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WORD
Magazine

**JULY
2018**

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E-mail: info@warfieldparishcouncil.gov.uk

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Welcome to the July update from Warfield Parish Council

Summer of Fun is back!

The Parish and Town Councils in Bracknell Forest have joined

together once again this year to organise 8 days of free summer holiday fun for all ages. The Warfield Fun Day takes place on Friday 27 July, 11am – 3pm, at Warfield Memorial Ground, Newell Green (by the Plough & Harrow). This is a great day out for the family with activities which include laser tag, bungee run, crazy golf, circus skills, inflatables, refreshments, side stalls and more. Why not bring a picnic! Free entry and free parking on site.

FREE ENTRY!

Summer of FUN

ACTIVITIES FOR ALL THE FAMILY!

INFLATABLES - CIRCUS SKILLS - REFRESHMENTS
BALLOON MODELLING - KICK ABOUT
AND MUCH, MUCH MORE!

FRIDAY 27TH JULY
11.00AM - 3.00PM
WARFIELD MEMORIAL GROUND
(ACCESS VIA OSBORNE LANE)
RG42 6AE - FREE PARKING ON SITE

Organised and funded by
Warfield Parish Council

The other events are taking place at:

Wednesday 1 August, Wildridings Playing Field, Bracknell

Tuesday 7 August, Farley Wood Centre, Binfield

Thursday 9 August, Memorial Park, Sandhurst

Tuesday 14 August Morgan Recreation Ground, Crowthorne

Thursday 16 August Braybrooke Recreation Ground, Bracknell

Wednesday 22 August Locks Ride Recreation Ground, Winkfield

Wednesday 29 August North Lake, South Hill Park, Bracknell

Warfield Produce Show Saturday 21st July

Don't forget that entry forms for this year's Produce Show, which takes place at the Brownlow Hall can be picked up from the Parish Office. More details in next month's issue. Closing dates for entries will be by Tuesday 17 July.

Parish/Borough Councillor Surgeries

Just a quick reminder that there is no councillor surgery in August, our next session is on Saturday 1 September. If you have a matter you would like to discuss with your councillor, please contact the Parish Office and we will ask them to contact you.

WORD

Magazine

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

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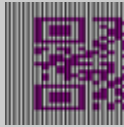
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Parks and Countryside Events Programme

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

Walks & Events

Sunday 1 July 1pm-3pm

Himalayan Balsam pulling at Horseshoe Lake

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

Wednesday 11 July at 10:30am. Walk with a ranger – Wildmoor Heath Circuit. Up to 4 miles (1¼ hours)

Meet: Wildmoor Heath, Crowthorne Road, GU47 8PD Cost: £2.

Tuesday 17 July at 10:30am. Volunteer led walk - Touchen End and back. Up to 7 miles (2½ hours).

Meet: Hawthorn lane, junction with Nuptown Lane. Map ref: 890 736

Sunday 22 July 2pm-3pm

Community Litter Pick at Berrybank Copse

Meet: Berrybank Copse, off York Town Road, Sandhurst, GU47 0PY

Friday 27 July, 10am-12noon

Young Explorers Day at South Hill Park

Come and join us to learn about our wonderful plants and wildlife in the park using our Explorer Packs. Suitable for under 11s.

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

Cost: £3 per child. Booking required T: 01344 354441

Friday 27 July, 1 hour slots between 10am – 3:45pm

The Big Tree Climb at Pope's Meadow

See the Westmorland Park Big Tree Climb event on the 13th May for description of activities.

Meet: Pope's Meadow, Off St Marks Rd, Binfield, RG42 4AY.

Cost: £20. Booking required: www.bigtreeclimbing.co.uk/contact-us

Saturday 28 July, 1pm-3pm

Himalayan Balsam pulling at Garth Pond

Come and help finish the job by pulling the regrowth since June. This should Hit the Himalayan balsam hard and hopefully destroy its seed bank for the year.

Meet: Larks Hill car park, Warfield. RG42 2QD.

Tuesday 31 July, 10am-12noon

Nature Quest at Lily Hill Park

Young explorers are invited to join us in a nature related scavenger hunt.

