

# GLOSSY

MAGAZINE

## Serenity in Style

A Day at The Belfry Hotel and Spa

**Soak, Savour, Stay:  
The Buxton Crescent  
Experience**

**Woodland Luxury  
at Moddershall Oaks**

### Savvy dressing

Get up close and personal with the new trends happening now

### Totally roarsome!

Go wild and take the animal kingdom as inspiration for your lair this winter

**Divine Design meets  
Laid-Back Luxury**

at 25hours Hotel Piazza San Paolino



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lifestyle, travel, news and food

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# NOW BOOKING FOR CHRISTMAS AT LOWRY



**THE LION  
THE WITCH  
AND THE WARDROBE**

BASED ON THE NOVEL BY C.S. LEWIS

WED 03 DEC 2025 —  
SUN 11 JAN 2026



★★★★★ 'WICKEDLY CAMP' 'HILARIOUSLY NAUGHTY'

**UNFORTUNATE**

THE UNTOLD STORY OF  
URSULA THE SEA WITCH  
THE MUSICAL PARODY

FRI 05 DEC 2025 —  
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I have secret plans  
and clever tricks...

ROALD DAHL'S  
**THE ENORMOUS CROCODILE**  
THE MUSICAL

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SUN 04 JAN 2026



**Quentin  
Blake**  
and me

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# GLOSSY MAGAZINE



As I sit down to write this, autumn feels well and truly here. The nights are drawing in, the air is crisper, and the thought of the clocks going back at the end of October has us all reaching for cosy coats, chunky boots, and maybe even an extra glass of red. There's something comforting about this season though – candlelit evenings, Sunday roasts, and the promise of festive sparkle just around the corner.

It's been another busy few months at Glossy HQ, and our team has been out and about on a travel whirlwind. From Florence to Venice, Chester to Rhodes, and closer to home in London, Buxton, Birmingham and Staffordshire – we've been reviewing stunning hotels, indulgent spas, inviting restaurants, and even a few golf courses. After 20 years of reviews, you'd think we'd have a firm favourite, but the truth is every place offers something special – sometimes it's the setting, other times it's the service or the people who make it unforgettable. Of course, there's so much more packed into this issue. Janet brings us New Season Fashion – because who doesn't love a fabulous coat and boots for crisp autumn walks? Her interiors pages roar into life too, with bold leopard prints perfect for adding a touch of glamour to your autumn/winter nights in.

Sophie Huguen returns with her much-loved Glossy Book Club, Peppa and Lady Muck are up to their usual cheeky antics, and our food pages are brimming with delicious seasonal inspiration. A special date for the diary – our Glossy Charity Christmas Party on 29th November promises sparkle, laughter, and fabulous outfits. Tickets are almost gone, so if you fancy an early festive night out, get in touch at [info@glossymagazine.co.uk](mailto:info@glossymagazine.co.uk).

Congratulations to our competition winners! Katie Lyall bagged tickets to Knowsley Safari Park, Jenny Shuttleworth enjoyed a delicious lunch at Arighi Bianchi, and Jenna Parrington scooped our Instagram prize – a fabulous stay at Eleven Didsbury Park. Well done to you all! October is Breast Cancer Awareness Month. Breast cancer doesn't wait until you're older – it can happen at any age. Just once a month have a feel, get to know what's normal for you, and keep an eye out for changes. So go on – love your boobs ♥

As I write, it's exactly 100 days until Christmas. My advice? Get organised, don't overspend, and shop local where you can – our small businesses need us more than ever. We'll be back next time with plenty of festive cheer and lots of Christmas gift inspiration.

Until then, wrap up warm, embrace the season, and enjoy the glow of autumn.

*Beverley* 



## EK'S KITCHEN

Thai cuisine from the heart



### Bookings

are highly recommended  
due to limited seating.

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and pre-order options are also  
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**[ekskitchen.co.uk](http://ekskitchen.co.uk)**

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 [eks\\_kitchen2023](https://www.instagram.com/eks_kitchen2023)





# WE LOVE

Curated finds for  
the now

Engineered for all terrains. Created for every journey. The must-have outerwear for winter. Embrace the outdoors with **Delta Roam (formerly D-Robe)**. These investment pieces are made to be worn, re-worn, and relied upon.

The new Chestnut colourway is rich, earthy, and enduring – available in two signature silhouettes: The Beaufort D-Robe (£155 XS–XL): A multifunctional long-length robe, waterproof, breathable, and the ultimate all-weather companion.

The Cirrus Jacket (£135 XS–XL): A compact, rugged short jacket offering the same technical innovation in a more agile cut – perfect for movement-rich days and urban-to-outdoor living.





**A TASTE OF THE WORLD (New Edition)** takes young readers on a delicious journey from Diwali sweets in India to tamales in Mexico, with lively illustrations by British artist Beth Walrond. It celebrates how food connects cultures, generations, and celebrations across the globe. [gestalten.com](http://gestalten.com)



The **Secret Video Journal** is securely protected with fingerprint access. With thoughtful prompts and creative tools, it nurtures confidence, creativity, and emotional well-being. Available at Smyths Toys, Very, and Amazon for £49.99.

### I FIND MY FIRST WORDS (New Edition)

A colourful board book filled with everyday scenes, and playful illustrations by Berlin-based artist Yayo Kawamura. Supports early language development, observation, and storytelling. [gestalten.com](http://gestalten.com)



**Blade & Rose** Get your little ones ready for the festive season with the Blade & Rose Christmas collection! Whether you're preparing them for winter's chill or searching for that perfect festive gift, Blade & Rose has got you covered. [Bladeandrose.co.uk](http://Bladeandrose.co.uk)



Add prosecco over ice, and you've got style in a glass! The Spritz is the world's most-ordered cocktail, and three Italian aperitivi are stealing the spotlight. **ITALICUS** Rosolio di Bergamotto dubbed "liquid art," and boasts 40+ global awards is £31.50 from Waitrose, Ocado and Amazon.

**SAVOIA** Rosso, crowned World's Best Aperitif, offers a sophisticated twist, and newcomer **SAVOIA** Orancio – is fast becoming the Spritz to be seen with, its trophy cabinet already glittering. £21.95 each, from Amazon.



**NEST New York Crème de Clementine**  
A radiant blend of juicy clementine zest, whipped vanilla, and soft blonde woods; nostalgic yet modern. Crafted with master perfumer Jérôme Epinette, this gourmand scent is smooth, elegant, and irresistibly uplifting. Eau de Parfum 50ml £82 // Travel Spray 8ml £28. Available at Cult Beauty and Sephora.

# WE LOVE

### Swiss Mountain Performance Pack

is designed to keep you at your best wherever adventure takes you, with their complete range of hydration, energy, muscle recovery, and relaxation products (excluding Pain Freeze). Perfect for active holidays, wellness retreats, and high-altitude escapes. [swissmountainrescue.com](http://swissmountainrescue.com)



### Crafted with Care, Worn with Love

At **TheLilaLobster**, every piece of jewellery is handmade by skilled artisans who infuse care and creativity into each design. Using traditional craftsmanship and high-quality materials, every charm and necklace is created one by one, making each piece as unique as your story. Choosing handmade means wearing more than jewellery – it's wearing a work of art, made with heart. [thelilalobster.com](http://thelilalobster.com)

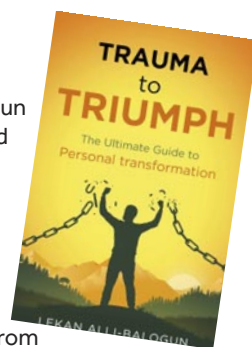


These plush, weighted **Warmies®** scented keyrings and bag charms bring Warmies®' signature softness and a calming scent to bags, backpacks, and keys. The keyrings are 3" and £8.99, while the bag charms are 5" and £9.99. [warmies.co.uk](http://warmies.co.uk)



**Squid Game Mini Cable Guy Holdems – Series 3** EXG Pro reimagines Squid Game icons as collectible device stands. Perfect for holding phones, earbuds, or remotes. £19.99 each. Exclusive to [EXGPro.com](http://EXGPro.com)

**In Trauma to Triumph**  
author Lekan Alli-Balogun shares how he reshaped his life and developed the 'Transforming Your Psyche (TYP)' method. With insights from high-achieving professionals, it's a guide to breaking free from limiting beliefs and trauma, building resilience, and creating the future you deserve. £9.49 at Amazon.



## This Year's Autumn–Winter Hair Trends

### CUTS

#### Textured & Lived-In Waves

Runway designers like Chloé, Giambattista Valli, and Isabel Marant leaned into natural, undone curl and wave textures this season. Whether loose and romantic or messy and tousled, these styles whisper effortless elegance.

#### Sculpted Side Sweeps & One-Sided Sleek Looks

Hairstyles featuring dramatic deep side parts—like those seen at Dior, Givenchy, and Loewe—came in refined, sculpted shapes that framed the face beautifully. It's a bold, polished move for evening glamour or smart tailoring.

#### Retro Shags & '90s Layers

A modern revival of Y2K and 90s-inspired layering is emerging—think “lived-in shags,” choppy layers, and the much-talked-about “Rachel”—esque hairstyles with height and bounce. These cuts bring volume, movement, and character to the colder months.

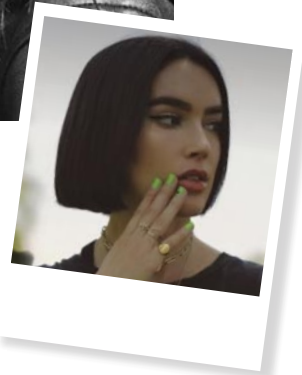


#### Strong Bobs with Structured Glamour

Structured bobs—ranging from blunt cuts to voluminous, sleek styles—continue their reign this season. Add glossy finishes or strong side parts for an elevated take that's editorial-worthy.

#### Mouse Cut: Understated Cool

Glossier UK editors are calling the “mouse cut” a standout—layered mid-length with subtle, lash-skimming fringe that exudes charming, unassuming allure. It's modern, approachable, and flattering for a range of textures.



### AUTUMN-WINTER COLOUR PALETTE

#### Moody, Warm & Romantic

##### Rich Reds & Base Warmth

Deep reds—think “cherry cola” and wine-tone hues—are a cosy staple this season, adding warmth and vibrancy to autumn wardrobes. For a subtler update, “base bumps” warm natural blondes or brunettes by a tone or two—soft, flattering, and low-maintenance.



### STYLING

#### Crimped Panels & Glossy Undulation

Retro crimps made a fierce return on hair at Chet Lo and Annie's Ibiza, blending texture with high-gloss shine for a modern-futuristic edge.

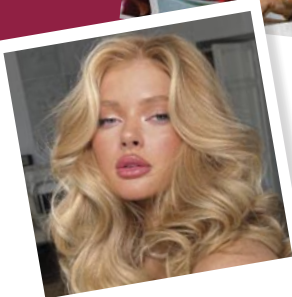
#### Voluminous '80s Curls & Bouffants

Designers like Isabel Marant and Christian Cowan infused big, bold

height and flipped curls that hark back to iconic '80s glam.

#### Braided Romance & Renaissance Flair

Glossed braids, sculptural updos, and crimped waves—reminiscent of Renaissance drama—were a highlight at Annie's Ibiza, offering both editorial drama and wearable beauty.



Looking for a new look for A/W, pop into FIXX Salons or call  
0161 928 6366





**STYLPRO**, have embarked on a journey of innovation, unveiling a collection of new products... **STYLPRO Electric Gua Sha Heat**, vibration & LED light therapy in one device to sculpt, lift & refresh. Red light boosts collagen, blue light targets breakouts, pink light revives radiance. Compact, rechargeable & perfect for on-the-go glow. £29.99. **STYLPRO Mini LED Wand** Portable 3-mode LED wand for clearer, smoother skin in 3 minutes. Blue light fights blemishes, red light boosts radiance & reduces inflammation, NIR supports skin rejuvenation. Small, powerful & travel-ready. £29.99.



BEAUTY **g**

**Dermatology M** – Blending skin science & Chinese medicine for calming, effective care. **Soothing Cream** – Cools, reduces redness & itching; protects from moisture loss. £42. **Soothing Fingertip Ointment** – Calms & nourishes very dry, cracked skin. £26. **Nourishing Cream** – Restores softness & soothes dryness, eczema, psoriasis & more. £42. **Soothing Body Rescue** – Eases irritation & supports skin barrier. £21. [dermatology-m.com](http://dermatology-m.com)

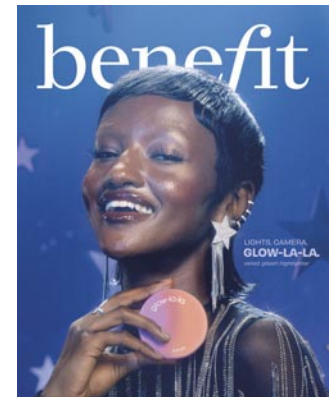


**Jo Malone – Raspberry Ripple Cologne** A fruity twist of raspberry & redcurrant, softened with white musk – inspired by the nostalgic ice cream. 30ml £59 | 100ml £128.

Also in the collection:  
**Special-Edition Wood Sage & Sea Salt Cologne** 30ml £56 | 100ml £122  
Available nationwide now.



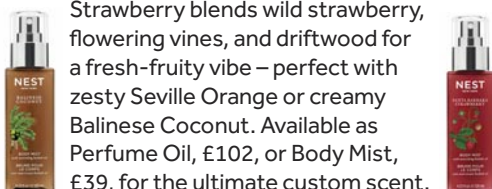
**Hair Rituel by Sisley Protective Shield Mist** Your hair's first defence against pollution, UV, humidity, weather changes, salt & chlorine – for all hair types. £73, available nationwide.  
**Sisley Sunleya Anti-Ageing Facial Sun Care SPF50 & SPF30.** A breakthrough formula that reverses sun-induced glycation damage while you're in the sun – a world first in sun care innovation. £223, Exclusively Harrods.



**NEW Benefit Glo-La-La Velvet Gleam Highlighter** Effortlessly sweeps onto cheekbones thanks to the hybrid formula made with a blend of finely milled powders and a blend of oils and gels. £34.



**NEST New York** brings a luxe twist to summer scent layering. Pair their long-lasting perfume oils with body mists for a fragrance that beats the heat. New for 2025, Santa Barbara Strawberry blends wild strawberry, flowering vines, and driftwood for a fresh-fruity vibe – perfect with zesty Seville Orange or creamy Balinese Coconut. Available as Perfume Oil, £102, or Body Mist, £39, for the ultimate custom scent.



The **Innersense** clean and nourishing body care range is perfect for maintaining smooth, dewy skin throughout the season.  
**Awaken Body Wash** – a refreshing cleanse packed with natural botanicals. £26.  
**Inner Glow Body Scrub** – exfoliates and brightens for instantly glowing skin. £36.  
**Renew Body Lotion** – deeply hydrates with a light, non-greasy feel. £28.  
Available now at [CultBeauty.co.uk](http://CultBeauty.co.uk)



**ZO Skin Health's Complexion Renewal Pads** Pre-moistened pads, expertly designed to tackle excess oil, pore-clogging impurities and dead skin cells, revealing a healthier, more radiant complexion. Botanical extracts also act as an inflammation treatment to help calm and soothe skin. £55.18, [facethefuture.co.uk](http://facethefuture.co.uk)



**FAB Skincare** – Spa glow, every day. Created by expert facialist Laura Porter – simple, effective, numbered formulas deliver visible results you'll love. Reusable Face Cloth Sponges £12. Youth Elixir Serum £90. Collagen Mask £69. Bronzing Lotion £20. SPF 15 £31. Daily Cleanser £23 #GlowWithFAB #SpaSkinDaily



**FAB SKINCARE**  
by Laura Porter



**ESK Skincare Repair+** Niacinamide boosts hydration, reduces redness, and improves fine lines and pores. Panthenol soothes irritation and promotes skin repair. Hyaluronic acid hydrates and repairs skin. And Ceramides help lock in moisture, prevent water loss, and shield against environmental stressors. Free from scents, parabens, and sulphates, Repair+ is your go to product for dry and irritable skin. £69.

**Ultimate A** This night cream promotes skin cell turnover, supports collagen and elastin production, and helps prevent UV damage. It also reduces pigmentation, improves hydration, and even soothes acne and rosacea. Expect fewer fine lines, firmer, more elastic skin, and a beautifully refreshed complexion, all with a gentle, irritation-free formula ideal for nightly use.

£77.eskcare.com



**Rosalique Easy Three Step Routine** – Your in-flight skin saviour. Calms, hydrates & protects sensitive or redness-prone skin from take-off to touchdown. All under 100ml & perfect for travel. **3-in-1 Anti-Redness Miracle Formula SPF50** – Green-tinted cream covers redness, cools irritation & shields from UVA/UVB. £29.99. **Miracle Night Cream** – Rich ceramide & hyaluronic mask to rehydrate post-flight. £34.99. **3-in-1 Balm Cleanser** – Melts makeup & SPF, soothes and resets skin. £29.99.



**Tata Harper Crème Blush** – your shortcut to a just-back-from-holiday glow. This vitamin-rich, skincare-meets-makeup cream adds buildable colour, nourishes, and leaves a dewy finish. Faves: Flashy (golden shimmer) & Lucky (bronzy glow) – double up as highlighters for cheeks, lids & lips. Shades: Flashy, Lucky, Lovely, Naughty, Peachy, Flirty, Spicy. £34, CultBeauty.

**Teoxane Active Microscrub** – the brand's first exfoliator, powered by RHA® resilient hyaluronic acid for deep hydration. Gently buffs away dead skin, strengthens the barrier & boosts radiance. 50ml, £42. Teoxane.co.uk



### Batiste's NEW Sensitive Scalp Dry Shampoo

Lightly scented or fragrance free. 200ml £3.59 | 280ml £3.75.



**"My thighs rub together. My boobs sweat. And my B.O. is the worst!"**

**Megababe** is a body-care brand known for fun, effective solutions to everyday skin concerns. They make clean, dermatologist-tested products – like anti-chafe sticks, deodorants, and body scrubs – that tackle sweat, odour, and irritation with gentle, skin-loving ingredients and a playful twist..







## SALT & STONE

**Body Wash** - An aromatic gel cleanser infused with seaweed extracts and hyaluronic acid for a rich, hydrating lather that leaves skin soft and smooth. **Body Mist** - A nutrient-rich Body Mist gentle enough for every inch of skin. Infused with glycerin and red algae to leave the skin soft and irresistibly scented. **Body Lotion** - A fast-absorbing Body Lotion infused with seaweed extracts and niacinamide. Deeply hydrates and dries down to a silky soft finish. Salt & Stone is clinically tested, dermatologist-tested, non-irritating, non-sensitising. Available at saltandstone.com and Sephora UK.

