Coventry and Warwickshire Humanists Newsletter October 2026

Dear Fellow Humanists

Welcome to the October issue of the Coventry & Warwickshire Humanists Newsletter. A month ago, I mentioned how fortunate we were to have what is commonly termed an 'Indian Summer'. I compiled that Newsletter in a warm atmosphere while wearing shorts and a shirt. This month, I am compiling the Newsletter during bouts of torrential rain and two named storms all in the same weekend. Such is the British weather.

I must admit that I do not often watch BBC Question Time, as I find the content and the opinions of some of the politicians often makes me angry. However, a couple of weeks ago, I did happen to drop into the programme. The part that I caught consisted of Suella Braverman MP, once a Conservative Cabinet Member and now of Reform. The esteemed MP mentioned that those families who originated from another nation or culture could not consider themselves as English, regardless if they had actually been born in England. I found this astonishing, almost as if she was also being racist against herself, because of her African heritage! Nationalism and the arguments for enforcing it leave me bewildered, if not offended by its racist implications. If Braverman's theory is correct, then we sent the wrong England football team to the 2026 World Cup. Players such as Bellingham, Rashford, Saka, Guehi who have African and Caribbean heritage; Kane and Rice have Irish heritage – who according to Braverman, maybe should not have even been included in the squad? Maro Itoje, the captain of the England rugby union team, and one of the best second-row forwards in the world, although born in London is of Nigerian heritage. The great Mo Farah who won gold medals for Great Britain at two Olympic Games. Should his heritage be further scrutinised? He actually admits that his family came to Britain as illegal immigrants. Of course not! They have made great contributions to the culture, humanity of inclusivity of the United Kingdom. I am pleased and proud of all of those sportsmen and sportswomen who have successfully represented England and Great Britain at the highest levels. The same criteria should also apply to those from other cultures and nations who are not famous athletes or entertainers.

Politicians and others who regularly peddle their racist and discriminatory views in public, should recognise that the whole of humanity ever since the first Humans evolved in Central Africa over 200,000 years ago, there has always been a diaspora across continents and seas of which we are all the result of.

A reminder of our next in-person meeting on Thursday 19th November where we have Sharon Booth discussing her work with Solutions Not Sides with us. I would encourage you all to attend this interesting and informative meeting – if possible, please bring a friend too.

Brian Goredema-Braid
Chair of Coventry & Warwickshire Humanists

Meetings:

Thursday 15th October: Humanist Bookshelf – Following a recent posting from Humanist UK regarding the celebration of Humanist writers and books. It is generally agreed that an important aspect of the Humanist approach to life is that we have no need for holy books, or saints, or spiritual leaders. Instead, we as individuals can take ideas, wisdom, and inspiration from a range of sources. At this meeting, those who attended bought suggestions of Humanist literature and writers. Humanists UK have recommended well over 200 books. Several books were mentioned, mainly novels. The two that I recommended were, 'The Jungle' by Upton Sinclair about the lives of Eastern European immigrants working in the Chicago slaughterhouses and meat processors at the beginning of the 19th Century. The other was, 'The Ragged Trousered Philanthropists' by Robert Tressell, about a group of working-class house decorators being exploited by the ruling class. Both had references to how formal religion works alongside those in power to oppress ordinary people.
Thursday 19th November: Solutions Not Sides – Sharon Booth: This should be a very interesting meeting that I am sure will stimulate a lively discussion. We are very fortunate that Sharon has agreed to discuss her work with Solutions Not Sides with us. Sharon was a main speaker at the Humanists UK Convention in June this year. Sharon chaired a dialogue between an Israeli Humanist and a Palestinian Humanist. Sharon's work explores how reason, freedom and empathy can provide a framework for hope in the face of death and atrocities. How to move beyond tribal loyalties towards a shared future of freedom and security for all. I encourage you all to attend and to bring a friend.

Thursday 17th December: This will be our Annual Festive Gathering where we usually share food and seasonal fare, with music, poetry, comedy, a few games, a singalong and maybe even a visit from Santa Claus. Our Social Secretary Andrew Ireland will be sending out details in the near future.

Thursday 21st January and Thursday 18th February: As most of you are aware, these will be the dates of our online meetings. The Zoom link and agenda will be forwarded to you early in 2027.

Thursday 18th March: Warwickshire Hearts – It seems a long way away at present, but we are fortunate that Judith Davidson, Trustee and Community First Responder (CFR) will visit and tell us more about the work of Warwickshire Hearts and a demonstration of CPR.

