

ISSUE 5 | AUG/SEPT 2022

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summer in
style...

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S

GLOSSY
MAGAZINE





ROLEX

THE DATEJUST

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Hello,

Where do I start?

So much has happened since we last spoke. I've spent much of the past few months travelling; visiting the UAE, Turkey, Spain, Egypt and, on more than one occasion, one of my all-time favourites, London. However, all good things must come to an end, so here I am back at the helm. But one of the best things about this job is that I can work from anywhere in the world, so there's nothing stopping me booking another trip very soon!

The sun is shining as I write, but we'll soon be saying goodbye to summer... before we do, we have a delicious, perfect-for-outdoors menu for you to try from At The Kitchen in Cheadle Hulme (page 24) and Marco Castelanelli reveals his top late-summer wine recommendations on page 27.

If you fancy a trip to an INNSIDE by Meliá with a friend or a loved one, make sure you enter our competition to win their Sunday Well Spent package. See page 4 for full details and how to enter. Good luck!

Congratulations to Nikki Smith who won last month's Cheshire Oaks competition to win a £500 voucher, lunch for two at Carluccio's, premium parking and hands-free shopping, and to Sally Shawcross too, who won a £1,000 voucher to spend at Litecraft. Well done, ladies, have fun spending your vouchers.

We are having a charity ball on 19th November at The Edwardian Manchester, so if you haven't already bought your tickets, call or email us now. A fabulous hotel, three-course dinner, entertainment, auction, raffle and the perfect excuse to buy a new outfit. Come along with family, friends or colleagues, you won't be disappointed. And you will be helping us to raise much-needed money for our chosen charities, Papyrus and Maggie's Manchester.



Enjoy the sunshine and we'll be back with you in October.

Beverley

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◆ WIN ◆ WIN ◆ WIN ◆ WIN ◆

Win a trip to an INNSiDE by Meliá and experience the exclusive 'Sunday Well Spent' package

One lucky winner will get the chance to stay at an INNSiDE by Meliá and experience the Sunday Well Spent package. The winner can either visit INNSiDE Newcastle, INNSiDE Liverpool or INNSiDE Manchester.



After checking in to your room, crack open the complimentary bottle of wine or head out to the local area to explore. Whether it's Newcastle's historic Quayside, Liverpool's bustling city centre or Manchester's trendiest neighbourhood, there are endless options to discover. Stay and dine at the in-house Gino D'Acampo restaurants with a £75 voucher to spend across the food and drink menu. Indulge in an Italian meal for two at Manchester's First Street Bar and Kitchen or splash out on fruity cocktails at Liverpool's 360° Sky Bar.

Before checkout, start your Monday right with a delicious continental breakfast, served with fresh coffee and juices. INNSiDE by Meliá's philosophy, 'Stay Curious', means each stay will be enriched with music, art and literature curated by the hotel's local experts. Whether you'd like to relax, unwind or party, every INNSiDE by Meliá property is designed to make each guest's stay a memorable one. Three great cities are waiting for you to explore and rooms with thoughtful touches and great views ready for you to check into.

To be in with a chance of winning, simply tell us which INNSiDE by Meliá you would choose, email your answer, along with your name, address and daytime contact number to winner@glossymagazine.co.uk (add INNSiDE Meliá competition in the subject box) or send your details on a postcard to INNSiDE Meliá competition, Glossy Magazine, 5 The Stables, Parris Wood Entertainment Centre, Wilmslow Road, Manchester M20 5PG. Competition closes 10 September 2022. For full T&Cs, please visit www.glossymagazine.com

TERMS & CONDITIONS Includes a one-night stay for two, a bottle of wine, breakfast, and a £75 voucher to be spent in the in-house Gino D'Acampo and First Street Bar and Kitchen restaurants only. £75 voucher is valid on food and drink only. Must be aged 18 or over. Valid at INNSiDE Newcastle, Liverpool or Manchester only. Valid on Sundays only. Valid for six months. Subject to availability.



Pabla + Pabla

Announces the expansion of its Medical and Dental Negligence Team

The importance of pursuing clinical negligence claims cannot be underestimated and should not be considered as unfairly placing a burden on NHS financial resources. It is essential that patients have access to a proper legal process to hold the medical profession to account at what can be the worst time in a client's life, having been left with serious and sometime life-changing injuries. Such claims ultimately make an essential contribution to the safety of medical practice.

On starting the department in May 2021, Joanne Maher, Head of Clinical Negligence, says it quickly became apparent that the department was going to grow quickly. Joanne insisted that the firm needed to stay ahead of development to ensure its clients were provided with the service they deserved.

Support was soon provided in the guise of Niamh McManus, a valued Litigation Assistant. Niamh has made a significant contribution and been enthused by this challenging and very worthy area of legal practice, which has motivated Niamh to commence her legal training, supported by the firm.

The success of the department has continued to grow, and Joanne says that the support and commitment shown by the firm to its development has been outstanding. Joanne's desire to recruit senior lawyers to stay ahead of the game, ensuring the

provision of the best service possible, was received with openness by the firm. The team now consists of three grade-A lawyers, following the introduction of both Karen Booth and Kirsty Buckley.

Karen Booth is a Senior Lawyer who has brought with her a wealth of clinical negligence experience and knowledge, and Kirsty Buckley is an existing Associate Partner and brings 10 years of litigation experience to the team.

The department anticipates continued progression and expansion to enable it to assist more clients both locally and nationally.

The team is passionate about and dedicated to providing experienced, personal, and compassionate legal representation. Clinical injury can happen to anyone, including lawyers, and so the department sees clients as an extension of themselves.

The department will pursue all types of valid medical and dental negligence claims on a no win, no fee basis. Our vast range of cases include birth injuries to mother and baby, spinal or brain injuries, all types of surgery (including cosmetic), delayed diagnosis of medical conditions, problems arising from dental veneers, implants, crowns or negligent treatment, and pressure sores and other injuries arising from poor treatment or service within care facilities (including care homes for the elderly).

**If you would like to speak to the Pabla + Pabla
Medical and Dental Negligence Team confidentially**
please call 0161 446 1122 or email enquiries@pablasolicitors.co.uk

It would be a pleasure for the team to assist

The logo for KP Aesthetics, featuring the text "KP AESTHETICS" in a clean, white, sans-serif font against a dark blue background.

KP Aesthetics Speaks on : Myth Buster Masterclass

Nurse Practitioner Khatra Paterson, owner of KP Aesthetics in Hale, debunks some of the most common misconceptions in aesthetics.

We've all been in conversations with our friends and been met with reasons why you shouldn't do something because of a myth that lingers in your mind. But is there any truth to them?

Myth: "When you shave your body hair, it comes back quicker"

Khatra Says: Contrary to popular belief, shaving your hair, no matter what part of your body, doesn't mean the hair will grow back faster or thicker, and doesn't change its thickness, colour or rate of growth. When shaving facial or body hair it gives the hair a blunt tip, which might feel coarse or 'stubby' for a small amount of time as it grows out.

During the growing phase, the hair might be more noticeable and perhaps appear darker or thicker - but it's not! The myth comes from the fact that when hair regrows you experience the coarser base and not the softer part that will eventually grow (think of the hair on your head, long hair is usually softer and thinner, shaved heads tend to feel thicker and more stubby) The darkness of new hair regrowth is purely because it hasn't been exposed to natural elements such as sun exposure or soaps and shampoos.



Patient having laser hair removal treatment at KP Aesthetics
Image credit; Kirsty Bate Photography

Treatments Available: If you're looking for a solution to shaving regularly, KP Aesthetics offer laser hair removal using Soprano Ice Titanium and Platinum machines. These offer the latest technology in safe and effective laser hair removal on all skin types.

Myth: "If someone has acne, it means their skin is dirty."

Khatra Says: People sometimes assume acne is caused by a build-up of dirt, so they think sufferers don't clean their skin. In fact, acne is due to a build-up of sebum (an oily substance found on the skin) which causes inflammation. You might suffer from acne and have skin that is cleaner than someone with clear skin, however with excess sebum production you will always be prone to develop acne and breakouts. Teenage acne can be triggered by increased levels of a hormone called testosterone, which occurs during puberty, where the sebaceous glands are sensitive to hormones. Increased levels of testosterone causes the glands to produce more sebum than the skin needs.

Although acne is common amongst teenagers, adult acne is much more common in adults than you might think. Women are more likely to develop adult acne due to changes in hormones because of periods, pregnancy and polycystic ovary syndrome (PCOS). Again, hormones can play a role in acne as well as genetics. If your parents had acne, then the likelihood is you may develop it too.

Treatments Available: The key is to follow a targeted daily skin care program that you can use at home that treats and prevents acne, whilst improving skin health. KP Aesthetics recommend ZO Skin Health Acne Prevention & Treatment Program; a collection of skincare to specifically target clogged pores, blackheads (comedones), papules and pustules (pimples), and cystic acne. Perfect as a regular and preventative regimen as well as treatment for acne and breakouts.



Acne results following a skincare and treatment journey with KP aesthetics

Image Credit; KP Aesthetic Clinic

To support a healthier skin barrier function KP Aesthetics offer a bespoke facial treatment program and to significantly reduce the appearance of acne scarring they offer Alma Hybrid treatment; an advanced combination of Co2 and laser technology.

Myth: "I don't need to exercise after body contouring treatments."

Khatra Says: "Treatments like cryolipolysis, or fat freezing, such as Cristal Pro help to remove stubborn body fat and can certainly act as a catalyst for fat loss and body contouring. However, we can't neglect the fact that by reducing your food intake and increasing your activity will also result in a loss of body fat.

Combining the two leads to an acceleration in the results and fewer cryolipolysis treatments needed. Despite this, if you are unable to exercise then cryolipolysis can work in isolation, if a healthy diet is maintained. Patients must be aware that this could take more treatment sessions to achieve the desired results.

Treatments Available: Using the most advanced cryolipolysis machine, Cristal Pro, by Deleco. This innovating body contouring technique allows you to find a harmonious body thanks to the cryolipolysis technique. This technology treats localised fat deposits in a non-invasive manner and without anesthesia to reduce unsightly fat rolls by up to 30%!



Patient having Cristal Pro treatment at KP Aesthetics
Image Credit; Kirsty Bate Photography

Myth: "Only the elderly suffer with stress incontinence"

Khatra Says: Urinary Incontinence affects many women that have gone through the child birthing process and those that are in the pre-menopausal stages of life and not just a condition that affects only the elderly.

Stress incontinence is the involuntary leakage of urine either when we cough, sneeze, laugh or exercise and a condition not many women want to talk openly about due to shame or embarrassment.

Roughly 40% of women suffer with urinary incontinence with incidence increasing during pregnancy and postnatally and in the menopause stages of life.

Micturition involves the coordination of bladder, urethral and pelvic floor muscles along with the urethral sphincter. A disruption to one or all parts of these structures will result in incontinence.

We're beginning to notice a trend of women being more proactive in treatment and therapy to improve their symptoms, which includes pelvic floor exercises, reducing caffeine and alcohol intake and adopting a healthier lifestyle should their body mass index (BMI) be over 30kg/m2.

As a previous midwife I would teach women about pelvic floor exercises but the reality was that they would do it initially but then as time went on the frequency of exercises would decrease.

Treatments Available: Because of the trend in women seeking more help, Khatra is happy to have found a treatment machine that she trusts to use on her patients.

Forma-V, by InMode, is a non-invasive, no downtime, labial and vaginal tightening rejuvenation treatment that sends gentle Radio frequency waves through the walls of the vaginal canal. This results in new collagen and elastin as well as vaginal tightening and rejuvenation of the labia minora.

The treatment is carried out in a series of three treatments, once a month for three months and studies show that the Forma V treatment can help to reduce stress incontinence by 62.7%, based on a study of 30 women aged between 40-60 years



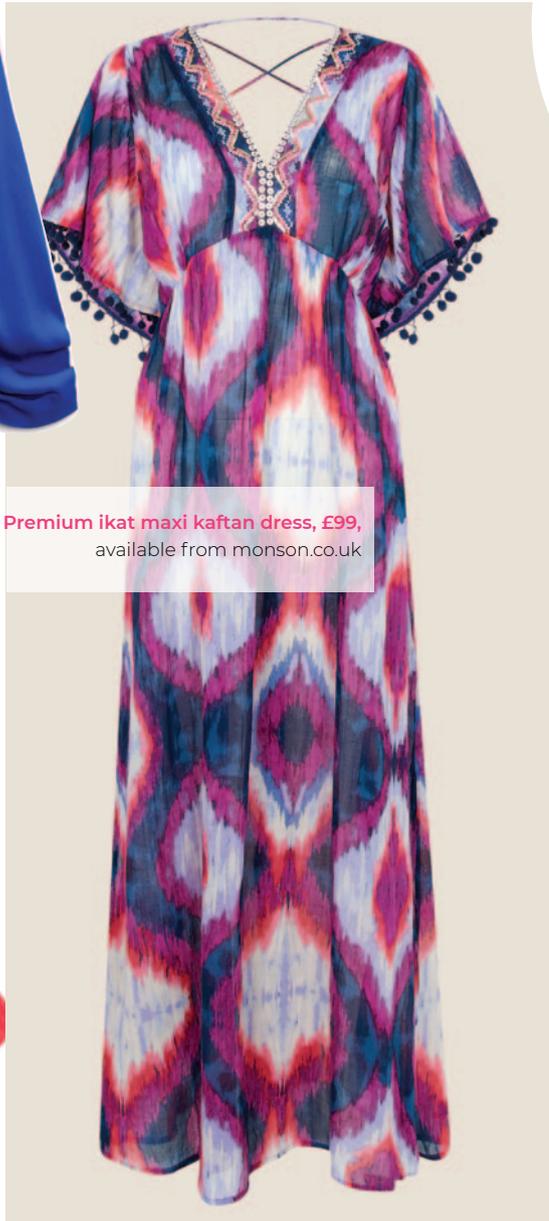
Patient having Forma-V treatment at KP Aesthetics
Image Credit; KP Aesthetics





Blue jacket, £55.99,
available from zara.com

By Janet Reeder



Premium ikat maxi kaftan dress, £99,
available from monson.co.uk



Resin link drop earrings, £10,
available from riverisland.com



Bernadette Jeanine floral print stretch-silk slip dress, £340,
available from harveynichols.com



Red puff sleeve midi dress, £85,
available from oliverbonas.com

Bizarrely, autumn/winter fashion begins to make its way into stores just as many of us start to jet off on our holidays. As if any of us want to start thinking about coats and jumpers when heading to a sun-soaked paradise – or Blackpool! Only the most devoted trend hunter will want to get in on the new season before anyone else does. Luckily, the rest of us can still get a holiday fashion fix thanks to high summer styles that hit the rails around the end of July.



