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## Crickhowell Walking Festival 2024

9<sup>th</sup> - 17<sup>th</sup> March  
See Page 8



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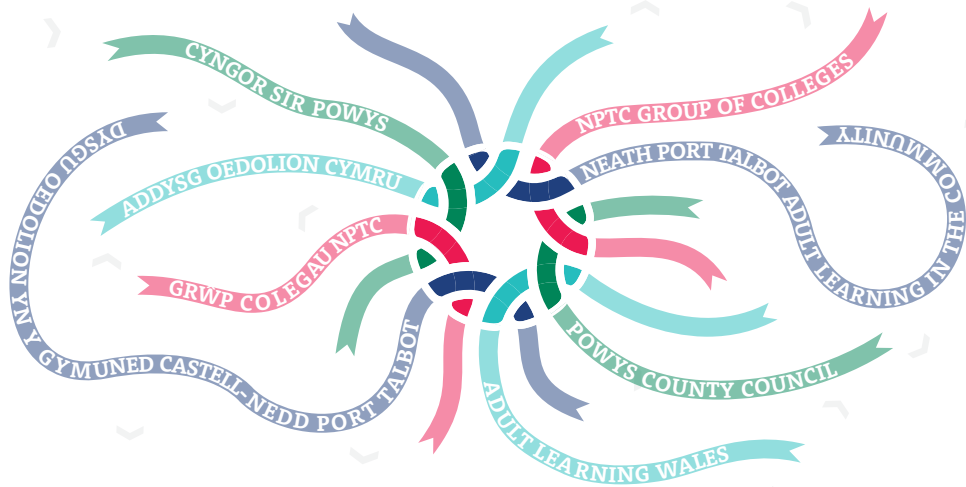
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## Dear Readers,



This month we are concentrating on later years. Ageing means different things to different people and brings with it changes and challenges we may not even think about when we are younger. For children with aging parents their welfare and health is always at the forefront of our minds. We hope our range of articles and advertising businesses will be useful and informative.

February means, of course, that Valentine's Day is just around the corner. We have some top literary picks on the theme of love for you to enjoy. Why not cobble together some of our love heart lavender shortbread and settle down with a good book - ideal whether you're single or coupled up on Valentine's Day. Don't forget it's a leap year too, and on 29th Feb tradition says that a female can propose marriage, contrary to old traditions. But really, in this day and age, why wait for a leap year? Lots more to enjoy in the magazine, so settle down and enjoy the read.

Hannah

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hello@thefocus.wales

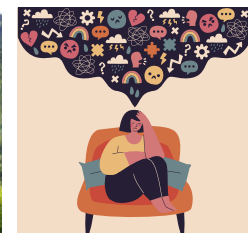
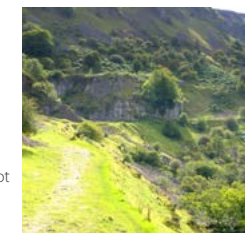
**Contributions:**  
Boo Bond, Heather Cook, Sue Collins, Dr Giles P Croft, Jonathan Powell  
Powys County Council

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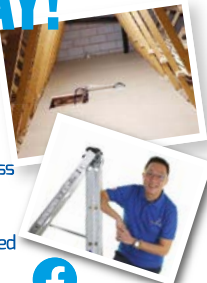


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Martin Truefitt-Baker

# Artist call for Brecon Exhibition

**I**n preparation for a temporary exhibition later this year, y Gaer, Museum, Art Gallery and Library in Brecon is looking for artists to submit pieces inspired by, the natural environment and wildlife of Brecknockshire, to exhibit alongside works from its own collection.

Before submitting, please ensure the work fits the following guidelines:

- Artworks can be in any medium.
- Hanging works should be no larger than 44 x 54cm and must be framed and mirror plated.
- 3D works should be no larger than 40cm3.
- Only one submission per artist will be accepted for consideration.

Cllr David Selby, Cabinet Member for *A More Prosperous Powys*, said: "It's fantastic to see events such as this taking place within y Gaer, and I really encourage any artist, or aspiring artist, to submit their work for this exhibition.

"This exhibition will give an opportunity for all artists to showcase themselves and present their work at this popular venue.

"I look forward to seeing the range of art on show when this exhibition opens later this year, but it's also a fantastic opportunity for residents and visitors alike and promotes the vast amount of talent we have here in Powys."

