

Platinum TEN GOOD IDEAS



Reconnect with
creativity at
Re:treat



Family, reconnected

Enjoy quality time with your girl gang,
away from the distractions of home.

Finding real time with the women in your family, across generations, isn't always easy. Re:treat, based in and around Berkshire, was shaped by the idea that these relationships deserve dedicated time and space of their own, especially between a parent and their tween or teen. Founder Rachel Jones developed the concept with her daughter Florence, then 12, after struggling

to find any retreat or spa day designed for exactly that pairing, or for whole families, to reconnect.

Their flagship offering is Reconnect, a weekend retreat held at restored 17th-century barns on the Berkshire Downs, packed with nourishing and creative experiences for parents to enjoy with their children – from pottery and archery to bushcraft, boxing and woodland survival skills.



Make the most of
joyful activities
together

*'Experiences
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dedicated,
device-free
time together'*



Rachel tells us grandmothers and granddaughters book in as often as mothers and daughters, with three generations regularly under one roof. For something shorter, spa days pair one adult with one child or teen for treatments, afternoon tea, yoga, sound healing and mini wellness workshops.

Re:treat also partners with other brands and venues on one-off themed events, from retreat taster experiences with hotel pools to puppy yoga sessions with campfire s'mores, always built around the same idea: dedicated, device-free time together.

Beyond family events, private retreats are offered for any group of six to 20 friends or family, staged at luxury houses across West Berkshire and South Oxfordshire. One recent booking came from a women's walking group, who took over a Re:treat house for a weekend between rambles.

Time spent connecting with the people we love is not a luxury, it's a necessity. So go, gather your gang.

Find out more at retreat.me.uk

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The darkest nights

Experience the wonder of England's darkest skies with an unforgettable evening beneath the stars.

There are few things more magical than looking up at a truly dark night sky. Hidden away in Northumberland International Dark Sky Park, Kielder Observatory offers the chance to do just that beneath some of England's darkest skies. Its Dark Sky Discovery events take place during the darkest nights of the month, when – weather permitting – the heavens put on a spectacular show. Led by expert astronomers, the late-night experience includes fascinating talks and the chance to observe stars, constellations, planets and distant galaxies through powerful telescopes. There's even hot chocolate to warm chilly fingers between celestial discoveries.