Meet: At the giant picnic table, Lily Hill Park, off Lily Hill Road, Bracknell, RG12 2RX

Cost: £2 per child. Booking required T: 01344 354441

Bracknell Forest Natural History Society talks

Evening meetings are usually held in the Recital Room at South Hill Park, Ringmead, Bracknell, RG12 7PA. Visitors are welcome and there is no need to book. Meetings start at 7:30pm and end at about 9:30pm (Doors open from 7:15pm), with a break for refreshments in between. Membership is £12 per year with an entrance fee of £1 for evening meetings – or come along as a visitor and pay just £3 for the evening.

September 17: A talk on 'Bisham Woods'

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

rangers@bracknell-forest.gov.uk

Bracknell Forest Council

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Warfield Environment Group



GOOD NEWS



Warfield Environment Group has been awarded **£518** as a good cause in the **Bracknell Forest Council** recycling incentive scheme, currently sponsored by **Suez UK**. We look forward to planning new projects to improve the local environment and increase biodiversity in the area.



Warfield Environment Group has also been awarded a grant of **£240** by **Warfield Parish Council**. The money will be used to buy gardening gloves for children to use during litter picks, to improve our noticeboard display at Tesco, and to buy materials for bird and bat boxes.



www.warfieldenvgroup.wordpress.com



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Garden View

This month - Feeling Fruity



Have you ever wished you could grow fresh fruit in your garden but worry the space is too small, or it won't look pretty, or it's too difficult?

What if I was to tell you that even a beginner can successfully grow a wide variety of fruit from apples and pears to plums, cherries, blueberries and raspberries, and possibly even figs or nectarines?

The first thing you need to know is that the sweeter the fruit is meant to be the more sun it will require. Sun boosts sugar levels. If you have a sunny wall it's an ideal place to train a sun-loving fruit tree like a peach or an apricot. Plant the tree at the base of the wall but not too close (about 30cm is about right) in soil enriched with fertiliser and good quality compost. As it grows splay the branches evenly and attach them to the wall. As the plant grows gradually cut out old straggly branches and tie in new healthy branches. The idea of splaying or 'fanning' is that as much sun as possible gets to the fruit, so it can ripen beautifully and maximise your crop. It also has the

benefit of being a great space saver. Choose a variety that won't grow too large.

In slightly shadier spots you can grow gooseberries or raspberries, or my favourite morello cherries. Most of these come in compact varieties and can also be fan-trained

against a wall if space is an issue.

I have a tiny orchard of minarettes - space-saving apple, pear and plum trees bought as single vertical stems which I grow in pots. They grow to a maximum of 6 feet / 2m high and no wider than 45cm. My children love them! Simply cut back the side stems to about 10cm at this time of year and you're good to go. Just remember that pot-grown plants rely totally on you for their food and water. Thick glazed / non-porous pots are best because they retain water and act as insulation in extreme cold. Use the correct compost and food for the plant but most will do well with a regular high potash liquid feed from early spring to late summer.

As a gardener I was quite late to fruit-growing, but I realised quickly that it becomes an addictive hobby. And as a complete bonus I've noticed a definite increase in my bee population over the past few years. Free food, and good for the environment too. What could be better?

By Rachael Leverton

Richard J. Milam

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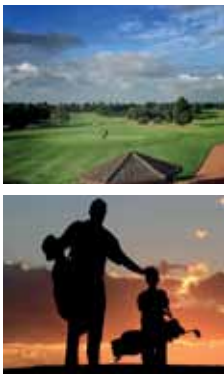
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Take control of your inbox

'Why do you have 9632 emails in your inbox?'

I looked at my husband, 'Um...is that a lot? How many are in your inbox?'

'About twenty,' he replied.

I looked at my inbox. There were emails I had meant to deal with; emails from clients and the kids' schools with information I needed; there were time-sensitive offers I'd never got around to investigating; endless updates from the social media platforms I subscribed to, and the rest I'd kept just in case, of what I'm not entirely sure.

I wondered idly if there was such a thing as being an email hoarder. I clearly had a problem and I needed to act. I paused my work and began to sift through the backlog. An hour later I'd made little progress.

'Just delete the lot,' said my husband. 'It'll be like ripping off a plaster. The anticipation is the worst bit.'

Could I do that? It was tempting. But I paused. I couldn't. I did have a problem!

