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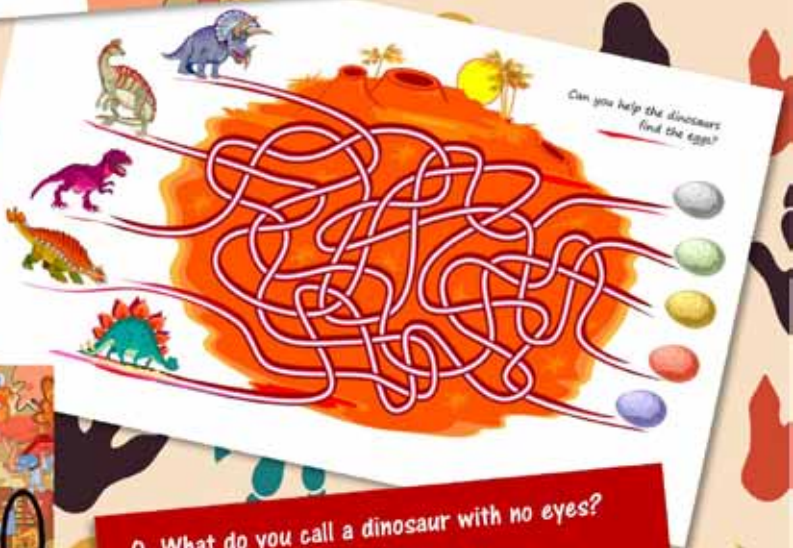
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Kids' Page

Find 12 objects in the picture



Find the objects answers

Q. What do you call a dinosaur with no eyes?
A. A Doyouthinkhesaurus!

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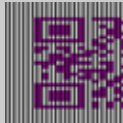
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^Care UK relative survey April & September 2023. Study operated by QRS Market Research, an independent survey agency.



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From Pleasure to Performance

How dopamine affects our productivity

We all have days when don't seem to get enough done, but if you are constantly berating yourself for being unproductive, you may not actually be lazy, you may be struggling with fluctuations in dopamine, a

neurotransmitter made in the body that sends messages between nerve cells.

Dopamine is commonly linked to feelings of enjoyment, but it also significantly impacts reward-driven actions, affecting productivity as a result. When you look forward to a reward or participate in an activity that brings you joy, your brain emits dopamine. This makes you seek to replicate the action to relive the associated joy. Hence, for example, the motivation to complete a 5k run often kicks in once you've begun, in contrast to the lower motivation levels before you even put on your running shoes.

In a 2020 study, found that people with higher dopamine in the area of the brain associated with decision-making were more likely to complete tasks because they focussed on the benefits of finishing. Those with lower dopamine levels focussed more on how difficult the task was.

Wouldn't it be great if we had a set of tools for managing our dopamine levels? Well, we have five for you.

Hydrate - The neurons in our brain require water soluble electrolytes such as sodium and potassium to communicate efficiently. Even 2% dehydration can negatively impact your productivity.

Restrict social media - When you use social media you're constantly exposed to new information and anticipating the next reel or message. This causes your dopamine to spike and then fall back to



below baseline. Anything else, like revising for history GCSE or hitting the gym seems dull, or too much like hard work.

Move your body - Do you struggle to workout first thing? Try lowering the barrier to entry.

Commit to ten minutes of activity instead of 45 minutes. Set a timer and stick to it for a few days. The chances are you'll get the urge to do more as time goes by. Knowing you only have to do ten minutes makes skipping your morning phone scroll easier too. And because effort was involved the dopamine still spikes but it spikes sustainably, we're less likely to seek a cheap thrill from scrolling afterwards.

Avoid screens after 11pm - We've all heard about the effects of blue light on the brain, but it's not just blue light, it's all light. If you're looking at a screen past 11 pm the light stimulation shifts the entire rhythm of dopamine production in the brain, which means that you can wake up feeling demotivated, effectively sabotaging your productivity.

Put your phone in another room in another room if you have to. At first it might feel uncomfortable, but this is just your dopamine system resetting.

Make sleep a priority - Sleep has a huge impact on your ability to be productive. When you sleep, our body releases testosterone and growth hormone which we all need to feel replenished, and our lymphatic system clears out the toxins built up in the brain throughout the day.

