

Warfield | Binfield | Winkfield | Ascot

JUBILEE BATHROOMS

COME AND VISIT OUR SHOWROOM



Jubilee's inspirational showroom has been developed to display a wide range of products to suit everybody's aspirations!

WHY CHOOSE JUBILEE BATHROOMS?

- ✔ Leading brands supplied
- ✔ Design and fit service
- ✔ Competitive pricing
- ✔ Experienced staff

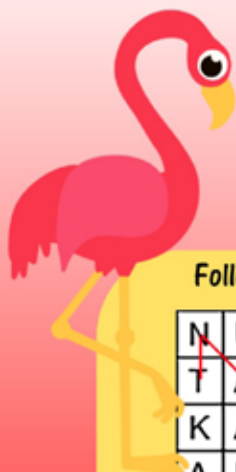
 **01344 789400**

Monday - Friday 8am - 5pm
Saturday - 8am - 12.30pm
Sunday - Closed

Phoenix Business Park, John Nike Way
Bracknell, Berkshire, RG12 8TN
(opposite ice rink)



www.jubileebathroomsupplies.co.uk



Kids Page



Follow My Leader Animal Puzzle

N	U	I	R	F	L	A	N	G
T	A	Q	R	E	L	M	I	O
K	A	H	S	H	C	B	N	L
A	N	P	T	R	I	U	O	I
R	G	E	A	T	R	F	F	A
O	L	A	K	S	U	M	E	L
O	E	N	E	O	R	S	L	O
T	I	S	O	G	D	E	H	R
G	E	R	H	E	G	H	K	A

This letter grid contains the names of thirteen animals. Starting at the E in the green square follow the letters round, always moving to an adjoining square, to find the list of animals, ending up at the orange square. The first animal has been found for you.



Can you solve the three riddles and work out which animals the rhymes are about?

A stallion's a male,

I like to hop around,

I'm a pet that has four legs,

A female's called a mare,

I'm a tadpole when I'm young,

And a tail at one end

You can ride on one of these

My voice is a croak,

You might hear me bark,

On a carousel at the fair

I catch flies with my tongue

I'm known as man's best friend

Where do Sheep go on Holiday? The Baa-hamas!



Animal Riddle Answers
Horse
Frog
Dog

Flamingo
Lion
Buffalo
Lemur
Shark
Hedgehog

Elephant
Kangaroo
Tiger
Snake
Ostrich
Squirrel

N	U	I	R	F	L	A	N	G
T	A	Q	R	E	L	M	I	O
K	A	H	S	H	C	B	N	L
A	N	P	T	R	I	U	O	I
R	G	E	A	T	R	F	F	A
O	L	A	K	S	U	M	E	L
O	E	N	E	O	R	S	L	O
T	I	S	O	G	D	E	H	R
G	E	R	H	E	G	H	K	A

Follow My Leader - Solution

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:

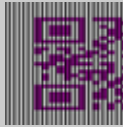
Tel. 01344 444657

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.

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@ymail.com



Clear space

Remove - Clear - Clean

Full house clearances - Garage clearances

Office clearances - Garden clearances

Single Item clearance



Are you in need of a home or office clearance? Call or email today to see how we can be of assistance to you

01344 303000

info@clearspaceberkshire.co.uk

Unit 14 Space Business Centre, Molly Millars Lane,
Wokingham Berkshire, RG41 2PQ



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)

19 March - Around Cabbage Hill (R)

Meet: Jock's Lane car park, Binfield Road, RG12 2BH

Main Programme

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

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

Community litter pick at Lily Hill Park

Thursday 21 March, 2pm-3pm

Meet: North car park, off Lily Hill Road, Bracknell, RG12 2RX. No booking required.

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.

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.

Mar 18

Saving the Hazel Dormouse by Ian White

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



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

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 March update from Warfield Parish Council

Parish Assembly - Monday 25 March 7.45pm

Warfield Parish Council's Parish Assembly is an annual meeting for Warfield residents, giving you the opportunity to learn more about the work of the Parish Council and to discuss local issues.