All submitted artworks will go through a selection process to ensure that they are suitable for the exhibition, therefore it is not

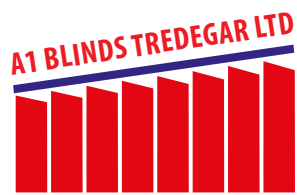
guaranteed that every piece will be chosen.

Chosen artworks will be exhibited from mid-March - early September 2024, therefore artists must be happy for their work to be on loan and out on display for the duration. Submissions will close on 6th February 2024 and successful applicants will be notified on 8th February 2024.

Within the exhibition, each piece will be clearly labelled with the artist, title, and social media handle, where applicable.

For more information and to submit work, please contact [ygaer@powys.gov.uk](mailto:ygaer@powys.gov.uk) marked for the attention of the Assistant Curator.

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# Crickhowell Walking Festival 2024

Saturday 9<sup>th</sup> – Sunday 17<sup>th</sup> March



Photo by Suzanne Walker, 2023 Photo Competition Winner

distance endurance sport, and Crickhowell's own Kevin Walker looking back at how walking became for him a way of life. And don't forget our ever-popular Pub Quiz, this time in the Bear Hotel.

As always, the heart of the Festival is out on the hills. Walks vary from 2 to 17 miles and from town and riverside strolls to strenuous all-day expeditions in the Black Mountains and Brecon Beacons.

Since 2020, we have also offered TM5, a challenge to climb Table Mountain up to five times in a day!

CWF benefits the CRIC charity ([www.visitcrickhowell.wales](http://www.visitcrickhowell.wales)) and this year's annual charity, Brecon & District MIND, which

offers important information, advice and other mental health support services across the National Park area. Clients are at the organisation's heart: [www.breconmind.org.uk](http://www.breconmind.org.uk). Add a donation to your booking!

Big thanks go to all our volunteers who lead the walks, present the talks and provide the backroom organisation - also to the local businesses who sponsor walks and welcome our walkers to Crickhowell and around. Check them out on the website's 'Crickhowell Information Page'.

Check it all out - go to [www.crickhowellfestival.com](http://www.crickhowellfestival.com) to find out more and make your booking. The hills are waiting for you!

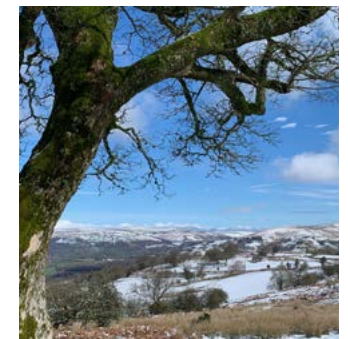
Sue Collins

**S**ix weeks to go to the Festival and it's proving as popular as ever! Over half the walk places are already taken, and over a dozen walks are fully booked, with others filling fast - but there are still places available every day.

**CWF 2024 will feature 81 walks throughout our National Park and beyond. The walks programme is backed up by informative map and navigation workshops.**

Our evening programme starts with BBNP Geopark Officer Alan Bowring who will conduct us on a tour of the longest river wholly within Wales - from its birth high in the West to Uskmouth, passing by Brecon, Crickhowell and Abergavenny.

Other fine talks include Mark Davis on the parallels (for man and beast) between historical cattle droving and today's long-





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## FEBRUARY EVENTS CALENDAR

7.30pm, Melville Theatre, Abergavenny. Tickets £12 with book or £8 without [Book-ish.co.uk/events](http://Book-ish.co.uk/events)

### 10TH FEBRUARY BRECON FARMERS AND MAKERS MARKET

9.30am. Brecon Market Hall

### 10TH FEBRUARY THE MUSIC OF ADELE BY CANDLELIGHT



Experience an evening of soul-stirring melodies and heartfelt lyrics as we present The Music of Adele by Candlelight, an exclusive concert performed by the multi-award winning Miss Julia Martin and described by Sky Television as 'Simply Phenomenal'. Prepare to be transported to a world of captivating music, set against the enchanting backdrop of gothic architecture, vaulted ceilings, and flickering candlelight. *Brecon Cathedral. Doors open at 6:45pm, the show starts at 7:30pm and finishes at 9:45/10pm. Tickets are available online, ticket prices from £20* [www.facebook.com/uniquecandlelightconcerts](http://www.facebook.com/uniquecandlelightconcerts)

