

AUTUMN 2024

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ISSN 2555-777

FOR FAMILIES WITH NORTHERN NIPPERS

DEALING WITH
**PICKY
EATERS**

WHO WAS
**GUY
FAWKES?**

**TOP 20
AUTUMN
ACTIVITIES**

HELPING YOUR
CHILD COPE WITH
ANXIETY



**CRAFTING
WITH NATURE**

**AUTUMN
WHAT'S ON
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EDITOR'S LETTER

From crafting autumn-themed decorations to whipping up spooky recipes perfect for Halloween, there's no shortage of inspiration in this edition.

We also dive into history with our feature on 'Who Was Guy Fawkes?' and discover how to spot the signs of anxiety in children as we move into the darker months, and we tackle the challenges of the picky eater—because mealtime shouldn't be a battle!

Don't forget to check out our exciting competitions and 'What's On,' making sure your autumn is full of fun!

Karen

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Autumn Crafts

Autumn is a wonderful time for crafting, with its vibrant colours and natural materials. Here are some fun art and crafts ideas for kids during the autumn season:



Nature Collage

- **Materials:** Collected leaves, acorns, twigs, glue, cardboard or sturdy paper
- **Instructions:** Have kids collect various natural items on a nature walk. Glue them onto cardboard to create a beautiful autumn-themed collage.

Acorn & Conker People

- **Materials:** Acorns or conkers, small twigs, cocktail sticks, googly eyes, craft glue, markers
- **Instructions:** Use acorns or conkers as the body and head of little characters. Attach twigs for arms and legs, and decorate with markers and googly eyes.



Paper Roll Scarecrows

- **Materials:** Toilet paper rolls, markers, felt or construction paper, string or yarn
- **Instructions:** Decorate the roll to look like a scarecrow. Use paper for the hat and yarn for hair, and draw or attach features to the face.

Pumpkin Stamps

- **Materials:** Small pumpkins, paint, paper
- **Instructions:** Cut a pumpkin in half and dip the flat side in paint. Stamp it onto paper to create a fun fall print. Afterwards, add details using markers.

String Art Pumpkins

- **Materials:** Cardboard, nails or pushpins, string or yarn
- **Instructions:** Hammer nails or pushpins into a pumpkin shape on the cardboard. Kids can then weave string around the nails to create a string art pumpkin.



Leaf Rubbings

- **Materials:** Leaves, crayons, paper
- **Instructions:** Place a leaf underneath a sheet of paper. Using the side of a crayon, gently rub over the paper to reveal the leaf's shape and details. Experiment with different leaves and colours!



Pine Cone Animals

- **Materials:** Pine cones, googly eyes, craft glue, markers, felt or construction paper
- **Instructions:** Transform pine cones into animals like hedgehogs or owls by adding googly eyes, felt wings, or paper beaks. Kids can paint or draw on them for extra flair. 📌

What to do if
your child is a

PICKY EATER

Picky eating can be quite common among toddler and preschoolers. It often involves rejection based on characteristics of food such as texture, flavour, colour or a combination of flavours.

**Here's some of our top tips
on handling picky eaters.**

- 1. Ensure fresh fruit is on display at home to promote healthy snacking.**
- 2.** Don't let children snack before a main meal. For example, if you give them a snack 30 minutes before a meal then they will be more likely to 'pick' or show less interest in the meal time food.
- 3. Try to ensure that meal times are pleasant events, e.g. a time for the family to be together (and eat at a table if possible).**
- 4.** When possible, serve meals in courses. This doesn't need to be fancy but could consist of cherry tomatoes, carrots, peppers and/ or celery as a 'starter'. This encourages toddlers and children to eat a wider variety of vegetables.
- 5. Always try to include fruit and vegetables in main meals such as carrots in spaghetti bolognese or sliced fruit with a small amount of custard for dessert.**





6. Don't use plates which encourage separation of different food. This encourages the idea of 'contamination'. Instead, ensure dishes such as spaghetti bolognese, chilli and rice are presented as mixed entities. If you do present food separately, then you will need to slowly start to address this (little by little).
7. **If your toddler or child dislikes a food, try to ensure that a very small amount is included on their meal plate, but do not force them to eat it. Simply getting them used to the expectation of the food being on their plate is a start.**
8. Do not worry if your child still refuses to eat particular food. Repeated exposure (without pressure to eat the food) is key. Additionally, most children do tend to grow out of picky fussy eating. What is essential is providing a safe, pleasant meal time experience.



Don't use plates which encourage separation of different food. This encourages the idea of 'contamination'

9. **Read stories about fruits and vegetables with your child to get them familiar with these foods in a safe, relaxed environment.**
10. Don't use pressure to encourage eating, as this creates anxiety which can exacerbate picky fussy eating.
11. **Last, but not least, use modelling behaviour and positive reinforcement to demonstrate eating expectations. Indeed, be consistent with your expectations i.e. don't expect your child to eat something you will not!**



RECIPES



SCARY SCRAN



spooky food for
gourmet ghouls



ROASTED CAULIFLOWER BRAIN WITH GREEN SLIME HUMMUS AND DEAD MAN'S FINGER SANDWICHES

INGREDIENTS

1 whole cauliflower
2 tbsp olive oil
150ml white wine
Salt and pepper
3 tbsp tomato ketchup

For the green slime

50g watercress, roughly chopped
2 tins chickpeas in water
2 cloves garlic
1 tbsp tahini
Juice of one lemon
1 tsp ground coriander
6 tbsp olive oil
Salt

For the dead man's fingers

1/2 a loaf of thin-sliced white bread,
crusts removed
Soft butter or margarine
150g cream cheese
50g whole almonds



METHOD

Preheat oven to 150°C. Trim the leaves from the cauliflower and cut its base flat so that it sits upright. Rub all over with olive oil. Place the cauliflower into an ovenproof casserole dish and pour over the white wine. Cover tightly with foil and bake for 1.5 hours. Check after 1 hour and brush on more oil if cauliflower seems dry. After the time is up, remove from the oven and insert a long knife into the centre of the cauliflower, ensuring that it is cooked all the way through. Leave to cool.

