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Kids' Page

Can you find all the clothing items in our letter grid?

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

- | | |
|----------|--------|
| boots | pants |
| coat | scarf |
| dress | shirt |
| gloves | shoes |
| hat | skirt |
| jeans | socks |
| jumper | tights |
| leggings | vest |

Match the item of clothing to the person. The first one has been done for you.

Habit

Surgeon



Crown



Queen

Tutu

Gown



Fire Fighter



Scientist

Helmet

Ballet Dancer



Nun

Lab coat

- Match the Items Answers
- Habit - nun
 - Crown - queen
 - Tutu - ballet dancer
 - Gown - surgeon
 - Helmet - firefighter
 - Lab Coat - scientist

Word Search Solution

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

WORD

MAGAZINE

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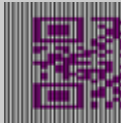
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Warfield Environment Group

HEDGE MAINTENANCE

at LARKS HILL



Saturday 28 November
10.00am – 12.30pm
and 1.30pm – 3.30pm

Looking for enthusiastic volunteers to help maintain hedges which the Group has planted in recent years, so they can continue to establish well. Tasks will include pruning, weeding, mulching and planting of whips where gaps are present.

Due to Covid-19 restrictions you must register to attend either singly or in groups of up to a maximum of 6. Each person or group will be allocated a length of hedge so they can work in a socially-distanced way. You will be required to bring your own tools and gloves. Note that it may be necessary to change arrangements or even cancel the event if Covid-19 restrictions change; we hope this does not happen.

Please either email or contact Sheila on 07794 375306 to register and/or receive further information. Please do not attend without registering.



www.warfieldenvgroup.wordpress.com
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Welcome to the November update from Warfield Parish Council

Remembrance Day



On Sunday 8th November, the chairman of the council, Cllr Colleen Dulieu will lay a wreath on behalf of Warfield Parish Council and the residents of Warfield at St Michael Archangel, the home of the Warfield War Memorial. Details of the event have not been finalised at the time of writing, so we recommend checking arrangements with Warfield Church if you wish to attend the service before attending.

Christmas is coming...

We will be lighting our Christmas tree at the Whitegrove Community Centre near Warfield Tesco on the 1st December 2020. Due to the current pandemic we will not be holding our usual celebrations, but we hope you can enjoy the tree and stay safe and well during the Christmas period.

Neighbourhood Policing Team (NHPT)

PC Corinne Mullar will be covering as Acting Sergeant for Bracknell Northern Parishes. Some of you will know Corinne already as one of the Priestwood PCs. She is an experienced NHPT officer already, and so the team are in safe hands.

If you need to contact them in a non-emergency, you can call on 101 or e-mail them on:

BracknellNorthernParishesNHPT@thamesvalley.pnn.police.uk

The Parish Office

We are continuing to operate the Parish Office in accordance with Government guidelines. The office will now be open between 10 a.m. and 12 p.m. on Wednesday's mornings. We continue to monitor phone messages throughout the week so please leave a message if you wish to get in contact or email us on info@warfieldparishcouncil.gov.uk

We have COVID-19 measures in place, please check the door before entering for the latest requirements. Green Waste Sacks are available at £1 each. We are unable to accept the usual assortment of materials for recycling at the present time, although we will resume this service as soon as we can.

If you would like to contact your local councillors, please contact us at the Parish Office and we will pass on your details.

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In a Pickle

Quick pickling is the new big thing in the kitchen

When I was a child, family get-togethers involved buffet lunches. One of the highlights were the big jars of 'quick pickles' that my father, aunts, and uncles had been taught to make by my grandmother. Quick pickles are vegetables pickled in a solution of vinegar, water, salt and sometimes sugar, then kept in the fridge. These are not deeply pickled onions, nor fermentation. Quick pickles taste light, fresh and crunchy.

My Grandmother pickled fresh veg from her garden during the Second World War. Veg needs to be super-fresh and undamaged. It can be cut to any shape. I like to boil green veg such as green beans and asparagus for two or three minutes then plunge them into ice cold water to preserve their bright colour, but it's optional.

To make the basic brine use equal parts light vinegar and water. By light vinegar I mean white, apple cider, white wine, or rice vinegar. Don't use pickling vinegars or balsamic. To the brine add whatever spices you like. Dill seed, chilli flakes and garlic are nice. Coriander, ginger, turmeric, and thyme work with carrots. Classic combinations include green beans with garlic and fresh dill, and cherry tomatoes with black peppercorns and garlic. We grew some squash this year and quick pickled some of the little ones with onion and garlic.