I decided to compromise. I kept the last month's emails and deleted everything else. EVERYTHING. WOW it felt liberating. I looked at my almost-empty inbox. It felt so good I quickly went through the month's worth of emails I'd kept, and deleted anything I knew I'd never get around to answering. I replied to and actioned emails which required a response, then deleted them too. But while I was working five new emails arrived and in the back of my mind I knew how easily those five would become fifty...and then five thousand. I needed to futureproof my inbox!

I decided I'd set aside fifteen minutes once or possibly twice

a day to deal with email. If I needed to save information I would file it in a folder on my laptop. Then once a month I would quickly go through the inbox and delete anything else that I knew would never be actioned.

To be honest that's been the hardest part. I feel genuine anxiety about deleting emails. FOMO (fear of missing out) is a real problem for many people with email issues. So many emails are 'offers'. What if that amazing offer never comes up again? Believe me, a quick trawl through my pre-deletion inbox, indicates they do...frequently. What's more, these 'offers' are often time-sensitive and so we hang on to them 'just in case', then miss the deadline anyway and still don't delete them.

I found it useful to cap my emails at 50 and I use an email system to filter school emails into a separate inbox, so I can see at a glance when 'Dress like a Roman' day or 'Bring an onion to school' day (yes really) is coming up! Your system might have to be different. The trick is to invent one to suit your own personality and routine.

I feel more in control and organised now I'm on top of my inbox. Now to tackle the cupboard under the stairs!



By Lisa Calder

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

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(solution on page 22)



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Potato Salad

A beautiful version of this classic dish

Preparation time: 15 mins

Cooking time: 15 mins plus cooling time

Serves 4

Ingredients

600g waxy potatoes
1/2 tsp Dijon mustard
1 tbsp red wine vinegar
2 tbsp vegetable oil
1 tbsp extra virgin olive oil
115g good quality mayonnaise
1 tbsp wholegrain mustard
3 spring onions - sliced thinly
Small bunch chives - finely chopped
Small bunch mint - finely chopped

Method

Boil the potatoes in salted water for 15-20 minutes until tender.

While the potatoes are boiling place the Dijon mustard and the red wine vinegar into a bowl and whisk them together, then whisk in the oils.

When the potatoes are cooked cut the smaller ones in half and the larger ones into quarters. Pour over the dressing, mix well and leave to cool.

Mix the remaining ingredients with the mayonnaise but reserve a few of the herbs for garnish.

When the potatoes are cool, drain off any surplus vinegar dressing then toss them in the mayonnaise.

Serve garnished with the reserved herbs.



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Steps to a Healthy Heart

Cardiovascular disease causes 26% of all deaths in the UK; that's over 150,000 deaths each year – an average of 420 people each day or one death every three minutes.

Those are the scary statistics but what can you do to improve the health of your heart?



Healthy fats such as olive or rapeseed oil have a positive effect too, and the really good news is that an alcoholic drink per day also works in your favour!

Eat a good quality tomato pasta sauce! Simple tomato pasta sauce

Below are the top tips according to leading cardiologists.

Walk 30 minutes every day, no matter what! – A half hour walk every day decreases an individual's chances of a heart attack by 30%. If you think you'll skip days find a walking buddy and hold each other accountable.

Find out your blood pressure and take steps to bring it down – Your blood pressure may be a more important factor than your cholesterol! If the doctor prescribes medication take it, but you can also take steps to lower it yourself and maybe reduce the need for medication. The best ways are to exercise and lose some belly fat. Individuals with high levels of fat in the abdominal cavity (belly fat) and around their abdominal organs are more likely to develop high blood pressure because this fat interferes with the function of the kidneys, which regulate the blood pressure.

Know what your HDL number is and then do what you can to raise it to 1.3 mmol/l – In women especially it seems that a higher HDL (good cholesterol) number is more important than a low LDL (bad cholesterol) number. Eat about 25g of raw, fresh, unsalted nuts per day – especially walnuts, pecans, hazelnuts, pistachios and almonds. Nuts are packed with omega 3 oils, raise levels of HDL good cholesterol, decrease inflammation and have a good effect on the heart.

is loaded with potassium which aids lowering of blood pressure.

Floss! – Most people don't know that your oral health has an effect on arterial health so make sure those pearly whites stay clean and flossed.

Limit saturated fat and avoid trans fats – Try to keep saturated fat below 20g per day. Both saturated fat and trans fats (found in many processed foods) lead to inflammation of the arteries.