While I can't promise that these tips will suddenly change your whole personality, if you try implementing one or all of them you should notice they have a positive impact on your working day.

By Louise Addison

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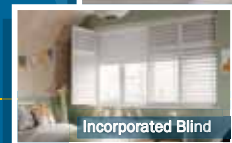
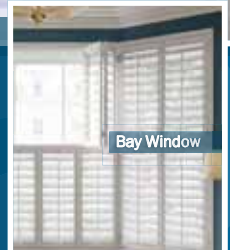
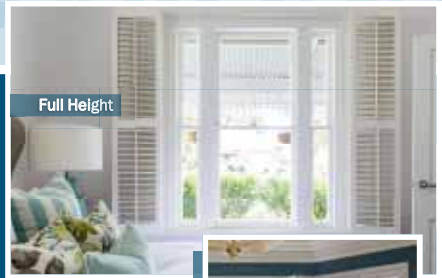
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Boot Bargains

Let the car boot sale season begin



Car boot sales are a quintessential British tradition where unpredictable British weather meets an equally unpredictable array of goods for sale. You can haggle over the price of a teapot with a missing lid at one stall and buy a questionable painting that may be a lost masterpiece (spoiler: it's not) at another.

Jesting aside, if you're up for a bit of work, a car boot sale is a great opportunity to clear out your attic, shed, or spare room while making some cash and enjoying the fresh air.

Begin with a Clear Out: Sort through your items. Anything from vintage clothing to old records, books, toys, and kitchen gadgets can find a new home. Remember, one person's trash is another's treasure.

Price to Sell: Be realistic about pricing. Boot sale buyers are looking for bargains. A good rule of thumb is to ask yourself what you'd be willing to pay. Label items clearly.

Presentation is Key: A well-organized stall can make a world of difference to how much you earn. Arrange items so they're easy to browse. Group similar items together and make sure everything is clean. A little bit of preparation can significantly increase your sales.

Be Prepared: Bring plenty of change and bags for your customers. Arrive early to

get a good spot. A folding table and chair, a flask of coffee and a sandwich can also make your day more comfortable.

Perfect Your Pitch: Friendly banter and a smile will attract more buyers. Be ready to haggle...it's an art. The seller starts with a price, the buyer counters with an offer so ridiculously low it's actually insulting, and eventually, you meet somewhere in the middle, each convinced you've outsmarted the other. Just remember that if YOU'RE the one decluttering and selling, the object of the exercise is to get rid of everything, not take it all back home with you for the sake of a few pence!

And it's not just about the buying and selling. Car boot sales are essentially a social event, places where you overhear phrases like, *"Remember when we nearly set the house on fire with this fondue set?"* or *"Do you think anyone will notice this shoe is missing a heel?"* *

As the day ends, you head back to your car, hopefully cutter-free and cash-rich if you're a seller, or arms laden with goodies if you were a treasure seeker. And if you're lucky you might overhear a puzzled wife say to her husband, *"Why did you buy a unicycle when you can barely ride a bike without stabilisers..."* **

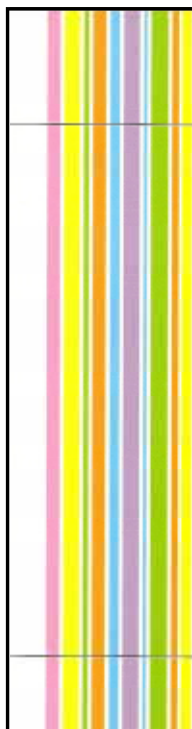
Whether you are looking to declutter or in search of a bargain, the car boot sale is great British tradition so check out a local one this month. There may or may not be a woman surreptitiously selling a unicycle. ***

By Gemma Brown

*Actual overheard snippets of conversation from other sellers when we held a car boot sale last year!

**I may or may not have been that puzzled wife.

***That woman may or may not be me...



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		9						6
3		5		6				
		6	8		5		4	
	4		6			3	7	
						9		

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 18)

Garden View

This month - Nutritious Nettles

As a novice gardener I spent a lot of time pulling out nettles from the overgrown patch I inherited when I bought my first home. Fast forward twenty years and I have learned that I was doing the humble nettle a disservice.