While the cauliflower is in the oven, make the hummus. Drain and rinse the chickpeas and place into a blender with the watercress, garlic, tahini, lemon juice, ground coriander and a pinch of salt. Blend until smooth, gradually adding olive oil. Taste and adjust seasoning and lemon juice if necessary.

To make the finger sandwiches, gently flatten the slices of bread with a rolling pin to make them more pliable. Spread each slice with a little butter or margarine and some cream cheese. Roll up the sandwiches, then use a blunt knife to make indentations to form the knuckles. Trim one end of each roll into a V shape and use a little cream cheese to stick on an almond fingernail.

Once the cauliflower has cooled, use a sharp knife to carefully cut a hollow, creating a bowl in the top. Fill this with the green hummus, then mix the ketchup with a little warm water and drizzles over the sides of the cauliflower to look like blood.

Serve the cauliflower brain with the dead man's fingers on the side for dipping.





SPOOKY MARSHMALLOW CUPCAKES



INGREDIENT

30g chocolate buttercream
100g caster sugar
100g butter, softened
100g cocoa powder
2 eggs
1 tsp vanilla paste or vanilla extract
100g The Groovy Food Company Coconut Flour, sifted
20ml milk

To decorate

24 white marshmallows
50g (2oz) dark chocolate

METHOD

Preheat the oven to gas 3, 170°C, fan 150°C. Line two mini cupcake tins with 24 mini paper cupcake cases. In a mixing bowl, combine the sugar and butter. Beat, with an electric whisk, for 2-3 minutes, until light and fluffy. Whisk in the eggs, one at a time, followed by the vanilla. Fold in the flour, milk, cocoa powder and then divide the mixture between the paper cases. Bake for 9-10 minutes, until risen, golden and springy to the touch. Remove from the oven and leave to cool completely on a wire rack. Apply the chocolate buttercream to the top of each cupcake as a resting place for your marshmallow skulls/ghosts. Add black icing eyes/mouths to your marshmallows to make spooky faces. Serve and enjoy!





MUMMY SAUSAGE & PUMPKIN PIES

Makes 9 portions

INGREDIENTS

350g plain flour
175g salted butter, cubed
4 tbsp cold water
350g sausage meat
150g pumpkin purée
1 tsp dried sage
½ tsp salt
1 egg
18 edible eyes



METHOD

Preheat the oven to 200°C (fan).

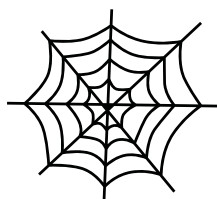
In the large mixing bowl, combine the flour and butter by rubbing it together between your fingertips, until a crumb consistency is achieved. Add the water and bring together with your hands to form a pastry dough. Wrap the dough in cling film and pop in the freezer to rest while you make the filling. Wash up the mixing bowl then use it to combine the sausage meat, pumpkin purée, sage and salt. Set to one side.

Take the dough out of the freezer and, on a lightly floured surface, roll it out into a large rectangle (2-3mm thickness) then portion into 12 smaller rectangles.

Place 9 of the pastry rectangles onto the tray and spoon the sausage filling into the centre of each one leaving an index finger width border around every edge. Beat the egg, then use your finger to egg wash the edges of each pie.

Cut the remaining 3 rectangles into 1 cm strips and lay them over the filling of each pie, using the egg washed edges to stick them. Trim if necessary.

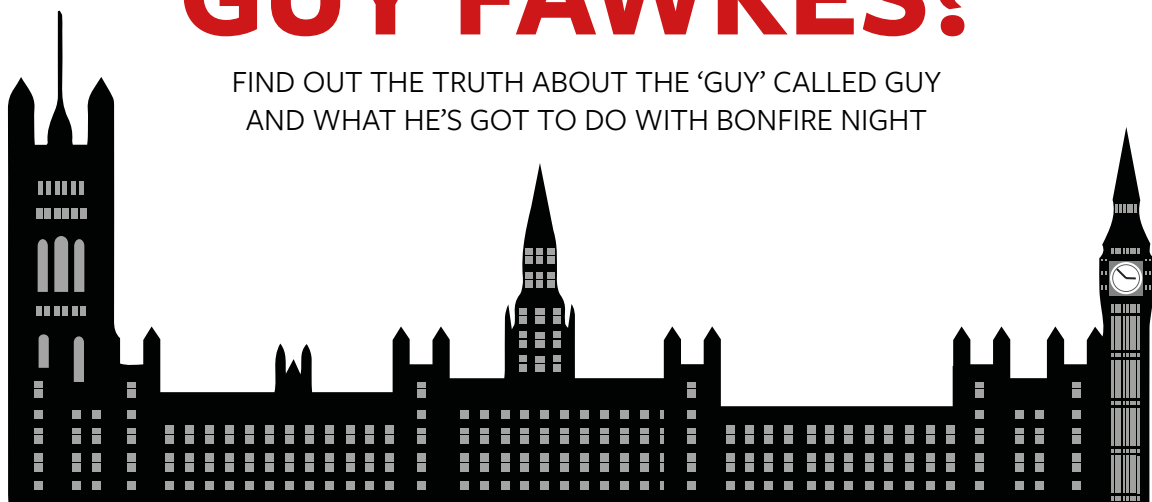
Use your finger to egg wash the strips then bake the pies for 20-25 minutes until golden. Allow to cool slightly before placing two edible eyes on each one and serving. They can also be enjoyed cold. **F**