Wide-mouth large jars are the best containers. Wash them and their lids, and rings in warm, soapy water and rinse thoroughly. Allow to dry completely.

Wash and dry the vegetables then prep them. Peel any carrots, trim the end of beans etc. Cut vegetables into evenly sized pieces.

Add any flavourings to the jars. You can choose different flavours for each vegetable jar.



Pack the vegetables as tightly into the jars as you can without damaging them, leaving a couple of centimetres space at the top.

To make the brine, place the vinegar, water, salt, and any sugar into a small saucepan. Heat on

high to bring to the boil. Stir to dissolve the salt and sugar. Pour the hot brine over the vegetables, filling each jar to within 2cm of the top. You'll get better at judging how much brine to make as you repeat the process. Gently tap the jars against the counter a few times to remove all the air bubbles. Top up with more brine if needed. Seal the jars tightly. Cool to room temperature and then refrigerate for at least 48 hours. The pickles improve with flavour as they age. They can be stored in the fridge for about 2 months.

Flavours for Quick Pickles

Fresh herbs: dill, thyme, oregano, and rosemary hold up well

Dried herbs: thyme, dill, rosemary, oregano, or marjoram

Garlic cloves: smashed for mild garlic flavour, or sliced for stronger garlic flavour

Fresh ginger: peeled and thinly sliced

Whole spices: mustard seed, coriander, peppercorns, red pepper flakes, chilli flakes

Ground spices: turmeric or smoked paprika are great for both colour and flavour

Vegetables for Pickling

Cucumbers, summer squash, ginger, red onion - thinly sliced

Carrots- Peel - cut into batons or rounds

Green beans, asparagus - blanch to preserve colour

Cherry tomatoes - pickle whole

By Sally Harris

Parsnip Soup with Cheesy Croutons

An easy, luxurious, autumnal soup

Preparation time: Less than 30 mins

Cooking time: 30 mins

Serves 4

Ingredients

1 tbsp olive oil

2 garlic cloves, finely chopped

600g/1lb 5oz parsnips, cut into 1cm/½-inch cubes

½ tsp dried red chilli flakes, plus extra to serve

1 litre/1¾ pints hot vegetable stock

200ml/7fl oz double cream

salt and freshly ground black pepper

For the croutons

3 thick slices good bread, such as sourdough, cut into 2.5cm/1-inch pieces

1 tbsp olive oil

55g/2oz Gruyere cheese, finely grated

Method

Preheat the oven to 200C/180C Fan/Gas 6. Heat the oil in a heavy-based saucepan over a medium heat. Add the chopped garlic and cubed parsnips and fry for 4–5 minutes, stirring occasionally. When they are golden add the chilli flakes and fry for one more minute.

Pour in the stock, stir and bring everything to a simmer. Cover with the lid and cook for 12–15 minutes, or until the parsnips are tender.

Meanwhile, for the croutons, place the pieces of bread on a baking tray in a single layer and drizzle with the olive oil. Sprinkle over the cheese, and season with salt and pepper. Bake for 5–10 minutes until crisp and golden.

Remove the soup from the heat and blitz with a stick blender until smooth. Return to the heat, stir in the cream and heat through gently. Season to taste with salt and pepper. Serve the soup topped with the croutons and a sprinkling of chilli flakes for a little more kick.



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Sudoku

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

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)

South Hill Park receives lifeline grant from Government's £1.57bn Culture Recovery Fund

South Hill Park Arts Centre has been awarded £232,258 as part of the Government's £1.57 billion Culture Recovery Fund (CRF) to help face the challenges of the coronavirus pandemic and to ensure they have a sustainable future.

South Hill Park is one of 1,385 cultural and creative organisations across the country receiving urgently needed support. £257 million of investment was announced on Mon 12 Oct as part of the very first round of the Culture Recovery Fund grants programme being administered by Arts Council England. Further rounds of funding in the cultural and heritage sector are due to be announced over the coming weeks.

The Arts Centre was delighted to have received this financial support. In June they launched a fund-



raising campaign to raise £500,000 to save the Arts Centre, and this package will help greatly towards securing the future for South Hill Park. They are incredibly grateful they can continue to entertain and support their community with the variety of live performances, cinema screenings, courses & workshops, exhibitions they offer, plus much more.

