

inside

Chigwell and Buckhurst Hill

July & August 2026



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inside this issue: | WIN £25 (to enter p29)

Local Community Events | Baking: Pecan and maple syrup flapjacks | Travel Feature: Should you choose a cruise?

FREE local community magazine and business directory

Announcing Aurelia: Oceania Aurelia™ has been transformed!

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We're celebrating 20 years of excellence – and you could win £20,000 in our Anniversary competition! To enter, simply spend £500 or more with us between now and the end of August 2026.

For over 20 years, Cloudy2Clear, a trusted family-run business, has been the UK's leading domestic glass replacement specialists, serving as your One-Stop Shop for all your glazing requirements – and now we're marking this milestone with an exciting competition where one lucky customer will win £20,000! We take pride in generating our own leads, crafting tailored quotes, and manufacturing our own glass using only the highest-quality materials to ensure exceptional results. Unlike competitors, we never use subcontractors – our team consists entirely of skilled, in-house professionals, guaranteeing consistent quality and reliability. Every glass unit we fit comes with a 25-year guarantee, complemented by comprehensive after-sales care, providing you with lasting peace of mind.

Why opt for costly full window frame replacements that lead to unnecessary redecoration expenses? By replacing

only the failed glass unit, we save you money and minimise disruption – perfect for qualifying for our £20,000 prize draw while upgrading your home. Join over 344,000 satisfied customers who trust our ethical, affordable service. Failed double glazing can compromise your home's protection and energy efficiency, so check your windows today to avoid future costs.

Since 2005, Cloudy2Clear has been committed to saving customers money while supporting local communities. Manager Chris Miller explains, "Our focus is on replacing just the glass, not the entire window, which reduces costs and upheaval. As a One-Stop Shop, we manage everything—from lead generation to crafting premium glass with a 25-year guarantee and dedicated after-sales support—making us the smart, cost-effective choice in any economy."

For a free quote (and your chance to enter the competition), call 0800 61 21 118 or visit www.cloudy2clear.co.uk today!

(Prize draw 28/8/2026 - T's & C's apply. Visit www.cloudy2clear.co.uk for more information)

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inside Chigwell and Buckhurst Hill



Welcome to the July/August edition of Inside Magazine, the local magazine for Chigwell and Buckhurst Hill.

July and August are the most popular months of the year to take a trip away from home. Holidays create quite a dent in the annual

budget though and looking at the awful delays some are facing leaving the country at the moment, you might question whether it's worth it.

I know that sometimes I've reasoned with myself that I could buy something tangible which I'll get longer use out of rather than something which will be all over within a week or two.

I soon realise though, that whether I take a break for a couple of days or a couple of weeks, the memories will last long beyond the event itself. Nobody ever takes a photo of their new sofa to look back on wistfully, nor will any of us reach old age and think back to the time we 'treated' ourselves to a new set of saucepans.

Even if funds are stretched this year, a sunny day or two away from the constant nag of home running and maintenance and spending some time 'in the moment' rather than distracted by TV and the internet, can be just the pick-me-up you need. Smartphones enable us to take an unlimited number of photos and watching your short video clips will transport you back to the time again and again.

Finally, remember that days out and short UK breaks support local economies and small business owners, and you can't help but feel good about that too!

Tania Houston

NB. Copy deadline date for our next issue (September/October) is August 14th.

Printed on FSC accredited paper. For every tree felled significantly more are planted. Vegetable based inks are used throughout, which are far more environmentally friendly than oil based inks. Waste paper from the printing and binding process is recycled and goes back into providing pulp for recycled paper products.



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Inside Magazine (Chingford and Highams Park) is published bi-monthly by E4 Publishing.

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PECAN AND MAPLE SYRUP FLAPJACKS

For more sweet and savoury recipe inspiration using maple syrup from Canada, visit www.maplefromcanada.co.uk

These quick and easy sweet treats are delicious for breakfast or brunch – and perfect for a picnic!

Makes **16 portions**

Preparation time **20 minutes**

Cooking time **30 minutes**

Ingredients

- 300g butter, plus extra to grease
- 150ml pure maple syrup (preferably dark for its robust taste)
- 1/4 tsp ground cinnamon
- A pinch of salt
- 75g shelled pecans, toasted in a dry pan and chopped
- 500g rolled oats

For the drizzle topping

- 25g white chocolate, chopped
- 2 tbsp pure Canadian maple syrup (preferably amber for its rich taste)
- 1 tbsp shelled pecans, toasted in a dry pan and chopped

Method

1. Preheat the oven to 150°C, fan 130°C, gas mark 1. Grease and line a 20 x 30 cm baking tray.
2. Put the butter, maple syrup and cinnamon in a pan with a pinch of salt and stir until melted. Add the nuts and oats and stir well with a wooden spoon to coat.
3. Spoon the mixture into the prepared baking tray, level the top, pressing down slightly, then bake in the preheated oven for 25–30 minutes.
4. Remove from the oven and score 16 squares, then leave to cool completely in the tray on a wire rack.
5. For the topping, put the chocolate and maple syrup in a heatproof bowl set over a pan of barely simmering water (don't let the bowl touch the water), heat until just melted, then stir and drizzle over the flapjacks.
6. Sprinkle with chopped pecans, then cut into squares to serve.

