

# INSIDE LINES

Village Edition - Jan 2026

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## In this issue...

**Brain Teaser Puzzles**

**Holiday Reviews**

**Film Reviews**

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**... and much more!!**



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# Welcome...



to our January 2026 issue of **Inside Lincs magazine** - Lincs favourite free magazine.

Christmas is over for another year, so as we take down our Christmas decorations and start making plans for the new year I would like to take this opportunity to wish all our readers, new and old, a happy, healthy and prosperous new year.

Inside this issue we bring you some great editorial content, **Including:** 2026 getaways, movie & motoring reviews, your 2026 horoscopes (see page 41) and so much more - all brought to you free - **EVERY MONTH**. Its thanks to our readers & advertisers that keep us afloat, so please use them and don't

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*Sherri*

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# Dementia: tests to diagnose the condition

## Part one

**T**HERE'S no single test for dementia. A diagnosis is based on a combination of assessments and tests. These may be done by a GP or a specialist at a memory clinic or hospital.

### Taking a history

This is usually done by a GP. If you're referred to a specialist, a more detailed history will be taken. It helps if someone who knows you well is also with you, as they can help describe any changes or problems they've noticed. The doctor will:

- ask how and when your symptoms started and whether they're affecting your daily life.
- check whether any existing conditions, such as heart disease, diabetes, depression or stroke, are being properly managed.
- review any medicines you're taking, including prescribed medicines, those bought over the counter from pharmacies, and any alternative products, such as vitamin supplements.

### Mental ability tests

People with symptoms of dementia are given tests to check their mental abilities, such as memory or thinking.

These tests are known as cognitive assessments, and may be done initially by a GP.

There are several different tests. A common one used by GPs is the General Practitioner Assessment of Cognition (GPCOG).

Although these tests cannot diagnose dementia, they may show there are memory difficulties that need further investigation.

Most tests involve a series of pen-and-paper tests and questions, each of which carries a score.

These tests assess a number of different mental abilities, including:

- short- and long-term memory.
- concentration and attention span.
- language and communication skills.
- awareness of time and place (orientation).

It's important to remember that

test scores may be influenced by a person's level of education.

For example, someone who cannot read or write very well may have a lower score, but they may not have dementia.

Similarly, someone with a higher level of education may achieve a higher score, but still have dementia.

### Blood tests to check for other conditions

Your GP will arrange for blood tests to help exclude other causes of symptoms that can be confused with dementia.

In most cases, these blood tests will check:

- liver function.
- kidney function.
- thyroid function.
- HbA1c (to check for diabetes).
- vitamin B12 and folate levels.

If your doctor thinks you may have an infection, they may also ask you to do a urine test or other investigations.

Part two next month.





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# Top holiday destinations

Squamish, Vancouver BC, Canada

Mauritius

**FROM** headline-makers to under-the-radar gems, these are the top 10 destinations to watch - and book now - for 2026.

## Italy

Italy never goes out of style, but in 2026 the lens is widening. A new tourism push is encouraging travellers to explore the '99% of Italy' most people miss - think vineyard-hopping in Puglia, hiking to crater rims in the Aeolian Islands or slow days by the quiet shores of Lake Orta. The classics like Venice and the Amalfi Coast are still top of wishlists.

## Zanzibar

Zanzibar's just scooped Africa's Leading Beach Destination 2025 at the World Travel Awards, but there's more here than sun and sand. As a

post-safari add on, its unbeatable. Pair lazy dhow sails and spice tours with a wander through Stone Town's narrow lanes, local markets and art galleries.

## Florida

Florida is still the ultimate family playground. Universal's Epic Universe has burst onto the scene, adding five immersive new lands packed with blockbuster rides and big-name worlds from Super Mario to Harry Potter. It's a cast-iron reason to revisit Orlando even if you've experienced the magic before, with early-booking perks like free Disney dining plans giving families more bang for their buck.

## Japan

Robot hotels, whooshing bullet trains and vending machines dishing out hot ramen: Japan's the ultimate high-speed, high-style escape. With

visitor numbers climbing and hidden regions becoming easier to reach, 2026 is the smart window to see the icons before the country hits peak popularity.

## Greece

Greece remains the Med's golden child, and its only getting brighter. Extended summer seasons are stretching the sunshine window, big-name resorts are dialling up the luxury (hello, Ikos) and lesser-known spots are stepping into the spotlight. One we love is Elix, Mar-Bella Collection, a tranquil hillside hideaway not far from laid-back Parga, where you'll find private pools and pine-scented air.