Read labels and avoid foods which list sugar as one of the first five ingredients – In particular don't be fooled by foods which claim to be 'low fat' because often they contain extra sugar instead. Healthy fats such as olive oil are better than empty sugar calories.

Drink wine – But not too much! It's a slightly bizarre (but consistent scientific truth) that teetotal folk have a higher risk of heart disease than those who drink in moderation. But a glass of red wine occasionally is very different to binge drinking once a week so be careful with this tip.

Eat a rainbow of fruit and veg – Five to nine servings a day will help to keep your heart in tip-top condition. It may sound a lot but if you add chopped veg to pie fillings and casseroles and eat fruit at breakfast and salad stuff for snacks it all adds up.

By Louise Addison

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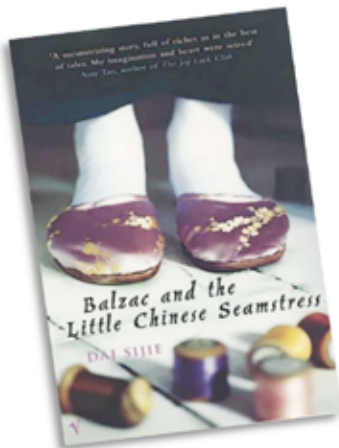
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Sudoku Solution

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

A Good Read



Balzac and the Little Chinese Seamstress – Dai Siji

This is a remarkable little book, considered by many to be a modern classic – so much so that it has already found itself on some GCSE

English Literature syllabuses. Don't let it put you off though. I really urge you to give it a try – after the first few pages you will be hooked.

Set in 1971, Sijie's novel follows the story of two middle class city boys, forcibly removed to the Chinese countryside for re-education as part of the Cultural Revolution. Guilty only of having doctors and dentists for parents, they are subjected to punishingly hard physical work and appalling living conditions. Two things make their lives bearable – the presence nearby of the beautiful Little Seamstress, and a collection of books, first borrowed and then audaciously stolen from a friend, which open up a world beyond the mountains.

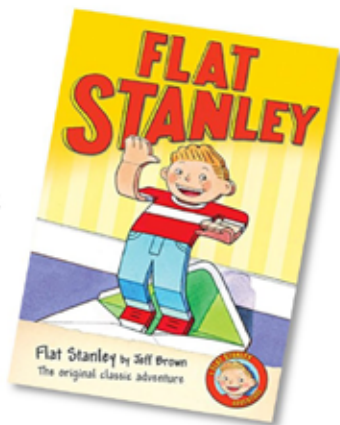
Sijie's story crackles with wit and humour throughout – the opening scene, in which the narrator finds himself playing a tune hastily retitled 'Mozart is Thinking of Chairman Mao' sets the tone instantly. But this is also a story about the power of words and the power of desire, and as such is beautifully told. Each character is vividly drawn, from the Little Seamstress herself to the grotesque village headman. Comic episodes are interwoven skilfully with passages exploring the transformative power of literature, and before you know it you have reached the

inevitable yet poignant conclusion, which will stay with you for a long time afterwards.

Flat Stanley – Jeff Brown

Stanley Lambchop is a rather unusual boy. After an accident with a bulletin board, he is four feet tall, about a foot wide – and half an inch thick. Of course, being flat has its advantages – Stanley's trip to California in an envelope is great, and his brother Arthur would love to be able to slide under their bedroom door like Stanley does. And, if Stanley was round, he would never have been able to assist his neighbour in catching thieves intent on stealing the world's most famous painting. But there are downsides too – while it is great to be a kite for half an hour, it's not so much fun when Arthur gets bored and leaves Stanley stuck in a tree. People can be cruel too, and eventually the name calling gets too much. Luckily, Arthur is on hand with a solution to his brother's problem...

This picture book manages to make an impossible situation seem perfectly plausible, thanks to the matter of fact style and simple, convincing illustrations. Ideal to read aloud to younger children or as a first book for newly confident readers, it has stood the test of time since its first publication in 1968. If it isn't already a family favourite, then it is destined to become one very, very quickly.



By Willow Coby

Bladder Weakness



As I carried two heavy bags of shopping into the house I sneezed, and my bladder emptied itself on to the hall floor. I was wearing a light skirt and no tights so there was nothing to stop it. Horrified I dropped the shopping, ran to the toilet, finished 'going', then cleaned myself and the floor.