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Perfectly prepared for a picnic

By Katherine Sorrell

Turn sunny days into something special with stylish and practical open-air dining essentials.



Light, hard-wearing and reusable, metal plates are a great choice when you're packing for a picnic, and these ones add an enjoyably bright, fun style to your meal. Picnic serveware, from £6 each, Talking Tables. www.talkingtables.co.uk ↑



Cushions, a woven basket and pretty glassware – luxurious ingredients for a picnic in your garden (or anywhere that doesn't involve travelling too far). All items shown are from Cox & Cox. www.coxandcox.co.uk ↑



Built-in carry handles mean you can roll this lightweight picnic blanket up easily for a day at the beach or in the park. Coastal picnic blanket, £14, M&S. www.marksandspencer.com ↑

An easy-clean foil lining gives this striking tote bag thermal properties, making it cool in every sense. Orla Kiely tote coolbag, £40, Regatta. www.regatta.com →



This ultra-compact portable charcoal barbecue features an integrated storage tray and a bamboo lid that doubles as a preparation and serving board. Everdure Cube portable BBQ in orange, £149, Direct Stoves. www.directstoves.com ←



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How to Play

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That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

*It's fun.
It's challenging.
It's addictive!*

Solution on page 26

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

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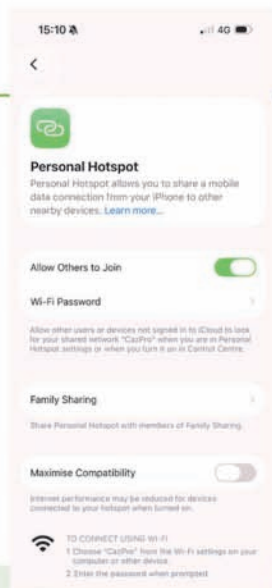
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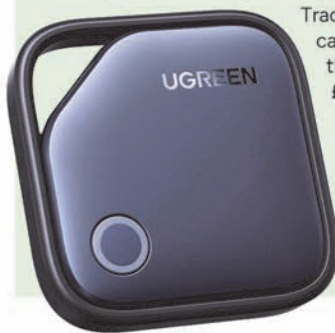
Banish horrible hotel Wi-Fi and consider some smart solutions instead.

While many holiday resorts and hotels offer Wi-Fi, connections can be slow and they may block access to other services, like streaming video. A better option might be to use your smartphone as a Wi-Fi hotspot for your other devices, provided you have a generous mobile data allowance. If mobile data roaming isn't already included in your phone contract, you can usually buy a data pass; for example, an eight-day European roaming pass from Vodafone is £15 and uses your normal data allowance, although MMS picture messages are still charged individually.



NO MORE LOST LUGGAGE

Keep tabs on your possessions with a handy little gadget.



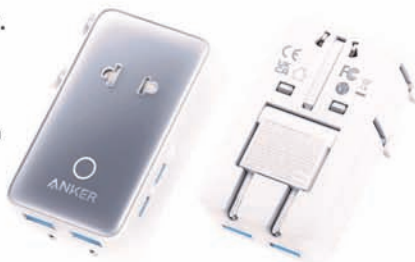
Tracking devices are not just for the police: little Bluetooth trackers can help you locate misplaced items or lost luggage, and fortunately they're not too pricey. Apple's latest AirTag trackers cost around £20 each, and third-party options such as Ugreen's FineTrack are around £15 (and often half that during sales promotions).

The trackers enable you to see their current or last-known location on a map on your phone, can play sounds to help you or others find them, and they're a great way to reunite kids with their favourite stuffed toy or work out where the airline might have sent your suitcase.

CUT CABLE CLUTTER

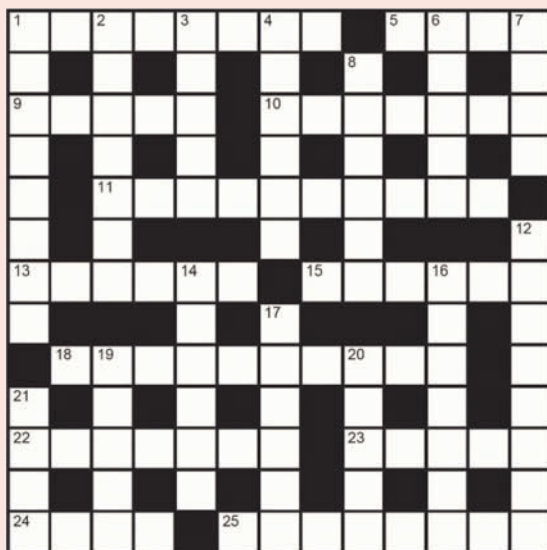
Make charging your devices easier – and tidier – when you're on the move.