The Row Bare 65 gold satin sandals, £700,
available from harveynichols.com

Slip dress, £59,99,
available from zara.com



Fashion pack...

Check out these hot looks for the holidays



Heidi Klein Raspberry Lake Como top, £130, Capri bikini bottoms, £115,
available from heidiklein.com



HALO Neema wrap swimsuit, £69,
available from dancingleopard.co.uk

I used to prefer winter fashion, but my allegiance has changed, and I now love a holiday wardrobe. This is because I channel my inner hippy. Floaty dresses, kaftans and slip dresses are perfect for the vacay. And if you really want to get into the holiday spirit, invest in new swimwear every time you go away. Honestly, there's nothing quite so miserable as dragging out the same old cossie every time you hit the beach. Finally, as well as your trusty trainers, pack a pair of glamorous sandals for night and flats for day. Accessorise with statement jewellery and sunnies and you're holiday-ready!



V by Very cat-eye sunglasses, £12,
available from very.com



Kin Lillian cross front sandal, £59,
available from johnlewis.com



Lottie London 100% Vegan Brushes
£5-£10 each or 5-piece set, £25, available at ASOS and Lottie London.



Grow Gorgeous Intense Thickening Spray boosts volume for visibly fuller-looking hair and bouncy body from root to tip, £25, growgorgeous.co.uk



The Jojoba Company Pigmentation Oil with Carrot & TYROSTAT™ evens skin tone and visibly reduces pigmentation, £26.95, thejobacompany.co.uk

Lab by NS Biome Hyaluronic Eye Patch, 60 pieces, £9.99, naturasiberica.co.uk



**LOVE
WANT
NEED**



NARCISO Rodriguez Cristal, a tribute to radiant femininity, 90ml, £90.



Sisley Ombre Éclat Liquide, £38 each, available from sisley-paris.co.uk



Zadig & Voltaire NEW
This is Him! 100ml, £69.



Lottie London Body Glow, £12.95 and **Body Brush**, £10, available at ASOS and Lottie London.



The Jojoba Company Ultimate Youth Potion + L22®
£29.95, thejobacompany.co.uk



ARRAN Sense of Scotland has released its first new fragrance range in 10 years; a delicate, velvety scent, inspired by the tranquil, sun-soaked shores of Kildonan in the south of the island. **Hand wash, Bath & Shower Gel and Hand Cream** £16 each, boxed **Saddle Soap**, £6.50 from arran.com



FFS (fuss-free shaving) subscription service. The best-selling **Full Shaving Set** £28, ffs.co.uk

By Beverley Uddin-Khandakar



Guylian's Seashells

a harmonious blend of dark, white, and milk chocolate filled with hazelnut praliné, £5.50, available from guylian.com and major retailers.

The future of home fragrance just got brighter with NEOM and their new and improved iconic **Wellbeing Pod**. Designed to deliver the perfect amount of scent in minutes with the power to fragrance your home, £95, neomorganics.com



The **Swipe Vlogging Light**, £19.99 from thumbsup.com



Divine Chocolate has a mission to help end exploitation in the cocoa industry, creating a world where farmers thrive and prosper. The **Milk & White Dreamers Letterbox Bundle** (6x90g), £13.99 or **individual bars**, £2.39 each, divinechocolate.com



My little DaVinci Frame

allows 50 pictures to be stored and rotated. Ideal for families, artists or posters, A4, £29.99 or A3, £34.99, mylittledavinci.co.uk



A craft beer range dedicated to supporting positive mental health initiatives in the UK launches its first limited edition gift pack **Latte Latte Love**. People's Captain joined forces with Easy Jose Coffee & Tony's Chocoloney to create an incredible beer, coffee, and chocolate gift set with conscious gifting at its heart, £26.50 +delivery, peoplescaptain.co.uk

Images: Sarah Hewitt



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8 Cecil Road, Hale
WA15 9PA

What Everybody Ought To Know About Writing A Will And Drafting A Lasting Power Of Attorney

Gareth Morgan, head of Private Client at Blackstone Solicitors, discusses the many facets of his role and how his team can help you.



What does a private client solicitor do?
A Private Client Solicitor deals with the discussion and drafting of Wills, Lasting Powers of Attorney and Trusts and helps to administer the estate of a person that has passed away.

Why is a Will important?

It is important for you to make a Will, whether or not you consider you have many possessions or much money. 61% of people in the UK still do not have a valid Will. That equates to approximately 30 million people. This is amazing when you consider the issues which can be avoided for your loved ones by this often-simple document. The problem is that many people often don't see a Will as something that is necessary. Unfortunately, these people leave things too late, and this can cause serious problems for their family and loved ones following their deaths.

These are some common issues which I find many clients are unaware of :-

- When a person dies without a Will, certain rules known as 'the rules of intestacy' apply which dictate how much money, property and possessions should be allocated. This may not be how you had intended your estate to be divided or to whom it is distributed.
- Unmarried partners and unregistered civil partners cannot inherit from each other without a valid Will.
- Wills can be used to arrange who will care for your minor children should both parents die.

- Also, a Will is revoked by marriage or civil partnership.

It is particularly advised to use a solicitor to draft your Will where you share property with somebody other than a spouse or civil partner; where you wish to make provision for a dependant who cannot care for themselves; where there is a high probability of somebody contesting your Will; you own property overseas or there is a business involved.

What is a Lasting Power of Attorney?

A Lasting Power of Attorney (LPA) is a legal document which allows you to appoint somebody (The Attorney) to deal with matters on your behalf. There are two types of LPA, a Financial Decisions LPA which deals with your finances and property decisions, such as selling your house or managing your bank accounts and other investments. There is also an LPA for Health and Care Decisions, which deals with making medical decisions and liaising with local authorities and social services, care homes when issues arise and ultimately, it enables the Attorney to make life sustaining decisions. You must have sufficient mental capacity to be able to instruct a solicitor to draft a power of attorney.

Where a person lacks capacity, the options become more technical, expensive and limited and must be referred to the Court of Protection. This situation can be avoided for your family and loved ones by ensuring you have an LPA in place.

Why instruct a Solicitor to deal with Probate matters?

Probate is the area of law which I find is most challenging to many clients. They are often still grieving for the loss of a loved one and have not appreciated the volume of work that is often necessary to deal with following a death. This can feel incredibly daunting during an already difficult time. An experienced Private Client Solicitor can take away that pressure and assist with obtaining the Grant of Probate or Letters of Administration, liaise with various asset holders such as banks and other financial institutes and complete the relevant forms to deal with any tax implications and ensure any wishes in a Will or intestacy are carried out correctly. The Private Client Solicitor will also speak with other departments within the firm to ensure that issues such as property transfers are carried out and ensuring the process is administered as efficiently and cost-effectively as possible.

BLACKSTONE SOLICITORS

Blackstone Solicitors has been successfully advising its clients for over 10 years. The firm is expanding and is very experienced in a number of areas of law.



For legal advice contact us on: 0161 929 0121

E: info@blackstonesolicitorsltd.co.uk | BlackstoneSolicitorsLtd.co.uk

Construction | China Desk | Agricultural Law | Commercial & Residential Property | Litigation | Corporate Legal Services | Wills & Probate | Iran Desk

With offices in: Hale | Mayfair  

PANGAEA
SCULPTURES

Open Days

totally wild and FREE!

To celebrate its 8th birthday, Pangea, the passionate company that sells magnificent animal sculptures direct from Africa, is hosting a special three-day event. And the good news is, you're all invited



Summer day out for all ages

On Thursday 15th September, Pangea, based on Country Road, Ormskirk, will host its first celebratory open day featuring live music, food, drink and even the chance to get up and dance! The Friday and Saturday will be more family focussed and perfect for little visitors. Best of all, the open days are free to attend and the ideal late summer opportunity to make some brand-new holiday memories in the company of some of Pangea's famously life-like giant animal sculptures... and there are 75 new ones arriving just in time for the celebrations!

Pangea – a company with heart

Last issue, we introduced you to Pangea and its inspirational founder, Ian Unsworth. The company sells animal sculptures handmade in Africa and around the world from recycled materials and it's Ormskirk Road showroom is akin to an urban ark, packed to the rafters with creatures great and small.

The story behind the business is a powerful one – during a trip to Kenya to visit his ailing uncle, Ian spotted locals selling incredible sculptures by the roadside, each expertly crafted from recycled materials like oil drums. Ian shipped a container-full back to England, and they sold super quick. Pangea was born. But this is no ordinary business; 100% of the profits are ploughed back into the communities in which they're made. And it is this benevolence and love of people and community – along with Ian's "work hard, play hard, help others" ethos – that's behind the business's forthcoming plans to open its doors and grounds between 15th and 17th of September.

Raise a free glass of bubbly

Come 12 noon on Thursday 15th September, the outside of the Pangea Ormskirk Road showroom will be transformed. You'll find marquees, a ukulele band playing three live gigs (at 3pm, 6pm and 8pm), food and drink vans, a coffee stall and a free chilled glass of prosecco and free ice cream for everyone in attendance.

Tables and chairs will be available both outside and inside the showroom. Also indoors will be a dancefloor for those who fancy letting their hair down in celebration of Pangea's special anniversary. Liverpool Live Radio will be broadcasting live from the location (in fact, you may have heard Pangea's adverts on the station lately) and the bar will be open until 9pm.

"Thursday is a day for the grown-ups," smiles Ian, "a glass of bubbly, a live soundtrack and a chance to discover the Pangea



collection – maybe even treat yourself to a sculpture or two. There will be 75 new additions to discover at the open days."

And, when the sun sets on this delightful day of summery relaxation, a 2.5-metre outdoor chandelier will sparkle and shimmer – you will have to see it to believe it, a bit like the sculptures. Take a seat and admire the out-of-Africa views or have a wander and peruse everything from giraffes and lions to monkeys and mice at your leisure.

Family-friendly fun

The second and third day of the Pangea celebrations (16th and 17th) start at 9am and finish at 6pm. Both days are focussed on the family, with heaps of fun activities for the kids to get involved in, including face-painting and, of course, fabulous photo opportunities aplenty inside the showroom. What child can resist having their photo taken sat atop a life-size elephant, rhino or horse?



"We extended the first initial open day to welcome in visitors with little ones in tow," says Pangea General Manager Ashley, "since day one of opening the doors of the Ormskirk Road showroom, one of the highlights has been seeing children enjoy the sculptures. They have a real wow-factor and kids are captivated."

An unforgettable day that doesn't cost the earth

Helping others and being charitable is in Ian's blood (hence the whole Pangea concept) and that is why, he explains, the team made all three days free of charge:

"Times are pretty tough for a lot of people right now. The cost of living is rising and days out in the summer holidays can be, for some, unaffordable. I liked the idea of welcoming in people both from the local community and beyond and giving a little something back. "The kids' activities are free, and I've also ensured that any stalls selling food and drink are doing so at a truly reasonable price."