Who Was **GUY FAWKES?**

FIND OUT THE TRUTH ABOUT THE 'GUY' CALLED GUY
AND WHAT HE'S GOT TO DO WITH BONFIRE NIGHT



Guy Fawkes was born in April 1570 in a city called York in England. His family believed in the Protestant faith, but as he grew up, Guy decided to change his beliefs and became a Catholic. This was a big deal back then because the country was divided over these two religions. When Guy turned 21, he left England and joined the Spanish Army, which was fighting in a long war called the Eighty Years War. While he was in the army, he started going by the name ‘Guido,’ which is the Italian version of his name. Guido was brave and believed strongly in his faith, but his journey took a wild turn when he became part of a secret plan in 1594.



An old illustration of Guy Fawkes with his accomplices

“Guy Fawkes was chosen to light the fuse that would set off barrels filled with gunpowder”

This plan was led by a man named Robert Catesby, along with other English Catholics who wanted to make a big change in their country. They were upset because they felt that King James I and the government were not treating Catholics fairly. So, they decided to come up with a daring plot to blow up the Houses of Parliament, where the King and his government would be meeting. This was a risky idea, and Guy Fawkes, or Guido as he was now known, was chosen to light the fuse that would set off barrels filled with gunpowder they had hidden under the building. It was a dangerous plan because they wanted to cause a lot of chaos and hopefully change their situation.

But here comes the spoiler! The plot did not go as planned. Someone found out about the conspiracy, and before they could put their dangerous plan into action, Guy Fawkes was caught. He faced serious

consequences along with his fellow plotters. Because of this failed plot, Guy Fawkes became a well-known figure, and people still talk about him today.

Remember, remember, the fifth of November!

Every year, on November 5th, we celebrate Bonfire Night in the United Kingdom, remembering Guy Fawkes and his failed attempt to blow up Parliament. On this night, people gather in parks and gardens, lighting big bonfires, and watching dazzling fireworks light up the sky. Sparklers also dance in excited children’s hands, making the night even more special and fun. An interesting tradition during Bonfire Night is to make a dummy called a ‘Guy’, which symbolizes Guy Fawkes himself. Sometimes this ‘Guy’ is placed on top of the bonfire and burned, reminding everyone of the plot and its outcome.

Not only do we celebrate with fire and fireworks, but Bonfire Night is also a time for storytelling. People tell tales of Guy Fawkes and the Gunpowder Plot, ensuring that the events of that fateful night are never forgotten. Over four hundred years have passed since the Gunpowder Plot, but the excitement and stories still bring people together every year.

Moreover, there’s a tradition that happens whenever the King or Queen visits Parliament. To keep everyone safe, a special group of royal bodyguards called the Yeoman of the Guard check under the Houses of Parliament to make sure there aren’t any hidden explosives or dangerous plots happening. It’s a bit like a treasure hunt, but instead of treasure, they are looking for anything suspicious!

So, remember, next time it’s the 5th of November, and you see fireworks lighting up the night sky, think about Guy Fawkes and his daring plan that changed history. It’s a night for fun, friendship, and remembering how far we’ve come since those old days! 🇬🇧





Competition time

To enter visit northernlifemagazine.co.uk/competitions or scan the code. Deadline for entries 20/11/24 unless otherwise stated.



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Q. What ages does the smarTrike cover?



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Q: How many pieces are included?



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Q. How many pieces are included?



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Q. What is the name of the high school the monsters attend?

WIN A STORYDO BESPOKE STORYBOOK

With the Storydo BookBuilder, parents can tell their unique family story simply by answering questions and uploading photos. You can include anything from grandparents and/or chosen family to your wish for a child, pregnancy, birth, milestones, home, family life, and so much more. Storydo books help children learn where they came from and feel a sense of pride in their origins. But that's not all, they also show them loved and secure, right at the heart of their family, no matter how the family came to be (suitable for all family set-ups).

Q. What final line do fairytales often end with - "and they all...."?



WIN AQUA GELZ MAGICAL MERMAIDZ SET FROM JOHN ADAMS

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Q. How many super squishy characters can you make?



WIN PAINT POP GIANT STORAGE TUBE

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Q. How many paint sticks are included?

4 TO WIN

WIN

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Q. How many eras does Twisted History quiz you on?

WIN



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Q. Name one thing you can print photos on at VistaPrint.



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COACH LINDSAY

ANXIETY

How It Shows Up and How To Support It

How Can You Help Your Child in An Anxious Moment?

When your child is in the middle of an anxious moment, they may feel frightened, agitated or worried about having a panic attack. The important thing to do in the moment is to help them calm down and feel safe.

