



Home-style Halloween

Halloween may not be everyone's favourite celebration of the year, but there can be no denying the joy and excitement it brings to almost every child; not to mention the most monumental sugar high when the 'loot' is tucked into at the end of a successful trick or treat. Like so many things this year, Covid has put a dampener on spirits (excuse the pun!), and trick or treating is, for obvious reasons, off the cards. That doesn't have to mean an end to spooky celebrations though; here are some suggestions for making it the best Halloween yet, from the safety of your own home: www.bhg.com/halloween/parties/trick-or-treat-alternatives/

Or why not enter in the spirit with a Halloween movie night instead? Here's a run-down of our favourite FAMILY classics:

The Addams Family
Casper the Friendly Ghost
Hocus Pocus
Scooby Doo the Movie
Shrek's Thrilling Tales
Ghostbusters
Edward Scissorhands
Toy Story of Terror
Practical Magic
Death Becomes Her



CLEANSING OUR SYSTEM INTERNALLY

After all the sweets from Halloween, Elaine has kindly shared some tips on how to get rid of toxins from our bodies!

Alkalinity disperses, moves and cleans toxins from the body. The best vegetables for a diet high in alkaline are avocados, watercress, mushrooms (not shitake), onions and butternut squash.

High acidity can form masses, cause the body to slow down and can be toxic on the liver. A diet high in acidity can also cause gout (build-up of uric acid). Avoid or cut down on refined sugar, alcohol, some cheap cuts of red meat and full-fat cheese.

Foodie facts

Cucumbers contain 90% water and can dissolve kidney stones, heal stomach ulcers and regulate blood pressure.

Bananas – did you know a banana is not a fruit, in reality it is a herb! They are high in potassium, can help alleviate anxiety and depression and are a great energy provider (good for the fitness fanatics!). Did you know that when your banana turns brown, it can contain higher levels of anti-oxidants, increasing your white cell count and help fight infections. Don't throw away a brown banana; if you don't fancy eating it, you could always make the lockdown favourite – banana loaf!

Dried strawberries are full of antioxidants. Preheat oven to 200°C and bake strawberries for two hours, turn and continue for another two hours. Great if you fancy something sweet which is full of vitamins and without the refined sugar!

Keeping **avocados** fresh. Just add lemon juice to an avocado and this will prevent it from going brown.

Clean body smoothie recipe

1 cup of frozen blueberries
1 medium size banana
Cup of spinach
1 cup of water
Just whizz up the ingredients and enjoy!



What did the vampire say to the ghost at the Halloween party? "Come on, live a little!"



Geocaching; treasure hunts for kids small and large!

Geocaching is an outdoor recreational activity, in which participants use a Global Positioning System receiver or mobile device and other navigational techniques to hide and seek containers, called 'geocaches' or 'caches', at specific locations marked by coordinates all over the world – there are probably some near you right now. Download the free official Geocaching app to your phone and start finding. It's the perfect excuse to get up and out, even if you don't have a pet to walk. An ideal half term activity and ticks the exercise / wellbeing box too!



'Tis nearly the season to be jolly – or not?!

By Emma Symons

It's almost the end of October and this year seems to have whizzed by in a blur of masks, sanitising and social distancing. While many will be looking forward to Christmas (only 64 days away!), October is my favourite time of year. As anyone who knows me will agree, Halloween is the highlight of my year and I go all-out with the creepy decorations, but for many, autumn sees the start of seasonal affective disorder.

During the winter we can all feel a little gloomy, with the onset of shorter days, the stress of the impending festive season and the drop in temperature, but for many people this time of year sees their moods and energy levels severely affected to the point that it can disrupt their work life and relationships.

Seasonal Affective Disorder, or SAD, is a form of depression that begins in autumn, when the days get shorter, with symptoms at their worst in December, January and February. It's possible that this year could be worse than usual due to the added stress of coronavirus.

It has been suggested that it is the lack of sunlight that can have a huge effect on the serotonin chemicals in the brain, which affect our moods and energy levels. Some common symptoms are:

- Depressed mood
- Low self-esteem, feeling angry, irritable, stressed, or anxious
- Changes in sleeping pattern
- Difficulty concentrating, fatigue and lack of energy
- Use of drugs or alcohol for comfort
- Feelings of sadness, hopelessness, and despair.

There are a number of ways that you can try to help alleviate the symptoms of SAD. These include:

- Increasing the amount of time you spend outdoors in daylight – even when grey and cloudy, you will be exposing yourself to some light.
- Exercise and keeping active have been shown to help people recover from depression as well as helping to prevent depression.
- Exploring the link between what you eat and how it can affect your mood – as SAD can cause cravings for sugary or carbohydrate-rich foods.

With this in mind it is even more important to take time for self-care, be gentle with yourself and also with those around you and seek out support if you need it.