Don't miss this opportunity

All three days have a 200-visitor capacity, so there's no need to call or book ahead. Just drive up and embrace the summer

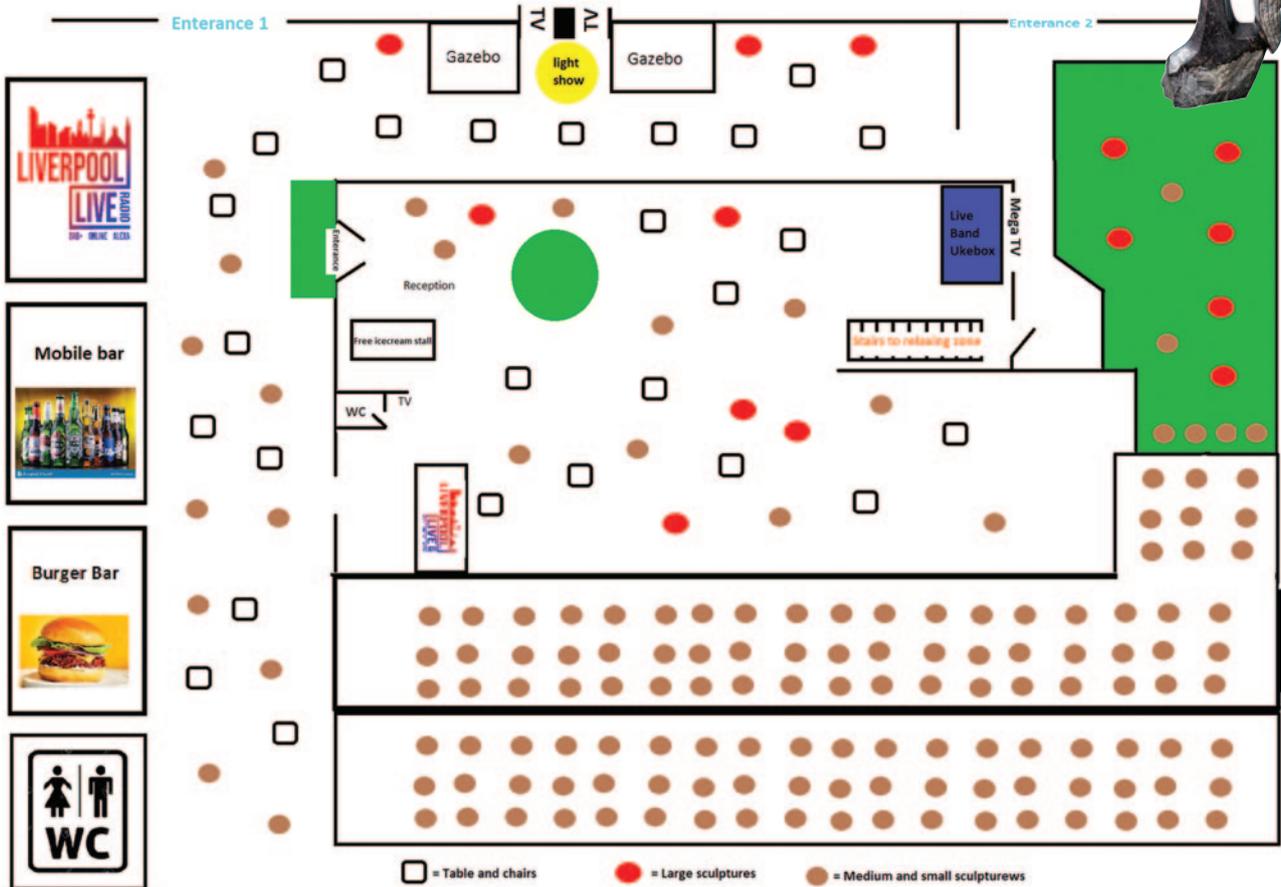
fun. The always-friendly Pangea team will be on hand all day and night to answer questions or even give you a guided tour of the sculptures. "If you spot someone wearing a Pangea hat," explains Ian, "they're a member of the team and happy to help."

And should you decide to buy a sculpture, large or small, you will be helping sustain the livelihoods of hundreds of people communities in Africa.



Pangea's 8th Birthday Party Floor Plan

15th, 16th and 17th September



Work Hard, Play Hard, Help others

Dancing and photographs with our animals Permitted
Please don't feed them

Pangea Party Event Open Days

Thursday 15th (noon to 9pm), Friday 16th and Saturday 17th September (9am to 6pm) 164 County Road Ormskirk Lancashire L39 3LY. Visit <http://pangeasculptures.com> for a sneak preview of the sculptures!





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Room to snooze



Oliver Bonas Flora printed bedding king, £98, from oliverbonas.com



Nadine rug, 170 x 240cm, £595, available at sohohome.com

Habitat bedroom inspo: Includes Colby double end lift ottoman storage bed, £490, Swen 1 drawer console table, £160, Mediterranean set of two woven baskets £25, available at habitat.co.uk

According to The Sleep Foundation, a relaxing environment is essential for a good night's rest. Studies have shown people simply sleep better when their bedroom is optimized for light and noise levels, temperature, and comfort. The room should be the right temperature, light on any noise, dark at night and elements, such as crisp, clean bedding and relaxing fragrances like lavender and peppermint, can help you drift off peacefully. sleepfoundation.org/bedroom-environment

By Janet Reeder

Much is made of the kitchen as 'the heart of the home', but the bedroom is where we spend a third of our life. So, it should be simply gorgeous. I adore the Mediterranean vibe of the room set on this page. The holidays may be nearing their end, but with a few simple designer details, we can still dream we are in Sicily or Santorini.



Ezra throw, £145, available at sohohome.com



M&S X Fired Earth washed cotton duvet cover, £35-£65, available at marksandspencer.com



Hadwin table lamp, £39, available from cultfurniture.com

Skydda 9 Light Bathroom Chandelier – Chrome – **£242**

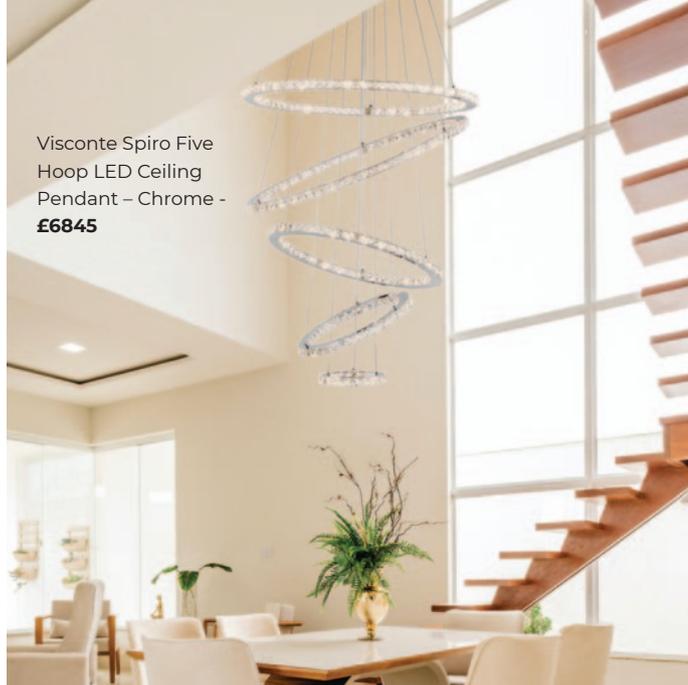


Lighting by Litecraft

With a huge range of luxury lighting, you're sure to find something to suit your style

Why choose Litecraft? This family business prides itself on fast delivery, an extensive choice of products, and value for money, and the Litecraft website is dedicated to helping you with your search for the right lighting, whatever you're looking for. **In-house design** The in-house design and buying team, work non-stop to source top-quality products and designs inspired by the latest interior trends, and its loyal, friendly team is happy to be your personal shopper, to ensure you find the perfect lighting for your home.

Visconte Spiro Five Hoop LED Ceiling Pendant – Chrome – **£6845**



Visconte Bulla 5 Light LED Spiral Cluster Ceiling Pendant Light – Chrome – **£640**



Visconte Coco Large Ceiling Pendant - Satin Nickel - **£699**



1500 Watt Floor Standing Halogen Element Outdoor Heater – Black – **£220**



Visconte Tutti Table Lamp with Pearl Shade – Gold - **£259**, and Visconte Tutti Globe Chargeable Table Lamp – Gold **£77**



Visconte Barbarella 5 Light Ceiling Pendant Bar – Chrome – **£555**

All stores have FREE parking and are open seven days a week
Customerservice@litecraft.co.uk / 0161 359 4777 / litecraft.co.uk

Find your nearest store. With six lighting stores throughout the UK and online shopping available at the Litecraft and BHS websites, your search for the right lighting couldn't be easier. **Litecraft** Gorse Street, Chadderton, Oldham OL9 9RJ (just off J21, M60). **Litecraft** Beaumont Building, Great Ducie Street, Manchester M3 1PQ (opposite the Manchester Arena).



Nourishing Aman candle, £65, available at: shop.aman.com

Bjork & Berries scented candles, £57 each, available at bjorkandberries.com

Smells like home...

Home fragrance is now a thing. In fact, if you haven't got a scented candle giving off wellbeing vibes or a waft of something that encapsulates your 'personal philosophy', then you're just not on the interiors zeitgeist.

Seriously, though. There is something so soothing and fabulous about a beautiful, scented candle, such as the inaugural range from Aman, which features three thoughtfully scented 220g candles, which follow the Grounding, Purifying and Nourishing pathways inspired by Aman Spas and influenced by the varied landscapes of Aman's destinations.

The Officine Universelle Buly scented candles are stunning works of art, available in red marble with very graphic white veins called Rosso Levanto (if you have a chunk of spare cash and don't know what to do with it, then invest in the supersized version at £1,300). Ginori 1735 is another home fragrance range that doubles as works of art, while candles by Synchronicity Scents are perfect for spaces where you go to relax, meditate or practice your yoga.



Henry's Townhouse collection, £65, available at henrystownhouse.co.uk



The Officine Universelle Buly scented candles, £135, available at: <https://www.buly1803.com/en/46-scented-candles>

Ginori 1735 Il Letterato collection, £295 each, available at selfridges.com



Synchronicity Scents candle, £50, available at synchronicityscents.com



By Janet Reeder

Cheshire Property Staging

Hello!

It's safe to say that summer has well and truly arrived. Here in the UK, we only usually get a short window to take full advantage of our outdoor spaces, but this year, it seems we'll be spending most of our free time reclining on our garden furniture... and I'm not complaining!

Susie



Helping property developers

After multiple wins over the past month, like landing our first 'sold-as-seen' contract, where everything we choose for the home interior is sold along with the property, we have now progressed to achieve something I have had my sights set on for a while. Property developers are now reaching out directly to involve us in their projects from the very beginning. This stands as such a milestone for the company, as our interior choices are seen as invaluable in the selling of a home!



Current clients

We currently have the pleasure of working with a plethora of high-profile sports people. Having these individuals trust Cheshire Property Staging, not only in their homes but as a central authority within the interior design industry, is something we're incredibly proud of.



My top tip for summer

Did you opt for a neutral or monochrome palette in your home? Maybe now summer is here, you're wanting to add a pop of colour? This is so easy to do, and you don't need to make any drastic changes! I'd personally suggest integrating colour using cushions, art, rugs or accessories (like vases, ornaments, candles, etc.) to achieve this seasonal look.

Offering diversity

At present, two of our main projects could not be further apart in terms of style and design. The first is a home in Hale Barns with a brief that stated, 'like Dubai'. The second, a Victorian semi-detached in Didsbury, is home to a family that have far more traditional tastes! Despite the huge difference, we've been hired to do the same job for both, and the results are going to be on opposite sides of the spectrum – this is a true testament to the way in which we listen intently to what you (the client) want your space to be like. The aim of the game is that when people walk into your home, they don't think, 'Ah, Cheshire Property Staging!' but instead, 'Wow, this is so you!'. Our goal is to bring your visions and personal tastes to life in a phenomenal way.



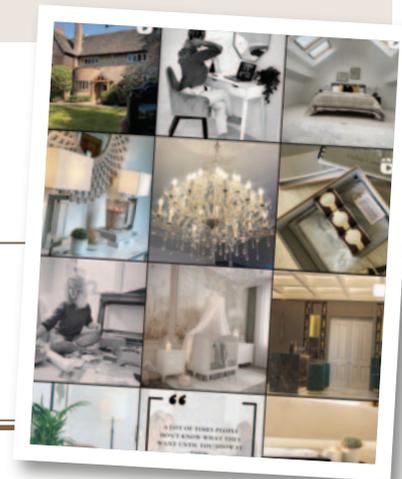
Need a helping hand with your holiday home?

Yes, we do that too! Whether you've just purchased a new home abroad, you're wanting to rent your current holiday home out or maybe you just want a revamp for yourself, whatever your needs, Cheshire Property Staging is here to listen to your plans and take away all the fuss whilst still delivering exceptional results!

Cheshire property online

There are major developments in our work online, as we're beginning to invest more time and money into other parts of the business. From video campaigns for our 'Online Boxing' (stay tuned!) to branding and social media, I guarantee lots of news from me soon!

Follow us on Instagram to keep up to date with all our projects and to access all the behind-the-scenes action, plus lots of valuable information and advice! [@cheshirepropertystaging](https://www.instagram.com/cheshirepropertystaging)



Harissa beef with roasted tomatoes and peppers

Food editor, stylist and author Angela Boggiano and her photographer husband, Craig Robertson, owners of At The Kitchen In Cheadle Hulme, share their delightful late-summer recipe with us



This is a fantastic late summer dish that uses up the best of the tomatoes and peppers, and is perfect for serving to a group of friends or family. All the work is done well before anyone arrives, allowing time to enjoy the last few days eating outdoors.

The steak is marinated overnight and then just needs some last-minute cooking. The peppers and tomatoes can be made the day before serving and left in the fridge, allowing the flavours to develop even further. This dish would go perfectly with crushed and roasted new potatoes and a big, crunchy green salad.

