

Platinum TEN GOOD IDEAS



Fforest farm is set over 200 acres



Wild at heart

Welsh warmth, world-class food and a farm in West Wales doing things differently

Something genuinely exciting is happening on the Welsh food scene, and **fforest** is leading it. The restaurant is part of a wider movement championing Wales as a true culinary destination, drawing in world-class chefs, local suppliers and a whole new audience to west Wales (Belmond's new luxury train crossing the country is another sign of this level-up).

Set on a farm surrounding Cardigan and the River Teifi, fforest is a cult destination that has built true luxury into the landscape. With a 200-year-old pub (the Castle Inn), a nature reserve, organic restaurants, wild swimming, a nature spa with cold plunge and sauna, a boutique hotel in town (Albion Aberteifi), a cocktail bar, and even a secret beach bar, it's a real rural oasis.



Sian and James, fforest founders, with their son Jackson

What it's really known for, though, are its atmospheric supper clubs. Held in the farm's Cedar Barn, guests gather around long communal tables for wood-fired feasts built on Welsh produce and foraged ingredients – barbecued seafood, smoked meats, vegetables straight from the garden – alongside foraging walks, seasonal workshops, guided walks and nature sauna sessions.

It's less restaurant, more village feast, and it has drawn an enviably eclectic crowd, from members of the band Duran Duran to fashion designer Rejina Pyo and social media influencers, all happily mixing with locals.



The Cedar Barn hosts atmospheric supper clubs

This October brings two brilliant guest chefs. Bryn Williams (2-4 October), raised in Denbigh and trained at Le Gavroche, now runs his Bib Gourmand-awarded restaurant at Porth Eirias on the North Wales coast. Jonathan

Woolway (16-18 October), formerly of St. John, has just opened The Shed in Swansea, championing Welsh ingredients and culture. Booking ahead is advisable.

coldatnight.co.uk



Coast Sunset Dome at fforest

'Fforest has built true luxury into the landscape'

BE
INSPIRED!

2 Honey roasted carrots on labneh with FOLI Extra Virgin Olive Oil

A delicious way to make the most of seasonal carrots



Healthy recipe

Why we love this recipe

As the weather cools, naturally sweet carrots come into their own. Roasting brings out their rich caramelised flavour, while creamy labneh, toasted hazelnuts and fragrant thyme together create a comforting dish that's ideal for relaxed lunches or sharing with friends. Add olive oil on top for a boost of heart-healthy fats and powerful antioxidants, and you've got a nutritious, delicious lunch. FOLI's range of premium olive oils, dressings and balsamic vinegars helps make these simple seasonal ingredients shine. foliclub.com

Serves 2 | Prep 10 mins | Cook 25-30 mins

- 8 baby carrots, tops trimmed
- 2 tbsp honey
- 200g labneh
- 50g hazelnuts, toasted and roughly chopped
- 1 tsp dukkah
- Fresh thyme
- FOLI Extra Virgin Olive Oil
- Maldon sea salt

1 Toss the carrots in FOLI Extra Virgin Olive Oil and honey, season and roast at 200°C for 30-35 minutes until caramelised.

2 Spread the labneh across a flat plate or serving dish. Lay the carrots on top, scatter with hazelnuts, dukkah and fresh thyme.

3 Finish with a generous drizzle of FOLI Extra Virgin Olive Oil and a pinch of Maldon sea salt.

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Meera's magnificent memoir

Platinum's Non-fiction Editor Liz Allard recommends her favourite book this month

Vigilauntie is by Meera Syal, the multi-talented, multi-award-winning novelist, screenwriter, actress and comedian who has entertained us since her early twenties. Her memoir is structured around a series of chance remarks that became turning points in her life. The first, "Don't sit with your legs apart," was the familiar refrain from her cheek-pinching aunties when she was a preteen, part of a moral code that shaped her home life and later became comedy gold in *The Kumars at No. 42*, where she played the outrageous 80-year-old grandmother, Ummi, in a celebration of older women.

Comedian, playwright, actress and author, Meera Syal



Looking back across her rich life, Meera shines a light on shifting attitudes towards women: from the predatory casting couch, to her grandfather's doomed attempt to arrange her marriage, to the juggling act that is motherhood and work, to becoming a divorcee, much to the horror of the aunties, before falling in love again and marrying her second husband, actor and comedian Sanjeev Bhaskar.

She also reflects on how writing helped her navigate difficult times, and on the power of telling and hearing the stories of friends, loved ones and,

especially, her aunties. Encouraging them to share their memories of leaving their homeland after the Partition of India in 1947, and starting over in an unfamiliar and often unwelcoming country, gave her a deeper appreciation of those glorious women, their world view and their unfulfilled dreams.

Vigilauntie is filled with kindness and poignancy, it sparkles with heartwarming humour, and most of all it is shot through with the wisdom of experience.

