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City Edition - June 2025

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Sunday the 15th June

INSIDE
This Issue:

lifestyle * advice * health * entertainment



Welcome...

A very warm welcome to our June edition, and as I sit here writing this - the weather seems to be turning now, in our favour!

In this edition we have a lovely double-page spread on "Summer fashion" and if your Cars due an MOT check out pages 20 & 21 - a great read, if I do say so myself.

We also have a excellent food review at "The Elm Tree" - near Worksop, if you fancy a night out down there, see page 8, along with all our usual monthly editorials, including: Diary dates, horoscopes, gardening, monthly recipes, Home Improvements - and it's all free, thanks to you, our readers & businesses who advertise with us, without which we

wouldn't be able to bring you our magazine. So once again, thank you all for your tremendous support over the years.

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Nigel & Sherri

Published by Inside Magazines.

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Caring for someone with dementia

Part three

YOU may not think of yourself as a carer, particularly if the person with dementia is a partner, parent or close friend.

However, both the carer and the person with dementia will need support to cope with the symptoms and changes in behaviour.

Following on from last month's feature, here are more ways to help those affected.

Sleep problems

Dementia can affect people's sleep patterns and cause problems with a person's "body clock". People with dementia may get up repeatedly during the night and be disorientated when they do so. They may try to get dressed as they're not aware it's night-time.

How you can help

Sleep disturbance may be a stage of dementia that will settle over time.

In the meantime, try these tips:

- put a dementia-friendly clock by the bed that shows whether it's night or day
- make sure the person has plenty of daylight and physical activity during the day
- cut out caffeine and alcohol in the evenings
- make sure the bedroom is comfortable and either have a night light or blackout blinds
- limit daytime naps if possible

If sleep problems continue, talk to your GP or community nurse for advice.

Looking after yourself

Caring for a partner, relative or close friend with dementia is demanding and can be stressful.

It's important to remember that your needs as a carer are as important as the person you're caring for. Find out about looking after yourself when you care for someone with dementia on the **Dementia UK website**.

Ask for help

Family and friends can help in a variety of ways: from giving you a break, even if it's for only an hour, to taking the person with dementia to an activity or memory café.

Charities and voluntary organisations provide valuable support and advice on their websites and via their helplines:

- **Alzheimer's Society:** Dementia Connect support line on 0333 150 3456

- **Age UK:** advice line on 0800 678 1602 (free)
- **Independent Age:** helpline on 0800 319 6789 (free)
- **Dementia UK:** Admiral Nurse Dementia Helpline on 0800 888 6678 (free)
- **Carers UK:** helpline on 0800 808 7777 (free)
- **Dementia Carers Count:** carer support line on 0800 652 1102 (free)

Talk to other carers

Sharing your experiences with other carers can be a great support as they understand what you're going through. You can also share tips and advice.

If it's difficult for you to attend regular carers groups, join one of the online forums:

- **Carers UK:** carers connect forum
- **Alzheimer's Society:** dementia support forum



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DINING OUT: THE ELM TREE

The village of Elmtun is located near Worksop, Derbyshire and to be found in the parish of Elmtun with Creswell. Both Bolsover Castle and Creswell Crags are within easy distance and regularly visited by many people, including from overseas. History details a lot of interest, particularly for enthusiasts with a curiosity for past times. The Anglican parish church (rebuilt during 1773) is dedicated to St. Peter, for example. Historians find a lot to identify with when exploring in and around this area of Derbyshire and the county has a vast number of all types of eateries, for that welcome break.

I located the multi award-winning Elm Tree Country Pub and Restaurant, at Elmtun, Derbyshire. This extremely well established venue has its own

excellent presentation. The aromas and enticement were perfect and complemented the flavours, for the overall enjoyment of this most impressive, succulent selection. 'Compliments to Chef'. Proprietor, Chris, along with Head Chef, Sam and the team create memorable dining occasions for all diners. More options for mains have fish, meats and vegetable choices. Quality drinks include wines and spirits, with beverages for connoisseurs.

Dessert favoured me towards Key Lime Pie Cheese-cake with Vanilla Ice Cream – Truly delectable!