Find out more at kielderobservatory.org

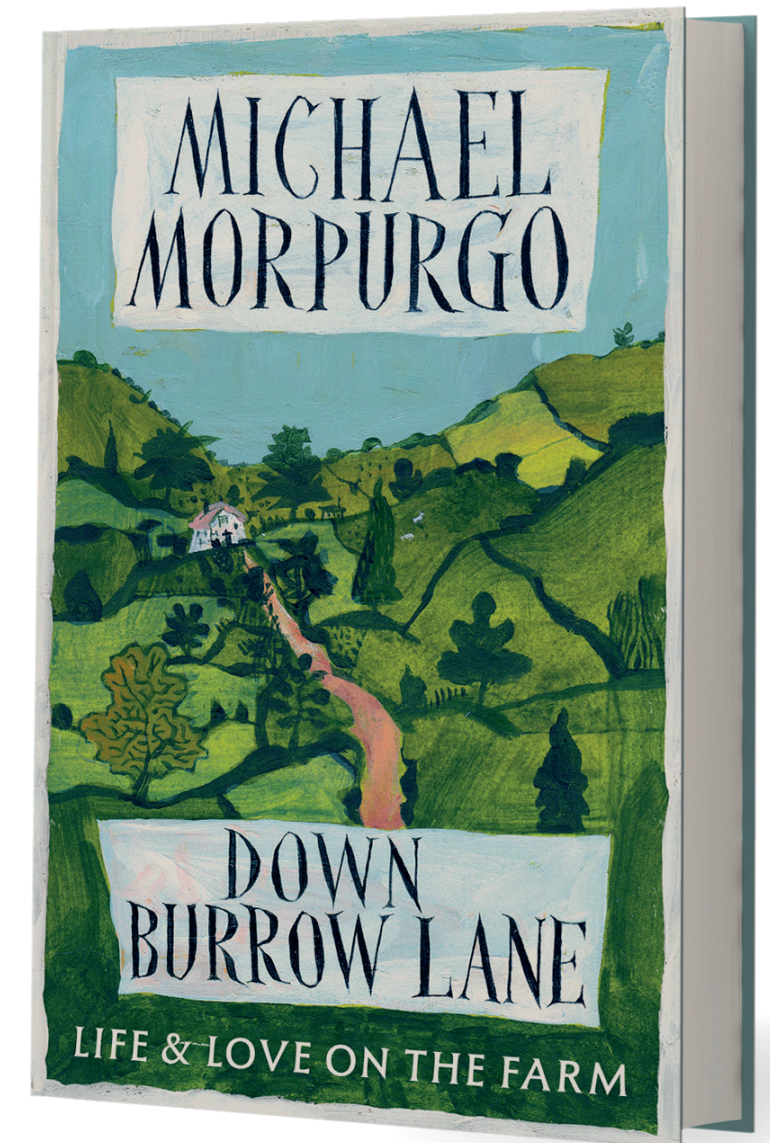


Michael and Clare Morpurgo

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Charity begins at home

Platinum's non-fiction editor Liz Allard reads Michael Morpurgo's memoir about life, love and giving back.



Michael Morpurgo is the award-winning and celebrated author of titles including *Private Peaceful* and *War Horse*, and his books continue to inspire a love of reading among children all over the world. At the same time, Farms for City Children, the charity he co-founded with his wife Clare, has given tens of thousands of children in the UK the opportunity to experience a week in the countryside on a working farm.

Down Burrow Lane is the beautifully told memoir of how their charity came into being.

A little over 50 years ago, Michael and Clare, their three children and a menagerie of farm animals left Kent and set off for rural Devon and the farm they had just bought.

Here their children grew up. Michael, back then a young schoolteacher, became a writer, and Clare's dream of creating idyllic childhood memories for as many children as possible became a reality when the farm welcomed its first group of young visitors. It was January 1976, and Farms for City Children was launched.

Serendipity played its part; for instance, a chance meeting on a

riverbank with the former poet laureate Ted Hughes, who championed Farms for City Children from the start and, happily for all of us, encouraged Michael to write.

Optimism and Clare's deep faith that any obstacle can be overcome, along with the couple's evident charm, meant that local farmers and villagers jumped at the chance to be part of their project.

It really does take a village.

Down Burrow Lane: Life & Love on the Farm by Michael Morpurgo (£20, Hodder & Stoughton) is out now.

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The ultimate showdown

Stage classic with a star cast.

Set in the early hours of the morning at an American college, George is unhappy his wife Martha has invited new professor Nick and his wife Honey to their home for after-party drinks. But as they knock back the alcohol, the evening takes a very dark turn... Starring Gillian Anderson as Martha and Billy Crudup as George (pictured), the passionate production is performed in the round, to really draw audiences in.

Who's Afraid of Virginia Woolf?, Soho Place Theatre until December 19



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Join the party

Hit book *The Party* is now a classy five-part drama. It follows the complex friendship of journalist Martin Gilmour (Luke Evans, above) and charismatic politician Ben Fitzmaurice (Tom Cullen) who met when Martin won a scholarship to Ben's elite boarding school. Through flashbacks we see how the Fitzmaurice family give Martin the sense of belonging he always craved, but when a lavish birthday party goes wrong, their intertwined lives could be their downfall.

The Party, October, ITV1

Tales of the unexpected

The stories most guidebooks miss.

You don't need base camp and a support crew to have a proper adventure. *Wander Woman*, hosted by award-winning travel writer Phoebe Smith, swaps bucket-list clichés for the story behind a place: riding Canada's Inside Passage ferry, walking Italy's lesser-known St Francis Way, tracking down the real hundred acre wood in East Sussex. Alongside each destination come travel hacks and a nod to a forgotten female explorer from history. It's the kind of listen that has you googling flights before the episode's even finished. New episodes monthly. phoebe-smith.com/wanderwomanpodcast

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Wander Woman
Phoebe Smith

Ten good ideas

7

Liquid gold: Vegetable bone broth

A nourishing, collagen-boosting broth packed with gut-loving benefits.

