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Dealing with solicitors is the most stressful part of a house move

60% of home movers say dealing with solicitors is the most stressful part of the entire process, with lack of communication being a significant problem, according to a poll from Veyo.

Another recent survey, commissioned by the Conveyancing Association, highlighted that poor communication between estate agents, lawyers and lenders has resulted in 23% of transactions falling through.

Romans Move Managers communicate with all parties on the buyer or seller's behalf; taking the stress away from our customers so they can concentrate on their move.

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Daniel Elliott
Manager,
Residential Sales

“ It's clear from these findings that communication during the home moving process is a massive concern to buyers and sellers, and something estate agents should be aware of. We work hard to minimise the stress often associated with moving home and have a dedicated team of Move

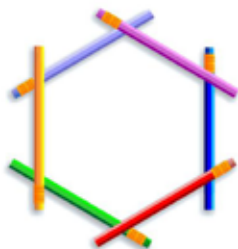
Managers handling all of the communication between the third parties, once an offer has been accepted. This includes talking to the lawyer, lender, buyer, seller and the estate agent. ”



Last year our Move Managers were delighted to receive 56 bouquets of flowers from happy customers.

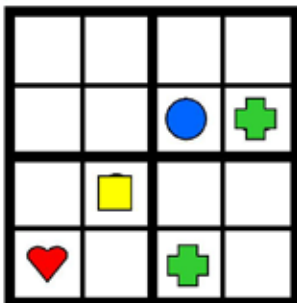
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Kids Page



PENCIL PUZZLE

In the picture the six pencils are placed on a table so that every one of them touches two others. This arrangement is easy, try it. Now can you place the same six pencils on the table so that each pencil touches every other pencil?



Shape Sudoku

Can you fill in the grid so that each row, column and 2x2 box, contains the shapes



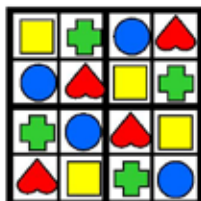
with no repetition?

RIDDLE-DIDDLE

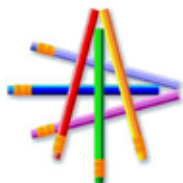
Look at my face and you see somebody.
Look at my back and you see nobody. What am I?

I have a face but cannot see. What am I?

Riddle Answers
A mirror
A clock



Shape Sudoku Solution



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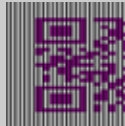
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Parks and countryside events programme

www.bracknell-forest.gov.uk/parksandcountrysidevents

Monthly walks with the Rangers

Take a pleasant walk (between 1-2 miles, or approximately 1 hour) on the second Wednesday of the month, starting at 10am:

11 March - South Hill Park and surrounds

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

15 April – Lily Hill grounds and surrounds

Meet: Car park, off Lily Hill Road, Bracknell, RG12 2RX.

We also run a series of Moderate (up to 4 miles, or 1 3/4 hours) and Rambler (up to 5 1/2 miles, or 2 1/4 hours) level walks. These take place on the second Tuesday of the month and start at 10.30am:

10 March - Around Broadmoor (Moderate)

Meet: Wildmoor Heath car park, off Crowthorne Road, GU47 8PD

Map ref: 842 630.

14 April - Chapel Green & Back (Moderate)

Meet: Heath Lake car park, Nine Mile Ride, Wokingham

Map ref: 827 654.

Other Events

Photographic Exhibition at South Hill Park

7 February - 5 April

Your chance to admire some of the best entries from last year's competition where amateur photographers were given the challenge to capture the theme 'Old and New' in the borough's parks and open spaces.

Venue: The Long Gallery, South Hill Park Arts Centre, off Ringmead, RG12 7PA

Free Admission.

Edwardian Garden Coffee Mornings at Lily Hill Park

On the first and third Tuesday of every month, 10am - 12 noon.

Come and join us to have a go at gardening, learn more about plants and enjoy a cuppa in the park! Tools and refreshments provided.