Serves 4

- 3 large, thick-cut beef sirloin steaks
- 2 tbsp rose harissa
- 2 red peppers, halved, seeded & sliced thickly
- 2 yellow peppers, halved, seeded & sliced thickly
- 2 red onions, cut into wedges
- Pinch chilli flakes
- 4 tbsp olive oil
- 400g vine-ripened tomatoes, halved
- 2 cloves garlic, finely chopped
- 2 tbsp capers
- 75g pitted black olives
- 25g toasted pine nuts
- Large handful fresh basil leaves

1. Place the beef steaks in a bowl and add the harissa paste, a good pinch of salt and some ground black pepper. Rub all over the steaks and leave to marinate for either an hour or in the fridge overnight.

2. Preheat the oven to 200°C/fan 180°C/gas 6. Place the peppers and red onions in a roasting tin with two table-spoons of olive oil and toss together well. Place the tomatoes in another roasting



tin skin-side up and drizzle over the remaining oil. Sprinkle with a little salt, ground black pepper and the finely chopped garlic.

3. Place both the roasting tins in the oven and roast for 20-25 minutes until the peppers are

starting to soften and char a little at the edges. Toss the peppers and onions and sprinkle over the chilli flakes and cook for a further 20 minutes until really softened.

The tomatoes should also be a little charred at the edges

and very soft. Remove from the oven.

4. Add the peppers and onions to the roasted tomatoes and toss everything together gently, including the juices from the roasted peppers. Add the capers, pine nuts, olives, most of the basil (reserving some for garnish) and a good pinch of salt and ground black pepper. Spoon the mixture onto a large serving platter.

5. When ready to serve, remove the steaks from the fridge and bring to room temperature. Place a griddle pan on a high heat and add the steaks and cook for three to four minutes each side, depending on how you like your steaks cooked. Leave the steaks to rest for a about 10 minutes, then slice into thick strips and arrange on top of the roasted peppers and tomatoes and add extra basil to garnish. Serve immediately with crispy roasted new potatoes and a crunchy salad.

To find the recipes simply scan the QR code and enjoy!
At the Kitchen / 5 Warren Road / Cheadle Hulme / Cheadle SK8 5AA
0161 282 2050



The Anthologist Manchester

Taste ★★★★★ | Value ★★★★★ | Service ★★★★★ | Atmosphere ★★★★★ | Variety ★★★★★



Overlooking St Peter's Square, The Anthologist's unrivalled setting right in the heart of the city showcases this lovely restaurant's offerings. From a quick catch-up over freshly ground coffee to relaxing

after work with well deserved cocktails on the gorgeous al fresco terrace, you're guaranteed to kick back and relax in a truly eclectic setting. The restaurant and bar showcase an extensive and inspiring

menu. For our starters, we went for the Indian spiced chicken skewers, tempura samphire, and shrimp lollipops. Heavenly! A crispy duck salad, comprising Asian vegetables, beansprouts, red onion, wonton, peanuts, sesame and hoisin perfectly accompanied our main dishes. An 8oz British sirloin steak for me; 21-days age and seasoned with Himalayan salt, and paired with chips and watercress, this was a magnificent dish. And for her; the fish and chips in beer batter, with mushy peas (of course!) and tartare sauce provided the perfect set up for sharing!

Sticky toffee pudding was a welcome sight on the dessert menu, and especially with salted caramel ice cream, as was a refreshing raspberry sorbet with toasted sesame wafers. A deliciously perfect way to round off a fabulous dining experience.

The Anthologist / One St Peter's Square / Manchester M2 3DE

Evuna Deansgate Manchester

Taste ★★★★★ | Value ★★★★★ | Service ★★★★★ | Atmosphere ★★★★★ | Variety ★★★★★

We visited Evuna's Deansgate restaurant, where the Evuna story first began (they're also in the Northern Quarter, Altrincham, and Knutsford) on a bustling Friday night, which made for a lively atmosphere to rival Barcelona or Madrid. And what's not to like about that?

But Evuna is not only a tapas bar and restaurant, serving the finest in Spanish food and drink, they're also an award-winning wine merchant, so you can be sure whatever you choose to pour into your wine glass, it's sure to be a perfect accompaniment to their delicious dishes.

We did as the Spanish do, and sampled several dishes to share between us. These

included filetitos (chilli fillet steak), pinchos de pollo (chicken skewers) and gambas al ajillo (chilli and garlic prawns) for the meat and fish lover (me!), and pimientos de piquillo rellenos (peppers stuffed with rice and vegetables) for the veggie (her).

Conveniently located for a quick spot, or leisurely linger, of excellent and authentic tapas and, of course, a glass or two of superb wine after work, or, better yet, a weekend with a genuine Spanish banquet and a bottle or two, or three, of fabulous wine, Evuna will make you believe you're in Spain. Even in the Manchester rain!



Evuna / 277-279 Deansgate / Manchester M3 4EW

Club Vino

In this issue, Cheshire-based sommelier and founder of Club Vino, Marco Castelanelli, gives us his top wine and fizz recommendations to say goodbye to summer.

Not so much a last of the summer wine, more let's make the most of the last of summer with wine!

Marco has over 20 years of experience in the wine business and a talent for bringing each glass to life. He's passionate about the story behind each bottle, what goes in and what comes out, and loves sharing these stories with his clients and our readers. Club Vino really is a message in a bottle... a delicious message! So, read on to hear Marco's hand-picked selection of seven wines to say goodbye to summer 2022... and raise a glass to summer 2023!



NV Bolney Bubbly, West Sussex, England £28

A simple, light and refreshing sparkling wine that's quintessentially British from a family-owned winery in West Sussex. Traditional methods are used to make this wine and it benefits from 18 months ageing. It's an easy drinker with a hint of elderflower and a charming creaminess, which makes it a perfect summer drink in an English garden.



Pinot Noir 2018, Giddy Goose, New Zealand £15

If you think summer days and red wine don't go together, then try this one. We think you'll change your mind! But pop it into the fridge first, then enjoy slightly chilled. This is a playful, medium-bodied, and light-of-touch Pinot Noir that's simply bursting with juicy fruits of the forest. Goes down incredibly well with fish dishes and soft cheeses.



Love By Léoube, Côte de Provence Rosé, France £18

A quintessential Provençal rosé and in a minimalistic bottle too. This is a Mediterranean breeze captured in a glass, refreshing your palate with a great minerality and delicate fruit hints. This pale, dry, elegant and organic wine is the perfect match for a hot day by the pool or in an English garden, which will feel distinctly Mediterranean once you uncork this taste of Provence.

Albariño 2018, Ferdinand Wines, California £28

This wine is the proof of the heights this grape can reach. Originally from Spain, this Albariño has an incredible depth of flavours and complexity of floral and savoury sensations with a zesty finish. This complexity is achieved through ageing the wine in wood, resulting in a mellow and almost tropical wine. Uncork the tropics in your garden!



Sauvignon Blanc 2018, St.Clair, Marlborough, New Zealand £15

A great classic fruit-driven New Zealand Sauvignon Blanc. From one of the longest established wineries in Marlborough, this wine is exotic, tropical and refreshing from start to finish. And a distinctive undertone of salinity makes it a perfect match to chargrilled fish recipes and Asian food. And who doesn't want a glass of something refreshing and exotic on a late summer's day?



Riesling Spätelese, Dr Loosen, Mosel, Germany £25

If spicy food is challenging to match with a good wine, then this is the answer. Its grapes were late picked (Spätelese), which develops a higher ripeness and deeper flavours, resulting in a medium-sweet Riesling that's never too rich. And with an outstanding minerality, this wine is a perfect match for spicy food; a yin and yang that'll balance the heat on your palette!



Picpoul de Pinet 2020, Domaine de Lauriers, Languedoc, France £18

A crisp and refreshing white wine made exclusively from the ancient Picpoul grape variety. Picpoul means 'lip stinger' on account of its zingy acidity and it's complemented here by citrus, green fruit and white blossom characteristics. Perfectly pairs with oysters, salty seafood and other flavours from the waters to make for a lip-smacking taste experience.

club-vino.co.uk

If you are looking for the perfect selection of wines to accompany an end of summer barbecue, visit club-vino.co.uk/shop @club_vino_uk @club_vino_uk



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Alderley Edge

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at
NG Phaselis Bay
Turkey



Located in Kemer, Antalya, the five-star NG Phaselis Bay is a few steps away from a private beach, alongside two idyllic bays, guaranteeing the sunshine we all crave. The NG Hotel's newest family member opened in April 2021 following lockdown for the Covid-19 global pandemic.

After a four-and-a-half-hour flight and a 45-minute drive from Antalya Airport, we were warmly greeted by the hotel management, a glass of chilled Moët and a very welcome platter of chocolate-dipped strawberries. And the hotel lobby, filled with natural greenery, set in the earthy tones of the marble floor, and with the sun shining through the glass, gave us a sense of tranquillity the moment we walked through the hotel entrance. The hotel's mantra 'See Feel Love' is ingrained throughout the resort.

There are a variety of room types, including suites, villas and themed family rooms and an adult-only area, accommodating 1,200 guests. We stayed in a deluxe room, complete with sea view, balcony and 'elaborate touches and sumptuous beds' which accommodates two adults and two children. The rooms are contemporary, bright, and spacious, with everything you would expect from a five-star luxury resort and are a haven of cool calmness when you want to escape the sun's rays.

Foodies wouldn't be disappointed as there are six à la carte restaurants, a pâtisserie, food trucks, bar snacks and the largest buffet restaurant, 'Cuisine', that I have ever encountered. Capella is heaven for Mediterranean healthy dining; Scallops has the freshest and richest seafood; Phrygia is traditional Turkish dishes; and Chef's Steak does what it says on the tin.

The Aliva Spa features SPA suites, an indoor pool, Turkish bath, sauna, steam room and a snow fountain. There are also treatment rooms for massage and skincare, and a very private VIP area. The Spa is situated on the ground floor of the hotel, next to the gym and close to the boutique shopping area, where you can treat yourself, replenish your toiletries or buy the obligatory fridge magnet for grandma.

The Beluga Kids Club offers fun and educational activities for children of all ages. Based on the principle of 'Happy Babies – Happy Mothers', this attentive baby concept includes privileged services with sleeping chambers, special playrooms, formula preparation corners, nappy units, breastfeeding sections, an infant corner in the main restaurant, strollers and more – all services to ensure that parents enjoy a comfortable and relaxing holiday. There's plenty to do if you want to get out and about and explore Antalya too.



Düden Waterfall

If you are looking for an amazing walk to enjoy the breath-taking landscape of Antalya, Lower Düden Waterfall is one of the most dazzling natural shows to see in the city. Located in Düden Park in the Lara district of Antalya, it's a powerful water attraction to see from the sidewalk or from a boat in the water while enjoying your lunch.

Antalya Old Town

The old city of Antalya contains many of the city's historic sites, such as Hadrian's Gate – a triumphal arch built in the name of the Roman emperor Hadrian back in 130 AD. Renovations to the marina and waterfront have added several hotels, restaurants, and shops, making this a popular tourist destination.

The sunken city of Simena at Kekova Island

If you are looking for even more adventures,

then take a boat trip to explore the sunken city of Simena at Kekova Island. The area is a great spot for snorkelling. Take your own snorkel, as they won't be provided.

Demre in the ancient Greek city of Myra

Along with its unique rock graves carved into the cliffs, Myra is well-known for its acropolis and Roman-style theatre. Myra has accumulated a rich history and culture over the centuries and was considered to be one of the six leading cities in ancient Lycia.

Finally, a trip to **St. Nicholas Church**. In the 4th century, a priest named Nicholas was appointed as the Greek bishop of Myra. Due to his generous and caring nature, he was well-regarded by the Lycian people. Following his death, he was named a patron saint and is believed to be the real man behind the legend of Santa Claus. Many tourists and pilgrims flock to pay homage to this legendary saint.



Surrounded by the Mediterranean's crystal waters and secluded bays, the NG Phaselis Bay certainly lives up to its five stars. The hotel's warm hospitality, ultra-all-inclusive offering, wealth of facilities, restful rooms, gastronomic delights, multiple outdoor pools, cabanas, and children's facilities mean they certainly cater for everyone – and you won't be disappointed.

Getting there:

There are daily direct flights to Antalya, but the recommended airline for this trip would be Turkish Airlines. The airport is only a 45-minutes' drive from the hotel and fast-track and luxury transfers can be arranged.

The prices start from £296 per night on ultra-all-inclusive basis.

Göynük, Cumhuriyet Mah. Sakip Sabancı Cad. 160. Sk. No:31 P.k.
5, 160. Sk., 07980 Kemer/Antalya, Turkey.

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POSTCARD

from Andalucía

New house. Scary stalkers. Gin dramas. Firefighters. Life is never boring here in Spain.

Last month, we moved to a country villa near Frigiliana, a beautiful, whitewashed village just five minutes from the sea. Perfect, I thought. What I hadn't bargained for was bagging myself a stalker. I first spotted him last week when I was parking up. Tall for his age, skinny, with a cheeky grin, but as soon as I opened the car door, he was off. Two days later he was back. Lurking by the patio doors. His beady, little eyes locked onto mine as I stood rooted to the spot. But last night was the worst. Stepping out of the shower, there he was, right in front of me. I screamed. He froze. Mexican stand-off style. Thankfully, in loped his Lordship to check I was ok, but instead of kicking my stalker out, he

befriended him and christened him Cuthbert.

