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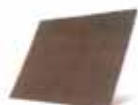
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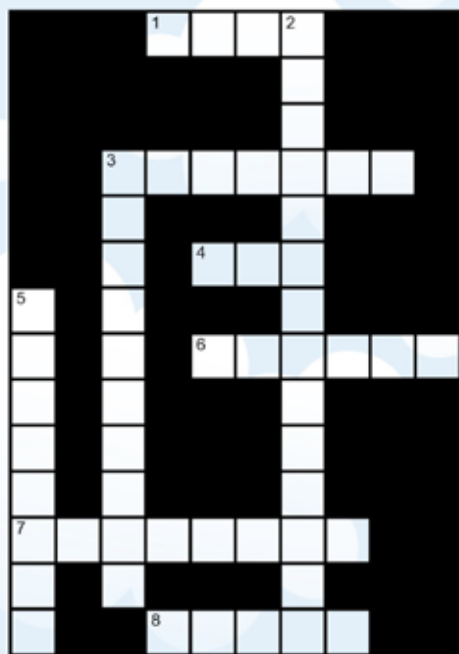


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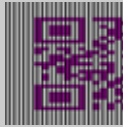
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Publisher

The Warfield Word Ltd

Printer

Warwick Printing Company Ltd

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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 (1¾ hours)
Rambler – up to 5 ½ miles (2¼ hours)

16 July – Nuptown Circuit (M)

Meet: Junction of Hawthorn Lane and Nuptown Lane (map ref: 890 736)

Main Programme

Booking and pre-payment is required for all our events unless otherwise stated.
www.bracknell-forest.gov.uk/parks-and-countryside/events

Friday, 26 July, 10am–11:30am

Minibeast Safari at South Hill Park

Bug hunting for young explorers to discover the magical world of minibeasts.

Meet: Courtyard in front of South Hill Park reception, Ringmead, Bracknell, RG12 7PA.

Cost: £3.99 per participant. Booking essential.

Saturday, 27 July, 10:30am – 11:30am

The Great Big Dog Walk at Jennett's Park

Enjoy a ranger-led walk with your four legged friends. Meet other dog walkers and discover more about the wild projects happening around Jennett's Park. Light refreshments provided.

Meet: Jennett's Park car park, off Swift Fields, Bracknell, RG12 8DY. Cost: £3.99 per participant. Booking essential.

FREE School Education Programme at Caesar's Camp

School workshops (Key Stage 1 and 2), is available for a half or full day session, throughout the year. Includes a guided walk through Swinley Forest and around Caesar's Camp with engaging activities on history and nature. Free for the first 4 school bookings, charges apply for further bookings. Contact us via our online enquiry form if interested (bottom of events page).

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

Every Friday, 11:30am

Nordic Walking, Swinley Forest

New 11:30am class is on Fridays at The Look Out. It is bookable per half term and costs equal £5 per session (£6 including pole hire). Booking via ruthaaron24@googlemail.com or 07961 356207. Each session is led by a qualified and insured instructor and includes a warm up, technique review/focus, a 2-2.5 mile walk and cool down and stretch. It is very social, allowing you to walk and talk and lots of fun. Our FB page is <https://en-gb.facebook.com/berkshirenordicwalking/>

Meet: 11:30am at The Look Out Discovery Centre car park, Nine Mile Ride, Bracknell RG12 7QW. Car parking charges apply. Booking Essential.

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The minimum number for a party is 8. Please email info@bigtreeclimbing.co.uk to see our availability.

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

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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 eight days of free summer holiday fun for all ages. The Warfield Fun Day takes place **on Friday 26 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.