**Glow For It Restore Your Glow Cleansing Balm** A gentle balm-to-milk cleanser that melts away makeup and SPF without stripping skin. Powered by Chamomile, Green Tea, and Sunflower Oil, it calms, nourishes, and leaves skin hydrated and healthy. Vegan, cruelty-free, and suitable for all skin types. £17.99, GlowFortShop.com



**Glow for It Lash Focus Mascara** is designed to condition, strengthen and visibly enhance your natural lashes. This innovative formula combines black pigment with powerful lash care actives. £19.99. And why not consider using a lash growth serum like the **Glow for It Lash Serum**? This will help to lengthen and strengthen your natural lashes, making it even easier to achieve the delicate, fluttery angel lash effect without added extensions. £30.



**rhode summer launch** Two new Pocket Blush shades – **Sun Soak** (spiced orange) & **Tan Line** (pinky tan) – creamy, buildable, and glow-giving. Pair with **Peptide Lip Tint** in Lemontini for that just-off-the-beach flush. Pocket Blush £24 | Lip Case Lemontini £38. Summer Kit £75 | Summer Lip Case £38. Shop now at rhodeskin.com



**Rose Sublime** – the summer scent from NEST New York, exclusive to Harrods. A modern rose kissed with fresh dew & sunlight, grounded in creamy sandalwood – light, luminous, and unforgettable. Eau de Parfum 100ml, £200. Perfume Oil 30ml, £200. Candle 600g, £195. Reed Diffuser 200ml, £215. Wear it or scent your home – Rose Sublime is an elegant, multi-sensory escape.





**House of Sunny leopard long sleeve top,**  
£90, [houseofsunny.com](https://houseofsunny.com)



**Wrangler x Lainey Wilson**  
**patchwork jacket, £140,**  
[eu.wrangler.com/uk-en](https://eu.wrangler.com/uk-en)



**Wrangler x Lainey Wilson**  
**patchwork flares, £125,**  
[eu.wrangler.com/uk-en](https://eu.wrangler.com/uk-en)



**Western boot £115,**  
[oliverbonas.com](https://oliverbonas.com)



**Shawl coat, £249,**  
[nobodyschild.com](https://nobodyschild.com)



**Tan cropped barn jacket,**  
£39.99, [newlook.com](https://newlook.com)



**Smocked maxi dress, £89,**  
[riverisland.com](https://riverisland.com)





**Day Birger et Mikkelsen coat, £900, day-store.eu**



**Wrangler x Lainey Wilson catsuit, £140, eu.wrangler.com/uk-en**



**Sophana wool blend coat, £199, nobodyschild.com**

# Savvy dressing

Get up close and personal with the new trends happening now

The one compensation for the disappearance of summer is new season clothing – discuss! Personally, I love the knits, coats and boots the autumn brings, for a start, they are just so much more forgiving than show-everything summer wear – as well as being ultra versatile. Add a cropped jacket or chunky jumper to a floaty dress and voila! It will give it a new lease of life as we drift into the colder months. Or wear a pair of boots with anything, and you'll be ready to step into the new season.

Of course, now is the best time to snap up the new trends hitting the stores. Check out autumn shades like dark reds and browns, which are the perfect colour palette for darker days.

Animal print is also huge for A/W, and we are currently loving the new Eternal range from House of Sunny, which is made from recycled mesh, reflecting the brand's commitment to sustainability and ethical fashion.

Finally, denim is making a huge comeback for AW2025, with double denim a major trend. Look out too for cowgirl-inspired designs if you want to get ahead of the trends this winter; an entry-level pair of western-style boots should do the trick. Yee-ha!



**Tu animal print boot, £39, tuclothing.sainsburys.co.uk**

**Ruched back dress, £89, brushed cashmere sweater, £129 and round heel shoe, £95, johnlewis.com**







DFS Zanetta Zebra velvet four-seater sofa, £1,699, [dfs.co.uk](http://dfs.co.uk)



Leopard Love print floor lamp, £125, [rocketstgeorge.co.uk](http://rocketstgeorge.co.uk)



Mrs Platt leopard and roses Longchamp confetti wallpaper, £154, [petrapalumbo.com](http://petrapalumbo.com)



Velvet Star cushion in leopard print, £40, [rocketstgeorge.co.uk](http://rocketstgeorge.co.uk)

Mini leopard print chopping board, £16, [beanandbemble.com](http://beanandbemble.com)



Sibyl Colefax John Fowler hexagonal wastepaper bin, £840, [shop.sibylcofax.com](http://shop.sibylcofax.com)



Leopard print fur throw, £140, [frenchbedroom.co.uk](http://frenchbedroom.co.uk)





Leopard print coupe, £18, next.co.uk



Jonathan Adler Safari square tray, £50, uk.jonathanadler.com



W3-004 - 1-Arm Glover light, £811, besseblink.com



Dolce & Gabbana zebra print wallpaper, £240, limelace.co.uk

Icon Home leopard print woven cushion, £14.99, beanbagbazaar.co.uk



## Totally roarsome!

Go wild and take the animal kingdom as inspiration for your lair this winter

Animal print is always a bold choice, so don't hold back this winter. It's time to go wild.

I mean, the one thing animal print never can be is boring, so if you want to inject some interest into a neutral colour scheme, this is the route to fabulousness.

A few leopard print cushions or an ocelot throw will breathe new life into bland, but you can go even further, transforming your lair with a beautiful animal print sofa, or paper a room with the coolest zebra wallpaper from Dolce & Gabbana. What I really like best about animal print, though, is its timelessness. Unlike wintery festive season décor, animal print doesn't date. In fact, it can (minus furry throws and cushions) look just as good in summer when you can convince yourself you're in Out of Africa, rather than say, the wilds of Wilmslow!

Bespoke Trove by Studio Duggan furniture chair grotto Bon Marche in leopard jute cord, £2,750, thetrove.co.uk





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## Bespoke with love

Shelley Clarkson is taking her passion, creativity and skill to the next level

Ever since completing her first renovation project aged just 19, Shelley Clarkson, Director of Clarkson Bespoke, has lived and breathed property development. Whether it is bringing a stately home back to its former glory or working closely with property developers to create bespoke pieces for new-build homes, her passion knows no bounds.

**Now, her thriving business is taking a different direction with a new brand identity, a beautifully enhanced showroom and an exciting collaboration with master craftsmen at Wow Bespoke.**

We caught up with Shelley at her studio in leafy Chelford.

### **Shelley's work and passions**

Originally from Salford, Shelley has lived in Cheshire for more than 20 years, loving the great schools and brilliant commuter links, which have enabled her to balance both her private and working life.

Home now is a Victorian property nestled in the Cheshire countryside,

which she is lovingly restoring, a far cry from the first ever renovation which sparked her passion for all things property, a former local authority-owned 'quasi semi' in Salford.

“I bought my first house and developed that and realised, I just absolutely loved interiors, so rather than go to university, I decided that was what I wanted to do for a living,” reveals Shelley.

“I continued to buy, renovate, and sell houses, completing multiple property projects, including two that were Grade II listed buildings,” she says.

### **New direction**

The launch of Clarkson Bespoke heralds an exciting new chapter for Shelley, following her amicable parting from her previous business partner, with whom she co-founded Clarkson Lee Bespoke Interiors on 17 March 2020 — just six days before the Covid-19 lockdown.

“Fortunately, we were classed as being part of the construction industry, which was one of the only industries which were able to continue to trade,” she reveals.



"Our initial workspace was my dining room until it got to a point where we took on staff, then we moved to our current showroom in Chelford five years ago.

"Lockdown transformed the way people thought about their homes and outdoor spaces. They wanted alfresco dining, outdoor kitchens, pergolas and bars because they were entertaining more at home, that's why we've dropped the word 'Interiors' from our branding as our expertise spans every aspect of property design and renovation."

Shelley's outdoor showroom also showcases a pergola and kitchen, supplied by Syke Outdoor Living.

#### **Wow Bespoke collaboration**

One of the most exciting aspects of the change in direction is the collaboration with Wow Bespoke, specialists in wrapping bespoke cabinetry in porcelain.

Says Shelley, "It's a perfect collaboration, as I also share a bespoke cabinetry company based in the Northwest with my business partner Mark Aspinall."

— “ —

"Everything is made here in the UK, and it's all manufactured by hand, by our talented craftsmen. We are very proud of what we do," she says.

— ” —

While heading up her close-knit team on luxury residential, hospitality and commercial projects, guiding clients seamlessly from concept to completion, she will also be working with Wow Bespoke to create cabinetry that fits in with today's ethos of stunning design combined with functionality.

"Our price point is competitive because we are manufacturing our own cabinetry and we have control of quality and timelines," explains Shelley.

"I've often found that if clients are purchasing from abroad, for example quite a lot of kitchens come from Germany, and bedrooms from Italy, firstly they close down during summer, secondly if you've got a problem, say something is broken or missing, the turnaround time to get that back on site can be up to six weeks whereas we can turn it around in 24 hours. That makes us unique."

#### **Shelley loves...**

"Anything Victorian or Edwardian. A Gothic mansion would be my dream. Just bringing buildings back to life is my true passion. If the original details have been taken away, I love to make sure that I put them back.

"During lockdown, we had the pleasure of renovating a Georgian Manor House in the Cotswolds, which was just phenomenal. We didn't change an awful lot to the structure of the house because it didn't need it.

"We just upgraded and updated and accented, and accommodated what was an absolutely beautiful property. The project was for an existing client of ours in Cheshire, and this was their second home. That's how we do business, really, by word of mouth and recommendations. And we have clients who come back, which is a real honour and testament to the service we provide."

#### **Launch party**

Clarkson Bespoke's stunning extended showroom will be unveiled at a launch party late November, showcasing the beautiful cabinetry from Clarkson Bespoke, wrapped in porcelain by Wow Bespoke in as many situations as possible, from a dressing room with a fully clad dressing island, through to elegant freestanding furniture and a fully functioning bar - Shelley has a personal licence to sell alcohol! Although she does assure us that drinks will be free at the launch.

"The whole purpose of the new showroom is to showcase the collaboration between the two companies and the usage of the new materials using cabinetry and porcelain together to create beautiful pieces of furniture."

**If you'd like to join us  
for this special event, please contact  
[nicole@clarksonbespoke.co.uk](mailto:nicole@clarksonbespoke.co.uk)**



— “ —

"Not everyone can easily visualise the finished result, so it's important for us to show as much as possible. Letting our clients see and experience the quality of our products is central to what we do."

— ” —

To discover more or arrange a showroom visit please get in touch. The team would love to hear from you.

**[hello@clarksonbespoke.co.uk](mailto:hello@clarksonbespoke.co.uk) // Tel: 01625 801 150**



## Whatever the weather

Investing in a bespoke pergola means you can reap the benefits of outdoor living throughout the year

With experience in a family business spanning three generations, followed by 20 years in property development, Grant Cheetham has a finger on the pulse when it comes to the next big thing. And that big thing right now is luxury outdoor living.

A pergola is the perfect combination of fashion and function, it's a beautiful outdoor structure that can provide an attractive focal point for your outdoor space, but it has other benefits too.

You might think that pergolas are only for summer but far from it. In fact, at Cheshire-based Skye Outdoor Living, you can indulge in the idea of winters spent entertaining alfresco and Christmas under the stars. Plus, by investing in a luxury high-end pergola you will also add more space to your

property, which may be installed free standing in your garden or attached to your house.

At Skye Outdoor Living bioclimatic pergolas are designed to transform your garden into somewhere you can enjoy all year round. With motorised louvres that provide instant shade or shelter, and optional extras such as integrated lighting, outdoor heating, sliding glass doors and automated screens, all perfectly created to take outdoor living to the next level.

The garden has been reinvented as an important living space. And that's why bespoke pergolas and other garden fixtures are now in big demand from architects, designers and homeowners. Grant has now added custom designed outdoor kitchens and furniture to his

portfolio, Italian designed and manufactured, exteriors designed and customized according to your needs.

Skye Outdoor Living also offer commercial solutions for making beautiful outdoor spaces for guests to enjoy, including year-round additional party areas, exclusive areas for special events and covered outdoor spaces for hotels, restaurants and bars.




If you would like to know more, you can contact Grant at:

**SKYEOUTDOORLIVING.CO.UK**

OR CALL 07778559311



A photograph of two women in a modern living room. One woman, wearing a grey turtleneck sweater, is pointing at a tablet held by the other woman, who is wearing a green and white striped shirt. They are both smiling. In the background, there is a large wooden bookshelf filled with books, a television mounted on the wall, and a speaker.

# Moving up

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# Soul-Soothing Shores and Greek Glamour:

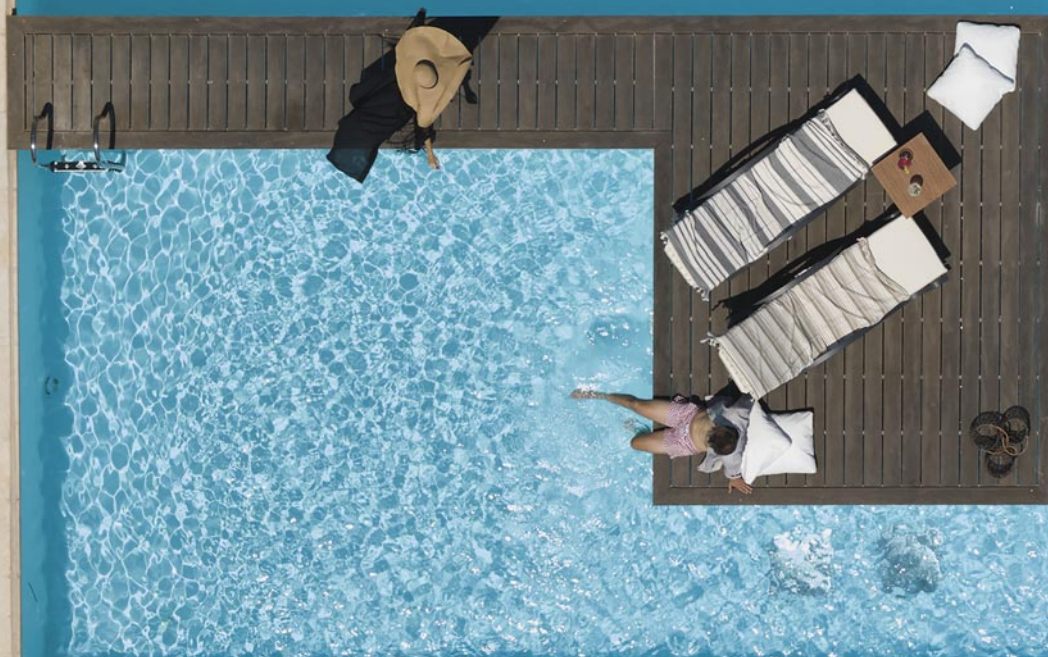
A stay at the Ixian Grand & All Suites, Rhodes



“  
One of the  
biggest  
standouts here  
is service  
”

If you've been craving a getaway where luxury meets laid-back, where your biggest decision is which restaurant to dine in, then Rhodes' The Ixian Grand & All Suites is calling your name.





Tucked on the west coast of the island, in Ixia, this adults-only five-star resort gets the balance just right: opulent, lush and indulgent. Perfect for wanderlusts who want to explore, but who also know there's a special joy in just doing nothing under the Aegean sun.

#### Location & First Impressions

Located directly on Ixia beach with no busy road between your suite and the pebbles, so when you step out, it's just sun loungers, sand and sky. The views alone – from your terrace and the pool, are enough to make morning coffee feel like a privilege – and secluded enough to feel like your own slice of paradise.

The medieval Old Town of Rhodes is just a short drive away, the airport is as convenient as it needs to be, and Ixia itself offers charm with local cafés and seafront walks.

#### Rooms & Suites: Where Comfort meets Design

What The Ixian Grand & All Suites does well, is to give you options – so whether you're travelling on a tighter budget or going all out, you can find your fit. The 348 rooms and suites (standard and deluxe) are bright, minimal-chic, clean, with sea, garden, or inland views. But if you fancy treating yourself, the suites are where magic lives.

We stayed in a Beach Front Swim-up Sea View Grand Suite. The most indulgent choice for guests who want

it all. Endless sea views, incredible space with king-size bed, lounge area with two sofas, and the kind of bathroom you sink into with joy: rain showers, Jacuzzi bath and twin vanities. Step out onto the terrace and you've got private or swim-up pools, and the turquoise Aegean stretched out in front of you. Morning light and sunset hues become a backdrop for your best Instagram post ever, or just quiet, thoughtful moments with a coffee, or chilled Champagne.

Even the rooms don't skimp on comfort. Big comfy beds, tasteful décor, nice touches like stocked mini-fridges, balconies and well-appointed bathrooms.

#### Dining: A Journey of Flavours

The hotel serves a variety of all-inclusive food and beverage concepts, across six restaurants and bars. So, foodie, or not, The Ixian Grand & All Suites has something for all tastes.

**Vis a Vis:** The main buffet-style restaurant is for breakfast, lunch, and dinner. Think freshness, tastes that range from local Greek staples to international dishes, and always

something new – whether it's themed nights or rotating specials. Great for mornings when you want sleepy and slow, and evenings when you want variety.

**Milonges:** I would call this a 'posh' Greek taverna. Tzatziki, fresh fish, beautifully done meat dishes, salads that go beyond basic, plus local wine that matches the sun setting behind the olive trees. If you want authenticity, this is your spot with the setting by the pool adding a relaxed, romantic mood.

**Muza Htista:** Peruvian and Japanese fusion (Nikkei-style) done well. Ceviche's, tartars, signature rolls, creative flavours; exciting drinks. It feels modern, playful, adventurous. If you're someone who likes surprises, you will love this place.

**Alazonia:** This was my favourite of all the restaurants for breakfast and dinner. Delicious food, wonderful staff, and reserved for suite guests or available at a surcharge for others. Quiet and elegant, with sweeping views – the kind of restaurant where every course feels intentional – beautifully plated with balanced flavours and

attentive service. Great for those nights when you want something spectacular without moving far from your room.

**The Blue Pool Bar** is ideal for midday sips by the water. **Truman's Lobby Bar** is a cosy gathering place in the afternoons and evenings. And snack bar options are comforting with paninis, gyros and ice-cream – just enough to fill a gap, when you don't feel like a full meal.

#### Facilities & Service: Where the Little Things Shine

One of the biggest standouts here is service. Staff are warm, unpretentious, always helpful without hovering. Whether it's a recommendation for a walk in Rhodes Old Town, arranging

transport, or ensuring your favourite drink is ready, they enhance the experience in ways you sometimes don't even expect until you arrive.

The facilities are generous - two large outdoor pools, one right by the sea, and the other in the garden area – with sun loungers, by the beach, and pools that offer excellent comfort, and plush towels. If you want privacy, the quiet pool is your zone. If you want sociable, the main pool delivers. There's a well-equipped gym, though most guests seemed to prefer the spa which is beautifully designed and offers an indoor heated pool, steam room/sauna, treatment rooms, and massages and facials that are true indulgences and well worth a visit.