Gift vouchers (special surprise?) are available, plus function room and private dining (romantic occasion?). Outside catering is also available and

collections can be arranged too. Events have numerous devotees. Business/corporate meetings can easily be accommodated and wedding receptions are a speciality. Advanced booking is advised. The website has all details, plus information about special offers.



private car park and is well known throughout the area and also by visitors, who have become 'regulars' over the years. Local suppliers are a big focus for this restaurant. Afternoon Teas (including gin and pro-secco types) have become firm favourites for many.

To start, I chose Pan Fried Scallops with Pea Puree & Black Pudding, a very good dish to commence. For main, I opted for Fillet of Beef Wellington (Mushroom Duxelles, Parma Ham, Puff Pastry, Hand Cut Chips, Cream Leeks, Bacon). This arrived with a most

Thank you to Caitlin for the most excellent service throughout. Highly recommended.

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FILMS

JUNE'S PICKS

f1 **In cinemas:** June 27, 2025 • **Director:** Joseph Kosinski • **Starring:** Brad Pitt, Javier Bardem, Kerry Condon • In the 1990s, Sonny Hayes (Brad Pitt) was Formula 1's most promising driver until an accident on the track nearly ended his career. Thirty years later, the owner of a struggling Formula 1 team convinces Sonny to return to racing and become the best in the world. Driving alongside the team's hotshot rookie, Sonny soon learns that the road to redemption is not something you can travel alone.



FROM THE WORLD OF JOHN WICK: BALLERINA

• **In cinemas:** June 7, 2025 • **Director:** Len Wiseman • **Starring:** Keanu Reeves, Ana de Armas, Ian McShane

• The latest John Wick spin-off *Ballerina* follows Ana de Armas' Eve - an assassin trained in the traditions of the Ruska Roma organisation - who is seeking revenge for her father's death. The official trailer for *Ballerina* reveals that Eve will go rogue in the movie, which results in John Wick being sent after her.

28 YEARS LATER

In cinemas: June 20, 2025

• **Director:** Danny Boyle • **Starring:** Ralph Fiennes, Jack O'Connell, Aaron Taylor-Johnson

• It's been almost three decades since the rage virus escaped from a biological weapons laboratory. Still living in a ruthlessly enforced quarantine, some have found ways to exist amid the infected. One such group of survivors lives on a small island connected to the mainland by a single, heavily defended causeway. When one of them decides to venture into the dark heart of the mainland, he soon discovers a mutation that has spread not only to the infected, but other survivors as well.



Korean chilli, sesame and honey chicken



Ingredients

- 12 chicken thighs, boneless and skinless
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- thumb-sized piece ginger, grated
- 4 spring onions, sliced

For the glaze

- 4 tbsp Korean chilli paste (gochujang) or use a mixture of 3 tbsp ketchup and 1 tbsp sriracha chilli sauce
- 2 tbsp honey
- juice ½ lime
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 2 tbsp sesame seeds

Method

1 Toss the chicken in the soy sauce, sesame oil and ginger. Thread each thigh on two long metal skewers, so that each skewer pierces one side of the thigh. Keep threading the chicken, making sure it's packed onto the skewers tightly. Chill until you're ready to cook. Mix the ingredients for the glaze.

2 Heat the BBQ. If using a coal BBQ, wait for the coals to turn ashen before you start cooking. Cook the kebab for 5-8 mins on each side (depending on the heat). Once nicely charred but not fully cooked through, start painting on the glaze. The honey will catch if cooked for too long – the key to nice sticky chicken is applying the glaze in layers, turning the kebab often.

3 For the watercress mayonnaise, blitz the watercress with the lemon juice until finely chopped, then stir through the mayonnaise. Blanch the asparagus for 4 mins, then drain under cold water. This can all be done a day in advance.

4 Once the glaze has been used up and the chicken is cooked through (it'll take about 20 mins in total), transfer to a plate and leave to cool for 5 mins before serving scattered with spring onions.



Serves: 6-8 **Prep:** 15mins **Cook:** 20 mins

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THIS MONTH...



...in 1950 England lose to USA

On 29 June 1950, the United States defeated England 1-0 in a World Cup group match at Estádio Independência in Belo Horizonte, Minas Gerais, Brazil. The game's only goal was scored by Haitian-born U.S. centre forward Joe Gaetjens. The match is widely considered as one of the greatest upsets in football history.