The other events are taking place on:

Wednesday 31 July

Great Hollands, Bracknell

Wednesday 7 August

Farley Wood Centre, Binfield

Friday 9 August

Memorial Park, Sandhurst

Wednesday 14 August

Locks Ride Recreation Ground, Winkfield

Thursday 15 August

Braybrooke Recreation Ground, Bracknell

Wednesday 21 August

Morgan Recreation Centre, Crowthorne

Wednesday 28 August

North Lake, South Hill Park, Bracknell

Warfield's Annual Gardening Competition 2019

This year's Annual Gardening Competition has now been launched with a new category and we're looking for entrants in 2 categories;

- 1) The Best Environmental & Sustainable Front Garden Competition
- 2) Tallest sunflower (child); tallest sunflower (adult).

The competition is free to enter and open to all Warfield residents and organisations. You can enter yourself or nominate a neighbour. Closing date for entrants/nominations is Monday 8 July, with judging of front gardens to take place mid to late July.

Sunflowers have until approximately 14th September to reach their full height and any over 2 metres will then be judged. We still have free sunflower seeds in the office for you to collect if you'd like to take part. Prizes will be awarded to the winner in each category and will be presented later in the year.

To obtain an application/nomination form, which also outlines judging criteria you can either contact the Parish Office or download one from our website. Our Councillors will also be out and about, looking for front gardens to nominate in their wards.

Parish/Borough Councillor Surgeries

The Parish Council holds monthly surgeries in the Parish Office to enable residents to discuss their issues with Parish and local Borough Councillors. The next Councillors Surgery will be on the *Saturday 7 September 10am – 12 noon*.

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Wi-Fi Woes

How to boost the wi-fi signal in your home's weak spots

Recently a friend of mine decided to convert his garage to a games room. The big screen TV was to be the main feature. We all gathered for the big turn on to experience Netflix in full ultra HD. But all we got was a blocky, stuttering, unwatchable excuse for entertainment.

It turned out that his wireless router (the bit that connects to his broadband) was plugged in at the opposite end of the house. The reception at this end of the house had always been poor, but the extra wall of the garage was just too much for the signal to push through. Result? No internet!

What to do? The router had to stay by the phone socket so moving that to the centre of the house wasn't an option. Running a network cable (a permanent wire) from the router to the TV was a non-starter because it would involve a lot of work. This meant he had to work out a different way to boost the Wi-Fi signal in the garage.

I'd had a similar problem in my home and had discovered Wi-Fi extenders and repeaters (different companies call them by different names, but they all do the same thing).

There were two options:

A Wi-Fi repeater is basically a second router. You put it where you receive a good signal and it then creates a new Wi-Fi area that connects to your broadband. He could have

sited that in the centre of the house and thus improved the signal in the garage. There would be a bit of setting up to get this working as you have to log on to the repeater with a computer, but it's not hard if you know what you're doing. There are YouTube tutorials which can help.

The second option is the simplest, and ultimately the one he settled on – a powerline adaptor. This is a box that plugs into your router and then into a mains socket. It actually uses your house wiring to send your broadband signal around the house. All you need to do is buy a powerline Wi-Fi extender and plug it into the wall in the room where you need it most. It's like you're sitting right beside your Wi-Fi point.

After a quick visit to the shops, he plugged in both devices. The set-up was quick and easy (literally pressing two buttons) and he was up and running with full broadband speed. His teens could now get Youtube in the garden as an extra bonus because he put an extra extender in a socket on the wall next to the patio.



By Mark O'Keefe

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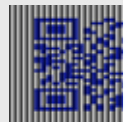
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Next event: Bat Walk on Saturday 7 September

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5 Tips for Choosing a Professional Carpet Cleaner

Cheap is rarely best - However attractive saving a few quid might seem, the least expensive option might actually do more harm than good.

Companies that offer heavily discounted rates may use substandard cleaning products that could permanently damage your carpets. Price is important but it should not be number one on your list of questions to ask.

Know the Process - Cleaning services are all different so ask questions. How does each company that go about their business? Some companies might use stronger detergents, while others might use more environmentally friendly options. How long will the drying time be? Knowing the exact process each company employs will help you to decide who to hire.

Do your research - Talk to friends and family. Check review sites and ask for



recommendations on social media. The best services are found through word of mouth, so do the research and leverage your network for trustworthy recommendations.