## Canada

Big skies, bucket-list trains and views that stop you in your tracks. A holiday in Western Canada is the 'now or never' trip to plan ahead for - and one you'll talk about for years. Soak in hot springs under the Rockies, hike past glacial lakes straight off a postcard, then switch it up with high tea and skyline strolls in Vancouver.

## Sri Lanka

Tourism is rebounding in Sri Lanka with real momentum. This is an island of misty peaks, rainforest trails and wildlife-rich parks, ideal backdrops for the growing nature-led travel trend that's here to stay. Beyond the well-trodden paths, emerging off-beat safari hotspots like Gal Oya offer boat

Italy's Amalfi Coast





# for 2026



Greece

safaris among wild elephants, while Wilpattu is a lesser-visited leopard refuge with shimmering lakes and forested tracks. Sri Lanka's hospitality scene is also stepping up – Uga Escapes' is rolling out characterful stays like the just-opened Uga Halloowella in Hatton's tea hills.

## Mauritius

Timeless, tropical and endlessly tempting, Mauritius continues to draw in honeymooners, families

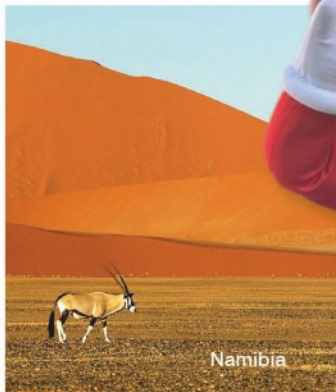


Sri Lanka

and adventure seekers. Beyond the powdery shores and blissful coastal hotels, there's Creole culture, forested peaks and green landscapes inland. More travellers are pairing beach with the mountains on twin-centre holidays, swapping sun loungers for hiking trails in Black River Gorges National Park.

## Namibia

If wide-open space is the new luxury – and for many travellers



Namibia



Mount Fuji, Japan

it is - Namibia's leading the way. It's got dune-scaling adventures and elephant-tracking safaris by day and star-splashed skies by night, thanks to some of the darkest skies on the planet. With renewed interest in astro-tourism and next-gen desert lodges raising the bar, 2026 is the year to experience this raw, remarkable land.

For more information, go to:  
**[www.kuoni.co.uk/inspiration/top-trends-and-destinations-for-2026](http://www.kuoni.co.uk/inspiration/top-trends-and-destinations-for-2026)**



Florida

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Travel Chaps are hosting the Lincoln Cruise Show on Saturday 24th January 2026 at The Lincoln Hotel. The Chaps are hosting 10+ Ocean, River, and Expedition Cruise lines there for you to meet.

'This is the first time there will be a Cruise dedicated event taking place in Lincoln, as Award Winning Cruise Experts we are proud to bring our Top Cruise partners right to your door step' said Matt, co-owner and CLIA Cruise Master.

There will be a 'Market Place' where you can meet the Cruise lines face to face, and ask them any questions you might have about cruising and what they have to offer.

In the showcase, the Cruise lines will take to the stage and give you all the updates, new ship launches, plus the hot and upcoming destinations you need to know about!

Sailings are available to book up to 2028!  
Cruise holidays are the fastest growing sector of

travel, so this is a great way to find out what you're missing out on. There will be live booking stations available, with exclusive on the day discounts and promotions. Plus tickets are free and booking up quickly, so head onto the link to book your space today.

Travel Chaps are proud recipients of 3 industry awards, TTG Touring and Adventure Specialist of the Year 2025, TTG Top Wedding and Honeymoon Agency of the Year 2025, and ATAS Touring & Adventure Specialist of the Year 2025. Shortlisted as finalist in 2 further awards for 2026 as Top Luxury Holiday Designer 2026 and Top Adventure Holiday Designer 2026.