If you're taking gadgets on your holidays, there's a simpler option than packing a bunch of chargers: get an all-in-one and take that instead. A charger such as the new Anker Nano Travel Adapter can charge five devices at once from a single socket, and it comes complete with adaptors for the four main plug designs used around the world. It'll recharge an iPhone 16 to 50% in about half an hour and, while it's not really powerful enough for a laptop, it's got more than enough power to refuel phones, earbuds, e-book readers and smartwatches.



CROSSWORD

Solution on page 26



Across

1. Tree of the maple family (8)
5. Rounded thickly-curved hairdo (4)
9. Tapestry used as a wall hanging (5)
10. Square hole made to receive a tenon (7)
11. Branched ornamental lamp-holder (10)
13. Preserve a dead body (6)
15. Living agent that carries and transmits a disease (6)
18. Italian blue cheese (10)
22. Sound made by blowing through pursed lips (7)
23. Indian form of address for a man (5)
24. Rear-facing point on an arrow (4)
25. Legal action where the outcome is likely to set a precedent (4,4)

Down

1. Scenery and other properties of a dramatic production (5,3)
2. Woody core of a maize ear (7)
3. Craftsman who works with stone (5)
4. German field marshal nicknamed the Desert Fox (6)
6. Mendicant monk (5)
7. Call used three times by a Town Crier (4)
8. Lubricating substance (6)
12. Vessel made of a material suitable for high temperature chemical reactions (8)
14. Official emissary of the Pope (6)
16. Tube that conveys air in and out of the lungs (7)
17. Exist as an essential, permanent, or characteristic attribute or quality of a thing (6)
19. Flexible twig of a willow tree (5)
20. Beginning of an offensive (5)
21. Piece of cotton used to apply medication (4)

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Lost and found

Searching down the back of the sofa isn't the only way to find mislaid or forgotten financial assets.

In most cases, it doesn't cost you anything to check whether you have pensions, savings, shares or other money that's rightfully yours.

Pension finds

If you've worked a lot of jobs, particularly before transferring pensions became easier, you may have pension pots you've lost track of. The Government is testing a central Pensions Dashboard which will eventually let you see all your workplace pensions in one place.

Until that launches, it's best to compile a list of past employers, then use the free Pension Tracing Service (0800 731 0193) to obtain the current details of who administers the relevant pension. If you do find anything, consider seeking professional advice to decide what to do next, as fees and tax treatment will have a significant impact on your best options.

Surprise savings

If you've moved house a lot or had many bank accounts, try searching through the free My Lost Account service (www.mylostaccount.org.uk), operated by the financial industry. It can take up to three months to receive results, and it only covers accounts formally marked as lost. This usually happens only if letters sent to you have been returned as undeliverable or if there's been a long period of inactivity on the account.

Another option is Gretel (www.gretel.co.uk), which is independent and free. It uses your credit records (via a soft search that doesn't affect credit scores) to find matching bank accounts, pensions and life insurance policies, and it will rescan every two weeks indefinitely. The hitch is that it only covers financial companies that have agreed to partner with Gretel.

Eye on the prize

If you've got Premium Bonds, it's worth checking if you've ever won a prize and not received the winner notification (for example, if you've moved). There's a free prize-checking tool on the official app and website (www.nsandi.com), and there's no time limit on claiming prizes.

Share information

To find company shares, including lost certificates, you'll usually need to know what companies you think you hold shares in and then track down which of three registrars (Computershare, Equiniti, MUFG Corporate Markets) handles that company. You do not need to use commercial tracing services.

Family fortunes

If you've lost touch with family members, you might have a claim to money on a "bona vacantia" estate. This is where no named heirs could be traced and instead the money is held so it can be paid to a qualifying family member, even if they aren't named in the will.

You'll need to be a close blood relative such as a direct descendant or ancestor, a niece or nephew or a first cousin. You can check the unclaimed estates list on the government website (www.gov.uk) and the time limit for claiming is either 12 or 30 years, depending on what documentation you have.



Sleeping beauty

By Kate Duggan

At night, while you're at rest, your skin is busy regenerating cells and putting nutrients to work. Here's how to make the most of that time.

