

Warfield | Binfield | Winkfield | Ascot



Applewood Kitchens and Bedrooms



The Village | Moss End Garden Centre | Warfield | Bracknell | RG42 6EJ

23 Brockenhurst Road | South Ascot | Berkshire | SL5 9DJ

Call **01344 409560** www.applewoodkitchens.co.uk email: info@applewoodkitchens.co.uk

See what our customers are saying www.applewoodkitchens.co.uk then click on *testimonials* tab

Kids' Page

Can you find all the words related to UKULELE in the letter grid?

U	K	U	L	E	L	E
C	H	O	R	D	T	F
R	V	K	G	K	U	U
T	L	N	L	X	N	N
X	I	M	U	S	I	C
S	T	R	U	M	N	I
S	T	R	I	N	G	S

chord
fun
music
sing
strings
strum
tuning
ukulele



Mixed up Musical Instruments

Can you unscramble the names?

The picture clues will help

moortneb

noiliv

trigua

nipoa

batu

tufle



Answers
Trombone
Violin
Guitar
Piano
Tuba
Flute

Mixed up Musical Instruments

S	G	I	N	S
I	N	M	U	S
C	I	S	I	X
N	N	L	X	T
U	K	G	K	R
F	T	D	O	C
E	L	E	L	U

UKULELE Word Grid Solution

THE WORD Magazine

Warfield | Binfield | Winkfield | Ascot

Delivered FREE in Warfield, Binfield, Winkfield and Ascot. Also available at several pickup points including local libraries, garden centres and retail outlets.

For further information:

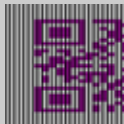
Tel. 01344 444657

Email

info@wordmag.co.uk

Website

www.wordmag.co.uk



Publisher

The Warfield Word Ltd

Printer

Warwick Printing Company Ltd

This publication has been printed using vegetable-based inks, on paper from sustainable sources.



Please recycle this magazine when you have finished with it.

While all reasonable care is taken to ensure accuracy, the publisher cannot accept liability for errors or omissions relating to the adverts or editorials in this magazine nor for losses arising as a result.

No part of this publication may be reproduced without the permission of the authors as it is protected by copyright.

The publisher does not endorse any product or service offered in this publication.



SPOTLIGHT on the WEST END

Book online at:

www.spotlightsmtg.co.uk

Booking Office 07568 383 133

Carnation Hall, Winkfield, Ascot

May 10-11th

7:30pm and Matinee



House Plans & Architectural Drawings

We provide a complete design and planning service for householders who wish to improve or enlarge their homes.

We specialise in preparing plans for approval and will deal with all the paperwork. We will visit you to talk over your requirements, suggest design ideas to make your project a success and submit your plans for approval.

We have spent many years working 'hands on', building extensions and new homes to NHBC standards, enabling us to bring a wealth of practical experience to your project.

01189 122 319

free consultation at your home

Good Developments Ltd

info@gooddevelopments.co.uk www.gooddevelopments.co.uk



CHANCE TO DANCE STARS CIC

Chance to Dance is a unique dance school, that prides itself in adapting movement and music for all children and young adults with a disability. Giving them access to a dance school and other activities that are structured and designed around who they are and their needs. These children and young adults are a true inspiration to the founder and owner of Chance to Dance - Victoria Andrews and to her team of volunteers.

Chance to Dance caters specifically for disabled children from 2.5 years old and those that have a physical, cognitive, mental, sensory, emotional, and/or developmental disability.

Dance classes are held in Reading and Bracknell alternatively every Saturday and during the year they run Summer Dance Camps, Dance Days, Trips to the Theatre and other Dance and Glee Classes. Full details are on the web site www.sendanceclub.co.uk.



2019's SUMMER DANCE CAMP

Monday 5th to Friday 9th August 2019

Venue: Garth Hill College, Bull Lane, Bracknell. RG42 2AD

Time: 9.30am till 4.30pm

Costs: Start at £50

BOOKING IS NOW OPEN (see website www.sendanceclub.co.uk)

Chance to Dance Stars CIC are also fundraising this year by organising a Summer Ball
THE GREAT GATSBY ON SATURDAY 29TH JUNE 2019 @ THE HILTON, READING.

Tickets are £60 pp (discounts available) or £400 per table of 10.

This includes a 3-course meal, with wine, Evening entertainment, Disco and a tremendous amount of fun and laughter with lovely supportive people.

To book tickets for this wonderful evening, please email vickieandrews50@hotmail.co.uk.

Sponsorship, raffle prizes or any donations are very welcome. Thank you.

YOU WILL LOVE THIS ART COURSE

MEET NEW FRIENDS, LEARN NEW SKILLS

EASY, FUN, NOW YOU CAN GET REALLY CREATIVE.

NEW COURSE STARTS SOON!

GREAT NEWS IF YOU ARE LOOKING FOR SOMETHING EXCITING, FUN AND CREATIVE TO DO!

ABSOLUTE BEGINNERS TO IMPROVERS... JUST LIKE YOU!

LEARN TO PAINT & DRAW PEOPLE & PLACES

Over the 14 week course you will explore four different media: **Drawing**, Painting with **Watercolour**, **Acrylics**, & **Oil Pastels**. Discover how to paint faces, figures, friends, family and stunning landscapes. Learn artists' secrets needed to create beautiful pieces of original art.



STEP BY STEP EASY LESSONS

- **Fun part-time course**
- **14 Week course, 3-hour classes, once a week**
- **Morning or afternoon sessions**
- **Beginners to improvers**
- **Fun, easy, social event**
- **We supply everything for you**

WE MAKE IT EASY FOR YOU

Even if you have never picked up a brush before, we will guide you through to make it easy and fun! On completing the course you will have 12 pieces of original art. This is an extremely enjoyable way to develop your creative side, and really enjoy the next few months.

