections that you want to build and sustain," recommends Farmer. "It's really important to spend good quality time with friends and family."

Focus on maintaining your strength in your upper body

"The ageing process can have a big impact on your upper body, so think about doing some simple, easy exercises that can help improve your upper body," suggests Farmer. "You don't need to go to a gym necessarily, just think about simple things you can do at home."

"One of the brilliant things that we do across the Age UK network, at a local level, is encourage people to come and join exercise classes," says Farmer. "Whether that's walking football or going to a park run or taking part in activities like Tai Chi."

Look for inspiring older role models

"Look at the Thursday Murder Club, for example. The books were written by Richard Osman and the film has been very well received," says Farmer. "I think lots of people have seen it as a triumph for older people.

"These four older people get together to solve a crime from their nursing home and showcase their greatest skills. The cast includes the likes of Helen Mirren and Celia Imrie who are brilliant advocates for later life. Celia Imrie is about to appear on Celebrity Traitors and I think she's the oldest celebrity taking part in the show, so we're obviously rooting for her."

Keep learning new things

"Do something that will get you out of the house and create that potential for learning and for connection," advises Farmer.

(Article source: Silver Surfers)

10 natural ways to boost your energy this autumn

Seasonal fatigue is normal, but here are some tips on how to overcome it.



Silver Surfers reports that as October is here, the crispness in the air and the golden-orange leaves signal that autumn has well and truly arrived.

If you've been feeling unusually tired, unfocused or generally low on energy, you might be wondering - are these just post-holiday blues, or is there something more going on?

To get to the bottom of this seasonal slump, we spoke with psychologists who have explained some common reasons behind the dip in energy at this time of year, and have shared their top energy-boosting tips.

Why do people tend to feel more tired or sluggish in autumn?

"It's very common to feel a noticeable dip in energy levels during autumn, and there are well-established psychological and physiological reasons for this," says Dr Erica De Lange, regional director of psychology services (south) at Cygnet Health Care. "As the seasons change, our bodies and minds adjust in response to shifts in the environment."

One of the biggest factors is reduced exposure to natural daylight.

"Light plays a crucial role in regulating our circadian rhythm, which is the internal clock that governs when we feel awake and when we feel sleepy," explains De Lange. "During the summer months, longer days mean more natural cues to stay alert and active. But in autumn, as daylight hours shorten and evenings draw in earlier, that rhythm can become disrupted, leading to increased tiredness and lower motivation."

She adds that less sunlight also means our brains produce less serotonin, a neurotransmitter often called the 'feel-good chemical'.

"Serotonin helps regulate both mood and energy, so when levels drop, people may feel more sluggish or flat," explains De Lange. "At the same time, darker evenings trigger the production of melatonin, the hormone that signals to our bodies that it's time to rest."

This earlier release of melatonin can cause people to feel drowsy or lethargic much earlier in the day than they might like."

Lower levels of vitamin D can also impact our energy levels.

"Sunlight is our primary natural source of vitamin D, and lower levels are strongly associated with fatigue and low mood," says De Lange. "With less exposure to the sun in autumn and winter, people may find their energy levels decrease."

"For some individuals, these seasonal changes may even trigger a more significant mood shift known as seasonal affective disorder (SAD), a recognised type of depression linked to reduced daylight exposure. Even without SAD, however, it's very normal to feel the seasonal slowdown."

Can the transition from summer to autumn trigger emotional fatigue or "seasonal burnout"?

"The transition from summer to autumn can trigger emotional fatigue or what some describe as 'seasonal burnout'," explains Dr Ravi Gill, practitioner psychologist. "Psychologically, this shift often brings a mix of biological and lifestyle stressors."

"The reduction in daylight alters circadian rhythms, affecting mood-regulating neurotransmitters like serotonin and dopamine, which can lower motivation and emotional resilience."

Gill also highlights how autumn often coincides with increased demands such as intensified work after the summer break and a new school term.

"This combination of physiological changes and heightened responsibilities can also contribute to a sense of depletion," notes Gill. "For some, it feels like a subtle wearing down of energy and mood, leading to irritability, loss of focus, or emotional flatness."

