

The  
**WORD**  
Magazine

**JUNE  
2018**

Warfield | Binfield | Winkfield | Ascot



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# Kids Page

Can you name the popular supper dishes by solving the clues? The first one is done for you

*beans  
toast*

Beans on toast



*g'seg*



*π*

H	A	I	R	Y	M	C	L	A	R	Y
M	I	F	F	Y	Q	A	U	L	P	T
A	O	P	S	R	D	E	N	I	A	O
H	N	Y	E	L	H	A	D	C	D	G
P	F	G	I	P	L	D	R	E	D	R
X	O	T	E	S	P	E	S	H	I	U
O	A	O	A	L	T	A	P	I	N	F
M	V	Z	H	E	I	H	O	C	G	F
P	I	P	P	I	H	N	T	C	T	A
H	A	R	R	Y	N	Q	A	U	O	L
C	H	A	R	L	I	E	N	P	N	O

Can you find all the famous book characters hidden in the grid?

- |              |            |
|--------------|------------|
| Alice        | Matilda    |
| Angelina     | Miffy      |
| Aslan        | Paddington |
| Charlie      | Peppa      |
| Gruffalo     | Peter      |
| Hairy McLary | Pippi      |
| Harry        | Pooh       |
| Hiccup       | Spot       |



Picture Clue Answers  
Chicken Soup  
Scrambled eggs  
Cottage pie



Word Grid Solution

# WORD

Magazine

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

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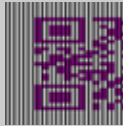
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## Email

[info@wordmag.co.uk](mailto:info@wordmag.co.uk)

## Website

[www.wordmag.co.uk](http://www.wordmag.co.uk)



## Publisher

The Warfield Word Ltd

## Printer

Warwick Printing Company Ltd

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# Parks and Countryside Events Programme

[www.bracknell-forest.gov.uk/parks-and-countryside/events](http://www.bracknell-forest.gov.uk/parks-and-countryside/events)

## Walks & Events

**Wednesday, 6 June, 10:30am. Walk with a ranger - Summer stroll at Lily Hill Park**

Up to 2 miles (1 hour).

**Meet:** North car park, off Lily Hill Road, Bracknell, RG12 2RX. Cost: £2.

**Tuesday, 12 June, 10am-11am Community Litter Pick at South Hill Park**

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

**Tuesday, 19 June, 10:30am. Volunteer led walk - Rapley Lake and back.**

Up to 7 miles (2½ hours).

**Meet:** The Look Out Discovery Centre (car parking charges apply), Nine Mile Ride, RG12 7QW. Map grid ref: 878 661.

**Thursday, 28 June, 2pm-3pm Community Litter Pick at Lily Hill Park**

**Meet:** North car park, off Lily Hill Road, Bracknell, RG12 2RX

**Friday, 29 June, 8:15pm-10pm Nightjar Walk at The Look Out**

Encounter nocturnal wildlife on this 3 mile walk through heathland and forest. Please wear suitable outdoor clothing and footwear (uneven ground conditions) and bring insect repellent, a torch and binoculars. No dogs please.

**Meet:** The Look Out Discovery Centre car park, Nine Mile Ride, Bracknell, RG12 7QW.

Please note car parking charges apply at The Look Out.

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

**Saturday, 23 June, 1pm-3pm Himalayan Balsam pulling at Garth pond**

Learn about how and why we control invasive plants and get involved in the practical battle to stop the spread!

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

## Bracknell Forest Natural History Society talks

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

**June 18: A talk on 'Unravelling the story of an alien invader' by Prof. Helen Roy**

For further details about these events visit: [www.bfnathistsoc.org.uk/meetings.html](http://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](mailto:rangers@bracknell-forest.gov.uk)

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## Welcome to the June update from Warfield Parish Council

### Parish Assembly

On Wednesday 2nd May the annual Parish Assembly took place at the Whitegrove Community Centre. Attendees received the report from parish councillors and the meeting also saw the presentation of two awards. The Chairman's Award was presented to Whitegrove Football Club for their role in developing youth football in the community and the Warfield Award was presented to Vicki Painter for her contribution in leading the development of the Warfield Neighbourhood Plan.