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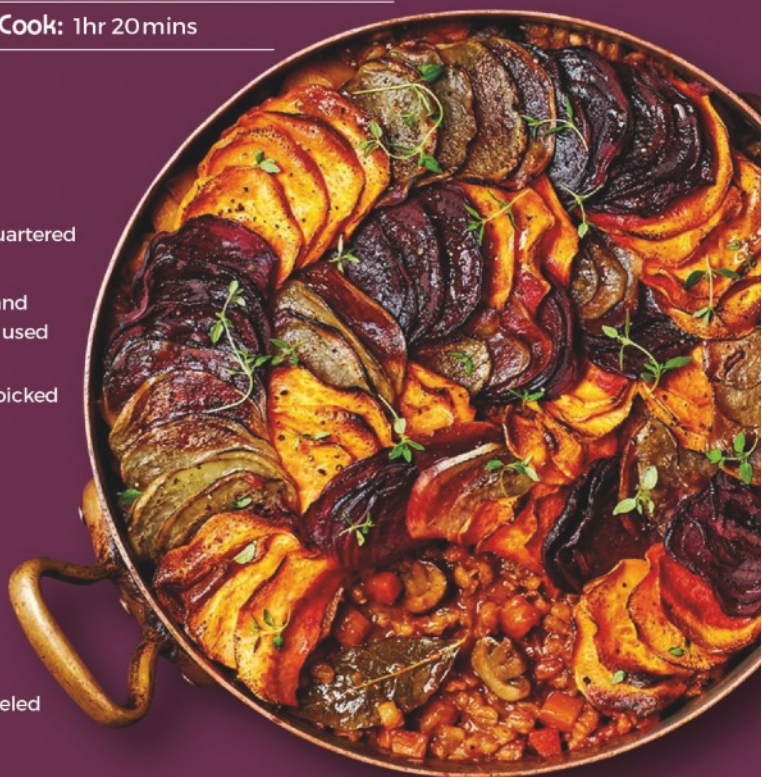
# Make-ahead hearty hotpot

Make this hearty veg-packed hotpot for a vibrant centrepiece, or serve it as a side dish with sausages or pork chops, adding a good dollop of mustard on the side.

**Serves:** 4 **Prep:** 30mins **Cook:** 1hr 20mins

## Ingredients

- 2 tbsp olive oil
- 2 onions, chopped
- 2 carrots, chopped
- 150g chestnut mushrooms, quartered
- 1 tbsp tomato purée
- 350g mixed root veg, peeled and chopped into 2cm pieces (we used parsnip, celeriac and swede)
- small bunch of thyme leaves picked
- 100g pearl barley
- 1 vegetable stock cube
- 2 bay leaves
- 1 tbsp soy sauce
- 2 tsp Dijon mustard
- 1 tbsp balsamic vinegar
- 2 medium potatoes, peeled
- 2 beetroot, peeled
- 2 medium sweet potatoes, peeled
- 25g butter
- 2 tsp honey



## Method

**Step 1** Heat the oil in a wide, shallow ovenproof pan set over a medium heat. Cook the onions until starting to caramelise, about 10 mins. Tip in the carrots and mushrooms, and cook for another 5 mins until the mushrooms have softened a little. Stir in the tomato purée.

**Step 2** Tip in the root veg, half the thyme and all the pearl barley, and stir well. Crumble in the veg stock cube and add the bay, soy sauce, mustard and vinegar. Season and pour in 600ml water. Bring to a gentle

simmer, cover with a lid and cook for 10 mins.

**Step 3** Meanwhile, prepare the veg for the topping. Slice the potatoes, beetroot and sweet potatoes as thinly as you can – use a mandoline if you have one. Beetroot will stain your hands, so use kitchen gloves, if you like. Melt the butter in a pan over a low heat and mix with the honey, remaining thyme and a grind of black pepper.

**Step 4** Remove the pan from the heat. Arrange the sliced vegetables on top of the dish in concentric circles, overlapping

potato, sweet potato and beetroot slices until the whole dish is covered. Brush the butter and honey mixture over the top, making sure every slice is covered. Season well with salt. Will keep chilled overnight or wrapped and frozen for up to three months. Leave to cool completely first. Defrost overnight before continuing with step five.

**Step 5** Heat the oven to 180C/160C fan/gas 4. Cover the pan with a lid or piece of foil and bake for 20 mins. Uncover the dish and cook for a further 30 mins until the topping is crispy and the potatoes are golden.



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# Six financially smart ways to start 2026



**H** EADING into 2025, it's time to take stock of your budget, debt and investments - and check them against your financial goals.

These six steps can get you started.

## 1. Revisit your household budget

Assess your average monthly income, as well as your fixed and variable expenses, and determine your financial priorities for 2025 to develop your ideal budget. Reassessing your spending plan is critical now, as still-high inflation means you're likely spending more on everyday items like groceries or gas.

## 2. Check your emergency fund

It's always a good idea to double-check that you have adequate funds set aside for a rainy day - that's especially true in times when the economy may be slowing from its once-robust pace. Particularly in an uncertain economy, an emergency fund can help keep you financially afloat in unforeseen life circumstances, such as a change in your or a loved one's employment situation.