Two awards are presented at this meeting; the Warfield Award and the Chairman's Award, celebrating an individual/couple and a group respectively who have made a significant contribution to the local community. If you would like to make a nomination for either of these awards then please contact the Parish Office.



Around the parish

There is a lot of work going on to deliver and improve on parish facilities. Work is underway on improvements to the outdoor spaces at the Whitegrove Community Centre that will provide better facilities for users. We are continuing to carry out further improvements to Frost Folly car park ready for the spring. Work is restarting on completing the allotment site just off Sopwith Road with the first lettings about to take place.

Community SpeedWatch



In association with our neighbouring parish councils in Binfield & Winkfield, we are supporting the Community SpeedWatch scheme run by Thames Valley Police. The scheme involves community volunteers working with the neighbourhood policing by deploying roadside monitoring equipment at identified speeding hot spots.

If you think that speeding traffic has a dangerous impact in your area and you would like to take an active role in speed monitoring and educating offending drivers, then this is the volunteering opportunity for you. Necessary training and safety equipment will be provided to fulfil this role. Please contact the Parish Office and we will pass your details to Thames Valley Police.

Parish/Borough Councillor Surgeries

The Parish Council holds monthly surgeries in the Parish Office when Parish and local Borough Councillors are available to enable residents to discuss any views or issues they have. Why not come along to the Parish Office to meet your Councillors on:-

Saturday 2 March 10am – 12 noon

Saturday 6 April 10am - 12 noon

Please note that due to the local elections on 2 May we will be unable to run the usual surgery on 4 May. If you are interested in becoming a parish councillor, please contact the Parish Office for more information.

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



COMMUNITY LITTER PICK



Saturday 23 March

10.30am – 12 noon

Meet at Larks Hill car park

Looking for enthusiastic volunteers to join us in our spring clean of the local area! Accompanied children welcome. Please wear suitable clothes and footwear, and bring gloves. Litter pickers and bags will be provided. For further information contact Sheila

Collings on 07794 375306.



www.warfieldenvgroup.wordpress.com

✉ warfieldenvironmentgroup@hotmail.com

🐦 @WarfieldEnvGrp

📘 Warfield Environment Group



Next event: Newt Survey on Friday 12/Saturday 13 April (tbc)

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**



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

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



A Good Read



Our House by Louise Candlish

For all of us our homes are the one place we feel safe. It is one of our human rights that no one can enter our home without due cause. For those of us who own our homes then they are also a financial

investment and an investment for our children once we are gone. So, what if you came home one day to find a removal van outside your home. And someone else was moving in.

This is what happens to Fi Lawson, one sunny winter day in January. There are no signs of her two young sons and her husband, Bram, just a family of strangers insisting that they £1.6 million house in a leafy suburb of London is now theirs.

And so Fi's life quickly unravels. This dual narrative novel tells the events leading up to that day from the point of view of both Fi and Bram, switching between their two accounts. At times this can lead to confusion as you forget that you know information from Bram that Fi doesn't, but it is not a big issue.

Has Bram cheated Fi out of her home and disappeared from the face of the earth? If he has why? This fast-paced thriller will have you guessing until the end, with twists and revelations throughout and asks if we ever really know what the closest people in our lives are going through?

Dinosaur Cove: Charge of the Three-horned Monster by Rex Stone

Despite being extinct for 65 million years, dinosaurs still have the power to enthrall young children and this series of books is sure to be popular with young readers who are building up the confidence to read alone.

Jamie has recently moved to the south coast of England with his dad and into an old lighthouse with his grandad. Jamie's dad has plans to turn the ground floor of the lighthouse into a Dinosaur Museum as the local area, known as Dinosaur Cove, is rich in Jurassic and Cretaceous fossils. However, what Jamie doesn't expect to find is a hidden entrance to Dinosaur Island where there are real living dinosaurs.

In this adventure Jamie and his new friend Tom discover what looks like houses on Dinosaur Island. Knowing people weren't around at the same time as dinosaurs the boys decide to check them out with the help of Wanna, a friendly wannaosaurus. What will they find and how will they get through the huge pack of triceratops!