Solutions Not Sides Information and Background: Solutions Not Sides (SNS) is an education charity that contributes to building a fair, compassionate and democratic society in Britain where we are proud of our diversity, disagree well, and protect one another from harm. SNS values are non-violence, equality, rejection of hate and justice for all.
SNS builds democratic resilience in Britain through peace and education.
They equip young people with the skills to respond to conflict, injustice and polarisation through dialogue, non-violent action, human rights and democratic participation – with Israel-Palestine as its main case study.
The SNS programmes bring Palestine and Israeli peace-builders into UK classrooms to help young people explore different perspectives, win-win outcomes, and active citizenship.

'How to be a Happy Human: Seven Humanist Foundations for a Better Life' by Andrew Copson
Humanists UK has announced the forthcoming publication of ***How to be a Happy Human*****:** ***Seven Humanist Foundations for a Better Life*****,** a new book on living well by Chief Executive Andrew Copson.
Published by Little, Brown on **Thursday 19 November 2026,** the book is available for pre-order now from all major book retailers, including Waterstones, Hive, Amazon, Blackwell's, and TG Jones.
How to be a Happy Human is for anyone tired of being told to optimise, hustle, or hack their way to happiness. It offers something different: real, usable advice for living well – as Tim Minchin put it, 'how to be good and feel good without kidding yourself'.



How to be a Happy Human **– Book Launch**
Tuesday 17th November 2026
19.30 – 21.00 Conway Hall

Tech billionaires spend fortunes trying to beat death, while the rest of us try to optimise our way through burnout. In *How to be a Happy Human*, Andrew Copson argues that we're running from the very things that make us happy: our limited time, the effort things take, and our need for each other.
At the book's launch, opened by Janet Ellis, Andrew will explain why throwing a surprise party for an introvert isn't the kindness it looks like, why the best response to being wrong is a cheer, and why accepting that this is the one life we have makes it more precious, not less. **Get the book early, signed, and at a specially discounted price!**
I've spent most of my working life talking about humanism's history, its ethics, and the rights and freedoms it stands for. What I get to talk about far less often, but think about far more, is how the humanist approach can help us live well. I believe, as I know you do, that it can give far more people the confidence and resources to find fulfilment in this one life.
Many people today seem to be running away from being human. Some chase digital immortality or hand their thinking over to machines. Others retreat into old certainties or numb themselves with endless scrolling. **How to be a Happy Human** *makes the case for something better. The answer to an indifferent universe isn't despair or escape. It's to come home to our own humanity and embrace it. The book draws on 2,500 years of humanist thought, from Lucretius to Zadie Smith, and on conversations with scientists, psychologists, and people who work with the dying, to set out seven humanist foundations for a better life.*

I'm telling you about it first because you're one of the people who make Humanists UK's work possible. Much of what's in the book comes from this community: our pastoral carers, celebrants, volunteers, activists, members, and supporters. (Andrew Copson)
"I've read a lot of books that promise to change how you think. This is one of the few that actually did" **Janet Ellis**
"No mysticism, no easy answers – just honest, evidence-based wisdom about how to be happy. Exactly what you'd expect from Andrew, and exactly what we need." **Jim Al-Khalili**
"It's like a long lunch with your cleverest, kindest friend" **Sandi Toksvig**
"Witty, warm and quietly profound" **Adam Kay**
"A generous, inspiring book – I adored it" **Tim Minchin**
"Funny, wise, practical, useful" **Dan Snow**

Adrian Davis informed me that the latest episode of The European Skeptics Podcast where they have a really excellent interview with Andrew Copson, about his new book "How to be a Happy Human" coming out in November.
You can listen or download it here: https://theesp.eu/podcast_archive/theesp-ep-553.html (or go to theesp.eu and click on Archive > Back Catalogue) and the interview starts at about 6 minutes 36 seconds into the podcast.

We can't tackle Christian Nationalism by pretending it isn't Christian



New research from the think tank Theos shows that the most religiously active group in the UK is also among the most supportive of Christian Nationalist ideas. The report, *Beyond 'Christian nationalism'*, argues that Christian Nationalism is driven more by culture and identity than by Christian belief. Humanists UK has welcomed the research. But it says the report's own figures, and recent events in the UK, point to the conclusion: Christian Nationalism cannot be separated from Christianity.
The survey sorted people into five groups based on how they see the link between Christianity and being British. Theos defined two of them like this:

- 'Identity Integrationists see Christianity as fundamental to Britishness and want to defend the nation's Christian heritage from what they see as invasive and threatening influences.
- Belief Integrationists want to see Christianity integrated with Britishness but, for the most part, because they want to promote the Christian faith rather than preserve Christian values.'