I thought maybe it was a one-off freak incident but over the next few weeks it happened more and more, admittedly not as dramatically as the first time but enough that I became very self-conscious.

Why was this happening? I was only 49, slim and a runner. I did my Kegel exercises regularly. Incontinence didn't happen to people like me surely?

Eventually I plucked up the courage to speak to my GP. By the time I got into the consulting room I was so anxious I burst into tears. Thankfully she was very reassuring.

It turns out that although Kegels are helpful they are not a cure-all. Some of us have hypertonic muscles – our pelvic floors are too tight, which can also cause leaking. In these cases Kegels may make the problem worse!

The GP also informed me that while most people think of incontinence as a problem for the elderly she treats cases in teenagers, right through to octogenarians and beyond. As we age hormone changes mean we are more likely to leak, but there

are many causes: pelvic floor trauma caused by childbirth or sex, interstitial cystitis, multiple sclerosis, chemotherapy, neurological disorders, fistula, and even certain medications.

Somehow in my head I (completely unfairly) equated incontinence with people who don't care about themselves. I couldn't be incontinent because I was fit, wore make-up and had regular haircuts (yes I know that sounds crazy but apparently it's quite a common misconception!). In

fact, high-impact sports can damage a pelvic floor. Runners, gymnasts, dancers and weightlifters may put more strain on their pelvic floor than it can handle and as a result can experience stress urinary incontinence. There was even a physio team dedicated to the pelvic floors of female athletes at the last Olympics!

A couple of my friends blamed childbirth but according to the GP, although this can be a factor, most women don't experience a long-term problem. It's just as likely to be down to anatomy, lifestyle and habits!

I had been avoiding drinking in social situations, and straining out as much urine as I could when I went to the loo to try to prevent leaks happening later. But my GP informed me that both these habits were probably doing more harm than good. Straining when going to the loo can cause a prolapse...not good, and avoiding drinking means more concentrated urine which irritates the bladder lining resulting in a false urge to wee.

My leakiness was a combination of hormone changes and my love of running. I was referred to a specialist physio and while I am not completely cured it's now much less of an issue.

Bladder leakage more common than you think in all age groups, and I want you to know that there is nothing to be ashamed of and you don't have to suffer in silence.

By Katie Tew

PLASTERED

Which wound covering should you choose?

The other day I popped into the pharmacy for a box of plasters, only to be confronted by a smorgasbord of choice! There is now a plaster for every occasion. If you've ever been confused read on.



sprayed over the area to protect it from bacteria.

Pain-killing – Yes really! These temporarily relieve pain by dispensing painkilling ingredients on to the skin. They are best for sports injuries, sprains and backache.

Faster Healing –

Hydrocolloid is a substance which forms a gel when it absorbs water. It maintains a moist environment around a wound that prevents drying of the skin and a hard scab. This substance revolutionised blister healing. Specialist blister plasters form a second skin and prevent rubbing, while wicking away the moisture and encouraging healing. They should be in every hiker's backpack as well as in the handbag of every girl who loves new shoes!

Blood-stopping – Micro-dispersed oxidised cellulose (m-doc) is a powder which rapidly absorbs blood from wounds. It forms a soft gel layer over the cut to stop the flow. Great for kitchen knife injuries and shaving cuts which won't stop bleeding.

Spray-on – This is great for minor cuts and grazes, especially on tricky areas like elbows and knees. A clear flexible film is

Burn plasters – Like blister plasters these are made with hydrocolloid that stops the plaster sticking to the burn and restores the natural level of moisture to the skin so that it can regenerate with less scarring.

By Louise Addison

STRETCH BENEFITS



important to increase the blood flow to the muscles and heart steadily, sudden changes will cause muscles to fatigue more quickly.

Stretching is more effective if you're doing the type of exercise where you land constantly and forcefully on your feet, or stop and start quickly (sprinting, tennis, weight-lifting, or competitive team sports like football). The more flexible the muscles are the more impact they'll be able to sustain.

In an attempt to prevent injury, most of us stretch before exercise and some (though not as many) stretch afterwards. But if we're doing fairly steady activities (jogging, cycling or walking) then while stretching will improve our flexibility there is not much evidence it will prevent muscle injury. In these cases the advice is to warm up with five minutes of light, gradual exercise instead. The reason for this is that it's

But everyone benefits from stretching after a workout. During exercise lactic acid builds up in your muscles. This can lead to soreness and fatigue. Stretching after a workout helps to eliminate the lactic acid and restore the muscle to its relaxed state, preventing the fatigue.