A great read full of facts about dinosaurs means that the reader will learn without even realising!



By Willow Coby

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*

A. ROONEY Fencing & Gates



**01344 752737
07708 444047**

Free Estimates

Fully Insured

Work Guaranteed

References Available

GAROLLA ROLLER SHUTTER DOORS



Great For:
Space Saving
Kerb Appeal
Ease of Use

0800 468 1982

THERMALLY INSULATED ELECTRIC GARAGE DOORS



CE Approved

Acoustic & Thermal
Insulation



Brush Sealed Rails



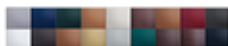
Pay on Completion



Magic Eye Safety System



18 Colours Available



Free Disposal of your Old Door!

**Save
£459**

Garolla saves you space inside your garage as the Garage Doors roll vertically into a box. This design requires just 8 inches of headroom and allows you to park closer to the door. Remotely control the Door from the comfort of your car. Includes a magic eye safety system, providing you with a safer Garage Door for you and your home.

LIMITED OFFER - ~~was £1354~~

NOW ONLY £895
INC. VAT & FULL FITTING

MADE TO MEASURE, CALL US TODAY

01628 260 325

07537 149 128

Phone Lines Open 7 Days a Week

- Offer valid for openings up to 2.6m wide & inc: 2 Remote Keys, 55mm White slats, Internal manual Override -

Dash Cams

The dashboard camera, or dash cam, has become increasingly popular recently. So, should you think about buying one?

A dash cam is a special camera that is mounted on a car dashboard for the purpose of recording sounds and images while you're driving.

But why might you want one?

First-hand evidence in case of a car accident -

This is the main reason why people invest in one. If you are involved in a collision you can prove that it was not your fault by submitting the camera footage as evidence. It's a compelling reason for buying one.

Reporting a dangerous driver -

Sometimes you see a driver do something so reckless and irresponsible right in front of you that you fear for the safety of other road-users. Reporting that person becomes much easier with evidence. In the US there are special channels for reporting dangerous drivers, with the aim of making roads safer for everyone. It is probable that the UK will follow suit.

Extra insurance for parents - We worry when our teens first start to borrow the car that they may not stick to the rules of the road. Knowing that there is a dash cam monitoring their driving behaviour is an extra incentive for them to pay attention, or they might not be trusted to take the car out again!

Prevention of insurance claim scams - Insurance fraud is a growing problem with

vehicles. Some drivers purposely cause minor car accidents in order to put the blame on the other party, so they can extort money from the victim. The victim has no way of proving their innocence, so

these people also fake injuries in order to collect the insurance money from their insurance companies. A dash cam will at least allow you to prove that you were not at fault in such a case.

It keeps an eye on your

car while you are not in it! - Have you ever returned to your car in a car park to find it's been scratched? Or are you sure the neighbour's children are scraping their bikes along the side of your vehicle when they squeeze past on the drive? A well-installed dash camera can efficiently record such events because most can be set to record even when the car engine isn't running. Some can even send all the data to your laptop or smart phone remotely, giving you peace of mind.

Because the best camera is the one you have with you - It's not all about the car! Check out online videos of dash cams capturing unexpected phenomena. A family of ducks stopping traffic in Birmingham, a plane crashing right in front of a guy driving down a highway, and one Russian car driver's dash camera recorded an enormous meteor that flew over Russia. The clip ended up being viewed millions of times on YouTube!

Dash cams are set to become as necessary an addition to our driving life as sat-navs. If you don't already have one, perhaps you should think about it.

By Tom Hancock

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. 1012012 Registered Office: Calverton Street, Fosse Rd, North Nibley, Stroud, Glos

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

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**

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



*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.

Sudoku

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

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)



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

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

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

Impeccable Properties

Create - Improve - Maintain



**10%
OFF***

T: 01344 303000

www.impeccable-properties.co.uk



Impeccable Properties work across Berkshire, Hampshire and Surrey to meet your domestic and commercial property needs. Whether you need a full-scale refurbishment or a general tidy up, no job is too big or too small.