Cleanse before bed

First off, for any products to work properly while you sleep, your skin needs to be completely clean. Look for a gentle cleanser that will rid your skin of makeup and SPF, without stripping away moisture. A cleansing balm is a great option. If you wear a lot of makeup, you may want to use a damp microfibre cloth to remove most of it before using your cleanser.

Put on a mask

An overnight face mask will help hydrate your skin, leaving it softer and plumper the next day. A personal favourite is Bubble Overnight Hydrating Skin Mask (£19). While Bubble is mainly marketed towards teens and young adults, this mask also works wonders on dehydrated menopausal skin.

Apply an oil

You'll only want to use the mask a few times each week. On the other days, use a plant-based face oil. Before bed is the perfect time to apply an oil, as they don't tend to sit well under makeup. One containing squalane is a good choice if your skin feels dry and dehydrated. Moringa oil is great for protecting the skin barrier, and sweet almond oil can help calm and nourish skin. The Clean Beauty Club's Glow Serum (£34) contains several oils designed to work in harmony to soften lines, tackle dryness and support the skin barrier.

Treat your hair

Your hair can benefit from a bit of nighttime TLC, too. I'm a big fan of Delhicious' Rich Roots Hair & Scalp Oil (£19.95), which boosts hair growth and nourishes your scalp. However, to avoid leaving the house looking like I have greasy hair, I apply it before bed and wash it out the next morning. As a bonus, it smells of rosemary, which is lovely to fall asleep to.

Remember lips and hands

Night is also the perfect time to apply a lip mask and rich hand cream, as you're less likely to accidentally wipe them off before they've been absorbed. Laneige created its Lip Sleeping Mask (£21) precisely for this reason. A swipe of coconut oil will also do the trick.

After applying your lotions and potions, you'll want to lay your head on a smooth pillowcase to avoid tangling your hair and pulling at your skin when you move during the night. A silk pillowcase is ideal. You can also buy vegan "silk" pillowcases made from eucalyptus or bamboo, which can be machine washed.

And... sleep.

Strike oil

By Susannah Hickling

The health takeaways of six different cooking and salad oils

Vegetable

Generally considered to be healthier to cook with than butter, which is high in potentially artery-clogging saturated fat. Vegetable oil can be a blend of oils from different plants or extracted from a single fruit, seed, grain, or nut. In the UK, it's often rapeseed oil. It has a high smoke point, making it suitable for high-temperature cooking. The smoke point is the point at which the fatty acids break down, releasing free radicals linked to cell damage. However, vegetable oil may be ultra-refined and processed, making it short on nutrients and flavour.

Rapeseed

Containing high levels of heart-healthy unsaturated fats and being lower in saturated fats than any other oil, rapeseed (or canola) oil is one of the healthiest to cook with. It may help lower the risk of diabetes, heart disease, and inflammation, and is a good source of vitamin E, which is vital for skin and eye health. Use it for roasting and frying or for salad dressings. As with other oils, cold-pressed tends to be best for health.

Sunflower

Look for a sunflower oil that is high in monounsaturates. This means it'll have more oleic acid, which is believed to be particularly beneficial in lowering cholesterol and the risk of heart disease. It's also packed with vitamin E and is a versatile oil in the kitchen.

Avocado

Another oil high in oleic acid – or omega-9 – and vitamin E. When cold-pressed, the oil retains more of the pear's heart-healthy chemicals, making it similar to that well-known dietary hero, olive oil. Avocado oil is good for both dressing salads and cooking at high temperatures.



Coconut

Great taste – but controversial! Coconut oil is very high in saturated fats, so it can contribute to high cholesterol. One German study found it was less detrimental to total cholesterol and low-density lipoprotein (LDL), the "bad" cholesterol, than butter, but not compared to sunflower and rapeseed oil. Some research has suggested that coconut oil could be used to treat Alzheimer's, but scientific evidence is sparse so far. So the jury's still out on its health benefits.

Olive

Lauded as a superfood, olive oil is a staple component of the healthy Mediterranean diet. It is rich in plant compounds known as polyphenols, which may protect against cancer and heart disease. Its high levels of monounsaturated fats can help lower bad LDL cholesterol. One American study of around 100,000 people found that higher olive oil intake was associated with a 15% lower risk of cardiovascular disease. Research has also credited it for cutting the risk of type 2 diabetes and Alzheimer's. Go for extra-virgin, processed without high heat or chemical solvents. But this gives it a low smoke point, making it more suitable for salad dressings, dips and drizzling than cooking.

Do the groundwork

By Caroline Knight



Organisations and individuals who open their gardens to the public put a huge amount of effort into making sure everything looks good. Plants in these situations are curated for exhibition. Many famous herbaceous and mixed borders have earth and compost that is banked up towards the back, for example. This enables the plants to be displayed to the best effect. And as much as you might imagine you're looking at a "natural" scene, there's generally a lot of careful placing, repositioning and replanting during the season so that people can enjoy a feast of colourful sights.