It's always the small touches that impress me – padded sun loungers, little garden paths, lush landscaping, the scent of jasmine in the air, music in the evenings around the pool, and well-maintained grounds with the occasional cat to feed – whether you should, or not! The Ixian Grand & All Suites is extensive, and even at full capacity, would never feel overcrowded or busy.

Just 6km from Rhodes Town and 7km away from Diagoras International Airport, the hotel is ideal for exploring the endless beauty Rhodes has on offer. Must-visits include the World Heritage Monument, protected by UNESCO, The Medieval City of Rhodes, and Mount Filerimos with its panoramic views.



## Mixology & Culinary Highlights

This summer, **The Ixian Grand & All Suites** redefined its all-inclusive experience with a focus on elevated food and drink. Guests were treated to handcrafted cocktails inspired by the Greek isles, including an exclusive takeover by world-renowned mixologist **Michele Lombardi** of Four Seasons London, whose signature, story-driven creations blended tradition with innovation.

The resort also introduced **KYMA**. Inspired by Greece. Created by chefs. A seasonal dining series celebrating modern Greek gastronomy. Among the acclaimed chefs was **Ilias Kiazoli**, known for his bold, memory-rooted cooking and international flair, who brought a touch of storytelling magic to a series of unforgettable one-night-only experiences, which is a welcome addition, and a wonderful start to our stay.

## Aegeo Spa

No trip to The Ixian Grand & All Suites is complete without a visit to the Aegeo Spa. We indulged in a complimentary 20-minute massage – a blissful taster that left us instantly wishing we'd booked longer. Therapists Labrini and Alexandra worked pure magic, striking that perfect balance of soothing and revitalising. With a menu of treatments ranging from facials to full-body rituals, the spa is a sanctuary we'll be heading straight back to on our next stay.



# Lindos

When in Rhodes a visit to Lindos is a must.

## Stegna: A Hidden Gem by the Sea

Some restaurants don't just serve food – they serve memories. Stegna in Lindos is one of those places. Family-owned for three generations, this charming fish taverna is a slice of authentic Greek life where tradition and warmth are as much on the menu as the seafood. When we visited, the place was buzzing, packed with locals and travellers alike, and it was easy to see why.

At the heart of it all is Dimitris Kozas, the charismatic third-generation owner who glides barefoot between tables, taking orders with a smile. The menu even reads: "Don't ask me why I'm barefoot, I don't know!" – a little line that sums up the effortless charm of the place. We started with a heaping plate of grilled prawns, smoky and perfectly seasoned, followed by a sea bass so fresh it was filleted right at the table, accompanied by golden potatoes

and a classic Greek salad. Simple, honest, and utterly delicious. A cold beer and a crisp glass of wine completed the scene. When we told Dimitris we'd be spreading the word about Stegna, he laughed and said, "No, don't tell anyone, it's a secret." A secret it may be – but one we can't help but share. Stegna is a gem, and one that lingers long after the last sip of wine.

## Kalitheia Springs

After lunch, we drifted to Kalitheia Springs, a dazzling seaside spot steeped in history and beauty. Families, couples, and groups of friends were scattered across the natural pools and sun-drenched terraces, enjoying swims, cocktails, and Mediterranean bites. The crystal-clear waters and elegant architecture make it a place to lose track of time. Stay the whole day; swim, eat, relax, and let Kalitheia remind you why Rhodes is so unforgettable.

By Beverley Uddin-Khandakar

## Our Verdict

If you're the kind of traveller who wants a mix of serenity, flavour, lounging by the sea, and exploring cobblestone alleys – this hotel is for you. It's not just the views, the food, the décor, or the staff – it's everything, rolled into one. It's ideal for couples celebrating something special, solo travellers who appreciate lone-luxury, groups of friends who want a stylish escape, or families making memories. It may not be the bargain-basement option, but what you pay for is quality: food, service and setting. And to be honest, for those who are looking for just that, it's more than worth it.

If you go and your budget allows; pick a suite; experience all the restaurants - you won't be disappointed; book a massage at the Spa; watch the sunset from the beach; and retreat to the quiet pool or your suite to take it all in, and daydream.

A trip to Lindos is a must. Book a table at Stegna, you won't be disappointed and visit Kalitheia Springs. I promise you will want to come back to visit time and time again.

The Ixian Grand & All Suites is luxury without pretence, where a hotel isn't just a place to stay – but a place to disconnect, and delight. If wanderlust teaches us anything, it's that sometimes the best journeys are the ones that let you stay still and savour – and this trip is one of those.

“  
If you're someone  
who likes  
surprises, you will  
love this place  
”



# The Red Sea, Saudi Arabia

An Alternative Destination  
Where Luxury Meets the Unexpected



## Introducing One of the Most Exclusive Addresses — and the Dream Homes Within It

Where the dramatic desert-scapes and majestic mountains meet vibrant coral reefs, The Red Sea is quickly becoming one of the world's most spectacular luxury escapes.

Expect cinematic sunsets, barefoot elegance, and moments that connect one to nature, to yourself, and to something entirely new. Stretching along Saudi Arabia's untouched western coastline, The Red Sea spans an impressive 28,000 square kilometres, including 200 kilometres of the Kingdom's picturesque Red Sea coastline.

The Red Sea Residences, set along Saudi Arabia's spectacular coastline, is now welcoming international buyers to be part of a pioneering destination defined by regeneration, craftsmanship, and world-class resort living across Shura Island and Ummahat.

Home to 11 resorts, a luxury retail promenade, marina berths, and the Kingdom's first 18-hole island golf

course—Shura Links—Shura Island serves as a hub where communities come alive. Here, homes unfold along the shoreline, the greens, and the marina edge, each offering distinct views and lifestyle experiences shaped by the sea.

Every residence is designed by the globally acclaimed architecture studio Foster + Partners, forming a portfolio that balances privacy, place, and lifestyle—set within a regenerative development that redefines coastal living in the region.

Life at The Red Sea extends beyond the residences themselves. Homeowners have seamless access to curated cultural and wellness experiences.

They can embark on water adventures with activities provider WAMA, from stand-up paddleboarding through serene mangrove forests to sailing the gentle waters of The Red Sea. Galaxea offers diving and snorkelling across

vibrant corals that form part of the world's fourth-largest barrier reef, while Akun introduces land-based pursuits, including electric biking, trail running, and nature hikes.

Located at the crossroads of Europe, Asia, Africa and the Middle East, the destination's ease of access is underscored by the dedicated Red Sea International Airport, providing quick and convenient travel to and from key cities around the world.

Above all, life here is designed with both environmental and personal security in mind. The entire destination is powered by renewable energy, and every residence is set within a protected, master-planned community that safeguards its unique ecosystems—and the long-term value of its homes. For homeowners, this offers peace of mind in a community built for longevity—where the natural world is preserved, and the integrity of the destination will be maintained for generations to come.



**1.**

### 1. Four Seasons Private Residences

Located along Shura Island's coastline and golf course, the Four Seasons Private Residences comprises 75 villas ranging from three to five bedrooms (414 to 534 sqm). With interiors by Goddard Littlefair, the homes echo the tones of the desert and sea, offering a refined yet modern aesthetic that reflects Four Seasons' signature balance of sophistication and understated elegance.

Homeowners have access to a shared resort pool, a state-of-the-art fitness centre, rejuvenating spa facilities, and signature dining experiences—offering a lifestyle defined by comfort, service, and privacy.

### 2. Nujuma, a Ritz-Carlton Reserve Residence

Surrounded by crystal-clear water and soft white sand, the 21 super prime villas at Nujuma, a Ritz-Carlton Reserve Residence, are nestled in one of the most pristine and exclusive locations within The Red Sea. The residences are part of one of the six Ritz-Carlton Reserves worldwide.

Located on Ummahat Island, almost 26km from the mainland, it is only accessible by chartered boat or seaplane, making it one of the most exclusive resorts in the world. Residents can expect to be similarly charmed by the signature Ritz-Carlton experience of refined elegance supported by world-class amenities and services in a breathtaking natural environment.

**2.**

### 3. Miraval Residences

Miraval Residences encompasses 20 homes designed for holistic living, with a dedicated focus on wellness and living life in balance. Each villa has an external private wellbeing area with uninterrupted sea views, combined with transformative mindfulness experiences, exclusive spa treatments, nourishing cuisine, and access to world-class wellness specialists.

Facilities include Miraval Life in Balance Spa, the largest spa on the island, with 37 indoor and outdoor treatment rooms offering Naga Thai massages, sensory aquatic experience, hydrotherapy and salt inhalation, as well as relaxation areas, a salon, and an expansive fitness centre.

This is Miraval's first resort outside of the US, and it sits around a beautiful sandy bay with mangrove forests stretching out into the sea. The beach villas rest on the shore as lightly and naturally as driftwood. The collection of one- to four-bedroom Miraval Residences offers a private sanctuary for those seeking a rejuvenating retreat within the vibrant Shura Island community.

### 4. Shura Marina Residences

Overlooking the vibrant marina promenade, Shura Marina Residences is Red Sea Global's first self-developed branded apartment collection, comprising 36 one- to three-bedroom apartments (190 to 364 sqm).

The homes will offer thoughtful features such as expansive balconies and terraces with views across the sea and marina.

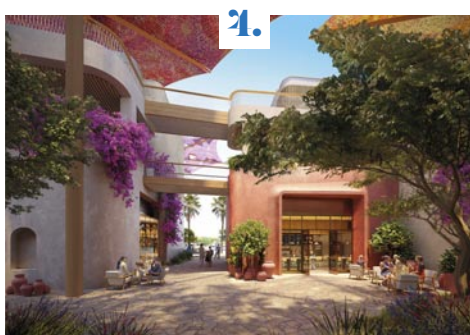
Residents also benefit from direct access to the marina and the island's high-end retail and dining scene, including restaurants led by Michelin-starred chefs.

### 5. SLS Residences

Ennismore's SLS Residences brings the brand's vibrant design identity to Shura Island with 15 one- to four-bedroom villas (130 to 423 sqm). Created for contemporary living, the homes feature interiors by Lissoni & Partners, known for their bold, expressive approach to modern hospitality spaces.

Residents can enjoy access to SLS F&B concepts, a spa and wellness retreat, a fitness centre, a shared resort pool, and a kids' club—fostering a vibrant, sociable atmosphere.

With five resorts now open and 450 residences set to be delivered by the end of 2025, The Red Sea is rapidly becoming one of the world's most distinctive coastal destinations. Red Sea Global is on track to complete all 16 hotels that make up Phase One of the destination in 2025, with both Phase 1 and Phase 2 residences now welcoming new homeowners.

**3.****4.****5.**

# POSTCARD

## from Andalucía

### Taxing Times



It has not been a good month here. I discovered – with the sort of creeping horror usually reserved for Halloween – that I'd forgotten to pay our Spanish car tax. Not just a little late, oh no. A full three months overdue. Yikes. We had never received the reminder. Did I think to chase it up? Of course not. Too busy sipping Albariño.

Now, being stopped by the Spanish police is unnerving at the best of times. They have an unnerving way of peering straight into your soul while tapping your documents that makes you want to confess to everything you've ever done wrong – and several things you haven't. Add to that the prospect of being caught driving untaxed, and I found

myself waking at 3 a.m., convinced I could hear sirens closing in. Enter Lord Muck, my hero, announcing, "He would sort it out."

His first stop: the online payment portal. But...no reference number, no luck. So off he toddled to the local tax office, armed with ownership papers and a smile so forced it deserved its own BAFTA. At the counter, the unsmiling official asked for the payment reference. Lord Muck explained we didn't have one, but he did have every document known to man proving the car was ours, plus last year's car tax receipt from the bank. The official, unmoved, folded his arms and declared, "No reference. No Payment." When Lord Muck pointed out that he was trying to give them money, the man responded with a sigh and suggested he try the bank. And so began the grand pilgrimage across Andalucía's bureaucratic labyrinth.

At the bank, a polite señorita shook her head sympathetically, "No reference. No payment." Perhaps try the tax office. When he explained, through gritted teeth, that the tax office had sent him to the bank, she suggested heading instead to the Ayuntamiento (council).

At the town hall, after an hour in the queue, a weary youth announced that this was indeed "quite the problem" and informed Lord Muck that only his boss, Lorenzo, could resolve it by reissuing the reference. Hope briefly rekindled... until said youth revealed that Lorenzo was actually on holiday. In Buenos Aires. For three weeks. Of course he was. "Surely," Lord Muck pleaded, "someone else can do it?" But oh no, only Lorenzo possessed this mystical power. The youth shut the counter window firmly to make the point clear.

And so, for three long weeks, we lived like fugitives. Every short trip out felt like a high-stakes getaway. Every passing Guardia Civil car sent my heart galloping. Then, inevitably, it happened. Blue lights. A stern face at the window. Documents demanded. I explained – somewhat desperately – that yes, we hadn't paid the tax, but only because Lorenzo was in Buenos Aires, and until Lorenzo returned, nothing could be done. The officer narrowed his eyes, tapped the papers thoughtfully, sighed... and then, miracle of miracles, broke into a smile. "Ah, Lorenzo," he said warmly, as if discussing an old friend. "Why didn't you say so? Nothing moves around here without Lorenzo." And with that, he waved us on and even asked us to pass on his regards when Lorenzo finally returned.

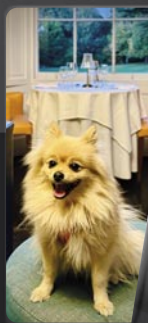
And so, dear reader, I have learned the first rule of surviving Andalucía: bureaucracy isn't really about paperwork at all. It's about who you know. Or, more precisely, whether you know Lorenzo. Until then, you'll find me cruising the pueblo – technically untaxed, but practically untouchable.



### Postcards from Andalucía, Lady Muck Style

By Catherine Saunders / Read more at [www.ladymuck.style](http://www.ladymuck.style)





# The Woof Guide to Saltmarshe Hall

Everything is perfect for Peppa and her pals at this country pile



If there was any excuse to don my tweeds and roam around the countryside, Saltmarshe Hall is it!

I felt like doggy of the manor as I trotted up to the pretty Regency Grade II Listed building, which is set in 17 acres of stunning parkland and gardens near Howden, Yorkshire.

The humans were already swooning like extras in a costume drama at the loveliness of the location and the understated elegance of the architecture and interior design. We all immediately made ourselves at home in Reedness, a cosy room with original features and contemporary accents like the bright yellow velvet armchair situated by one of two windows flooding light into the space.

Saltmarshe Hall has been in the ownership of only three families since 1067, and the current owners, Kate and Roland Whyte, have created one of the most relaxing and peaceful hotels we've ever visited.

It's easy to see why this is a premier wedding and events venue, as practically every inch of the stunning grounds, from the walled garden to the majestic sweep of the River Ouse, is totally Instagrammable. But when weddings aren't happening, you can just kick back in a spot so tranquil you would actually think that you'd been transported into another, more civilised era. There seem to be no rules as far as dogs are concerned, and Saltmarshe Hall prides itself on being a dog-friendly wedding venue, so if you want your pet pooch to be a VIP in your nuptials, it's a no-brainer. The bride and groom get dream backdrops for their wedding pics, and dogs get lots of lovely places to go walkies.

In the evening, we dine in the library, which is the option for those who don't want to leave their pet pooch in the room. It's divine with a French window overlooking the garden.

I love it! At one point, the humans let me off my lead, and I got lost. Ending up in the kitchens. I wonder why? There was a bit of a kerfuffle, but it was nothing to bark about.

The restaurant menu isn't extensive, but who needs that when the cooking is so good – although the vegetarian options are pretty limited which meant the non meat eater had a choice of soup or hummus starter. The latter

was accompanied by the most delicious flatbread, so all was forgiven. For the carnivore, there was a pleasingly yummy ham hock terrine served up with mustard aioli and a home-made sourdough.

A homity pie with the addition of creamy leeks and a cheddar and mustard sauce was rich and unctuous, the pastry melting on the tongue, while lamb rump was a fine piece of meat that needed only Jerseys and stem broccoli to showcase its depth of flavour. The meal was rounded off with a sticky toffee pudding and a custard tart, both testament to the skills of Saltmarshe's pastry chef.

The quality of ingredients made breakfast at the hall another highlight, especially as member of staff, Monica brought me a sausage.

Would we go back? Absolutely! Saltmarshe Hall is close to perfection, and prices for such gorgeousness are pretty reasonable. Judging how fabulous this place is, I wouldn't be surprised if all the rooms get snapped up pronto, so I'll be getting the humans to book me in for another visit right now.



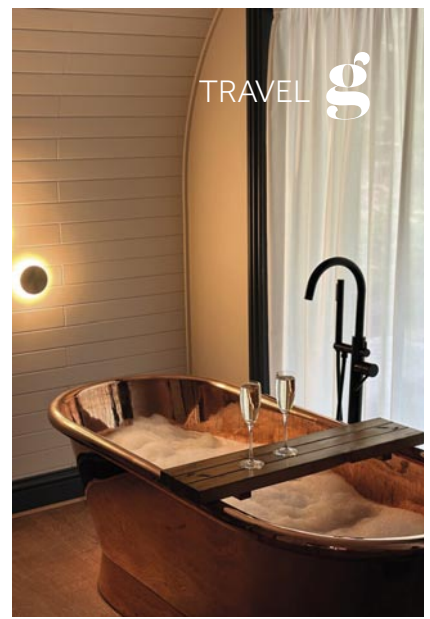




## Woodland Luxury at Moddershall Oaks







Tucked within 72 acres of private Staffordshire countryside, Moddershall Oaks has long been renowned for its award-winning spa, boutique suites, lakeside restaurant, exclusive award-winning events venue, on-site wellness centre and spa breaks that include private use of the outdoor heated spa pool, spa days and spa evenings

#### Spa & Wellness Highlights

Guests can unwind in the indoor pool, hydrotherapy and mud Rasul rituals, or step outside to the Kelo sauna and vitality pool. Recharge in the fitness studio, interactive cycle cave, and outdoor training terrace before refuelling at the plant-based café. Luxurious changing rooms, robes, and spa products complete the experience.

Earlier this year the retreat elevated its offering with the arrival of 14 beautifully designed Woodland Pods, creating a new dimension of indulgence for discerning guests.

#### A Retreat in Nature

Nestled at the edge of the estate's private woodland, each pod – named after native plants and flowers – has been thoughtfully crafted to blend modern comfort with rustic charm. Inside, guests will find plush beds, blackout curtains, eco-friendly bubble spa showers, and luxury toiletries, alongside mini-fridges, flat-screen TVs, and tea and coffee facilities. Family-friendly units, an accessible pod, and even a honeymoon suite complete with freestanding slipper bath ensure there is something for every occasion, from romantic escapes to celebratory gatherings.