STRICTLY LIMITED PLACES

To maintain a high standard of tuition, our classes are kept small, available places are strictly limited!

PLACES LIMITED. PLEASE CALL NOW FOR MORE DETAILS AND FRIENDLY CHAT.

the
Seasons
Art Class

01252 370 380
Bracknell RFC

Warfield Parish Council

7 County Lane, Warfield RG42 3JP Tel: 01344 457777

E-mail: info@warfieldparishcouncil.gov.uk

Follow us on Twitter @WarfieldPC and Facebook Warfield Parish Council

www.warfieldparishcouncil.gov.uk



Welcome to the April update from Warfield Parish Council

VEGETABLE TAKE & GROW

Sunday 28th April 11:30am-1:00pm
At Whitegrove Community Centre



Free family event – open to all Warfield residents!

Our annual Vegetable Take & Grow event, will be taking place once again on Sunday 28th April at the Whitegrove Community Centre. The event is free and there will be plants and seeds to take away and grow in your own home. There will also be activities for children and refreshments.

The event also is the start of our annual tallest sunflower competition, so please come along and pick up your seeds and get growing. The event is open from 11:30am-1:00pm.

If you would like to volunteer to help on the day, or grow seedlings in advance, please contact the Parish Office.

Local Elections

Elections will be taking place on Thursday 2 May to elect members to Bracknell Forest Council and Warfield Parish Council. Lists of candidates standing will be published locally and on the Bracknell Forest Website.

If you need to register to vote or apply for a postal vote, please do so quickly, as the closing date for registration is on 12th April and for postal votes is 5pm on 15th April. **All applications must be made to Bracknell Forest Council.**

Polling stations across the parish will be open from 7am to 10pm on Thursday 2nd May.

Parish/Borough Councillor Surgeries

With Elections taking place in the parish at the beginning of May, there will be no councillor surgery at the beginning of May. Surgery sessions will resume in June.



quality installations – reliable support

01344 779779



CELEBRATING 30 YEARS IN BUSINESS

**NACOSS APPROVED
ALARM & CCTV INSTALLATIONS**

DSC Security
283 High Street
Crowthorne
RG45 7AH

- **Intruder Alarms (from £495.00)**
 - domestic & commercial
 - wireless or wired
 - notifications to Smart Phone APP
 - remote monitoring for Police Response
 - Annual Maintenance & Service Plans
- **CCTV Systems**
 - LIVE viewing on smart phone
 - High Quality dome, bullet or turret cameras
- **Locks & Safes** supplied & fitted to insurance standards
- **Key-Cutting** – professionally carried out
- **FREE** confidential surveys and estimates
- **Showroom** in Crowthorne High Street

sales@dscsecurity.co.uk



FACT: 98%
*of our customers would
recommend us to
others*

www.dscsecurity.co.uk

Warfield Environment Group

ANNUAL NEWT SURVEY



Friday 12 April, 7.30pm
and Saturday 13 April, 7.30am
at the Newt Reserve,
off Flemish Place, Warfield

Join us to set bottle traps on Friday evening and spot newts in the pond using torches. Return on Saturday morning to count and release trapped newts. Wellies/waterproof footwear and suitable clothing recommended. Accompanied children welcome. For further information please email warfieldenvironmentgroup@hotmail.com or contact Adrian on 07985 004758.



www.warfieldenvgroup.wordpress.com
✉ warfieldenvironmentgroup@hotmail.com
📱 @WarfieldEnvGrp
📘 Warfield Environment Group



Next event: Bat Box Making in May (date tbc)



Transform your lawn with Trulawn

Trulawn Artificial Grass is suitable for lawns, children's play areas, patios, balconies and pool surrounds.



Child Safe



UV Stabilised



No Mud



Quick Draining



Pet Friendly



No Watering



Durable



No Mowing



No Pesticides

Arrange your FREE site survey:



0333 456 0735



Vulcan Way, Sandhurst, GU47 9DB



trulawn.co.uk



Parks and Countryside Events Programme

Making strides - Volunteer Led Countryside Walks

Walks start at 10:30 unless otherwise stated. No booking or payment required.

For more information visit www.bracknell-forest.gov.uk/parks-and-countryside/events

Leisurely – up to 2 miles (1 hour)

Moderate – up to 4 miles (1 3/4 hours)

Rambler – up to 5 1/2 miles (2 1/4 hours)

16 April - Lakes & Ridges – (M)

A shorter family friendly walk

Meet: at Horseshoe Lake car park, Mill Lane, Sandhurst, GU47 8JW

Main Programme

Booking and pre-payment is required for all our events unless otherwise stated.

www.bracknell-forest.gov.uk/parks-and-countryside/events

Easter Treasure Hunts (BR)

Solve a series of festive clues to win a chocolate prize!

Morning or afternoon events available (10am-11.30am or 1pm-2.30pm).

Early booking recommended to avoid disappointment. Cost £4 per child. Booking required.



Tuesday 9 April at South Hill Park

Meet: Gazebo on rear field at South Hill Park, Ringmead, Bracknell, RG12 7PA

Thursday 11 April at Lily Hill Park

Meet: Giant Picnic Table, Lily Hill Park, off Lily Hill Road, Bracknell, RG12 2RX

Saturday 13 April - The Big Tree Climb at Westmorland Park (BR)

1 hour slots between 10am – 3:45pm.

Fun for 6 year olds and over. Climb up into the tree canopy and take in amazing views.

Meet: At Oak tree in Westmorland Park, off Westmorland Drive, Warfield, RG42 3QP.

Cost: £20 per climber. Places can be booked at: <http://www.bigtreeclimbing.co.uk/contact-us/>

Bracknell Forest Natural History Society Talks

Venue: South Hill Park. Talks start at 7:30pm and end at about 9:30pm (Doors open from 7:15pm) Entrance fee for members £1; visitors £3; under 16 free (annual membership £12). No booking required.