How to prepare

You too might want to do some homework if you hope to achieve a beautiful garden:

- Always read the label of any unfamiliar plant. It gives valuable information, including the required light level and moisture content in the ground. There is no point in planting a *Cistus*, or rock rose in a north-facing, damp spot. It won't give you any flowers and then it will die. Many of our sun-loving garden plants originate from dry, rocky parts of the Mediterranean. These include Lavender, which hates its feet to be wet, and *Salvias*, which won't last long unless they are given well-drained soils in sun.
- Everyone has shady spots in the garden, so choose plants that thrive there. Most ferns are lush, shade-lovers and there are some beautiful

Euphorbias which provide a rich contrast of colour. Many hardy geraniums are happy in shade, along with *Primula*, *Viola* and *Brunnera*.

- If you have clay soil which is often waterlogged (and then rock-solid during summer), don't despair. There really are plants that suit every place. Consider *Astrantia*s, for example. They are a tough herbaceous perennial that can cope with different conditions.
- Unless the plant you are buying is extremely vigorous or designed to be a substantial specimen, never buy just one. You need a swathe so that you will notice them. You can speed up nature by planting in clusters.
- Be wary of thugs! *Houttuynia cordata*, sometimes known as fish mint, spreads like mad, especially near a pond or waterway. Bamboo is a beautiful plant, but even the "well-behaved" clumping varieties should be planted using a root barrier. The Spanish bluebell looks quite innocent but it is vigorous, and competes and hybridises with our native bluebell. The common snowberry shrub, *Symphoricarpos albus*, spreads by suckering roots, forming thickets very quickly.
- Think about plant shapes and texture as well as flower and foliage colour. Plants should look good together, or their individual charm will be lost. Colour looks better when repeated; avoid having every colour under the sun.

She's Got the X-Factor

Best known as unflappable FBI agent Dana Scully in "The X-Files", Gillian Anderson has spent her career quietly – and sometimes boldly – defying expectations.



Born in Chicago but raised between the UK and the US, Gillian Anderson's transatlantic identity has shaped both her career and her outlook. After early stage work, it was her breakout role as FBI agent Dana Scully in "The X-Files" that catapulted her to global fame in the 1990s.

From the steely detective in "The Fall" to her portrayal of former prime minister Margaret Thatcher in "The Crown", Gillian, 57, has demonstrated a remarkable ability to inhabit different characters. In 2024, she starred as journalist Emily Maitlis in the Netflix drama series "Scoop", which told the story of the 2019 "Newsnight" interview with former Prince Andrew.

Off-screen initiatives

More recently, Gillian has delighted audiences with her candid, comedic turn as sex therapist Jean Milburn in "Sex Education". She followed this with a book exploring sexuality in 2025. "Want" is a bold exploration of female desire, drawing on anonymous contributions – including her own. Gillian has also long supported organisations focused on women's rights, LGBTQ+ equality and mental health.

This spring Gillian collaborated with Marks & Spencer when they appointed her Chief Compliments Officer. She's known for her pared-back, elegant style, but she hasn't always found it easy to achieve the right look. Gillian explained: "I spent a long time getting it wrong, feeling somehow I wasn't projecting who I am."

Independent spirit

Gillian's private life remains just that – private. According to reports, it was while on the set of "The Crown" in 2016, that she met its screenwriter Peter Morgan, who also wrote "The Queen", "Frost/Nixon" and "The Audience. They don't live together but the actor said in 2020: "It works so well as it is and it feels so special when we do come together."

Her two previous marriages both ended in divorce. The first was to Canadian-born TV art director Clyde Klotz, whom she met while filming "The X-Files". They married in 1994, welcomed daughter Piper the same year, and divorced in 1997. Seven years later, she tied the knot with documentary maker Julian Ozanne. The couple separated in 2006. Gillian was then with businessman Mark Griffiths for six years. They have two children – Oscar and Felix.

No limits

Firmly based in London, Gillian continues to balance stage, screen and writing projects while raising her family. More than just a performer, she has become a cultural voice – one that encourages curiosity, challenges convention and invites us to look at ourselves more openly.

"I feel proud to be the age that I am. I'm continuing to build and to grow and do what I set my mind to."

"Want", submitted by anonymous and collected by Gillian Anderson, is published by Bloomsbury Publishing, paperback £10.99.



Photograph © Marks and Spencer (www.marksandspencer.com)

Beyond the barbecue

By Katherine Sorrell

An outdoor kitchen can transform your garden into a stylish, all-season space for cooking, entertaining and unwinding.

Our appetite for outdoor living is growing. Gardens have now become a year-round extension of the home. As a result, the humble grill on wheels has evolved into the more sophisticated, integrated outdoor kitchen.