"Essentially, the body and mind are adjusting not only to environmental changes but also to renewed psychological pressures, making people more vulnerable to seasonal fatigue."

The amalgamation of these factors can seem overwhelming, but don't worry, we are here to help. Here are 10 daily habits that can help you maintain steady energy levels through the autumn months...

Maximise daylight exposure

"Spend time outside in the morning or midday sun to regulate circadian rhythms, boost serotonin, and counteract fatigue," recommends Gill.

Stay physically active

"Moderate daily exercise - like brisk walking, yoga, or cycling - improves blood flow, lifts mood, and reduces sluggishness," says Gill.

Prioritise nutrient-rich meals

"Eating seasonal fruits, vegetables, and whole grains supports steady blood sugar, preventing dips in energy," says Gill.

Hydrate regularly

"Cooler weather reduces thirst cues, but dehydration still leads to fatigue and poor concentration. Water or herbal teas help," says Gill.

Try mindfulness

"Mindfulness practices such as meditation or grounding techniques reduce stress and improve energy awareness," notes Gill.

Prioritise consistent sleep

"Go to bed and wake up at the same time each day," recommends De Lange. "Avoid screens just before bedtime, and create a calming routine to help your body wind down."

Be mindful of stimulants

"Limit high-sugar foods and caffeine, which may give short bursts of energy but often lead to sharp crashes later," advises De Lange.

Try to reframe your mindset

"You can try and reframe your mindset and instead of focusing on the loss of summer, try to embrace the unique positives of autumn such as cosy routines, seasonal foods, or time for reflection," suggests De Lange. "A positive outlook about the season ahead and forthcoming months can reduce feelings of lethargy."

Set small, achievable goals

"Fatigue can feel overwhelming, so breaking tasks down into manageable steps helps build momentum and a sense of accomplishment, which in turn boosts energy," recommends De Lange.

Be kind to yourself

"Instead of labelling tiredness as a weakness or fault, view it as a normal response to seasonal change," says De Lange. "This self-compassion reduces guilt and helps people focus on constructive solutions."

(Article source: Silver Surfers)

Embracing Autumn: A season of renewal

Autumn is a time of transformation, where nature paints a masterpiece of warm hues and crisp air invites us to slow down and savour life's rhythms.

Silver Surfers reports that for those of us over 50, this season offers the perfect opportunity to recharge, embrace change, and find joy in the little things.

Here's how to make the most of it:



Reconnect with nature

Take a walk through a local park or woodland and watch the trees shift into their vibrant autumn coats. The cooler temperatures make outdoor activities like hiking or cycling more enjoyable, while fresh air and sunshine can boost your mood and immune system.

Explore seasonal flavours

Autumn is a feast for the senses. Experiment with comforting recipes featuring pumpkins, squash, apples, and root vegetables. Warm soups, herbal teas, and baked treats can provide a delicious way to stay cosy and healthy.

Create a cosy haven

Bring autumn indoors by adding soft throws, scented candles, and warm lighting to your home. Creating a cosy space encourages rest and relaxation as the days grow shorter.

Refresh your wardrobe

Investing in layers and stylish, comfortable outerwear makes venturing out a treat. Think scarves, hats, and boots for a fresh seasonal look that keeps you warm.

Embrace seasonal wellness

This season is a great time to nurture your health. Try gentle exercises like yoga or tai chi, book a health check-up, or explore mindful practices like meditation.

Celebrate social connections

Autumn is perfect for inviting friends over for a harvest-inspired dinner, joining book clubs, or attending community events. Staying connected combats seasonal blues and sparks joy.

Start a Gratitude Practice

As nature reminds us of life's cycles, autumn is a wonderful time to reflect on achievements and express gratitude. Keeping a journal or simply noting daily blessings can enhance mental well-being.

Autumn is not just a transition into winter - it's a season full of opportunity. By embracing the slower pace, indulging your senses, and staying active and connected, you can turn these golden months into a time of renewal and inspiration.

(Article source: Silver Surfers)



Homegrown hikes: Amazing walks to take in Britain this autumn

The leaves are turning, temperatures are dipping and suddenly it feels like it's time for an extra layer. There may not be a better season to hike though.