Bring: Gardening gloves if you have them.

Meet: 10am in the car park, off Lily Hill Road, RG12 2RX.

For further information call: 01344 426224.

Thursday 7 March, 10am -12pm

Bird box workshop at Lily Hill Park

Try your hand at making a range of bird boxes for wildlife at Lily Hill Park. You can then take your boxes home and put them up to help song birds in your area.

Meet: Car park, off Lily Hill Road, RG12 2RX.

Booking required - tel: 01344 354441.

Tuesday 24 March, 10am - 2pm

Give Gardening a Go at South Hill Park

A practical introduction to gardening basics. Please bring your own gloves if you have them and any refreshments/lunch.

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

Booking required – tel: 01344 416235.

Please pre-book all events where stated by contacting The Look Out Discovery Centre on 01344 354400 / 354441 or call in at reception (open 10am to 5pm) to record your contact details.

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Big Spring Clean Community Litter Pick – Saturday 14 March



As part of Bracknell Forest Council's Big Spring Clean initiative Warfield Parish Council, together with Warfield Environment Group, are again looking for volunteers to join us for a litter pick on Saturday 14 March, 10 am – 12 noon, in the areas around Larks Hill. Parking is available at Larks Hill car park. Please wear suitable clothes and footwear and bring gloves. Litter pickers and bags will be provided.

Vegetable Take & Grow – Saturday 18 April

Warfield Parish Council is again running its very popular Vegetable Take & Grow event on Saturday 18 April, 10.30am – 12 noon in Whitegrove Community Centre (Tesco site, opposite Whitegrove Library). Come along to collect some *free* vegetable and herb seedlings and seeds to help you 'grow your own' – it's fun, healthy, and environmentally-friendly (it cuts down on food miles)! If you have any spare seedlings and/or seeds why not bring them along too and swap them for others to try? Experienced gardeners will be on hand to give advice with free fact sheets to take away. Activities for children and refreshments will be available. We would also welcome donations of seeds before the event. If you have any spare seeds please drop them into the Parish Office.



Parish Assembly – Wednesday 22 April



The annual Parish Assembly is taking place on Wednesday 22 April, starting 8pm, in Whitegrove Community Centre. This is your chance to hear what the Council is doing and your chance to have your say. We also have a guest speaker, Helen Barnett from the Bracknell Regeneration Partnership coming to talk about the exciting changes in Bracknell Town Centre. Everyone welcome!

Warfield Award 2015 – Nominations Welcome!

Nominations for the Warfield Award which is presented annually to honour a significant contribution to Warfield community life are now being sought. If you know of an individual who you feel has made an outstanding contribution over the last year please let us know. The cup will be presented at the Parish Assembly on Wednesday 22 April.

Parish Council Website

We are delighted to advise that phase 1 of our new Parish Council website is now live, with more information to be added in the coming weeks and months. Please visit us at our new website address – www.warfieldparishcouncil.gov.uk – and let us know what you think.

Julia Reading

BSc(Hons) Pod, MChS

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The Bracknell Forest Society

Taking Pride in our Communities

Events for the first half of 2015

The Bracknell Forest Society had their AGM, followed by a talk on Pinewood by Sue Hester, in January.

On **27th March** the plan is to go 10 pin bowling at the Point followed by a meal at the Blue Smokehouse. Please book 01344 423 440

On Wednesday **22nd April** 8pm Cllr Chris Turrell will speak at an Open Forum on 'The Local Neighbourhood Development Plan'. Venue to be confirmed.

On Sat **16th May** Diane Collins will be our guide on a walk to Caesar's Camp and site of The Hut where Oscar Wilde visited the Queensbury Family. Meet at 2pm at the parking area at the roundabout on the A3095 with the B3348 to Crowthorne.

Mon **15th June** 7.30pm Our Society joins the Bracknell Forest Natural History Society for a talk and demonstration of Birds of Prey at South Hill Park.