The 1950 FIFA World Cup was England's World Cup debut, the Football Association having boycotted the previous three tournaments and, at the time, England had a reputation as the 'Kings of Football', with a post-war

record of 23 wins, four defeats and three draws. The American team consisted of semi-professional players, most of whom had other jobs to support their families. Newspaper headlines in most World Cup nations trumpeted the shocking upset, except ironically in the United States and England. At home, newspapers had only a few pages devoted to sport, and because the English cricket team happened to suffer their first-ever home defeat to the West Indies on the same day, that was the major story in many publications. The team's performance was nonetheless heavily criticised, with headlines such as "England Caned At Football Too".

...in 1815 Battle of Waterloo

The Battle of Waterloo was fought on Sunday 18 June 1815, near Waterloo (at that time part of the Netherlands, now in Belgium), marking the end of the Napoleonic Wars. The French Imperial Army under the command of Napoleon I was defeated by two armies of the Seventh Coalition. One of these was a British-led force with units from the United Kingdom, the Netherlands, Hanover, Brunswick and Nassau, under the command of field marshal Arthur Wellesley, Duke of Wellington. The other comprised three corps of the Prussian army under Field Marshall

Blücher.

Waterloo cost Wellington around 17,000 dead or wounded, and Blücher some 7,000 (810 of which were suffered by just one unit: the 18th Regiment). Napoleon's losses were 24,000 to 26,000 killed or wounded, including 6,000 to 7,000 captured with an additional 15,000 deserting subsequent to the battle and over the following days.

Major W. E. Frye visited the battlefield in the aftermath: "...on arrival there the sight was too horrible to behold. I felt sick in the stomach and was obliged to return.

The multitude of carcasses, the heaps of wounded men with mangled limbs unable to move, and perishing from not having their wounds dressed or from hunger."





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FASHION TRENDS

The Little White Tank

Nothing says spring quite like the foregoing of layers in favour of truly tiny tops, and for 2025 you needn't search too far for the style that kept cropping up on the runway.

It's the one we turn to when temperatures start to rise.



Flapper Girls

The resurgence of flapper-inspired fashion could reflect a collective yearning for fun and freedom.

This is also nostalgic, taking consumers back to a romanticised perception of the past.



Working Overtime

The demand for hard-working workwear continues to rise, and this year it reached a new peak. The '25 season saw brands balance hard with soft, using fabrications like leather contrasting against sheer materials.



SUMMER 2025

Chintz Florals

These nostalgic prints evoke warmth and familiarity by offering comfort and security through styles reminiscent of home and tradition.

This can be especially appealing in times of rapid change or uncertainty.



Parachute Parade

A larger-than-life evolution of the bubble hem trend we saw dominate earlier this year, in spring you can expect to see muted, ice-cream toned skirts with enveloping trains, blouses with puffed up shoulders and plenty of exaggerated draping.



Wrapped in Tulle

Not only do the tulle looks on this season's runways feel undeniably sexy, the pastel shades at Chanel and interesting draping at Issey Miyake make many of the pieces chic and sophisticated too.



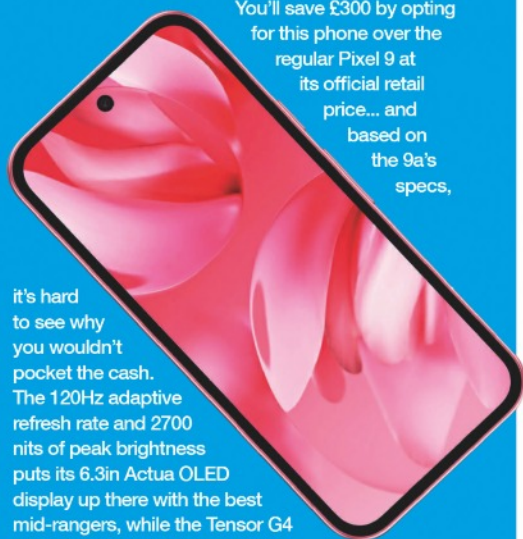
JUNE TECH

MACBOOK AIR (M4) From £999



The iPad Pro, iMac and MacBook Pro have already had the M4 treatment, so it's time for Apple's everyday laptop to get the firm's latest top-end hardware. New chip aside, this year's Air is very similar to the M2 version from 2022, which was the first to introduce the squared-off design to match the MacBook Pro. Unlike the Pro, the Air is only available with the 'basic' M4 processor: there's no M4 Pro or M4 Max option. The only variable in processing terms is that the very cheapest version (13in with 256GB storage) has 8-core graphics rather than 10-core. The rest of the specs are the same between the different default versions. It's available in 13in and 15in variants, with four colours: sky blue, starlight, midnight and the classic Mac choice of silver.