From dramatic coastal paths and woodland trails to historic grounds and high peaks, Britain is awash with great walking opportunities. So lace up your hiking boots this autumn and head out on these rambles.

Four Waterfalls Walk, Powys, Wales

Length: 8.5km
Difficulty: Moderate

Wales' Brecon Beacons is renowned for incredible hikes, and for good reason. This circular trail, starting and finishing at Gwaun Hepste car park, takes in sweeping views and takes you to four waterfalls in Bannau Brycheiniog (Brecon Beacons) National Park - Sgwd Uchaf Clun-Gwyn, Sgwd y Pannwr, Sgwd Isaf Clun-Gwyn and Sgwd-yr-Eira - which is probably the highlight.



Translating to 'the waterfall of snow' in English, at around 10m high and 10m wide, with a route to walk directly behind the curtain of water, it's quite the spectacle. The walk comes highly recommended on hiking app, AllTrails.

Beeston Crag, Cheshire

Length: 6km
Difficulty: Easy-medium

Head to Cheshire for the circular walk around the prehistoric Beeston Crag, starting and finishing at Beeston Castle car park. The walk (for which you should allow three to three and a half hours) explores ancient landscapes, taking in the Peckforton Hills and Peckforton Mere. The spectacular views from Beeston Castle are a backdrop to the changing colours of autumn, while Grade I listed Peckforton Castle is recognised by English Heritage as 'one of the great buildings of its age', a Victorian replica of a medieval castle. For more info, go to: visitcheshire.com.

Alfoxton Park, Somerset

Length: 3.1km
Difficulty: Easy

Alfoxton Park House was the home of poet William Wordsworth and his sister, Dorothy, for a year in the 1790s, and the area is said to have greatly inspired some of his work. The Alfoxton Park Short Walk Made Easy, in the OS's Short Walks Made Easy series (Quantocks, Mendips and Somerset Levels), starts from the house's car park, through old woodland, onto the Quantock Common, with some far-reaching views across the Bristol Channel, and takes in the area beautifully.

The veteran and ancient tress of Alfoxton Park has attracted all manner of bugs, birds and other wildlife and the impressive roots provide protection for badger sets. The walk includes one moderately steep ascent and descent, with a mixture of surfaced track, woodland and uneven stony paths, and, in total, takes about an hour and 15 minutes. An OS Map of the walk can be downloaded via the app for free at explore.osmaps.com.

Ben A'an, Stirling, Scotland

Length: 3.7km
Difficulty: Moderate-advanced

One of Scotland's smaller - but iconic - hills, the Ben A'an hike is great for anyone who loves the thrill of reaching a peak - without having to spend all day walking. Ben A'an stands high above Loch Katrine and Loch Achray, with panoramic views of both bodies of water in the heart of the Trossachs National Park. More suited to hikers with good fitness levels, and popular on the AllTrails app, the ascent is steep in places, including a rocky section when you get close to the peak, so suitable footwear is a must. The trail is especially beautiful in autumn with the colours of the foliage and loch reflections.

The Glamorgan coastline, Wales

Length: 6.4 km
Difficulty: Easy-moderate

The Vale Trail 2 encompasses sights including Nash Point Lighthouse (built in 1832 as a response to the wreck of the 'Frolic'), enchanting wooded nature reserves and the dramatic South Wales coastline.

The route also takes you to Monknash Beach, one of the most secluded in the area, where you'll find waterfalls, rock pools too and graves for the maritime disaster of 1831 when the Frolic sank in the Bristol Channel.

If you're brave enough for an autumn swim, the waters are clear (if cold!). The route ends at the popular Plough & Harrow pub (which has an interesting but grizzly history - the backroom is said to have been a store for bodies from a shipwreck in 1383). If you want a longer walk, extend it to include 'Route A' to tag on St Donat's Castle too. If you're staying in the area into the night, the minimal light pollution here makes it a great base for stargazing during the longer nights in autumn - particularly the dark skies over Nash Point Lighthouse.