In other words, Theos presents identity integrationists as the group that comes closest to Christian nationalism. It presents belief integrationists mainly as people who want to promote their faith, while acknowledging that a sizeable minority of them hold Christian nationalist views. It then argues that Christian nationalism is more about culture and identity than about faith, describing Identity Integrationists as the most nominally Christian of its five groups. 13% of identity integrationists attend Church weekly, only slightly higher than the 11% recorded for the population as a whole. For belief integrationists, weekly attendance was found to be 31%. (Incidentally, actual recorded church attendance among the population as a whole is 5% monthly.)

But many belief integrationists are still Christian nationalists too! In this group:

- 51% agree that you need to be Christian to be 'truly British', compared with 17% of all adults.
- 66% agree with the 'Great Replacement' conspiracy theory, compared with 37% of all adults.
- 62% say Britain needs 'strong man' leaders who are prepared to break the rules, compared with 36% of all adults.
- 53% believe god has a special plan for Britain, compared with 16% of all adults.
- 25% say political violence is sometimes necessary, the highest of any group and compared with 16% of all adults.

It is also the case that identity integrationalists are by several measures much more Christian than the population as a whole:

- 81% identify as Christian, the highest of any group and far above the 46% of all adults.
- 49% definitely believe in god, compared with 30% of adults overall.

Neither top-line description therefore fully holds up. Belief integrationists' faith goes hand in hand with strongly nationalist views rather than standing apart from them. And identity integrationists are more Christian than average on every religious measure in the report.

Humanists UK has also worked out where churchgoers sit, using Theos's published data. Around half of the UK's weekly churchgoers fall within the two groups most sympathetic to Christian nationalist ideas. Yet those groups make up only a quarter of the population. The report itself notes that the more Christian someone is, the more likely they are to want Christianity and national life bound together in some way.

Christian Nationalism: A rising threat

Recent events in the UK show the same link between faith and nationalist protest. In September, masked members of the group Patriot Platform blocked roads in Dover and Portsmouth while chanting 'Christ is King'. The group's leader, Danny Tommo, has described it as a 'pure Christian national resistance movement'. He has said that every member is 'encouraged to go to church' and that members have held gatherings inside churches. Preachers also spoke from the stage at the 'Unite the Kingdom' rally in London in September 2025. A month later, a group calling itself the 'King's Army' targeted London's gay district in Soho.

This fits with research elsewhere. A 2018 Pew Research Center study of 15 Western European countries, including the UK, found that churchgoing Christians were more likely than non-practising Christians to hold nationalist views and both groups are more likely to express nationalist views than religiously unaffiliated people.

Richy Thompson, Director of Human Rights and Advocacy, said:

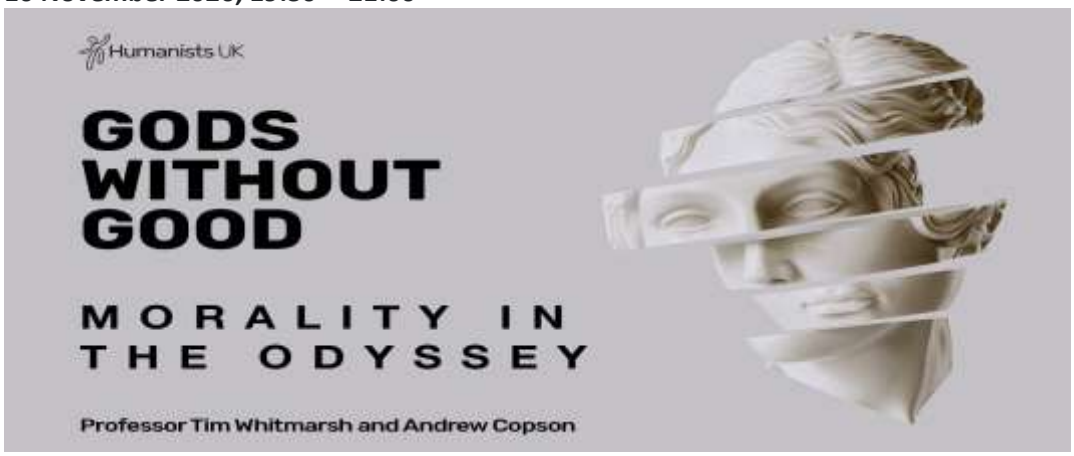
'We can't tackle Christian Nationalism by pretending it isn't Christian. Many of the people most drawn to Christian nationalist ideas go to church, they pray, and they say their faith matters to them. The groups on our streets chanting "Christ is King" while wearing all-black uniforms and balaclavas tell us outright that they are Christian.