First steps

If you live in a listed building or a conservation area, check with your local authority before starting work. Consider how to use the space. A successful outdoor kitchen typically incorporates distinct zones for food prep, cooking, eating and relaxing. Access to water, gas and electricity will also influence what's possible.

The right location

A level surface is essential, as is a position away from obstacles or anything flammable (beware overhanging tree branches). Aim for somewhere sheltered from strong winds and direct midday sun. Keep the layout clear of busy pathways or steps. Locating the kitchen close to the house will usually keep installation costs down, particularly when connecting services.

Choose between gas or charcoal each time you barbecue with this hybrid outdoor kitchen set. It comprises a Grillstream six-burner gourmet barbecue with a ceramic side burner, plus storage. Savannah Hybrid outdoor kitchen in oak, £1,999, Atkin & Thyme. www.atkinandthyme.co.uk



This garden project by Haddon Studios includes a Grillo outdoor kitchen made using heavy-gauge cabinetry, rich Iroko hardwood and porcelain work surfaces. A standard Grillo layout starts from £5,800. www.grilloliving.com



Detailed planning

An outdoor kitchen specialist should help at every stage. When putting something together yourself, however, draw up a simple scale plan. Consider creating a seamless transition between indoors and out through colours and materials, sightlines, size/scale and layout. If the design backs onto a wall or boundary, arrange units in an L-shape or island so the cook doesn't have their back to guests.

What will you include?

At its simplest, an outdoor cooking area might consist of a compact grill paired with a fold-out table, plus a few storage boxes and some hooks. More ambitious designs might have weatherproof cupboards topped with built-in counters made from durable materials such as granite or stainless steel, while sinks and fridges add convenience. Dedicated bar areas are also popular. A classic barbecue may suffice, or you could opt for a pizza oven, gas burners, induction hob, teppanyaki plate or kamado grill.

The finishing touches

Fire pits, chimineas or patio heaters bring warmth on cool evenings and create a focal point. You'll need bright lighting for food preparation after dark, while festoon lights or ground-level solar lamps set the mood around the dining area.

Doggy digestion

By supporting your canine companion's gut health, you can help them lead a happier, healthier life.

When you have a dog, gut health problems are one of the most common reasons for a trip to the vet. According to a recent survey by Pet Drugs Online, one in ten dog owners has had to seek medical help for their canine friend for digestive issues.

Frequent problems include diarrhoea, loose stools and vomiting. While gut issues are uncomfortable for your pet, they can also have long-term effects, including chronic inflammation, organ damage, compromised immunity, skin conditions, behavioural problems, and reduced longevity.

Just as we humans are more focused than ever before on our gut microbiome, increasingly, we're keen for our pets to have good digestive health too. The Pet Drugs Online poll revealed that 89% of respondents had spoken to a vet about their dog's gut health, and probiotics now account for just under 30% of pet supplement sales.

What to watch out for

Classic signs your pooch has poor gut health include diarrhoea, constipation, vomiting, excessive flatulence or bloating, and changes in their poo. Less obvious indicators are bad breath, changes in appetite, poor skin and coat health, lethargy and weight loss or gain. There could be a change in mood and behaviour too. Your dog might even become more anxious and aggressive.

It's always wise to check your dog's stools regularly, looking for the four Cs: colour, consistency, content, and coating. A healthy poo should be firm, log-shaped and chocolate brown.

Ways to improve canine gut health

- **A balanced diet:** Choose a high-quality complete food that is appropriate for your dog's age, breed, weight and health. Your vet can advise on a suitable food for your dog or a change of diet. Don't put temptation in their way by leaving the kitchen door open or crumbs on the floor. Dogs are inveterate scavengers! They love treats too, and why not? Just make sure treats make up no more than 5-10% of their calories.
- **Regular hydration:** Keep a bowl of fresh, clean water on hand at all times.



- **Frequent walks:** Regular exercise keeps your dog's digestion moving and healthy, and prevents constipation. Other physical activities, such as swimming and agility training, can also help.
- **Ask about supplements.** Probiotic and prebiotic supplements may benefit digestion and support a healthy gut microbiome.
- **Ask your vet.** Check your furry friend's poo for the four Cs and see your vet promptly if you notice any changes. Routine check-ups will also help.

Foods that will make Fido ill

- | | |
|----------------------|----------------------------|
| • Grapes and raisins | • Avocados |
| • Blue cheese | • Garlic, onions and leeks |
| • Tea and coffee | • Alcohol |
| • Nuts | • Chocolate |

For more information, go to:

bluecross.org.uk/advice/dog/foods-poisonous-to-dogs



Cruises are popular but they're not for everyone. While many love the prospect of a pre-organised holiday at sea, others might worry about feeling trapped, being sea-sick or simply not falling into the target demographic. However, cruises are commonly misunderstood. So to help you decide whether a cruise holiday is for you, here are some common misconceptions and the key things to consider.