Leeds Castle, Kent

Length: 8km
Difficulty: Easy

Set in a 500-acre estate, autumn is a great time to visit Leeds Castle - for a day trip or to stay in the holiday cottages on site, surrounded by woodland. For rich history and natural beauty, try the Leeds Castle and Kingswood Circular Walk, which takes around two hours to complete and is popular with birdwatchers, walkers and runners (dogs are welcome but must be kept on a lead). To make a trip out of it, Leeds Castle's dog-friendly cottages start from £640 for two nights, plus a £25 fee per dog (one allowed per cottage). Visit: leeds-castle.com.

The Nidderdale Way, Yorkshire

Length: 85km
Difficulty: Moderate

A favourite among trail walkers is this long circular footpath within the Nidderdale Area of Outstanding Natural Beauty in the Yorkshire Dales. It dates back to the 1980s and traditionally starts at the quaint town of Pateley Bridge - home to England's oldest sweet shop, so you can stock up before you set off. It passes through small historic villages, the River Nidd, Gouthwaite Reservoir, Ripley Castle, the natural gritstone sculptures at Brimham Rocks, the limestone ravine How Stean Gorge and the Guisecliff buttresses.

As it certainly can't be tackled in one go, Ramble Worldwide (01707 331133, rambleworldwide.co.uk) offer a six night The Nidderdale Way trip starting from £849 pp, including half board en suite accommodation, all transport and an experienced leader (departing October 5).

(Article source: Silver Surfers)



Seriously searing good: The 10 best steaks in the world!

From tender tomahawks to sizzling striploins, cities all over the world know how to serve their steak - here are our favourite spots.

What would be your death row meal? Some might choose sushi, many would choose pizza, but there's a whopping proportion of us who would opt for a steak without a moment's thought.

Picture it: a generous hunk of freshly sizzled, melting beef, doused in smokey flavour and oozing all those salty, meaty juices, with some chips on the side. Drooling? Us too.

The good news? Outstanding steaks are being cooked all over the world, from Michelin-starred chefs searing it up in Paris to an Australian restaurant producing plates of meat in just 15 minutes - 15 minutes!

So, for all the steak fanatics out there, we've called on our network of editors and international writers about their favourite spots for a steak in their city. Vegetarians and vegans of the world, we recommend you look away now.

1. El Toro, Agadir (pictured above)

How it's cooked:

Fillet cooked medium rare, chunky cut with a strong char-grilled effect.

We don't have world-famous steakhouses in Agadir, most locals pick cuts from a butcher and take them to a grill spot for cooking.

However, if you prefer to pair steak with a glass of red, you'll need to choose a licensed restaurant: cue El Toro, a lively, slightly touristy, Spanish restaurant that serves surprisingly amazing steaks.

I've tried the entrecote, fillet and t-bone, the latter cooked at the table. Fillet is my favourite: tender, flavoursome and perfectly cooked.

2. Klaw, Miami

How it's cooked:

16 oz. Florida cracker striploin, cooked medium-rare.

This highly-ranked newcomer to the Miami steakhouse scene has partnered with local ranchers to serve Florida Cracker Cattle, one of the oldest and rarest breeds in the US (it's claimed that one of Klaw's partners can trace the DNA of their cattle back to the original herd brought to Florida in 1521).

Our cut was juicy and tender, and though it came with a side of two delicious sauces, we found its wood-fired flavour shines best on its own.

Plus, Florida Cracker meat is high in Omega-3 fatty acids since the cattle graze on grass instead of corn.



3. Adegas Solar Minhoto, Lisbon

How it's cooked:

The bitoque cooked medium rare, with plenty of sauce and a generous hit of garlic.

If there's one dish that every Portuguese person can instantly recognise and every restaurant quietly serves - even when it's not on the menu - it's the bitoque.



Imagine a perfectly cooked steak, just the right thickness, swimming in a garlicky sauce and served with golden fries, rice, and a fried egg on top.

When it comes to the bitoque league table, Adegas Solar Minhoto's version is a clear frontrunner, thanks to its sauce.

This Minho-style eatery also dishes out generous portions of comfort food, from hearty rojões and cabidela to Bacalhau à Minhota and lamprey, available by request during its season.

All of this is announced on a chalkboard at the entrance, scrawled by hand, just to keep things charmingly old-school.

4. La Cabrera, Buenos Aires

How it's cooked:

Medium-rare.