The family pods introduce a new family-friendly aspect to the Moddershall Oaks retreat, providing exciting and comfortable accommodation for families looking for a unique getaway. Perfectly positioned for those exploring local attractions such as Alton Towers, Trentham Monkey Forest, and Peak Wildlife Park, the pods offer a stylish base for adventure throughout the Staffordshire region.

While spa access is optional, many guests combine their woodland retreat with the signature Moddershall experience: sinking into the heated vitality pool beneath the stars, unwinding in the steam room or hydrotherapy pool, or enjoying tailored treatments in the serene wellness centre.

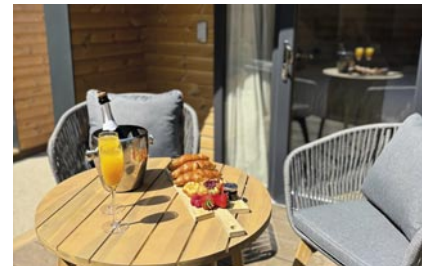
#### Dining by the Lake

No stay is complete without a visit to The Oak House Restaurant and Balcony Bar, beautifully set on the lakeside. Seasonal menus showcase the best local produce, with refined dishes such as sea bass, fillet steak, and indulgent desserts, all paired with fine wines and crafted cocktails. The atmosphere is warm yet elegant, with sweeping views from the first-floor balcony creating the perfect backdrop.

#### An Elevated Escape

For those seeking a stylish staycation or a memorable base for weddings and events, the Woodland Pods bring a new level of intimacy and charm to Moddershall Oaks. Whether cycling through the estate, indulging in spa therapies, or savouring dinner by the water's edge, every moment feels curated for relaxation and connection.

**Our Verdict:** We loved our stay at Moddershall Oaks. The woodland pods were beautifully designed and so comfortable, the spa offered pure relaxation, and the food at The Oak House was outstanding. It's the perfect spot for a little R&R – luxurious, restorative, and truly memorable. And just a short drive from Cheshire and South Manchester, Moddershall Oaks is proof that you don't need to travel far for an experience that feels a world away.



## Moddershall Oaks Country Spa Retreat

Moddershall, Staffordshire ST15 8WF // Tel. 01782 399000



# Serenity in Style

A Day at The Belfry Hotel and Spa

There are times when the most indulgent escape is one with no plans at all – just space to slow down, breathe, and let the world fade away. Tucked into the rolling Warwickshire countryside, The Belfry Hotel and Spa offers precisely that: a serene sanctuary where luxury and tranquillity walk hand in hand.





**A Warm Welcome**

From the moment you arrive, The Belfry exudes effortless elegance. Manicured lawns, sweeping driveways, and a warm reception set the tone for a day devoted to calm. Within minutes, you are cocooned in a robe and slippers, ready to surrender to the spa's embrace.

**The Fire & Ice Experience**

The spa's Fire & Ice Experience is a journey through 12 thermal rooms, designed to awaken the senses through contrasts of hot and cold. From the aromatic crystal steam room to the invigorating chill of the snow-dusted igloo, each space has its own rhythm. The hydrotherapy pool is a highlight, its jets releasing knots of tension as you drift into quiet reflection.

**Bespoke Treatments**

For something more restorative, the ESPA Aromatherapy Massage is a must. A consultation ensures the oils and techniques are tailored to you, whether you crave firm pressure or something more soothing. The 50-minute

treatment is both restorative and indulgent, and the post-massage lounge with soft lighting, herbal tea in hand, is the perfect extension of the calm.

**Dining in Style**

By day, Rocca's is the place for relaxed dining. Think wood-fired pizzas, crisp salads, and a chilled glass of rosé – ideal for lingering over. Evening brings a shift in mood at The Ryder Restaurant, where classics are elevated with finesse: fillet steak paired with truffle mash, seabass brightened with lemon beurre blanc, and a rich chocolate fondant to finish. Add candlelit ambience and sweeping golf-course views, and dinner becomes an occasion in itself.

**A New Chapter for The Belfry**

This summer saw the unveiling of 149 new bedrooms in Brabazon House, a modern new wing designed with both comfort and style in mind. Rooms feature warm, contemporary décor, super king-sized beds, and spectacular views of the championship course.

A first for The Belfry, a two-bedroom suite with a balcony now offers space and luxury in equal measure.

The expansion is part of an £80 million transformation across the resort, which also includes the launch of The Club – a state-of-the-art fitness and leisure hub. Here, cutting-edge Technogym equipment, serene yoga and reformer pilates studios, and a spin suite with 30 bikes create the ultimate wellness destination. Two pools, one designed for families, the other for energising laps, are joined by saunas, steam rooms, bubble pools, and a bright multi-sports hall.

**The Verdict**

The Belfry Hotel and Spa is more than a destination – it is an escape. Whether you're celebrating, resetting, or simply indulging in a little self-care, this is a place where every detail feels designed with your well-being in mind.



Rating: ★★★★★ (5/5)

Luxury and tranquillity, perfectly balanced

The Belfry, Lichfield Road, Sutton Coldfield B76 9PR  
01675 238 600 / [www.thebelfry.com](http://www.thebelfry.com)



## **Riverside Glamour: Hyatt Regency London Albert Embankment**

Where the Thames sparkles, and London feels like yours alone







**Perched elegantly on London's South Bank, the Hyatt Regency London Albert Embankment offers a sanctuary where timeless sophistication meets breathtaking views of the River Thames. Just moments from Westminster's most iconic landmarks – including the Houses of Parliament, Buckingham Palace, and the London Eye – this riverside haven is as convenient as it is captivating.**

#### **Effortless Elegance in Every Detail**

With 142 rooms and suites, the hotel offers an understated yet luxurious retreat from the city's buzz. Floor-to-ceiling windows frame sweeping views of the Thames, and interiors strike a balance between modern comfort and refined style. Air-conditioned rooms, elegant furnishings, Nespresso machines, and seamless technology – everything designed with both leisure and business travellers in mind.



#### **Dining with Distinction**

Start the day at POTUS, the hotel's contemporary restaurant, where mornings unfold over artisanal pastries,

fluffy pancakes, or a full English – served with an air of relaxed elegance. POTUS seamlessly blends British classics with American favourites: from perfectly battered fish and chips to indulgent burgers, Lebanese to Indian dishes, Chinese to Italian – with all day dining, and a large flat screen TV in the bar area for viewing sports fixtures. The bar offers a range of classic and bespoke cocktails and a wide range of spirits. So, there is something for everyone on the menu. Whether you're hosting a business lunch, catching up with friends, or simply pausing for a bite to eat, POTUS provides the perfect backdrop.

For a special evening that demands something truly memorable, a visit to Mezemiso Rooftop Restaurant and Shisha Terrace on the 15th floor, is a must. Here, the capital sparkles as you savour the vibrant flavours of Lebanese cuisine. Delicately spiced dishes, innovative cocktails, and a curated wine list set the tone, while the heated outdoor terrace offers an exotic twist with its premium Shisha and Cigar selection – all against panoramic views of Big Ben and the Houses of Parliament.

#### **Culture on Your Doorstep**

The Hyatt's location places London's cultural treasures within effortless reach. Just a short stroll away, the Tate Britain houses a formidable collection of British art, while the Southbank Centre, the nation's largest arts complex, stages everything from world-class

theatre and dance to music and literature. For history and architecture, Westminster Abbey and the Palace of Westminster open their storied doors to visitors, while the London Eye offers a strikingly modern perspective of the city's skyline.

#### **The Hyatt Experience**

What truly sets the Hyatt Regency London Albert Embankment apart, however, is not just its convenient address or delicious dining, but the calibre of its hospitality. Guests consistently remark on the warmth and attentiveness of the staff, who bring a personal touch to every interaction. Whether it's a recommendation for a hidden gem along the South Bank, or the seamless handling of every detail of your stay, the service here ensures that luxury feels effortless.

#### **A Perfect London Escape**

For those seeking a London stay that balances convenience, comfort, and understated glamour, the Hyatt Regency London Albert Embankment delivers in every regard. Wake to riverside views, immerse yourself in the capital's culture, and dine against the backdrop of one of the world's most famous skylines.

The Hyatt Regency London Albert Embankment is not just a place to rest – it is where London's hospitality becomes personal, and every visit lingers long after check-out.

## **Hyatt Regency London Albert Embankment**

10-11 Albert Embankment, London SE1 7SP  
Tel. +44 20 3146 0370 // Reservations +44 20 3146 0379









# Great Scotland Yard Hotel

A Storied Landmark, Redefined for the Modern Traveller

**Great Scotland Yard Hotel is one of London's most storied addresses – a building steeped in intrigue and history, now transformed into one of the city's most characterful luxury hotels. This Grade II-listed landmark, dating back to the 1820s, boasts exquisitely preserved Edwardian and Victorian architecture, paired with sleek, contemporary interiors.**

Perfectly situated in the heart of Westminster, it's a haven for those eager to explore London's cultural icons, from Big Ben and Buckingham Palace to Trafalgar Square and 10 Downing Street. Designer boutiques at Fortnum & Mason, Chanel, and Cartier are just a short stroll away, while Covent Garden offers vibrant nightlife on your doorstep.

Inside, 151 individually designed rooms, including eight sumptuous suites and 11 accessible rooms, create a sense of boutique exclusivity. Each space blends

comfort and elegance, complete with rainfall showers, TOTO® toilets, Nespresso® machines, and LED TVs with screen mirroring. For the ultimate indulgence, No. 1 The Townhouse offers a private five-storey Georgian residence – once home to a Scottish king – seamlessly connected to the hotel for a completely bespoke, discreet experience.

## Culinary Spaces with Character

Dining here is a journey in itself. Ekstedt at The Yard, helmed by Michelin-starred chef Niklas Ekstedt, introduces fire-led Nordic cooking to London, celebrating seasonal British produce with flair. The Parlour, inspired by some elements of India, offers inventive afternoon teas and refined light dining, and even pups are pampered here with a canine afternoon tea, designed by Talula Eats.

Sibin is an intimate whiskey lounge featuring a curated and ever-changing selection. And the buzzing Elephants

Bar is a chic social hub serving everything from craft cocktails to London-inspired bites.

## Rooted in History, Designed for Now

From bespoke artwork to carefully chosen furnishings, the hotel's décor nods to its illustrious past as the headquarters of the Metropolitan Police. Guests can discover intriguing stories woven into every corridor, from the legendary all-female gang that inspired the 40 Elephants Bar to artefacts displayed throughout.

The service is warm yet polished, breakfast is a highlight with an impressive spread, and the location is unbeatable for exploring the capital. Whether you're here for a weekend escape, a cultural deep dive, or a decadent staycation, Great Scotland Yard Hotel is a destination in itself – where every detail feels like part of London's narrative.

## Great Scotland Yard Hotel

3-5 Great Scotland Yard, London SW1A 2HN // Tel: 0207 9254 700 //

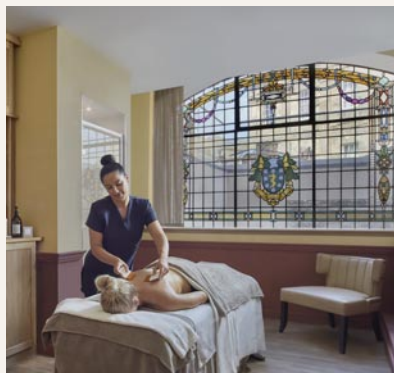
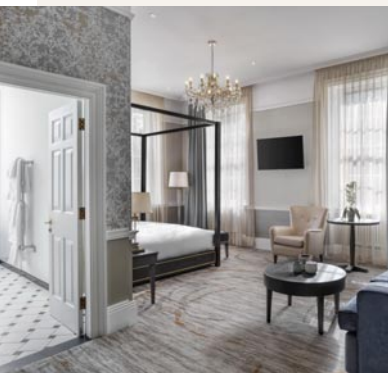
@ gsy\_london





## Soak, Savour, Stay: The Buxton Crescent Experience

Buxton has long been known as one of England's great spa towns – a place where striking Georgian crescents and domes stand alongside manicured parks and sweeping views of the Peak District. Once favoured by high society, it is now enjoying a renaissance thanks to a multi-million-pound renovation of its most iconic landmark: Buxton Crescent Hotel







This is the town's only dedicated wellness hotel, a destination designed for spa breaks, indulgent weekends away or simply a day of restorative pampering. Set against the dramatic backdrop of Derbyshire's rolling farmland, forests, and limestone plateaus, Buxton offers a perfect balance – outdoor adventure on your doorstep, followed by spa-soaked calm within the Crescent's grand walls.

The Crescent itself has a fascinating story. Once two of Georgian England's most fashionable hotels, it was a resting place for spa-seekers from across the country who came to bathe in Buxton's celebrated thermal waters. Today, that spirit has been reimagined for the 21st-century traveller: a seamless blend of historic architecture and contemporary comfort.

The Spa is at the heart of the experience. Three pools tempt you in different moods: the indoor-outdoor rooftop pool with its whirlpools and skyline views; the tranquil relaxation pool beneath a ceiling of twinkling stars; and the beautifully restored Victorian thermal baths, complete with original tiles and stained-glass canopy, filled daily with Buxton's mineral-rich spring water.

The heat experiences are equally enticing. There's a Bio Sauna at a gentle 60°C for longer relaxation, an infrared sauna that warms the body from within, a traditional Finnish Sauna at a dry 90°C, plus steam rooms and an aroma room infused with calming scents. The Ice Fountain provides a bracing contrast – boosting circulation and leaving skin refreshed. For a softer unwind, there's the serene Aroma Steam room or the spacious main Steam Bath.

Treatments here range from classic facials to holistic therapies. Salim opted for a Comfort Zone Aromasoul Body Scrub – a 50-minute ritual that left his skin glowing and his whole body deeply relaxed. I took the slower route: drifting between steam, sauna, and rooftop pool, lingering long enough to watch the rain fall while cocooned in the pool's warmth.

We stayed in a Crescent Suite, complete with original fireplaces and sweeping views across the Buxton Slopes. The suite's roll-top bath was irresistible, perfect for sinking into with a glass of champagne before a night in the four-poster king-sized bed. The atmosphere was indulgent, but not fussy – a reminder that luxury can still feel like home.

Dinner at 1789 Restaurant was a highlight. The setting is contemporary yet relaxed, the menu rooted in British classics with international flair. We started with prawns in garlic butter, shared a fillet steak with peppercorn sauce, garlic mushrooms and triple-cooked chips, alongside hot smoked salmon with a mini Caesar salad. Dessert was a gloriously rich sticky figgy pudding – leaving us pleasantly full.

Breakfast the next morning was equally impressive, with local breads, fruits, cheeses, and a full English for those who prefer heartier fare. The lounge and bar provide a stylish space for lighter bites, cocktails, or a nightcap by the fire (in the winter months), while the spa café offers wholesome salads and indulgent treats in a calm, robe-friendly setting.

#### **The Verdict**

Buxton Crescent Hotel is a rare find: steeped in history yet designed for modern indulgence. From world-class spa facilities to elegant dining and suites that invite lingering, it's the kind of place where time slows down and wellbeing takes centre stage. After one night we left refreshed, restored, and already planning our return – perhaps next time for Sunday lunch.

**“ Buxton Crescent Hotel is a rare find: steeped in history  
yet designed for modern indulgence.”**

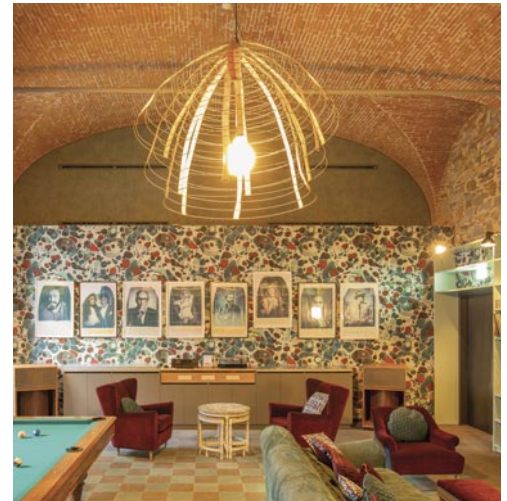
reception.buxtoncrescent@ensanahotels.com // +44 1298 808 999





## Divine Design meets Laid-Back Luxury at 25hours Hotel Piazza San Paolino

Florence is a city that revels in grandeur: Renaissance masterpieces, frescoed ceilings, and palazzos on every corner. But there's a new kind of stage-stealer – a hotel that's as playful as it is indulgent. Enter 25hours Hotel Piazza San Paolino, a boutique bolthole that doesn't just invite you to stay; it tempts you to linger, laugh, and indulge.







### A Church with a Twist

The hotel sits in the heart of Florence's Santa Maria Novella district, in a converted former convent and bank. From the outside, it blends quietly into the honeyed stone facades. Step inside, however, and you're plunged into an atmosphere that is anything but monastic. Inspired by Dante's *Divine Comedy*, interiors swing between Heaven and Hell – yet in the most theatrical, tongue-in-cheek way. Think velvet-clad banquettes, jewel-toned murals, dramatic lighting, and cheeky flourishes that celebrate Florence's rich artistic heritage while poking fun at it.

Classic yet contemporary, reverent yet irreverent – is what makes 25hours so refreshing. It's not trying to be another Renaissance homage. Instead, it's a stylish playground where guests can experience Florence in a way that feels bold, modern, and unapologetically fun.

### Rooms With Personality

The rooms are categorised into "Heaven" and "Hell" themes. Heaven is all about serenity: whitewashed walls, soft lighting, angelic detailing, and a sense of calm that makes you want to sink into the linen-draped bed and never leave. Hell, on the other hand, is deliciously decadent – rich reds, moody lighting, sensuous fabrics, and playful nods to temptation. Whichever you choose, both deliver comfort with rainfall showers, quirky design touches, and an indulgent sense of escapism.

For longer stays or those who crave extra space, the suites go one better with freestanding tubs, eclectic furnishings, and a lived-in luxury that feels less like a hotel and more like the most stylish Florentine apartment you've ever stepped into.

### Food & Drink: A Feast for the Senses

The beating heart of the hotel is the Cecchini in Città restaurant by the famous butcher Dario Cecchini, set beneath an enormous glass-domed ceiling. It feels part cathedral, part Italian trattoria – airy yet intimate, grand yet welcoming. The menu celebrates Tuscan produce with contemporary flair: seasonal vegetables, hand-rolled pastas, wood-fired meats, and just enough indulgence to remind you that you're on holiday.

Breakfast is a generous affair, with rustic breads, cured meats, cheeses, fruit, and pastries. By night, the space comes alive as locals join hotel guests for candlelit dinners, clinking glasses of Chianti over bistecca alla Fiorentina. And then there's COMPANION Dolce Amaro Bar, the hotel's cocktail den. With its mood lighting, plush seating, and bartenders who take mixology seriously but not solemnly, it's the place to sip something inventive before heading out – or perhaps to linger all night, lost in conversation.