A general rule of thumb for an emergency fund is saving three to six months' worth of living expenses in a safe, liquid account.

## 3. Tackle your debt

Even if you're good about managing your debt, consider taking steps to help reduce and consolidate it further. For example, if you're expecting a raise or year-end bonus, applying the extra income to any balances with high interest rates could help reduce your balance more quickly.

Then, think about consolidating any remaining debt, which may help you swap varying interest rates on multiple loans, credit lines or cards for a potentially lower rate on a single loan. Reducing the number of loans you carry can also help simplify your financial life.

## 4. Keep on track with your goals

Check whether you're still tracking toward your goals, such as saving and investing for a comfortable retirement. If recent changes in the market or other factors have temporarily thrown you off course, work with your Financial Advisor to figure out how you can get back on the right path. If you're on track, talk with your Financial Advisor about new goals you want to work

toward. For example, in 2025, were you able to boost your contributions to a workplace retirement plan or individual retirement account? In 2026, can you contribute even more to these or other accounts.

## 5. Revisit your asset allocation

Asset allocation in your portfolio should ideally reflect your various life stages and the saving goals associated with them.

For example, as you near retirement, you may consider moving portions of your portfolio into a more conservative asset allocation like fixed income.

## 6. Update your estate and insurance plans

The New Year can also be a good time to review and consider:

- **Creating or updating your estate plan:** If you don't have an estate plan consisting of a Last Will and Testament, power of attorney and health care proxy in place, make completing your estate plan a priority for this year.
- **Updating and reviewing any life insurance policies:** The beginning of the year is an opportune monument to review and update your life insurance policy to ensure it meets your current financial needs.

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# CINEMA

JANUARY 2026



## 28 YEARS LATER: THE BONE TEMPLE

● **In cinemas:** January 6, 2026 ● **Director:** Nia DaCosta ● **Starring:** Ralph Fiennes, Jack O'Connell, Emma Laird. ● Taking place after the events of 2025's '28 Years Later' (both films were shot back-to-back), Spike is inducted into Sir Jimmy Crystal's gang of acrobatic killers in a post-apocalyptic Britain ravaged by the Rage Virus. Meanwhile, Dr. Ian Kelson forms a new relationship with potentially world changing consequences.

## SEND HELP

● **In cinemas:** January 30, 2026  
● **Director:** Sam Raimi  
● **Starring:** Rachel McAdams, Dylan O'Brien, Xavier Samuel.  
● Two colleagues become stranded on a deserted island, the only survivors of a plane crash. On the island, they must overcome past grievances and work together to survive, but ultimately, it's a battle of wills and wits to make it out alive.



## SONG SUNG BLUE

● **In cinemas:** January 1, 2026  
● **Director:** Craig Brewer  
● **Starring:** Hugh Jackman, Kate Hudson, Emma Anderson.  
● Song Sung Blue tells the story of Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.

# THIS MONTH...



## ...in 1973: Britain joins the Common Market

On 1 January 1973, the six countries of the European Economic Community (EEC) were joined by three more: Denmark, the Republic of Ireland and the UK.

In 1957, the 'Six' signed the Treaty of Rome, which launched the EEC, pledging the signatories to build a common market and to allow free movement of goods, workers, services and capital.

Prime Minister Edward Heath also shared the belief that closer co-operation between the nations would prevent future conflict. The Labour party opposed it, and there was also opposition among Heath's Conservative party. In the UK as a whole there was no great enthusiasm for the project. More than half the population had memories of the war and of rationing

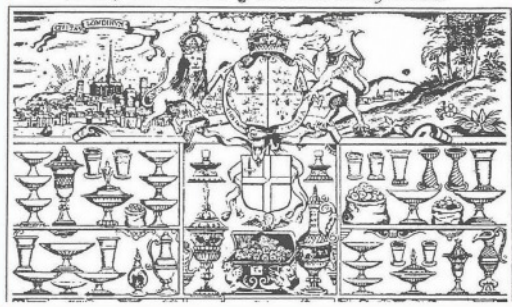
and watched Britain fall behind its rivals. They had seen strikes, unemployment and inflation. After a 1975 Referendum resulted in a vote to stay in the European Community, the dream of 'ever-closer union' took a decisive step forward with the 1992 Maastricht Treaty, which replaced the EEC with the European Union, conferring EU citizenship on all those within it.