### Warfield Fete

Remember to save the date for this year's Warfield Village Fete which takes place at the Warfield Memorial Ground on Saturday 9th June from 12 noon till 4pm. It's a great family day out, come rain or shine, with slides, bouncy castle, Morris dancing, hog roast, bric-a-brac, raffle, silent auction and much more!



### Family Cycle Ride Sunday 24 June

This year's Family Cycle Ride is celebrating its 25<sup>th</sup> anniversary and takes place on Sunday 24<sup>th</sup> June with registration from 09.30 am at Carnation Hall, Chavey Down Road, Winkfield Row, with the event starting off at 10am. For those who might not have taken part before, it's a beautiful 10 mile circular ride around the quiet country lanes of Warfield and Winkfield. At the end of the ride everyone receives

a certificate. Refreshments will also be provided at the end of the ride!

### Warfield's Annual Gardening Competition

Once again we're looking for residents to enter Warfield's Annual Gardening Competition. There are four categories this year – Best Front Garden, best hanging basket, Tallest Sunflower (adult) and Tallest Sunflower (child). The closing date for entries is Monday 9 July.



### Warfield Produce Show Saturday 21st July

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

### Parish/Borough Councillor Surgeries

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 surgeries are on Saturday 2 June, 10am – 12 noon and Saturday 7 July, 10am – 12 noon. No need to book – just pop in at a time to suit.

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# A Good Read



## **Interview with the Vampire by Anne Rice**

Most people are familiar with the vampire myth as originally written by Bram Stoker in the 19<sup>th</sup> century. A blood thirsty monster whose sole aim is to kill, and perhaps

transform his victims into vampires. For 70 years this was pretty much how vampires were perceived, until Anne Rice published her seminal gothic novel in 1976.

Daniel, a young reporter is approached by a mysterious man who offers to tell him his life story. The man is in his 20s and yet seems melancholy beyond his years. And Daniel soon learns why, as the man – Louis – tells a story that begins in the year 1791 in New Orleans.

Devastated by the death of his brother, Louis gives up on life and at this low point he meets an enigmatic young man named Lestat – who turns out to be a vampire seeking a companion. With his permission he turns Louis into a vampire and the two embark on a lonely life moving from city to city and continent to continent under the cover of darkness.

Known for her gothic style, it is Rice's love of her hometown of New Orleans that comes through in this wonderfully evocative novel. Her descriptions bring the city to life and she gives her vampires a voice that speaks of the agony of eternity. This hugely influential work has shaped the genre ever since.

## **Girl Underground by Morris Gleitzman**

Bridget is an 11-year-old girl who is about to start at a new school. Not just any school, but one of Australia's top private boarding schools. All she wants is to stay anonymous in the hope that no one will find out about her family.

You see, Bridget isn't like the other pupils, and her family is not what you'd expect. Her dad does a roaring trade in dodgy Russian blenders and smuggling goods out of Turkmenistan, whilst her brother is in prison for robbery. Yes, Bridget is worried she will say the wrong thing and give herself away.

So, when her new friend, Menzies, asks her to help him she is worried that people might start asking questions. Especially when it turns out that it involves breaking into the Australian government to try and see the Prime Minister!

This hugely entertaining novel from Gleitzman deals with the serious issue of refugees in Australia, and debates the rights and wrongs of keeping them in detention centres as illegal immigrants. The reader will identify with the views of both Bridget and Menzies who cannot see the fairness in keeping children 'behind bars' when all they have done is escape from their homeland in fear for their lives. This is one to spark discussion!



**By Willow Coby**





LONG CLOSE SCHOOL

## THE CURSE OF TECHNOLOGY!

Over the next decade 1 billion young people will start out to work in jobs, of which 60% don't yet exist and over the next twenty years, 40 % of all jobs available today won't be around anymore.

For the first time in the history of humanity, technological advancements are moving too quickly to reasonably predict the future for our children.

Meanwhile the giant global educational machine roles on, churning out academics because that is how we have always measured our young people. Moving education from its course is a bit like trying to alter the course of an oil tanker. It will move eventually but in the mean time we remain, like all educational establishments fully bound to the system. We prevail at Long Close School, at the top of this tree, and as parents you can rest assured that your children will continue to outperform other students in this field.

However, Cognita is more than a company committed to academic excellence. It is a company committed to equipping its students, your children, to be able to compete and excel in the very uncertain world to come.