### More than a Place to Sleep

What sets 25hours apart is its sense of community. The hotel isn't just for guests – it's become a destination in itself. Locals gather here for coffee in the leafy courtyard, digital nomads perch with laptops in the library, and the on-site 25hours things shop tempts design lovers with curated Italian finds. There's also a cinema for private screenings, a playful Sala delle Celesti Armonie, where one will find a library room with music and a pool table. It's a hotel that knows how to have fun, encouraging you to play as much as you rest.

Wellness isn't forgotten, either. A small but perfectly formed gym caters to those who like to balance

pasta indulgence with a workout, and complimentary bikes allow guests to cycle Florence like a local. Though let's be honest – ambling through cobbled streets gelato in hand is just as valid a workout.

### Location, Location, Location

Florence is wonderfully compact, and 25hours Hotel Piazza San Paolino places you right in the thick of it. Santa Maria Novella station is just a short walk away, while the Duomo, Ponte Vecchio, and Uffizi are all within easy strolling distance. The neighbourhood itself buzzes with artisan shops, tucked-away cafés, and a more authentic Florentine energy than the tourist-heavy squares. You're close enough to the action, yet far enough to breathe.

### The Verdict

25hours Hotel Piazza San Paolino isn't your typical luxury hotel – and that's precisely its charm. It doesn't lean on hushed tones, starched service, or gilded opulence. Instead, it delivers something fresher: a blend of design, playfulness, and laid-back indulgence that speaks to a new generation of sophisticated travellers. Whether you're here for a weekend of art and history, a romantic escape, or simply to eat and drink your way through Florence, the hotel gives you a stylish base and a reason to stay in just as much as go out. From its witty nods to Dante to its effortless mix of locals and visitors, it captures the spirit of the city – timeless, theatrical, and full of life.

For those who thought Florence had no surprises left, 25hours Hotel Piazza San Paolino proves otherwise. It's a divine little slice of heaven and hell, all rolled into one unforgettable stay. And where you would want to come back to, time and time again.

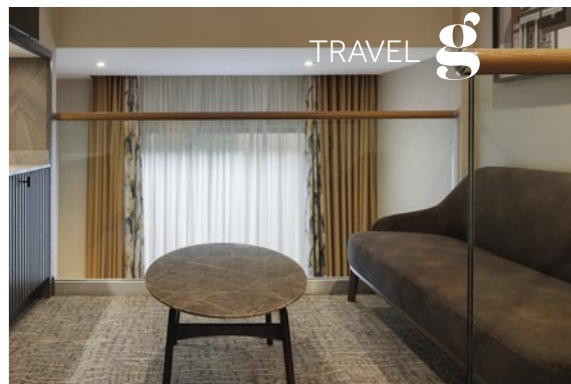
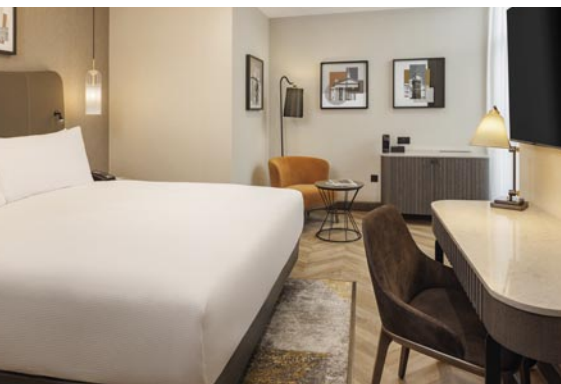




## DoubleTree by Hilton London – Victoria

London is a city that begs to be explored, and finding the right base makes all the difference. The DoubleTree Hilton London Victoria offers just that – a central, comfortable spot that combines convenience with a touch of warmth and character.





The location really couldn't be better. Sitting right next to Victoria Station, the hotel provides seamless access to the Gatwick Express and London Underground, making it simple to zip across the city or head straight to the airport. Step outside and you'll find some of London's most famous landmarks within walking distance. Westminster Abbey, the Houses of Parliament, Buckingham Palace, and the London Eye are all close enough to stroll to, while Soho, Trafalgar Square, and the shops of Oxford Street are just a short ride away. Theatre lovers will also appreciate that The Apollo Victoria Theatre is a two-minute walk, ideal if you're catching a West End show.

From the moment we arrived, the welcome felt special. Check-in comes with the Hilton signature warm DoubleTree chocolate chip cookie, and while it might seem a small touch, it's surprisingly memorable – a sweet little ritual that instantly makes you feel at ease.

We stayed in one of the King Duplex Suites, which was the perfect retreat after busy days exploring the city.

Spread across two floors, the suite manages to feel both stylish and homely. Downstairs, the bedroom has a plush king-sized bed that guarantees a restful night, while the living space upstairs offers a sofa bed and plenty of room to stretch out, and a desk and office chair, for any work you need to do. There are thoughtful touches everywhere – from an espresso machine to Crabtree & Evelyn amenities – and the décor strikes the right balance between modern and inviting. It's a space designed to let you switch off, whether you're travelling as a couple, a family, or even for work. Some suites even offer skyline views, adding to that sense of London magic.

Food and drink is another strong point. The hotel's Terminus Kitchen & Bar has a relaxed, contemporary feel, serving up a mix of globally inspired dishes. We opted for a selection of tapas and a couple of glasses of crisp white wine, which was the perfect way to unwind. The menu is varied enough to suit different moods, from small plates to heartier mains like lamb rack and octopus. Breakfast is also generous, with plenty of options to set you up for a full day of sightseeing or meetings.

And for those who prefer a quieter night in, 24-hour room service has you covered.

What truly makes the DoubleTree by Hilton London – Victoria stand out, though, is the staff. Every interaction, from the reception team to the restaurant servers, felt genuine. They were attentive without being overbearing, and always eager to help. It's clear that the team here takes pride in what they do, and that positive energy filters through the whole hotel experience.

On the outside, the building doesn't quite hint at the stylish, welcoming interiors you'll find within – which almost makes it feel like a hidden gem. Step through the doors, and you'll discover a hotel that combines convenience, comfort, and personality in equal measure. For us, it was exactly what we needed: a place that let us explore London with ease and relax in real comfort at the end of the day. We'd return in a heartbeat and wouldn't hesitate to recommend it.



DoubleTree by Hilton London – Victoria // 2 Bridge Place // London SW1V 1QA  
[www.hilton.com/en/hotels/lonvcdi-doubletree-london-victoria](http://www.hilton.com/en/hotels/lonvcdi-doubletree-london-victoria)

# The Queen at Chester Hotel

Chester's most storied address has unveiled the first phase of a spectacular transformation



The Queen at Chester, a landmark Italianate building of brick and stucco grandeur, has undergone a major refurbishment, reimagining 104 bedrooms alongside meeting rooms, public spaces and the unveiling of a glittering new central bar. The result is a hotel that feels every inch as regal as its name.

Since first opening its doors in 1860, The Queen has played host to a roll call of illustrious guests including Charles Dickens, Cecil Rhodes and Lillie Langtry. With its striking architecture, once considered a "skyscraper" of its time, the property has always carried a certain stature. The new design pays careful homage to this remarkable heritage, layering panelled walls, patterned wooden floors and plush fabrics with fresh, modern finishes and the latest amenities such as air conditioning. The effect is both elegant and inviting; grand yet never stuffy.

For business travellers or those planning special gatherings, the Colonnades and Palazzo suites have been thoughtfully refreshed, offering a stately backdrop for events and conferences. Bedrooms meanwhile have been given a sophisticated makeover, blending authentic regency period details with contemporary comforts. Deep colours, refined textures and heritage-inspired accents create an atmosphere of understated luxury, making each room a retreat.

Social life at The Queen now revolves around the show-stopping new bar in the Albert Room. Here, jewel-toned furnishings meet rich gold finishes and sleek marble surfaces, offering a glamorous yet relaxed setting for cocktails, evening aperitifs or celebratory toasts.



Dining is equally elevated. The newly refurbished V&A Restaurant invites guests to linger over afternoon tea or savour dinner in refined surroundings. The menu celebrates both comforting classics and lighter, modern choices. Pan-seared lamb rump, grilled seabass fillets and vibrant superfood salads sit alongside indulgent burgers that the team confidently recommend, and a dessert menu designed to tempt even the most restrained diner.

For a more leisurely experience, the addition of a sun-dappled terrace has already become a highlight. With seasonal plates and handcrafted cocktails served al fresco, it offers the perfect spot for a lazy lunch, a sunset aperitif or an elegant evening under the stars. The terrace balances urban sophistication with a sense of escape, an experience designed for indulgence.

Location remains one of the hotel's greatest assets. Perfectly positioned on City Road, it is just moments from Chester's historic Roman walls and within strolling distance of the majestic cathedral and boutique-lined streets. The famous Chester Racecourse is also close at hand, making The Queen an ideal base for those heading to the races.

With its fusion of history, heritage and contemporary luxury, The Queen at Chester captures the very essence of this remarkable city. Stylish, welcoming and effortlessly elegant, it is a hotel worthy of its distinguished name, whether for business, leisure, or a celebratory stay in the heart of Chester.

— The Queen at Chester Hotel // 52 City Road, Chester CH1 3AH —



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Canova Medical in Wilmslow



Are you struggling with knee osteoarthritis? There's a groundbreaking, non-surgical treatment now available at **Canova Medical** that is redefining treatment for patients living with knee pain.

Introducing Mr Numan Shah, a highly experienced Consultant orthopaedic Surgeon and visionary behind Canova Medical – a state of the art private clinic based in Wilmslow, Cheshire. With over 15 years experience in hip and knee reconstruction, revision surgery, non surgical treatments in joint preservation. Mr Shah combines cutting edge surgical techniques with a commitment to patient centered care.

## Revolutionary Treatment for Knee Osteoarthritis

Knee osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. While joint replacement surgery is effective, it is also a major invasive procedure with a lengthy recovery period. But now, there's an alternative.

## Introducing Arthrosamid®

Arthrosamid® is a non-biodegradable injectable polyacrylamide hydrogel (2.5% iPAAG) implant consisting of 2.5% cross-linked polyacrylamide and 97.5% water. It is administered via a simple, one-step procedure performed under local anaesthesia by Mr Numan Shah — ensuring you're in and out of the clinic the same day. Arthrosamid® is proven to maintain a significant, long-lasting reduction in knee OA pain — even five years post-treatment.

## How does Arthrosamid® work?

Arthrosamid® is the first and only permanent injectable implant that integrates with the knee's synovial tissue, forming a scaffold that softens and increases tissue elasticity. This leads to decreased joint stiffness,

reduced pain, and improved knee function

## Proven Results

- Over 20 years of research and development.
- Safe and effective for its intended use, even five years post-treatment.
- Around 1,200,000 syringes of 2.5% iPAAG have been made for human use.

ARTHROSAMID®



Mr Numan Shah

## What do the experts say?

'As all medical treatments when used in the correct patient population outcomes are usually good. Since starting to use Arthrosamid I have seen the majority of my patients improve significantly, with sustained benefit in their knee pain. In my opinion I believe it to be a useful option in managing knee pain.'



For more information on the treatment please visit [www.arthrosamid.com](http://www.arthrosamid.com)  
To book an appointment for Mr Numan Shah call **01625 810636**  
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## Polyphenols, Heart Health and Rhythm

When it comes to protecting the heart, most people focus on cholesterol, salt, and exercise. But there's a quieter, less celebrated ally working behind the scenes: polyphenols.

These naturally occurring plant compounds — abundant in colourful fruits, vegetables, teas, and even dark chocolate — are proving to be powerful protectors not only of heart health, but also of heart rhythm stability.



### What Are Polyphenols?

Polyphenols are bioactive compounds that plants produce to protect themselves from sunlight and stress. When humans consume them, they act as antioxidants and anti-inflammatory agents, supporting the heart in multiple ways.

They're classified into groups such as:

- Flavonoids (berries, apples, onions, tea)
- Phenolic acids (coffee, whole grains)
- Stilbenes (resveratrol in red grapes)
- Lignans (flaxseeds, sesame seeds)

### How Polyphenols Protect the Heart

#### Reduce Inflammation

Long-term inflammation accelerates atherosclerosis (artery plaque build-up). Polyphenols calm this process, slowing progression.

#### Improve Blood Vessel Function

Compounds in cocoa, green tea, and berries increase nitric oxide, relaxing arteries, improving circulation, and lowering blood pressure.

#### Balance Cholesterol

They reduce the oxidation of "bad" LDL cholesterol and support higher "good" HDL cholesterol.

#### Boost Gut-Heart Connection

Polyphenols interact with gut bacteria and the microbiome, producing metabolites that further support vascular and rhythm health.

### Best Sources of Polyphenols

Berries (blueberries, strawberries, blackberries)  
Dark chocolate (70% cocoa or higher)  
Green and black tea  
Red grapes and red wine (in moderation)  
Olives and extra virgin olive oil  
Coffee (without added sugar or cream)  
Nuts and seeds (especially walnuts and flaxseeds)  
Colourful vegetables (spinach, red onions, broccoli)

### Polyphenols and Heart Rhythm

While more research is ongoing, diets rich in polyphenols — such as the Mediterranean diet — are consistently linked with lower rates of significant rhythm disturbances. By reducing oxidative stress, calming inflammation, and improving blood vessel health, these compounds help keep the heart's electrical system resilient.

### How to Add More Polyphenols to Your Day

Begin the morning with green tea or black coffee. Timing is important; in most candidates, the morning caffeine does not act as a trigger for rhythm onset. If it does, alternatives in the morning to be sought. Minimise caffeine intake after mid-day/midafternoon.

Add a handful of berries to porridge or yoghurt.

Snack on walnuts and high grade dark chocolate (with absence of heavy metals such as lead and cadmium)

Use high-grade olive oil instead of butter.

Load your plate with colourful vegetables at lunch and dinner. Whilst this is true, nightshade allergies should be borne in mind; some of us can be susceptible to this group, and appropriate alternatives need to be sourced.

### The Bottom Line

Polyphenols aren't a cure, but contribute towards protecting both the structure of the arteries and, in certain cohorts, heart rhythm.

By regularly including polyphenol-rich foods, you're helping your heart beat stronger, steadier, and longer.

Small compounds. Big impact. One meal at a time.

*Remember, a healthy rhythm is the key to a healthy life. Let's take it to heart!*

**Dr Aruna Arujuna** Cardiologist and Heart Rhythm Specialist - MBChB, MD, FHRS, FACC, FESC, FRCP  
Tel: 07538385325 | Email: [Careteam@avahealth.life](mailto:Careteam@avahealth.life) | [www.avahealth.life](http://www.avahealth.life)



AVAHEALTHLIFE



Dr Jonny Rajan

# Finding Relief Through Radiofrequency Ablation:

## Modern Solutions for Back and Neck Pain

Back and neck pain are among the most common health complaints in the UK. They affect people of all ages, often interfering with work, daily activities, and sleep. While causes vary, two of the most frequent sources are the facet joints of the spine and the sacroiliac joints of the pelvis. When these joints become painful, the result can be a persistent ache that resists standard treatments such as tablets, physiotherapy, or injections. Targeted and bespoke treatments.

For people in this situation, a treatment called radiofrequency ablation – sometimes referred to as denervation – may provide longer-lasting relief. The Manchester Pain Clinic has a well-established specialist service for back and neck pain.

### A Specialist Service in Manchester

At the Orth Team Centre in Manchester, pain consultant Dr Rajan performs over 200 radiofrequency ablation procedures every year. He also teaches these techniques nationally, helping other doctors to use them safely and effectively. Patients attending the Centre not only benefit from his individual expertise but, also from the wider team of specialists available under one roof.

### Careful Assessment Before Treatment

Every journey begins with a thorough clinic consultation. Here, symptoms, medical history, and any existing scans are reviewed in detail. If further imaging is needed, this can be arranged promptly. The aim is to identify the diagnostic target for back or neck pain.

If facet joint-mediated pain is suspected, the aim is to determine whether the medial branch nerves supplying the facet joints are driving the pain.

To test this theory, many patients undergo diagnostic nerve blocks. These are short procedures where local anaesthetic is injected near the nerves thought to be involved. If pain improves – even for a few hours – it strongly suggests that radiofrequency ablation may be worthwhile.

### How the Procedure Works

Radiofrequency ablation is carried out as a day-case procedure, meaning patients can usually go home the same

day. Using X-ray guidance, very fine needles are placed with millimetre accuracy next to the small nerves. A carefully controlled pulse of radiofrequency energy is then delivered, which disrupts the nerves' ability to send pain signals.

Importantly, these nerves do not control muscle strength or movement. Their role is predominantly sensory, so only the pain pathway is affected.

For many people, relief lasts 18 months to two years. If symptoms gradually return as the nerves regrow, the procedure can be repeated safely. But this window of pain relief is the opportunity that many patients need to rehabilitate, engage in physio, pilates and swimming to help return to function, in a way that was not possible before their treatment.

### A Patient's Perspective

Sarah, a 52-year-old teacher, had struggled with lower back pain for nearly a decade. Physiotherapy and medications gave only brief respite, and she was beginning to lose hope of returning to activities she once enjoyed. After assessment at the Orth Team Centre, diagnostic blocks confirmed her facet joints were the source of the problem. She underwent radiofrequency ablation with Dr Rajan and noticed a difference within ten days.

"Being able to sit through a school day without that constant ache was a huge relief," she says. "I've even started swimming again, something I thought I'd lost for good."

For Sarah, the benefit went beyond pain reduction: it provided the confidence to move more, cut down on tablets, and re-engage with life.

### Support for Complex Cases

Not all back and neck pain is straightforward. For more challenging cases, the Orth Team Centre runs a Spinal Multidisciplinary Team (MDT) a ground breaking service harnessing expert opinion. Here, neuroradiologists, neurosurgeons, rheumatologists, and pain consultants review cases together. This collaborative model ensures that decisions are balanced and that no detail is overlooked.

### Making the Most of pain Relief

Radiofrequency ablation is not a cure in itself, but it creates a valuable window of opportunity. During this time, patients are encouraged to:

- Gradually increase physical activity
- Taper unnecessary pain medication
- Build strength through targeted exercise

Activities such as swimming, Pilates, and paced walking can be particularly helpful. The Manchester Pain Clinic also connects patients with trusted physiotherapists to support rehabilitation and help maintain progress.



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The Orth Team Centre







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Dr Bruce Jobling

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prompt telephone advice, a face to face consultation or organising an admission into hospital, anytime, day or night – all provided by a small group of doctors whom they know.

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# Ask the Expert

## Mr Aziz Gulamhusein

Mr Aziz Gulamhusein is a Consultant Urological and Robotic Surgeon at The Wilmslow Hospital and The Christie Private Care. He manages patients with urological cancers, including testicular cancer, kidney cancer and prostate cancer, as well as managing urinary symptoms, raised PSA and penile and scrotal problems. With his expertise in men's urological care and testicular cancer, Mr Gulamhusein shares what men should be looking out for and why it's always best to see an expert if they suspect a problem.