'Christian Nationalism aims to roll back freedom of thought, expression, and choice in our country. It has thugs as well as intellectuals, but they are united in their beliefs. Dividing them into different types risks creating a "respectable" Christian Nationalism that people can sign up to while distancing themselves from its rougher side. We will keep working with people of all religions and none for a country where everyone belongs equally, whatever they believe.'

Some Interesting Online and In-Person Events Organised by Humanists UK:

Gods without good: morality in the Odyssey | with Tim Whitmarsh and Andrew Copson

10 November 2026, 19:30 -- 21:00



Christopher Nolan's *The Odyssey* has put Homer in front of an audience of hundreds of millions – a remarkable second life for a poem three thousand years old. But how much of the poem travelled with it?

The *Odyssey* may be the first great story in Western literature about living well in a world where the gods are no moral guide. They intervene constantly, but on no principle you could live by. Odysseus is favoured because a goddess enjoys his cleverness, not because he deserves it. Its afterlife hands out no rewards for a life well lived. And its hero is offered immortality, and turns it down, to go home to a wife who will grow old and die. The virtues the poem honours are human ones: hospitality, loyalty, endurance, and wit, practised by people towards each other.

Join Tim Whitmarsh and Andrew Copson as we follow Odysseus home, and ask where a poem written long before anyone had a word for humanism found its moral compass. What does it value, once the gods are removed from the moral equation? What did Nolan's film keep, and what did it leave behind? And why does a story about a man trying to get back to his wife still move people who expect no divine rescue?

About Professor Tim Whitmarsh

Tim Whitmarsh is Regius Professor of Greek at the University of Cambridge, working on all areas of Greek literature and culture with a particular emphasis on Greeks under the Roman Empire and religion and atheism in the ancient world. He is the author of *Battling the Gods*, which was shortlisted from the Runciman Award, the London Hellenic Prize and the PEN Hessell-Tiltman Prize and has been translated into Dutch, Greek, and Chinese.

About Andrew Copson

Andrew Copson is Chief Executive of Humanists UK. He was educated at Balliol College in the University of Oxford, where he read Classics and graduated with a first in Ancient and Modern History. He is a Fellow of the Royal Society of Arts, and an Associate of the Centre for Law and Religion at Cardiff University. With Alice Roberts, he is the author of the *Little Book of Humanism* series.

In conversation with Mark Williamson
30 November 2026, 19:00 -- 20:00



In this series, Humanists UK Chief Executive Andrew Copson hosts unscripted, one-on-one discussions over the course of 60 minutes with philosophers, scientists, campaigners, entertainers, and historians.

Dr Mark Williamson is co-founder and Director of Action for Happiness, the charity and mass movement he has led since it began in 2010. Founded with Richard Layard, Anthony Seldon, and Geoff Mulgan on the premise that societies improve when happiness is treated as a shared goal rather than a private matter, it now has more than 780,000 members in over 100 countries. Its work rests on the evidence-based Ten Keys to Happier Living, delivered through action calendars and an app used by millions of people, alongside the eight-week Exploring What Matters course. Before 2010 Mark worked in engineering and business, latterly as Director of Innovation at the Carbon Trust.

Make Life Happier: 23 Practical Ways to Feel Better, Find Meaning and Make a Difference, published in April 2026, distils that approach into a single book. Drawing on 15 years of work with leading wellbeing researchers, it sets out 23 'happiness experiments' to try rather than one prescription to follow. The first half deals with self-care – mindfulness, optimism, self-acceptance, and purpose – and the second turns outwards to listening, vulnerability, forgiveness, and community.

Competing with sleep: how your attention became the product
Blackham Lecture 2026, with Professor Sonia Livingstone OBE, chaired by Ginny Smith
03 December 2026, 19:30 -- 21:00



'If you're not paying for it, you're the product' became an online meme in 2010. The iPhone was only three years old, Instagram wouldn't launch until the autumn, and TikTok was still seven years away. Today's 16-year-olds have never known anything else.

In August, Meta agreed to pay $17 billion to settle claims that it built Facebook and Instagram to hook children and teenagers, with features such as infinite scroll and video autoplay. Attention commands a premium when advertisers know precisely whose it is. Facebook has spent two decades

piecing together who we are from holiday photos, birthday messages, and the pages we liked. Chatbots skip the detective work: people tell them things they would never think to share on social media, and this summer ChatGPT began showing UK users adverts matched to those conversations.

When the chief executive of Netflix said in 2017 that the company was competing with sleep, he summed up an industry in a quip. Every hour of the day is on the market. Over a lifetime, the attention we give to screens adds up to years of the one life we have, and much of it has been sold to someone.