I like La Cabrera's rib-eye steak, a dry-aged, wide rib-eye steak with the top and bone included.

To get a bit technical, the ideal cooking time is what keeps the cut juicy.

The outside is seared while 50 percent of the interior meat is left raw.

The core temperature at the centre of the steak should be between 55-60C. It's juicy on the inside, golden brown on the outside, and the bone is left in, giving it a rich flavour.

The meat comes from Angus, Hereford, and Wagyu breeds, and if you're in Buenos Aires, this place is a must-try.

5. Clover Grill, Paris

How it's cooked:

Here, all the meats are grilled over embers for an extra smoky flavour that fills the room and the plate (keep in mind: asking for meat cooked beyond rare is considered a sin).

Michelin-starred chef Jean-François Piège opened Clover Grill for all the meat heads back in 2016, and it has remained the go-to steakhouse in Paris ever since.

Continued on pages 14-15...



The décor is classy (marble counter, leather banquette), and the meat exceptional, particularly the Black Baltic rib-eye.

It arrives perfectly rare and tender (with sublime fat), accompanied by goose-fat roasted potatoes and homemade Béarnaise sauce - but really, the meat is so good you can have it on its own, with just a little flaky salt.



6. IRON, Cape Town (pictured top left)

How it's cooked:
Tomahawk, medium-rare.

At IRON Steak and Bar - slap-bang in the heart of Cape Town's restaurant boulevard, Bree Street - steaks are flamed on the Spanish Vulcano Grez grill, and the menu runs from prime cuts to the superb Wagyu flat-iron.

But nothing beats a Tomahawk (that's a bone-in rib-eye) for an indulgent supper, with a bowl of chimichurri to cut through the fattiness.

On the side, expect a contemporary take on classic steakhouse fare: dressed leaf salad (to pretend this is a healthy night out) or the delicious truffled leek mac-and-cheese.

Don't miss the chips cooked in Wagyu drippings.

And that contemporary approach is mirrored in the décor, with cosy banquettes and streetside views, and a solid wine list of top Cape estates.

7. Alfie's, Sydney

How it's cooked:
Sirloin, cooked medium-rare.

Alfie's promise is steak on your table within 15 minutes of ordering.

And because this is the Bistecca and Gidley team we're talking about, it ain't just any old steak, but a 220g Riverine sirloin, dry-aged at the on-site butchery tucked at the back right of the room.

It arrives blackened on the outside (thanks to the sizzle from Alfie's custom-made grill), blushing pink, and with a glorious amount of fat, char and seasoning.

Paired with a green sauce, heady with confit garlic, Dijon mustard and horseradish, and it's a cut above most steaks in town.

Oh, and it really does hit your table in 15 minutes.

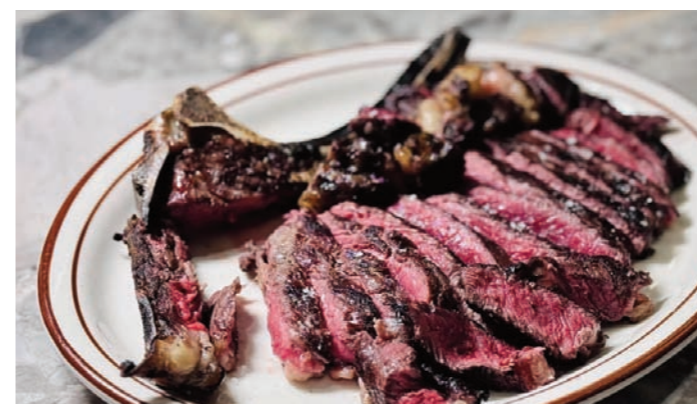


8. Fireside, Hong Kong

How it's cooked:
Dry-aged Rubia Gallega, ribeye bone, medium rare.

As one of the few restaurants in Hong Kong specialising in open-flame cooking, Fireside knows its stuff when it comes to showcasing each ingredient's complexity.

The restaurant also has an open meat cellar, which stores and dry-ages all their premium cuts of beef from all over the world.



The standout option among them is the Spanish Rubia Gallega, a renowned variety of beef appreciated by even the stuffiest of steak snobs. These cattle are raised for over 10 years before they're butchered, nurturing an incredibly rich meaty flavour.

