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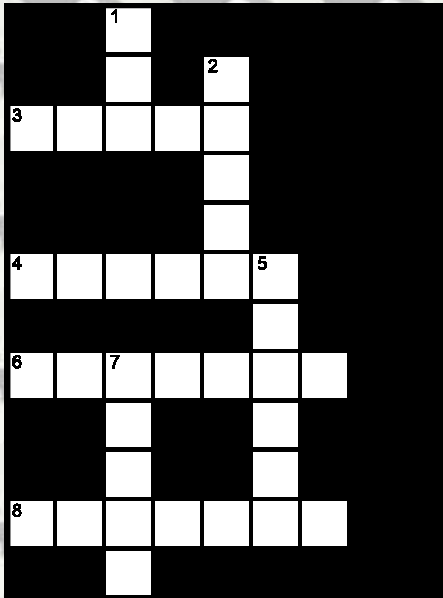
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Kids' Page

Can you solve our Spooky Picture Crossword?



Across

Down

3



1



4



2



6



5



8

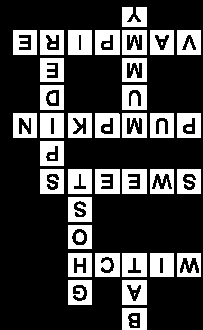


7



Creepy Conundrum

My first is in wicked, and also in worst,
 My second is in starving, and also in thirst.
 My third is in treasure, and also in trove,
 My fourth is in garlic, and also in clove.
 My fifth is in healthy, but never in well,
 My whole causes problems when I cast a bad spell.
 What am I?



Creepy Conundrum Solution
 WITCH

Spooky Crossword
 Solution

WORD

MAGAZINE

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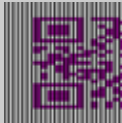
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Welcome to the October update from Warfield Parish Council

Arts Week 2020

We would normally be looking forward to our annual Arts Week this month, but sadly concerns around COVID-19 have led to its cancellation this year. Arts Week will return in 2021.

The Parish Office

The Parish Office has reopened on three days a week, on Tuesdays, Wednesdays, and Thursdays between 9:30am-12:30pm. 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.

Help and Support

If you, your family, or household are affected directly or indirectly by COVID-19 there are a range of organisations locally that can help you. You can find more information on the Bracknell Forest Council website. There are three organisations, among many, we would highlight who could help:



For help and support if you must self-isolate at home	Bracknell Forest Community Response	01344 266911 between 8am and 8pm
For support if you are coping with challenges like depression, stress, anxiety or phobias.	Talking Therapies	0300 365 2000
For impartial and confidential advice on a range issues, including finance, legal, employment and housing.	Citizens Advice	01344 111 306

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Get a Flu Vaccine



Some people believe that it's not worth having a flu vaccination. But it's actually one of the most important things you can do for your health and others, especially in the middle of the global coronavirus pandemic.

Health professionals always advise the 'at risk' groups to get vaccinated. People eligible for the free flu jab include: people aged 65 and over; pregnant women; primary school aged children, two and three-year-olds; and people with medical conditions like asthma, diabetes, or heart failure. But most experts are

recommending the flu vaccine for almost every demographic this year. Although the flu vaccination does not prevent Coronavirus, both of the viruses have an impact on the respiratory system. A combination of both viruses, or one after the other, may mean bad news for your health, respiratory health, and overall ability to recover.

Health professionals suggest that this year we should have our shots as early as September. Even though typical flu season begins in October and peaks between December and February, the changes brought on by COVID-19 mean that it's important to get organised early because you will probably need a formal appointment, even at a pharmacy.

Winter is a particularly busy time for GPs and hospitals. Vaccinating to protect against flu could help reduce the risk of the NHS becoming overwhelmed with cases of both flu and COVID-19.

Cut your risk of respiratory infection. Get a flu vaccine.

By Louise Addison

Can I Freeze This?



We all want to reduce food waste, but which leftovers can be frozen successfully?

Bread – Wrap well and store somewhere it won't get squashed. Defrost over night for the best results.