7.30pm, Melville Theatre, Abergavenny. Tickets £15 with book or £10 without. [Book-ish.co.uk/events](http://Book-ish.co.uk/events)

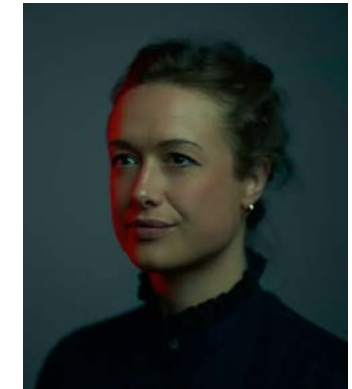
### 10TH FEBRUARY THE MUSIC OF ADELE BY CANDLELIGHT

15TH FEBRUARY  
THE THREE LITTLE PIGS  
Once upon a time, in a muddy field by the farm, there lived THREE LITTLE PIGS.

Following the huge success of 'The Three Billy Goats Gruff', Lost The Plot Theatrical hit the road with another family classic... It's time to get blown away in this brand-new musical adventure of The Three Little Pigs! Join our three pigs as they excitedly leave the family sty in search of new adventures! Will they make a pig's ear out of it, or will they raise the roof? It'll take brains, bravery and curly-tails to build bridges and forge friendships with each other and those they meet along the way. Get those trotters tapping and those snouts a-squealin' with new catchy songs, dancing and plenty of audience participation for piglets of all ages.

1pm & 3pm, Theatr Brycheiniog, Canal Wharf Brecon  
Tickets: [brycheiniog.co.uk](http://brycheiniog.co.uk)

### 21ST FEBRUARY Book-ish Event- LUCY JONES – MATRESCENCE



7.30pm, Book-ish Loft, Crickhowell. Tickets £25 with book or £10 without [Book-ish.co.uk/events](http://Book-ish.co.uk/events)

### 29TH FEBRUARY Book-ish Event- LEN PENNIE – POYUMS

7.30pm, Melville Theatre, Abergavenny. Tickets £15 with book or £10 without. [Book-ish.co.uk/events](http://Book-ish.co.uk/events)

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### 7TH FEBRUARY BOARD GAMES NIGHT

Join us for our monthly Board game night, hosted by Shuffle & Roll. £3 per player. Own games welcome, but plenty supplied. This event usually takes place on the second Wednesday of the month, apart from February. 6pm, The Foundry, 8 Bell Lane, Brecon

### 7TH FEBRUARY Book-ish Event- KEITH TEMPLE – DOCTOR WHO: PLANET OF THE OOD



### 1ST MARCH ST DAVID'S DAY CONCERT

Featuring The Band of the Prince of Wales, St Nicholas House (Christ College) Choir, Aberhonddy and District Male Choir. This free concert is a patriotic celebration of stirring Welsh music with debut performances of works by young composers, we are also delighted to be able to team up with two excellent choral ensembles. 7.30pm, *Theatr Brycheiniog, Canal Wharf, Brecon*. Bookings: [brycheiniog.co.uk](http://brycheiniog.co.uk)

### 17TH MARCH AN EVENING WITH NIGEL OWENS



Ad/Lib Cymru are delighted to have secured an evening with one of the World's top rugby referees, Nigel Owens. Nigel holds the record for the most number of Test matches refereed when he took charge for the final time in 2020 on his 100th Test match. He is one of the most engaging and humorous characters in the game of rugby union and it will be an evening

not to miss for any sports fan as he recounts stories from his life and career. There will also be an opportunity for a Q&A during the second half of the evening. The Q&A will be hosted by Ieuan Rhys and Phyl Harries 7.30pm, *Theatr Brycheiniog, Canal Wharf, Brecon* Tickets: [brycheiniog.co.uk](http://brycheiniog.co.uk)

### 9TH-17TH MARCH CRICKHOWELL WALKING FESTIVAL

See Page 8 for more info  
[Crickhowellfestival.com](http://Crickhowellfestival.com)



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**B**efore I was a yoga teacher, I worked with patients with complex or palliative care needs, at home and in the community. It was humbling work.

When I began teaching, I found students in their eighties doing headstands, but in my 'day job', I had patients in their thirties needing opiates to tie their shoes. Keeping people mobile and confident in their body's resilience and adaptability is my main motivation.