CALL TODAY FOR YOUR

FREE ESTIMATE



ONE OF BERKSHIRE'S LEADING PROPERTIES SPECIALISTS

office@impeccable-properties.co.uk

Kitchens - Bathrooms - Extensions - Conversions

* 10% off terms and conditions apply.

T: 01344 303000

What the Doctor Ordered

When you read the words Dr Martens, what do you think of? Skinheads? Clowns? Workmen? Or high fashion?

Because in spite of being associated with all the groups above, Dr Martens have remained one of the most consistently cool items of clothing in the past 50 years.

They really were invented by a doctor too, Dr. Klaus Maertens, a German army doctor. He injured his foot while skiing and found standard issue WWII army boots very uncomfortable and not at all conducive to recovery. So, he designed his own shoe, which replaced the leather soul with one which had air-cushioning. Originally the boots were sold as orthopaedic devices and bizarrely the majority of its customers for the first fifteen years were housewives, mainly over forty years old.

But then an advert for the boots with the air-cushioned sole caught the eye of the Griggs family, who ran a shoe company in Britain, specialising in sturdy work boots, and they bought the patent.

They made a few tweaks to the design, including reshaping the heel, and they also anglicised the name. The classic yellow-stitched Dr. Martens AirWair boot was launched on April 1st, 1960. The date gave rise to the name 1460. This footwear was no April Fool joke though. The boots quickly became popular with factory workers, postmen and police officers.

But these were not the kind of people known for inspiring fashion choices so how did Dr. Martens become so cool?

It started with youth sub-cultures, like Mods and Skinheads, who adopted the boots as symbols of working-class pride. There was some irony in the fact that when these groups clashed with police BOTH sides were wearing Dr. Martens!

Pete Townsend of The Who is generally credited with giving Dr. Martens international exposure, when he chose to

wear them on stage at concerts. From about 1966 they began to gain fashion status, generally by groups who associated themselves with anti-establishment values. Punks, Goths, New Wave and Grunge groups all embraced the Dr. Marten, and they gradually became more mainstream with Britpop.

But by the new Millennium sales were dropping. The Dr. Marten 1460 was seen as old. Eventually the company moved production to China.

In 2004 a new line of footwear was introduced, deliberately designed to appeal to younger buyers. They were softer, easier to break in and had a translucent heel. This paid off and sales began to climb again. In 2012 Dr. Martens had its best year for sales ever. Shortly after they were sold to the investment firm Permira, and have continued to rise in popularity ever since, becoming a mainstream wardrobe staple.

I wonder what the original Dr. Maertens would make of all that!



By Sarah Davey

Carpenter

Specialist in domestic carpentry works such as:

- Kitchen modification or complete replacement
- Fitted wardrobes and bedroom furniture
- Home offices
- Custom made furniture
- Internal doors
- Building 'Self Assembly' furniture
- ... and the 'DIY' you hate to do!

Graham Taylor

Mobile 07802 262555
Binfield 01344 423657



graham@binfield-carpenter.co.uk

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

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

In a Heartbeat

Ectopic heartbeats are extra heartbeats that occur just before a regular beat. Ectopic beats are normal and usually they are not a cause for concern.

About 70% of medically normal adults without any symptoms at all have ectopic beats if monitored over 24 hours. They are far less common in children and are more likely to be a result of an underlying heart abnormality in those cases.

There are two types of ectopic beat:

PAC - Premature atrial contractions, which begin in the upper chambers of the heart.

PVC - Premature ventricular contractions, which begin in the lower chambers of the heart.

An ectopic beat might be felt as an extra awareness of the heart beating; a feeling of faintness; a sensation of the heart stopping for a second, or a fluttering sensation in the chest.

The fact that some people become aware of their ectopic beats doesn't automatically mean there is a problem. Most commonly people who become aware of their ectopic beats are also susceptible to anxiety.

What tends to happen is that during an episode of anxiety their system is flooded with adrenalin and their heart begins to race. They become aware of their heart racing, and then suddenly they experience a (perfectly normal) ectopic beat, only it feels anything but normal to them because their heart is already racing. They can

then become hyper-aware of any perceived differences in rhythm, and this can feed their anxiety.