GOOGLE PIXEL 9a From £499



You'll save £300 by opting for this phone over the regular Pixel 9 at its official retail price... and based on the 9a's specs,

it's hard to see why you wouldn't pocket the cash. The 120Hz adaptive refresh rate and 2700 nits of peak brightness puts its 6.3in Actua OLED display up there with the best mid-rangers, while the Tensor G4 chipset and 8GB of RAM give it enough oomph to run all Google's Gemini AI smarts.



HMD AMPED BUDS £180

Unless the case for your earbuds has Tardis-like qualities, it's probably not much use for charging anything else... but just imagine the potential phone-rescuing scenarios if it could. Rather than breaking the laws of physics for its Amped Buds, HMD has instead given their case reverse charging skills and a massive 1600mAh battery - a massive 95 hours of listening time.

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Movie Quotes Quiz

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|--|--------------------------------------|
| 1. Humphrey Bogart, Casablanca | Sense |
| 2. Anthony Perkins, Psycho | 6. Bette Davis, All about Eve |
| 3. Jenny Agutter, The Railway Children | 7. Oliver Hardy, Sons of the Desert |
| 4. Terry Jones, Monty Python's Life of Brian | 8. Greta Garbo, Grand Hotel |
| 5. Haley Joel Osment, The Sixth | 9. Gloria Swanson, Sunset Boulevard |
| | 10. Marlon Brando, On the Waterfront |

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How to avoid an



WHILE the vast majority of mechanics aren't in the habit of ripping us off, a few bad apples have made many drivers distrustful.

The world of car mechanics can seem very alien to the everyday driver, so it's crucial to be prepared and make sure you aren't taken advantage of.

Our essential car maintenance tips will identify the most common underhand tactics used by some garages and help advise you how to avoid them.

Finding 'extra faults' during an MOT

Your car seems to be running fine, but then you take it to the garage for the test and discover it won't pass without a long list of repairs.

These may genuinely be needed for your car to be legally declared roadworthy, but some garages will chance their luck in claiming 'extra' repairs are required to pass the test when they're not.

How to avoid: get recommendations from people you know

Ask family, friends and work colleagues for referrals - the best way to protect yourself against getting ripped off is to find a garage you can trust.

If you've just moved to a new area, check the RAC's network of approved garages simply by entering your location.

Overcharging for parts or labour

Garages charge a markup on parts. They buy them wholesale then sell them to you for a profit - that's how business works.

The problem is that not many people know how much parts should cost. Some mechanics try to capitalise on this by overcharging customers for components. And if a mechanic takes four hours to do a two-hour job, they'll charge you for that.

How to avoid: check the price of new parts

If the cost of a replacement part seems excessively high, call the dealer or check online to make sure it's reasonable.

A garage is well within its rights to charge you more for a part than you can buy off the internet, but if they overcharge you for parts and labour,

then it might be a good idea to look somewhere else.

Get the garage to give you a quote for the planned work so you know what kind of costs you're looking at in advance. Check that it includes all parts, labour and VAT.

Blinding you with science

Unless you've got a specialised degree, you probably don't understand the finer workings of modern cars.

Garage workers will sometimes deliberately bombard you with technical words and phrases if they



MOT rip-off



think your mechanical knowledge is limited.

By bamboozling you with jargon, they might convince you that extra work needs doing when it doesn't.

How to avoid: ask questions

Don't be afraid to seek clarification about anything you don't understand. If the garage can't explain in simple terms why the work needs doing, take your car elsewhere, as long as it's not dangerous to drive.

It's also worth brushing up on basic mechanics so you do at least have

a rough idea of what they're talking about.