Culture Secretary Oliver Dowden said: ***'This funding is a vital boost for the theatres, music venues, museums and cultural organisations that form the soul of our nation. It will protect these special places, save jobs and help the culture sector's recovery. These places and projects are cultural beacons the length and breadth of the country. This unprecedented investment in the arts is proof this government is here for culture, with further support to come in the days and weeks ahead so that the culture sector can bounce back strongly.'***

Chair, Arts Council England, Sir Nicholas Serota, said: ***'Theatres, museums, galleries, dance companies and music venues bring joy to people and life to our cities, towns and villages. This life-changing funding will save thousands of cultural spaces loved by local communities and international audiences. Further funding is still to be announced and we are working hard to support our sector during these challenging times.'***

South Hill Park Chief Executive Craig Titley said: ***'On behalf of the Trustees, staff, volunteers and audiences at South Hill Park we are delighted and grateful to Arts Council England and the DCMS for awarding the Arts Centre a Culture Recovery Fund grant. South Hill Park Arts Centre has been serving the people of Bracknell Forest for almost 50 years and sits at the heart of our community. Over 200,000 people every year take part in a performing or visual arts course, watch a live performance or cinema screening or enjoy the beautiful grounds. The arts enrich our lives and this grant is a lifeline which will see us into 2021 with greater confidence and hope for the future. Thanks to this award we have now raised over £300,000 of our £500,000 fundraising target.'***

South Hill Park Arts Centre is determined that the shows will go on, so please support live theatre. If you would like to donate to the South Hill Park fundraising campaign please visit:

southhillpark.org.uk/donate.

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BRAIN BENEFITS

Brain health is as important as physical health

Over the past few decades neuroscientists have discovered that the grey blanchmange-like structure between our ears is capable of adapting, healing, rewiring and even renewing itself. What's more, we can make changes which positively impact the health of our brain, and science has given us some interesting ways to do this.

Juggling

Various studies found that volunteers who participated in a juggling exercise improved connections in areas of their brains involved in visual and motor activity. Furthermore, the changes were still present several weeks after they stopped. The researchers chose juggling because it's a complex skill, but other complex activities would also work, for example: salsa dancing, life-drawing or learning a musical instrument. The key is that the new skill you choose to learn should be unrelated to what you normally do. It should take you out of your comfort zone.

Tasks which involve genuine concentration, such as studying a musical instrument, playing chess, juggling, and dancing, are associated with a lower risk for dementia. Dancing, it turns out is particularly good as it is both physically and mentally challenging.

Learning a new language is also good for a brain workout, causing an increase in grey matter in the areas related to the use of language.

Sleep

For those of us who love our beds it's good news; sleep is necessary for brain health. It's not such good news for people who struggle with insomnia and disrupted sleep though. Poor sleep is linked to rapid reductions in brain volume, so your brain actually shrinks. Areas of the brain dealing with language, balance, maths and

decision-making were the most affected. Poor sleep causes protein build-up in the brain, which negatively impacts brain cells. Sleep repairs and restores brain function, so improving sleep habits is important for brain health. Experts suggest between 7–

8 hours per night as optimal. If you feel you aren't sleeping well it's important to talk to your doctor as underlying issues such as snoring, or high levels of anxiety, may need to be addressed.

Exercise

It's not only good for your body but it helps memory, motor skills, and learning ability.

It doesn't need to be anything fancy; simply running on a treadmill or pedalling a stationary bike for 30 minutes has benefits. Exercise increases heart rate, so more oxygen is pumped to the brain, and it releases beneficial hormones too, improving mood and sleep, while reducing stress levels and anxiety. See why dancing is so brain-friendly? It ticks ALL the boxes.

Mindfulness

It's not just a fad. Science says meditation is beneficial for mental health. Our brains often function on auto-pilot. Being in the moment while going about your day and noticing any tension or preoccupations without judging is effective in combating stress. Meditation rewires your brain, leading to: raised happiness levels, stress reduction, increased concentration, improved working memory, decreased emotional outbursts, and better problem-solving.

By taking care of your brain you can increase white and grey matter, improve mental health, and slow down cognitive decline. It's time to be brainy!