You will notice the word 'Character' appear a lot over the next few months. It is a word that encompasses a wide range of traits that we are committed to developing at Long Close School. In Character development we are talking about leadership, team work, diligence, perseverance, problem-solving, trouble shooting, empathy, tolerance etc.

These character traits are now fully embedded into our teaching philosophy. They are delivered as an integral part of our form time, our pastoral system and comprise an important role in out of classroom teaching. Our exciting club provision along with calendar events like enrichment week and curriculum collapse are all designed to focus students toward character development.

It is when we leave the school grounds, however, that things really hot up. Our school takes character development so seriously, that no trips are approved, unless the lead teacher has demonstrated how the trip will develop these traits. We are very proud to announce that the school is now an approved Duke of Edinburgh centre and is being pioneered this year by Year 9. The D of E Award is just the tip of the iceberg. The school will be building an outward bound program that begins with Forest Schools in the Nursery, extending throughout the whole school.

So the question inevitably arises. Is it really going to be beneficial to this technology driven future that our children know how to make a fire with sticks and raise a tent? Surely they should be in the classroom bent over maths and science books? It's a fair question but somehow misses the point. It's not cave man skills that we're interested in, we are interested in how children react and adapt in unfamiliar situations. These outward bound programs put them firmly out of their comfort zones and it is there that character development flourishes.

Long Close School is a multi-cultural, independent, co-educational school for ages 2-16 years. The School received 'outstanding' in all areas in its latest SIS inspection report.





# SAMARITANS

BRACKNELL, WOKINGHAM, ASCOT  
& DISTRICTS

## **Come and Run with Us!**

We are proud to announce that this is the **37th year** that the **SAMARITANS of Bracknell, Wokingham, Ascot and Districts** has held its **5 & 10 K Run**.

On **Saturday 30th June** the **SAMARITANS Run** will be held at **Easthampstead Park Community School** where the event was so successfully hosted last year.

This year, for the first time, there will be a **Kids Teddy Bear Run**, where children (up to 8 years old) can follow our real life big teddy Sam and run, jog or toddle around our c. 1K course. Apart from chip timing, this event will be just like the grown-ups races so bibs, medals and refreshments are included and it will start and finish via the race arch where our official photographer will be located.

Other attractions include **special guest**, Paula Fudge, former 3000m Commonwealth gold and world record holder who will be running in the 10K and presenting the winner's trophies. A pre-start warm-up led by local fitness instructor, Sally Armstrong, race pacers, post run stretch area along with refreshments including home-made cakes, BBQ & other stalls. **All finishers** will receive a bespoke **SAMARITANS** medal.



As **Jackie Holland** the Race Director explains “**Every single year** we need to raise **£25,000** to keep our branch open. We welcome face to face callers and receive **over 10,000** telephone calls a year, as well as those wanting to contact us by text and email. We also **reach out** into the **local community** helping at **railway stations**, when there has been a major incident, additionally we visit local **hospitals, schools, prisons and festivals.**”

Further details can be found on the website [www.samaritans.org/samrun](http://www.samaritans.org/samrun)

**Venue:** Easthampstead Park Community School, Ringmead, Bracknell RG12 8FS

**Date:** Saturday 30th June 2018

**Timings:** Kids Run- 09:45 | 5 & 10K Run -10:30

Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope, whoever they are, however they feel, whatever life has done to them. Please call 116 123 (free to call) (UK), email [jo@samaritans.org](mailto:jo@samaritans.org), or visit [www.samaritans.org](http://www.samaritans.org) to find further details.

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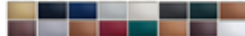
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## Sudoku

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

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(solution on page 22)



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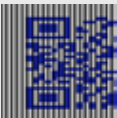
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We also provide computer help to Warfield Park residents

# Garden View

## This month - Totally Tropical

The 'greenhouse effect' is an environmental hot topic. And it's true that despite the grim winter of 2017-18 we've generally been experiencing milder conditions in recent years. I've certainly started to experiment with more exotic plants. It's a little risky; one hard winter can wipe out a tender specimen. But between now and September there's every chance that many tropical plants will survive if planted out in our gardens. They need a sunny sheltered spot, like the one you would choose for petunias, tobacco plants and rose beds.