Garlic – Chop and place in ice-cube trays. Cover and freeze. Keeps it fresh and stops it stinking out the fridge.

Cheese – Either freeze in a block or grate

it first. Defrost thoroughly before returning to the fridge or it will become dry and crumbly.

Onions – Pre-chop lots and freeze it in bags ready for use from frozen whenever you need chopped onion!

Fresh Herbs – Bags of fresh herbs often go to waste. Chop and mix with butter then freeze in small pats or cubes. Or chop and place in ice cube trays, cover with water and freeze, ready to put straight into soups and casseroles.

Eggs - You can crack them and freeze in bags for cakes or scrambled eggs. Defrost thoroughly before use. They'll keep for up to a year.

Citrus fruit – Don't waste the whole fruit when a recipe calls for zest. Pop the rest of the fruit in a poly bag and into the freezer. Defrost as required. Citrus fruits will keep for up to six months.

By Sarah Davey

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BRACKNELL FOREST LOTTERY

A big thank you to those who have bought tickets in support of Warfield Environment Group. Since we joined the Lottery as a good cause in November 2019 we have received almost £250. Please consider supporting us so that we can continue our work to improve the local environment for the benefit of all.

As well as the usual prizes, if you buy ticket(s) by 31 October you will also have the chance to win a Family Forest Staycation. Visit www.bracknellforestlottery.co.uk and search for **Warfield Environment**



GREAT BRITISH SEPTEMBER CLEAN COMMUNITY LITTER PICK

Another big thank you, this time to our volunteers who, on the weekend of Saturday 19 and Sunday 20 September, picked litter from Forest Road, Hayley Green in the east of Warfield to Larks Hill in the west. They joined residents who have been conducting their own litter picks during lockdown, and have helped clear Warfield of a lot of litter!



www.warfieldenvgroup.wordpress.com
✉ warfieldenvironmentgroup@hotmail.com

🐦 @WarfieldEnvGrp

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Join our mailing list for the latest information on upcoming events

Is Halloween Cancelled?



Trick-or-Treat is either a fun chance to dress-up and claim free sweets from neighbours, or it's an antisocial American travesty which has infiltrated these shores. I happen to fall squarely in the latter camp, my kids, the former. They start planning their outfits in March. I don't want to rain on their scary parades, but what should we do about Halloween in the face of a global pandemic?

It's not certain that any of our neighbours will actually welcome my young visitors (or plague-bearers as I've come to think of them of them since their return to school) to their doorsteps, no matter how cute their costumes or beguiling their manners.

And frankly I'd freak out about them grabbing handfuls of potentially COVID-coated Crunchie bars, so I'm not exactly devastated that I won't have to accompany them door-to-door and smile apologetically as they beg for treats. But neither am I a total killjoy, so I've come up with some ideas for alternative activities:

Hang a spooky piñata for your children in your own back garden.

Create a haunted house for your kids at home. Let them dress up and be scared in a fun-but-safe way.

Create a spooky scavenger hunt inside and out. Leave clues, or a trail of blood, or spiders.

Snuggle up and watch a 'scary' movie...something like *Monsters Inc* or *The Corpse Bride* (depending on age). Read age-appropriate ghost stories in the dark in front of the fire, or if the weather is favourable, go outside, snuggle under blankets, light pumpkins and toast marshmallows on a camping stove or fire pit. That's the sort of trick-or-treat night I could get behind.

I suppose we should also leave a bowl of Quality Street and bottle of hand sanitizer on the doorstep and wave at the hardcore trick-or-treaters from the safety of the upstairs window.

Whatever you decide, have a Happy COVID-safe Halloween.

By Sarah Davey



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Sudoku

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

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)

An Arcade in Your Pocket!

Retro-gaming has gone miniature



Do you like to play games on the go? Mobile phones are great and there are some fantastic games out there, but sometimes only a classic arcade or console game will do. So how do you fit a full-sized arcade cabinet or games console into your pocket?