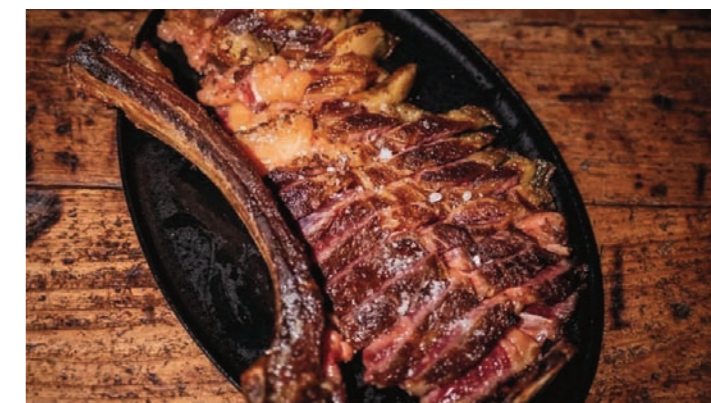
My favourite is the 13-year-old Rubia Gallega dry-aged for 45 days, expertly grilled over quality wood until medium rare. Its caramelised exterior makes for a steak experience that'll leave you craving more.

9. Lana, Madrid

How it's cooked:
The Chuleta Selección Lana, rare and served with fries cooked in beef fat.

When we Madrileños think about grilling meat, our mind turns to one of two places: the Basque Country or Argentina.

That's why Argentine restaurant Lana - a refuge decorated in warm wood and cosy lighting from brothers Martin and Joaquín Narvaiz, who hail from Tandil in central Argentina - that caught our attention. From their hot coals, you can order a 4cm thick ribeye or a Spanish top loin steak that's been dry-aged for 120 days.



Their wine cellar is home to the strongest collection of Argentine wines in Madrid, the Beef is sourced from La Pampa in Argentina, Germany, and Portugal, and Lana serves varieties including Aberdeen Angus, Rubia Gallega, or Wagyu.

10. Le Relais de Venise l'Entrecôte, London

How it's cooked:
Rare. You can handle it (and blue is an option if you're hardcore).

There are plenty of super posh steakhouses in London - surely this city rivals only New York when it comes to velvet-lined spots to chuck away a couple of hundred quid on a bottle of punchy red wine and an unfathomably large wedge of cow.

That's why we've chosen the rather more accessible Le Relais de Venise l'Entrecôte in Marylebone; a culty no-booking, no-choice bistro where there's only one thing on the menu; impossibly addictive and tender entrecôte steak in a 'secret sauce' served with frites.



You'll have to hang about for an hour or so for your table, but good things come to those who wait.

Article source: Time Out)



Rakes at the ready! Get ahead with Autumn gardening jobs

Raking leaves, pruning and giving tender plants protection will help keep on top of things.

There's a nip in the air and the days are getting shorter, but October is one of those months when the ground is still warm enough to be planting, even though tidying up may take a lot of your time.

You can still be reaping the rewards of your labour in the veg patch, harvesting leeks, main crop potatoes and carrots, and making sure you've ordered cheaper bare-rooted shrubs including roses for planting during their dormant periods.

Here's a list of tasks to keep you busy in October...

Refresh containers

Ditch your summer bedding, which is likely to have gone over by now, replacing it with winter and spring displays of violas, heathers, winter-flowering cyclamen and miniature conifers. The sooner you do this, the sooner the plants will have time to get established.

Mix in a few shrubs such as small-leaved hebes and Skimmia japonica and don't forget to add some spring-flowering bulbs underneath, such as narcissi and grape hyacinth. If your pots are small, go for the dwarf varieties of daffodils to bring balance to the container.

If you're not going to bother with winter containers, give them a good wash and store them in a cool, dry, frost-free place until you need them.

Tidy up beds and borders

You might not feel like weeding when it's cooler, but it will save you a lot of time next year and shouldn't take too long with a good hoe.

Cut back dead flower stems, but leave some seedheads as the birds will enjoy them and perhaps leave your borders less manicured than in previous years to allow wildlife to shelter.