Try Cannas. They have luxuriant broad spear-shaped leaves, which can be deep green, purple or even striped with orange or yellow. They produce vibrant flowers which look like gladioli but better!

Or how about planting scarlet dahlias like 'Bishop of Llandaff', which also sports attractive bronze foliage.

A big clump of African marigolds provides a blaze of fiery colour. Or try tender perennial salvias in colours which range from magenta through to scarlet and deep purples and blues. They won't survive the first winter frosts but they are easy to propagate from shoot-cuttings which can be over-wintered in a cool greenhouse ready for the following spring.

Verbena bonariensis produces tall wands of dainty lilac flowers. They self-seed freely, which is great if you consider that a bonus in a plant (I do) but maybe avoid this one if self-seeding bothers you.

You could even try a banana plant. The variety "Musa Banjo" is wonderfully architectural, and though it does not produce fruit it will create impact. Plant in a large pot and let its fan-like leaves create fabulous shadows on the patio. It hails from Japan originally and loves sunshine, but it is hardy to -6C so perfect for the suburban UK climate. Do note that in winter the leaves naturally die back and turn brown. I thought I'd killed mine the first year, but the leaves grow back quickly in the spring.

The Honey Bush (*Melianthus major*) is a terrific half-hardy foliage specimen with its 50cm long grey-green deeply serrated leaves, which look as though they've been cut with pinking shears.

Some of these plants will survive a British Winter with protection but it's probably best to treat your 'tropical' border as a temporary display. Experiment and have fun creating your very own suburban rainforest.

Happy Gardening,

**By Rachael Leverton**



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# NATIONAL VOLUNTEER WEEK

1st-7th June



This year, Volunteers' Week is about volunteering for all – celebrating the huge range of people who give their time in so many ways.

Could you volunteer, and why should you bother?

Studies have found that taking time out to help others reduces stress levels, improves immunity and increases life-satisfaction. This is because helping someone else interrupts tension-producing patterns and replaces it with a sense of purpose, which leads positive emotions.

Whether you're looking for a change in career or advancement in your current one volunteering is an excellent way to boost your prospects. Volunteers tend to create a positive impression, appearing more innovative, creative and skilful.

In an Adweek article on the state of recruitment in 2015, they found that recruiters rank volunteer participation higher than personal presentation, political affiliations and spelling and grammar errors when looking at a candidate's potential. This is probably because employers value transferable soft skills and volunteering gives you plenty of those, particularly problem-solving, teamwork, leadership and people skills. Candidates with real-world experience also tend to be more insightful and ready to be more hands-on in projects.

Away from the corporate world many people look around their community and

long to make a difference but don't know how. Look for community volunteering projects and get involved. It gives you the chance to think about the kind of community and world you want to live in, and to be part of something bigger than yourself.

If you're still not sure where to start your volunteering journey think about where your passions lie. Maybe you love animals, are passionate about butterflies, or you want to share music, or life experience, or gardening skills. Look on the web, there will probably be some volunteer group where your passion or knowledge will be useful.

If you are feeling adventurous volunteering abroad allows you to travel with a purpose. Before deciding on a programme it's advisable to ask:

- How will it benefit the local community?
- Does the organisation respect the local culture?
- What is the reason behind your volunteering trip?
- What problem will the end-product help solve?

Volunteering abroad changes how you see the world as you meet people daily from different countries, backgrounds and quality of life.

Many of us are lonely in our modern lives. Maybe we moved away from our families for work, or we're divorced, or widowed, or the children have left home. Volunteering introduces you to people from all walks of life and provides a means of making real friends who can have a lasting impact on you.

Volunteering can shake you out of old routines and help you figure out where you want to head next. You might come up with ideas on how to improve your own community, or even discover a new life calling.

*By Sarah Davey*

# Julia Reading

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## Sudoku Solution

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9	5	6	8	1	4	2	7	3
7	4	2	9	3	6	5	8	1
3	6	8	2	4	9	1	5	7
5	9	4	1	6	7	8	3	2
2	1	7	5	8	3	9	4	6
1	7	3	6	9	8	4	2	5
4	2	9	3	5	1	7	6	8
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# Green Goosberry Jam

*This wonderfully tart jam goes well with scones and cream and makes a lovely filling for a Victoria Sponge cake*

**Makes:** 2 jars (approximately)

**Preparation and cooking time:** 1 hour

A cooking thermometer is necessary for this recipe.