Makes approx 1.5 litres

- 2L water
- 1 tbsp extra virgin olive oil
- 1 white onion quartered (skin-on)
- 3 large garlic cloves or 6 small, skin removed
- 1 chilli
- 50ml ginger juice or 30g fresh root ginger, grated
- 80g kale
- 10g dried mushrooms (we like shiitake)
- 10g dried seaweed
- 1 tbsp black peppercorns
- ¼ tsp dried turmeric
- 1 tsp miso
- 100ml Willy's Eureka Turmeric Apple Cider Vinegar
- 2 large sprigs rosemary

- 1 Add all the ingredients to a large pot with a lid.
- 2 Bring to a boil, then turn down to a simmer, placing the lid on and leaving for around 45 minutes.
- 3 Strain the broth through a sieve, season, if necessary, then serve alone or with crusty bread. This broth is also a great base for soups, stews or grains that absorb water.

Healthy recipe



Why we love it

This vegetable-based take on bone broth is packed with nutrients that support the body's natural collagen production – vitamin C from kale and ginger, zinc and copper from seaweed. The star ingredient is Willy's Eureka Turmeric Apple Cider Vinegar (ACV), made using the "mother" – the cloudy strands of natural bacteria and yeast that form during fermentation and are prized for their gut-health benefits. The turmeric adds anti-inflammatory power, boosted further by the broth's own black pepper for maximum absorption. A simple, warming blend built for everyday wellbeing. Eureka Turmeric Apple Cider Vinegar is available from willysacv.com.



8 Take a bath for your brain

Could a long, hot soak be good for more than simply helping us unwind?

Cold, dark November night making you feel less than sparkly? There may now be an excellent scientific excuse to run a bath. A 2026 University of Portsmouth study found regular hot-water immersion could give us certain cognitive boosts as we get older. After six weeks, researchers found improvements in working memory and logical reasoning. The study was small, so more research is needed. Still, bath, book and possibly a sharper mind? Add a few bubbles and we're in! Why not try Bramley's Cleanse Gift Set, £32, with naturally derived Body Wash and Bubble Bath, blended with essential oils and potent botanical actives, all created in the British countryside.



Available at [bramleyproducts.co.uk](https://www.bramleyproducts.co.uk)

'Regular hot-water immersion could give us a cognitive boost'

Soak up the brain-boosting benefits of a hot bath

9 Classic romance, new generation

The Dashwood sisters return.

This gorgeous new version of Jane Austen's classic, *Sense and Sensibility*, promises to captivate viewers old and new. The Dashwood sisters are forced to move from their sprawling Sussex pile, Norland Park, to a shabby country cottage in Devon, and must find a new way of living as well as deal with the complicated emotions of young romance. Daisy Edgar-Jones is Elinor, Esmé Creed-Miles is Marianne, while Bodhi Rae Breathnach plays Margaret.

Sense and Sensibility, in cinemas from Friday 25 September



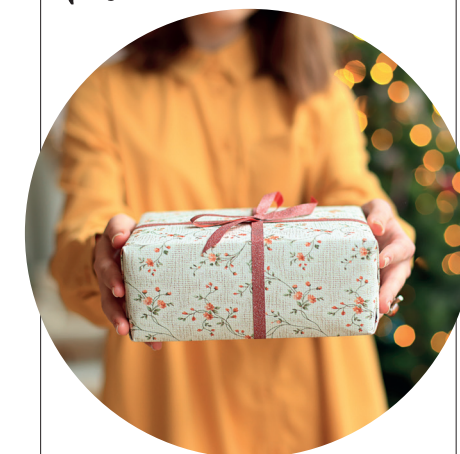
10 The North's longest story

Each October, Ilkley trades sheep for storytellers as its Literature Festival takes over the elegant Yorkshire town. Running 2-18 October, expect 100-plus events – talks, debates and workshops with some of publishing's sharpest voices and readers. Founded in 1973, it's the North's longest-running literary festival, and Britain's second oldest after Cheltenham. Ilkley itself is worth the trip too: independent shops, Betty's Tea Rooms and Ilkley Moor rising behind it all. As Angela Carter once put it: "You could write like Balzac if you lived in a town like that."

Find out more at ilkleyliteraturefestival.org.uk

Ten good ideas

Plus!



IN OUR NEXT ISSUE

Next month's issue brings you a Christmas gift guide with 10 curated presents, a small but perfectly formed edit to get you started. There will be treats for him, for her, for the kids too, and for the friend who deserves a touch of luxury this year. Ten ideas, 10 easy wins, and a good way to tick a few names off your list before December arrives. There's plenty more festive inspiration throughout the issue to get into the Christmas spirit early.

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