Most GPs can diagnose ectopic heartbeats from symptoms and by listening with a stethoscope. Sometimes they will arrange a precautionary electrocardiogram (ECG).

If someone is aware of their ectopic beat only when they are sitting quietly, this is less of a concern than if the ectopics become noticeable after exercise, such as running upstairs. Ectopics are also of more concern if there is a history of a previous heart attack, or a family of heart disease. A GP will want to rule out complications such as ventricular tachycardia and arrhythmia.

If further investigation is required the GP might order an echocardiogram (heart ultrasound), or a coronary angiography, an MRI, a CT scan, or exercise testing.

In most cases ectopic heartbeats do not require treatment; however, there are certain well-known triggers. It can be helpful to review all medications and their possible interactions, stop smoking, reduce alcohol and caffeine intake, and reduce stress and anxiety as much as possible.

Remember, most ectopic heartbeats are not a cause for concern, but if they are persistent, or you are worried, then consult your GP.



By Louise Addison

MOTHERS' DAY MUSINGS



March 31st is Mothers' Day and I wonder if I'm the only mum who finds it irritating?

I mean, I love flowers and chocolates as much as

anyone, but I value them more when they come 'just because', rather than because Clinton Cards emailed a prompt. And don't get me started on Primary schools and their 'Mothers' Day mornings. Rearranging my working day so my child won't be disappointed by my absence is stress I don't need...I thought Mothers' Day was supposed to be about me! No, Mothers' Day feels phoney. My husband is a hands-on dad, who knows how to cook and wield a vacuum cleaner; but if I didn't remind him about Mothers' Day he'd forget, and so would the kids, because he wouldn't remind them.

Last year I didn't remind, they forgot, then they all felt bad, which wasn't my aim, because I didn't care. So, we had a chat. I told them I knew they loved me, and Mothers' Day wasn't important to me, but perhaps each of them could pick a time when they did something little and nice for me, when I least expected it, and tell me it was for Mothers' Day. I don't think I expected much to happen, other than to free them (and me) from social pressure, but a few weeks later my 12-year-old left a dark chocolate Bounty Bar on my desk one evening (food of the Gods and difficult to find!), with a little post-it that read 'For Mothers' Day because I know it's your favourite'; and a few weeks after that my nine-year-old drew me the most beautiful picture of a dragon because he knows I like dragons. Somehow those gifts felt more real than any I'd received before.

I've not mentioned it again this year. Maybe they'll remember, maybe they won't. Maybe I'll get another dark chocolate Bounty...I won't complain.

By *Kath McLean*



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

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

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

SPOTS!

Often appearing at the worst times; spots are unsightly and can be uncomfortable. They occur when oil called sebum comes into contact with blocked pores.

To reduce the risk of spots you should prevent excess oil build up by keeping your hair clean and off your face, not wearing tight clothes or bag straps which rub and not resting your face on telephones. You should also avoid the use of irritants like greasy makeup and certain sunscreens and hair products. Daily washing with a gentle cleanser is recommended and remember to wash your towels regularly because dirty ones spread bacteria. A healthy diet can also help and there are special vitamin products available to aid healthy skin.



If you do get a spot you can try products which contain benzoyl peroxide, salicylic acid and alpha hydroxy acids, as these help to unblock pores, prevent oiliness, kill bacteria and speed up the growth of new skin cells. You

should avoid squeezing spots as this can cause infection and scarring. Exfoliation can improve the effectiveness of topical treatments and improve the appearance of skin. Various technology products such as light and heat therapy are also available.

Acne is something very different. This needs to be treated by a doctor possibly with antibiotics. More extreme cases will be referred to a dermatologist.

By Susan Brookes-Morris

Wake Up Refreshed

Do you spring out of bed each morning with the bright eyes and energy of a five-year-old on Christmas morning? No, me neither.

But there are a few tips which might help:

Get enough sleep – It's so obvious it actually does need stating: most of us do not get anywhere near enough sleep. Sleep needs vary from person to person, but most of us need at least eight hours uninterrupted shut-eye. I haven't slept like that since my children were born, and the oldest is now eight!