Also jam jars and a saucer. The saucer should be placed in the freezer to keep it cold.

## Ingredients

900g Slightly under-ripe gooseberries, topped and tailed

900g-1kg Granulated sugar

600ml water

## Method

First wash your jam jars in hot soapy water, then rinse well. Put them into a preheated oven at 160°C/gas 3 until you are ready to use them.

Put the fruit and water only into a large, heavy-based saucepan. Bring to the boil, then simmer gently until the skins are soft. If you add the sugar the skins will not soften.

Add the sugar and stir over a low heat until it has dissolved completely. Don't boil the jam before the sugar has dissolved or it may crystallise during storage. Once the sugar has dissolved bring the jam to a rapid but steady boil and boil until it reaches a temperature of between 105°C and 110°C.

After about 15 minutes your jam should have become more viscous and clear and you will need to see whether setting point has been reached. This is called the 'wrinkle test'. Remove the saucer from the freezer. Take the pan off the heat, spoon a little jam onto the plate

and leave until completely cold. Then push it across the plate with your forefinger. It should wrinkle up if it's ready. If it only wrinkles slightly, pop the saucer back in the freezer and bring the jam back to the boil and boil for a few more minutes.

Skim any scum from the top of the jam and pour it into the prepared jars. Cover the surface of the jam with waxed discs, wax-side down, and either quickly cover each jar with a dampened round of cellophane and rubber band or leave to go cold before covering with cellophane or a screw-top lid. Sealing the jars well prevents the build-up of condensation under the lid, which could lead to mould.





# Never Too Early

## Book an eye examination for your child



A child's development and learning can be hindered by undiagnosed or uncorrected sight defects, so early and regular eye examinations are essential to give them the best chance of succeeding in their education.

Rapid visual development takes place between birth and 3-4 years of age. Many visual defects such as long-sight (hyperopia), short-sight (myopia), a turning eye (strabismus) or a rugby ball-shaped eye (astigmatism) can be inherited.

Most visual problems are treated better if they are diagnosed early on. It's not necessary to wait until a child can read the letters on a conventional chart before taking them for an eye examination. Special picture charts and tests can be used and it's quite possible to take certain measurements without any interaction from the child at all.

Doctors, health visitors and some school nurses will carry out rudimentary vision checks, but only an optometrist will be able to provide a comprehensive accurate assessment.

Here are some signs to look out for but it's important to say that some children show no signs of anything being wrong at all, yet they may still have a serious underlying

vision defect.

- Frequent eye rubbing
- Dark circles under the eyes
- Obvious discomfort in bright sunshine
- watery eyes
- One eye larger than the other
- One or both eyes turning inwards or outwards, even if it's only sometimes

• A white pupil visible in family photos, particularly where flash has been used

- Holding books very close
- Aversion to reading
- Sitting right next to the TV
- Red-rimmed eyes, or sore-looking eyelids
- Excessive blinking
- Short attention span for close-up tasks
- Poor eye-hand co-ordination

It might sound obvious but choose an optometrist who likes children (not all of them do!) and who puts them at ease. When you go into the practice there should be children's books or possibly a toy or two available to keep them occupied while they wait. A child-friendly optometrist will understand if your toddler wants to run around the room periodically or alternatively doesn't want to engage at all. If your child has special needs such as autism or anxiety and needs to visit the practice to see the room and meet the staff before attending for an appointment this should be an option. Choose someone you feel comfortable with and your child will probably feel comfortable too.

Your child's sight is precious. Book and eye examination today.

**By Louise Addison**

# GOOD BOY!

## Houstrain your puppy



The thing which put me off acquiring a puppy, despite the wide-blue pleading eyes of my daughter, was the thought of houstraining. I'd stumbled through toilet-training my three toddlers and frankly the experience broke me, so I did not relish the thought of starting again with the equivalent of a four-legged toddler!

But eventually those wide blue eyes worked their magic and Frodo the insanely cute Cockerpoo joined our family. If I'd known how much easier houstraining a puppy is compared with houstraining a small human I would now be running a dog shelter rather than a bed, breakfast and chauffeur service for preteens. Puppies are primed to please, unlike toddlers!