You see, Cuthbert is a gecko. A cute little lizard. But a lizard, nonetheless. And chatting to our new neighbours, it seems everyone here has a gecko tale, but my Irish neighbour, Kieran, has the funniest. Apparently, last summer, his sister Chloe was housesitting. One evening, home alone, enjoying a rather strong sundowner on her bedroom balcony, Chloe was cornered by a gecko. Knowing her much braver boyfriend was hours away, she did what any desperate woman would do and heroically sacrificed her G&T to fend off attack and trapped said gecko under her upturned bowl glass. Alas, in her haste, she sliced his tail right off. Horrified and ashamed, she sank to the floor, the now tailless gecko staring back at her woefully. Leaning back on the patio door, trying to work out what to do, she heard her only escape route lock shut behind her. Realising she was now trapped, she took to the local expats' WhatsApp group to ask for advice. Cue one of the most amusing threads I've ever read.

Some neighbours worried about the gecko, some about Chloe, some were far

more worried about the loss of gin, particularly since it was imported Bombay Sapphire. Then a flurry of questions. Was there enough air in the glass for the gecko to survive? Cue Chloe adding photos of glass followed by frantic calculations of gecko size to O2 capacity. Could the gecko upend the glass and escape? Cue hysterical attempts by Chloe to climb off the balcony, convinced she would soon be devoured, one teeny tiny bite at a time. Was the alcohol in Bombay Sapphire strong enough to sterilise the tail for reattachment? Cue Chloe on hands and knees, locating slithery tail and placing it on the fast-melting ice from her G&T... only to be informed by Sven, local hotel manager, that gecko tails grow back. Next came a heated debate about how much gin was likely left inside the glass and whether said gecko was now absolutely hammered. Who, by the way, had now been christened TT aka tailless Tommy.

But the pièce de résistance was when the chat turned to the siren-loud arrival of the bomberos (firemen), who had been alerted to the life-and-death crisis by the little old Belgian lady at Villa Eduardo. Many photos followed as neighbours flocked to the scene of the crime to capture for posterity the hunky, handsome bomberos' rescue of a rather embarrassed and scantily clad Chloe alongside a traumatised but now slightly squiffy TT. The story even made the front page of the local expat newspaper. With the hilarious headline: Young woman terrorised by tailless lizard. Gin saves the day.

Right, must dash. Need to coax Cuthbert out on to the balcony. Quite fancy me a bomberos' rescue...



Postcards from Andalucía, Lady Muck Style

By Catherine Saunders / Read more at www.ladymuck.style

OUTDOORS

GROWING THINGS

Not all outdoor activities have to be sports, adventures, or expeditions. Nature is for everyone, just as every one of us has a responsibility to the natural world and the simple act of growing things is a pastime that unites every generation.

It may once have been the case that gardening was considered a hobby for the oldies – but not anymore. There's an emerging young generation that is far more aware of the environmental impact of our food supply than my generation would have been – and that means a whole new cohort of people that are placing a high priority on locally sourced, plant-based eating.

It's becoming quite a movement. Thanks also in no small part to the lockdowns of the past couple of years, people have been putting much more thought into how to use their own green spaces, and those that didn't have green spaces have created a surge in demand for allotments. And the fact is, with even just an apartment balcony, you can start growing your own ingredients to make truly satisfying, much tastier and lower-impact fresh meals.

Now speaking as one of Generation X, I'm neither one of the oldies nor am I one of the emerging young adults that are far better informed than I was. So, I'm

coming at this as a beginner. Already at pre-school ages, my own children have shown an interest in growing things thanks to the lovely My Fairy Garden kit (£17 from Hobbycraft) in which you can grow and maintain a tiny lawn in a colourful planter, or harvest and re-plant with things like watercress. So, where do we go from there?

First of all, I'm told now is the perfect time of year to start planning your growing – and planning is key. In autumn time, you can start from scratch and there are plenty of beginners' courses at places like Tatton Park or through the Royal Horticultural Society. Having asked around, here are some beginners' tips I've learnt:

1. Variety. Rather than one big batch, plant a variety of different small crops of fruits and vegetables – to keep it interesting and to learn more as you go.

2. Soil. Using a squeeze test plus Google, you can work out what sort of soil you

have, and garden centres will have all the composts and fertilisers you need that are specific for growing food. Miracle-Gro Performance Organics are recommended.

3. Planting. You can sow seeds and bulbs straight into the ground. Start them off in seed trays first or buy 'plug plants', which are already partially grown and ready to plant in your garden.

4. Watering. Be vigilant to make sure they're getting enough hydration. Water in early mornings or evenings when the sun is less intense.

5. Protection. Look ahead for risks, such as cats, creepy crawlies, birds, and harsh weather conditions. Invest up front in polythene and mesh to protect your crops.

6. Harvesting. Don't overthink it – pick one, taste it and decide for yourself if it's ready!



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Conveyancing made easy – first-time buyers

Head of Conveyancing, Colin Bethell, carried out a Q&A to help assist anyone who may be purchasing their first home and are unsure as to what a conveyance is and why they would need one.



Why do I need a conveyancing solicitor?

Moving house is a stressful time for any person, whether you are first-time buyers or have moved several times beforehand. Your solicitor will deal with all legal aspects of the sale and purchase on your behalf, highlighting all relevant aspects during the matter to ensure that your transaction is completed safely.

How long should I expect my conveyance to last?

The length of a transaction varies depending on the complexity and the progression of other transactions within the chain. I would say that approximately eight weeks would be a typical timeframe for completion.

What is the difference between an exchange and a completion?

A common area of confusion, particularly for inexperienced buyers and sellers of a

property, is the difference between the 'exchange' date and 'completion' date. Despite the confusion, some clients may be too embarrassed to ask their conveyancing solicitor what the difference is.

The 'exchange' of contracts is the date when both buyer and seller become contractually bound to buy and/or sell for the agreed price and the date for completion is fixed. The term 'completion' refers to the date on which the purchase funds are sent to the vendor's solicitor and, therefore, the date that the buyers can collect the keys to move into the property.

What are the costs associated with a house purchase?

In addition to providing a fixed cost for our legal fees, prior to commencement of any transaction, we will provide you with an estimate of all disbursements that you will incur during your sale or purchase. These costs tend to include stamp duty and Land Registry fees.

What is Stamp Duty?

Stamp Duty Land Tax (SDLT) is a tax charged to the purchaser of a property and must

be paid within 14 days of completion. We will provide the exact liability for each transaction at the start of the process, however, to provide a guide, the current tax bands are as follows:

Purchase price	Stamp Duty Tax
Less than £125k	0%
£125k to £250k	2%
£250k to £925k	5%
£925k to £1.5 million	10%
Over £1.5 million	12%

Please note that the tax due will be less for most first-time buyers, however, it can be higher if you already own another property on completion of your purchase.

Why choose Pabla to deal with your purchase?

Our team have the expertise and understanding to ensure that you are led through the process in an efficient manner, ensuring that you are kept up to date with progress of your transaction.

If you are looking to buy your first home
please get in touch with our property team on 0161 446 1122
or email enquiries@pablasolicitors.co.uk



**Property Investors Mistoria
is now open in Cheshire**

Based on Church Road, Cheadle Hulme, Mistoria is the one-stop shop for clients who demand the very best possible results in all aspects of UK property investment and management

A Cheadle asset

Mistoria moved into Cheadle Hulme just over 12 months ago, eager to bring something fresh to the high street and keen to connect with property investors looking for unrivalled expertise, support, and higher returns. The business is run by a dedicated team with over 200 years of property industry experience between them and each member is ARLA (Association of Residential Lettings Agents), NLA (National Landlords Association) and RLA (Residential Landlords Association) approved.

Leading the team of agents is owner of The Mistoria Group and Propertymark Board Director Mish Liyanage MBA FCMA MARLA MNAEA (Com). Mixing experience with local knowledge, technology, marketing innovations and a genuine passion for all things property makes for one formidable agency.

Sophisticated & bespoke solutions

Mistoria is passionate about finding property investors the greatest return on their investments. It specialises in the high-yielding professional accommodation market and offers comprehensive and sophisticated property management solutions, tailored to individual needs, for HMO (house of multiple occupation) developers and investors.

"The team's knowledge and expertise, coupled with state-of-the-art property management software, enables us to carefully manage and monitor your investment on a daily basis," says Mish, "improving your rental income and increasing your returns."

The Mistoria solution is as wide-ranging as it is impressive and includes: property sourcing; pre-management appraisal (best

use of a building); renovation compliance; property furnishing; landscaping; dealing with inspections; utilities management; maintenance and emergency callouts; and collection of rent and taxation. "Property management can be time-consuming and sometimes a headache that investors can do without," explains Mish, "so, as well as minimising cost and maximising income, Mistoria is about making life easier and streamlining processes."

Exceeding investors' expectations

The Mistoria vision is to be the most inspired solution in the buy-to-let market, providing high return through innovative investment options. "Not only will we meet our investors' expectations," says Mish, "we will exceed them. Mistoria is not only a member of ARLA Propertymark (meaning it meets higher industry standards than the law demands), Mish is also one of its board directors. Yes, we buy and sell on behalf of private clients and are involved in general letting, like your traditional agency, but it's our property management and investment work – and credentials – that help Mistoria truly stand out from the property crowd."

A trusted industry name

The agency is part of The Mistoria Group, the umbrella name for a group of 13 bespoke businesses, including five other estate agencies (Manchester, Salford, Worsley, Bolton and Liverpool). Mish's plans include opening three more property management-focused agencies in South Manchester. Word of mouth and client recommendation are the agency's main sources of business leads and, if you're a landlord/investor local to the newest branch in Cheadle Hulme, the team would like to hear from you.

“

We want to work with landlords and investors within the area to help them realise the true potential income on their investment," says Mish. "We are currently working with investors who have seen a three-fold increase on the income generated from their portfolio. "We enhance value, we are good value, we work hard for you, and no other company in the area does that." Branch Manager Dewi Caughter adds: "Here at Mistoria Cheadle, we truly are a one-stop solution for developers and landlords, and we pride ourselves on excellent customer service. We'd love to see you, so do pop into the branch, or give us a call.

”

Mistoria Cheadle 22 Church Road, Cheadle Hulme SK8 7JB
Tel: 0161 519 9554 / www.mistoriagroup.com

Ask the Expert

Jill Bottomley

Jill Bottomley owns the HR Dept Trafford and Warrington franchise, leading an award-winning professional HR team based at Denzell House in Bowdon, Altrincham. The team provide outsourced HR and employment law support, from contracts of employment through to a fully retained and insured HR service, that provides peace of mind.



What key employment law changes do I need to know about as a business owner?

One employment law change, which passed many employers by, occurred at the start of the first lockdown. From 6 April 2020 onwards, any new employee or worker must be issued with a written statement of employment particulars on or before their first day of employment. Also, there are specific clauses that employers must make sure are included, which were not previously required.

We can provide a free review of written statements/contracts of employment and advise if any updates are needed.

Can it be my choice to take somebody on as self-employed?

Importantly, it's not yours or their choice to decide the employment status, but the reality of what will happen in practice that will determine status.

If a sole trader/self-employed person regularly works for you, under your control,

or is required to provide a personal service and wouldn't be able to send a suitable substitute to do their work, they may have rights as a 'worker' (different to an employee) and not be self-employed. Workers have rights to statutory benefits, such as holiday pay and pension, but not the full employment rights that an employee has.

It is advisable to seek professional HR advice.



Mish Liyanage

Mish Liyanage is the CEO of Mistoria Group and is a chartered management accountant, Propertymark board director, award-winning entrepreneur, and an experienced property developer/investor. Based in Cheadle Hulme, Mish explains what's happening locally on the property scene.

Why should someone get into property?

Investing in property is a great way for you to boost your income in the short term as well as the long term. Letting a property can bring you an average of 6% returns on your investment. With the current state of interest rates in the UK, that is a much better rate than keeping it in the bank.

In the long term, you can expect the value of your property to rise by an average of 4.3% each year, which is a bonus for your financial security.

What's attractive currently on the market?

Low mortgage rates and an increase in working from home, ignited by the pandemic, have fuelled a rapid increase in housing demand, especially in lower-density suburbs. More existing homes were sold in 2022 than in any year since 2006. The increase in buy to lets, social housing, residential and commercial-to-residential conversions has seen the Manchester market boom over recent years.

I'm new to property investing, have I missed the boat?

It is never too late to get into property. While house prices do continue to rise, the demand for property continues to grow and there are not enough new houses being built. This, in turn, is making the lettings market very lucrative, as the demand for rentals is constantly growing. Manchester is also one of the better places to invest in the country.

Your family law questions answered

First needing and then *finding* the right solicitor can be a daunting process, especially when it involves family matters

Lund Bennett – a boutique family law firm based in Altrincham – understands all too well the emotive nature of some cases, such as divorce, and recognises the many unanswered questions potential clients often have. Here, the firm's founder, Kirsten Bennett, responds to some of the most common queries...



“Legal fees are always incredibly high, aren't they?”

Yes, legal fees are expensive, but there are ways to cut the costs. Understanding and empathy in law is vital, but we advise people *not* to use their solicitor as a counsellor. Solicitors charge on a time-spent basis and therefore, we quickly become expensive counsellors. Solicitors do need background information to understand the case fully and whilst there is some handholding along the way, which can involve emotional support, it's a solicitor's role to focus on the legal process.

It is also advisable for couples to try and reach an agreement (outside of court) on as many issues as possible. The more issues, the greater the cost. Mediation can be a good way to reach a resolution or at least narrow the issues.