These strategies can help:

- Breathe slowly and deeply together. Place their hand on your heart and let them feel the beats and the calm breaths you are taking.
- Sit with them and offer calm physical reassurance. Keeping your own emotional state regulated.
- Feeling you nearby, holding your hand, or having a cuddle, if possible, can be soothing.
- Connecting with what they can see, touch, hear, smell, and taste can bring them closer to the present moment and reduce the intensity of their anxiety. You might think together about five things they can see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste.
- Reassure them that the anxiety will pass and that they will be okay.
- It can be helpful to describe it as a wave that they can ride or surf until it peaks, breaks and gets smaller.
- Ask them to think of a safe and relaxing place or person in their mind.

Remember that everyone is different and that, over time, you and your child can work together to find the things that work best for them in these moments.



How Anxiety Can Show Up.

Negative thinking - Anxiety in children often manifests through negative thinking. They might frequently worry about worst-case scenarios or doubt their abilities, leading to feelings of fear and uncertainty. This pattern of negative thinking can impact their confidence and overall well-being.

Avoidance - Anxiety in children often shows up as avoidance. They might steer clear of certain situations, people, or activities that make them feel anxious. This behaviour is a way of coping with their discomfort, but it can also prevent them from fully engaging and enjoying their daily experiences.

Acting out - Dysregulation in children often appears as acting out. They may struggle to control their emotions, resulting in outbursts or disruptive behaviour. This is their way of coping with overwhelming feelings.

Lack of attention - Children who are anxious often struggle with maintaining attention and can become easily distracted. Their anxiety makes it challenging for them to concentrate, leading their minds to frequently wander. This can impact their ability to stay focused on tasks and activities, requiring extra understanding and support.

Needs constant reassurance/clingy - A child who is anxious may also seek constant reassurance and display clingy behaviour. They might frequently look for validation and comfort from caregivers,

needing to be reminded that everything is okay. This can manifest as a strong attachment, where they stay close to trusted adults and become distressed when separated.

Anger/frustration - A child who lives with anxiety may also exhibit signs of anger and frustration. These intense emotions can surface when they feel overwhelmed or unable to manage their anxious thoughts. Their frustration might be a response to the internal struggle of coping with anxiety, leading to sudden outbursts or irritability.

“Their anxious thoughts can make it difficult for them to relax and fall asleep

Trouble sleeping - Their anxious thoughts can make it difficult for them to relax and fall asleep, leading to restlessness and frequent waking during the night. This lack of restful sleep can further exacerbate their anxiety, creating a challenging cycle. They might also experience nightmares or difficulty staying asleep, as their worries invade their dreams.

Sleeping too much - A child with anxiety may also sleep excessively. This can be a way for them to escape their overwhelming feelings and find a temporary refuge from their anxious thoughts. Over-sleeping might serve as a coping mechanism, allowing them to avoid the stress and pressures they face during waking hours. This need for extra sleep can be a sign that their anxiety is taking a significant toll on their mental and emotional well-being. It's important to recognise this behaviour and provide the necessary support to address the underlying anxiety, helping them find healthier ways to cope and ensuring they have a balanced and restful sleep pattern.

Stomach ache/headache - Stomach aches and headaches are common physical symptoms of anxiety in childhood. When a child feels anxious, their body can respond with these types of discomfort, reflecting the stress they are experiencing. These physical manifestations of anxiety can further impact their daily activities and overall wellbeing.

Inflexibility/needs things to be in their places

- They might insist on strict routines or become upset when things are out of order, using these behaviours as a way to create a sense of control and predictability in their environment. This rigidity can be their way of coping with anxious feelings, providing them with a semblance of security and stability.

Lots of worrying - Their minds are often preoccupied with concerns about various aspects of their lives, from school performance to relationships with peers and family. This constant state of worry can make it difficult for them to relax and enjoy activities, leading to increased stress and emotional strain.

Gives up on things easily - When faced with challenges, their anxiety can overwhelm them, making tasks seem insurmountable. As a result, they might abandon activities or projects quickly, fearing failure or disappointment.

Pushes people away/wants to be alone

This behaviour can be a way for them to cope with their overwhelming feelings, as social interactions may feel too intense or stressful. They might seek solitude to regain a sense of control and calm. Recognising this need for space and providing gentle support can help them feel more secure and understood, eventually allowing them to re-engage with others at their own pace.



*Sending you all love and light.
Go gently on yourselves.
Coach Lindsay x*



TOP 20 AUTUMN ACTIVITIES



1. NATURE SCAVENGER HUNT

Create a list of autumn items for kids to find, such as acorns, specific types of leaves, pinecones, or even animal tracks. Equip them with paper bags to collect their findings. This promotes exploration and appreciation of nature.



2. LEAF ART PROJECTS

Collect various types of leaves and let kids create art by pressing or gluing them onto paper. They can make leaf rubbings using crayons or create layered leaf collages. This activity can spark creativity and teach about different tree species.

3. AUTUMN-THEMED STORY TIME

Gather a selection of autumn-themed books from your local library or explore e-books online. Create a cosy reading nook with blankets and pillows and set aside time for storytelling sessions.



4. PUMPKIN DECORATING

Instead of carving pumpkins, provide markers, stickers, and paints to let kids decorate pumpkins creatively. This can be a messy yet fun activity that allows kids to express their artistic side.

5. OUTDOOR OBSTACLE COURSE

Use natural elements like logs, sticks, and rocks to set up an outdoor obstacle course. Kids can jump over, crawl under, or balance on various items, encouraging physical fitness and creativity in problem-solving.

6. BIRD WATCHING

Set up a birdwatching station with a pair of binoculars and a bird identification guide. Kids can observe local wildlife and learn about different bird species. Consider making a simple bird feeder using pinecones, peanut butter, and birdseed.