Contrary to their reputation for stinging and being a pervasive nuisance, nettles offer numerous (and free) benefits. These include serving as a rich nutrient source for your garden, attracting helpful insects, and even being a delightful edible option when gathered properly.

You can leverage the nutrient-rich nature of nettles by making a homemade, organic liquid fertilizer. Nettles are packed with some fabulous garden-friendly elements such as nitrogen, calcium, and magnesium, all vital for plant growth.

Any part of the plant can be used, even the older, tougher parts, and the process is straightforward. Chop the nettles and pack them into a sealable container (to mitigate any unpleasant smells) before submerging them in water. Let the mixture sit for

about a month to create a potent nettle tea. Dilute this tea with water in a ratio of 1:10 for a nutrient-rich feed, ideal for nurturing leafy greens like kale, chard, and spinach.

Nettles also double as an excellent mulch for

bigger plants or fruit bushes and act as a compost accelerator by enhancing the breakdown process in your compost pile. However, avoid using the roots or seeds, to prevent unintended growth.

By allowing some nettles to grow on your patch, you support the lifecycle of butterfly species such as red admiral, small tortoiseshell, painted lady, and comma butterflies, and also offer a habitat for beneficial insects such as ladybirds, which control aphid populations and other garden pests.

In addition to their usefulness in the garden, nettles are a versatile ingredient in the kitchen. Using gloves to avoid the stings, nettles can be harvested and used just like spinach, boasting a similar high iron content. They're perfect for steaming or as the base for a soup - blend boiled potatoes and tender nettles with vegetable stock, season and enrich with a spoon of cream for a hearty dish...perfect after a day working in the garden!

Happy gardening,



By Rachael Leverton

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A Good Read



The Memory Police by Yoko Ogawa

This is a hauntingly beautiful and dystopian novel that delves into the fragility of memory and the essence of loss. Set on an unnamed island, the story unfolds in a world where objects

and concepts are systematically disappearing, erased from existence and memory by the enigmatic Memory Police. The narrative is centred around a young novelist who struggles to preserve her memories and those of the island's inhabitants.

Ogawa's writing is elegantly simple yet profoundly deep, weaving a tale that is as much a melancholic meditation on memory as it is a compelling story of resistance and survival. The island's inhabitants, resigned to the relentless loss of their surroundings, adapt to each disappearance with a troubling nonchalance. This eerie acceptance of loss is one of the novel's most chilling aspects, highlighting the insidious nature of the Memory Police's power.

The novelist (who is also unnamed), with the help of an old man and a risk-taking editor who is immune to the forgetfulness, attempts to defy the Memory Police by hiding her editor in a secret room. Their struggle against the inevitable tide of forgetfulness forms the heart of the story, illustrating the human capacity for resilience in the face of oppressive forces.

The atmosphere of subtle suspense and creeping dread imbues the story with a quiet intensity. The characters are sketched with a delicate touch, yet they are profoundly relatable in their quest to hold onto their memories and identities. This struggle against the erasure of

memory becomes a powerful metaphor for the larger human experience of loss and the effort to preserve our own pasts.

The Memory Police is not just a story about an authoritarian regime's control over personal memories; it is also a reflection on the impermanence of existence. Ogawa explores the idea that what makes us human is not just our ability to remember but also our capacity for empathy and connection.

Clem and Crab by Fiona Lumbers

This is a lovely story about cleaning up our beaches. The story is a simple one: Clem loves to search the beach for things to put in her bucket. After a fun day at the seaside, Clem finds a Crab with its claw tangled in a plastic bag. She wants to take him home and keep him safe, but reluctantly lets him go back to the sea after her sister explains it's where he belongs. On her way home on the bus, Clem finds Crab tucked away in her trouser leg, and Crab ends up going on an adventure to Clem's school and inspires Clem to want to help clear the beaches of horrible plastic junk.

The story is fun and easy to follow, and the illustrations are charming. The environmental message is there but it's never preachy. It's a nice gentle introduction for children about the importance of taking care of our planet.



By Tash Donovan

L of a Question

If you sat your driving test again would you pass?



Are you a better than average driver? When asked, most of us assert that we are but that would be impossible mathematically!