Similarly, attempt to minimise the disputed issues and focus on salient points; 'pick your battles', so to speak.

Often, people look back after the conclusion of a case and regret how much money they spent arguing a minor or even non-issue. Finally, remember that big isn't always better when it comes to law firms. Often, the bigger the firm, the greater the overheads and the higher the fees.

“As a dad, I'm concerned that I'll be at a disadvantage when it comes to seeing to my children”

Times are changing. For example, in 2015, the Government introduced shared parental leave, enabling parents to share the traditional 52 weeks of maternity leave between them. This reflected a clear shift in attitude; the importance of the father's role is much more prevalent and clearly acknowledged. This change is certainly played out in courts in the way they deal with child arrangements – there's a presumption of continued parental involvement and the care of the children is often shared. Of course, this may not mean an equal division because, in practical terms, a child's life cannot be split in two. However, the care of the children is now much more balanced between parents.

“I've lived with my partner for 20 years; surely, I have the same rights as if I was his wife if we ever split up?”

A lot of people don't realise that there is no such thing as a 'common-law wife/husband'. Couples who live together are cohabitants and they do not have the same legal rights as couples who are married, because there is no legal obligation to support or financially provide for the other upon a relationship breakdown.

Likewise, a sole owner of a property may find themselves at the end of a relationship having to give their cohabitee money if their cohabitee can establish an interest in the property. A dispute over ownership is governed by land law and is dealt with very differently to matrimonial law.

These issues can be addressed by a cohabitation agreement or a Declaration of Trust.

“I need to contact a solicitor about divorce, but I feel totally out of my depth”

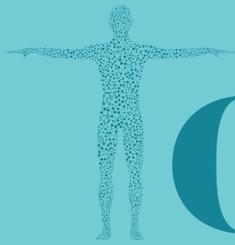
Don't panic. Whilst I agree that the legal process can be daunting and overwhelming, from experience, clients appreciate it when the process is broken down into bite-size chunks. A good solicitor will ensure you do not go down procedural blackholes. Here at Lund Bennett, we will help you navigate, step by step, through the process efficiently. Rest assured, we will have dealt with a case similar to yours, we know what we're doing and our job is to be your guide and lessen the stress.

“How will I ever get to grips with all the jargon? It feels like a foreign language to me!”

We are approachable and here to demystify everything and explain 'legalise' in layman's terms. This is why a good relationship with your solicitor is imperative. Most people are initially confused by words and processes (we expect it), so you should always feel comfortable asking your solicitor to explain anything you don't understand.

Ready to reach out or still have further questions?

Call Lund Bennett on 0161 924 0079 or email info@lundbennett.co.uk
Lundbennett.co.uk | 9 The Downs, Altrincham, Cheshire WA14 2QD



Ask the OrthTeam

Here our leading musculoskeletal (MSK) experts answer your questions

Mr Matt Ravenscroft



Mr Adam Hoad-Reddick



Mr Barnes Morgan



The OrthTeam are a group of highly skilled consultants based at the multi-million-pound OrthTeam Centre in Didsbury, Manchester. The facility offers patients world-class expertise combined with state-of-the-art diagnostics

Why do consultants at the OrthTeam Centre use computer-assisted navigation (CAN) systems for shoulder replacements?

The main aim of CAN is to ensure anatomical positioning of the shoulder replacement components, which improves patient related outcome scores and reduces post-operative pain. This is done by having a bespoke 3D guide made specific to the patient's shoulder anatomy.

Research shows that patients have a better functional outcome and less pain when CAN is used over conventional surgical methods.

CAN shoulder replacement surgery provided by the OrthTeam includes:

- Virtual Implant Positioning (VIP) system
- ExactechGPS – CT guided shoulder replacement system

Mr Matt Ravenscroft, OrthTeam Consultant Shoulder Surgeon

I get twinges in my groin following a run, is this normal or do I need to get it checked out?

This could have various causes, including a hernia, a muscle injury or a hip-related issue. I would recommend having things checked, either by your GP or by a sports physiotherapist, in the first instance. Provided the pain settles soon after running, it is unlikely to be anything too serious, any significant pain or limp requires more urgent investigation.

With regards to hip, we often see early arthritis presenting with pain after activity. Other causes include tears of the labrum, which is the soft tissue seal around the joint.

Mr Adam Hoad-Reddick, OrthTeam Consultant Hip and Knee Surgeon



I have been experiencing a stiff shoulder since working at home during the pandemic, could this be frozen shoulder?

The short answer is, yes, it could be, but there are also other causes to exclude. Typically, frozen shoulder causes severe pain initially followed by loss of shoulder movements, particularly rotating the arm or lifting it away from the body. This can result in difficulty with simple activities, like putting your arm behind your back or doing your hair. It's a painful and unpleasant condition, but usually easy to treat with a guided injection to the shoulder.

There are other conditions, such as shoulder arthritis or calcific tendonitis, which can mimic frozen shoulder, so an examination and investigations, such as X-rays, are needed to be sure of the diagnosis.

Mr Barnes Morgan, OrthTeam Consultant Shoulder Surgeon

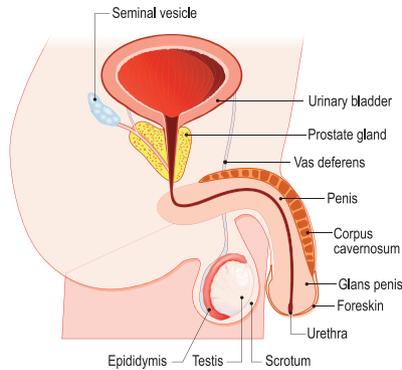
If you have an MSK problem that you would like advice on, simply email info@glossymagazine.co.uk with your questions

To book a consultation with an expert or for more information, please visit

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Aziz Gulamhusein
Consultant Urological and
Robotic Surgeon



Maurice Lau
Consultant Urological Surgeon

Benign prostatic enlargement

What is the prostate?

The prostate is present in all males. It is a walnut-sized gland that sits at the base of the bladder and surrounds the waterpipe (urethra). The urethra transports urine from the bladder out through the penis. The primary function of the prostate is to produce fluid that carries sperm during ejaculation.

What can happen to the prostate?

The prostate reaches its normal adult size in a man's early twenties. It then begins to grow again from the mid-forties. This non-cancerous growth is often referred to as benign prostatic enlargement (BPE) and can cause obstruction to urinary flow. It is generally related to age and family history. Other risk factors include heart disease, diabetes and being overweight. It is very common, affecting over 5 out of 10 men over fifty. An inflamed prostate, known as prostatitis, may cause similar symptoms.

Does an enlarged prostate mean I have prostate cancer?

No. It is important to recognise that BPE does not mean you have prostate cancer and does not increase the risk of developing it. The symptoms caused can be similar and it is therefore important to seek advice from a Urologist. It should be noted that it is possible for prostate cancer and BPE to co-exist.

What symptoms can prostate enlargement cause?

Typical complaints are an inability to commence urination, a weak flow, stopping and starting, the sensation of incomplete bladder emptying and passing urine frequently either in the day or night. Not all need to be present. These symptoms

cause a significant impact on quality of life and sexual function in up to 5 out of 10 men.

What investigations are needed?

It is important that you are seen by a Consultant Urologist. A consultation is followed by a full physical examination, with evaluation of the prostate via a rectal examination. Urine and blood is analysed to detect the presence of blood in the urine, infection or kidney dysfunction. A prostate-specific antigen (PSA) blood test will be checked, to help identify prostate cancer and also guide treatment for BPE. Your urinary flow rate will be measured, and ultrasound used to assess bladder emptying. Subsequent investigations e.g., prostate and kidney scans, biopsies and a camera inspection of the bladder may be necessary.

Are there any risks?

Yes. Without early intervention, you may stop passing urine requiring an emergency insertion of a catheter to drain the bladder. If the obstruction is longstanding, it can lead to progressive bladder dysfunction and incomplete emptying. This can in turn increase the risk of urinary infections, bladder stones and kidney dysfunction.

What are the treatment options?

In men who require active intervention, first-line treatment is with the use of oral medication. There are two commonly used and work to increase the calibre of the urethra as it travels through the prostate by relaxing some of the muscles involved (Tamsulosin) or by reducing its size (Finasteride).

Surgery is the second-line treatment, the majority of which are minimally invasive

procedures performed under a general, spinal or local anaesthesia. The choice of surgical intervention depends on various factors e.g., prostate size, patient age and personal choice.

The most common procedure is a transurethral resection of the prostate (TURP). This involves a telescope passed down the urethra with the prostate gland cored out from within to relieve the obstruction. Hospital stay is typically one to two days and long-term success rates are excellent. Side effects include a small risk of needing a repeat treatment, urinary incontinence, and sexual dysfunction.

Other treatment modalities include enucleation of the prostate with a laser, typically performed in men with very large prostates. Prostatic urethral lift (UroLift®) represents a novel approach whereby the obstructing prostate is held open with permanent suture-based implants. The prostate tissue can also be destroyed with a new steam therapy (Rezūm). Early results from these treatments suggest a good short-term improvement in symptoms, along with the benefit of reducing the risk of impact on sexual function.

Finally, surgical removal of the prostate via a keyhole approach with a surgical robot is an emerging treatment modality, suitable in select cases.

Urology Clinics Manchester offers all of these treatment options.



Hit the reset button with Reiki Master Lisa Harris

Introducing the former catwalk model who now transforms the lives of others using the healing power of reiki – an ancient therapy benefitting millions worldwide, including A-list celebrities

We meet Lisa at her elegant practice in the heart of Wilmslow. She's serene, grounded and greets you with the warmest smile. Here, she opens up about her personal journey into reiki and reveals the therapy's potentially life-changing benefits.

From high fashion to healing

Reiki Master Lisa has lived the kind of life you see on the big screen. As a professional model, she spent years gracing the catwalks of Paris and Milan and later, was approached by Mattel to become the famous toy manufacturer's official 'real-life' Barbie. As a much adored 'living doll', her world was a blaze of TV and media appearances and work for children's charities.

However, following an extremely difficult divorce, mother-of-two Lisa's life abruptly changed:

"I began drinking too much as a way of coping," she admits. "When I decided to stop – I've been sober for 12 years now – it took me down a spiritual path and that's where I discovered the power of reiki and was immediately drawn to it."

A total reset for body and mind

"Reiki is energy healing," explains Lisa. "Every living thing has a life-force energy flowing through it and sometimes this energy becomes misaligned. There are seven different energy points – known as 'chakras' – running from the top of your head to the base of your spine.

Reiki involves a light touch of the palm to these points to deliver healing energy."

The therapy has not only attracted a long list of famous fans (Gwyneth Paltrow, Cameron Diaz, Angelina Jolie, Nicole Kidman and Meghan Markle are all reported to be followers), but it's now used in hospitals and hospices worldwide to complement traditional health interventions.

A passion for helping others

"The list of conditions that reiki can help address is incredibly wide-ranging," says Lisa, "and it's particularly good for anxiety and stress, which so many of us have encountered since the pandemic hit and our lives were thrown out of kilter. It's also incredibly relaxing, many clients do actually fall asleep!"

As well as treating private clients at her Wilmslow practice, Lisa is also Reiki Master at the Delamere, the UK's first purpose-built addiction treatment clinic, in Northwich.

"Helping addicts is something extremely close to my heart," explains Lisa. "I'm incredibly proud of my work at Delamere. For me, using reiki to support a person's journey into recovery is priceless."

Press the reset button this summer...

Lisa offers trial sessions at her Wilmslow practice for those new to reiki but does recommend one session per week for at least a month to feel the fullest benefits.

Recognise yourself below?

Reiki can help!

- Anxiety / overthinking
- Stress
- Lack of focus / concentration
- Sleep disorders
- Loss of energy
- Fertility issues
- Perimenopause / menopause
- All addictions
- Quit smoking
- Weight loss
- Pain relief
- Side effects of chemotherapy

Testimonials

"WOW... felt totally amazing and relaxed for days after. Just the ticket to release the stresses and emotional anxieties that were manifesting in physical aches and pains." **Sarah Hannah**

"I was a reiki sceptic until I met with Lisa. I have a busy life and my reiki sessions have certainly helped me focus more and de-stress." **Emma Elston MBE**

"After my first session, I was blown away by the dramatic change in me. I'm now more positive about life and more confident. I've also managed to achieve a dramatic weight loss! Lisa is amazing!"

Jason Kilby

— Phone Lisa on 07515 372 952 or email her at lisaaharris888@gmail.com —

Connect with Lisa on social media: [@lisaharris888](https://www.instagram.com/lisaharris888) [f](https://www.facebook.com/lisaharris888) search 'Lisa Harris Reiki'

All appointments made are strictly confidential



Frozen/Stiff Shoulder

Clinic at the OrthTeam Centre

Up to 5% of the population, and a third of diabetics, will experience frozen shoulder at some point in their lives. You're more likely to be impacted if you're aged between 40 and 60, and it's more common among women. At the OrthTeam Centre, we've also seen a large increase in patients, around 40%, during the pandemic suffering from the condition.

Frozen shoulder, or adhesive capsulitis, is when tissue and ligaments around your shoulder joint become inflamed, painful, and stiff. The condition usually affects one shoulder, however, in about 20% of people, it's both.

Frozen shoulder typically develops in three stages:

- **Stage one:** Your shoulder becomes inflamed and very painful. These are the first signs of frozen shoulder, and some movement may be lost (freezing).