7. BACKYARD CAMPING

Pitch a tent in the backyard or create a fort with blankets and chairs. Kids can enjoy stories, snacks, and even stargazing if the weather permits. This inexpensive activity can instil a love for the outdoors.

8. DIY AUTUMN CRAFTS

Use collected leaves, pinecones, and other natural materials to create crafts. Kids can make leaf crowns, pinecone animals, or ornaments. This encourages creativity while utilising natural resources.

9. HOST A BONFIRE (IF PERMITTED)

If your area allows, gather around a fire pit and roast marshmallows or tell stories. This can create bonding moments and provide a sense of adventure, especially with the cooler evenings.



10. VISIT LOCAL PARKS

Check out local parks and nature reserves that may have walking trails, picnic areas, and playgrounds. Exploring different parks can provide a change of scenery and opportunities for outdoor play.

11. COOK AUTUMN TREATS TOGETHER

Involve kids in preparing simple autumn-themed recipes like apple slices with caramel or pumpkin muffins. Teaching them kitchen skills can be both educational and fun.

12. EXPLORE LOCAL FARMERS' MARKETS

Visit a nearby farmers' market where kids can enjoy the sights and sounds, as well as sample seasonal fruits and vegetables. Engaging with local vendors can teach them about healthy eating and sustainability.

13. COMMUNITY EVENTS

Look for free community events, such as harvest festivals or outdoor concerts. Many towns host seasonal events that can provide hours of entertainment.

14. NEIGHBORHOOD NATURE WALK

Take a stroll around the neighbourhood or local park, watching for seasonal changes like changing leaves and animal activities. Kids can keep a journal of what they see.

15. DIY NATURE JOURNAL

Encourage kids to start a nature journal where they can document their findings, draw what they see, or write poems about autumn. This can enhance their observational skills and creativity.

16. AUTUMN PHOTO CHALLENGE

Provide kids with a camera or smartphone and send them on a photo scavenger hunt to capture the beauty of autumn. They can find and photograph things like colourful leaves, pumpkins, or wildlife.



"TEACHING THEM KITCHEN SKILLS CAN BE BOTH EDUCATIONAL AND FUN"

17. CREATE A FAMILY GRATITUDE LIST

As autumn leads into Thanksgiving, have kids brainstorm and write down things they're grateful for. They can draw pictures or create a gratitude tree with leaves representing each thing.

18. GAME NIGHTS WITH AUTUMN THEMES

Have a family game night with seasonal board games or card games. You can even create your own games inspired by autumn themes, such as trivia about autumn or bingo with nature items.

19. SUNSET WATCHING

Schedule family time to watch the sunset together. Discuss the colours in the sky, enjoy the cooler autumn air, and perhaps have a warm drink while soaking in the beauty of nature.

20. VOLUNTEER TOGETHER

Look for local organizations that may need help with clean-ups or food drives during the autumn. Volunteering is a great way to teach kids about helping others while providing a sense of community involvement.



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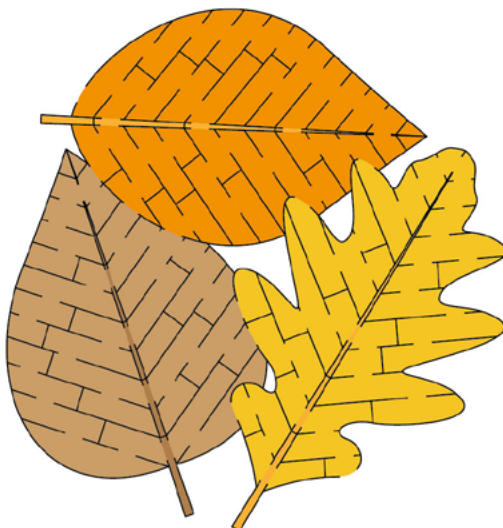
A cartoon illustration of a brown hedgehog with a friendly expression, standing and waving its right hand. It has a large, round nose and a wide smile showing its teeth. The background is a solid light blue.



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FIND YOUR WAY THROUGH THE LEAF MAZE



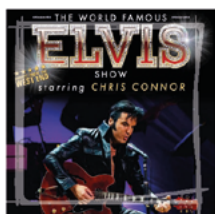
WHAT'S ON

Autumn & Winter 2024

HIGHLIGHTS OF THIS SEASON INCLUDE:



**The Sound of Springsteen | Ultra 90s vs 2000s | Thank You For The Music
Cloudbusting | Discos for Grown Ups | The World Famous Elvis Show**



**Pink Floydian | Swift & Styles | The Wizard of Oz | The Nutcracker
Dreamcoat Stars | One Night of Queen | Illegal Eagles | Ed Byrne | Sleeping Beauty**



**And there's more! Check out The Muni website for a complete listing
of all our shows, this season and beyond...**



t: **01282 661234** | w: **themuni.co.uk**

The Muni Theatre | Albert Rd | Colne | BB8 0AE



WHAT'S ON GUIDE

OCTOBER • NOVEMBER





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THE LITTLE SHOP WITH A BIG REPUTATION

OCTOBER

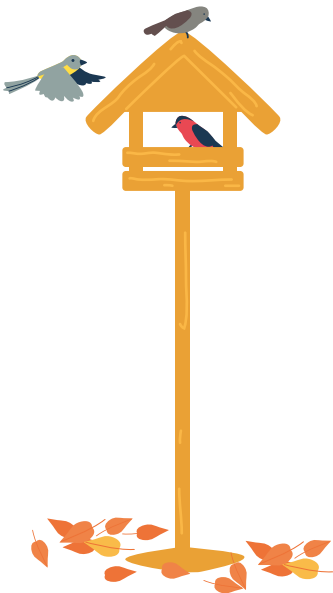
Sat 12th

SPOOKS!