## ...in 1569: "It could be ye"... England's first lottery

By 1566, England's harbours and coastal defences were looking a little shabby. To fix them, Queen Elizabeth I would either have to raise taxes or hold a prize draw. Unsurprisingly, she chose the latter. So, on 11 January 1569, outside St Paul's Cathedral in London, punters huddled together to see what they had won in England's first state lottery draw.

The event was hardly a runaway success. Less than 10% of the 400,000 tickets had been bought at ten shillings each. (If you thought that was a bit steep, you could always buy a share of a ticket

¶ Avery rich Lotterie generall without any Blankes



- a sort of Renaissance office syndicate.)

Every ticket was guaranteed a prize, and that made for a lot of waiting around - until 6 May, to be precise. Prizes ranged from silver plate and tapestries to a £5,000 jackpot. Your lottery ticket was a blank

piece of paper. On it, you wrote your name and a 'unique device', which often took the form of a prayer or a line or two of verse. A child (sometimes blindfolded) would pick a ticket from an urn, and pair it with a prize written on a slip of paper drawn from another vessel. The winner's device would be read out, but not the name, to protect their identity. England's

defences received a much-needed spruce up, just in time for the Spanish Armada calling in 1588. But overall, the lacklustre take-up of England's first lottery meant that in 1571, the whole scheme was quietly shelved.



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# 2025-Quiz of the year



**1** Which popular social media app was temporarily unavailable in the United States in mid-January?

**2** Adolescence was the Netflix show people couldn't stop talking about, but what was the name of the actor who played 13-year-old Jamie Miller?

**3** When going to collect his Oscar for his role in the Brutalist, what did Adrien Brody throw at his girlfriend Georgina Chapman?

**4** In April, an all-female crew, including Katy Perry, flew in Jeff Bezos' rocket, but how long was their flight?

**5** Following the death of Pope Francis, who was named the new leader of

the Catholic church in May this year?

**6** Which country won the Eurovision Song Contest?

**7** What is the name of the viral collectible toys that come in boxes that everyone wanted to get their hands on this year?



**8** Which 90s rock band reunited for a tour and held their first performance since 2009?

**9** Which band's concert kiss-cam exposed an affair between a CEO and the company's chief people officer?

**10** Who won the Men's Singles at Wimbledon this year?

**11** Which iconic high street fashion brand announced it would be making a return?

**12** Who won the Women's Rugby World Cup?

**13** Taylor Swift released her 12th studio album this year. What was it called?

**14** Which world famous art gallery was robbed in October this year?

**15** Who was elected as the mayor of New York City on 5 November?

**16** As of 1st December what is the highest grossing movie of 2025?

**ANSWERS  
ON PAGE  
32**



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## PART TWO

# Do you need planning permission to convert a basement?

**T**RANSFORMING a subterranean space in your home is a complicated process, even before you start work.

Last month we gave an overview of the permissions required to convert a basement and to start from scratch. However, there are other consents which need to be secured, and we detail them for you here...

### What other permissions do you need to convert a basement?

A Lawful Development Certificate is a good idea if your basement conversion plans fall within the scope of permitted development, especially if you plan on selling your home in the future. This proves that the work was undertaken lawfully.

Building Regulation approval will generally always be required. This ensures works are carried out to current building regulation standards, and will cover any electrical installations, structural alterations, staircases etc. Building regulations

for basement conversions can be very exacting, especially when it comes to waterproofing and ventilation, so it's important you follow the guidance set out by the regulations.

You should also double check the legal status of your property. If the property is leasehold, don't forget to obtain Landlord/Freeholders consent first.

Finally, if your proposed work impacts a wall or boundary you share with a neighbour, you will need to have a Party Wall Agreement in place.

### What happens if I convert my basement without planning permission?

If you convert your basement without planning permission and it later transpires that you should have submitted an application, you can submit a retrospective planning application and seek permission after the fact. However, there is no guarantee that this will be granted, so

you should always secure consent before any work begins.

It's also possible that you could face enforcement action to make changes to your work to make it compliant with the planning rules, or even undo it in its entirety.

As well as making sure you have planning permission in place if you need it, you should also avoid this basement conversion mistake if you want your project to be a success.