Details of all these events will be posted on our website: www.thebracknellforestsociety.org.uk

All are welcome to become members of the Society.

Flowers and Mothers' Day

Mother's Day began in 1908 after an American lady, Ann Jarvis, asked the local church if they would set aside a day to commemorate her mother's death. From this grew the idea to create a holiday on which all mothers – alive or dead – could be remembered, parents respected, and family bonds strengthened.

Ann started a campaign to have Mother's Day recognised as a holiday. In 1914 she succeeded when US President Woodrow Wilson made Mother's Day, celebrated in May, an annual holiday. The practice has spread throughout the world!

During her campaign, Ann posted or handed out white carnations, and this flower became



a symbol for the day. Mothers would wear a white carnation if their mother was dead, and a coloured one if she was still living.

In the UK, Mother's Day is celebrated in March on the fourth Sunday of Lent. Traditionally, this was a time when all family members were granted time off work and could gather together to worship. The

day became known as Mothering Sunday – or Rose Sunday – because roses were handed out to all women present at church.

Flowers symbolise purity, beauty and life – all attributes possessed by mothers - and gradually the tradition of giving flowers grew. But above all, flowers are given because our mothers like them!

By Debbie Singh-Bhatti

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

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(solution on page 26)

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The Art of Wallpaper

Go along to any DIY store or specialist decorating shop and you will see lots of different types of wall coverings, but how did they originate?

The first type of paper was introduced in Egypt around 4000 BC and was called papyrus. It was from about 200 BC that the Chinese started to put glued rice paper onto their walls, and around 105AD that they began to make paper from textile waste. Knowledge spread from the Chinese to the Middle East via prisoners in the eighth century. It took until the twelfth century for papermaking to reach Europe.

English manufacturing methods became world famous, and in the eighteenth century wallpapers from London workshops were highly sought after. Initially, hand painted papers imitated architectural details or materials like marble and stucco, but eventually other patterns emerged.

The 1920's are known as the Golden Age of Wallpaper as some 400 million rolls were sold during that period. The industry was revolutionized after WW2 when plastic resins were added to make wallpapers stain resistant, washable, and more durable.

Whilst the popularity of wallpaper has ebbed and flowed in the intervening years, there is now more variety than ever and a wide price range. The choice of wallpaper can affect the mood and style of a room and can influence the selection of furnishing. To get the best effect from any paper however, it is important to hang it correctly, so we have 'pasted' some great tips opposite...

By Susan Brookes Morris

Ten Top Wallpaper Tips

1. Make sure all your paper has the same lot number so that it matches.
2. Use a lining paper to prevent the top paper from creasing or stretching and help the paste to dry faster.
3. Apply a one-inch stripe of white paint along the top of the wall before papering over dark paint or wallpaper. It won't be as noticeable if the wallpaper fails to align exactly at the top.
4. Use a special plumb bob to get paper straight.
5. Your first strip should be about four inches longer than the height of the wall. Strips after that should be at least two inches longer top and bottom and may need to be more to ensure a pattern match.
6. Turn off the power before papering around switches and receptacles. Remove cover plates and paper over them. Then make a diagonal slit from opposite corners. Trim away the triangular flaps and replace the cover plate.
7. Double check newly hung strips for bubbles and seam matches.
8. Use a sponge to wipe excess adhesive and rinse the sponge often.
9. Use a sharp utility knife to trim paper.
10. A special paste is needed to hang a border on top of wallpaper.

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Garden View

The greenhouse guide

People often ask me, "Is there something in your garden you couldn't live without?" My reply is always, "My greenhouse."

A greenhouse has many benefits, chief of which for me is that it extends the gardening year.

With a greenhouse you can potter in your garden all year round, and grow a range of plants which simply wouldn't thrive without the extra protection.

Before choosing a greenhouse you will need to check whether your local planning authority imposes any restrictions. While you don't normally need planning permission, building regulations do have to be adhered to.