It saddens me that people resign themselves to a certain level of inflexibility, immobility, or even pain as aging occurs. None of this need be tolerable, or even inevitable. Gentle exercise, based on natural movement can help with daily activities such as standing, reaching, bending down, walking, dressing, washing, and playing with children and pets.

Over the last decade, it was found that one in eight preventable deaths in England and Wales

involved a fall, especially among older people. Prioritising balance and mobility is essential in later life, not only for longevity, but for personal independence, dignity, and freedom.<sup>1</sup>

A society that prioritises speed and productivity overlooks the value and skill of those requiring more time, patience, and general 'slowness.' This negatively impacts people's self-worth, and willingness to participate or try new things.

There are studies now demonstrating how yoga and meditation can slow or reverse cognitive decline, language loss, and visuospatial impairment in susceptible populations. They further report improved executive function, mood, and sleep quality in the groups who did regular yoga and Mindfulness than in those who did other types of relaxation and memory exercises.<sup>2</sup>

Participating in group exercise classes also creates friendships which mitigate the social isolation and loneliness associated with aging.

I hope to offer as widely accessible classes as possible. Gone are the days of teaching headstands - I have embraced my demographic of mostly middle aged people and older, with varying medical backgrounds - mastectomy, hysterectomy, hip and knee replacements, stroke recovery and early stages of dementia. We move slowly, modify where necessary and relax. We celebrate moving as well as we can, for as long as we can.

*Boo Bond*  
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*References:*

1. Preventable deaths involving falls in England and Wales, 2013-22: a systematic case series of coroners' reports. *Age Ageing*. 2023 Oct 2;52(10):afad191. doi: 10.1093/ageing/afad191. PMID: 37847796.
2. Changes in Neural Connectivity and Memory Following a Yoga Intervention for Older Adults: A Pilot Study. *J Alzheimers Dis*. 2016;52(2):673-84. doi: 10.3233/JAD-150653. PMID: 27060939; PMCID: PMC4927889.



Every year for the February edition, I think of an article that would align with Valentine's Day and the month associated with love. We have covered 'Love where you live' and 'passionate about property' and included photographs of some of the beautiful properties we are privileged to market.

This year I thought I would consider what I love about being an estate agent. Parrys in Abergavenny celebrates its 20th year in March 2024, we have been in our superb offices/showroom at 21 Nevill Street for 10 years, originally starting out a few doors away at number 17.



### *Our showroom in Abergavenny.*

*I am immensely proud of our showroom in Nevill Street, hopefully we have created a comfortable environment for prospective buyers and sellers to call in and discuss their property goals. Sometimes our sofas are just a little too comfortable ...*



### *Technology.*

*Okay, I don't love technology but I do appreciate the improvement in processes that allows us more time to speak to our clients and potential sellers and buyers. Fortunately, there are people within the team who have the skills and patience to deal with IT.*



### *Views.*

*I never tire of working in such a beautiful area, there is always a view whether it be a glimpse of the Skirrid, Sugar Loaf or Brecon Mountains from a property in town to the panorama over the Brecon Beacons countryside or views of the River Usk or Brecon and Monmouth Canal. And if I am out driving on a beautiful day, I will sometimes just park the car and take a moment to appreciate my surroundings.*

### *Buyers and Sellers.*

*Selling houses is as much about the people as the property and I am fortunate to meet interesting people from all walks of life*



### *Progressing a sale.*

*Often the most difficult, frustrating and time consuming part of the job but conversely, often the most rewarding. Knowing my experience and knowledge has added value to a transaction and helped the buyer and seller achieve their goal*

### *Canines.*

*Being a dog owner and lover, it's great to meet the canines who occupy the houses, often in a prime position by the fire, on the sofa or on the bed!*

### *Beautiful Homes.*

*The first comment people make when I say I am an estate agent is 'ooh I would love to go and look at other people's houses'. Of course, I love that part of the job too but when I visit a house I immediately switch into an objective mode looking at what the great features are and what may be compromises for future buyers. And whilst I fall in love with some houses or admire the location, whether it will sell is not a matter of my personal opinion but what will appeal to a buyer.*

### *Helping.*

*People move to the next chapter of their life, which at times, can be emotional. Practical help too, especially with an absent vendor who may need support organising for a house to be cleared and cleaned.*

### *The Team.*

*Working alongside a super team all with different skills and personalities, together we are awesome and have over 100 years experience in estate agency between us*