April 15

Urban Ecology by Professor Mark Fellowes

For further details about these events visit: www.bfnathistsoc.org.uk/meetings.html or contact Gill Cheetham on 01344 423440

Event Booking

Please pre-book events where stated by contacting the number provided. Events are free unless otherwise stated.

Payment can be made prior to the event or on the day. This is non-refundable.

Events may be filmed and/or photographed - please specify if you do not wish to be included in this.

For outdoor events please wear suitable clothing and footwear. All children under 16 must be accompanied by a responsible adult.

Contacts

Parks & Countryside Service

Bracknell Forest Council

The Look Out Discovery Centre

Nine Mile Ride, Bracknell, Berkshire RG12 7QW

rangers@bracknell-forest.gov.uk

www.bracknell-forest.gov.uk/parksandcountryside

01344 354441

Steve Coventry

Painter and Decorator

19 Worcestershire Lea
Warfield Berkshire RG42 3TQ

- Interiors & Exteriors
- Coving
- Painting
- Wallpapering
- Paint Effects
- Insurance Work

Free Estimates

01344 486555 • 07810 348982

APRIL FOOLS' DAY

Surprisingly little is known about the origins of April Fools' Day. There seem to be three main theories.

Some attribute it to the 14th Century English poet Geoffrey Chaucer. He told a story where a fox plays a prank on a rooster, who nearly gets eaten because of it. He doesn't refer directly to April 1st but refers to 32 days 'syn March began', which translates as 32 days since March began, i.e. April 1st.

Some believe April Fools' Day started because of events in the calendar dating back to Roman times. The Renewal Festivals were a celebration of the start of the new year, which at the time was around the end of March and the Spring Equinox. As part of the tradition servants could boss their masters around and children could boss their parents around, so the idea of pranks may have come about then.



A rival calendar theory is that at some point people started celebrating new year at the beginning of January, instead of the end of March. Those who continued to celebrate it at the end of March were considered to be fools.

Finally, some people believe it spread to the UK from Northern Europe. There it is known as April Fish Day. It's though this is because there are a lot of fish in

French streams and rivers around 1st April, and they are easy to catch - foolish fish!

So became a tradition to play tricks on people on April 1st too by attaching a paper fish to someone's.

The truth is that probably all of these events have played their part in creating the tradition.

Have fun...and don't get pranked!

By Ian Robbins

How to Hold an Easter Egg Hunt!

Easter egg hunts are great fun, but it can be hard to come up with original ideas.

Depending on the ages of the children the hunt can be easy or fiendishly difficult

Here are some ideas

Bunny Bounce Challenge - Set up different activity posts around the garden or park. At each one, the kids need to complete a physical challenge in order to receive an egg. The challenges could include star jumps, hopping, hula-hooping, or doing a silly dance.

Easter Rhyme Challenge - If you're good at rhymes, create a set of rhyming clues that take the children from one hiding place to another until they find the eggs.

Pirate Bunny Treasure Hunt - Create a treasure map which the children have to follow to discover where the chocolate eggs are hidden. Perhaps a paw print or an Easter Egg could mark the spot instead of an X

Easter Craft Challenge - Set up different craft activities around the house or garden. For each cute Easter craft your child completes, they win a little chocolate egg.

Easter Bonnet Competition - Challenge the kids to create their own Easter bonnets from craft materials and old hats (Charity shops are great for cheap hats). You can give chocolate egg prizes for the most creative, the prettiest, the funniest etc

The Scrambled Egg Hunt - This is a great Easter egg hunt idea for older kids. At each station leave cards with single letters written on them, or a set of plastic toy letters. The challenge is to rearrange the letters to spell the word of the next place to find a clue, for

example 'bath' or 'shed' or 'stairs'. At the final station they get to collect their eggs.

Colour-Coded Easter Egg Hunt - Use a pack of eggs in different colours. Give each child a colour. They can only collect eggs which match that colour.

Bunny Vouchers Easter Egg Hunt - Some children can't have chocolate due to a medical condition, so instead of chocolate treats, pop little slips of paper inside plastic eggs. Each slip should have a little treat written on it for your child to claim over the next week or so; things like 'go trampolining with my dad', or 'fly a kite with mummy'.

Egg Decoder Hunt - Take apart colourful hollow plastic eggs and put them back together with mismatched colours. The children must work in teams to find the eggs hidden around the garden, take them apart and put them back together with the matching colour. The team with the most colour-matched eggs wins the big prize.

Happy hunting!



By Sarah Davey

Richard J. Milam T.B.G Home

- * Interior and Exterior Painter and Decorator
- * General Carpentry
- * Household Electrics
- * Ceramic Tiling
- * Gardening

*No Job too small,
Free Estimates and Fully
Insured*

*Call now on
Wokingham 01189 776617 or
Mobile 07771 633 620*



**Warfield
Resident**

Don't DIY ! Let me Do It for You.

Buy your **kitchen**, I'll fit it for you.
Buy your **bathroom**, I'll fit it too.

- * En Suite shower refit.
- * Wall & Floor tiling.
- * Laminate floor.
- * Decorating.

WWW.BA-SERVICES.CO.UK
Tel: 01344 442 641 Mbl: 07720 29 55 29
Shropshire Gardens, WARFIELD.



Community learning... bringing learning to life

We offer a wide range of adult learning courses!



- **Arts and well-being:** courses including yoga, watercolour painting, mindfulness, healthy eating and much more...
- **Computing:** courses for complete beginners and for the more experienced learner
- **Work and skills:** courses to help you to gain a qualification or brush up your skills for work

Bookings from 8th April, come and see what we have on offer

Find us at:
Bracknell Open Learning Centre
Rectory Lane, Easthampstead
Bracknell RG12 7GR



For further information about all of our courses:

Visit: www.bracknell-forest.gov.uk/community-learning

Telephone: 01344 354220

Email: community.learning@bracknell-forest.gov.uk



@bracknellopenlearning

CM Maintenance

Plumbing and General Maintenance

No job too small

Bathrooms, Kitchens, Tiling
and General Handyman Jobs

Charlie Cooper

Mobile: 07788 674739

or 01344 305694

cm.maintenance@hotmail.co.uk



Professional, reliable service. Fully insured and
all work guaranteed.