### What areas of their bodies should men regularly examine themselves?

It's important for men of all ages to do a regular self-examination – you should aim to do this at least once a month. This should include a physical examination of both your testicles and a visual inspection of any skin changes on your penis or foreskin. It's also important to note any chest or breast enlargement or pain, as well as any abdominal swelling.

### How should men perform a testicular exam correctly?

A testicular self-examination takes just a few minutes:

1. In a warm environment, like in or after a shower, examine one testicle at a time using both hands.
2. Using gentle pressure, place your index and middle fingers under your testicle with your thumbs on top.
3. Gently roll your testicle between your fingers and thumbs.
4. Feel for any lumps, bumps, unusual firmness, or changes in size, shape or texture.
5. If you notice anything concerning, seek medical advice.

### What are the risks in waiting too long to see a urologist?

Men often feel embarrassed, anxious or uncomfortable about seeking medical advice on urological issues. It's normal to feel this, but many of these conditions are common amongst peers, and urologists are used to seeing patients with them. If you have concerns about your urinary tract or genitalia, you should see a urologist. Whilst most symptoms are often benign, some may be related to cancer. An early diagnosis improves the chances of successful treatment and reduces the rate of progression.



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For further information or to book a personal tour, call:

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[www.belong.org.uk](http://www.belong.org.uk)



# HoLEP is 'probably' the best prostate operation in the world

Benign prostate enlargement is common in men and associated with bothersome urinary symptoms, including poor flow and needing to pass urine frequently.

In more severe cases, men require catheters (a plastic tube placed in the water pipe) to empty the bladder, and can have problems with recurrent urine infections, including blockages and passing blood. Unfortunately, men often suffer for years before they address these issues properly.

## Symptoms of an enlarged prostate (source: [www.nhs.uk](http://www.nhs.uk))

The main symptoms of an enlarged prostate are problems with peeing, such as:

- difficulty starting to pee, or having to push or strain to pee
- a weak flow of pee, stopping and starting, and taking longer than usual to empty your bladder
- feeling like you cannot fully empty your bladder
- dribbling pee after you finish peeing
- needing to pee more often or urgently, including getting up to pee during the night

The symptoms usually develop slowly and may gradually get worse as you get over the age of 70.

HoLEP or Holmium laser enucleation of prostate is a surgical option that removes the majority of the prostate via a telescope that passes through the water pipe. So, unlike traditional surgery, which requires cuts through the skin to carry out the operation to 'shell' out (or enucleate) the prostate, HoLEP achieves the same success rates and long-term results safely, with quicker recovery. Patients having HoLEP surgery would expect over 25 years without the need to undergo further prostate surgery.

For many, this would be a 'once in a lifetime' prostate operation. When compared to other prostate treatments available, men report dramatic flow rates, similar to those they enjoyed during their teenage years!

Mr Matthew Liew leads the North West Private HoLEP service at Spire Manchester, where patients are typically treated within weeks of being assessed in clinic. Men tend to stay in hospital one night after surgery, with a 3-week recovery period. We have successfully treated over 100 patients since starting the service last year. Many reported the operation 'life changing', and that they wished to have had the operation sooner. Men can expect a 99% catheter-free rate, and less than 0.5% (or 1 in 200) chance of complications of urinary incontinence.

We are excited to announce a new approach we are pioneering, called ejaculatory -sparing HoLEP. This has been effective for all the men we have treated to date. It is considered an ideal option for younger men; their major treatment goal is to preserve sexual function AND have the excellent overall long-term benefits of HoLEP.

The long-term outlook for ejaculatory-sparing HoLEP is very promising. Patients can expect:

- Sustained significant improvement in bothersome prostate symptoms
- A high likelihood of maintaining ejaculation
- Generally stable erectile function
- Low rates of needing repeat procedures.

This is why we believe that HoLEP, which is suitable for all prostate sizes, is the best prostate operation available.



By Mr Liew is the most experienced HoLEP surgeon in Greater Manchester and is a regional trainer for HoLEP.

**For enquiries, you can email [prostatenorthwest@gmail.com](mailto:prostatenorthwest@gmail.com) or call 0161 726 5105.**

**Our mission is to encourage more open discussions on men's health issues with friends, family and their doctor.**

# Ask the Expert

## Sam Linford-Platt

As Head of the COOK! Cookery School, Sam Linford-Platt develops innovative classes and recipes that inspire people to embrace vegetarian and vegan food. She manages the department with vision and dedication, ensuring the school remains a vibrant hub for food education and community engagement.



### **Are classes at COOK! for everyone?**

Absolutely! We run a wide range of classes, from beginners to five-day certificates for serious foodies. People often choose a class based on a cuisine, as they really want to learn more about it. Our international classes are always popular. We design our classes to be relaxed and full of learning for everyone, no matter their skill level or diet.

Our team is passionate about sharing skills and knowledge in a way that's approachable and fun.

### **COOK! supper clubs often sell out early. What makes them so popular?**

They're a brilliant alternative to dining out. Our COOK! supper clubs are hands-on: guests cook alongside us, not just watch. The interactive element is a big part of the magic. People love learning new techniques, then sitting down together to enjoy what they've made. We get lots of returning guests, and it's incredibly social, perfect for couples, friends, or solo attendees. You leave with a full belly, new skills, and often a few new friends too.

### **If I want to eat more plant-based foods, where do I start?**

Eating more plant-based foods isn't about giving things up. There are lots of simple swaps you can make without drastically changing your favourite weekly meals. For example, if you love curries, you could swap your meat for a plant-based protein like chickpeas or tofu. And to make sure it tastes great, join our 'Trending Tofu' cookery class. Eating plant-based is about discovering new flavours, textures, and creativity. We'll guide you every step of the way.



## Mrs Hayley Crosby

Head of Design Technology at Stockport Grammar School, Mrs Hayley Crosby, joined the school in 2022. She explains why DT is such a thriving subject and how important it is that we continue to engage and encourage girls in the world of STEM.

### **What interests you about Design Technology?**

Design and Technology begins with identifying a real-world problem and creating a solution, blending creativity with practical problem-solving. There's always something new to discover, and that's what I find most exciting about working in this department.

### **How can you interest girls and young women to study STEM subjects such as Design & Technology?**

Through my experience teaching, I've noticed a recurring pattern: Design and Technology is often perceived as a subject primarily for boys. As a Head of Department in a traditionally male-dominated field, I see it as part of my role to challenge that perception and serve as a role model for girls considering a future in DT.

One of the ways I do this is by consistently sharing with my students the wide range of opportunities that studying Design and Technology can lead to. The possibilities are both exciting and endless.

### **What opportunities do you have coming up to further your experience of encouraging more girls into STEM?**

I was given a very exciting opportunity to go down to London and work at the prestigious Foster and Partners Architects. Here, I explored the roles women take on in the architectural industry and found out more about the pathways these women took, which was really inspiring.





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# Men's health expertise

## for all ages

Many men are reluctant to visit their GP to address their health concerns. At The Wilmslow Hospital, we'll give you a head start on the things to look out for at every stage of life, and how we can support you with them.

### Testicular health

Most commonly diagnosed between the ages of 15 - 35, testicular cancer is on the rise across all ages. Early detection is key, and regularly checking for any lumps or changes at home can go a long way to improving a prognosis. If you do find anything, don't worry – this may be a varicocele, which is a harmless cyst or swollen vein in the testicles. However, it's still worth getting this checked by an expert, such as The Wilmslow Hospital's Mr Aziz Gulamhusein, an expert in testicular and scrotum problems, as it can be a sign of something more serious.

### Fertility issues

These can include low testosterone, issues with sperm quality or quantity, or infertility. Discussing these issues with a consultant, such as our men's fertility experts, Mr Vaibhav Modgil and Mr Steve Bromage, can help you decide the right course of action, whether that's lifestyle changes or medical treatments.

### Erectile dysfunction

While it might feel embarrassing to talk about, erectile dysfunction is very common as a man gets older. It can severely impact quality of life and could be an early sign of cardiovascular problems. Our discreet experts can offer a range of treatments including lifestyle changes, medication or surgery.

### Urinary health

Urinary tract infections, bladder dysfunction and kidney stones aren't problems to be ignored. If you experience painful urination, blood in your urine, or have frequent urges to urinate, leaving these untreated can damage your urinary system. Our urology consultants can offer helpful treatments tailored to your needs.

### Prostate health

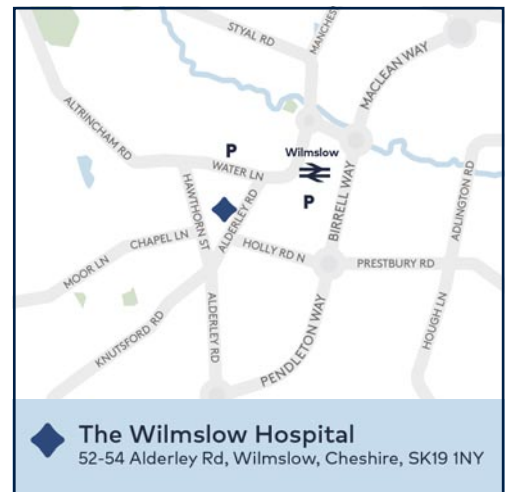
Prostate issues usually cause frequent urination, a weak urine flow or pelvic pain. If you're worried about something

more serious like prostate cancer, early detection can be done through PSA testing, a digital rectal exam or The Wilmslow Hospital's prostate screening clinic. Here, you'll get a consultation with our prostate experts, including Mr Jeremy Oates and Mr Vijay Ramani, and diagnostic tests to give you a full picture of your prostate health the same day.

### Expert onwards care

There are times our tests lead to a cancer diagnosis. If they do, you'll have fast access to our sister hospital, The Christie Private Care, for the latest and most innovative treatments, including minimally invasive prostate surgery with our da Vinci Xi robotic system.

With expert care delivered by our multidisciplinary team of surgeons, radiologists and clinical nurse specialists, you can be assured you're in the very best hands.



To find out more about The Wilmslow Hospital's men's urology services,

**call: +44(0)161 516 9053 or visit:**

<https://www.hcahealthcare.co.uk/locations/hospitals/the-wilmslow-hospital/services-at-the-wilmslow-hospital/urology>





# Ask the Physio

Formed 21 years ago, Harris & Ross have four clinics across the North West and their ethos is all about giving elite athlete levels of care, to everybody who visits them. Here, they answer some reader questions.

## DAVE WILLIAMS

Consultant Physiotherapist



**Q:**

### How can I help my child avoid and recover from injuries?

Prioritise quality sleep: Adolescents who consistently get less than eight hours of sleep are up to 1.7 times more likely to suffer sports-related injuries compared to well-rested peers. Chronic sleep deprivation impairs reaction times,

decision-making, and cognitive function – and even disrupts recovery mechanisms by altering hormone balance and increasing inflammation. As paediatric sleep guidelines recommend 8-9 hours nightly for children aged 7-19 (and up to 10 hours for younger ones), ensuring they meet these benchmarks is critical.

Avoid overtraining – listen to the body: encourage your child to tune into signals like fatigue or lingering soreness. These are your body's way of saying, "Rest now." Structuring training schedules with built-in rest or light days reduces both acute and overuse injuries.

Don't skip stretching: especially during periods of rapid growth, stretching helps maintain flexibility, balance, and prime muscle function—key factors for injury prevention. Skipping it may force the body to compensate in risky ways.

Act early—seek professional advice: Children heal remarkably fast with the right treatment—but unresolved issues can become chronic problems. Prompt medical or physiotherapy guidance ensures quick, effective recovery.

## ELLIE RICHARDSON

Consultant Shoulder Physiotherapist



**Q:**

### Why does my shoulder hurt? I can't recall injuring it.

Shoulder pain is a common issue, with one in five adults experiencing it at some point in their lives. As we age, the chances of developing shoulder pain increase, and Rotator Cuff Related Pain (RCRP) is the most

frequent cause. Previously called "impingement," RCRP is often misunderstood, as the term suggests pain comes from something "pinching" inside the shoulder. In reality, imaging like MRIs or ultrasounds can't always pinpoint the exact source of the pain. Structural changes like bony spurs or rotator cuff tears can be normal, age-related occurrences and don't always require treatment.

RCRP refers to pain and weakness involving the muscles, tendons, and surrounding structures of the shoulder. This can happen when the arm is lifted or rotated, often causing

discomfort that can develop slowly or quickly. Fortunately, exercise therapy and self-management are effective first-line treatments. The key to success is a personalised exercise program tailored to the individual. Strength, stability, and movement control exercises are essential, and modifying activities to avoid pain can prevent prolonged episodes of pain.

Lifestyle factors, including smoking, being overweight, or hormonal changes like menopause, can also contribute to shoulder pain. Managing these factors can improve recovery outcomes and prevent RCRP from affecting daily activities.

## JEFF ROSS

Owner / Director Physiotherapist



**Q:**

### Why is strength training so important?

Strength is vital – not only for preventing and recovering from injury, but also for maintaining long-term health and wellbeing. At Harris & Ross Healthcare, we see many patients whose injuries stem from a lack of strength or who struggle to make a full

recovery because underlying strength deficits haven't been addressed.

Drawing on decades of experience in elite sport, our physiotherapists are experts at identifying these deficits and creating effective solutions. Strengthening is one of the most powerful tools we use to deliver success for our patients – whether that means returning to everyday activity, competitive sport, or simply moving with confidence again.

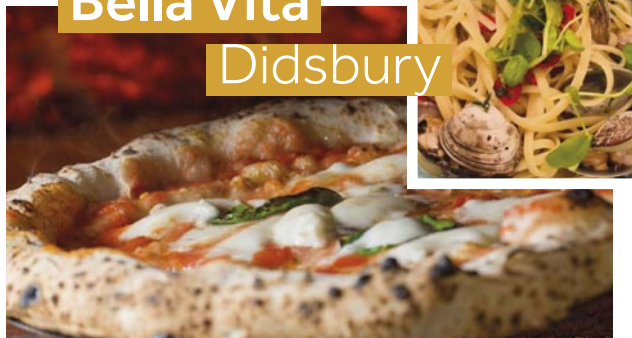
Our state-of-the-art facilities set us apart. With access to outstanding gym spaces and equipment, we can deliver

tailored, progressive programmes designed specifically for you. These programmes do more than just fix injuries – they prepare you for surgery, accelerate post-operative recovery, and build resilience for the future.

Strength isn't optional; it's fundamental. It helps prevent pain, speeds recovery, and supports your health, well-being and longevity. If you're dealing with injury or ongoing pain, don't overlook the importance of strength. At Harris & Ross, we'll help you address every aspect of your recovery – and build a stronger future.



## Bella Vita Didsbury



There's something instantly charming about Bella Vita in the heart of Didsbury Village. We stepped inside to find a restaurant with amber-lit interiors, the soft hum of laughter, and the unmistakable scent of garlic and olive oil. It felt less like dining out and more like walking into an Italian home, where food is both ritual and celebration. This is a true, family-run, independent restaurant, with Italian chefs and decades of experience in Italian cuisine.

The welcome was effortless, yet genuine. Bella Vita may only have opened its doors in 2020, but it has the ease of a neighbourhood favourite that's been here forever. Tables were filled with couples leaning in close over wine, families tucking into plates of pasta, and friends sharing generous platters with an almost festive air.

We began with a classic – Wood-Fired Pizza – its crust puffed and blistered in all the right places, chewy in the centre with a perfect crunch at the edge. Simple toppings of silky mozzarella and fresh basil proved that sometimes less, really is more.

Next came the handmade Trofiette Pasta, delicately coated in basil pesto with tender pieces of chicken – bright, fragrant, and moreish. For mains, the Pollo alla Milanese offered comfort in its purest form – golden, crisp breadcrumbs giving way to juicy chicken, partnered with a tangle of tomato fettuccine.

The indulgence of the evening, however, was the Filetto Rossini – a fillet steak crowned with a layer of pâté, each bite a luxurious balance of richness and refinement. Seafood lovers are equally spoiled here – the Pan-Seared Sea Bass – its skin satisfyingly crisp, served alongside a creamy risotto that spoke of slow, patient cooking.

What sets Bella Vita apart isn't just the food – though it's exquisite – but the feeling. The portions are generous, the flavours bold, and there's a quiet confidence in every dish. This is dining without fuss. It's joyful, authentic, and deeply rooted in tradition, yet delivered with polish.

The General Manager knows what he is doing and has been at the centre of several award-winning restaurants.

Bella Vita is a restaurant you'll want to return to, whether it's for an intimate date night, a celebratory family gathering, or simply a midweek treat. It's a place to eat, savour, and share – and a little slice of la dolce vita right here in Manchester.

Bella Vita | 751 Wilmslow Road, Didsbury M20 6RN  
Tel: 0161 400 8895 | [www.bellavitrattoria.co.uk](http://www.bellavitrattoria.co.uk)

## The Pen and Pencil Northern Quarter, Manchester



Northern Quarter icon, The Pen And Pencil, was one of the first venues to serve up Bottomless Brunch – and they certainly do it properly. Taking place on the last Saturday of every month, you can enjoy 3 hours of **UNLIMITED FOOD AND DRINK** between 1pm and 6pm, accompanied by atmospheric DJ beats from 2pm. One drink per person at a time, and all for £50.

This legendary menu serves up brunch classics with a New York twist. After all, the venue is named after the infamous mid-20th-century New York joint seen in Mad Men. Dishes include Avocado Toast, Benedict, Steak & Eggs, American Pancake Stack, Breakfast Bagel Stack, plus more. With plenty of vegetarian and vegan options to also choose from, expect generous portions, endless pours, and a laid-back yet lively Manc. vibe.

Free-flowing drinks range from crisp Prosecco and chilled Amstel to Bloody Marys and Mimosas – with a rotating Brunch Cocktail Special – ideal for those who like to try something new on each visit.

Booking is essential. Ideal for groups of six or more, birthdays, hen-dos, family parties, or a memorable get-together.

The Pen And Pencil celebrated its TENTH BIRTHDAY recently, making it a well-loved fixture in the Northern Quarter's brunch scene for over a decade!



Find out more at <https://thepenandpencilnq.co.uk>



# Get *creative* in the kitchen with



with the Vegetarian Society

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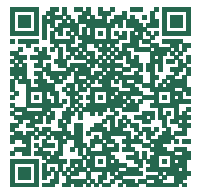
**The Vegetarian Society**

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[vegsoc.org/cook](https://vegsoc.org/cook)



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# Vermilion unveils **THEATRE IN A GLASS**



A spectacular new Cocktail & Mocktail Menu  
with a Thai Twist



# Perfect to warm up any winter evening

FOOD **g**

Glossy Magazine teamed up with Manchester's premier destination for opulent dining, Vermilion. The luxurious atmosphere, enchanting Eastern-inspired experience, and inventive drinks unveil a brand-new Cocktail and Mocktail Menu designed to surprise, delight, and dazzle the senses. Combining bold flavours with theatrical flair, the latest creations promise an unforgettable drinking experience for every guest.