Make your room dark and quiet – Too much extraneous light and noise is not conducive to good sleep. Invest in thick curtains or a sleep mask if light is an issue and soft earplugs if your neighbour has noisy dogs or a twitchy car alarm.

Renew your mattress – Mattresses do not last forever. They become saggy and less supportive with age, which makes us fidget and interferes with the quality of our sleep. A good mattress should support your spine and allow your body to relax totally.

Have a bath – Yes really. A soak before bed will relax your muscles and calm your mind. Lavender bath products are especially good at inducing sleep.

Clear your head – It's difficult to sleep if your head is still whirring from the events of the day. Concentrate on your breathing and allow thoughts to float away. Anything you are dealing with will still be there tomorrow and you'll cope better if you've had a good night's sleep.



By Louise Addison

READ RIGHT

Could your child benefit from a binocular vision exam?

When Sarah's 10-year-old daughter complained of headaches after school, she did what any sensible parent would do and booked an eye test. After a 15-minute exam she was told that Maisie did not need any glasses and that there was nothing wrong with her.



After a few months, Maisie's symptoms hadn't disappeared, and her grades were suffering.

"She didn't want to read and was falling behind in class."

Sarah took her back to the optician, who this time gave Maisie some glasses.

"She wore them for a couple of weeks but gave up after that as they weren't helping, in fact she said that they made things worse for seeing the whiteboard."

Sarah's friend advised her to take Maisie to see the optometrist who had helped her son when he had struggled with similar issues.

"Immediately I could see that this was a different kind of eye exam." We didn't feel rushed. The optometrist was really interested the type of difficulties Maisie was experiencing, when they happened, and how she coped with them. She performed a whole battery of tests and explained everything as she was going along. She told us that Maisie was having difficulty co-ordinating her eyes so was having to put in more effort to 'see', and as she became more tired with the effort of school and study, it became harder and harder for her to keep up the co-ordination, so she just gave up. It all made sense. She'd come home grouchy, rubbing her eyes and with a headache. It was all too much for her."

Optometrists who specialise in what is known as Behavioural Optometry, or who run specialist binocular vision clinics understand that an eye examination should be about more than whether a child can read the bottom line of a chart some distance away. In a classroom eyes need work as a team at all distances. They should be able to point accurately at the same point on a page, then

be able to refocus quickly and accurately on the whiteboard and back again, hundreds of times per day. They need to be able scan across lines of text without drifting off to another line. If eyes can't work as a team, children might try for a while but often develop unhelpful coping mechanisms like turning their head, screwing their eyes up, and excessive blinking. Eventually they give up and may become disenfranchised from learning.

Some groups of children, like those with dyslexia, or those with underlying health conditions are more susceptible to the binocular vision system malfunctioning.

Binocular vision examinations measure the ability of the child's eyes to work together, and then the optometrist can make helpful suggestions, such as glasses, or exercises (sometimes called vision therapy), or a mixture of both. Occasionally coloured overlays might prove useful too.

Unfortunately, these types of examination are not available on the NHS, but Sarah says that her money was well spent. *"Maisie had some new glasses and a short course of exercises. Within weeks her grades had picked up and she was coming home more cheerful and with no headaches. I would recommend that all parents should take their child for a specialist eye examination if they feel something is wrong."*

By Kath McLean

Beware the Ides of March!

"Beware the Ides of March!" I've heard this saying often throughout my life but only recently thought to find out about it.

It's actually a quote from William Shakespeare's play, *Julius Caesar*. Early in the play a soothsayer declares it, forewarning of the eventual assassination of Caesar (apologies if that spoils the ending for anyone!)

But what are the Ides of March?

In the ancient Roman calendar the Ides was one of three markers used each month, which related to the position of the moon. Ides comes from the Latin verb 'to divide'

The Ides in March fell on the 15th and



marked the full moon.

It happens that Julius Caesar was murdered on March 15th, 44BC. He was stabbed to death by a group of Senators shortly after being declared 'Dictator Perpetuus', which means, 'dictator for life.' His death led to the Liberators' civil war and the new Principate period of the Roman Empire.