Buy the biggest greenhouse you can afford that will fit comfortably on to your plot - you will always fill it! But even if you can only afford a tiny one - my first one had a base of just 4' by 5.5' (1.2m by 1.7m) - it will still be a worthwhile investment.

The aluminium-framed types are very sturdy and relatively cheap. Wooden-framed constructions are more attractive though, and often better in a small garden where everything has to earn its keep. Western red cedar is good because it lasts a long time and weathers really well.

Greenhouses are even more useful if they are heated. I started out with paraffin heaters, but found they produced a lot of condensation and were messy and smelly. Electric heating is best, and very economical if you fit a system thermostat so that it only switches on when necessary.



Apart from heat the most important factor is ventilation. In high summer this is vital to prevent your plants from cooking. Automatic arms which open the vents at a pre-designated temperature are really useful. External blinds are also very good as they prevent sun scorch.

Finally, fit staging along one edge of the greenhouse for your pots, and dig a soil or gravel bed on the other side for things like tomato plants.

Now all you have to do is plant some seeds and invest in a few tender perennials.

By Rachel Leverton

Great Greenhouse Tips

Fit your greenhouse to level foundations.

Orientation isn't important, but make sure it isn't in the shadow of the house, or overhanging trees.

Ventilate well.

Any electrical work must be carried out or certified by a qualified electrician to comply with part P of the building regulations.

Don't be tempted to use a household electric heater. It won't cope with the damp conditions in a greenhouse.

Fit a water butt to the down pipes at either end of the greenhouse to conserve water.

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A Good Read

The Secret of Crickley Hall - James Herbert

At over 600 pages, this novel from the master of horror does not disappoint as the pages fly by. Gabe and Eve Caleigh have moved with their two daughters from their

London home to the West Country to escape the memories of their five year old son who disappeared without trace from a playground a year ago. Their new home is Crickley Hall, a large house with a checkered past, but it has been empty for many years. It seems a bargain price. As they settle into the community they learn more about the village, and Crickley Hall. Tragedy occurred during the Great Flood of 1943, when the hall was being used to house orphans evacuated from London due to the Blitz. The children and their guardians all perished in the flood, and it would appear that the young victims are not content to remain quiet.

Soon Eve starts seeing her missing son and, like an unstoppable wall of water, the horrors that lie lurking in Crickley Hall flood to the surface, and Gabe must fight to save his family as the truth of that night in 1943 emerges: a truth that it is worse than any nightmare.

Read it if you dare.

Delphi and the Glass Slippers - Darcey Bussell

For most young readers, Darcey Bussell will be familiar through the BBC's *Strictly Come Dancing*. What they may not be aware of is her career with the Royal Ballet, and she has poured this love and knowledge of ballet into her series of books for young ballet obsessed girls. The *Magic Ballerina* books follow the adventures of Delphie, a young girl who attends a ballet school. She is given a pair of red ballet shoes which turn out to be magical, and are able to whisk her away to the land of Enchantia where characters from famous ballets live. In this book Delphie has to help Cinderella. Something strange is happening and, as the clock chimes seven o'clock, time jumps and she never gets to attend the ball. Along the way, Delphie also encounters a mysterious cloaked figure who tries to keep the Prince from finding Cinderella.

Guaranteed to delight any budding ballerina, this book is exciting and full of little glimpses into the world of ballet and dancing.



By Willow Coby

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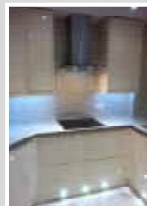
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Pass (on) the Salt!

National Salt Awareness Week 16th-22nd March

2015 marks the 16th National Salt Awareness Week. Research tells us that a high dietary salt intake is associated with the development of high blood pressure, and an increased risk of stroke and coronary heart



disease. Note the word 'high' in the previous statement. Average salt consumption in this country is about 8.5g per person per day. This is about one and a quarter teaspoons. I know this because I measured it out and believe me, it doesn't look a lot. So why all the fuss about reducing our intake by what amounts to just about half a teaspoon?