## Sip something extraordinary: The Cocktails

### Vermingorita

A playful twist on the classical margarita, featuring smooth tequila, sweet lychee, and zesty lime shaken into a cocktail as bright as a flamingo at sunset. Exotic, refreshing, and unforgettable.

### Berry Cloud

A vibrant mix of raspberry and cranberry with smooth Bacardi rum and a hint of Cointreau, topped with a silky cream crown. Fruity, indulgent, and luxuriously smooth.

### Moonlight Shadow

A delicate blend of lychee, vanilla syrup, and zesty lime, infused with butterfly pea flower and topped with sparkling soda. Light, floral, and effervescent – a refreshing drink as beautiful as the twilight sky.

### Dusita

A sophisticated blend of Absolut Citron, Cointreau, lime, and aromatic lemongrass, served in a martini glass with a cinnamon-rimmed edge. Bright, aromatic, and elegantly spiced – perfect for a refined palate.

## Refined, radiant, and alcohol-free: The Mocktails

### Violet Sky

A delicate blend of lychee, vanilla syrup, and zesty lime, infused with butterfly pea flower and topped with sparkling soda. Light, floral, and effervescent, as beautiful as the twilight sky.

### Moulin Rouge

A vibrant mix of strawberry and cranberry, brightened with lime and fresh mint, topped with sparkling ginger ale. Light, refreshing, and effervescent.

### Crimson Mist

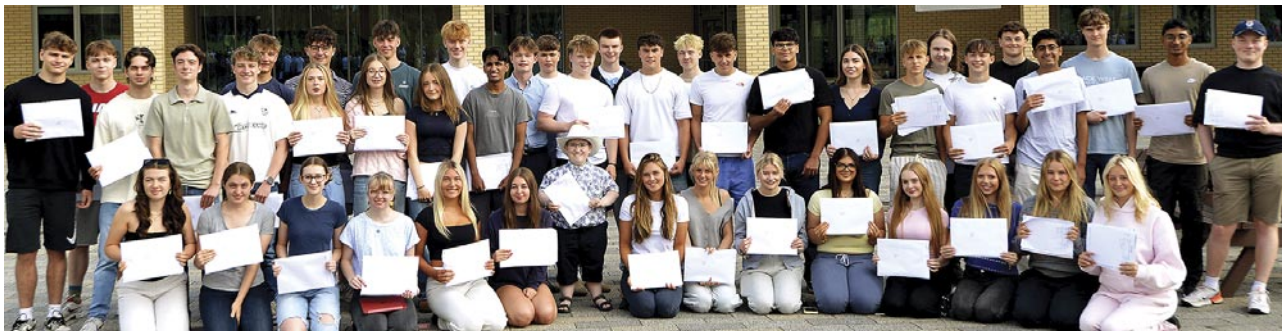
A refined blend of raspberry and cranberry, brightened with lime and fresh mint. Vibrant, fruity, and sophisticated with an enchanting veil of smoke.

### Mango Amber

Velvety mango meets cinnamon syrup and a splash of fizzy lemonade. Tropical, lightly spiced, and sparkling – sunshine in every sip.

With its latest menu, Vermilion continues to transform the cocktail experience, delivering creativity, elegance, and a touch of theatre in every glass.

Vermilion invites guests to sample this new, exciting menu.  
Bookings can be made at <https://vermilion.uk.com/>



## Pupils at The King's School achieved record-breaking GCSE and A Level results in a bumper year at the Macclesfield school

A stunning set of A Level grades is the 'best ever' produced by what Head, Mr Slack, described as 'a wonderful group of young adults.' The results mean King's will inevitably climb even higher in the academic league tables, having maintained a Top 10 place in the NW for the last few years. An amazing 56% of all A Level grades were A\*/A; 83% were A\* to B, with half of all students gaining an A\* in at least one subject.

Seven students achieved at least three A\*s, Asher Raymon got his clean sweep of A\*s in Maths, Computer Science and Physics and will study Computer Science at Manchester University. Harry Shanahan got three A\*s in Maths, Further Maths and Computer Science with an A in

Physics. Harry, whose long-term ambition is to help "change the world through technology," will also study Computer Science at Manchester University.

Another high-flying computer scientist is Annabel Hawkins, who got four A\*s in Maths, Further Maths, Computer Science and Physics and will go up to Murray Edwards College, Cambridge University. Zac Ransom got his A\*s in Business, Economics and Sport and will take a gap year coaching sport before heading to university. Matthew Ennis got his A\*s in Psychology, Chemistry and Biology, and thanked "all my teachers." The accomplished rugby player will study Biomedical Science at Sheffield University. Talented actor and

musician, Seb Fitzgerald, is bound for New College, Oxford University, to study Arabic and ultimately wants to work in international journalism.

King's Head, Mr Slack, said: "For this year group to gain the best A Level results in the school's history is a tremendous achievement and testament to their hard work and application. What is even more special is that they are a wonderful group of young adults who ably demonstrate the school's ethos of equipping young people with the character and skills necessary to meet the challenges of an ever-changing world. I couldn't be more proud of their achievements, both academic and more generally."

## Pupils at The Manchester Grammar School are celebrating another year of exceptional GCSE examination results

49% of all grades were at the very highest grade 9 level, and 73% of all grades achieved were 9 or 8 (the equivalent of an A\*).

Just a few of the many highlights: 87% of Latin, 85% of Religious Studies, 81% of Further Maths, 79% of Electronics, and 74% of Music results were graded

at the highest level of 9. These GCSE results follow another outstanding set of A-level results for MGS pupils last week, with 37% of all grades at A\* and 93% at A\*, A or B.

This level of performance puts MGS in a very select group of schools nationally. The School's High Master, Dr Martin

Boulton, said, "We are very proud of this group of pupils having achieved such outstanding results. Our boys can now approach the next exciting stage of their academic careers with real confidence. I would like to thank our dedicated staff for the work they have done to support our pupils through their GCSEs."



*Images: Sitara Bartle Davies, The Manchester Grammar School*





# King's

1502



**'BEST EVER'**  
**A LEVEL RESULTS**  
**2025**

**55%** of grades  
**A\*/A**

**THE SUNDAY TIMES**

**SCHOOLS GUIDE**  
**2024**

**TOP 10**  
**INDEPENDENT SCHOOL FOR**  
**ACADEMIC PERFORMANCE**  
**NORTH WEST**



Charity No. 1137204

## Sixth Form Open Evening

Wednesday 1 October | 6.30pm

## Whole School Open Day

Saturday 11 October | 9am-2pm

To book, please go to: [www.kingsmac.co.uk](http://www.kingsmac.co.uk)

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- **Excellent GCSE & A-Level results**
- **Stunning 80-acre campus with state-of-the-art facilities**
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The King's School in Macclesfield

| [www.kingsmac.co.uk](http://www.kingsmac.co.uk)

| 01625 260000



## Celebrations for Bolton School Students on A Level Results Day

There was a buzz at Bolton School as Year 13 students returned to collect their A Level Results, gathering in the Great Halls with friends, family and teachers to share this milestone moment in their lives.

This year's results are even better than the last: more than two-thirds of the cohort have achieved A\*-B grades, which are the entryway to the very best universities. More than 40% of grades awarded were A\*-As, and 12.6% of grades awarded were A\*s.

Philip Britton, Bolton School's Head of Foundation, said: "Our results are even better than last year, and although today is about celebrating that success in the moment, it is also about reflecting on years of hard work that pupils have committed to and the work of my teaching colleagues in nurturing them



to get the very best results they are capable of.

"Whether they joined us at Sixth Form, started Bolton School in Year 7, or in some cases have been with us right through from our Nursery, our Year 13 leavers take away into adult life not only grades that will be a passport to great futures, but also a whole range of life skills, attitudes and approaches that will help them to make a difference for good in their next steps. It is about the grades, of course, but it is about so much more than what they have accomplished.

"So much is written about young people nowadays, and too much of it is negative. A day like today, feeling the joy of young adults, watching them support one another where there have been bumps in the road, seeing how they value their parents and have them as part of the occasion — that is what we need to know about young people, and we can be sure that our future is in good hands."

There were so many pupils delighted with their results and the future plans that they facilitated.



When it comes to finding the perfect learning environment for your child, the team at Bridgewater School in Worsley believes that it is as much about instinct as academic success. That is why all journeys at this family-focused school begin with a personal visit.

As an independent day school welcoming children from ages 3 to 18, Bridgewater prides itself on developing an environment where success and

## Bridgewater School invites you to begin your individual journey

happiness go hand in hand. Here, education is not just about imparting knowledge - it is about shaping character, fostering curiosity and equipping young people with the skills to thrive.

At the heart of the school's ethos lies the belief that every individual deserves a range of opportunities that will allow them to flourish to the very best of their abilities. Visitors to the school are encouraged to experience this holistic approach to education for themselves and understand how it translates into well-rounded, socially aware pupils who are ready to make a positive impact on the world.

For parents interested in the benefits of a Bridgewater education, the school's

Open Day on Saturday, 8th November, offers a perfect introduction. Guests will have the opportunity to speak directly with the Headteacher and Heads of Department, gaining insight into the school's vision, curriculum and enrichment programme. Families will also meet the school's experienced and committed teaching staff, who provide individualised support designed to help each child reach their full potential.

A highlight of the visit is a personal tour of the school's unique woodland setting, led by a member of the student body, who can share a first-hand account of life at Bridgewater and the many exciting possibilities open to students.

**To begin your family's journey, register now at [bridgewater-school.co.uk/open-day-2025](http://bridgewater-school.co.uk/open-day-2025) and discover just how far your child could go.**



## Girls shine at Withington Girls' School in an exceptional year for A Level and GCSE results

With an impressive number of Year 13 and Year 11 students securing top grades across all their subjects, Withington Girls' School celebrated another exceptional year of A Level and GCSE results.

At A Level, almost three-quarters (75%) of all grades achieved at Withington were at A\* and A, and more than half of this year's 91-strong Upper Sixth attained straight A\* or A grades across all their subjects. And at GCSE, the school's results saw some of the highest proportions of top grades in recent years, with more than four in five (81.8%) papers being 8s and 9s (equivalent to A\*).



A significant number of the Class of 2025 secured places at leading universities, including Oxford and Cambridge (ten for Oxbridge), and other Russell Group universities to study a range of courses from Medicine and Law to Architecture and Film Production. Two students earned their places on sought-after degree apprenticeship courses at JP Morgan and Dyson, and one student will take up Vocal Studies at the Royal College of Music.

Withington continues to be amongst the top performing schools in the North West and nationally. Commenting on

this year's results, Headmistress Mrs Sarah Haslam paid tribute to WGS students' dedication 'and the vibrant, supportive environment that defines Withington'. She added, "There is a truly special bond within our school built on mutual respect, encouragement and a shared purpose. Our approach places equal importance on wellbeing and academic performance – and students and staff work in close partnership to nurture both academic achievement and personal growth. These outcomes show how powerfully the two can work together."

**Open Days for entry to Withington Girls' School will be held on Thursday, 6th November and Saturday, 8th November. See [www.wgs.org](http://www.wgs.org) for more details on 2026 Admissions.**

# WITHINGTON GIRLS' SCHOOL



## WHERE GIRLS SHINE

Come along to an open event to discover a seamless and enriching educational journey for your daughter from Year 3 to 13.

**Thursday 6th November 4.30-6.30pm • Saturday 8th November 10am-12pm**



**WGS  
.ORG**

## Abbey Manchester Art Students Celebrate Prestigious Creative Accolades

Abbey College Manchester Students are jubilant after achieving a raft of national wins across two major digital arts competitions. In the ISA Film & Animation 2025 competition, Chin Mika AY was named 'Winner' of the Key Stage 3-4 Animation category for her composition 'Mallow the Odyssey', and in second place in the Key Stage 5 Animation category came Wiktorija I with 'Bunny & Bear'.

In the same competition, student Oliver R was awarded second place in the Key Stage 3-5 Short Film category with his production 'Scarf in the Woods'. Similarly, impressive outcomes are being celebrated for photography students in the ISA Digital Art Competition 2025 for Photo Collage



& Digital Manipulation. In the Key Stage 4-5 Photomanipulation category, talented Ollie G was awarded first prize and Wiktorija I's creativity shone through once again as she was awarded second place in this competition.

Claire Rigby, Head of Creative Arts, commented: "We are so delighted that

once again our students' work has been recognised by the ISA Arts Competition. Their success in both Digital Manipulation and Film and Animation is evidence of the range of approaches the students are encouraged to explore in the department. We are so proud of their achievement and congratulate them all."



Outstanding A Level results at St Bede's College showcase academic achievement, faith, and a future full of promise. There was a real buzz at St Bede's College this summer as students returned to collect their A Level results. Smiles, hugs, and joyful tears filled the College, marking the end of one chapter and the start of many more.

**"46.6% of all grades awarded at A\* or A"**

46.6% of all grades were awarded at A or A\*, with 66.4% at A to B, and every single student passed all their subjects. A quarter achieved straight A\* and A

## Excellence Worth Celebrating

grades\*\*, with many surpassing their predicted grades by more than two grades.

Destinations include top universities. Frankie, (A\*A\*A\*A\* + A\* EPQ), is heading to Oxford for Chemistry, and Maria, (A\*A\*A\*A\*), begins Biomedical Sciences at Manchester.

Both medical applicants secured their first-choice offers. Other exciting pathways include Veterinary Science at Liverpool, Mechanical Engineering at Nottingham,

**"A quarter of students achieved all A\* and A grades"**

As Head of Sixth Form, Dr Anne McGonagle, explained: "Their academic achievements, coupled with their resilience and commitment, are a credit to themselves and to the St Bede's community."



We warmly invite prospective families to discover the difference a St Bede's education can make at our whole school open event on Saturday, 4th October 2025. The success of the Class of 2025 is just the beginning; your child's journey could be next.

**SCAN TO REGISTER FOR  
OUR WHOLE SCHOOL  
OPEN DAY  
Boys & Girls age 3-18**





## Why Choose an Independent Education?

*By Andrew Hill, Chair of the Board of Governors, Altrincham Preparatory School for boys*

Choosing the right school for your son is one of the most important decisions for a parent. It shapes not only their academic journey, but also the values they develop and the kind of adult they grow into.

Independent education is a significant investment—but one that pays dividends for life. Numerous studies show that children educated in the independent

sector benefit from smaller class sizes, individual attention, and outstanding resources. On average, they gain the equivalent of two extra years of academic progress by the time they leave school. Beyond the statistics, independent schools like ours cultivate the confidence, curiosity, and creativity that help children flourish in all aspects of life.

At APS, we offer an exceptional education. Our dedicated teachers understand each pupil as an individual. Small class sizes ensure that no boy is lost in the crowd, and our tailored approach unlocks every child's potential. Education at APS is about more than just academic success. Our curriculum is enriched with a wide range of extra-curricular opportunities, from sport and music to coding, debating, and outdoor learning.



We are proud to deliver a broad, balanced curriculum that prepares boys for the next stage of their educational journey. Many of our pupils go on to excel at leading senior schools, equipped with strong academic foundations and the confidence and character to thrive.

**We invite you to discover what makes our school so special at our Open Mornings on Saturday, 4th October and Tuesday, 18th November. Register now at [www.altprep.co.uk](http://www.altprep.co.uk).**



ALTRINCHAM PREPARATORY SCHOOL

## Leading preparatory school for boys aged 2-11

- ✓ Small class sizes
- ✓ Specialist teachers
- ✓ Unrivalled success in Trafford Grammar School entrance examinations

**Join us for our open mornings:**

**Saturday 4th October and Tuesday 18th November**



Visit [altprep.co.uk](http://altprep.co.uk) or email [admissions@altprep.co.uk](mailto:admissions@altprep.co.uk)



## Stockport Grammar School celebrates exceptional A Level and GCSE results

A Level and GCSE pupils from Stockport Grammar School are celebrating after earning incredible exam results. Upper Sixth pupils have attained a 100% pass rate, with 75% achieving between an A\* - B and 41% earning the top A\* - A grades.

Amongst those is Head of School, Sachin Gholkar, who achieved an A\* and two As. The keen musician will be studying General Engineering at Durham University. Heading to Newcastle University will be Magda Zelazny, who will study Medicine after achieving two A\*s and an A.

The University of Oxford awaits Edward Griffiths, who earned three A\*s, and two As. Edward revealed he is 'over the moon' and is looking forward to starting his Philosophy, Politics and Economics course.

In the GCSEs, 58% of Fifth Year pupils achieved 9-7 grades, with 19% earning



the top grade of a 9. Pupils have excelled in subjects such as Biology, Chemistry, Design Technology, English Literature, Italian and Mathematics and are looking forward to taking the next step in their education journey.

Head, Mrs Sarah Capewell, said: "Pupils at SGS have, yet again, demonstrated

impressive resilience and determination to produce some stellar results. I am so proud of all of them for what they have achieved and how they have developed as individuals throughout that process. I look forward to seeing the great things that they will go on to accomplish in the future!"

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GRAMMAR SCHOOL

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Tue 7th October - Sixth Form Open Evening  
Sat 8th November - Senior School Open Event

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[STOCKPORTGRAMMAR.CO.UK](http://STOCKPORTGRAMMAR.CO.UK)

# WHAT'S ON



As the nights draw in, Greater Manchester's theatres and venues come alive with an amazing programme of music, drama and comedy. You can see new, exciting productions such as BRB's Black Sabbath The Ballet at Lowry and Breaking the Code at HOME. Find the show that's going to brighten your autumn evenings and look ahead to some seasonal events this Christmas.

## Musicals

### ■ Fiddler on the Roof

**Palace Theatre Manchester**  
**21 October – 1 November**

One of the greatest musicals of all time featuring, 'If I Were A Rich Man', 'Tradition', 'Matchmaker' and 'Sunrise, Sunset', this classic musical of joy and community is an exuberant celebration of love and life.

### ■ Miss Saigon

**Palace Theatre Manchester**  
**4 – 15 November**

This spectacular new production of MISS SAIGON features an amazing score including hit songs such as 'The Heat is On in Saigon', 'The Movie in My Mind', 'Last Night of the World' and 'The American Dream'.

### ■ Blood Brothers

**Lowry / 18 – 22 November**

This legendary musical never disappoints. It has won multi awards, been performed thousands and thousands of times and received more standing ovations than you can count. It is still as gripping as ever and its story of twins separated at birth still brings a tear to the eye and melts even the hardest heart.