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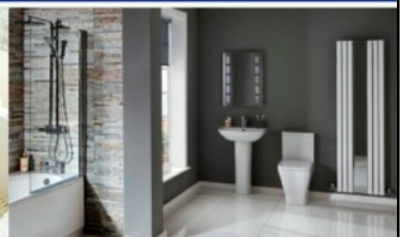
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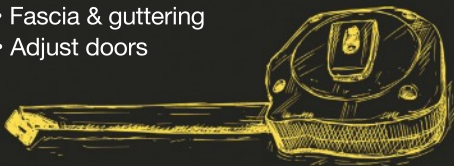
## 2025 - QUIZ OF THE YEAR

- |                   |                           |
|-------------------|---------------------------|
| 1 TikTok          | 10 Jannik Sinner          |
| 2 Owen Cooper     | 11 Top Shop               |
| 3 His chewing gum | 12 England                |
| 4 11 minutes      | 13 The Life Of A Showgirl |
| 5 Pope Leo XIV    | 14 The Louvre             |
| 6 Austria         | 15 Zohran Mamdani         |
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| 8 Oasis           |                           |
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# Cross-country skiing

**I** f downhill skiing's vertical - taking chairlifts and gondolas up to the peaks and skiing down slopes, cross-country skiing is horizontal - skiing along flatter, rolling trails.

The routes are signposted so they're easy to follow, and often wind through snow-blanketed woodland and meadows, between chocolate-box towns and past frozen lakes.

There are two cross-country skiing styles, classic and skating (also known as free). When you're skiing classic style, your skis will follow two parallel grooves in the snow, and you'll slide each foot along one at a time. Skating style is more like ice skating, so you'll transfer your weight from foot to foot and your skis will move forwards and out to the side a little.

## Equipment?

Cross-country skis are more lightweight and thinner than downhill skis. And the boots are different too; they're much lighter, and only attach to your skis at the toe so you can lift your heels off your ski as you move forwards - pretty different to clicking in your whole boot, as you would with downhill skiing.

## What should I wear?

If you're having a go at cross-country on your holiday, you can just wear your normal ski gear - that's your base layers, ski jacket and salopettes, as well as a buff and your gloves.

## Is it good exercise?

Definitely - it's a great full-body workout, and it's a low-impact sport too so it's easier on your knees than downhill skiing. You'll be strengthening your biceps, triceps, abs and legs, and it's also a cardio-based exercise, so your heart will be pumping hard to move oxygen around your body. The more cross-country you do, the stronger and fitter you'll be.

## Other benefits

As well as being good for your body, cross-country can also boost your mental health. Getting outside into nature and being active helps get endorphins flowing. You'll be surrounded by beautiful wintery scenery that'll have you smiling the whole way.

## Best cross-country ski resorts?

**Gelio, Norway:** Km of trails - 550

**Best bits:** The trails here are open all season long, so can get out on the trails on any ski trip. They wind through snowy national parks and birch forests full of reindeer and elk.

**Ylläs, Finland:** Km of trails - 330

**Best bits:** Snow-capped fir trees and candy floss coloured sunsets - plenty of great photo opps here. Stop at one of the wooden huts on the trails and have bratwurst by the fire.

**Seefeld, Austria:** Km of trails - 279

**Best bits:** Take lessons with Olympian Martin Tauber and his team.

Ski after dark - there's a 3km trail that's floodlit at night, so you can ski under the stars.

**Drei Zinnen, Italy:** Km of trails - 200

**Best bits:** As well as its huge number of trails, you'll be able to explore the rest of the Dolomiti Nordic ski network, which has over 1,300km of cross-country routes.

**Levi, Finland:** Km of trails - 230

**Best bits:** The first Ladies World Cup was held here in 2004.

The region around Levi is home to 12,000 reindeer. One of the best places to spot them is in the Elves' Hideaway, a village close to Levi.



**Ford Crossover** A new mid-sized crossover will join Ford's ranks, filling the gap left by the soon to be axed Focus hatchback. Technical details remain unknown, but it is likely that the new model will arrive with a diverse powertrain offering, including a pure-electric option.

# BEST NEW



**MG 2** MG has confirmed it is working on an electric city car with a target price of around £20,000. It could be named the MG 2 and is expected to go on sale early 2026.



**Mercedes E-Class EV** An all-electric version of the C-Class will break cover next year as a direct rival to the forthcoming BMW 3 Series EV.



**Kia EV-2** Kia will launch a small crossover in 2026, trading the long range and rapid charging speed of its stablemates for a more affordable price of £25,000.



**Porsche Boxster/Cayman** This next-generation 718 Boxster and Cayman will be fitted with combustion engines in a major shift away from its electric strategy.