A cruise could be for you if you...

... love convenience

For many, one of the best parts of a cruise holiday is visiting multiple destinations without the hassle of packing and unpacking, navigating plane journeys or checking into different hotels. Cruising is particularly appealing if you want to sample a variety of places in a short space of time, while not having to handle the logistics.

... enjoy variety

One of the biggest misconceptions about cruising is that it's a one-size-fits-all experience. The reality is that cruises vary enormously. From small, luxury vessels carrying fewer than 100 guests to mega-ships packed with entertainment and activities, there's a wide spectrum. Fancy island hopping around the Greek Islands or voyaging down the River Nile? A cruise holiday can take you all over the globe.

... like sticking to a budget

Another common myth is that all cruises are expensive, whereas they can offer great value for money. Many packages bundle accommodation, meals, entertainment and transport into one price, making it easy to stay within a set budget. However, check the full list of inclusions as many will charge extra for alcohol, Wi-Fi and excursions.

A cruise might not be for you if you...

... need your space

Cruises are a social affair, with shared dining, group excursions and onboard activities all part of the experience. This can be a big plus if you enjoy meeting new people, but if you value your solitude, cruising might not float your boat. While there are smaller or more premium cruise lines that offer a more intimate experience, bear in mind you'll still be sharing your space with other passengers for a large portion of your holiday.

... want freedom

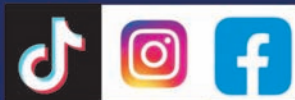
Cruises are convenient, but this comes with a trade-off: limited time in each destination. Port stops may last only a few hours, which can feel rushed if you like to venture off the beaten path. While cruises are ideal for getting a taste of different places, they might not suit you if you prefer immersing yourself in one location.

... are afraid of seasickness

Seasickness is an understandable worry for many first-time cruisers. While modern, larger vessels are designed with stabilisers, if you're particularly sensitive to motion, it's definitely something to factor in. Choosing a larger vessel and a cabin in the middle of the ship can help.

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QUIZ!

(answers on page 26)

Young and Old

1. The TV sitcom Young Sheldon was both a spin-off and prequel to which other TV sitcom?
2. What is the first book of the Old Testament?
3. What are the first names of the four students who were the title characters in the 1980s TV sitcom The Young Ones?
4. The old fashioned is a cocktail that is typically made by muddling sugar with bitters and water, and adding which alcoholic spirit?
5. In 2009, which 15-year-old became the first person to win the BBC Young Sports Personality of the Year award for a second time?
6. In the board game Monopoly, how much does it cost to buy Old Kent Road?
7. Which famous rock group was formed in Sydney in 1973 by brothers Angus and Malcolm Young?
8. Which two football teams play against each other in the Old Firm derby?
9. BSC Young Boys is a professional football team based in which European capital city?
10. Who or what is often referred to as "the Old Lady of Threadneedle Street"?



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Plugged in

What do you need to know if you're considering installing an electric car charger at home?

Having access to a home EV charger is a big advantage. It brings you cheaper off-peak charging tariffs along with the convenience of topping up on your doorstep. Just make sure you're switched on to all the facts before you install one.

Set yourself a budget

Expect to pay between £800 and £1,500 for the cost of both the charging unit and the installation. If you need a lot more cabling or require the unit to be installed far from the property, installation costs are likely to rise.

Many energy providers bundle the costs for installation and unit, making it easier to budget for and reducing the cost overall. For example, Ohme offers its ePod compact 7kW charger for £949, including installation. However, costs vary depending on installation complexity and the type of charging unit.

Charger type

Charger types vary in speed and how a car connects to them. The tethered charger has a fixed cable built into the unit, which means it's easy to plug your car in. However, tethered units are bulkier, so they may not be ideal if you're short on space outside your property.

Untethered chargers, meanwhile, are not supplied with a built-in cable. Instead, you have to connect the unit manually with the EV's charging cable, which is more time-consuming. On the plus side, untethered units are smaller and take up less space.

Most electric vehicle chargers used at home provide 7kW of charging power. That's quick enough to charge most cars overnight. There are faster 11kW and 22kW home chargers available, which can top-up an EV in around five hours; however, you'll need a three-phase power supply, which a lot of UK homes don't provide. Upgrading your home energy supply can cost between £3,000 and £15,000.

Property considerations

It's important to know that if you live in a rented property, you must get permission from your landlord before you go ahead with the charger installation. It will be classed as "property alteration" under most tenancy agreements.