### ■ Acorn Antiques

**Manchester Opera House**  
**2 & 16 November**

From the genius of Victoria Wood and based on the iconic sketch from her weekly television show, 'Victoria Wood As Seen on TV', Hope Mill Theatre bring Acorn Antiques the Musical back to the stage for two nights only!

### ■ Top Hat

**Opera House Manchester**  
**25 – 29 November**

This fabulous musical takes the audience back to the wonderfully glamorous Hollywood musicals of the past, sparkling with witty dialogue, full of brilliant choreography and super lavish sets. If you can't make the November dates, don't despair as you can also see it at the Lowry in April next year.

## Dance

### ■ BRB – Black Sabbath the Ballet

**Lowry / 8 – 11 October**

Carols Acosta's production delivers a spectacular theatrical experience featuring thrilling dance alongside brilliant orchestrations of legendary Black Sabbath tracks such as 'Paranoid' and 'Iron Man'.

### ■ Hofesh Schecter – Theatre of Dreams

**Lowry / 25 – 25 October**

The inimitable dancers of Hofesh Schecter Company bring to life the interplay between poetry and reality accompanied by love musicians and Schecter's trademark cinematic composition.

### ■ English National Ballet

**Palace Theatre / 19 – 22 November**

This lavish spectacle is brimming with beautiful choreography and sumptuous sets and costumes (by legendary designers Nicholas Georgiadis and Peter Farmer), you'll be whisked away to an enchanted land of fairy tale characters and good versus evil.

### ■ Matthew Bourne's Production of The Red Shoes

**Lowry / 25 – 29 November**

Matthew Bourne's double Olivier Award winning production features the mesmerising music of golden age Hollywood composer Bernard Hermann with sumptuous set and costume designs and of course, breath taking choreography and dancers.

## Music

### ■ Rishab Rokharam Sharma – Sitar For Mental Health

**Lowry / 13 October**

### ■ Candlelight Concert – Vivaldi's Four Seasons

**Halle St Peters / 29 November**

## Drama

### ■ Snake in the Grass

**Bolton Octagon / 9 – 25 October**

Alan Ayckbourn masterful dark comedy explores the toxic secrets we keep in this darkly comic thriller about family, secrets and manipulation.

### ■ Dancing at Lughnasa

**Royal Exchange, Manchester**  
**10 October – 8 November**

Brian Friel's multi-award-winning drama is a powerful and moving exploration of reflection, memory and how the future will arrive no matter how much we resist.

### ■ Inside No. 9 – Stage/Fright

**Manchester Opera House**  
**14 – 18 October**

Reece Shearsmith and Steve Pemberton bring their signature blend of horror, comedy and the uncanny in





this tense, clever and wonderfully dark production.

#### ■ **Myra's Story**

**Lowry / 20 – 22 October**

This amazing display of storytelling returns to Lowry following its recent sell out performances and really is a play that will make you laugh, cry and feel everything inbetween.

#### ■ **Breaking the Code**

**HOME / 28 October – 1 November**

Arguably one of the most important minds of the 20th century, Alan Turing is famed for cracking the Enigma Code. This new production of Hugh Whitmore's play enables the audience to understand the human being who loved, lost and never stopped asking questions in a quest for truth and understanding.

#### ■ **Fawlty Towers – A Play**

**Manchester Opera House  
4 – 8 November**

The 'Greatest British Sitcom of All Time' (Radio Times) is back – this time on stage. This laugh-out-loud brand new play was universally acclaimed by critics and audiences alike, selling out every single performance during its West-End run.

#### ■ **A Christmas Carol Goes Wrong**

**Lowry / 2 – 8 November**

Mischief Theatre and The Cornley Amateur Dramatic Society are back with tidings of chaos and joy, ready to tackle the Charles Dickens classic. Say no more – it will be brilliant – give yourself an early Christmas treat and book now!

#### ■ **Frantic Assembly – Lost Atoms**

**Lowry / 11 – 15 November**

Following sell out performances of Othello and Metamorphosis, Frantic



Assembly return to Lowry with a brand-new play for its 30th anniversary. Lost Atoms is a timeless story which explores how love shapes our lives and how we remember it and, if previous FA productions are anything to go by, will be totally gripping.

#### ■ **The Talented Mr Ripley**

**Lowry / 18 – 22 November**

This electrifying new stage adaptation brings Patricia Highsmith's iconic psychological thriller to life like never before, pulling you into Ripley's intoxicating world where nothing is quite as it seems.

### Opera

#### ■ **English National Opera – Albert Herring**

**Lowry / 21 – 22 October**

ENO make their North West debut at Lowry with Benjamin Britten's much loved, funny, quirky and off centre opera 'Albert Herring'.

#### ■ **Opera North – Autumn Season**

**Lowry / 12 – 15 November**

Opera North's autumn season features Puccini's tale of friendship and love 'La bohème', Handel's tale of power and corruption 'Susanna' which also includes amazing choreography from Phoenix Dance Theatre company and a detective opera mystery in their fun filled adventure 'The Big Opera Mystery'.

### Family

#### ■ **Slava's Snow Show**

**Manchester Opera House  
22 – 26 October**

This multi award-winning international sensation is a truly



unique theatrical adventure filled with heart, humour and stunning spectacle.

#### ■ **The Smeds and the Smooos**

**Lowry / 27 October – 1 November**

A joyful tale of star-crossed aliens with music, laughs and interplanetary adventures everyone aged 3 and up.

#### ■ **The Big Opera Mystery**

**Lowry / 15 November**

A family friendly introduction to opera for children aged 5-12 featuring live music from the Orchestra of Opera North and a fun mystery to solve for young detectives.

### Looking ahead to the Festive Season

**Book Now for Christmas for  
those special treats and gifts**

#### ■ **A Christmas Carol**

**Bolton Octagon**

**13 November 25 – 10 January 26**

#### ■ **Tina Turner The Musical**

**Palace Theatre**

**25 November 25 – 3 January 26**

#### ■ **Freaky Friday**

**HOME**

**27 November – 10 January 26**

#### ■ **Singin' in the Rain**

**Royal Exchange, Manchester**

**29 November 25 – 18 January 26**

#### ■ **The Lion, the Witch and the Wardrobe**

**Lowry**

**3 December 25 – 11 January 26**

#### ■ **Robin Hood starring Jason Manford**

**Manchester Opera House**

**6 December 25 – 4 January 26**

1.

### Monsters by Claire Dederer, £10.99 Paperback

In this incredible non-fiction read, writer Claire Dederer asks the difficult question: Is it possible to separate art and artist, when the artist is morally questionable? Using lived experience and ample research, Dederer creates a clever, thought-provoking and open assessment of how, as 'fans', we deal with idols and heroes, artists and geniuses being immoral people. Thought-provoking and thoroughly captivating, this book will leave you thinking long after you've finished reading it.



2.

### What You Are Looking For is in The Library by Michiko Aoyama, £9.99 Paperback

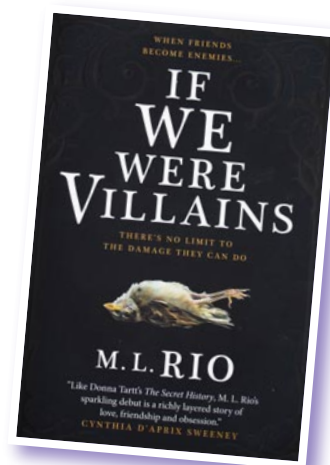
Sayuri Komachi is a librarian with the special ability to know exactly what book each visitor to her library could do with reading. This magical book, written by the talented Michiko Aoyama and translated by Alison Watts, is about the beauty of stories and how they can help us in our most vulnerable moments. Warm, vibrant and inspirational, this tale is about connection and discovery through the written word and the gift of giving. A must-read perfect for this time of year.



3.

### If We Were Villains by M.L. Rio, £9.99 Paperback

This book is the perfect answer for those who have read The Secret History by Donna Tartt and don't know what to read next, or for those who love a gothic novel. This tale follows Oliver, a man who has just served 10 years for a murder he may not have committed. Upon his release, the now-retired detective who put him away visits and asks that, as a favour, Oliver tells him what really happened 10 years ago. And so begins the retelling of a story that could prove his innocence.



4.

### The Safekeep by Yael van der Wouden, £9.99 Paperback

When Isabel's peace is disrupted by the arrival of her brother's girlfriend, she isn't best pleased. Used to a life of solitude, peace and precision, her life is somewhat turned upside down. In the sweltering heat of summer, her need for control reaches boiling point and Isabel's reign on a simple life slips. What happens between the two women threatens to change their lives forever.



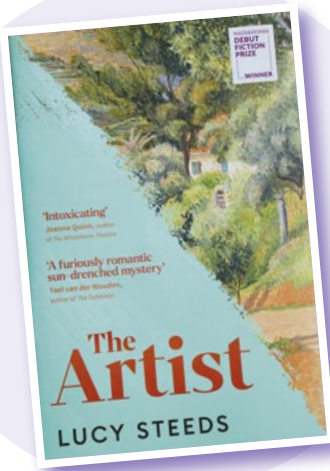
5.

### Bonds of Blood and Duty by Jen A. Egerton, £11.99 Paperback

In this exciting much-anticipated release, we meet our heroine, Evelin. Living a life of duty, under the rule of her husband, in their kingdom where humans are unwelcome, to stay quiet and obedient is to keep safe. But when Evelin finds she is pregnant with a human baby, she must flee the kingdom for safety. In doing so, she risks wars and danger to find refuge for her and her baby. A tale of fantasy, love and danger, filled with excitement and romance, this is the new obsession for all of you fantasy lovers out there!





**6.****The Artist by Lucy Steeds, £16.99 Hardback**

This amazing debut has just won Waterstones' Debut Fiction Award 2025, and for very good reason. In 1920 Provence, Ettie works alongside her artistic uncle, secretly making his genius possible. All the while, Joseph, an aspiring journalist, upon invitation to the house, hopes to capture this genius within an interview. As the conversations progress, truths and lies start to blur, and secrets threaten to be revealed. Full of romance, mystery and legacy, this book is a must-read.

**7.****Held by Anne Michaels, £9.99 Paperback**

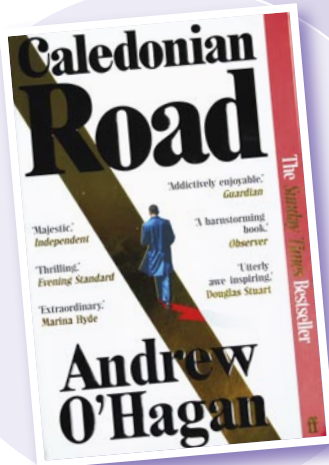
After experiencing a traumatic blast whilst deployed in the war in 1917, John returns home and tries to restart his normal life. He opens a photography business and tries to tell himself to keep on living. But the darkness starts to creep back in, and a ghost starts to follow him in his dreams and photographs, with messages he can't understand, about what he has seen and what awaits him in the future. This mystery is a great page turner.

**Glossy Book Club!**

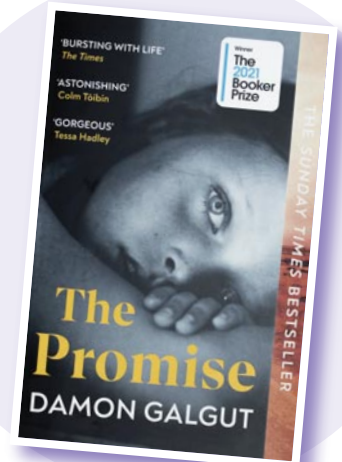
Glossy Magazine's book editor, Sophie Huguen, offers her expert preview of some of the most anticipated literary works arriving this October/November. Her selection features a spectrum of genres, celebrated authors, and noteworthy new narratives, ensuring a wealth of engaging options for every reader. For more book-related inspiration from our editor, follow @readablereviews on Instagram.

**8.****Caledonian Road by Andrew O'Hagan, £9.99 Paperback**

In this popular release by the incredible Andrew O'Hagan, we meet the wealthy and successful Campbell Flynn, known for his appetite for all things controversial. As an art historian and pundit, he has famously had a lot to say and has spent his life palling around with oligarchs and aristocrats. However, things have started to change, and investigations have started to take place into the powerful people Flynn rubs shoulders with. This threatens to expose secrets and frame lies so much so that he could lose the life and reputation he has built. An absolutely thrilling novel that exposes the illusion of high society. This book is a must-read.

**9.****The Promise by Damon Galgut, £9.99 Paperback**

This incredible novel won the Booker Prize in 2021 and is a book I don't want you to miss out on! The story follows a family as they grieve their Ma's death. The younger members of the family are struggling with the unfair realities of what their family stand for when they realise that Salome, the black lady working for Ma before her passing, was promised her own home and land after her death and had not received what was rightfully hers. This is a book about promises and human kindness and how a family can fall apart when lies and unfair decisions threaten bonds.





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# OUTDOORS

## AUTUMN FOR ALL.

The changing season brings with it a whole new calendar of outdoor activities, for all ages and abilities. As the leaves turn to brown, it's time to put on an extra layer and get out and enjoy all the region has to offer, no matter what your activity level. Here's three recommendations...

### **Tranquil: wildlife watching**

Something we love to do with Granny: drive out to a National Trust country park or Area of Outstanding Natural Beauty, and see what the animals are up to. It's a particularly good time of year to see the roe deer as they become more active, foraging in preparation for the colder months. The best time to see them is dawn or dusk, so you get the added bonus of some glorious misty sunrises and sunsets. If birds are more your thing, then this is the season for you, as the great annual migration makes wetlands and coastlines a spectacular sight with all the comings and goings.

### **Active: fungi foraging**

If you fancy pulling on your boots and traipsing off into the woods, then autumn will reward you with hundreds of species of fungus. Needless to say, you'd be mad to harvest mushrooms (or toadstools!) for eating without expert advice, as some can be highly poisonous. But with some guidance on how to identify them, you can really make a day of it at this time of year, when damp conditions are perfect for growth. Places like Danes Moss near Macclesfield are especially well known for fungi, and websites such as Cheshire Wildlife Trust often offer helpful resources for finding local "fungal foray" events.

### **Extreme: hill climb racing**

Amateur racing cyclists love pain and suffering, and we Northern club riders in particular pride ourselves on this. At the end of the road racing and time trial season, many local clubs host perhaps the most fearsome event on the annual calendar: the hill climb. Many of these ordeals are open to the public, riders who fancy a go can find a local open event on the Cycling Time Trials (CTT) website – but beware, it's hard work. Not only are you grovelling up some of the most eye-poppingly long and steep gradients the organisers can find, but also it's often in front of a surprisingly large and enthusiastic crowd. Whatever your pace, or however feather light you've managed to get your bike and body weight, you're in for a serious challenge.



# END OF SEASON ROUND-UP

Having just put away the family camping gear at the end of another long and happy season, like all outdoor dads I take disproportionate pleasure from all the kit and gadgets we've accumulated and enjoyed on our various adventures.

**Here's the three stand-out winners of the season:**

## **Netgear Nighthawk portable WiFi**

This serious piece of tech came with a bold claim: the ability to access your own private, fast WiFi network even out in the great outdoors. Perfect for extreme adventurers wanting to upload camera footage or download maps for GPS devices, and equally for families on a campsite wanting to entertain tired kids with a bit of BBC iPlayer at the end of a long day of exploring in nature. All you need is a nano-SIM from your preferred network provider and you can connect all your devices and access fast, secure, flawless connectivity. It's not just for outdoor adventurers either – I can see it becoming quite the essential sidekick for business trips, train journeys, airports and family holidays.

**£399.99, [netgear.com](http://netgear.com)**



## **Heroclip**

This amazingly simple little device is fast becoming an all-year-round favourite. With no electronics and only a handful of moving parts, it's nevertheless an extremely versatile little adventure companion, whether for organising, hanging stuff up to dry or keeping clean items off the ground. A carabiner clip with an articulated 360 swivel hook with rubber foot, it can hang a surprising amount of weight anywhere. As winter sets in, I'll be using my large one (they come in four sizes) to hang even the heaviest mountain bike from ceiling beams in my workshop, then next season it'll be back in my camping essentials pack for holding up water containers, airing sleeping bags, organising ropes and plenty more.

**From £17.95, [gearaid.eu](http://gearaid.eu)**

## **SodaPop bottle speaker**

This clever portable Scandinavian-designed Bluetooth speaker gets twice the amount of bass compared to others on the market - not by adding weight, power or bulk, but instead thanks to a unique bottle-shaped attachment that doubles up as its tough and weatherproof storage case. It really does work, and has proven to be perfect for sundown campsite picnics as it creates a quality ambient sound without being tinny, harsh or invasive. Available in two fun colours, aqua or sunburn, it catches the eye as much as the ear, and has been quite the talking point everywhere we've taken it. This is another outdoor toy that won't be getting stored away for the winter – it looks and sounds fabulous in the home too.

**£59.99, [sodapop-audio.co.uk](http://sodapop-audio.co.uk)**





# STILL TRUCKIN'



As the car world veers inevitably towards the total takeover of Electric Vehicle technology, there will of course be some remaining resistance from a generation of internal combustion enthusiasts. Humans as a species don't tend to like change, especially those that have done things the same way for decades, so of course there will be loads of petrolheads still clinging to the dream of owning one last big noisy engine.

Just like supercars, trucks inspire a fanatical level of love among their adherents, so there's still a market for the type of old-fashioned grunt that the current generation of truck fans have grown up craving.

The archetype will always be the American pickup truck, with a burbling large-displacement V8 petrol engine. It's still possible to import one of these, and have it "individually approved" for road legality by specialist dealers. But what's the best option specifically built for the UK market? The answer is the Ford Ranger Raptor.

This is the only new UK-market truck that is a direct descendant of its American counterpart. The most recent version is equipped with a 3.0-litre EcoBoost V6 engine. While it's not a V8, this twin-turbo petrol engine has been specifically tuned by Ford Performance to have a loud, aggressive sound with a "Baja" mode that opens up the exhaust baffles for maximum noise. This is likely the closest new truck to the American blueprint that you can buy off the showroom floor in the UK, without any modifications.

This isn't just a utility vehicle, it's a performance off-roader designed to take the heaviest of hits. Ford is particularly proud of the suspension system it has co-developed with Fox – a brand that extreme sports enthusiasts will recognise from the very top-end motocross and mountain bikes. This, combined with the full-time four-wheel drive system and its multitude of driving modes, makes this a truly go-anywhere adventure rig.

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## Fact file

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Ford Ranger Raptor

Engine: 3.0-litre EcoBoost V6 / Power: 292PS

Torque: 500NM / Launch date: on sale now

Price: from £57,000

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# SIXTH



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to study Medicine



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Frankie (A\*A\*A\*A\* and A\* in EPQ) Destination: Oxford to study Chemistry

Maria (A\*A\*A\*A\*)  
Destination: University of Manchester to study Biomedical Sciences



Maciej (A\*A\*A\*A\*)  
Destination: University of Warwick to study Mathematics and Statistics

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