The meme is younger than the idea. In 1973, two artists made a short video that scrolled a blunt message up a television screen: 'You are the product of t.v.' Alarm about new media is older still, and it has nearly always centred on children: the novel, the comic, and later the video game were each accused of rotting young minds, and those warnings now look somewhat overblown.

Today that concern has become policy, from calls to ban smartphones and social media for children to the Online Safety Act's age checks. When children found a VPN could get them past those, proposals to restrict VPNs followed. Everyone, the platforms included, says they want to protect children. How to do it is the most charged question of all.

Is the attention economy a whole new kind of problem, or just the latest panic? And does the answer change when the screen talks back and asks if there is anything else it can do for us?

In the Blackham Lecture 2026, Professor Sonia Livingstone OBE will draw on more than three decades of research, from broadcast television to AI, to set what we know against what we fear, for children and adults alike. The hours we spend looking at screens may matter less than who is paying for every minute of them. In exchange for our attention, we get maps, search, news, and video calls with family, and none of it costs a penny – but is free too high a price? When friends, neighbours, and local news all live on these platforms, could we leave even if we wanted to?

An industry that counts sleep as a rival has a view about every other hour of the day. The rest of us might want one of our own, and to loosen the invisible hand's grip on the time we have.

About Professor Sonia Livingstone OBE FBA

Sonia Livingstone is Professor in the Department of Media and Communications at the London School of Economics, which she formerly led as head of department, and director of Digital Futures for Children, a joint research centre of LSE and the 5Rights Foundation. Her research began with a doctorate at Oxford on how viewers make sense of television, and for nearly 40 years she has studied how people live with media, from broadcast television to AI.

She has written or edited 23 books and is one of 40 members of the UN's Independent International Scientific Panel on AI. A Fellow of the British Academy, she received Academia Europaea's Erasmus Medal in 2019 for sustained international scholarship, and was appointed OBE in 2014 for services to children and child internet safety.

About Ginny Smith

Ginny Smith is a science writer and presenter specialising in psychology and neuroscience, and a patron of Humanists UK. She has co-written five illustrated books for DK, including *How the Brain Works*, and her book for adults, *Overloaded: How every aspect of your life is influenced by your brain chemicals*, was chosen by *New Scientist* as one of its books to read in 2021. She founded Braintastic! Science, which creates live shows and resources about the brain for young people, and teaches at the University of Cambridge's Institute of Continuing Education.

About the Blackham Lecture

The Blackham Lecture examines how people learn, grow, and change across a lifetime – the psychology, education, and development that shape a human being – and what that means for living well. The Blackham Lecture medallist has made a significant contribution to one of these fields. The lecture and medal are named after the educationist and activist Harold Blackham, first executive director of Humanists UK and first general secretary of Humanists International.

Humanists UK condemns death sentence for Iranian student over 'blasphemous' post

Najmeh Amini, a 23-year-old accounting student, has been sentenced to death in Iran for 'insulting the prophet' over a post on social media. Humanists UK has condemned the sentence and called for it to be overturned.



Amini was arrested during the nationwide protests in January, which the Iranian authorities put down with a deadly crackdown

In a separate case, she was also sentenced to 12 years, six months, and one day in prison on charges including acting against national security and spreading propaganda against the state. Under Iran's penal code, insulting the Prophet Muhammad is punishable by death. According to Iran Human Rights, nearly 600 people have been executed in the country so far this year. Death sentences for blasphemy are rarer. The last known executions for blasphemy took place in May 2023, when Yousef Mehrad and Sadrollah Fazeli-Zare were hanged over their activity on social media.

The news comes a week after Anojan Sivarasa, a 24-year-old Sri Lankan migrant worker, was sentenced to death in Saudi Arabia over a comment on Facebook. Saudi Arabia's Supreme Court has today set aside the death sentence. However, it is not clear if there will be further legal proceedings or whether Sivarasa will remain in detention, and for how long.

Humanists UK has long raised Iran's use of the death penalty for blasphemy and apostasy at the UN, and in 2022 urged the UN Human Rights Council to keep up the pressure on Iran to abolish it. Humanists UK is a founding member of the End Blasphemy Laws campaign.

Richy Thompson, Director of Human Rights and Advocacy, said:

'Najmeh Amini is a young woman who faces execution for words she posted online. No one should be punished for what they say about religion, let alone put to death for it. This sentence is cruel, and it must be overturned. 'Cases like Najmeh's and Anojan Sivarasa's show why blasphemy laws must go, wherever they remain. We urge the Foreign Secretary to press Iran to overturn death sentences imposed under its blasphemy laws, release those detained under them, and work towards the repeal of these unjust laws altogether.'