By Sarah Davey

Kids' Page



Steve



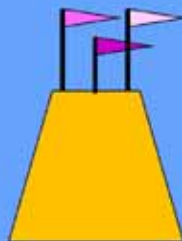
Greg



Katie



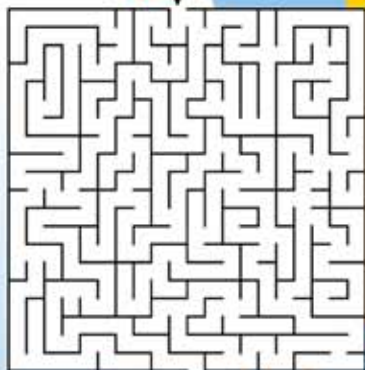
Teddy



Tessa

Five children took part in a sandcastle-building contest. The judges marked each sandcastle out of a maximum possible 60 points. Katie scored 35% of the maximum 60 points. Tessa's sandcastle scored 54. Steve scored half as many points as Tessa. Greg scored 12 fewer points than Steve. Teddy scored $\frac{2}{5}$ of the maximum points. What was the final position of each child in the competition?

Can you help Rosie and Freddie get to the ice cream van?



Seaside Scramble Solutions
Bucket and Spade
Sandcastle
Ice cream van

Seaside Scramble!

Unscramble the letters to reveal three things you might find at the seaside.

a tub caked spend

lads can set

mice race nav



Ice Cream Maze

GARDEN TOYS

Gardens are a great place for kids to run around and get that all important fresh air and exercise. The addition of a toy or two will mean you can keep them happily occupied for hours.

Swings are perennially popular. Make sure the size and style is appropriate to the age of the child. Better still buy one which has changeable seats so you can upgrade as the child grows, or simply ring the changes now and then.

Slides come in all sizes. They can be independent structures or attached to climbing frames. You really do get what you pay for in this instance. Do your homework. Is a metal or wooden frame best for your garden. How much use will it get and how many and what ages of children does it need to support? Get the best you can afford and it will serve you for many years.

Trampolines are a relative newbie to the UK garden compared with slides and swings but they are rightfully popular. Even adults can't resist them. You'll need a flat surface, and a safety net is highly recommended. Most trampolining injuries occur when one child lands on another so buy the biggest your garden will allow. It's almost impossible to police the 'one child at a time' recommendation so bigger is safer as each child has more space.

Kids love dens. Provide a Wendy house or a tepee and let their imagination run wild. If you have the funds you can buy an elaborate fort or tree house. If you

don't have space for a permanent Wendy house, provide poles and old blankets and let them construct their own!

If you have space for a sand and water area your children will love it. There are simple small plastic tables designed for the purpose and huge wooden luxury models complete with seats and sunshade. Use specialist play sand to fill it. Make sure you buy one with a cover to protect it from the weather and prevent neighbourhood cats from using it as a toilet.

We can't all have a proper pool in the garden but most of us have room for a paddling pool. Add a couple of supersoaker water pistols and a waterslide made from heavy duty silicon and you're set for an afternoon of splashy delight.

If you have a large space you could invest in some football goals or a badminton set. But for those who love to play games and have a smaller space there's croquet or outdoor skittles. And there are now outdoor giant versions of family favourites like Connect 4, Jenga and Chess.

Time for some outdoor fun.



By Tracey Anderson

AAAACHOO!

It's hayfever time again

Hayfever is on the increase, says the British Allergy Foundation. The most likely explanation for this is that summer is starting earlier and pollution is rising.

Pollution traps pollen in the atmosphere and holds it there. As a result we're all being exposed to many more allergens, particularly those of us who live in towns in cities. No wonder we're all sneezing.

The body's immune system is a wonderful creation. It responds to nasty substances such as viruses and bacteria by generating special antibodies which help to neutralise them. These helpful antibodies are actually large protein molecules of a category known as IGG.

Unfortunately, there is another set of antibodies from a category known as IGE. These are less helpful because they tend to over react to allergens, which are harmless materials such as grass pollen.

The problem lies with our mast cells. These are cells choc full of histamine and other substances capable of producing inflammation. The IGE molecules cling to the mast cells and when an allergen enters the body it sticks to the IGE-coated mast cells and triggers them to explode, whereupon they release all their histamine and cause an inflammatory response.