For all your electrical needs, including:

Rewires

Indoor & outdoor lighting

Installations

Emergency repairs

Inspection & testing

Consumer unit upgrades

Web www.warfieldelectrical.co.uk

Phone 07853 889925

Email info@warfieldelectrical.co.uk

Sudoku

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

How to Play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

It's fun. It's challenging. It's addictive!

(solution on page 22)

A. ROONEY

Fencing & Gates

01344 752737
07708 444047

Free Estimates

Fully Insured

Work Guaranteed

References Available

CARPENTRY DECORATING

**All aspects of Carpentry and
Joinery**

**Fitted Kitchens, Wardrobes,
Radiator Covers**

**Laminate and Solid Wood
Flooring, Decking**

Interior and Exterior Decorating

29 YEARS EXPERIENCE

CITY AND GUILDS

Call Mark: 01344 451995

07710 324954

7 REASONS TO JOIN A GYM

Health benefits – Regular exercise has been proven to reduce your risk of cancer, osteoporosis, diabetes, and heart disease. It's also been proven to increase your good blood cholesterol and improve mental health.



Stronger mind – Exercise actually increases brain function. Because it improves the flow of blood to your brain it helps the brain remain healthy, increasing the ability to grow new nerve fibres and replace damaged ones, thus reducing your risk of Alzheimer's.

Weight management – Exercise helps to burn unwanted fat and increase muscle mass, helping you control your weight and maintain it at a healthy level.

Motivation – Committing to a regular workout is not easy. And sometimes when we don't get quick results, we tend to give up. At a gym you will see and meet people like you, slowly building towards their goal. That sense of being part of a like-minded community is very motivating.

Socialising – Some of those people you nod and smile at in the gym will go on to become friends. The gym is an excellent place to hang out with people whose goals are aligned with yours.

Uninterrupted workout routine – While your running or cycling routine might be interrupted by the weather, if you're a gym member you can simply rock up there and exercise all year long.

By Louise Addison

LODGE BROTHERS

YOUR 7TH GENERATION FAMILY-OWNED FUNERAL DIRECTORS



...the family you can turn to

When a death occurs in your family, that is when you need the advice and assistance of a local, family-owned funeral director. Lodge Brothers are the family you can turn to. Seven generations of our family have been helping and advising local families in their time of need. For over 230 years we have been providing funerals, both modest and traditional with care and compassion. Our fully qualified staff take great pride in being able to offer a 24 hour service 365 days a year.

FUNERALS • FLORAL TRIBUTES • MEMORIALS • PERSONALISED FUNERAL PLANS • WILLS & PROBATE

NOW OPEN IN ASCOT:

32 High Street 01344 537033

Branches also in Englefield Green, Lightwater,
Sunningdale & Windsor

Lodge
BROTHERS 1780
the family you can turn to



IFD
THE INSTITUTE OF
FUNERAL DIRECTORS

www.lodgebrothers.co.uk

Need help with your accounts?



- Book-keeping
- VAT Returns
- Invoicing
- CIS Processing
- Payroll
- Self Assessment

Give us a call **today**. It could take a lot off your mind.

Tel: **01344 860140**

Email: **lyn@marleycroft.co.uk**

Simply Green LANDSCAPES



*Make your neighbours
"Simply Green" with envy*

T 0118 9790715

F 0118 9790715

W www.simplygreenlandscapes.co.uk

- Do you want to be admired for your well maintained gardens?
- Do you want a regular, reliable gardening company?
- Do you want all of this with no stress?

Then simply look no further!

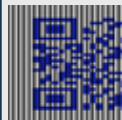
- Regular garden maintenance and tidy ups all available.

Computer Help

- ◇ Windows 10 issues?
- ◇ Virus detection & removal
- ◇ Slow PC or Laptop?
- ◇ Data transfer & backups
- ◇ Broadband & Wireless connections
- ◇ Printing, Email & Software issues
- ◇ Custom-built PCs & Upgrades
- ◇ Regular check-ups
- ◇ Configuration of iPads, tablets etc.
- ◇ Help, Advice & Tuition

01344 409019 / 07944 976422

info@berkshirepchospital.com



We also provide
computer help
to Warfield Park
residents

Hold a Great Garage Sale

Garage sales are a great way to raise a little extra cash. Maximise your profit with our top tips.

Choose the right time -

Weekend mornings are traditional, but Sunday afternoons might be good because people often like a walk after lunch. If you live on the same road as a primary school, try a weekday morning to attract people dropping their children off.

Teamwork - Team up with a few neighbours to host a road-full of garage sales. By pooling resources, you could reach a wider range of potential customers.

Advertise - Successful garage sales rely on spreading the word beforehand. Put up fliers or advertise in your local village or Parish magazine (like the one you're holding!). If your village has a Facebook page, list your sale on that.

Put up signs - Simple, bright signs work best. A large arrow pointing the way along with the words 'GARAGE SALE' will do the trick. Remember to remove them afterwards so you don't contravene any by-laws.

Prepare - Think about what buyers might need. If you're selling a lot of clothes, is there a screen so people can try things on in private. Is there a mirror? If you're selling electronics or small appliances, have batteries or extension cords handy so people can see an item works.

Have change - Have plenty of coins on hand so you can quickly provide change for customers.