Introducing the game emulator.

Retro gaming is a big thing these days. Lots of talented programmers have created software that lets you play all the arcade machines and classic games consoles on modern hardware such as your phone or laptop. These are not games based on the originals. These emulators run the actual code from the classic machines. So, you're playing the REAL THING.

So how do you get hold of these emulators?

There are two main routes:

The emulators and games are all available on the Internet. Whether you've got a laptop, a phone, a tablet, or anything else you will be able to find an emulator to turn it into the arcade machine of your choice. You'll also need to get hold of some game ROMs and then install everything onto your device. My best advice is to search YouTube for some tutorials on how to do it. If you're using a laptop or computer, you

can connect any game controller to make playing the game easier. If you're on a phone or tablet you can buy game controllers that clip onto your device so you can use both hands to control the game without having to hold your phone.

All of this does take a bit of technical knowledge or research to get everything working. But it's worth the effort as you achieve gaming nirvana for free, or at least for the cost of a decent game controller.

The second, and easiest option is to simply buy a portable, retro games console. If you can remember back to the original Game Boys and PSPs, you'll be familiar with the look and feel of these devices. They basically involve a box with a screen and joysticks and buttons positioned around it and on the edges. These devices range in price from around £30 to about £200 depending on the range of consoles they can emulate and the number of games they include. The lower-priced models will cope with older consoles and arcade machines. The more you pay the more powerful the devices will be so they can emulate the more advanced systems, Nintendo 64, GameCube, PlayStation, etc.

All of these ready-made consoles will come with a number of built-in games, but most allow you to download and install other games from the Internet.

So, if you fancy a trip back in time to a 1980s arcade, a Super Nintendo game fest, or an hour playing your favourite original PlayStation game stick one of these in your pocket. Then the next time you step on the train or sit back in the car you'll be set for some retro gaming fun.

By Robert Grant

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Love Thy Tailor

Most people think tailors are for rich gentlemen who frequent Saville Row, but tailoring is not as expensive as you might think, and it will save you money in the long run because if you love an item of clothing you're far less likely to replace it. At the low-price end are simple fixes such as hemming a dress or trousers; at the more expensive end will be adjusting the shoulders of a jacket.

Tailoring opens up possibilities because it allows you to buy high-quality second-hand items, or designer items on the sale rack, knowing you can get the fit altered. Most importantly it helps your clothes look better than they did when you bought them. A slight change in fit can make a huge difference. Unless you habitually buy 'bespoke', clothing is sized in a 'good enough' way to fit most people well enough. Tailoring is the difference between an item that fits 'well enough' and one that fits perfectly.

Simple Hemming - You can get skirts, trousers, jeans, dresses, and too-long shirts hemmed. When you get rid of the excess fabric at the base, you get clean lines for a sleek look. Wash new jeans before you take them in though as they nearly always shrink a little in the wash.

Shortening Shoulder Straps - The way the shoulders fit is crucial to making an item look nice overall. If the shoulder straps on a shirt or dress won't stay up, get them shortened. Anything sleeveless, or with straps is typically easy to alter.

Zip Replacement - Buy exactly what you want from the haberdashery section of a



fabric store and ask the tailor to replace it.

Taking in - The straight seams that run down the sides of shirts and dresses are easy to take in. A common alteration to blouses and dress shirts is

darting, a process where extra seams are placed in the back or sides of a shirt to remove baggy fabric. If you find that you frequently have to size up a blouse to fit your chest properly - leaving extra fabric around your waist - darting is an inexpensive way to reshape the garment.

Sleeves also tend to have straight seams running down their lengths, which a tailor can easily take in. The same works for trousers that are too loose in the leg. There is a limit though: if something is several sizes too big the alterations will throw the proportions out of balance, but a size or two is doable.

When shopping:

Clothing sizing for women is so variable as to be useless. Try things on, find the best fit, then have them tailored.

Buy clothes that fit the biggest or widest part of your body, and then have them tailored down

If you are between sizes, size up and tailor down.