# CARS 2026

## Volkswagen ID GTI

The hot version of the ID Polo is set to go into production in 2026, when it will be Volkswagen's first electric GTI model. Bosses say the car prioritises fun handling over outright power and performance.



## Renault Megane E-Tech

Renault will roll out a range-topping performance version of the Megane E-Tech next year that will reposition the EV as a hot hatchback.



## Hyundai Ioniq 6 N

The 6 N shares the 5 N's 641bhp dual-motor powertrain and have a similarly aggressive aerodynamics package.




## Jaguar Electric SUV

The current Jaguar GT will be followed by a Bentley Bentayga-sized electric luxury SUV and a similarly positioned electric saloon.



## Dacia Estate

Going toe-to-toe with the Skoda Octavia, this petrol-powered, off-road-ish estate will support Dacia's growth ambitions in the C-segment.



# Birds will flock to your garden if you plant these berry-bearing shrubs and trees

**A**S our gardens die back and lose their colour over winter, spare a thought for the local birds and wildlife too, as the lack of foliage can mean they lose a vital source of food and shelter.

Why not think about growing berry-bearing shrubs and trees that will feed birds and wildlife in your garden over winter?

Planting berry-bearing trees and shrubs is one of the best ways you can support wildlife and feed birds through the colder months. As temperatures drop and insects become scarce, berries provide a vital source of food for birds, hedgehogs and small mammals. A few berry-laden branches can become a hub of activity for robins, blackbirds and other

visiting birds that will bring life to your garden during the cold winter.

## **Include a mix of berried shrubs and trees to attract different birds**

It's good to include a mix in your garden if you want to increase the variety of wildlife. Blackbirds, thrushes and redwings love holly, rowan and hawthorn berries, while finches and sparrows are drawn to pyracantha and cotoneaster. Even mammals such as hedgehogs and field mice benefit from the berries your plants grow, feeding on fallen berries near hedges and borders.

## **Use berried plants to add colour and warmth to the garden**

Berried plants don't just feed wildlife. They are also one of the simplest ways to bring warmth and colour to your garden, especially when most other plants have faded during the winter months.

Red holly berries, orange pyracantha and elder or dogwood are hardy and will continue to grow in winter,

## **Combine different berry species**

Mixing species will help extend the season of your berries and so will support wildlife throughout the entirety of winter, providing a



staggered feast for months. Hawthorn and rowan provide early berries, while holly and cotoneaster last well into late winter, so these combinations are great for maintaining wildlife and providing a 'rolling buffet'.

Plant these trees and shrubs along your fences, hedgerows, or the back of borders so that birds and any mammals will feel sheltered while feeding.

## **Pick hardy varieties**

Most berrying shrubs and trees are hardy and low-maintenance, making them perfect for beginners. They prefer well-drained soil and a sunny or partially shaded spot.

If you can, plant them in autumn while the soil is still warm, so roots can establish before temperatures drop, watering regularly during the first few months







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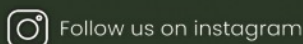
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# Premier League kit deals 2025-26

**H**ERE we break down all 20 Premier League clubs' current kit deals. This has become a very lucrative source of income - especially for the top clubs.

Global powerhouse clubs like Manchester City can attract massive sponsorship and kit deals, while clubs at the lower end of Premier League table have a significantly lower pull for big sponsors.

This all goes to show that, no matter how bad the results are for some clubs (Manchester United and Tottenham Hotspur, for example...), their financial muscle never shrinks. Here we attempt to show why this is the case. 2025/26

## Combined value of Premier League kit deals

In the 2025/26 season, the 20 Premier League clubs will generate around £494.5 million from their combined kit deals. That is an approximate £60 million increase compared to last year.

However, the majority of the combined value is coming from the

top ten clubs, who all have lucrative kit deals, such as Manchester United's Adidas £90 million a-year

deal with Adidas. The bottom ten clubs between them will only be generate around £42 million.