Cinema Film Preview:

(Some are shown on the main cinema circuit, but most are available at the small art cinemas, Warwick Arts Centre, Midland Arts Centre and Leamington Spa Theatre)

Tenzing: An inspiring bio-pic of Tenzing Norgay, who along with Edmund Hillary became the first to the top of Everest in 1953. Starring Tom Hiddleston, Genden Phuntsok and Willem Dafoe

Naza: Shot on the rooftops of Tel Aviv, NAZA reveals the systems behind Israel's calculated mass killing of Palestinians in Gaza. NAZA confronts the terrifying machinery of Israel's brutal campaign in Gaza. (There will be a post screen discussion on 12th November)

Ghosts: A feature film of the BBC comedy. Protestors threaten to disrupt the work on the planned hotel, they try to find a way for them to finally leave the grounds. Includes most of the TV cast

Fatherland: In 1949 at the height of the Cold War, Erika is accompanying her father, Nobel laureate author Thomas Mann, on a literary tour through West and East Germany. As family tragedy strikes, it becomes apparent that the spiritual healing Mann deems essential for the divided country may be necessary for their own relationship. A superb masterclass of control and precision

Primetime: It's the age-old question in television - how far would you go for ratings? That question is at the very heart of this vivid 'inspired-by-true-life' drama about Chris Hansen, the controversial presenter of 2000s TV hit To Catch A Predator, as played by Robert Pattinson. Hansen and his production team must up the ante to keep their audience, taking them down a morally murky path that ultimately leads to bloodshed.

Wicker: A single unkempt, smelly and ridiculed fisherwoman decides to commission herself a husband to be made of wicker. Their unconventional romance sparks outrage. Starring Olivia Colman and Alexander Skarsgard.

De Gaulle – Part 1 – Resistance: The monumental first chapter of Baudry's two-part historical epic, and a cinematic sensation in its native France, De Gaulle: Résistance chronicles General de Gaulle's defiant flight to London to ignite the French Resistance following the collapse of France.

De Gaulle – Part 2 – Liberte': Part two of Baudry's two-part historical epic follows Charles De Gaulle's journey as a French army officer from 1940 to 1945, tracking his evolution toward a political career in the fight for liberation from Nazi occupation.

Wild Horse Nine: Two CIA agents shortly before the 1973 Chilean coup, are dispatched from Santiago to Easter island by their bureau chief. The long-time partners wrestle with their dark pasts and present conspiracies, with a pair of rebellious students threatens to send everyone's trip to this remote paradise sideways. Starring John Malkovich, Sam Rockwell and Steve Buscemi.

La Bola Negra: La Bola Negra tells the story of three men whose lives are intimately connected through desire, pain and inheritance, across three different eras – 1932, 1937 and 2017. This incredible film is a sweeping exploration of memory, inheritance and queer history.

Ozzy Osborne: Black Sabbath: The historic day, 17 days before his passing. With performances from Ozzy Osborne, Black Sabbath and some of the most influential names in rock. Personal reflections from the superstar musicians they inspired and a behind-the-scenes look at the day itself. This is an historic and intimate farewell to Ozzy and the band that changed music forever.

You Can See Everything: Thirty-four days before she's sent to prison, notorious Silicon Valley founder Elizabeth Holmes invites a sceptical film crew to document her every move. An intimate portrait of an enigmatic felon in a mind-bending three-year journey into the abyss.

Old Boy: The second instalment of Park Chan's South Korean Vengeance Trilogy. It follows of an ex-prisoner who embarks on a frantic, violent quest for vengeance.

Ali G: Who iz I? 25 years ago, Ali G was a popular comedy prankster played by Sacha Baron Cohen. But I am not sure that this film has aged his comedy style

Andrew Lloyd Webber's Starlight Express: Filmed live from Wembley Park Theatre. A child's train set magically comes to life. An incredible stage show

Plays from the National Theatre Live:

Golden Boy: During the Depression, a gifted young violinist is lured into professional boxing. He must confront what he is willing to sacrifice and who he's willing to become. Starring Josh O'Connor.

Giant: A theatre play about the life of Roald Dahl, starring John Lithgow

Still on the Main Circuit

Fallen Angels: An adaption of Noël Coward's comedy of bad manners. Two upper-class wives, their husbands away for the day, share a few toasts to their pre-marital dalliances—with the same man, who just may be en-route from France to visit. Starring Rose Byrne and Kelli O'Hara

Digger: A completely transformed Tom Cruise stars as Digger Rockwell - the most powerful man in the world, who soon embarks on a frantic mission to prove he's humanity's saviour before the disaster he's unleashed destroys everything. With Riz Ahmed, Sandra Hüller and Michael Stuhlbarg.