Make it look like a shop - People browse longer in well-organised boutiques and stores. Borrow or rent tables so shoppers don't have to bend over or rummage on the ground to inspect items. Put some bright bunting up to make it look

welcoming. Group similar items together: kitchen items in one area; kids' clothes in another etc. This helps people evaluate what you have on offer quickly.

Price It Right, and Offer Deals - A good rule of thumb is to sell items at 10-25% of their original value. People don't look to spend a lot in a garage sale. If you think something is worth £50 or more it might be better to use eBay. Towards the end of your sale, consider posting an 'everything must go' sign and offer deals or bundles. Or have a few paper bags on hand and tell people to fill them with whatever they'd like for £5 or £10 per bag.

Make it a Party - Music entices people to stay longer and spend more. So, crank up the tunes, put out some nibbles and drinks, and make people feel welcome.

Be Comfortable - Wear comfortable clothes, a hat and sunscreen, depending on the weather. Have drinks and snacks handy.

Be Safe - Lock your doors while you're running the sale. Safeguard your money: use a zipped bum bag or an apron with large pockets. Cash boxes can disappear while you're distracted with a buyer. Enlist a friend to help as an extra pair of eyes and hands.

Have fun!

By Sarah Davey

Experienced Painter & Decorator



Happy to carry out interior & exterior work.

Any size job undertaken, from one wall to a whole house!

Locally based, reliable, friendly and competitively priced from £130 per day.

References available and happy to provide estimates with no obligation.

**Please call Thomas on
07825 950865**

HEAT PLANT SERVICES



- Boiler maintenance - service and repair
- Heating system upgrades
- Oil heating specialists
- Gas Safe registered
- OFTEC registered
- Established over 30 years

01344 427861

www.heatplantservices.co.uk info@heatplantservices.co.uk

Heat Plant Services Ltd, Registered in England No. 1617018
Registered Office: Colchester Street, Frome, Wiltshire, BA11 1EP



Spring Clean



If you're planning a good old spring clean, the first thing you'll want to do is declutter. If you don't love it or use it, get rid of it. Charity shops are always happy to take clean

clothes, ornaments, books and toys off your hands, or you could earn a bit of cash by selling on eBay, or through your local Facebook selling group.

If the thought of decluttering feels a bit daunting, try to tackle one area at a time. You can start small, with the 'drawer of doom' for instance, working your way up to

the main living areas and your bulging wardrobes. Separate items into store, sell, donate and recycle piles. If you're dithering over something, try packing it away for six months, then seeing whether you've missed it. Just remember to clearly mark the box and set yourself a calendar reminder to go through it again.

You may also want to invest in some better storage. Make the most of unused alcoves and other wasted spaces, and look for multipurpose storage solutions, such as chests that can double up as tables.

When it comes to the cleaning itself, remember to clean from top to bottom, so you don't knock dirt or debris onto clean surfaces.

All that's left is to revel in your cleaner, brighter home. Enjoy!

By Kate Duggan

A Good Read



One Day by David Nicholls

Ah, the hazy days of university. When we are young, with the responsibilities of a family far in the distance, full of potential, with the world at our feet. How many of us sat around

with our friends and thought about what our lives would be like when we were 40. Would we be happy? Would we be married with children? Would we even still be friends?

Dexter and Emma are both studying at Edinburgh University and on following their graduation they spend the night together. Both have dreams and plans and they wonder what their lives will be like in the future. This night marks the beginning of their friendship. A friendship that is revisited in the book every 15th July for 20 years.

This is an interesting format for a novel: one chapter for each day. We see nothing of what happens in the intervening 364 days and are left to deduce what happened from the text. Will their lives turn out as they hoped – will Emma improve the world as she wanted to on that first 15th July?

Life, it is clear, never quite turns out as we planned. As joy and tragedy play out for the reader, we are reminded that events have a habit of not asking us for permission first and taking us down a different path.

Heidi by Johanna Spyri

There are some books that remain forever imprinted on our memories and often those strongest memories are the ones of the books we read as children. We may not remember the details but there is something special about sitting, curled up as a child, and allowing ourselves to be transported to another world, away from homework, parents, and annoying siblings.

One such novel is *Heidi*. Few who have read it can forget young Heidi being dragged up the hill by Aunt Dete to be left with her grandfather in a small house near the village of Dorfli. Or the moment that her hard-hearted grandfather gives little Heidi his own bed, showing a small level of affection for his orphaned granddaughter. How many of us will have longed to run freely across the Swiss Alps with Peter and his herd of goats? And of course, there is that magical moment when the fresh mountain air helps the sickly Clara to walk again.

Sometimes lost among more modern 21st century books, perhaps now is the time to introduce this loveable young heroine to your children?



By Willow Coby

Peter Hunt Heat & Plumb

Your Local **GAS SAFE** Engineer

Gas & Heating services including...

- Boilers and full central heating systems installed
- Maintenance plans on new installations
- Landlords Gas Safety Certificates
- Boiler Servicing and Repairs
- Emergency Breakdowns
- Power Flushing
- Gas Hobs and Cookers
- Gas Fires



Plumbing services including...

- Bathroom suites, showers and taps
- Water softener installation

We are a Warfield based business offering a reliable and professional service.

My NEW Number is **07795 224854**

Email: heatandplumb@gmail.com

Advertising in *The Word*

Would you like to advertise in The Word?

Please call: **01344 444657**

or

Email: info@wordmag.co.uk

We can design an advert for you if required

The copy deadline for the May edition is
8th April 2019

www.wordmag.co.uk

D.M.S.