It's much harder for a dodgy mechanic to rip off customers who know their way around a car. If you don't know your dipstick from your coolant, they'll see you coming a mile off.

Charging for parts that haven't been replaced

Unless you look inside the engine or underneath the car yourself, it's impossible to tell if parts have been replaced with brand new components. Some dishonest mechanics will put used parts in your car or charge for replacements they never actually put in.

How to avoid: ask to see replaced parts

Most garages will be happy to put the replaced parts in your boot to show what's been done and what the problem with the faulty component was.

If the garage isn't willing to do this, they probably haven't done the work properly – or even at all.

Low quote, high bill

A classic rogue trader trick is to give you a low quote verbally and then hit you with a huge bill after doing the

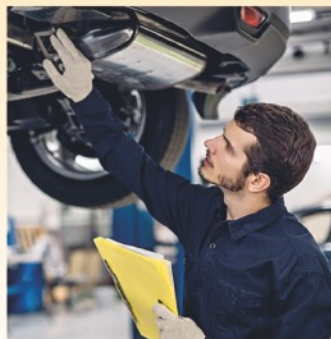
work.

The mechanic will claim they didn't know that they would have to get the parts from the manufacturer's main dealer rather than a third-party shop.

How to avoid: get a written quote

Ask for the quote in writing, making sure it includes all the parts, labour and VAT.

A good mechanic will always get your permission before repairing anything major, so if they do need to go to the main dealer they should tell you first. Get a second opinion if necessary. Make sure the work you get done is guaranteed for at least 12 months and keep the receipt.



What is a mortgage?

Types, how they work and examples



Part One

WHAT is a mortgage?
A mortgage is a loan used to purchase or maintain a home, plot of land, or other real estate.

The borrower agrees to pay the lender over time, typically in a series of regular payments divided into principal and interest. The property then serves as collateral to secure the loan.

A borrower must apply for a mortgage through their preferred lender and meet several requirements, including minimum credit scores and down payments. Mortgage applications undergo a rigorous underwriting process before they reach the. Mortgage types, such as conventional or fixed-rate loans, vary based on the borrower's needs.

How mortgages work

Individuals and businesses use mortgages to buy real estate without paying the entire purchase price upfront. The borrower repays the loan plus interest over a specified number of years until they own the property free and clear. Most traditional mortgages are fully amortized.

This means that the regular payment amount will stay the same, but different proportions of principal vs. interest will be paid over the life of the loan with each payment. Typical mortgage terms are for 15 or 30 years, but some mortgages can run for longer terms.

Mortgages are also known as

liens against property or claims on property. If the borrower stops paying the mortgage, the lender can repossess the property.



For example, a residential homebuyer pledges their house to their lender, which then has a claim on the property. This ensures the lender's interest in the property should the buyer default on their financial obligation. In the case of repossession, the lender may evict the residents, sell the property, and use the money from the sale to pay off the mortgage debt.

The mortgage process

Would-be borrowers begin the process by applying to one or more mortgage lenders. The lender will ask for evidence that the borrower can repay the loan. This may include

bank and investment statements, recent tax returns, and proof of current employment. The lender will generally run a credit check as well.

If the application is approved, the lender will offer the borrower a loan up to a certain amount and at a particular interest rate. Thanks to a process known as pre-approval, homebuyers can apply for a mortgage after they have chosen a property to buy or even while they are still shopping for one. Being pre-approved for a mortgage can give buyers an edge in a tight housing market because sellers will know that they have the money to back up their offer.

Once a buyer and seller agree on the terms of their deal, they or their representatives will meet at what's called a closing. This is when the borrower makes their down payment to the lender. The seller will transfer ownership of the property to the buyer and receive the agreed-upon sum of money, and the buyer will sign any remaining mortgage documents. The lender may charge fees for originating the loan (sometimes in the form of points) at the closing.

Options

There are hundreds of options.. You can get a mortgage through a credit union, bank, mortgage-specific lender, online-only lender, or mortgage broker. No matter which option you choose, compare rates across types to make sure that you're getting the best deal.

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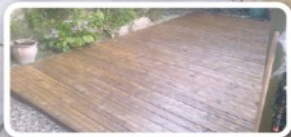
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HOW TO FIX A LEAKY GUTTER

What you'll need to get your gutters working properly again

LEAKY gutters aren't a problem that anyone wants to deal with but, sadly, they're not going to mend themselves.