Ask About Additional Services – You don't want hidden surprises so make sure you know whether there will be extra services? And how much the company will charge for them? Will they move furniture if they need to? How will they manage difficult-to-reach areas? Are they insured and registered with Are environmentally friendly products more expensive?

Keep it Local if Possible - A local carpet cleaning company will have a vested interest in keeping you happy. Local companies provide services for other local residents too, so it is in their best interest to offer a high-quality service at affordable costs to ensure customer retention.

By Karen Campbell



BRACKNELL TOGETHER WALK SUNDAY 7 JULY 2019

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Save time on the day, **register NOW** online at www.southhillpark.org.uk/bracknelltogetherwalk/ For just **£5 per adult**

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See also the organisers' websites:

<https://www.southhillpark.org.uk/events/bracknelltogetherwalk/> <https://www.easthampsteadrotary.org>

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Sudoku

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

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)

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Garden View

This month - Black-eyed Susan

You might not know its name, but you are probably familiar with the Rudbeckia. A late summer perennial daisy. It's sometimes called Coneflower or Black-eyed Susan.

It flowers from early August to late September and I find it a valuable addition to the late summer garden. It does particularly well in full sun in rich, well-drained soil. You can sow them as annuals indoors in spring to set out after frost or plant as perennials in spring or autumn. Divide every 3 to 4 years and deadhead to avoid self-seeding, though personally I see self-seeding as a bonus trait in a plant! Mildew can be an issue on the foliage but can be avoided if you don't overcrowd the plants. Watch the young foliage because slugs and snails find it tasty. Once the plants are established this isn't a problem.

Rudbeckia 'Golden compass' produces masses of classic bright yellow and black Rudbeckia flowers on a bushy plant. It grows up to 70cm in height and can be grown from seed as a half-hardy annual or a short-lived hardy perennial.

Rudbeckia fulgida is the classic 'Black-eyed Susan', with sunflower-yellow flowers and a very black central cone. It does better in damper ground than many of the varieties so choose this one if your garden is less well-drained.

I love Rudbeckia 'Prairie glow'. It is a stunning plant and good for adding height as it grows to 1.5m. Its huge 6cm diameter flowers have warm orange petals with yellow tips.

Rudbeckia 'Irish eyes' is a more unusual variety with a yellowish rather than brown cone, as well as yellow florets. It repeats flowers from July through to October.

If your soil is on the dry side, try Rudbeckia fulgida 'Deamii'. It produces shining, golden flowers with jet-black cones from early September to late October and into November. It has slightly smaller flowers, but they are lovely, and abundant.

Rudbeckias naturally grow in dry savannahs, grassland prairies and in the glades of rocky upland forests across North America but they have become a much-loved bushy stalwart of the herbaceous border and will delight from late summer right through the autumn.

Happy gardening.



By Rachael Leverton

READY, STEADY, MOW!

CHOOSE THE RIGHT MOWER FOR YOUR LAWN



Regular mowing is the key to an attractive, green and healthy lawn. You'll need a mower, but which one should you choose?

Small lawns - Many suburban homes have tiny lawns. A manual push lawn mower or rotary mower is powered by you pushing it rather than by electricity. The blades are mounted in a cylinder, which revolves when the mower is pushed. This produces a precise, even mowing result. They tend to be very compact which makes them manoeuvrable and easy to store.

Small or medium-sized lawn - If your lawn is a little bigger or you don't fancy a manual mower, an electric lawn mower might be for you. They run from a power source and make light work of your lawn. Electric mowers for smaller lawns are usually very easy to manoeuvre around objects. Most come with a handy container or bag to collect clippings. They are also pretty quiet and are available in energy-efficient versions. Just be aware that even with a small lawn you will probably need an extension cord. It's wise to invest in a power breaker for safety. Accidents do happen.