Landscaping & Building Services

- | | |
|-----------------------------|--------------------|
| ● Garden Design and Build | ● Extensions |
| ● Hard and Soft Landscaping | ● Conservatories |
| ● Patios | ● All Groundwork |
| ● Driveways | ● All Brickwork |
| ● Fencing | ● Decking |
| ● Turfing | ● Planting |
| ● Garden Clearance | ● Wooden Buildings |
| ● Paths | |
| ● All Walling | |
| ● All Sleeper work | |
| ● Artificial Lawn | |
| ● Log Cabins | |

Email: danmadden1979@hotmail.com

Berkshire, Surrey & Hampshire

For a free quotation call Daniel:

Tel. 01276 452337

Mob. 07944 681780



Find us on Facebook
and Instagram



Registered with



Useful Numbers

Crimestoppers 0800 555 111
(Anonymous freephone number)
Thames Valley Police 101
(Non-emergency number)
Emergency 999

Gas Emergency 0800 111999
Electricity Emergency 0800 404090
Power Cut Helpline 105
Water Emergency 0333 0000365

Bracknell Forest Council 01344 352000
(Customer Services)
Bracknell Town Council 01344 420079
Binfield Parish Council 01344 454602
Warfield Parish Council 01344 457777
Winkfield Parish Council 01344 885110

ChildLine 0800 1111
Samaritans 116 123
DrinkLine 0300 1231110

National Rail Enquiries 03457 484950
Gatwick Airport 0844 8920322
Heathrow Airport 0844 3351801

NHS help & advice 111
Heatherwood Hospital 01344 623333
Royal Berkshire Hospital 0118 3225111
Wexham Park Hospital 01753 633000
Frimley Park Hospital 01276 604604

South Hill Park 01344 484123
Bracknell Leisure Centre 01344 454203
The Look Out 01344 354400

Sudoku Solution

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

Paul White Plumbing Services

**Local
Plumber**

- Bathroom and shower tiling
- Taps, sinks, wash basins replaced
- Bathroom suite refurbishment
- Kitchen sink waste disposal units
- Hot water storage cylinders
- Attic cold water cisterns
- Radiators replaced or repositioned
- No job considered too small

Professionally qualified
Reliable, conscientious and
fully insured

Free quotation / visit
Please call:
01344 453 865



CRYSTAL CLEAR CLEANING

Domestic and Commercial



We clean so you can
relax and enjoy your
home.

Keep your office clean
and fresh, leaving your
mind free to work.

From regular weekly cleaning to one-off
spring cleans or moving cleans.

25% off your first clean if you mention
'The Word'.

Crystal Jones 07766 114202



Woodchips
Tree surgery

Proud members of
Checkatrade.com
Where reputation matters



**COMPETITIVE
PRICES**

**FREE
QUOTATIONS
AND
ADVICE**

Family run business in Harmans Water, Bracknell

Fully Insured • NPTC Qualified • 10+ years experience

- Tree felling, reducing, reshaping and maintenance
- Stump grinding
- Hedge trimming and maintenance
- Wood chippings and logs for sale
- All green waste recycled

Contact us...

01344 425733 or 07867 523823
jose@woodchipsltd.co.uk www.woodchips.org.uk



Spinach and Feta Frittata

A healthy, tasty brunch



and continue to cook for a further two minutes until softened.

Add spinach and parsley (or basil) and cook, tossing often until spinach is fully

Preparation time: 15 minutes

Cooking Time: 15 minutes

Serves 4-6

Ingredients

2 tablespoons olive oil

1 medium shallot, finely chopped (about 2 tablespoons)

1 medium clove garlic, finely chopped (about 1 teaspoon)

1 (5-ounce) bag baby spinach

1 tablespoon finely chopped fresh flat-leaved parsley or basil.

Sea salt and freshly ground black pepper

10 eggs, beaten

1/4 cup milk

3/4 cup (about 3.5 ounces) crumbled feta

Method

Preheat the grill. Heat olive oil in an 8-inch pan over a medium high heat. Add chopped shallots and cook for 2-3 minutes beginning to soften. Add garlic

wilted and any water released by the spinach has cooked off. Season to taste with salt and pepper.

In a large bowl, beat eggs and milk with a whisk until mixed together. Don't over-beat. Add feta, and season with salt and pepper. Pour egg mixture over spinach then gently stir with a spatula to release the spinach from the bottom of the pan so that the eggs are in direct contact with the surface of the pan, so they cook quickly.

Cook until the eggs are almost totally set (this takes 10-12 minutes), reducing heat to prevent burning. Place pan under the grill for a couple of minutes, until the top is set as well, keeping a close eye on it so it does not burn.

To release the frittata from the pan, loosen edges with a spatula. Place a dinner plate over pan, and holding plate firmly flip the pan over so the frittata releases onto the plate. Serve warm.

DreamView Window Cleaning Services

- Water Fed Pole & Traditional Methods
- Gutter Cleaning and Clearing
- Fascia and Soffit Cleaning
- Conservatory Cleaning (including roof)
- Solar Panel Cleaning
- Fully Insured and DBS Checked

**** £5 OFF YOUR FIRST CLEAN IF YOU MENTION THIS ADVERT ****

Call, Text or Email Today For a Free Quote
Chris: 07470 243626 / Mark: 07919 536086
dreamviewservices@gmail.com

Would you like your oven Gleamed?

then contact
OvenGleamers™
The Oven Cleaning Service
Ovens | Ranges | AGAs | Hobs
Extractors | BBQs | Microwaves



**FREE
No-Obligation
Quotations
Call NOW!**

**Call Paul today on
01344 775895**

www.ovengleamers.com

THE PERFECT PEAR!

They may look a little underwhelming with their crinkly green skin, but avocado-lovers know that the fresh creamy flesh is simply delicious and a perfect complement to eggs, smoked bacon, griddled chicken...I could go on.

The avocado pear turns out not to be a pear at all, but a berry. It also turns out to be pretty much the perfect food.

They have a reputation for being 'bad' and high in calories. It's true that a medium-sized avocado contains 30g of fat (as much as a quarter-pound burger!) but an avocado's fat is mostly monounsaturated fat (that's the good kind).

Studies have shown that avocado eaters are less at risk for metabolic syndrome, which also puts them at less risk of type-2 diabetes and heart attacks.