The good news is that you can learn how to fix a leaky gutter and get it working properly again in just six simple steps.

What you'll need

- **Gutter cleaning tool** (£21.99 from Amazon)
- **Watering can or bucket** (£11.49 from Amazon)
- **Replacement seal** (bag of 10 for £7.84)
- **Gutter sealant** (Hemway All-in-One Hybrid Sealant, £12.95 from Amazon)
- **Flash tape for larger holes** (Bostik Flashband Self-Adhesive Flashing Tape)
- **Screwdriver** (6-Piece Magnetic Screwdriver Set from Amazon)

Identify the source

Some of the most common leak points include the joints between sections, any splits or cracks in the guttering, and blockages. In order to know how to fix a leaky gutter, you'll first need to identify the source of the leak.

If you have metal guttering, then check for potential rust holes. It's easiest to spot leaks during or just after heavy rain.



Clean the gutter

Focus in particular on the area where the leak is coming from, removing any debris using a gutter cleaning tool. Rinse away any leftover debris, then wait for the area to dry.

Fix any joints

Take the joint apart and inspect the seal. If it's cracked or damaged, it will need replacing. Make sure the gutter sits within the expansion marks on the fitting - this is a common issue with plastic gutters, as these joints usually snap together with a rubber

seal inside.

Seal any cracks or holes

Any cracks or holes in the gutters will need sealing if you want to stop water leaking through. Apply a generous amount of sealant, smoothing it out for good coverage. Allow it to cure as per the instructions, usually for 24-48 hours.

Patch up any larger holes

Before applying sealant, we recommend using a metal repair patch or suitable flash tape. Cut a patch larger than the hole, then apply your gutter sealant around the hole. Press the patch into place and seal around the edges.

Check the brackets and sloping

The sloping (which is just the downward angle or slant of the gutters) is secured in place via brackets, so check that these are secure. The slope should be around 1cm for every three metres of guttering, sloping gently towards the downpipe. To adjust the gutter slope, you'll need to reposition the brackets. Carefully loosen the fasteners holding the brackets in place with a screwdriver, then raise or lower the gutter to the desired level.

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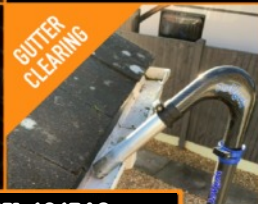
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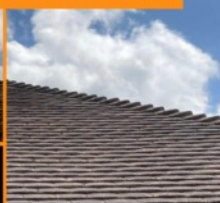
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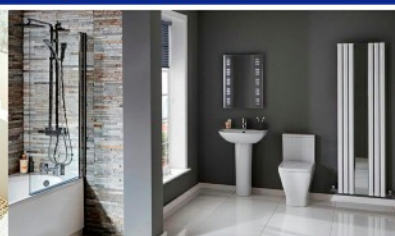
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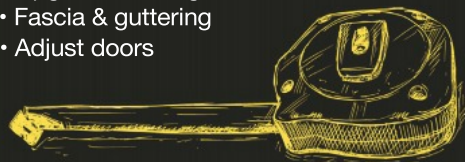
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Have you tried pickleball?

If you're looking to start playing pickleball or just want to find out more information about this rapidly growing sport - here's a handy guide with everything you need to know on how to play pickleball.

What is pickleball?

Fast becoming one of the most popular racket sports in the world, pickleball combines elements of tennis, badminton, and ping-pong. Players can play as both singles and doubles, using paddles to hit a plastic ball between them.

Who can play pickleball?

Pickleball is a sport for all ages, backgrounds and abilities. It's easy to pick up for beginners and is a great way to exercise, keep active with friends and meet new people. Best of all, it's a low-impact sport, that's easy on the joints and it can help you build your fitness while playing a fun and challenging game.

Where can I play pickleball?

There are more than 270 pickleball venues in the UK, with venues spread all across the country. Get in touch with your local club or venue to see if they already offer pickleball.



Did you know you can also turn your tennis courts into temporary pickleball courts? Read our guide to setting up a pickleball court.

What are the rules?

Want to know how to play pickleball?