### *Learning.*

*The phrase 'every day is a school day' is so true. I love learning and expanding my knowledge and sharing with the team too.*

### *Humour.*

*Like most professions, there is humour to be found often when unexpected. There is a perception that being an estate agent is a glamorous job, walking around gardens and fields in the pouring rain or getting a key stuck in a lock when you have a viewer arriving in a few minutes is the reality .....and whilst at the time, the situations may be stressful, I can often look back and smile*

# Craig Y Cilau

This walk takes in the fascinating industrial landscape of the Llangattock escarpment and the beautiful Craig Y Cilau nature reserve. There's an optional, more challenging section that includes the summit of Mynydd Llangatwg and makes the walk circular. The walk is just over 4 miles long.

*NB. on the map. North is NOT up!*

## To Get there

Take the Crickhowell Road (A4077) out of Gilwern. After about 2 miles take the left marked with a small signpost for Heron's Rest Marina. At the marina entrance, turn right. Follow the road and take the next left. Follow the narrow, winding road until the T junction with an industrial site on the left. Turn right. The car park is about half a mile down the road, on the left.

*Directions are overleaf*



## Route A

**1** Go to the entrance of the car park and take the track that begins with a green, steel vehicle gate. The track gently climbs due west with the escarpment up on the left.

**2** When you reach a ruined quarry building, continue past it and bear right to join a disused tramway travelling northwest: it's fairly obvious when you see it, being broad, grassy and level. The tramway eventually leads between spoil heaps and up to the face of the escarpment at 3.

**3** Now make your way along the escarpment, either up and down among the spoil heaps and boulders, or pick up the tramway a little way down the slope.

**4** The route is about to round the corner into the natural amphitheatre of Craig Y Cilau but, before it does, the tramway peters out. Don't worry; just continue following the line of the escarpment, but head downhill slightly. Before long you should intersect with the footpath at 5.

**5** Here there is a National Nature Reserve sign with information and a map. Continue following the footpath round, passing the entrance to Eglwys Faen and Agen Allwedd caves on your left. They aren't that easy to spot, in fact, using my eagle eyes I managed to miss both of them. Obviously, it goes without saying that you mustn't enter any caves without the necessary equipment/experience/supervision. The end of this section is marked by a red 'Danger: Falling Rocks' sign.

Now a choice of ways: for an easy walk, turn around, and head back the way you came. If you are sure-footed and well booted you may want to do route B. When I went, the high ground was extremely boggy, uneven and pretty tough going. Maybe in drier spells it's more pleasant. The initial climb up a scree covered slope is also rather steep and a little hairy, but probably only a minor concern for experienced walkers. I can't vouch for route C, since I haven't done it. It looks reasonable enough on the map though. If you want to try it, route C begins with a footpath sign pointing downhill just before 6.

## Route B

**7** OK you intrepid walkers! Just beyond the falling rocks sign, the scree slope begins. Pick your way carefully up the far side of the scree, and then cross back to the left hand side where it seems safest to do so (I crossed about halfway up). Take in the view which is framed beautifully by the hanging valley in which you find yourself.

**8** At the top of the scree slope there are two gullies. Take the one, (with a small tree in it) on the right. Climb up on to the top, and search out the path/sheep track that leads back along the top of the escarpment. It's not easy to find, so head off south/southeast and be mindful of the drop.

**9** Eventually, you will approach a gully running north/south with a cairn on the opposite side. Bear right, away from the escarpment and parallel with the gully, making for the summit of Mynydd Llangatwg which looks like a low platform marked with rocky sides to the southeast. There is no path across the high ground here so watch your step. Head for the slightly lower right-hand end.

**10** At the summit there are two massive bronze-age cairns, and all round views of Brynmawr and Ebbw Vale, Gilwern and Abergavenny, and the Black Mountains.

**11** Now you need to go back across the high ground to a break in the escarpment - the difficulty is that you can't see it from here. If you set off at right angles to the summit ridge, between the two gas pipeline marker poles, and aim for Pen Cerrig-calch, (the peak behind Crickhowell) you should arrive at a point where you can safely descend the escarpment, just above the ruined quarry building from the start of the walk. Now return along the path to the car park.