Larger lawn - Petrol mowers are good bigger lawns, where an extension cord becomes impractical. These mowers are powerful, but also heavy as they are often

quite sizeable. They are less environmentally friendly because of the exhaust emissions. If you have more than 500 square metres of grass, you'll probably be better off with a ride-on petrol mower.

All lawn mowers are available in various mowing widths. Generally speaking, the wider the lawn mower, the quicker you'll get the job done. But you need to consider that wider mowers are less manoeuvrable.

As a rule of thumb small lawns require a mowing width of around 29-33cm (11-13 inches); medium-sized lawns require a mowing width of around 38cm (15 inches); large lawns may require widths larger than this, but all choices will depend on whether the lawn is ornamental, with features like ponds and trees, in which case a smaller mower might be better, or whether it's more of an open grassy space.

Most mowers are height adjustable. In other words, you can increase or decrease the distance between the blades and the ground to cut the grass at just the right height for you or the time of year.

You can now buy mulching mowers. These cut the grass clippings into tiny pieces and blow them evenly into the grass. This method has the advantage of preventing the soil from drying out and gives fungus less chance to develop.

A strimmer is a useful gadget for neatening up along walls, fences and the edge of flowerbeds. You can get more powerful versions which will let you attack weeds too. It's best to wear safety goggles when using one as they generate a lot of flying debris.

By Tom Hancock

A-Head of the Game

Choose the perfect Hat

Weddings, Race events, Polo; there are many opportunities throughout the summer to wear a hat, but which one should you choose? How do you avoid making an expensive mistake?

First you need to look at your face shape. Oval-shaped faces can get away with almost any style. A large brimmed hat should be tilted backwards slightly so that it frames your face. If you have a square or round face, choose a hat with a large brim and wear it slanted. A long face looks lovely with a beret style or even a Matador style

Glasses can be a bit tricky but choose a hat with an upturned brim style so that it doesn't feel like you are hiding behind a lot of face furniture!

There is a bit of an art to hat wearing. You need to think about your hairstyle. Hair should complement the hat. Hats nearly always look better worn with hair up, because it accentuates the neck. Small hats should rest just above the eyebrow, they look wrong perched on the very top of the head. If in doubt, ask the stylist in the shop. They will be trained to help you choose the right piece and talk you through how to wear it to best effect.

Try lots of styles, colours and textures. Make the most of trained staff. Let them be your guide. They will get a kick out of finding exactly the right hat for you. Don't shy away from 'big' hats because they generally look smaller once they are

actually on your head

Most people start with an outfit and try to find a hat to complement it. But it might be better to do it the other way around. If you fall in love with a hat that's a real statement piece, then you should keep your dress and accessories minimal to allow it to take centre stage. If you've already got the outfit though, then pick out elements such as colour or fabric, to try and match. Exact matches are not necessary, sometimes complementing tones work better.



If you are very lucky you might have a dress and hat hire establishment in your town. This can be an excellent way to get the outfit and hat of your dreams for a fraction of the cost of buying it outright.

At the end of the day you have to feel happy, confident and comfortable in your chosen hat. Physical comfort is the most important factor. You shouldn't pick anything you feel you have to fuss or fidget with; you should feel completely confident. As the hat designer Piers Atkinson says, "Make sure the hat doesn't wear you; you wear the hat!"

By Sarah Davey

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

Useful Numbers

Crimestoppers 800 555 111
(Anonymous freephone number)
Thames Valley Police 101
(Non-emergency number)
Emergency 999

Gas Emergency 800 111999
Electricity Emergency 800 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 800 1111
Samaritans 116 123
DrinkLine 0300 1231110

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

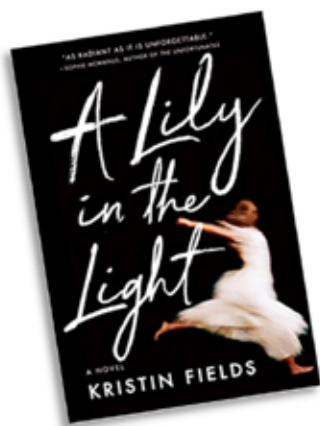
NHS help & advice 111
Heatherwood Hospital 01344 623333
Royal Berkshire Hospital 0118 3225111
Wexham Park Hospital 01753 633000
Frimley Park Hospital 01276 604604

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

Sudoku Solution

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

A Good Read



Lily in the Light by Kristin Fields

A child going missing is every parent's worst nightmare. And many books have been written with this as the main plot device, as the parents try to cope with events that follow. However,

this debut novel approaches it from a different angle.