The pickleball rules are easy to grasp and the scoring system is simple. There are many similarities with tennis and some key differences. For example, the ball has to bounce once on each side before you can volley, and you can't play volleys from inside the kitchen (a marked out area close to the net).

Pickleball shots

Pickleball shots are very similar to tennis or padel - you have the volley (shots without bouncing), drop shots (light shots falling just on your opponent's side of the net) and smashes (an overhead volley). In pickleball you also have a shot called a 'dink', which can only be used near the net, or in the kitchen area of the court. A dink is a very soft shot that just about reaches over the net, making difficult to return - much like a drop shot in tennis.

The 'third shot drop' are effective because a lot of rallies are often lost on the third point of a rally.



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Answers
on page
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Film Quotes Quiz

Can you name the actor and the film that the following quotes are from?

1 1940's romantic

drama - "Here's looking at you, kid."

2 1960's thriller - "A boy's best friend is his mother."

3 1970's family film - "Daddy! My Daddy!"

4 1970's Comedy - "He's not the Messiah. He's a very naughty boy!"

5 1990's mystery thriller - "I see dead people."

6 1950's drama - "Fasten your seat belts,



it's going to be a bumpy night!"

7 1930's comedy - "Here's another nice mess you've gotten me into!"

8 1930's romantic drama - "I want to be

alone."

9 1950's film-noir - "I am big. It's the pictures that got small."

10 1950's drama - "I coulda had class. I coulda been a contender. I coulda been somebody."



Your Horoscopes



Aries (March 21 - April 19)

You will feel light fatigue and demotivation to work. However, don't let stress control you and go for a drink with friends who will help you clear your head and cheer you up. Maybe you will organise a long-awaited vacation or trip together.



Taurus (April 20 - May 20)

Old blocks that you have been carrying for a long time will start to surface and may even cause mental problems associated with depression. Don't be devastated by it and, on the contrary, try to take it as a great opportunity for change, especially in your personal and love life.



Gemini (May 21 - June 20)

This period directly encourages you to plan an exotic holiday, where you will have time to study foreign languages and learn about a new culture. You will want to have freedom, so building relationships will not be a priority this month.



Cancer (June 21 - July 22)

You have a unique opportunity to choose, so do not be afraid to be demanding and use this opportunity to establish new relationships or only casual flirts. You will also be awakened by the playfulness and desire to try new things, so if you already have a relationship, try to spice it up a bit.



Leo (July 23 - August 22)

You will get into situations that will infuriate you and awaken in you very strong emotions that you will not be able to cope with. In addition, you will take everything more personally than ever before, which will just support your emotional outbursts.



Virgo (August 23 - September 22)

Change is a process, and it can take some time to master the new principles. Your negative mood will affect you so much that your surroundings will notice it, and they will start to distance themselves from you. So get rid of your thoughts and take a breath of fresh air somewhere in nature.



Libra (September 23 - October 22)

Nervousness will take you over. You will have trouble with time management, and it will not be easy to concentrate on work. Things you have been putting off for a long time will also come up, and the fear of not getting everything done on time will make Libras seem emotionally unbalanced.



Scorpio (October 23 - November 21)

Avoid the situations that could be emotionally demanding and instead focus on things that bring you joy. In June, you will be very open to spiritual things, so this month is perfect for reading books that focus on spiritual topics or trying workshops, guided meditations or ceremonies.



Sagittarius (November 22 - December 21)

Sagittarians will let their past go and start a new phase of life when they focus only on a present moment. You will meet someone who will show you the way which you will later decide to follow. This person shows up in your life for a certain reason, so perceive him/her as your guide.



Capricorn (December 22 - January 19)

You will be lucky and will have lots of opportunities to meet your soulmate and partner. You will have professional flirting skills, and even the people you would never expect to be attracted to you will be literally amazed by you.



Aquarius (January 20 - February 18)

Your unique sense of humour will attract the attention of many people, and by your sex appeal, you will amaze people of the opposite gender. In this month, regarding your social life, you will be able to get anything you want. But you will have a tendency to misuse it.



Pisces (February 19 - March 20)

Nothing will be a problem for you in this period. You should use the fact that you are so straightforward and exactly do what you will feel like at the given moment. It is also an ideal time to experience some adventure. Don't hold yourself back and visit some exotic place or try some adrenalin sport.