By Louise Addison

The Coding Conundrum

How to get kids learning to code



When my son Lee started secondary school this year, the subject he was most looking forward to studying was computer science. He wants to learn to code and create his own programs. But a few weeks in and he was starting to lose enthusiasm.

The problem is that he hasn't yet touched a computer, only partly because of COVID safety procedures. They learn about programming and how computers work, but it's all on paper without a single line of code. I looked at his syllabus and frankly it's not going to get much better for several months!

Computer science courses at school talk about computers much more than they talk about programming. Kids desperate to code become frustrated and switch off from the subject. Fewer children in the UK are now progressing to become computer programmers. That's unfortunate when it's one of the most sought after skills in today's workforce.

There is a shortage of specialist computer science teachers. Most computer programmers work in industry, where salaries are higher. So children are taught by non-specialists who mostly do not have a software engineering background. Hence the syllabus becomes weighted to teaching general computing rather than coding.

How do we turn kids on to coding?

Most want to create the next top selling computer games, or a killer app for their phone. How do we harness that and create the next generation of coders?

Learning is currently going through big changes thanks to the pandemic. We can't rely on having kids in a classroom with their teacher for the whole of a term at the moment because of various year groups or members of a bubble needing to self-isolate. But online learning opens up an almost infinite number of options for students. Web sites like Udemy or Coursera offer high-quality, well-taught courses in a vast range of topics.

For Lee I found a Udemy course, tailored to his age range that taught coding through designing and building games (I've included the web address below). It teaches Python, the same programming language that he'll use at school, and indeed the one most schools use. All the lessons are video, so there's no reading long documents. Coding starts as soon as the programming software (which is free!) is installed. He can go at his own pace, take lessons whenever he wants, and replay explanations as many times as he wants until he fully understands. Personal help is just a few clicks away. Send a message and an answer comes back in about a day or so from the actual tutor. It's just like having a private computer science teacher at a fraction of the cost - less than the cost of a single tutor session in fact!

So how's he doing?

The enthusiasm is back. He's blasting through the lessons and loving it. At this rate he'll finish the course this term which will take him to GCSE coding standard in just a few months. After that the sky's the limit.

By Kevin Shen

<https://www.udemy.com/course/learn-python-by-coding-games>

Garden View

This month - Rhubarb Rhubarb



During the growing season keep the area around the plant free of weeds and give an occasional good soaking in prolonged dry periods. Remove any flower heads that appear in the spring. Flowering will weaken the stems. If the crown rots, your soil was too wet, but following all the advice I've given earlier should prevent this happening! Harvest time is May until July, but rhubarb is a long-term

Rhubarb is a reasonably easy trouble-free plant to grow. It is also a handsome plant, with large leaves and striking red stems, and who doesn't love a rhubarb crumble?

The trick is to choose the right spot. Ideally it needs to be planted in full sun but if your garden is very sheltered it will tolerate partial shade. Don't plant it anywhere where it might be in the way, disturbed, or need to be moved from. Rhubarb has an extensive root system and prefers to stay put, for at least a decade, so give careful thought to the spot.

Rhubarb dislikes wet soil, so make sure it's well-drained. Dig in plenty of organic matter a month or so before planting. It's generally easier and more productive to grow rhubarb from crowns (divided plants) rather than seed, and from now until Christmas is the perfect time to plant.

Dig a hole a little wider than the rhubarb crown in your prepared ground. Plant so that the growing tip is about an inch /2.5 cm below the surface. Firm the soil well around the roots to removed air pockets. Water well and mulch with organic matter, avoiding the growing tip.

investment so don't harvest it during the first year. It needs that full first year of growth to establish a strong root system. Second year leave at least five strong stems when you harvest. After that you can leave three or four stems each time. You should get 2-3 crops per season.

Remove only the largest stems when picking and wait till the leaves have fully opened. Pull gently from the base with a slight twist. The leaves are poisonous but can be safely composted.

Once your rhubarb is established you might want to try a forced crop for sweeter more tender stems. Rhubarb is forced by growing it in the absence of light in a microclimate slightly warmer than the outside temperature. You can start forcing in January for best results. Remove dead leaves and weeds from around the crown and add a layer of straw or shredded paper to warm the emerging shoots and to protect them from frost. Then cover the crown with an upturned dustbin or large crock pot to cut out all the light. The rhubarb should be ready for harvesting 8 weeks later.

Happy gardening.