Ask for a recommendation. Social media is a great tool. If you admire the way a friend dresses, they may well have a tailor and will be flattered that you asked. High-end and designer shops may be able to recommend tailors too.

By Tracey Anderson

Sleep

Should we worry about quantity or quality?

During Lockdown, my sleep suffered. Like everyone else my anxiety levels rocketed, and I tossed and turned for hours. I dug out my Fitbit which I hadn't worn since the start of Lockdown and began tracking my sleep again. I realised that my sleep score which had previously been 87-92 (good-excellent), was now languishing around 61-64 (bottom end of fair) occasionally dipping into the 50s (poor). No wonder I felt tired and tearful. Something needed to change.

To optimise sleep health, we need to balance how long we sleep with how well we sleep. For years, researchers recommended eight hours of sleep each night as optimal. Now professionals consider sleep quality to be of equal importance in reaping all the benefits of sleep. In fact, sleep quality is probably a better indicator of overall mental health, mood, and energy levels than sleep quantity. Prior to lockdown I'd been a 10:30pm-6am sleeper, Occasionally 11pm-6:30am. Although that was 30 minutes shy of the perfect 8 hours I always woke just before my alarm, feeling rested. During Lockdown bedtimes had become later and later, and although I was 'sleeping' for longer, and not setting the alarm, my sleep was clearly not of the quality I was used to.

Fitness trackers like the Fitbit monitor the quality of our sleep by looking at how much time we spend in the various stages. We cycle through the various stages each night and we each have a unique cycle. During light sleep our body unwinds and relaxes. This is always the first stage of sleep and we spend most of our time asleep in it. It's important to our mental and physical health that we get enough light sleep. Deep sleep typically occurs within the first few hours of sleep. Our breathing is slower, our muscles relax fully and we're harder

to wake during this stage. Typically, we spend about 13% of our night in deep sleep, and this is when our body repairs itself. Deep sleep aids learning, memory, and it supports our immune system. Finally, REM (rapid eye movement) sleep is when we dream. Our heart rate increases, and our breathing becomes more irregular. We also experience a form of paralysis (so we don't start acting out our dreams!). REM sleep is important for mood regulation, learning and memory. It's when our brains process and consolidate our experiences from the day.

A regular bedtime is an important factor in sleep quality. Avoiding stimulants like the blue light from electronic devices, or the caffeine in coffee are also a factor, as is making sure we have enough gentle exercise during the day. I decided to take an hour-long walk every day and moved my bedtime back to 10:30pm. I avoided checking my phone for 30 minutes before bed and didn't drink coffee after 7pm. I noticed improvements almost immediately and within a week my sleep had more-or-less reset to normal. Within a fortnight my sleep score was back up in the 80s and hasn't dropped since.

If you're feeling stressed and tired or are struggling with a low mood its worth looking at both the quality and quantity of your sleep.



By Maggie McKeown

A Good Read



Salvage the Bones by **Jesmyn Ward**

It was a storm that made headlines around the world. In August 2005 Katrina hit the Louisiana coast causing great loss of life and destruction to

New Orleans and the surrounding area. This award-winning novel, set over a period of 12 days, tells the story of the Batiste family who live in the fictional town of Bois Sauvage.

Esch is 15 years old and lives with her three brothers and their father. Isolated from the rest of the small town due to the location of their house, they live in extreme poverty, with a largely absent father who, seven years after the death of his wife, still relies on drink to get through the day. So, with the news of a category 5 storm is about to hit they begin to prepare what they can and stockpile a small amount of food.

Each chapter is one day in the build up to the storm. Randall, the eldest is trying to do what he can to hold his family together. Skeetah is preoccupied with his pit-bull fighting dog, China, who has just given birth to puppies. Junior, the youngest, is trying to hold his own against his older brothers. And Esch has just discovered that she is pregnant.

A captivating story with engaging characters, immerses you in their world, illustrated by a touch of Greek mythology thanks to a book that Esch (the narrator) is reading for school. The penultimate chapter will have your heart racing but ultimately this is the story of family love that survives despite the poverty and deprivation.