Leviticus: A story of two teenage boys whose forbidden relationship unleashes a terrifying supernatural entity that takes the form of the person they desire most - each other. Nerve-shredding suspense with an emotionally powerful love story.

Her Private Hell: Glamorous young actresses are targeted by the killer named 'Leather Man.' A vengeful GI searches for his daughter in this hypnotic, ultraviolent film. from Nicolas Winding Refn. An extravagant, strange and unsettling.
Lost Children of Taum: An amateur historian begins researching a former institution for unmarried mothers and their children in rural Ireland and uncovers a shocking hidden history of neglect and loss. Faced with the deafening silence of church and state, she embarks on a campaign for justice, confronting deep wounds that continue to shape Ireland today. Starring Monica Dolan

TV and Film Preview:
It is Halloween weekend, so expect an abundance of horror and ghost films!
Thursday 29th October: If you are not keen on 'Traitors' there is a choice of 2 very good films?
20.00 – BBC1: Celebrity Traitors – The final rounds of the ever-popular Traitors
21.05 – BBC1: Celebrity Traitors: Uncloaked – Find out who has been eliminated
20.00 – BBC4: The Guns of Navarone – One of the finest ever war films based on the Alistair McLean thriller. An all-star cast, Gregory Peck, David Niven, Anthony Quin etc.
20.25 – BBC3: Lara Croft: Tomb-Raider - Action adventure based on the computer game, starring Angelina Jolie and Daniel Craig.
21.05 – Channel 4: Taskmaster – Still one of my favourite comedy shows – the penultimate episode of this series – and Richard Ayoade still looks disinterested – I am rooting for Nina Conti!
21.30 – BBC1: Not Going Out – I like Lee Mack and this programme, but I do feel that after 20+ years, it starting to look a little bit jaded
22.30 – BBC4: Halloween - One of the best of a predictable bunch – a ground-breaking horror, starring Donald Pleasence and Jamie Lee Curtis. 15 years after murdering his sister, Myers escapes from a mental institution and returns to the small town to wreak havoc.

Friday 30th October: Some programmes are changed to accommodate the finale of 'Traitors'
19.30 – BBC1: Have I Got News for You? (Note the earlier time!) Victoria Coren Mitchell hosts, with comedian and actor Julian Clary and political correspondent Ava-Santina Evans joining Ian Hislop and Paul Merton for a satirical look at the news of the last week
20.00 – BBC1: Celebrity Traitors – The Final – Which celebrities will be left to collect the loot?
21.20 – BBC1: Celebrity Traitors: Uncloaked – The final outcome and analysis
22.00 – BBC2: Carrie - Excellent dramatisation of Stephen King's horror story, starring Sissy Spacek and Piper Laurie. A shy girl is repressed by her mother and ridiculed by her classmates, who make her life a misery with their taunting. But, unbeknown to them, Carrie has special powers.
22.40 – BBC1: The Graham Norton Show - This week's guests on the Halloween themed show are Michael Douglas, Hollywood great Glenn Close and Succession star Kieran Culkin. British actor Naomi Ackie, with music from Sugababes, performing their current single, Ghost
22.45 – ITV1: Top Gun - Blockbuster action drama starring Tom Cruise, Kelly McGillis and Val Kilmer. A rebellious pilot is accepted into the air combat training programme. You know what you are going to get. At least it is not a horror film!
23.05 – Channel 4: Greg Davies: Firing Cheeseballs at a Dog - A reminder that the host of 'Taskmaster' is also a successful stand-up comedian. A film of Greg Davies's hugely successful stand-up show from 2011, in which he sets out to chronicle the significant issues surrounding modern life in his own irreverent style.
23.35 – BBC2: The Ones Below - Thriller starring David Morrissey and Clémence Poésy. A pregnant woman, petrified she'll be a terrible mother, begins to suspect her neighbours aren't as innocent as they seem.

Saturday 31st October:

18.30 – BBC1: Strictly Come Dancing – Halloween Special – All the dancers, professionals and judges will be suitably attired in Halloween costumes

17.30 – BBC2: Battle of Britain - This worthy tribute to "The Few" has spectacular air battles, a memorable re-creation of the Blitz and a terrific cast that includes Michael Caine, Christopher Plummer, Laurence Olivier and Robert Shaw.

19.00 – BBC3: The Witches - Fantasy comedy starring Anne Hathaway and Octavia Spencer. After going to live with his grandma, a young orphan is almost ensnared by a witch on the streets of Alabama. In an effort to protect him, Grandma takes him to stay at a seaside hotel, unaware that a witch's convention is also booked in, and the Grand High Witch herself is in attendance.