If you have some spare ground, consider planting bare root woody plants including roses, which are cheaper than container-grown shrubs and will have time to settle in during their winter dormant period.

If you have old overgrown clumps of perennials such as hostas, helenium and Michaelmas daisies, now is a good time to divide them, by lifting the whole clump and splitting it with a spade or even a sharp knife, then replanting the divisions, adding plenty of organic matter to the soil, to give them more room to grow.

Prune stalwart shrubs

Tough shrubs such as buddleia and lavatera can be pruned to stop them being damaged by wind-rock. You can cut them back by about half their height to make them look neater. Climbing roses can also be pruned now before being tied in so the autumn winds don't break the stems.

Rake leaves

If you or your neighbours have trees, there are likely to be fallen leaves all around, on your lawn and in your borders.

Diseased leaves can be problematic to the plant life they land on. If they cover your grass, they stop light getting to the lawn and can create bare patches and disease. Fallen leaves can also encourage slugs and snails, which shelter under them.

Don't worry too much about your borders as earthworms will drag them underground, where they will decompose and enrich your soil.

You don't have to throw the raked leaves away, though. If you have a compost heap, add them to that, otherwise pack them into big bin liners, making holes for ventilation, and move them to a hidden spot in the garden for about 12 months, by which time they will have become a crumbly black organic matter, ideal for using as a top dressing for plants.

Alternatively, construct a leafmould bin out of chicken wire secured with four strong posts.

Move tender plants

Be ready to move half-hardy and tender plants such as pelargoniums, some salvias and fuchsias in October. They need to be cut back to around half their height and moved indoors, either into a frost-free greenhouse or a shed.

If they are in a border, dig them up, pot them up and put them inside.

Plants which are difficult to move, such as bananas or tree ferns, may benefit from being wrapped in horticultural fleece to protect them from the worst of the elements.

The RHS advises gardeners to save the previous seasons' growth on more tender plants until spring, for example penstemon, to help provide frost protection in winter.

Some dahlias need lifting, after being blackened by the first frost of winter, and storing in a dry place in wooden trays until they've dried out, and then in peat-free compost, but many people take their chances and leave the dahlias in the ground, covering them with a thick mulch in the hope they'll come back - and many do.

Continue to harvest crops

You'll be able to enjoy leeks, carrots, main crop potatoes, autumn cauliflowers and many other veg in October, but keep an eye on the weather as some will spoil if you have a very wet autumn or an early cold snap.

Your French and runner beans will just about be done, but if you cut them all back, leave the roots where they are as they will give the earth some nitrogen-fixing fertiliser, which will help boost your soil.

Leave potatoes out in the sun to dry out for a few hours, then ideally store them in hessian or thick paper sacks in storage in the dark to stop them sprouting.

Leave carrots and parsnips in the ground until you need them, but if it's very wet they may start to rot - in that case, dig them up and store them.



If you've sown summer crops late, such as lettuce and pak choi, cover them with horticultural fleece to keep them growing a bit longer.

Clear spent plants including tomatoes, aubergines and courgettes and put them on the compost heap. Once the veg patch is clear, dig it over, adding some compost or well-rotted manure.

Towards the end of the month start planting garlic and autumn onion sets. It's also a good time to create new strawberry beds, pick your apples and pears for storing and prune blackberries.

(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:

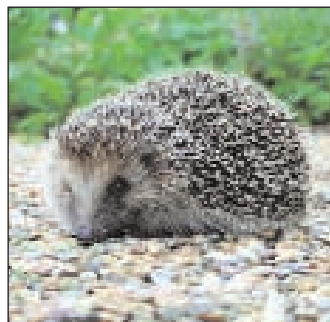
"We Brits seem to love hedgehogs for a whole range of reasons, including their cute appearance, their role as slug controllers and the way they have colonised our gardens with such aplomb. This is why it is so sad to see them decline, with one in three lost since the millennium."

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:

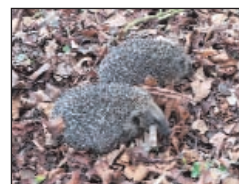
'Julie'



'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: **Raisemore, Unit 2, Home Farm, Bishopswood, Ross-on-Wye, Herefordshire HR9 5QZ**