Visit the website for photos as well as a google map to find the car park: [hefocus.wales/2012/08/craig-y-cilau-walk/](http://hefocus.wales/2012/08/craig-y-cilau-walk/)

## Route C

See above



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# Banishing Burnout



*“Forever is composed of nows.”*

~ Emily Dickinson



**A**lthough the symptoms of burnout — emotional exhaustion, loss of motivation and empathy, creeping cynicism — have shown up as far back as biblical times, the term itself wasn't coined until the 1970's. Now, it's such a recognised issue, that in 2022 it made its way into the International Classification of Diseases (ICD-11), as a result of 'chronic workplace stress that hasn't been successfully managed.'

As a former NHS doctor turned restorative coach, I've had my fair share of burnt-out cases through the door, and have seen that the solution lies in understanding two key aspects of how we experience the workplace.

## 1. IT'S NOT A TIME MANAGEMENT ISSUE

The overwhelm that precedes burnout looks like it's a simple case of too-much-to-do-and-not-enough-time. Indeed, the earliest description of burnout in employees concluded that it arose 'as a consequence of having more demanded of them than is humanly possible'; something I'm sure you can relate to. (It's sometimes labelled as 'moral injury'.)

Given this, if the deluge of demands won't stop, yet we're to avoid burnout, it looks like we need to find a way to become more efficient. But what if the remedy is less about

managing time, and more about understanding what time *is*, and what it isn't. You see, it's an irrefutable fact that the only thing you ever *actually* get to experience, is now. Those stomach-turning thoughts of everything you haven't yet done, are just that: thoughts, happening now. You've never experienced the future and you never will.

It's a seemingly trite observation that 'you can only do one thing at a time' but it's rooted in the reality of what it means to be human: in any given moment, we are either attending to life, in whatever form it takes, or we're being diverted from it by the feeling of worrisome, time-based thoughts.

## 2. WORK ISN'T THE SOURCE OF YOUR STRESS

Before you reach for your pitchfork, slow down for a moment, take a deep breath and ask yourself how it is that work can, and so often does, stress you out when you're not even there? If the supposed cause of your stress isn't actually happening, then where is the feeling — here, in this moment — coming from?

It's another overlooked detail of the human operating system, that our feelings come from thought, something you can prove to yourself by trying to feel sad, when thinking about something very cheerful, and vice versa. There is no mechanism by which a workplace, a deadline, or another person can 'put a feeling in you,' and, contrary to popular belief, there are no rules that state you must think

and feel a particular way in a particular situation. You see your reactions as the norm, because that's what you've learned; not because that's how it is.

Burnout doesn't happen overnight. It's a long process; a slow and steady slide. But it's rooted in these two innocent misconceptions. And while a search online will turn up heaps of practical advice about how to manage burnout — much of it good — from my experience with clients, I've seen that it's impossible to fully recover from it (or avoid simply taking it with you to your next, 'better' job) until understanding the nuts and bolts of how reality works.

The realisation that life can *only* be experienced now, and that feelings are tied to thought, automatically unlocks some sort of inner super-power we all possess. As misunderstanding falls away, common sense returns, and we see for ourselves the wisdom in doing the simple things, like setting boundaries, prioritising rest and avoiding the tendency to lose our selves utterly in our work.

So if you've hit rock bottom, take everyone's advice and take time off, but use it to start looking in this direction. It's the ladder that's going to help you out of the hole you're in.



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If you're burned out and you don't know what to do, get in touch, I can help:  
<https://gilescroft.com/contact/>

# February Weather Outlook

by Jonathan Powell

Photo: Crickhowell Walking Festival

With December proving essentially mild, then a shift during January to colder conditions for a time, February could well be the month to provide the sting in winter's tail. The gradual retreating of milder conditions across Europe has left the UK and indeed Wales seemingly more exposed to colder weather during the month February, with the result of an elevated risk of witnessing snowfall. Expect quite a mix for the month with a positional shift in the jet stream allowing bands of rain from the west to encounter stationary colder air positioned across the region, readily turning that rain to snow. Naturally, higher ground will be most at risk from seeing snowfall. There will be frost activity with icy conditions and whereas milder and wetter weather will at times take precedence, wintriness looks to have the lion's share. On or around the average for both rainfall and temperature.