Premier League kit deals 2025-26 - who earns what			
Team	Kit supplier	Value (Per year)	Duration
Manchester United	Adidas	£90 million	2015/35
Arsenal	Adidas	£75 million	2019/30
Manchester City	Puma	£65 million	2019/29
Liverpool	Adidas	£60 million	2025/30
Chelsea	Nike	£60 million	2017/32
Tottenham	Nike	£30 million	2018/33
Newcastle United	Adidas	£30 million	2025/30
Everton	Castore	£20 million	2025/32
Aston Villa	Adidas	£17 million	2024/30
Leeds United	Adidas	£10million	2020-30
West Ham	Umbro	£5 million	2015/26
Nottingham Forest	Adidas	£6 million	2023/30
Brighton	Nike	£4.5 million	2014/30
Fulham	Adidas	£4.5 million	2017/28
Crystal Palace	Macron	£4 million	Until 2026/27
Wolverhampton	Sudu	£3 million	2024/29
Brentford	Joma	£3 million	2025/28
Bournemouth	Umbro	£2.5 million	2017/26
Burnley	Castore	£2.5 million	2024/29
Sunderland	Hummel	£2.5 million	2024/29

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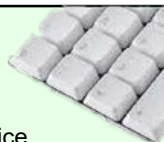
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# Your 2026 Horoscopes



## **Aries** (March 21 - April 19)

The year 2026 will be very transformational for Aries in many ways. Their strong point will be primarily self-confidence and the ability to argue and debate effectively. That's why they will be very successful in their career, and they will be able to achieve big goals and get a very good salary.



## **Taurus** (April 20 - May 20)

You will enter the new year full of verve and motivation. The strong need to plan things in detail well in advance will push you forward. You will definitely not lack a clear vision of your career and the desire to do the maximum for it - whether you have to attend special seminars or study hard at night.



## **Gemini** (May 21 - June 20)

The new year will bring Gemini a lot of changes, especially in career life. They will be full of energy that will help them achieve their goals. Horoscope 2026 encourages Gemini to seize every opportunity to learn, as their memory and ability to learn will be their strong point this year.



## **Cancer** (June 21 - July 22)

Horoscope 2026 recommends that Cancerians focus their energy mainly on building relationships with their loved ones and partners because the strong protective tendencies and a desire to create a home will awaken. Beware, however, of excessive trust and subsequent hurt feelings.



## **Leo** (July 23 - August 22)

The lions will start the new year on the right foot. Fulfilling your goals will go naturally and without much effort. You will be so motivated to work that you can sometimes look scatterbrained and domineering, which is not good at all if you are in charge of a team of people.



## **Virgo** (August 23 - September 22)

Horoscope 2026 brings many opportunities for Virgos to discover their long-sought passion. The representatives of this earth sign have a problem with sticking to something for a long time. It also brings a dose of perseverance and discipline, so Virgos should make full use of this opportunity.



## **Libra** (September 23 - October 22)

As Librans are by nature ambitious, this year will be just right for their enjoyment. They will use their great ambition in several areas of life. However, Horoscope 2026 warns Libra to act more prudently. Representatives of this air sign are characterized by impatience, and therefore their recklessness.



## **Scorpio** (October 23 - November 21)

In the upcoming year 2026, the representatives of this water sign will multiply their natural self-confidence and strong will, which will help them to achieve great goals that are vital to them. Whatever they decide on, nothing will be an obstacle. They will enter the new year with courage.



## **Sagittarius** (November 22 - December 21)

You will enter the year 2026 with great determination to work primarily on yourself. You will start looking at yourself differently, and you will take a step in the right direction. You will make changes in your personal life that you were not able to start for months previously.



## **Capricorn** (December 22 - January 19)

At the beginning of the year, you will be balanced and very confident and nothing will throw you off balance. Everything will go smoothly at work, and your colleagues and subordinates will look up to you. However, don't let your fame go to your head, because your friends could turn against you.



## **Aquarius** (January 20 - February 18)

Representatives of this air sign will be exposed to important changes in 2026, especially in their careers. Therefore, Horoscope 2026 advises Aquarius not to take these decisions lightly and recommends that they make the most of their strong point: prudence.



## **Pisces** (February 19 - March 20)

Pisceans are characterised by great imagination and high goals. However, their weakness is low commitment and low self-esteem. But the year 2026 has prepared a career challenge for Pisces, where they will be able to use the strength and determination that the New Year offers them.

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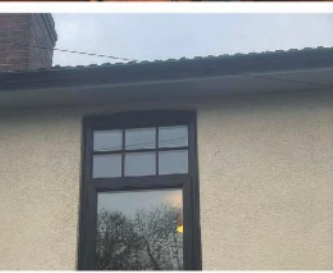
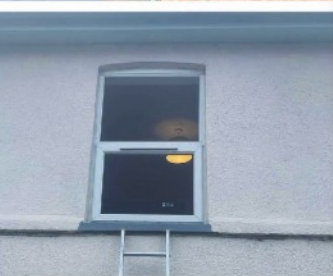
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