Every day as I drive to and from work it seems that I encounter just about every lunatic and his mother. People on their phones apparently texting; men shaving and women applying eyeliner in their rear-view mirror while zooming along in the fast lane. People who don't use their headlights and fog lights correctly, or at all! And last week I was nearly taken off the road completely by someone who failed to check their blind spot before they began an overtaking manoeuvre.

I muttered a few choice words, then caught sight of a speed sign and realised that actually I was driving nearly 10 miles per hour over the speed limit...hmm, maybe I was one of the idiots on another driver's journey. This was a sobering thought.

At home again I looked up the theory part of the current driving test. I passed my own test back in the eighties before this became a requirement. I found an online mock exam and took it without doing any preparation. I passed but not with the full marks I imagined I'd get. I scored 45/50 and the pass mark is 43. All the questions I got wrong were those about icy conditions. I fared somewhat better in the hazard awareness test scoring 68/75 (pass mark 44).

I didn't feel up to taking my practical test again, but I did book a taster session at a local centre which offers advanced driving-skills packages, including skid-pan training, defensive driving, and advanced road skills. It was this last one which interested me particularly and I asked my instructor to assess my normal driving standard.

I admit to feeling pleasantly surprised when, after we'd driven around for a while, he said, '*Not bad actually.*' If he'd left it there I'd have been happy but... '*Unfortunately,*' he added, '*You've picked up a few bad habits over the years.*'

His main criticism was that I under-used my mirrors (at least I didn't use them to retouch my lipstick while negotiating a roundabout), and he was not at all impressed by my parallel parking skills... which is probably a fair assessment.

I enjoyed the session and found it valuable: so valuable that I've booked a half-day course which includes use of a skid pad...after my disastrous showing in the theory test I think I need some help handling icy conditions!

Perhaps a few more of us would benefit from a refresher course. Anything which makes us safer drivers has to be good thing doesn't it?

By Sarah Davey

Most Common Bad Habits

Driving too fast - especially through built-up areas, roadworks and during wet weather.

Under-use of mirrors.

Not looking far enough ahead - less reaction time to hazards.

Tailgating - driving too close to the car in front.

Wrong seating position - generally set too low which affects visibility.

Skin Deep

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require consistent use for long-term benefits. However, they can significantly prevent and delay sagging skin when people use them from an early age.

Used preventatively, Botox helps prevent wrinkles and fine lines forming around the forehead and eyes

If you're seeking ways to reduce wrinkles, acne scars, sunspots, or other signs of aging, you might have considered costly skincare products or treatments. Before investing in cosmetic procedures, it's crucial to understand what they actually do and when they are most effective.

Beauty treatments can be categorized into 'preventive' and 'corrective.' Preventive treatments aim to fortify the skin against aging, while corrective treatments address and reverse skin damage or aging signs. For healthy skin, preventive measures help maintain its condition and delay aging signs like fine lines and wrinkles.

Corrective treatments, on the other hand, focus on reducing blemishes such as deeper lines and wrinkles, brown spots, and broken blood vessels.

Nearly all dermatologists agree that the best preventive treatment is to use high SPF products. Regular use of moisturizers with SPF 30 or higher can prevent skin cancer and mitigate photoaging effects, including wrinkles and uneven skin texture. The next most popular products among dermatologists are those containing retinoids or vitamin A to prevent fine lines, wrinkles, and dark spots. Don't expect a dramatic improvement; retinoids

and the frown line. This is how it's used on younger patients. Correctively, Botox is effective at reducing the appearance of already-formed deeper lines and wrinkles like crow's-feet, frown lines and forehead wrinkles. But there are limitations and there is a point at which it's too late for Botox to make a significant difference. It's best to begin when wrinkles are minor and only deepen with facial movement such as a smile. However, if you start too early you can develop an immunity to the product, so wait until you have a few wrinkles, use the lowest dose and space treatments at least three months apart.

For those hesitant about needles, alternatives include products with alpha hydroxy acids (AHAs) and beta hydroxy acids (BHAs) for exfoliation, azelaic acid and hydroquinone for hyperpigmentation, kojic acid for dark spots, and glycolic acids for fine lines and skin brightening.