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## Lavender Hearts

*Lavender flavoured cakes and biscuits are all the rage at the moment. This shortbread is subtle in flavour and goes perfectly with a cup of Earl Grey tea. Of course you can make the biscuits any shape, but hearts are particularly appropriate for Valentine's Day. It's an easy, straightforward recipe and should make 15-20 biscuits depending on the size of your cutter.*

### Ingredients:

- 125g \*\*lavender infused sugar, plus extra for sprinkling
- 225g softened unsalted butter
- 300g plain flour
- 50g ground rice

*\*\*Lavender sugar can be obtained at the larger high street supermarkets, however, if you can't find it you can make your own by mixing 1kg caster sugar with two teaspoons of lavender flowers. Store in an airtight jar for up to six months.*

### Method

Grease and line two baking trays with non-stick parchment paper

Sieve the sugar into a bowl reserving the lavender seeds until later – this prevents the lavender being broken up when creaming the butter and sugar. Add the softened butter and cream together

Sift the flour and ground rice and add to the mixture, together with the reserved lavender seeds and mix until the mixture resembles breadcrumbs

With floured hands, work the mixture until it comes together

Tip onto a floured work surface and knead gently until the dough is smooth. Chill in the fridge for 15 minutes

Roll out the dough to 5mm thickness and cut out shapes, placing them onto the baking trays. Sprinkle with a little extra lavender sugar and place in the fridge for another 30 minutes

Preheat the oven to 180C/160 Fan/Gas 4

Bake the biscuits for 15-20 minutes until pale golden brown.

Gently place the biscuits onto a cooling rack to cool. Do this carefully as they will be soft. Sprinkle with a little extra lavender sugar if desired

# Book Recommendations

February's literary picks from the Book-ish Booksellers are all about Love in all its varied forms. Treat somebody important to you, or show yourself some love this Valentine's Day!



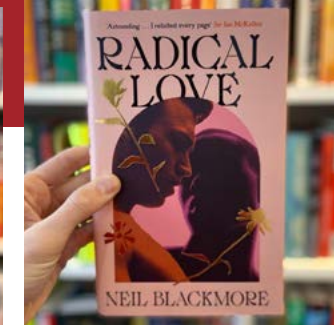
**In Love**  
**Alfred Hayes** £9.99  
 In a hotel bar, a disenchanted writer tells a beautiful stranger the story of his latest doomed love affair. Sipping cocktails, the man reveals how he became transfixed by a lonely divorcée living in a cluttered apartment across the city. When they first met, he had been aloof, uncommitted. But this changed irrevocably when a millionaire waltzed into his lover's life, offering her a thousand dollars to spend the night. With betrayal lurking in the shadows and proclamations of feeling arriving too late, In Love is an exquisite examination of heartbreak set in 1950s New York.



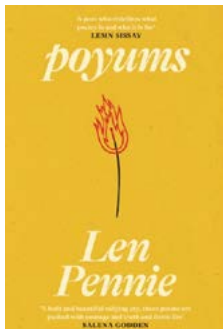
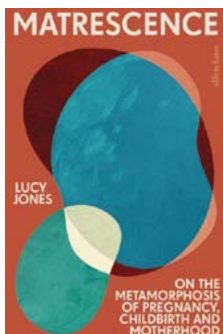
**How to think more about Sex**  
**Alain de Botton** £9.99  
 In this rigorous and supremely honest book Alain de Botton helps us navigate the intimate and exciting – yet often confusing and difficult – experience that is sex. Covering topics that include lust, fetishism, adultery and pornography, Alain de Botton frankly articulates the dilemmas of modern sexuality, offering insights and consolation to help us think more deeply and wisely about the sex we are, or aren't, having.



**The Panda's Child**  
**Jackie Morris and Cathy Fisher** £16.99  
 In a faraway forest a baby is lost and found, protected by a she-panda. Nine years later another baby, the panda's child, is in great danger, and only a boy and the spirit of the forest can save him. This magical, powerful story by Jackie Morris, co-creator of The Lost Words, and award-winning illustrator Cathy Fisher, is a book for all ages to treasure, exploring our most vital connection with wild nature.



**Radical Love**  
**Neil Blackmore** £16.99  
 Welcome to England, 1809. London is a violent, intolerant city, exhausted by years of war, beset by soaring prices and political tensions. By day, John Church preaches on the radical possibilities of love to a multicultural, working-class congregation in Southwark. But by night, he crosses the river to the secret and glamorous world of a gay molly house on Vere Street, where ordinary men reinvent themselves as funny, flirtatious drag queens and rent boys cavort with labourers and princes alike. There, Church becomes the first minister to offer marriages between men, at enormous risk. Based on the incredible true story of one of the most important events in queer history, Radical Love is a sensuous and prescient story about gender and sexuality, and how the most vulnerable survive in dangerous times.