Vigilauntie: A Memoir - Innit? is out on 3 September (£22, Orion Publishing)

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Insider track

Your backstage pass to the entertainment world



If you want to know what's really going on in the entertainment world, this podcast is essential listening. Hosted by author and TV producer Richard Osman (left) alongside *Guardian* columnist Marina Hyde (far left), *The Rest is Entertainment* unpacks the week's biggest stories in TV, film, books,

music and celebrity culture with wit, insight and genuine insider expertise. If you're interested in knowing all there is to know about pop culture, tune in to twice-weekly new episodes.

The Rest is Entertainment, on all major podcast platforms

Art in the park

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Every October, Regent's Park becomes the epicentre of the art world as Frieze London returns with over 160 of the planet's leading galleries, alongside emerging talent and major names. Wander Frieze Sculpture in the English Gardens – free to visit – for a trail of extraordinary large-scale works against an autumnal backdrop or book a ticket for the main fair itself. Vibrant, thought-provoking and visually spectacular, it's a brilliant excuse for a cultured day out in the capital. Frieze takes place 14–18 October 2026. frieze.com



When I Remember Through You by Grace Schwindt at Frieze 2025

Mozart's masterpiece

Don Giovanni

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Mozart's dazzling score is brought to life in this sumptuous production, filled with gorgeous arias and dramatic duets. It tells the story of Don Giovanni as he seduces and deceives women around the world with no remorse. That is until his arrogance leads to murder and his life begins to unravel, leading to Don's eventual downfall. Gordon Bintner leads, alongside Rachel Willis-Sørensen, Roberto Tagliavini and Aigul Akhmetshina, while Stefano Montanari conducts.

Don Giovanni, 10 Sept - 15 Oct, Royal Opera House, London

Ten good ideas

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Second skin

Activewear that's as kind to you as it is to the planet

There's a reason BAM has built such a devoted following since 2006. Founded on the idea that bamboo could be a genuinely sustainable, high-performance fabric, the brand makes activewear and essentials that feel as good as they look – naturally breathable, antibacterial and impressively soft, whether you're at a yoga class or simply getting on with your day. B Corp certified, with fair wages and ethical manufacturing built into every stage of the supply chain, BAM proves that comfort and conscience aren't mutually exclusive. Leggings, joggers, tops and socks designed to be worn for years, not seasons.

bambooclothing.co.uk

Momentum Wonder Light Seamless Secret Support Vest in Rose Garnet, £35; and Horseshoe Sweatpants in Storm Navy, £59

Any Weather Mac in Mellow Mint, £225



Rosehip reimaged

Big beauty, one small berry

As the leaves turn, so does our skin: dry, dull and ready for a reset. Enter Neal's Yard Wild Rosehip collection: certified organic, cruelty-free and built around one hardworking hedgerow berry, in season right now. From a cleansing oil that melts away the day and an AHA toner for gentle resurfacing, to a serum enriched with turmeric, a glow cream boosted with Kakadu plum, and a rich shea butter balm for even the very frostiest mornings, it's skincare's answer to a cosy jumper.

See the full collection at nealsyardremedies.com

'Rosehip is a natural powerhouse for radiant skin'

It's hip to take care of your skin



Ten good ideas



Thrilling telly

Gripping Australian thriller *Last Seen* follows police detective Ian Ridley (Patrick Brammall) who is trying to rebuild his life, 11 years after his young daughter Maggie disappeared. He refuses to believe she is gone forever. During one of his shifts as a police dispatcher, he takes a call from a distressed teenager and is sure it's Maggie – and will stop at nothing to find her and rebuild his broken family.

Last Seen, 9 September, Apple TV



Newcomer Chloe Jean Lourdes plays missing girl Maggie



Sandra Bullock and Nicole Kidman cast their spell in this sequel



Sisterly sorcery

Reviving a classic

Sandra Bullock, Nicole Kidman, Stockard Channing and Dianne Wiest reprise their roles as the Owens family of witches in the long-awaited sequel to *Practical Magic*.

Set 25 years after the first film, the four women are in crisis management mode when one of the youngest members of the family

begins to uncover hidden family secrets and develop her own dark abilities. They need to finally break the curse that has haunted their lineage for centuries, and end up in the UK where they attempt to confront the source of their magic.

Practical Magic 2 is in cinemas from 18 September

Plus!



IN OUR NEXT ISSUE

Look out for next month's Beauty Awards results. Now in their third year, these awards are all about the products that actually work, no fluff, no gimmicks. We're talking skincare heroes, make-up must-haves, bodycare treats, haircare fixes and everything in between, right down to your favourite glow-getters. Our panel of industry experts put every entry through its paces, and so did our readers, so you know these winners have been properly tried, tested and approved. If you're after your next holy grail product, don't miss our full guide in the November issue, out 25 September. **Subscribe now (see p56).**