Avocados contain folate, an important

nutrient for pregnant women and infants, and interestingly have also been shown to slow and possibly reverse memory loss in Alzheimer's patients.



If you are weaning your baby, avocados are a great first food because of their soft texture, and nutritional benefits, like healthy fats for brain development.

Avocados are high in carotenoids so offer skin protection against aging caused by UV damage.

They also have anti-inflammatory properties, which is good for people with rheumatoid arthritis but also because inflammation has been linked to Alzheimer's, heart attacks, strokes, diabetes, and cancer.

So, check out the avocados on the supermarket shelf, and treat yourself to some green 'n' creamy goodness.

By Kath McLean

Garden View

This month - Open your garden



It might seem a somewhat daunting experience but opening your garden to the public can be very enjoyable. Many people get the bug and open their gardens year after year. Most people start by opening once in a

This month I'm going to talk about The National Garden Scheme. This wonderful initiative gives garden-lovers unique access to more than 3,500 exceptional private gardens in England and Wales. It also raises money for nursing and health charities through admission fees, teas and cake. Beneficiaries include Macmillan Cancer Support, Marie Curie, Hospice UK and The Queen's Nursing Institute.

By opening your garden to visitors, you'll give people a great day out, and raise money to help those in need. Even better you'll connect with a community of like-minded garden-owners, all passionate about their beautiful gardens.

Is your garden worth visiting?

Do friends and family wax lyrical about your plot? Do neighbours ask for advice and cuttings? Do you sometimes wish you could show other people the result of all your hard work? If you answered yes to these questions, then it's very likely other people would love to see your garden too.

year, but many go on to open twice a year, to show off their garden in different seasons.

You don't need a big garden. There are some tiny plots in the NGS. What matters is quality, character and interest.

NGS will support you all the way with their network of helpful, friendly volunteers. Initially you'll be visited by one of the team during the season you feel your garden would look best.

And if you don't feel as though garden is worthy of being part of the scheme, why not visit open gardens in your area to gain inspiration, hints and tips, make new gardening friends, and raise a bit of money for charity.

Happy gardening.

By Rachael Leverton

Call 01483 211 535 to speak to one of the NGS team

Or visit www.ngs.org.uk

By Rachael Leverton

What does a Tree Surgeon do?

Tree surgeons plant, maintain and perform hazard assessments on trees. They prune or cut down trees where necessary. It can be a dangerous job, involving the use of power tools, a lot of climbing and working at height. Yet surprisingly anyone can call themselves a tree surgeon!

So it's up to you to research the company or individual carefully before hiring them.

What qualifications should you look for?

The National Proficiency Tests Council (NPTC) is part of the City & Guilds group and is the governing body which issues certificates of competence for tree surgeons. As a minimum, any tree surgeon you hire should hold the following certificates:

CS30 – Maintenance of the chainsaw, on site preparation and basic cross cutting

CS31 – Fell and process small trees

CS38 – Climb a tree and perform aerial rescue

CS39 – Use of a chainsaw from a rope and harness

First Aid at Work

You should ask if the tree surgeon works to British Standards, and see if he or she can name the relevant ones. The two main British standards for tree work are:

British Standard 3998:2010 Tree work. Recommendations

British Standard 5837:2012 Trees in relation to design, demolition and construction – Recommendations

It's also worth asking whether they have any other qualifications - like a relevant degree, additional NPTC certification, or whether they are a member of the Arboricultural Association (AA), the Tree Care Industry

By Ian Robbins

Association (TCIA) or the Royal Forestry Society?

The difference between an arborist and a tree surgeon is education. The International Society of Arboriculture has developed a certification program and testing that gives the individual the distinction of being called a Certified Arborist. The responsibility of being a Certified Arborist means maintaining the educational credits every year. These are highly skilled and qualified individuals who care about trees.

Any contractor should provide you with a free quotation, in writing. This should break down exactly what's included in the price. For example, does the final price for the job include the hire of any equipment, stump grinding, taxes, and the clearance and disposal of waste?

They will also be able to demonstrate a thorough understanding of how the law applies to their job.

Take a look at the equipment your chosen tree surgeon brings with him to the job - and how he uses it. In particular:

Any worker should be wearing the right personal protective equipment. This should typically include a helmet with visor and ear protection, chainsaw boots and chainsaw trousers. Anyone working up in a tree should be wearing - and using - a harness and a rope.



REIKI

Reiki is a form of complementary therapy commonly referred to as energy healing. It has been around for thousands of years but it's current form was first developed in 1922 by a Japanese Buddhist called Mikao Usui. It is

said to involve the transfer of universal energy from the practitioner's palms to their patient.

Some controversy surrounds Reiki, because it is hard to prove its effectiveness through scientific means. But many people believe it works.

The word 'Reiki' means 'mysterious atmosphere, miraculous sign.' It comes from the Japanese words 'rei' (universal) and 'ki' (life energy).

The idea of Reiki is that it channels energy from the practitioner to target and work on the energy channels of the patient. According to practitioners, energy can stagnate in the body where there has been physical injury or emotional pain. If not released these energy blocks can cause illness. By improving the flow of energy around the body, practitioners say they can enable relaxation, reduce pain, and speed healing.

Reiki is held in a peaceful setting. The patient will remain fully clothed, and sit in a comfortable chair, or lie on a table. The practitioner places their hands lightly on or over specific areas of the head, limbs, and torso using different hand shapes, for between 2 and 5 minutes. The hands can be placed over 20 different areas of the body. If there is an active injury, the hands may be held just above the wound.



The transfer of energy takes place while the hands are held over the patient. During this time, the practitioner's hands may be warm and tingling. Each hand position is held until the practitioner senses that the energy has

stopped flowing. When the practitioner feels that the heat, or energy, in their hands has abated, they will remove their hands and place them over a different area of the body.