Finally, chemical peels, which are used as an in-office treatment to remove the top skin layers, serve as corrective treatments for sun damage, wrinkles, and uneven pigmentation but can also be used preventively to encourage skin renewal and minimize aging signs.

By Louise Addison

Double Cheese and Spring Vegetable Tart

This light and savoury teatime treat has a wonderfully crisp base.



Preparation time: 30 mins

Cooking time: 1 hours

Serves: 8

Ingredients

500g block shortcrust pastry
plain flour, for dusting
25g mature cheddar, finely grated.
200g asparagus spears, woody ends trimmed.
100g frozen peas
2 eggs
100g crème fraîche
150g double cream
whole nutmeg, for grating
100g watercress
2 x 150g logs of soft, rindless goat's cheese.

Method

Take the pastry out of the fridge ten minutes before starting.

Lightly dust the work surface with flour then roll the pastry out into a rectangle.

Scatter the grated cheese over the rolled-out pastry, fold the pastry in half and roll out again into a circle that fits a 25cm tart

tin. Leave the edges of the pastry slightly overhanging the edge of the tin. Pop it in the fridge for 20 mins to chill.

Meanwhile, cook the asparagus in boiling water for 3 mins, then drain and refresh under cold water. Defrost the frozen peas.

Preheat the oven to 200C / 180C fan / gas 6. Prick the base of the tart well with a fork, line with baking parchment and fill with baking beans or dried lentils. Bake the tart for 30 mins, remove the parchment and beans, prick again if it has puffed up, then bake for another 10-15 mins until golden brown.

Meanwhile, beat the eggs in a bowl, add the crème fraîche and cream, season and add a pinch of freshly grated nutmeg. Scatter the peas and most of the watercress over the tart and crumble over half the goat's cheese. Pour over the creamy egg mixture, then lay the asparagus spears on top. Finally, slice the remaining goat's cheese and arrange on top, then bake for 25-30 mins until the custard is just set and the cheese is golden brown. Leave to cool in the tin, trim the edges of the pastry. Remove from the tin, cut into slices, and serve with the remaining watercress.

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Sudoku Solution

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

DECLUTTER

How to live with less

If you can't lay your hands on items quickly because they're buried under piles of junk; if you're constantly moving things from one pile to a new 'temporary' pile; if you find yourself thinking, "I can't throw this away, it might come in useful one day," you're probably a clutter victim.

Californian blogger Dave Bruno set himself the year-long experimental task of reducing his belongings to 100 items. Once his self-imposed year was up he opted to keep his new rules, citing a desire to fight American style consumerism and live a life of simplicity. Since then, minimalism has been trending continually, especially coming off the back of lockdown when we were all driven to distraction by the volume of our belongings. *Minimalism: A Documentary About the Important Things* became one of the most popular documentaries on Netflix. Joshua Fields Millburn & Ryan Nicodemus, who produced it call themselves The Minimalists and host a popular weekly podcast dedicated to helping us simplify our lives.

I'm not suggesting we sell all our belongings and live in the life of an ascetic but most of us put far too much time, effort, and money into acquiring, keeping, and storing possessions. Sometimes it's good to let go.

If you're ready to de-clutter, then we have a few simple tips. If you feel you need more professional help, there are experts in de-cluttering who will guide you through the process of letting go.

De-cluttering Tips

Deal with one room at a time The task will seem less daunting. Stick with that



room until it's finished.

Choose a nice day

Take the room contents outside. Psychologically it's easier to sort and let go if you're one step removed. It's also less likely that the clutter will make it back inside.

Sort everything into

three piles Label them dump, donate, and keep. Be realistic: if the item in question hasn't been used for over a year it is unlikely you will ever use it.

Deal with the dump and donate piles Do this *before* anything comes back into the house. It's much harder to mess up your good work if the stuff is physically gone.

Sort and label Place the remaining items in clearly labelled boxes. Make sure there is one temporary box to house items which really belong in another room. As each room is sorted those items can be replaced, and other misplaced items can be housed there while the de-cluttering process continues.

Replace everything that remains The maxim 'A place for everything and everything in its place' is a good one. House small items in clear plastic boxes and store them in cupboards or wardrobes.

Now you're done instigate a *one thing in: one thing out* rule. It will make you think twice about acquiring something if you know something else has to go.