21.15 – Marble Hall Murders – The final episode of this murder mystery starring Lesley Manville

21.20 – BBC4: Fanny and Alexander - Ingmar Bergman's classic period drama. Alexander and his sister Fanny are growing up among an open-minded family during the 1900s. But when their father dies, their mother remarries a much stricter man.

23.00 – ITV1: White House Dawn - Action drama starring Channing Tatum and Jamie Foxx. Hours before a historic Middle East peace treaty is due to be signed, terrorists storm the White House.

23.55 – BBC1: The Iron Claw - Biographical sports drama starring Zac Efron and Jeremy Allen White. Two brothers are superstars of professional wrestling under the tutelage of their tyrannical father. But their success in the ring comes at great psychological cost, and a series of terrible tragedies.

00.45 – BBC2: No Bears - A film director travels to a small Iranian village to make a film in secret and inadvertently becomes involved in the trials and tribulations of a pair of lovers.

Sunday 1st November:

19.10 – BBC1: Strictly Come Dancing – The Results – Find out who is still in and who has to leave?

21.00 – BBC1: This City is Ours - Episode 3 of the Liverpool-set gangster drama starring Sean Bean and James Nelson-Joyce

21.00 – ITV1: Adultery - A teenage romance has potentially devastating consequences when it brings about a passionate and intense love affair between two parents from different families.

21.00 – BBC2: Mortimer and Whitehouse – Another episode of the popular comedy. This week the comedians are in Norfolk.

22.00 – BBC2: Macbeth - A 1983 adaptation starring Nicol Williamson and Jane Lapotaire

22.00 – BBC2: Later – With Jools Holland - This week's gusts are Skepta, Jordan Rakei, Bloc Party, Johnny & Lillie Flynn and Rita Wilson

22.20 – ITV1: John Wick - Action thriller starring Keanu Reeves. An ex-hitman embarks on a bloody trail of revenge when some hoodlums kill his dog.

22.45 – BBC2: Walk the Line - Excellent Oscar-winning musical biographical drama starring Joaquin Phoenix and Reese Witherspoon as country music legends Johnny Cash and June Carter.

23.10 – BBC1: Merv - Romantic comedy starring Zooey Deschanel and Charlie Cox. When a couple break up, their dog Merv doesn't take it well, forcing the estranged lovers to share parenting duties.

A Few Cartoons:





"Now, look kids, we're billionaires... we don't share."





A Few Funnies to Finish With:

A woman was in court. The judge told her "You are before the court accused of theft, please tell me what you stole" She replied "A tin of peaches your honour" "How many peach slices were in the tin?" The woman replies "5 slices sir" The judge told her "1 day for each slice. I sentence you to 5 days in prison, let this be a deterrent to you" The woman's husband jumped up and shouted "She also stole a tin of peas!"

A husband came home one evening in a mischievous mood and said to the wife, "I'm having an affair and I want to marry this woman", to see her reaction. On the first day he saw nothing, on the second day still he saw nothing. On the third day he started to see a little from his left eye. He is still regretting that folly.

There are three parrots on a perch in a pet shop.
A man comes in and asks how much the first one is.
'£100,' says the shopkeeper.
'What does it do?'
'It quotes Shakespeare,' says the shopkeeper.
'How much is the next one?' asks the man.
'£200.'
'Why so much?' the man asks.
'It can squawk Bach, Beethoven and the whole classical repertoire,' says the shopkeeper.
'What about the last one?'
'£500.'
'Blooming Heck. What can it do?' asks the man.
'No idea,' says the shopkeeper, 'but the other parrots call him "maestro".'

My wife hobbled into the living room and said “I’ve just fell down the stairs did you not hear me?“
I said oh sorry I thought it was the start of Eastenders?

Last week I filled up my car for £110.00
I in avertedly drove off without paying
Today I was in court and I was fined £75.00
Stay tuned for many more money saving tips!

I've just downloaded a new program to my phone that helps identify different tree resins.
It's called What Sap

I was told this joke by a blind man.
There was a blind parachutist who did jumps for charity. Someone asked him how he knew when he was getting near the ground.
'The lead on my guide dog goes slack,' he said.

There's an old man walking along the street at two in the morning.
He's stumbling a bit and holding a glass. So, the police stop him and ask him where he's going.
'To a lecture.'
'At two in the morning?' asks the policeman. 'What's the lecture on?'
'Smoking and drinking,' the old man says.
'Who's giving it?'
'My wife.'