- **Stage two:** The shoulder pain may ease but movement becomes increasingly difficult (frozen).
- **Stage three:** The shoulder pain continues to ease and mobility returns (thaws) – this may take a few months or, in some cases, several years.

How is it diagnosed and treated?

At our fast-access Frozen Shoulder Clinic, you benefit from the following:

Diagnosis

- **Consultation** – one of our experienced shoulder surgeons will discuss your symptoms with you and perform a medical examination.

Imaging and treatment (can be delivered in one convenient visit)

- **MRI scan** – to confirm the diagnosis and rule out arthritis or a tendon injury.

- **Hydrodilatation** – this involves an injection into the joint under X-ray control, which takes about 15 minutes to complete, and you can go home immediately afterwards (although, you will need someone to drive you home). A large volume of fluid is injected, the aim being to stretch the lining of the joint and improve range of movement. This treatment is highly successful in over 90% of patients.



To book a consultation at the Frozen/Stiff Shoulder Clinic on a Wednesday morning or for more information, please visit orthteamcentre.co.uk or call 0161 447 6888 |  @OrthT  OrthTeamCentre
 @orthteamcentre  company/orthteam

Protecting care for future generations

As St Ann's embarks on an ambitious project to build a new hospice for Greater Manchester, its Chief Executive, Rachel McMillan, is excited about what it might mean for local families in the years to come



Nursing was in Rachel's heart since well before she started her career in 1989. Even as a pre-schooler, she knew that caring for people was all she ever wanted to do.

"There was never anything else I had in mind in terms of jobs," says Rachel. "I always knew that nursing and improving the lives of others was what I ultimately wanted to do. I sometimes wonder what that little girl might think if she knew that one day, I'd become chief executive of an iconic local charity like St Ann's Hospice. It's such an enormous privilege to be part of an organisation that is so completely rooted in the community it serves."

After celebrating its 50th anniversary in 2021 and spending the last few years on the frontline ensuring the doors could remain open for patients to receive specialist palliative and end-of-life care through the pandemic, you could be forgiven for thinking that the team at St Ann's might be wanting to slow down slightly. But nothing could be further from the truth, as they've recently launched an ambitious project to build a brand-new hospice in Heald Green, on land adjacent to their current site.

The new hospice will include a 27-bed inpatient unit, including 21 en-suite bedrooms with access to private outdoor terraces. It will feature modern outpatient and day therapy services, dedicated bereavement and family support spaces, offices, a café (which will be open to the public), landscaped gardens and improved car

parking. It will also be home to the only immersive healthcare training suite in the area outside of a university, to help St Ann's share their specialist knowledge and drive excellence in the palliative and end-of-life care sector, both locally and nationally.

"It's obviously a huge undertaking," Rachel says, "but it's not just a 'nice to have' project. It's vital."

The hospice's current site in Heald Green is more than 150 years old and is no longer fit for purpose, and Rachel is honest about what that might mean for the future of hospice care in the area.

"We provide care from our sites in both Heald Green and Little Hulton, as well as a range of community and outreach services, but it's a sad reality that if we don't create this new building in Stockport, we will have to shut services in the near future."

Rachel, who lives in Wilmslow with her husband Derek, has a career that spans nursing, ward management and clinical director roles, including at Withington Hospital, The Christie and Marie Curie, before spending the last ten years at St Ann's. She joined the charity as director of clinical services in 2012 and was acting CEO and deputy CEO before taking on her current role as chief executive.

"The needs of the thousands of patients we support every year have changed so much in recent years," she says, "they have much more complex needs and we need to ensure we have an environment that means we can continue to meet those needs for decades to come. Not building is simply not an option."

"The cost of the new hospice project is £21.5 million, which is a huge undertaking, and we're now asking the public to help us raise the £2 million we need to make this vision a reality. We know that the pioneers who built the first St Ann's – Manchester's first hospice – in 1971 were trailblazers and the local community really rallied round to make sure that their dream could become a reality."

"We're only still here today because that same amazing community has supported us for more than half a century. We simply wouldn't be here if they hadn't supported us and we're hugely grateful."

"We urgently need anyone who can help to get in touch, head to our website or make a donation now. We know we can't be shy about asking for help. The future of specialist hospice care in the area depends on this being a success, so we really do need support – for not only the patients who need our care in the next few years but for all of our children and grandchildren too."

To donate, visit sah.org.uk/newhospice, text LETSBUILDIT to 70085 to give £20, or call 0161 498 3631



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A last-ball thriller saw the talented King's School U13 team lift the prestigious David English/Bunbury National Schools Cup against the pride of London



King's coaches Andy Harris and Steve Moores (right) with the legendary cricketing philanthropist David Bunbury (centre) and the triumphant King's U13 national champions.

It is the first time King's has ever lifted a National Schools Cup, with the boys' cavalier performance set to become the stuff of legend. With a brand of cricket resembling the modern 'Bazball', King's took on renowned sports school Dulwich College in a thrilling encounter, which had a huge crowd of

parents and friends hiding their eyes at the picturesque Oakham School in Rutland.

But cometh the hour, cometh the man, or more appropriately, men, with tough death bowler Leo Burns bowling a tight last over of just four runs to deny Dulwich's last pair. However, it wasn't just the last over but the very last ball that counted, with the Dulwich number 11 needing only one run to tie and two win, hammering a drive to cover point, only for the fearless Ollie Price to hang to a world-class catch and win the match.

It was the cue for scenes of delirium, especially from the mums and dads, but the boys – to their credit – were the first to offer their condolences to the wonderful Dulwich side, who had suffered the sting of defeat.

Having been put into bat, King's amassed a challenging 192 for seven off their 35 overs with lynchpin Liam Yahathugoda top scoring with a typically elegant 47. But for

hard-hitting antics, look no further than wicket-keeper batsman Joe Moores, who won the Player of the Match award with a superb 36 off just 18 balls, producing a defiant 'fetch-that' display that shifted the momentum. Alfie Usher was another to rise to the occasion with a superb 36, showing both intelligence and opportunism in his shot-making skills.

King's then had to face down a Dulwich batting line-up with immense explosive potential. Though they started well with their star man and allrounder Roan Kennedy batting powerfully, King's pegged them back thanks to off-spin twins Usher and Yahathugoda, leg spinner Adi Nair then bamboozled the middle order with powerhouse paceman wickets.

Earlier, King's had qualified by beating Manchester Grammar School, the Lancashire winners, St Peter's, the Yorkshire winners and Sedbergh, the Cumbria champions, to be crowned Northern Cup champions.

Education News

Abbey Manchester students score an opportunity to showcase their skills



Students from Abbey College Manchester, who are enrolled on the college's unique Academic Studies with Football Training Programme, have demonstrated their impressive skills during a highly anticipated showcase session attended by international football scouts. The aspiring footballers had the invaluable opportunity to obtain a coveted IPSO (International Professional Scouting Organisation) report, enabling them to impress the scouts in attendance while gaining feedback on their qualities as a player, areas for improvement and discover if they could be a benefit to a club. The esteemed event simulated a scenario

where a professional scout may see a player in a game or be asked by a club to watch a player and produce a report.

The innovative Academic Studies with Football Training Programme allows students to benefit from intensive football training sessions delivered by professional UEFA-qualified coaches, which can lead to them playing professionally or semi-professionally, in addition to gaining qualifications for entry to university.

In another significant development this season, one talented footballer is set to represent the college at a prestigious tournament in Spain. Patrick, a Year 13 International Foundation Programme (Business Pathway) with Football student, will compete in the Donosti Cup in San Sebastian, where he will showcase the skills he has developed during his time at Abbey College Manchester and play against some of the top European sides.

Commenting on the recent successes and opportunities for students, Abbey College Manchester Principal, Chris Randell, said:

"I am hugely impressed with the hard work and determination demonstrated by our students to improve their skills and we are delighted that their efforts have been rewarded with such positive feedback from the football scouts and an invitation to represent the college in an international tournament.

"While not all students on our innovative Academic Studies with Football Training Programme aspire to be professionals, they all recognise the benefits of participating in a competitive team sport and how this can complement their studies. It is a pleasure to see our students reap the rewards of this unique programme and the opportunities it brings, and we look forward to hearing how they progress."

Based in the heart of Manchester, Abbey College is a leading independent college with a fast-growing and vibrant community.

There are 220 students at the college, comprising a mix of students from the local area and other countries.

abbeymanchester.co.uk | 0161 817 2700



Talented rugby player heads to South Africa

A Lower Sixth student at Stockport Grammar School (SGS) has been selected to represent England in a rugby tournament that will take place in South Africa over the summer. Frank Chatterton will play for the England Rugby Under-18s team during their tour to Cape Town between August 14 and 29.

The Sale Sharks Academy forward player will join 25 others from across the country to compete in three international matches.

"I am really looking forward to it," said Frank, 17. "This will be the first time I will play for my country, so I am really excited to get out there and play.

"The thing I am looking forward to at the moment is getting my official kit sent over.

I think the excitement will kick in when it arrives."

Mr Hugo Corbett, Head of Rugby at SGS, added: "I am thrilled for Frank as I know just how hard he has worked to gain selection for the tour.

"Over the past couple of years, he has suffered from some setbacks, but the way in which he has responded to these is what sets him apart from other players. Whilst Frank works extremely hard, he also recognises the role that his teammates have played at school in supporting him and pushing him to this level. His selection goes to show how schools, clubs (Manchester RFC) and academies (Sale Sharks) can work together with what is best for the player at the centre of their thoughts."



Ellesmere College celebrates fantastic first results of the summer for students

equivalent of A* at A-level. Another group of Ellesmere College students opted to complete the Extended Diploma (equal to 3 A-levels) and over 50% of grades achieved were Distinction star or Distinction.

Two students achieved the highest mark possible (three Distinction stars), the equivalent to A*A*A* at A-level. Headmaster at Ellesmere College, Brendan Wignall, congratulated all Ellesmere Sixth Form students who completed the IB and BTEC this year.

He said: "I am delighted for our pupils who have done so well in the International Baccalaureate Diploma and BTEC programmes. Once again obtaining a 100% pass rate in both programmes, which is a tremendous achievement.

"I commend them for how well they adjusted to the various disruptions to their school life over the duration of this two-year course, but they've moved to online learning and back seamlessly. They have

certainly worked very hard and achieved an excellent set of results.

"They are exceptionally well prepared for university or their chosen career path following the rigorous demands of these courses of study."

The IB Diploma was introduced at Ellesmere College 15 years ago as an alternative to A-levels. Students who follow the course study six subjects, a course in the Theory of Knowledge and produce a university-standard extended essay as part of their assessment. The BTEC Sport and Coaching Development Diploma is aimed at students who have their sights set on a career in the sporting, health and leisure industry and is seen as the ideal route into higher education and ultimately full-time employment within sport-related fields.

Ellesmere sixth formers have embraced the global perspective, with places secured to study undergraduate programmes both in the UK and across the world.

Ellesmere College students are celebrating the first results of the summer with the publication of the BTEC Sports and Coaching Development Diploma and the International Baccalaureate (IB) Diploma results. Students must achieve at least 24 points to achieve the IB and the average of this year's cohort at Ellesmere College was 27 points – with the top performer achieving 42 points out of a maximum of 45. This equates to 4 A*s at A-level.

For those who took the BTEC, 100% of them passed, including several Distinctions, the

The Kings Macc. young cricketers making their mark

The King's School Macclesfield's young cricketers are making their mark on the national stage. The U13s will play in the final of the prestigious David English Bunbury National Schools Cup on July 6 against Dulwich College at Oakham School and the U12s have been crowned Cheshire County Champions after beating Birkenhead.

The U13s boast four county players in their ranks, with two of the young men, Liam Yahathugoda and Joe Moores, already playing at first-team level, an astonishing six years ahead of their year group. The U13s qualified for the national final by winning their county championship last year and started their campaign by beating Manchester Grammar School (MGS) by 60 runs. Star of the show was the prolific Liam Yahathugoda, who learned his trade under his father, a former Sri Lankan under-19 player, and combines wonderful powers of concentration with powerful but orthodox stroke play.

Head of Cricket, Steve Moores, said: "Liam builds each innings with great care and discipline, taking his time to get in but then becoming expansive, even explosive, with some powerful straight hitting. He has a mature head on young shoulders."

Liam's century and an unbeaten half-century from Alfie Usher saw King's set a target of 244, which MGS were never about to reach in the 30-overs game.

Liam repeated his brilliant ton-up antics in the next game against St Peter's York in the north semi-final. Another convincing win against Sedbergh saw King's winning the northern regional final.

The national semi-final against Warwick School saw wicketkeeper batsman Joe Moores rattle off an 83 not out and Liam another 50 as they chased down 156 in a superbly paced innings.



The King's U12s celebrate their county championship trophy

The team have been indebted to fellow county players, opening bat Leo Burns and off-spinning all-rounder Alfie Usher, who have both been in the runs and wickets. Opening strike bowler Ollie Price and the artful leg spinner Adi Nair have also made significant contributions, but the cup run has been a genuine team effort.

The U12s qualified for the same competition next year by beating Birkenhead in the Cheshire final. They skillfully chased down 102 with Lucas Burns, younger brother of Leo, notching a well-crafted 39 runs to lift the title.