By Rachael Leverton

Forever Friends

Making friends as an adult

The world is going through uncertain times and friends have never been more important. They provide stability, comfort, and connection. The defining feature of friendship is that it's voluntary. We retain friendships because we want to, not because we have to.



phone numbers, then follow up and arrange to meet, and we need to go through this initiation process repeatedly. It can be scary but the pay-off is worth it. In studies, people with good initiation skills tend to have more and better friendships.

The downside is that friendships often fall by the wayside. Our adult lives are incredibly busy with obligations to work, spouses, children and older parents, and friendships can suffer as a result. We can lose friendships so rapidly that some of us live our lives as adults essentially friendless and this has ramifications for our mental health. Studies suggest that, without friends, we're at higher risk of depression and anxiety, and that the key difference between the happiest and unhappiest people is how socially connected they are.

Making friends as an adult takes deliberate effort, and this can be an issue if you lack confidence socially. Shy people often avoid events where they might have to interact socially. One way to get over this is to assume that people will like you. Studies show that this mindset is actually a self-fulfilling prophecy. People who assume they will be liked share more about themselves, disagree less, and have a more positive attitude, which of course makes positive social interaction more likely.

As a child friendships seem to happen organically. As an adult we need to let go of this idea and take responsibility rather than waiting passively. We need to show up at event and say 'hello' when we get there. We need to introduce ourselves yourself to other people, and ask for their

Initiation doesn't turn a person into a friend. Some people are good at connecting but struggle to sustain relationships. Sociologists have long recognised that friendships thrive on continuous interaction. This means choosing activities carefully. It's a good idea to sign up for activities that provide multiple opportunities to connect, such as a language class, a writing course, or a book club a book club. Repeated interactions capitalise on the 'exposure effect', our tendency to like things more, the more familiar they are. So, if we want to make friends, we should commit to showing up somewhere for a few months. At the moment this is even more difficult than usual because of pandemic restrictions, but in fact people are starting to connect more in online groups. Some studies have shown that shy people actually find online interaction easier and that people tend to open up more because they have time to think before posting. These online relationships have the capacity to become lasting friendships in the real world. If your aim is to find local friends to hang out with after the pandemic then its best to find local based groups, even if they are online for now. A quick search of my local area on Facebook threw up groups for crochet, eco-living, gardening, cooking, and a book club.

We all need friends so take a deep breath and be the first to say 'Hello'.

By Tracey Anderson

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

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

FIRE PIT FUN

Socialising outside for safety in a pandemic is fine during the summer but can it still be done in November?

Try a fire pit!

A fire creates a focal point at an outdoor gathering. People love to gather around fire. Add a few rugs, mugs of hot chocolate or mulled wine and some marshmallows for toasting and you have the making of a snugly evening under the stars.

While a wood-burning fire pit can be the perfect backyard addition if you have close neighbours or live in an area with restrictions on wood burning, buy a propane or natural gas model.

A fire pit lights up the night in a cosy way that can be complimented with candles in jars or fairy lights. Fancy garden lighting in the world can't compete with the flickering of flames.

Don't worry if you have a small garden, a firepit is still an option, and you're closer to



the drink cabinet for refills!

Tell friends to come dressed warm and bring a blanket. In Norway, where they entertain outside all year round there is a saying, "There is no such thing as bad weather, only the wrong clothes!"

Safety first:

Fire pits should be at least 10 feet from your home or other structures.

Don't place a fire pit beneath a tree or awning.

Don't put a wood-burning fire pit on a deck. If you want to use your deck choose a gas fire pit which won't send out sparks.

Educate your kids about fire safety, and always supervise children around an open flame, even when you're sure they know the rules.

Keep a container of water, a hose, sand, or a fire extinguisher on hand whenever you light up the fire pit.

By Sally Harris

7 Ways to Improve the Air Quality in Your Home

Open windows and allow movement and replenishment of air to stop the build-up of harmful chemicals. The exception to this is if you live on a main road in a city. In this case open windows at night when there's less traffic. You'll sleep more easily in a cool room as well.

Plants can remove some toxic pollutants from the air. The effect isn't huge, but a few plants in your living space will have a positive effect on air quality.

When cooking, make sure you have your ventilator fan on.

Don't smoke inside – smoke hangs around for a long time, and toxins impregnate soft furnishings.