Esme is 11 years old and for her, ballet is life. She is on the brink of every young ballerina's dream as she is told that she is ready to go 'en pointe'. But this joy is snatched from her one evening as the family gather to enjoy a meal. Suddenly, and inexplicably, Esme's four-year-old sister Lily disappears. The family starts to fall apart, but as readers we experience this through the eyes of Esme, not her parents.

In the second half of the novel the action switches to Paris eight years later where Esme is performing as a ballerina. We learn of the intervening years. How Esme felt that she lost so much more than a sister; she lost her parents too. She has used dance to take herself away from it all. Until she receives a phone call from her older sister, on the other side of the Atlantic.

Are the family about to learn of Lily's fate, and how will they bring themselves together, healing divisions and unspoken accusations?

By Willow Coby

The Tiger who Came to Tea by Judith Kerr

Sometimes days play out in endless repetition. Nothing exciting ever happens. But what if one day the unexpected occurred?

Just like any day Sophie is having tea in the kitchen with her mother, when the doorbell rings. They wonder who it could be. The milkman with his milk float? The grocer on his bike? Or Sophie's daddy? What they are not expecting is a large tiger, who joins them at the table. Just what will happen when a tiger comes to tea?

This classic children's picture book is now more than 50 years old and yet it still continues to enchant children. A simple story and delightful illustrations make this a favourite among many young readers. A TV adaptation is due to air at the end of 2019 but do make sure you share the original with your children first. Judith Kerr, who wrote and illustrated over 30 other books, including the Mog series, died in May this year aged 95. It seems a perfect time to celebrate her life.



Raspberry Ripple Ice Cream

July is National Ice Cream Month. Celebrate with this home made raspberry ripple

Preparation time: 20 minutes

Cooking time: 10 minutes

Servings: 12

Ingredients

250g raspberries

225g caster sugar

2 large eggs

4 egg yolks

600ml double cream

Raspberries or other fruit for serving

Method

Place the raspberries in a pan with 2 tbsp of the sugar. Cook on a medium heat until sugar dissolves into the pulp. Simmer for 5 mins until thickened, then push the pulp through a sieve into a bowl and discard the seeds.

Place the eggs, egg yolks and remaining sugar into a bowl. Whisk with an electric whisk hand whisk to combine everything, then place over a pan of gently simmering water – the bowl should not touch the water. Beat with the electric whisk for 3-4 mins until thick and pale. Remove from heat and continue beating with the whisk until cool.

In another bowl, whisk the cream until it forms soft peaks, then gently fold into the cool egg mix until just combined. Pour the mix

into a shallow container or dish that can be frozen. Just before you freeze the mixture gently swirl the raspberry puree through, cover with cling film and freeze for at least 6 hrs. Remove from the freezer about 20 minutes before serving. Place scoops of the ice cream into bowls with extra raspberries or other fruit. It's also gorgeous in cones.



The Women of Wimbledon

Home-grown champions from the past

The Championships, Wimbledon is the most famous tennis event in the British sporting calendar. It was first contested in 1877 and played on outdoor grass courts at the All England Lawn Tennis and Croquet Club (AELTC) in the Wimbledon suburb of London, United Kingdom.

The Ladies' Singles tournament began in 1884, and the women's game has developed massively over the last century. We are all familiar with the incredible Williams sisters, but our own Nation has a pretty impressive history in the Women's singles, which is often overlooked by the British media.