## {BOOK•ISH}

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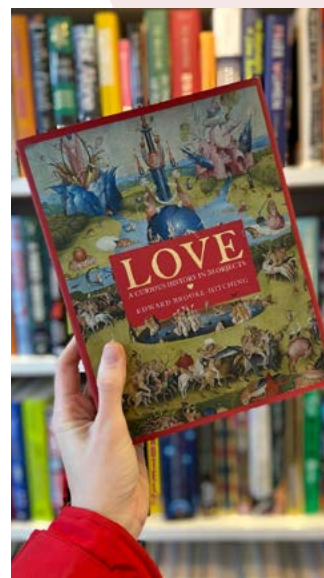
**KEITH TEMPLE - 7TH FEB**  
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**LUCY JONES - 21ST FEB**  
 BOOK-ISH LOFT, CRICKHOWELL  
 TICKET £10 | WITH BOOK £25

**JENNIE GODFREY - 27TH FEB**  
 BOOK-ISH LOFT, CRICKHOWELL  
 TICKET £10 | WITH BOOK £18

**LEN PENNIE - 29TH FEB**  
 MELVILLE THEATRE, ABERGAVENNY  
 TICKET £10 | WITH BOOK £15

EVENTS START AT 7.30PM  
 BOOK ONLINE: [WWW.BOOK-ISH.CO.UK/EVENTS](http://WWW.BOOK-ISH.CO.UK/EVENTS)



**Love – A Curious History in 50 Objects**  
**Edward Brooke-Hitching** £30  
 From the French pirate queen avenging her murdered husband to the love spells found in medieval manuscripts, the author of The Madman's Library delivers another spellbinding work of narrative history centred on the mind-bending workings of romantic love in the human past. A curiosity cabinet of romantic treasure, Love: A Curious History in 50 Objects draws on a wide range of sources to form a collection perfect for fans of beautiful illustrated works and curious history, while also forming the ideal romantic gift.

**Love in Colour - Mythical Tales from Around the World Retold.** **Bolu Babalola** £9.99

Bolu Babalola finds the most beautiful love stories from history and mythology and rewrites them with incredible new detail and vivacity in this debut collection. Focusing on the magical folktales of West Africa, Babalola also reimagines iconic Greek myths, ancient legends from the Middle East, and stories from countries that no longer exist in our world.

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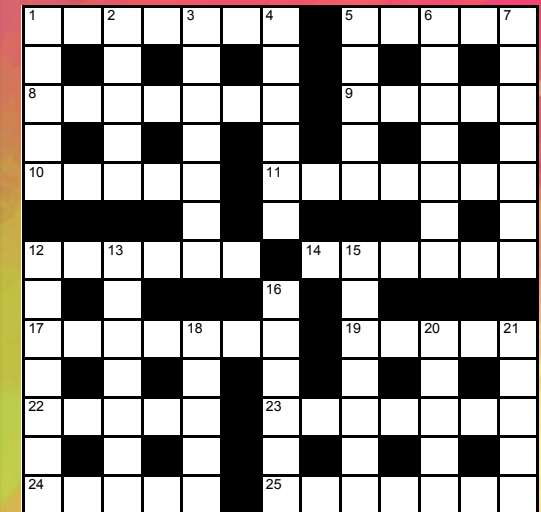
## Quick Crossword

### ACROSS

- European country (7)
- Scour (5)
- Inflamed (7)
- Precise (5)
- Strict (5)
- Operating room (7)
- Painter (6)
- Lethal (6)
- Non professional (7)
- Likeness (5)
- Edgy, anxious (5)
- Revised (7)
- Father (5)
- Harnessed to ride (7)

### DOWN

- Types of transport (5)
- Not tight (5)
- E.g. Crete, Rhodes (7)
- Tiny (6)
- Stage set (5)
- Oven cooked (7)
- Torch power cell (7)
- Made suitable (7)
- Coached (7)
- Once lived (7)
- Destroys (6)
- Including all (5)
- Fourth month (5)
- Finished (5)



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