Thornton Hall Country Park, Thornton in Craven, Skipton
Our award-nominated SPOOKS! is back for 2024 and is bigger and spookier than ever before with the brand new addition of Mischief Manor! Enjoy a spooktacular family day out, packed with magical adventures – perfect entertainment for the whole family. Boooooooooo-k your tickets before it's too late! 12th – 31st October. Various times and prices at thorntonhallfarm.co.uk

THE SMARTEST GIANT IN TOWN

Victoria Theatre, Halifax
Based on the bestselling book by Julia Donaldson and Axel Scheffler. George wishes he wasn't the scruffiest giant in town. So when he sees a new shop selling giant-sized clothes, he decides it's time for a new look: smart trousers, smart shirt, stripy tie, shiny shoes. Now he's the smartest giant in town ... until he bumps into some animals who desperately need his help – and his clothes! From £17.75. 1 pm. victoriatheatre.co.uk



Sun 13th

THE AUTUMN TRANSPORT SHOW

The British Commercial Vehicle Museum, King Street, Leyland
Owners of vintage and classic cars, trucks, buses and motorcycles gather for their end-of-season show. Vehicle entries are free: Use the Online Booking Form. All day. britishcommercialvehiclemuseum.com

Sat 19th

PUMPKIN TRAIL

Bolton Abbey Estate, Skipton
Come along and navigate your way through Strid Wood following the giant pumpkins! Keep your eyes peeled for clues hidden in the mystery boxes along the way. These will help to unveil clues to solve the puzzle! The Pumpkin Trail is included in the Estate car park fee. 19 Oct to 3 Nov. boltonabbey.com

HEBDEN BRIDGE PUMPKIN TRAIL 2024

Hebden Bridge Town Centre
Pick up your free trail map from The Town Hall, Hebden Bridge reception, or at any of the trail scenes. Visit each scene to complete your trail form and enter the competition on the back of the paper map. 10 am – 4 pm. Free. hebdenbridgepumpkintrail.co.uk

Sun 20th

HALLOWEEN DOG SHOW

Happa, Shores Hey Farm, Briercliffe, Burnley
Bring your furry friends to our Novelty Dog Show with a choice of 9 different classes in our indoor arena. Lots of great prizes to be won including best Halloween Fancy Dress Costume for dogs and owner. You don't have to be an expert, just come along and join our fun event. Register from 12 pm with Classes starting at 1 pm. £4 per entry. happa.org.uk

SWIFT AND STYLES – THE TRIBUTE SHOW

The Muni Theatre, Colne
Join top live vocal tribute artistes Heather Vokins as Taylor Swift (as seen on This Morning) and Louis Akincay as Harry Styles in a fast paced, high energy ultimate feel good pop party tribute show! Featuring all the top hits of Taylor Swift and Harry Styles and a few surprises along the way, this is one show that Swifties and Stylers do not want to miss! 6.30pm. Concession £18.50, Adult £20. themuni.co.uk

Mon 21st

FREE CHILDREN'S CREATIVE HALLOWEEN CRAFT DROP-IN SESSION

Burnley Market, Curzon Street, Burnley
Fabulous free crafting sessions are back, and they are all Halloween-inspired! Pop in between 11 am and 3 pm to create something fabulous. Different craft themes each day, so un-leash your inner spooktacular and come craft with us. 21 – 25 Oct. Free. burnleymarkets.co.uk

Tues 22nd

PONY GROOMING AT HAPPA

Happa, Shores Hey Farm, Briercliffe, Burnley
Have you ever wanted to groom a horse or pony? Now is your chance to here at Happa. For just £5, you can learn how to correctly groom one of our Happa ponies with our qualified & experienced staff during a 15-minute grooming session. Ages 4 years plus. £5. 11 am to 3 pm. happa.org.uk

LITTLE STEPS SESSION

Colne Library, Market Street, Colne
Come along to this regular family session aimed at children aged 2 to 5. It's all about chatting, playing, reading and learning. Each session is focussed on helping every child develop through group play and is a great way for you to have fun with your child while they make new friends. First Tuesday of every month. 11 am – 11.30 am. Free.

PARENT SUPPORT GROUP

The Open Door Centre, 1 Great George St, Colne

This is a friendly and supportive group for parents who would like to discuss challenges, issues, and concerns. Coffee, smiles, and support are free of charge. Just turn up. opendoorcentre.org.uk

SKIPTON MUSICAL THEATRE CO. PRESENTS OLIVER!

Skipton Town Hall, Skipton
Oliver! follows the story of an orphan boy with a big heart, from the workhouse to the paved streets of Victorian London in the search for love, family and a place to call home. 7:15 pm. welcometoskipton.com

Wed 23rd

BABY BOUNCE AND RHYME

Colne Library, Market Street, Colne
Enjoy lively sing-along songs, gentle movements, and rhymes with your baby, plus meet and chat with other parents and carers. Suitable for babies up to around 18 months of age, but older pre-school siblings welcome. Every Wednesday. 11 am – 11.30 am. Free.