Dorothy Round Little won her first title in 1934 — the same year as her British male counterpart Fred Perry also won his first. She won her second Wimbledon title at age 29 in 1937. A devout Christian, she often refused to play on Sundays. She published two books, *Modern Lawn Tennis* and *Tennis For Girls*. After her retirement in 1939 she worked as a coach, journalist, and president of the Worcester Lawn Tennis Club.

Florence Angela Margaret Mortimer Barrett beat another English player Christine Truman Janes to become Wimbledon's women's singles champion in 1961. She was aged 29 and partially deaf.

Ann Haydon-Jones had already won the French Open and U.S. Open twice before winning

Wimbledon in 1969. She first showed her talent as a young girl. Her father was a table tennis champion and he encouraged her competitive spirit. She played the famous Billie Jean King several times but never beat her until her win at Wimbledon. Haydon-Jones was also the first left-handed female singles player to win the championship.

Virginia Wade was a maths graduate, famed for her powerful serve. She defeated Billie Jean King at the US Open, earning her first Grand Slam title. She went on to win the Australian Open in 1972, and in 1977, nearly a decade after her first victory, Wade would become Wimbledon's last British singles winner for 36 years. The year she won, defeating Dutch player Betty Stöve at Wimbledon was the Queen's Silver Jubilee and Queen Elizabeth II herself was present to enjoy her victory.

It remains to be seen whether current British number one Johanna Konta can better her semi-final performance in 2017 to add her name to the list of amazing female British tennis players who have held the Wimbledon trophy aloft.



By Tracey Anderson

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?



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.

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

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

Pool Power!

Stay cool in a pool this summer

Kids love to splash in a pool on a hot summer's day. If you are thinking of buying one, we have some top tips.

Inflatable pools - These are easily inflated so can be up and filled as soon as the sunshine appears. Smaller inflatable pools are ideal for toddlers and can be inflated by one person with a good set of lungs, but larger pools can accommodate the whole family - you will probably prefer to inflate these with a pump!

Quick up pools - These are super-easy to set up. Spread the pool out and inflate the top ring. The design of the pool means that as you fill it with water the sides of the pool will rise up. These are particularly good if storage space is tight.

Frame pools - Sturdier pools with a bigger bathing area. Frame pools are ideal for larger families and groups of teens. Look for rust-resistant galvanised metal frames; heavy-duty PVC and polyester 3-ply

walls; beams and joints that pin or snap together for fast, easy construction. A filter pump to keep the water clean, and a repair patch kit to mend small tears or punctures.

Site your pool on a level surface, with plenty of room to make it easy and safe to get in and out. Remember, toddlers and young children should be supervised at all times.



By Sarah Davey

STRETCH BENEFITS



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

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.

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

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




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THE APPEAL OF THE SUMMER FETE

Summer surely isn't summer without a village fete. Part country fair, part a sale of home-grown and locally made produce, part a celebration of community, the English village fete is a social institution, barely changed since the 1920s.

The Village fete is enshrined in our literary history, from The Famous Five, to PG Wodehouse and Agatha Christie, the Village fete has provided the perfect backdrop against which to set a drama or two, and never attend any fete in Midsomer which is also attended by Inspector Barnaby!

If you want a measure of how well a village is thriving in 21st Century Britain, take a look at its summer fete. More of us are looking for a sense of community in a Britain that seems in danger of fragmenting. To that end tenth generation



locals will rub shoulders with commuters, second homers and young families, to discuss the merits of Bert's onions, Sharon's Victoria Sponge, and whether young Tyler will win the talent competition with his street dance routine.

Let's face it, where else can you buy a pot of rhubarb and ginger preserve, enter a competition to guess the weight of a cake, bounce on a bouncy castle and throw a wet sponge at the vicar...or scoutmaster...or head teacher, or all three if you're lucky?

Village fetes are alive and well in Britain, and I for one am very happy about that. I have just moved from the town to a village and intend to enter my scones in the baked goods competition this year. I doubt I'll win but it's the taking part that matters. Now I wonder if there will be a murder...

By Karen Campbell

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