So, the Ides of March is actually the anniversary of Julius Caesar's murder and Shakespeare played on this with his oft-quoted

soothsayer. People adopted the expression and it is still used as a warning that something bad could befall a person on this date.

By Tom Hancock

D.M.S.

Landscaping & Building Services

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

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



Garden View

This month - Hardy Annuals

Hardy annuals: the name is an oxymoron. Hardy plants are supposed to be able to survive the winter aren't they, but annuals, by their definition, don't.

In fact, the names hardy, half-hardy and tender, when applied to annuals, refer to the relative cold tolerance of the newly planted seeds.

Hardy annual seeds can handle being frozen in the soil so are ideal for planting outside, either in the autumn or now.

Productive, adaptable and cheap, they are the ideal credit-crunch plants. They are also easy-to-grow, so are brilliant for beginner gardeners.

For best results sow them as thinly as possible, cover lightly with sifted soil then firm it down. Protect them from cats and birds with netting until the seedlings are well established then thin them out to the distance recommended on the packet.

Good flowers for the annual-novice include poppy, calendula, larkspur, fried-egg plants (*limnanthes*), love-in-the-mist, *clarkia* and cornflowers.

If I could grow only one it would be *Nigella damascena* (love-in-the-mist). It's an old cottage-garden plant and 'Miss Jekyll' is a beautiful, soft, pure blue variety with the added bonus of stripy seed pods once the flowers have faded.

The king of the hardy annuals though has to be the sunflower. Children particularly love to grow them. Sow them singly in small pots or directly into the earth. If you sow them directly, plant two seeds into each hole and thin to one once they are established. They may need to be staked as they grow. There are some terrific varieties. A favourite of mine is Prado Red, which as the name

suggests, produces deep red flowers. If you pinch them out, they'll grow to five feet and produce numerous blooms on each plant.

If sunflowers are the kings of the hardy annuals, then sweet peas are surely the fragrant queens. Old-fashioned or antique varieties tend to be best for scent though their flowers are slightly smaller. The great thing about sweet peas is that you *have* to pick them to prolong flowering so you have a wonderful excuse to have a fragrant home all summer long. Sweet peas should be planted a little deeper than other annuals. They are very thirsty flowers. My granddad used to line his sweet pea trenches with lots of wet newspaper. He won prizes for his blooms, so he obviously knew a thing or two about it.

Next time you're at the garden centre...walk right on by the showy (and expensive) potted plants and head for the seed section. For a very small outlay you can add colour, shape, interest and completely transform your plot ...and if you don't like it, you can always change it again next year.

Happy gardening!



By Rachael Leverton

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

 **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

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.

Spinach and Ricotta Lasagne

A creamy meat-free version of this supper

Serves 6-8

Preparation time 45minutes

Cooking time 30 minutes

Ingredients

Pack lasagne sheets
125g Mozzarella, sliced
30g Parmesan

For the tomato sauce

Olive oil
1 Onion, finely chopped
2 Garlic cloves, crushed
150ml Red wine
2 x 400g Tins chopped tomatoes
1 tsp Sugar
2 tbsp Worcester sauce
2 tbsp Tomato purée
Bunch fresh basil, chopped

For the creamy spinach and ricotta sauce

375g Spinach
Knob of butter
500g Ricotta
250g Mascarpone
4 medium free-range egg yolks
Grated zest 1 lemon
Pinch freshly grated nutmeg
40g Parmesan, grated


Method

Preheat the oven to 200° C/180°C fan/ gas 6. Heat the oil in a medium pan, then fry the onion for 6-8 minutes until soft. Add the garlic and fry for a further minute. Pour in the red wine; turn up the heat and simmer for 3-4 minutes to reduce the liquid by half. Add

the tomatoes, sugar, Worcester sauce and tomato purée. Reduce the heat and simmer for 15-20 minutes until thickened. Add the basil, and season well.