Finally, once a week, take two bags and go through your home. One bag is for rubbish, the other for items in the wrong place. When you've finished throw the rubbish away and replace the misplaced items.

Follow these small steps and you too can de-clutter your life.

By Kate McCarthy

Use It or Lose It

Visit your local library

With libraries shortening their hours and even closing in some areas, it's time to make use of these wonderful institutions. Here are 5 reasons why.

Save money!

Book lending is free, and DVD rental is

normally around £1. You can read today's newspaper, or the latest magazine. Just watch out for the fines if you return items late...

Community Libraries are great community centres. Mine holds parent and toddler groups, knitting groups, senior citizen coffee mornings and local councillor surgeries. Have a look at what your local library does and meet new people or learn new skills!

The Internet Most libraries provide free internet access for members, although you



may need to book in advance. This gives you the chance to shop, email, work or just muck about on social networks if you don't have the internet at home.

Education Libraries are brilliant for academic research. All you need in one place. And if your

local library doesn't have what you need, they can order it in for you. Increasingly, your library membership gives you free access to thousands of online articles and journals too.

Finally

The books! Books are expensive. At a library you have access to your favourite author's complete works at no cost! It's also a great way to try before you buy!

By Gemma Brown

Bank Holidays

We love them...but why do we have them?

Before 1834, the Bank of England and other institutions observed 33 closure days annually for festivals and saints' days. This number was significantly reduced in 1834 to just four: May Day, All Saints Day, Good Friday, and Christmas Day, reflecting the changes brought about by the industrial revolution and the need for more regulated banking operations.

The Bank Holidays Act of 1871, driven by Sir John Lubbock, a Liberal politician and banker, expanded the holidays to include Easter Monday, Whit Monday, the first Monday in August, and Boxing Day, while May Day was omitted for its pagan connotations, and New Year's Day was added for Scotland, recognizing its distinct traditions like Hogmanay. These days were initially referred to as St Lubbock's Days.

The Banking and Financial Dealings Act 1971 updated these holidays, replacing



Whit Monday with the late May spring holiday, moving the August bank holiday to the last Monday of the month, and reintroducing May Day as Labour Day in 1978. Bank holidays are annually declared by royal proclamation, which also allows for adjustments if these dates fall on weekends—a practice not common worldwide.

Additionally, royal proclamations occasionally grant extra holidays for special occasions, like the wedding of Prince William and Kate Middleton in 2011 and the Platinum Jubilee in 2022.

May is a good month for bank holidays every year...because we get two!

May Day remains a celebration of spring and renewal, with local festivities reflecting ancient traditions. But perhaps the most widely recognised custom on all bank holidays is a modern one...the chance to do some DIY!

By Tom Hancock

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Summer Shoe-down

What are the footwear trends this spring and summer?

We all spent lockdown in trainers, so this spring and summer designers are trying to lure us away from the ultimate comfort leisure shoe to dressier affairs. So, what should we be wearing on our feet in 2024?

Nail polish! - A decent pedicure is a must this year because toes are on show. Peep toes are very much in evidence this summer.

Kitten heels - Elegant yet practical, the kitten heel is back. Slingbacks, slip-ons and boots have all been given the kitten heel treatment, so there's something for everyone.

Platforms - Platform sandals and shoes with chunky and ankle-threatening heels are at the other extreme.

Pointed toes - This summer prepare to wear pointed toe again. This is a style that's sharp in both senses of the word.



Flip flops - Designers have been having fun with the humble flip flop. You'll see them in leather and satin, with platforms, with kitten heels and in the footwear colour of the year...green.

Green shoes were everywhere on the catwalks for spring and

summer 2024, in every shade. If you pick one pair of shoes to update your wardrobe this year pick a pair of green kitten heels or flip flops!

Finally, there's always one style that seems to come from left field and I give you...**the Swiffer**, which is, as its name suggests, a shoe covered in long feathers, or rubber tentacles, or streamers and which resembles something you might whip round the floor to remove dust just before guests arrive.

It remains to be seen if they catch on...

By Kate McCarthy



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Friday 10th May
Saturday 11th May



9am – 3pm (Friday)
8am – 12:30pm (Saturday)



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