Houstraining is all about the three 'Rs': Routine, Relief, Reward. But first you must accept that poeing and peeing is normal dog behaviour. Don't ever punish a pup for peeing or poeing in the wrong place, that will just teach him that you are not to be trusted and to be more creative in his hiding place next time he has to go! It's up to you to teach him where you want him to answer his calls of nature.

Dogs are more likely to want to relieve themselves at certain times: after sleeping, eating or playing generally, so routinely take the puppy into the garden after each of these activities and wait until he pees or poos. As soon as he finishes give him a little treat. The important thing is to stay with your puppy until he's relieved himself, so you know he's done his business and can praise him and give him a treat at the right time.

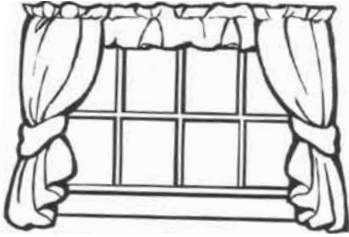
Dogs have their own 'behavioural language' that signify they might need the toilet, such as sniffing at the door, circling or staring at you. If you find it difficult to read the clues and he makes a mistake, don't punish, just be more vigilant next time or simply set an alarm and let him out every hour or so, rewarding appropriate toilet behaviour.

Night time is the most difficult time and requires the most work. For the first few nights you'll probably have to get up and let him out a couple of times. Say bed him down at 10pm, then let him out at 1am and 4am, getting up at 7am...obviously alter the times to suit you. Once he's got the hang of it, drop one of the night time trips, then as his bladder control improves drop the other one.

Frodo houstrained within a fortnight and was night trained in roughly the same amount of time though we had one or two little accidents during that period. Friends have suggested their dogs were houstrained in shorter or longer periods so clearly there is a variation of 'normal'.

Good luck.

**By Tracey Anderson**



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# GIVE BLOOD!

## World Blood Donor Day is June 14th

Most of us have had or know someone who has had a blood transfusion. Blood donation is vital to help treat thousands of seriously ill patients every day and new donors are desperately needed. Currently only 4% of the eligible population are active blood donors.

Here are 10 reasons to consider giving blood:

**Life-saver** - You change lives each time you give blood. Every blood donation can save or improve the lives of up to three adults or six children.

**Desperate need** - NHS Blood and Transplant needs many more donors to come forward to make sure the nation's blood stocks remain at a safe level for the future.

**Day-to-day needs** - You may think blood is only used for massive blood loss in A&E patients, but your blood could help many different people. Donated blood is also used for patients having surgery, maternity emergencies, and for people with cancer or blood disorders.

**6000 donations are needed per DAY!** - It's true that changes in medical practices mean demand for donated blood has reduced. But hospitals across England and North Wales still need around 6,000 blood donations every day to treat patients.

**A quick pint** - If you book an appointment, the whole process takes less than an hour. One hour, every three to six months. Just a short amount of time to do something wonderful for another human being.

**You're probably eligible** - You need to be in general good health and weigh over 50kg to donate blood. If you are looking to donate for the first time you need to start on or before your 66th birthday. To check if you are eligible go to [www.blood.co.uk](http://www.blood.co.uk)

**You might be a missing type** - Blood from all groups is needed but some blood groups are particularly vulnerable to shortfall such as O negative – which can be given to all patients in an emergency: think of those episodes of Casualty or ER where the doctor in charge yells 'Where's the O-NEG!'

**You might be young** - We need more young donors. Around half of current donors are aged over 45. The more young people get involved the better future blood stocks will be safeguarded. You can start donating at 17.

**You might be BAME** - Are you black, Asian or from an ethnic minority? Please consider becoming a donor as some rare blood types are more common among these communities. Conditions such as sickle cell and thalassaemia are also more likely to affect these groups and patients require regular blood transfusions, ideally from donors from a similar ethnic background.

**There are biscuits** - Free food! Around 6 million biscuits are eaten by donors every year. Aren't we a greedy bunch? But the post donation biscuit and cuppa are important because sitting quietly while eating and drinking something helps the body to recover.

If I've inspired you to become a donor go to [www.blood.co.uk](http://www.blood.co.uk) or call 0300 123 23 23



*By Louise Addison*

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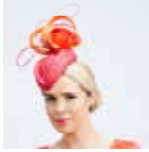
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