Thurs 24th

SIX: TEEN EDITION

Pendle Hippodrome Theatre, Newmarket Street, Colne
Six: The Musical tells the history of Henry VIII's wives in a way audiences haven't seen before. From Tudor Queens to Pop Princesses, the six wives of Henry VIII take to the mic to tell their tales, remixing five hundred years of historical heartbreak into a celebration of 21st century girl power. 24th – 26th October. 7:30pm nightly, 2pm Saturday Matinee. Adults £14, Under 19's £12. pendlehippodrome.com

Fri 25th

THE WIZARD OF OZ – FAMILY PANTO

The Muni Theatre, Colne
Take a stroll down the yellow brick road this October half term as Tom Rolfe Productions proudly presents everyone's favourite pantomime

story, The Wizard of Oz, live on stage. £14.50 – £18. 6.30 pm. themuni.co.uk

HAPPA'S HALLOWEEN PARTY – Happa, Shores Hey Farm, Briercliffe, Burnley

Buffet, games and prizes for the best fancy dress. Adults sit back and enjoy a drink or two with our 'bring your own beer', or join in with the kids fun. This is a ticketed event, and it is best advised to book early due to its popularity! £12.50 per person. 6.30pm – 9.30pm. happa.org.uk

Sat 26th

PUMPKIN TRAIL

Bolton Abbey Estate, Skipton
The Pumpkin Trail is back! Come along and navigate your way through Strid Wood following the giant pumpkins! Keep your eyes peeled for clues hidden in the mystery boxes along the way. These will help to unveil clues to solve the puzzle! The Pumpkin Trail is included in the Estate car park fee. Until 3 Nov. boltonabbey.com

BEAT THE STREET

Around Pendle
A fun, free game for the community of Pendle to see how far you can walk, run or cycle around your area. Until 30th Oct. Free. beatthestreet.me/pendle

HALLOWE'EN IN COLNE

Colne Town Centre
Hallowe'en in Colne is an amazing event for all things horror-inspired. There will be live music, spooky performances, funfair rides, face painting, a Halloween market, and many more events. The event will be from 11 am to 4 pm

LEEDS HALLOWEEN

Leeds City Centre
Have a spooktacular Halloween with offerings of ghost walks, shows, workshops, and interactive experiences. There is something for everyone, from family-friendly frights for the half-term to truly terrifying tales for our adult audience. Until 3rd Nov. visitleeds.co.uk



Sun 27th

TEMPLE OF DELUSION

Victoria Theatre, Halifax
The stars of CBBC'S number one show "Danny and Mick" are embarking on a new adventure and theatre tour for 2024. Guaranteed fun and thrills for all the family from 4 to 104! £15.25. victoriatheatre.co.uk

NOVEMBER

Fri 1st

BONFIRE WEEKEND

Thornton Hall Country Park, Thornton in Craven, Near Skipton
Be amazed as the night sky is brought to life in a unique story-led fireworks display. Featuring fireworks, music, lighting, and special effects – this is not to be missed! 5.30 pm – 10 pm. Adult £19.95. Child £19.95. thorntonhallfarm.co.uk

SKIPTON KIDZ COMEDY LIVE

Skipton Town Hall, Skipton
Kidz comedy is an inclusive, laughter-filled show for the whole family. The event is best suited for children between the ages of 6-12, however, there is plenty for all ages to enjoy, even the adults! 2 pm. £7.50. welcometoskipton.com

Sat 2nd

BONFIRE NIGHT @ THE RAM INN

The Ram Inn, Burnley Rd, Burnley
Bonfire and firework display at a large family pub in Cliviger, Burnley. 5.30 pm til 11.30 pm. £6.

GOLDSLOCKS CLOTHING SALE

Higherford Methodist Church 5 Bankfield St, Barrowford
Clothing sale, lunches and handmade goods. burnleyandpendlemethodistcircuit.com/higherford

YORSTOX STOCK CAR RACING

Odsal Stadium, Rooley Lane, Bradford
1600cc Bangers, Lady Bangers, Heritage F2 & Firework display. 5 pm. yorstox.co.uk

Sun 3rd

OPEN DAY AT KEIGHLEY BUS MUSEUM

Keighley Bus Museum Trust, 5 River Technology Park, Riverside, Keighley
The return of the popular "Twilight" event (12 noon to 6 pm). Featuring a Leeds special to commemorate 90 years of ANW 682 (139) the Leeds Regent. 12 pm – 6 pm. kbmt.org.uk

Mon 4th

CRAVEN MUSEUM RELAXED SESSION NOVEMBER

Skipton Town Hall, High Street, Skipton

A relaxed session in Craven Museum on the first Monday of each month. Relaxed sessions are aimed at people with additional sensory needs and anyone else who may benefit. Sessions are available to individuals, groups and families to make visiting the museum more accessible. Relaxed sessions run 9.30 am -10.30 am & 3.30 pm – 4.30 pm. skiptontownhall.co.uk

ARTS AND CRAFTS

Colne Citadel, Colne
Arts and crafts group open to all. 12 pm – 1.30pm. Free. colnecitadel.co.uk

STORY TIME

Colne Library, Market Street, Colne
A weekly story reading session for pre-school children. All pre-school children and their parents or carers are welcome to join us. We'll be reading from the best and brightest and most funny picture books in the library for your kids to enjoy and to inspire them to find books and reading fun! Every Monday. 11 am – 11.45 am. Free.

Tues 5th

LITTLE STEPS SESSION

Colne Library, Colne
Come along to this regular family session aimed at children aged 2 to 5. It's all about chatting, playing, reading and learning. Each session is focussed on helping every child develop through group play and is a great way for you to have fun with your child while they make new friends. First Tuesday of every month. 11 am. Free.