Sessions can last 15-90 minutes. The number of sessions will vary, depending on what a client wishes to accomplish.

According to practitioners, the healing effects are mediated by channeling the universal energy known as qi, pronounced 'chi.' It is the life force energy that some people believe surrounds all of us. Reiki experts say that while this energy is not measurable by modern scientific techniques, it can be felt by those who can tune in to it.

Reiki is said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing. People who love Reiki describe it as 'intensely relaxing.'

Reiki is used to help treat many conditions including: cancer, anxiety, depression, and chronic pain.

Patients report feeling better after a session. Research from Cancer Research U.K. says that one reason could be that the therapist spends time with them and touches them. This is soothing for patients who may be overwhelmed by invasive therapy, fear, and stress.

By Louise Addison



OVEN CLEANING

**Your worst chore?
I have the 'Solution'**

Ovens, Ranges, AGAs, Hobs, BBQs
and Extractors expertly cleaned.

****Repairs available too!****

An experienced and professional
service with full public liability
insurance.

Call: 07808 803 808

Email: simongservices@gmail.com

Website: www.ovenme.com



D B Roofing

**Accomplished Craftsmen
with a wealth of experience**

Tiling and Slating

Lead Work

Flat Roofs

Re-Roofs

Re-Pointing

General Roof Maintenance

Fascias, Soffits & Guttering

Free Estimates

All Work Guaranteed

Call for a friendly and affordable service:

01344 453732 / 07799 037866

The Word

Advertise here from only
£27 per month.

For more information call
01344 444657 or email
info@wordmag.co.uk

Homestays for Students Wanted

We require friendly and hospitable
families to accommodate
international and UK students -
from a few nights to a few weeks.

Earn up to £250+ per room per week.

For further details, or to register:

07958 343 981 • 0118 987 5350

admin@hostlinkuk.com

Supagrass®

Lawn Treatment Service

Helping you achieve the lawn you've always wanted.

Phil Adshead runs Supagrass in the Berkshire area. He has
helped over 1000 customers improve their lawns, and has
looked after the greens at two of the top 10 golf courses in the
world including Sunningdale & Augusta National Golf Club.

For a **FREE** lawn assessment and quote with Phil call
01256 461388 or email rbf@supagrass.co.uk



Lawn Fertilising



Aeration



Scarification



Weed Killing



Moss Control



Lawn Mowing

www.supagrass.co.uk



MOSS END GARDEN MACHINERY

At Moss End Garden Centre, Warfield, Bracknell RG42 6EJ



SALES • SERVICE • REPAIRS

**Lawn Mowers, Chainsaws,
Strimmers, Shredders,
Power Vacs, Hedge Cutters**



OPEN
MON - SAT
9AM - 4.45PM
SUNDAY
9.30AM - 12PM

**Quick Turnaround, Personal Service
Free Local Delivery & Collection**

BRACKNELL 01344 485765/862024

MOUNTFIELD

WEBB

HAYTER

MITOX

Premier Plastics

Windows | Doors | Roofing | Skylights | Guttering | Conservatories

Up to 15% cheaper than our competitors!

Premier offers prices you can afford and quality you won't believe!

Composite
Doors
From £795
Installed



- Fensa Registered
- Insurance backed **10 Year Guarantee**
- Windows, doors and conservatories
- Roof Trim
- No pressure sales, no gimmicks
- Product BSI Kite marked

01344 304761

www.premier-plastics.co.uk

FREE
Guttering and
Downpipes on all
Roof Trim
Installations



Moss End Garden Village, Warfield RG42 6EJ
Open Mon-Fri: 10-4, Sat: 10-1, Sun: closed

INDEX

Accounting Services

MBS Accounting Services

Architects

Good Developments

Art Classes

The Seasons Art Class

Cleaning

Crystal Clear Cleaning

Computers & Tech

Computer Help

Decorators

Steve Coventry

Thomas Painter & Decorator

Education

Bracknell Open Learning Centre

Electricians

Warfield Electrical

Fencing Services

16 A Rooney Fencing & Gates

Funeral Directors

3 Lodge Brothers

Gardens/Landscaping

5 Moss End Garden Machinery
Simply Green Landscapes

Supagrass

23 Trulawn

Woodchips Tree Surgery

Kitchens & Bedrooms

Applewood Kitchens

Oven Cleaning

19 OvenGleamers

SGH Services

Plumbers

Heat & Plumb

Heat Plant Services

14 Paul White

Property Maintenance

15 BAS

CM Maintenance

DMS Building & Landscaping

16 Jubilee Building Supplies

Just Wood

TBG Home

30 Thomas Painter & Decorator

Roofing

9 DB Roofing

Security

DSC Security

Student Accommodation

Host Link UK

Theatre

Spotlights Musical Theatre

Window Cleaning

21 DreamView Window Cleaning

Windows & Doors

Premier Plastics



JUBILEE BUILDING SUPPLIES LTD



FLEXIBLE PRICES DELIVERY SERVICE OPEN TO TRADE AND PUBLIC

- | | | |
|----------------|---------------|-----------------|
| ✓ Bricks | ✓ MDF Sheets | ✓ MDF Mouldings |
| ✓ Blocks | ✓ Decking | ✓ Paving |
| ✓ Plasterboard | ✓ Drainage | ✓ Topsoil/Bark |
| ✓ Plaster | ✓ Plumbing | ✓ Sleepers |
| ✓ Plywood | ✓ Aggregates | ✓ Insulation |
| ✓ Chipboard | ✓ Ironmongery | ✓ Tools |

...And much more



01344 789400

Opening Times:

Monday - Friday 7am - 5pm

Saturday 8am - 12:30pm



www.jubileebuildingsupplies.co.uk

THE WORD

Tel. 01344 444657

E-mail: info@wordmag.co.uk Web: www.wordmag.co.uk