Salt is composed of 40 percent Sodium and 60 percent Chloride. We need Sodium because it regulates water in the body, and helps in the transfer of electrical impulses along our nerve fibre system. But just 1g of salt per day would be sufficient to carry out all these functions. At 950 percent of the required daily amount 9.5g does seem suddenly like a very big number.

Salt raises the blood pressure because Sodium encourages the body to retain more water. This increased volume of water in the blood vessels creates higher pressure. Once you have high blood pressure you are more likely to develop heart disease, which is one of the leading killers in Britain today.

So, is it just a matter of leaving the salt cellar in the cupboard when we lay the table? Well no: about 75 percent of salt is

hidden in processed foods. Brits eat more crisps than the rest of Europe combined, and with each packet, up to 1g of salt!

Processed meats, cheese, cereals, bread and ready

meals are also high in salt. That's the bad news – so what can we do about it?

Well, we can read the labels and choose foods with the lowest amount of salt. Studies have shown that by reducing our salt intake along with saturated fat, and by increasing our intake of fruit, vegetables and low fat dairy foods like yoghurt, we can reduce our blood pressure. Ideally, this should be combined with maintaining a healthy weight, limiting our alcohol consumption, and increasing our physical activity levels.

It sounds straightforward, but in reality we all need a little push sometimes. Why not take advantage of a health MOT at your local Fitness club or Health Spa. Most have facilities for measuring blood pressure and body fat, and many have staff qualified to advise on nutrition. You might be inspired to change your lifestyle. Who'd have imagined that reducing salt intake by just half a teaspoon per day would reap such big rewards. Now that's got to be food for thought...just don't add salt!

By Louise Addison

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Give me a Bell!

Who was Alexander Graham Bell?

Earlier this week I witnessed a remarkable thing – a room full of people who not once during the three hours they were together, took out a mobile phone to check emails, send texts, play games – or even make a call! It was remarkable because for most of us, the telephone is an integral part of modern life, an extension of 'us'. The humble phone has come a long way since its creation nearly 140 years ago. I wonder what its inventor would make of it now?!

Alexander Graham Bell was born in Scotland on 3 March 1847, and subsequently moved to Canada with his parents at the age of 23. With his father, grandfather, uncle and brothers all working in elocution and speech, and with a mother and wife who were both deaf, Alexander developed an interest in acoustics. Initially teaching the deaf how to speak, he finally decided to concentrate on experimenting with hearing devices and the transmission of sound via electricity, which culminated in the invention of the first practical telephone.

His innovative streak brought about some interesting results along the way! At the

age of 16, he and his brother built a robotic head which they got to 'speak' a few words. Alexander then taught the family dog how to 'talk' by manipulating its lips and vocal cords to form a crude sounding "Ow ah oo ga ma ma" (How are you grandmama?)! He's also famous for inventing the metal detector, quickly put together following the assassination of US President James Garfield, in order to locate in his body the bullet that killed him.

But back to the telephone... Bell filed for a US patent to cover the transmission of sounds telegraphically on 14 February 1876 – the same day as rival inventor Elisha Gray. Even now, there is controversy about who got there first – the Scotsman or the American – but generally it is accredited to Bell. Three days after the patent was issued on 7 March 1876, Alexander got his telephone to work for the first time.

He made a call to his assistant in an adjoining room, uttering the words, "*Mr Watson, come here. I want to see you.*" Later that year, he and Watson had a conversation 2 miles apart and as development continued, they were

ultimately able to make a transcontinental call in January 1915 which spanned 3,400 miles.

By 1886, more than 150,000 people in the United States owned telephones. Today, over 90% of American adults own a mobile phone, bringing the total in operation to more than 327 million! Now, that's what I call a success story!

By Debbie Singh-Bhatti



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