Some of us have high levels of IGE in our bodies and some of us don't. Those with high IGE levels are more susceptible to allergies. In the case of hayfever it triggers runny noses and itchy eyes, but it can also trigger asthma if the response occurs in the airways and eczema if it occurs in the



skin.

Susceptibility does have a genetic basis. However, scientists also know that the immune system develops very early so early exposure to an allergen may affect the development and number of immune cells present, so later in life an allergic response to a particular allergen is more likely.

We can't yet reduce the number of IGE cells in a body but a few years ago scientists discovered that IGG and IGE molecules

have different structures and bind differently to mast cells. Thus new medications are now being developed with the ability to disable the IGE and stop it binding to mast cells in the first place.

In the future we may be able to relieve the misery of hayfever altogether. Wouldn't that be lovely?

Current Treatments

Anti-histamine tablets Impede the body's immune response so preventing symptoms.

Nasal Sprays Work directly on the affected area and leave the rest of the immune system alone.

Injections Offer long term protection but are only used in severe cases because of their ongoing nature.

REMEMBER - Do not wait until symptoms start. Ideally begin to take medication 3-4 weeks before the start of the hayfever season.

By Louise Addison

Cyber Bullying



Although playground bullying is not new it's nature has changed with the advent of smart phones and social media. Now we see more cyber bullying, or rather we don't see it as it tends to be hidden and carried out in secret. Almost half of all young people say they have been bullied online and more than 70% say they've seen it happening.

As parents it can be difficult to know what to do if your child is being bullied, or conversely is a bully. Here are some tips:

Discuss bullying with your child from an early age. Discuss netiquette. Adults sometimes behave more aggressively when they are behind the safety of a computer screen, and it's the same for children, who are still learning to navigate the online world.

Make it clear that being a target is not their fault. Make it clear that whether it's in real life or online bullying is never acceptable.

Advise your child to protect their phone number by only giving it out to trusted members or family members. Tell them to keep track of who they have given it to.

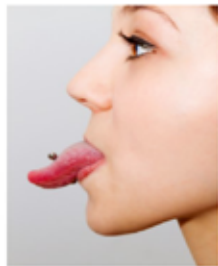
If your child has received a bullying message, tell them to screenshot it and send it to you. Make a note of the time and date it was sent and the number it came from, as evidence to show teachers or police.

Do not respond to the message. The phone number or email will probably identify the source. If the bully gets no response then they tend to stop doing it.

Don't panic if your child is the bully. It doesn't mean they will grow into a terrible human being. But bullying behaviour can often be a cry for help. Perhaps they are finding the teen years more stressful than they are letting on. Maybe they are struggling to negotiate friendships and schoolwork. Make time to talk with them, not only about their own issues but about the impact they might be having on someone else's life.

By Sarah Davey

Piercing Problems



I'm quite a relaxed parent (compared with many of my friends) so when my teenage daughter Tash decided she wanted her tongue pierced I was more curious than horrified. It was all set to go ahead until we went for a

routine family visit to the dentist. I casually mentioned the imminent tongue-piercing and the dentist's reaction made us both reconsider on the spot!

It turns out that dentists are not fans of oral piercing due to the many issues they cause.

"Gums are very thin and easily traumatised. Even brushing too hard can cause gum recession and loose teeth," she said.

The oral and dental complications

associated with tongue piercings can be categorised as acute or chronic. Acute complications occur a short time after piercing and include: infection, pain, swelling of the tongue, changes to speech, swallowing and chewing, and allergy to the metal used. There have even been reports of galvanic current between barbell and metallic dental restorations.

Chronic (longer term) complications include chipping, tooth fracture, gum trauma and recession. One U.S. study found that 41% of people with pierced lips had receding gums, compared with only 7% who had no oral piercing. Finally there is a risk of overgrowth of surrounding tissue leading to the ornament becoming embedded.

Tash decided on the spot that she wasn't going to go ahead, and I decided that perhaps I needed to be a little less liberal in the future...which is why I said a firm no to her request for a tattoo less than a week later!

By Tracey Anderson



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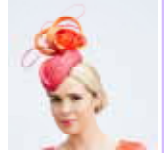
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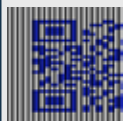
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