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How to create a garden room

Everything you need to know about planning and installing a room in the garden.

ADDING a room to the garden can be an ideal solution for some extra living space, but how do you actually create a garden room and how can you make sure it works for your lifestyle?

If you have space in your garden, then embracing garden room ideas can be a cost-effective alternative to adding an extension.

But you'll need to carefully consider how to best utilise the space so that it feels like an extension of your home, even if it's not physically connected to it.

What is a garden room?

If you're not sure on the difference between a conservatory and a garden room, you're not alone. Garden rooms are usually standalone structures with a solid roof that can be positioned to provide great views of the garden while acting as an additional space for activities that don't fit in your existing home. This could be anything from a home office or hobby space to a home gym.

More people now choose a garden room rather than a conservatory, since their solid roof construction

makes them highly suitable for year-round living.

The simplest cabin or summer house is similar to a shed, with either shiplap walls and cedar roof shingles or a log-cabin construction. These are usually supplied in pre-fabricated

take from one day to two weeks.

What are garden rooms made from?

High-quality garden rooms are typically built using a layered composite wall system that balances durability with energy efficiency. The outer cladding often features weatherboard and timber battens, which not only create a classic look but also offer strong protection against the elements.

Internally, it's common to find rockwool or similar insulation materials within the wall cavity. These provide excellent thermal and acoustic performance, making the space suitable for year-round use. The interior walls are usually finished with plasterboard and a skim coat, giving a smooth, professional surface that can be decorated just like any other room in the home. In terms of glazing, aluminium-framed, double-glazed doors and windows are a popular standard, not just for insulation, but also for enhancing security and soundproofing.

Next month: In the second of our three-part series, we look at the pros and cons - and the cost - of installing a garden room.



panels and, if you're a skilled DIYer, you could put one up yourself. More advanced garden room designs, with sliding glass doors or a deck, for example, will need to be built on site by a specialist. Once the concrete base or piles are in, installation can

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Premier League parachute payments

Are they giving relegated clubs an unfair advantage?

A notable gap is forming in the Championship between those in receipt of parachute payments and the rest of the division.

The chairman of the English Football League, Rick Parry, is one of many invested parties to voice their growing concern over the issue.

The payment scheme was originally put in place in 2006 to help teams relegated from the Premier League for up to three years cope with the reduced revenues and ensure they remained competitive. If anything, it worked too well. History has shown that the clubs receiving parachute payments are far more likely to gain promotion back to the Premier League. In each of the last six seasons, two of the three promoted clubs have benefited from top-flight revenue, while the 2024/2025 campaign is likely to see all three of the promoted clubs go straight back down.

Parachute payments explained

Each season, the Premier League makes payments to clubs relegated to the EFL Championship. These last up to three years, and in 2020/21, relegated clubs received £233m, an average of £33m per club.

Burnley celebrate their immediate return to the top flight.



Premier League boss Richard Masters (top) and EFL chairman Rick Parry.

Should a side gain promotion back to the Premier League within three years, the parachute payments are stopped as they will benefit from the riches of the Premier League once more.

Introduced in 2006, parachute payments ran over four years before being reduced to three. The reduced revenue could be a real shock for

clubs relegated from the Premier League. The broadcasting revenue alone is huge in the top flight. For example, Leeds United, who suffered relegation during the 2022/23 season, earned £48m in broadcast revenue, while fellow relegated club Leicester City earned £44m in 2023. The payments have become a topic that has caused friction between the EFL and the Premier League, with the former wanting to abolish the parachute payment scheme.

The main cause for concern is that insufficient money making its way down the football pyramid from the Premier League. During the 2022/23 campaign, 92% of the distributable revenues made by the English game (a total of £3bn) went to the 20 Premier League teams and five clubs in receipt of parachute payments. The remaining 8% (£245m) was divided between the other 67 EFL clubs.

The authorities of England's top flight believe the parachute payments help clubs to remain competitive when promoted back to the Premier League. Promotion from the Championship to the Premier League is by no means impossible without the benefit of parachute payments. Ipswich Town, Nottingham Forest and Luton are recent examples of this, but it has become rare.

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