



Peacocks VOUCHERS AND THEN SUM

This puzzle is like a regular sudoku, but with an added twist! Start off by filling in the squares in the grid, so that every row, every column, and each of the 3x3 squares contains all the digits from 1 to 9.

6	9			4	1	3		
		4	5				2	
	3	2	9				1	5
8	4			5		7	6	
				3	8			
	1	6				2	8	3
3					7	6	9	
				9	5			
		9	3	6			4	1

NEED A HAND?
To get you started, look at the top-right 3x3 block. One of the missing numbers is 4. It must go in the bottom row as there are already 4s in the top and middle rows of the other 3x3 blocks along the top.

+

+

=

HOW TO ENTER
When you've completed the puzzle, use the boxes above to add up the three numbers in the pink squares in the grid – the total in the yellow box is the prize answer. Enter by post, phone, text or online – see page 73.

Our Lives Menagerie on the move!

I began taking my cat Louis on my daily treks and soon no one wanted to be left out.
By Emma Massingale, 43

Arriving home, I was immediately greeted by a loud purring sound. 'Have you missed me?' I asked, crouching to stroke my Siamese cat Louis. Ever since I'd spent three months working on a huge cattle and horse trading station in the Australian outback when I was 18, I'd been going off on madcap, animal-based adventures.

Over the years, I'd spent a month befriending wild Connemara ponies on a deserted island off the west coast of Ireland, and had trekked across Scotland with two Highland ponies that I trained as I went.

I'd filmed some of my adventures for documentaries.

My love of animals had started when I was a child. Our family dogs and my unruly pony Kariba – who I'd got because no one else wanted him – had been my solace when I'd been bullied at school.

I'd met my partner Jeremy through spending time at the stables and, in between my adventures, we ran a business training animals, making films and commercials, and offering bespoke riding holidays.

We lived on a 35-acre

smallholding in Bude, Cornwall, along with our nine horses, six Shetland ponies, six dogs, Louis, and a micropig called Luigi.

And I'd just returned there after my biggest adventure so far – a 700-mile cycle ride across Europe, towing a horsebox containing two Shetland ponies.

It had been an amazing experience and along the way I'd also raised money for The Brook, a charity that supports working horses and ponies around the world.

I'd had a little shelf fitted inside the special horsebox too, so that I could also take my dachshund Inca with me.

For a moment, I'd considered taking Louis too. But in the end, I'd worried it might be too dangerous.

He'd been gutted to be left behind and was definitely glad to have me home again now.

Seemingly determined to be involved next time, Louis started accompanying me on walks down our fields to feed the ponies.

And when I hopped in my car to nip to the petrol station, he came along for the ride, popping his head up over the dashboard and meowing at surprised shoppers.

One of my biggest pleasures



Training for my cycle adventure

in life was going out for rides across the moors or down to the beach, usually riding one pony and leading another.

And I wondered if Louis would enjoy coming with us, so one day, I popped him into a backpack and set off.

'Sounds like you're loving it,' I said, hearing him purring contentedly in my ear.

Over the next months, Louis became a regular passenger. But when I tucked him into his backpack, my Labrador Luna and Dalmatian Nancy wagged their tails expectantly. They wanted to come too!

Of course they could run along beside the ponies, but I worried about their safety off-lead, especially on the roads.

'I wonder if there's a way I could take the whole tribe?' I pondered to Jeremy.

Together, we came up with a design to enable all my animals to join me on adventures.

We used a pack saddle as a base and created a metal and wooden frame that would hold two platforms – one either side of the pony.

We covered the platforms in



Me and my tribe

cosy fleece bedding, adding heat pads for the dachshunds Tweedy and Pompom, who hated the cold. I also modified my rucksack, adding a heat pad to keep Louis toasty too.

The special platform meant everybody could ride along in comfort, with the bigger dogs hitching a lift on the roads and then jumping down to explore the forests and beaches.

Unsurprisingly, we got some interesting reactions. Cars pulled over to take photos and people out walking themselves bombarded me with questions.

But I was happy to stop and chat about how much I loved spending time with my animals and how brilliant it was for my own health and wellbeing.

Now, I go out for a 'tribe ride' most days, accompanied by at least two ponies – including the one carrying me and the

special platform saddle, my dogs and Louis.

Being with your animals, enjoying a walk or exploring together can be a shared experience, it's brilliant for your mental health, and best of all spending time outdoors is free!

I'd love to inspire people to get up off their sofas and take their dog out for a walk, or

spend some time playing and building that relationship.

Whatever you put into that friendship, you will get it back in spades.

There's no therapy on earth quite like it.

Find Emma at emmamassingale.com or on Instagram @emmamassingale



Me now

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By Jade Beecroft. Pictures Jeremy Colwill