Be careful with cleaning products. They often produce volatile organic compounds. Be even more careful with air fresheners, which can irritate asthmatic conditions

Wooden flooring can be good for air quality, providing you sweep daily. Carpets retains more dust deep in their pile and are often treated with

formaldehyde-donating chemicals, which decrease air quality. Dust mites too can live in carpets, as well as soft furnishings. Their faecal droppings can trigger allergies and asthma.

High humidity can make a home prone to mould spores. Minimise humidity by ventilating or using a dehumidifier and treat mould on walls promptly. Consider having a fan fitted in the shower area or open a window and wipe down all wet surfaces after use.



By Sarah Davey

A Good Read



Me Before You by Jojo Moyes

26-year-old Lou Clark still lives with her parents in the quiet market town she grew up in. Almost deserted in the winter the town's one draw is an old castle and

when we meet Lou, she works in the local tea shop serving the coach loads of tourists who come to visit. With a quirky dress sense Lou never really feels as if she fits in and as a teenager longed to travel the world. However, circumstances meant that she could never bring herself to leave. After losing her job she reluctantly takes a job caring for Will, a young quadriplegic man injured in a motorcycle accident several years earlier. She is told the job is just for 6 months and despite a rough start she decides to stick it out and soon an unlikely bond develops between Lou and Will.

A romantic novel this also deals with the sensitive issue of disability and the descriptions of Will's day to day life are well-written with brutal honesty and little sensationalism. Things take a darker turn when Lou learns the reason why her contract is only to be for 6 months and she sets out to bring Will new experiences and remind him of the simple joys of life: not easy for a wheelchair bound man whose ideal way to pass the time before his accident was skydiving or climbing Mount Kilimanjaro.

As a reader you are drawn into the lives of these characters and the development of their relationship is believable. In the hands of the wrong writer this plot line could turn out to be very twee and cliché but Moyes does not fall into this trap. The resulting novel is engaging, difficult to put down and will lead you to appreciate the small wonders of life.

The Fault in Our Stars by John Green

Continuing with the theme of personal relationships in the face of illness comes *The Fault in Our Stars* the hugely successful teen novel exploring the impact of teenage cancer on the lives of two individuals. 16-year-old Hazel has cancer and is, reluctantly, convinced by her parents to attend a support group for others in her situation. Amongst the other patients there is Augustus, a 17-year-old boy who lost a leg to cancer. The two begin talking and agree to read each other's favourite books. Hazel's book is a novel by a Dutch writer about a young girl with cancer: Hazel sees many parallels to her own life here. Augustus is angry after reading the book and discovering that it doesn't have a nicely wrapped up ending. There is no conclusion, no neat package, no ending: happy or otherwise.

Of course, life has an ending, but it often isn't happy or neatly wrapped up. Hazel becomes aware of her fears about getting close to others. She is afraid that when she dies it will hurt them, and this naturally affects her relationship with Augustus.

This moving novel deals with issues that most of its teen readers won't have yet faced in their lives. As a teenager you often feel immortal. You feel as if life is stretching out ahead of you and death is the furthest from your mind. Hazel and Augustus, along with the other young people at the support group view life differently. There is no expectation that everyone will make it to the next meeting. No one is immortal.

With a huge teenage following and a successful movie adaptation this novel stays with you long after the closing paragraph.

By Willow Coby





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We Will Remember Them

Why do we wear poppies?

Why do we wear a poppy? Scarlet poppies grow wild all over Western Europe wherever the soil has been disturbed. The battles of the First World War churned up such vast areas of earth that millions of poppies germinated and bloomed, often around the bodies of the fallen soldiers.

A Canadian surgeon called John McRae wrote the poem In Flanders Fields in which the poppies symbolise the deaths of those who fought. It is a haunting memorial to those soldiers who have died in any war.

Why do we have a two-minute silence? It was on the eleventh hour of the eleventh day of the eleventh month that the guns of World War I fell silent. Four years of fighting and devastation finally ended. The following year ceremonies of remembrance took place on what was known as Armistice Day. An Australian journalist, Edward George

Honey first proposed a respectful silence to remember the dead. He wrote a letter to the London Evening News which was brought to the attention of King George V. The king then issued a proclamation which called for a two-minute silence.

These days Armistice Day is known as Remembrance Sunday and is a chance to honour the fallen soldiers of all conflicts.



By Sarah Davey

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