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SKIN TECH

As a hairy, middle-aged dad, you might expect me to know and care very little about skincare. But you'd be wrong. We men contribute a decent chunk to the billions spent on cosmetics and toiletries every year, and who doesn't care about looking and feeling good? Perhaps, for some prehistoric reasons, men once didn't like to talk about it, but even in those ancient times, I bet they still had a stash of aftershaves and lotions with hyper-masculine brand names to hide behind.

I graduated my skincare routine from supermarket own brands to Clinique in my 20s, then from Clinique to Aesop in my 30s. I love the whole shopping process, learning about the active ingredients and their effects, and finding which products work for me (I'm all about SPF and antioxidants, by the way). But beyond lotions and potions, there's plenty of other highly scientific gadgets out there for those that enjoy the routine. Here's my pick of the products.

Lonsdale No Swell Iron, £27.99

Designed for boxers and their trainers to reduce facial swelling in between rounds, this tool is now catching on in the wider world of men's grooming. You can see far more expensive versions popping up on Instagram, but the product is basically a cooling chunk of stainless steel, which is as good at tackling under-eye dark circles as it is bringing down a proper shiner.



Philips Shaver 9000 with SkinIQ, £349.99

Are beards finally going out of fashion, now that absolutely everyone has one? I hope not, both because I'm lazy and because I'm getting a bit jowly under there. But if I ever did want to go back to clean shaven, this is absolutely the kit I'd use. It's the ultimate in rotary electric shavers: wet and dry, different shave settings, and can even chop through seven days' worth of growth.



Dr Dennis Gross DRx SpectraLite FaceWare Pro, £430

OK, this one's a bit more left field, perhaps not as likely to sell in the same numbers as a can of Lynx. But I have to admit, I'm tempted. It's a light therapy face mask that uses the exact blue light that's proven to tackle acne, plus the ideal frequency of red lights to help smooth wrinkles and firm up skin in an automatically timed three-minute daily cycle.

WHAT'S ON



There is no shortage of musicals this summer and many of them are brand new or world premieres. Check out *Identical* at The Lowry, *Mrs Doubtfire* at The Palace and *The Book Thief* at Bolton Octagon. Families have lots of summer activities and events to look forward to as well, including a free art exhibition *Picture This* at The Lowry, *Fairy Tales* interactive exhibition at Z-Arts and family shows across the city and beyond.



Musicals

■ Identical

The Lowry: 19 August – 3 September
Identical is a brand-new musical based on the book *Parent Trap*. Many will remember either the 1961 movie of the same name, starring Hayley Mills, or the 1998 remake starring Lindsay Lohan. This world premiere is directed by Trevor Nunn and brought to you by the producer who also brought the international smash-hit musical *SIX* to the stage. It is perfect summer entertainment for all the family. Age guidance 8+.

■ Mrs Doubtfire

Manchester Opera House: 2 September – 1 October
 A brand-new comedy musical based on the well-loved film arrives in Manchester in September. Just like the movie, it tells the heart-warming story of out of work actor Daniel who creates the alter ego of Mrs Doubtfire, the nanny, in a desperate attempt to stay in his kids' lives, after losing them in a messy divorce custody battle.

■ We Will Rock You

Palace Theatre: 5-10 September
 The worldwide smash hit returns to Manchester featuring 24 Queen hits and Ben Elton's hilarious futuristic comedy writing. This dazzling show aims to recreate the feeling and size and scale that were the trademarks of a Queen live performance.

■ Unfortunate – The Untold Story of Ursula the Sea Witch

The Lowry: 6-10 September
 Join everyone's favourite Disney diva, Ursula, as she gives her take on what really happened all those years ago under the sea. Presented by award-winning Fat Rascal Theatre, who bring their trademark filthy humour and accompany it with an original hot pop soundtrack, this is a tell-all tale of sex, sorcery and suckers. Age guidance 16+.

■ Dreamgirls

Palace Theatre: 13-24 September
 Direct from the West End, this spectacular musical features the classic songs *And I am Telling You I'm Not Going*, *Listen* and *One Night Only*. Join the three young dreamers – talented singers in the 1960s – as they embark on a musical rollercoaster of fame, fortune and show business ruthlessness.

■ The Book Thief

Bolton Octagon: 17 September – 15 October
 World premiere The new musical based on Markus Zusak's global best-selling novel *The Book Thief* is adapted by Jodi Picoult and Timothy Allen McDonald and features music and lyrics by Kate Anderson and Elyssa Samsel.

■ Girl from the North Country

The Lowry: 20-24 September
 Celebrated playwright Conor McPherson boldly reimagines the legendary songs of Bob Dylan like you've never heard them before in this stunning production hailed by *The Observer* as 'the number one theatre show of the year'. It is 1934 in the heartland of America and we meet

a group of wayward souls who cross paths in a time-weathered guest house at a turning point in their lives.

■ Fisherman's Friends: The Musical

The Lowry: 27 September – 1 October
Fisherman's Friends tells the true story of the Cornish chart-topping 'buoy band' in a feel-good musical, which takes us on a feel-good voyage about friendship, community and music. The star cast includes James Gaddas, Anton Stephans and Susan Penhaligon.

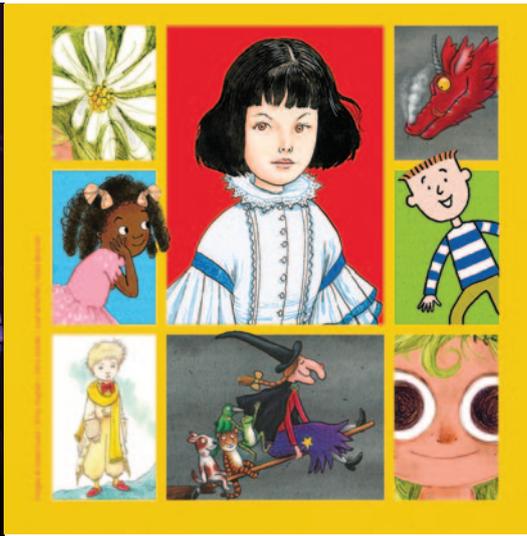
Dance

■ Reverie

The Lowry: 20 & 21 September
 Fusing movement and visual arts, choreographers Georgia Tegou and Michalis Theophanous transport audiences into captivating visual environments. *Reverie* explores how memories and the past shape our collective narrative.

■ Alice – Jasmin Vardimon Company

The Lowry: Saturday 1 October
 Following the internationally acclaimed success of her adaptation of *Pinocchio*, award-winning choreographer Jasmin Vardimon's newest creation is a reimagining of the ground-breaking classic *Alice in Wonderland* and promises a sensory feast of arresting images, powerful performers and striking kinetic scenery.



Drama

■ The Glass Menagerie

Royal Exchange:

2 September – 8 October

The Glass Menagerie is a poetic and bruising portrayal of a family on the brink of change. Directed by Atri Banerjee, this intimate and intense play explores the complex web of love, loyalty and trauma that binds families together.

■ Road

Oldham Coliseum

16 September – 1 October

Jim Cartwright's debut play mixes humour and pathos to portray an all too relevant tale of deprivation and the extraordinary resilience of the human spirit. Now considered a modern classic, this production is directed by Gitika Buttoo.

Family

■ Picture This (exhibition)

The Lowry Galleries: Until 30 October

Picture This is a free, brand-new family art exhibition featuring six popular children's books that have also been brought to the stage. The books include *Room on the Broom*, *Alice in Wonderland* and Floella Benjamin's *Coming to England*. There are illustrations and artwork from the books, filmed extracts, props, costumes and designs and lots of opportunities to draw, write, perform, read and write. This is a great way to spend some fun interactive time with the family this summer and it also runs through to the autumn.

■ Fairy Tales (exhibition)

Z-Arts: Until February 2023

An enchanting, interactive exhibition that invites you to step into a fairy-tale town and into the woods to discover a world of giants, palaces, gingerbread houses and caves. Trip-trap over a bridge, sit in a giant's footprint and help Jack win some magic beans.

■ Gruffalo

The Lowry: 30 July – 21 August

Songs, laughs and monstrous fun for children aged three and up and their grown-ups in this much-loved show based on the picture book by Julia Donaldson and Axel Scheffler.

■ The Tiger Who Came to Tea

Oldham Coliseum: 20 & 21 August

Join the tea-guzzling tiger in this delightful family show full of magic, sing-a-long songs and clumsy chaos.

■ Sarah & Ducks' Big Top Birthday

The Lowry: 23-28 August

Bursting with all the charm of the CBeebies TV show, Sarah & Duck's enchanting world is brought to life in a show that is packed with puppetry, storytelling and music.

■ Family Festival

Bolton Octagon: 26-28 August

A weekend of free activities, including a family disco, backstage tours, live interactive performances and lots of creative workshops and activities. Book in advance at octagonbolton.co.uk

■ Peppa Pig Best Day Ever!

The Lowry: 10-11 September

A brand-new Peppa show in which we join Peppa and her family friends on a very special day out, which involves castles and caves and dragons and dinosaurs. Lots of fun and songs and laughter for the little ones and their grown-ups.

Music

■ Gary Barlow – A Different Stage

The Lowry: 4-8 October

Gary Barlow returns to The Lowry with his brand-new one-man show, which sees the renowned singer/songwriter narrate the journey of his life alongside music from his incredible back catalogue. It is a fabulous opportunity to find about more about the man behind the music and it's full of warmth and humour and some wonderful shared memories for the audience to enjoy.

Pangea Party Event

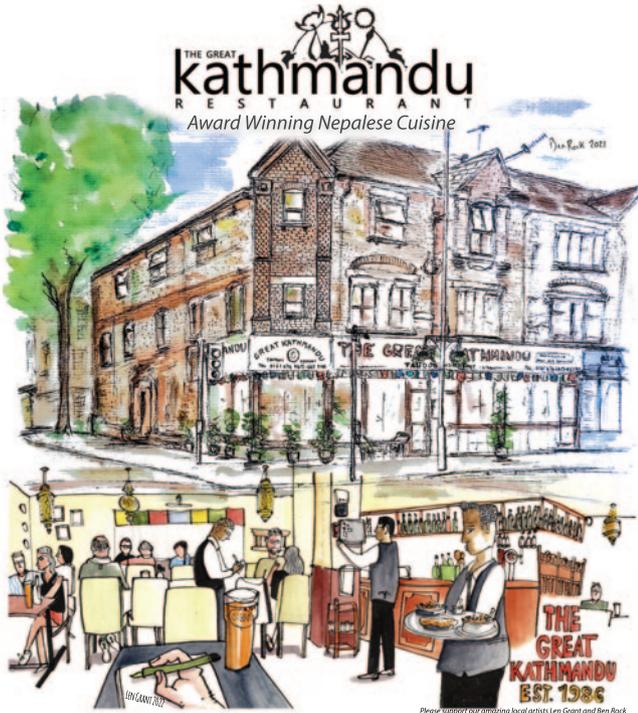
Open Days 15-17 September

To celebrate its 8th birthday, Pangea, the compassionate company that sells magnificent animal sculptures direct from Africa, is hosting a special three-day event.

There will be live music, food, drink, and a dance floor, with family focussed activities perfect for little visitors. All three days are free to attend.

To find out more, read Pangea's article on pages 16 and 17.

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CARS FOR BIKES

Some years ago, in this very magazine, we passionately praised the Škoda motor company for its ongoing support of the biggest annual sporting event on Earth, the Tour de France. The TV ads at the time were nothing short of inspired, showing as they did the unrivalled abuse that support vehicles in this race undergo – with doors scraping on stone walls, tyres screeching down mountains chasing riders at insane speeds, and excitable team crews spilling their drinks all over the interiors.

As a depiction of the real-life beatings a practical car is designed to take, this commercial partnership is genius. I know more than one club cyclist who proudly drives a Škoda and it's no coincidence. And there are a lot of cyclists out there.

It's great news, therefore, that the partnership has now passed its 19th tour milestone – a marriage made in heaven, of course, because the origins of the company were in bicycle manufacturing. The famous Red Car, which hundreds of millions of people around the world see on TV carrying the race director ahead of the riders, was this year the Škoda Enyaq iV – ushering in the era of all-electric command vehicles on the tour.

And back in the real world, we normal folks – who don't use our cars for global sporting events – can find a lot of attractions in the

new Enyaq iV. This is Škoda's first fully electric car and it's squarely aimed at families and their busy lives. Practicality is foremost, with brilliant design to maximise usable space, paired with the robust build quality for which the brand is known and loved.

A large SUV about the size of an Audi Q5, it's available in rear-wheel drive or all-wheel drive, and the range of motors is simple to understand: there's the 58kWh iV 60 and 77kWh iV 80. The smaller battery model produces 177bhp, while the iV 80 delivers 201bhp.

This may be a practical car by design, but it's not without its own sense of style inside and out. The aerodynamics are essential to maximise range, but the resulting sporty look is a nice bonus. The optional huge (21") wheels give a purposeful stance and the high-resolution infotainment screen is, at 13 inches, the biggest of its kind ever in a Škoda – as we have come to expect in the new design language of all-electric vehicles.

And perhaps most important of all, for me at least – with the seats folded down, yes, you can fit plenty of bikes inside.

Fact file / Škoda Enyaq iV / Range: estimated 260 miles at full charge / Power: 177bhp to 201bhp / Acceleration: 0-62 mph in 6.9 to 8.6 seconds / Price: from £40,000
 Launch date: on sale now



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