If you own your own property, then there's no restriction, as long as you have an accessible driveway. If you do, then you need to find the best location for the charger. This is often closest to your home's electrical consumer unit, as it makes it easier to fit and reduces installation costs.

If you park your car in a garage, a charger indoors could be handy. No home parking? Special cross-pavement gullies can be installed, but you'll need to speak to your council first.

Pick an energy provider

Choosing the right EV tariff is almost as important as picking the right charger. Many firms will offer EV-friendly tariffs to help drive down the costs of charging. These special tariffs offer cut-price rates for energy during off-peak times, such as overnight. Many go as low as 7p per kWh.

Image: Ford



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PUZZLE SOLUTIONS

Crossword page 14

Across:

1 Sycamore, 5 Afro, 9 Arras, 10 Mortise,
11 Candelabra, 13 Embalm, 15 Vector,
18 Gorgonzola, 22 Whistle, 23 Sahib, 24
Barb, 25 Test case.

Down:

1 Stage set, 2 Corncob, 3 Mason, 4
Rommel, 6 Friar, 7 Oyez, 8 Grease, 12
Crucible, 14 Legate, 16 Trachea, 17
Inhere, 19 Osier, 20 Onset, 21 Swab.

Sudoku page 12

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

Quiz page 24

- 1) The Big Bang Theory
- 2) Genesis
- 3) Vyvyan, Rick, Neil, and Mike
- 4) Whiskey
- 5) Tom Daley
- 6) £60
- 7) AC/DC
- 8) Celtic and Rangers
- 9) Bern
- 10) The Bank of England

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SKODA FABIA 130

To celebrate 130 years, Skoda has introduced the most powerful Fabia yet. Cameron Richards finds out more.

What is it?

Skoda has introduced a performance-focused variant of the Fabia supermini into the fast-fading world of hot hatchbacks. The 130 marks the firm's 130th anniversary.

What's new?

The car's standard powertrain has been beefed up, while several exterior enhancements differentiate it from the ordinary Fabia variants.

The chassis has been stiffened and there's a 15mm-lower ride height. It's also based on the Fabia Monte Carlo, utilising the same sporty interior styling features.

What's under the bonnet?

The 130 is equipped with a tweaked version of the standard car's 1.5-litre turbocharged EVO 2 petrol engine.

Power has increased from 148bhp to 174bhp and 250Nm of torque, making it the most powerful Skoda Fabia ever. It can take the car to 60mph in 7.2 seconds and tops out at 141mph.

Skoda claims the car can manage 50.3mpg, though our test car averaged an impressive 58.4mpg.

What's it like to drive?

Despite its sporty credentials, the Fabia 130 isn't as hot as you might think. The car doesn't feel as fast as it could be and the standard DSG automatic gearbox also takes away the engagement you'd have with a manual.

However, the 130 is still entertaining to drive, thanks to its tuned chassis and suspension. It's also comfortable.

How does it look?

The 130 treatment really livens up the Fabia's profile. All 130s gain chunky 18-inch alloy wheels, a black front and rear spoiler, Fabia 130 badging, twin-exit exhaust tailpipes and a two-tone paint scheme. The car's lowered suspension and red brake calipers finish off the sporty makeover.

What's it like inside?

The Fabia 130's Monte Carlo interior means there are thick body-hugging bucket seats, aluminium pedals, a sports steering wheel and carbon fibre-effect upholstery on the seat bolsters and door cards.

The cabin layout is simple, while all the materials feel upmarket. It comes with lots of storage space, including a hidden compartment to the right of the steering wheel.

There's plenty of head- and legroom, and enough shoulder space to seat three in the back comfortably. Boot space is a key selling point with 380 litres on offer, increasing to 1,190 litres with the rear seats down.

What's the spec like?

All cars come with a 9.2-inch infotainment system, a 10.25-inch Virtual Cockpit, six speakers, dual-zone climate control, rear parking sensors and LED headlights. But, with prices starting at £29,995, it's a bit pricey.

Verdict

The Fabia 130 is a likeable small car but it's more warm than hot hatch. Its biggest downfall is its sluggish automatic transmission but this Skoda remains competent, practical and good-looking.

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w: www.al-anonuk.org.uk e: via website

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We have no hesitation in recommending The Inside Magazine to other businesses. Should you require any further information, please do not hesitate to contact us.

Thank you.

Kind regards,
Lisa Cannings
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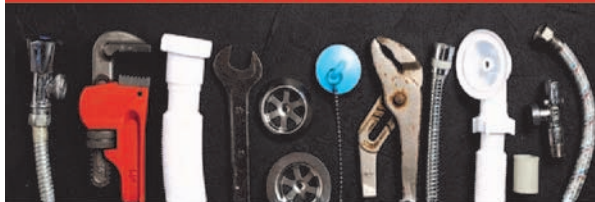
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