LET'S PLAY SCRABBLE

Colne Library, Market Street, Colne
Scrabble and other traditional board games are enjoying growing popularity in our digital age. Why not come and enjoy a game of Scrabble with good company and a cuppa? Every Tuesday. 2 pm – 4 pm. Free.

COMMUNITY CAFÉ

St Bartholomew, Church Street, Colne
The church is open as usual, 10 am

- 12 noon, with board games. Bring friends along to enjoy the morning. Free. achurchnearyou.com

PARENT SUPPORT GROUP

The Open Door Centre, 1 Great George St, Colne
This is a friendly and supportive group for parents who would like to discuss challenges, issues, and concerns. Coffee, smiles, and support are free of charge. Just turn up. opendoorcentre.org.uk

TOWNELEY BONFIRE 2024

Townely Park, Burnley
There will be lots to do including the funfair, hot food and drinks, music and games from the main stage and two professional firework displays. Plus as everyone enjoyed the fire performers so much in the previous years, they have been invited back to perform for you at 2024's event. £4.50, family £15. 6 pm to 9 pm. blcgroup.co.uk

Wed 6th

BABY BOUNCE AND RHYME

Colne Library, Market Street, Colne
Enjoy lively sing-along songs, gentle movements, and rhymes with your baby, plus meet and chat with other parents and carers. Suitable for babies up to around 18 months of age, but older pre-school siblings welcome. Every Wednesday. 11 am – 11.30 am. Free.



Sat 9th

ANNIE – BURNLEY LIGHT OPERA SOCIETY

Burnley Mechanics, Manchester Road, Burnley
Come along for the 90th celebration of the Burnley Light Opera Society and witness their spectacular production of the globally acclaimed musical, "Annie." Various times & prices. 9-16 Nov. blcgroup.co.uk

Sun 10th

REMEMBRANCE SUNDAY

Colne Town Centre, Colne
This is an event not only for the British Legion, but for all the community in Colne as well. 10 am to 11 am.

REMEMBRANCE SUNDAY

Skipton Town Centre
Congregate at 10.45 am at the war memorial on Skipton High Street for the playing of the Last Post and laying of wreaths at 11 am. welcometoskipton.com

Sat 16th

ARTS, CRAFTS & GIFTS FAIR

Pendle Hippodrome Theatre, New Market Street, Colne
Each year, the theatre is transformed into a major exhibition hall and

regularly features over 70 local crafters and artists. There are always new and unusual crafts to see, along with all our regular exhibitors. Mon - Fri 11am - 6pm, Sat & Sun 11am - 5pm. £2.16 November to 24 November. pendlehippodrome.com

Mon 18th

THE LION, THE WITCH AND THE WARDROBE

Leeds Playhouse, Playhouse Square, Quarry Hill, Leeds
With magical storytelling, bewitching stagecraft and incredible puppets, it is guaranteed to delight audiences of all ages. Various times & prices. 18 Nov to 25 Jan 2025. leedsplayhouse.org.uk

Thurs 21st

NORTHERN LIGHTS LEEDS: A FESTIVE LIGHT TRAIL AT TEMPLE NEWSAM

Temple Newsam, Temple Newsam Road, Leeds
Northern Lights promises a spectacular journey through a myriad of illuminations and unique musical compositions—various prices. 21 Nov to 31 Dec. northernlightsleeds.com

Fri 23rd

LIGHT UP THE VALLEY 2024 MYTHOLMROYD

Mytholmroyd Community Centre, Mytholmroyd
Enjoy the Christmas Lights Switch On, a visit from Father Christmas, a festive market, food & drink and live entertainment. 12 pm - 7 pm. Free.

THE SKIPTON CHOIR – A CONCERT FOR MARTIN HOUSE CHILDREN'S HOSPICE

Skipton Town Hall, High Street, Skipton
We are thrilled to be celebrating 5 years since our formation with a concert in support of Martin House at the gorgeous Town Hall. Adult £15, child £12.50. 7:30 pm. skiptontownhall.co.uk

Sun 24th

CHRISTMAS LIGHTS SWITCH ON Skipton Town Centre

The annual Christmas event kick starting the day with the Santa Fun Run on the High Street from 10 am - 12 pm. Live entertainment, music and food & drink. Free. welcometoskipton.com

Mon 25th

AROUND THE WORLD IN 80 DAYS

Keighley Playhouse, Devonshire Street, Keighley
Based on the novel by Jules Verne and adapted by Laura Eason, this brand-new, fun and colourful family production tells the story of Around The World In Eighty Days as you've never seen it before. £10/£12.25 November to 30 November. keighleyplayhouse.co.uk

Sat 30th

RAPUNZEL

Albert Halls, Victoria Square, Bolton
Get ready for a hair-raising adventure about the girl with the magical golden hair as Polka Dot Pantomimes and the Albert Halls proudly present RAPUNZEL – A Tangled Tale! Various times & prices. 30 Nov to 31 Dec. alberthalls-bolton.co.uk



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as Mother Gothel

**IAN
PARKIN**
as Betty Bouffant

**KIRA
MacCARTER**
as Rapunzel

ROLLO
as Loopy Louis

**MARQUELLE
WARD**
as Flynn Ryder

Rapunzel

A Tangled Tale

The **Hair-larious** Pantomime Adventure



**KIVAN
DENE**

as King Bumble



**LUCY-ROSE
ROLLASON**

as Fairy Rose

**30 NOVEMBER -
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