Place the spinach in a large pan with a knob of butter. Cover and cook over a medium heat for 2-3 minutes until the spinach has wilted. It will seem to almost disappear! Drain the cooked spinach in a colander and press to squeeze out any excess water. Roughly chop, then mix with the rest of the creamy sauce ingredients. Taste and season well

Spread a little of the spinach and ricotta sauce over the base of the baking dish, then cover with slightly overlapping lasagne sheets. Pour over a third of the remaining white sauce, sprinkle over a little of the grated cheese and top with half the tomato sauce. Cover with another layer of lasagne sheets, top with half the remaining white sauce, then all the remaining tomato sauce. Add the final layer of lasagne sheets, then spread with the rest of the white sauce. Scatter with the remaining grated cheese.

Top with mozzarella slices and the grated Parmesan and bake for  30 minutes until golden and bubbling.



ORGANISE YOUR LIFE!



Some people seem to be born more organised than the rest of us, but we can all develop habits that will make for a more organised and productive life. Here are five to consider.

Write Things Down

Don't try to remember everything. From shopping lists or ideas for home decor, to important family or business dates, or goals you'd like to achieve - write them down!

Do It Now

The longer you wait to do something, the more difficult it will become. Putting in the

effort to get things done as soon as possible will make your life less stressful and less demanding.

Give Everything a Home

Knowing where to find a thing saves time and frustration. Decide where things belong, label the space if necessary but NEVER designate a storage space as "miscellaneous!"

Get Rid of Clutter

Schedule regular clear outs to go through the items in your inbox, cupboards or drawers. Only keep things you really need and use, which will clear the way for greater creativity and productivity.

Delegate Responsibilities

Whether at home or work, delegate as much as you can. Organised people know how to share the load. No person can do everything, but everyone can do something. This is a great way to help others grow and develop too.

By Debbie Singh-Bhatti

How to write a CV

While it's tempting to dust off your last CV and just add an extra couple of lines for your current job, sometimes it's best to start from scratch. There's a wealth of advice on CV writing to be found on the internet, but to get you started, here are a few of our top tips:

Personalise it. Ideally, amend your CV for each job application, making sure you reference any skills that were mentioned in the job description.

Keep it brief. There's no need to detail every job you've had if they're not relevant to the position you're applying for.

Avoid repetition. If you've had a similar job role at several companies, there's no need to keep repeating the same skills. Try to



focus on added responsibilities for each role, to show career progression.

Include a link to your LinkedIn profile, but only if it's up to date.

Present it well. Use a clear font, make sure everything

lines up well, and separate sections with sub-headers. Search online for a template to make it easier.

Check for grammar and spelling mistakes, and ask a friend to look over it for you.

Don't forget the cover letter! The cover letter gives you the chance to really highlight why your skills and experience are relevant to a particular job.

Good luck!

By Kate Duggan

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



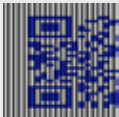
www.lodgebrothers.co.uk

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@berkshirepchosptal.com



We also provide
computer help
to Warfield Park
residents

INDEX

Accounting Services

MBS Accounting Services

Architects

Good Developments

Computer Services

Computer Help

Decorators

Steve Coventry

Thomas Painter & Decorator

Electricians

Warfield Electrical

Fencing Services

A Rooney Fencing & Gates

Funeral Directors

Lodge Brothers

Gardens/Landscaping

13 Moss End Garden Machinery

Simply Green Landscapes

Supagrass

9 Trulawn

Woodchips Tree Surgery

30 Kitchens & Bedrooms

Applewood Kitchens

13 Oven Cleaning

9 SGH Services

Plumbers

15 Heat & Plumb

Heat Plant Services

Paul White

11 Property Clearances

Clear Space

30

Property Maintenance

15 BAS

27 Carpenter

9 CM Maintenance

5 DMS Building & Landscaping

21 Impeccable Properties

Jubilee Bathrooms

Just Wood

32 TBG Home

Thomas Painter & Decorator

27 Roofing

DB Roofing

3 Security

13 DSC Security

19

Student Accommodation

Host Link UK

3

Windows & Doors

Garolla Garage Doors

Premier Plastics

14

19

15

25

16

1

14

11

9

27

7

27

11

19





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

THE WORD

Tel. 01344 444657

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