Goodnight Stories for Rebel Girls by **Elena Favilli and Francesca Cavallo**

Not a traditional novel here but definitely worth a read. This incredibly popular book (which has sparked a second volume) presents the stories of 100 amazing women who have made contributions to society. It is aimed at telling girls that they can achieve anything that they put their mind to and that their gender should not hold them back. It's challenges female stereotypes and inspires girls to aim high in their career choices.

Each story is told on a single page, along with an illustration of the woman and this simple format gives a fantastic introduction to their lives. From mathematicians like Ada Lovelace (who actually built a machine and wrote the first computer programme back in the 19th century) to authors like the Bronte Sisters who defied the expectations of their patriarchal society. There are also tales of astronomers, activists, lawyers, chefs, naturalists, journalists, motocross racers, and even a tattoo artist.

Following the huge success of this book a version aimed at boys has also been written: *Stories for Boys Who Dare to be Different* which also challenges male stereotypes which say that you have to be tough in order to succeed.



By Willow Coby

Cinder Toffee

Part science experiment, and part sweet treat. This is fun for the kids and perfect for Halloween and Bonfire Night.



Preparation time: 5 minutes

Cooking time: 15-20 minutes (plus cooling)

Serves: Depends how sweet your tooth is!

Ingredients

165g demerara sugar

165g caster sugar

60ml golden syrup

4 tbsp water

15g butter, diced, plus extra to grease

Pinch of salt

1 tsp bicarbonate of soda

*You will also need a kitchen thermometer

Method

Generously grease an approximately 24cm square tin.

Put the bicarbonate of soda within easy reach of the hob.

Place both sugars, syrup, water, and butter in a deep, heavy-bottomed pan with a pinch of salt. (Make sure it is a deep pan or the 'science bit' will go horribly badly!).

Heat gently, stirring, until the sugars and butter have dissolved, then turn up the heat slightly and bring to the boil. Simmer until it reaches 138C turns amber and bubbles - this will take about 10-15 minutes.

When the mixture gets to temperature, remove it from the heat and quickly and thoroughly whisk in the bicarb. It will foam and grow alarmingly. The kids will love it!

Pour the foamy mixture into the tin and leave to set. When cold get the kids to smash it into pieces.

Optional: Pour melted chocolate over the shards for the ultimate cinder toffee treat.

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Sudoku Solution

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

Obesity and COVID-19

What is the link?

COVID-19 and its effects have scared us all, health professionals and public alike. We're still learning about the virus, but one fact has been all over the news in the past couple of months. Obese people (people with a BMI over 30) are

more at risk of complications. Why is this? Most of my friends with BMIs close to or greater than 30 seem perfectly healthy individuals. Should they be worried?

In order to answer this question, we need to look at the immune system:

When we catch a virus our body's defence system is triggered, and inflammation occurs. This is due to our all-purpose innate immune response, which serves as the first wave against foreign invaders. Blood flow increases to the infected area causing redness and swelling. When your nose blocks and becomes red when you catch a cold, that's inflammation. This reaction is caused by white blood cells called macrophages and the proteins they produce called cytokines. It's the cytokines which trigger inflammation. Usually this inflammation is a simply a sign that our body is releasing the hormones and proteins which activate our white blood cells to kickstart the recovery process, and ultimately defeat the infection. No inflammation means no defence...and that's bad.

So far so good; so why is obesity a problem?

Well it turns out that white blood cells aren't the only type of cell that have the ability to produce those inflammation-inducing cytokines. Fat cells (adipocytes) can also do this. Scientists have learned that fat is an active endocrine organ, one



that can secrete a whole host of proteins and chemicals, including inflammatory cytokines.

When your body keeps adding adipose tissue (fat) cytokines are released by your fat cells, triggering inflammation.

Researchers even

characterised obesity as '...a state of low-grade, chronic inflammation.' This means that an obese body has its immune system permanently switched on and is therefore in a constant state of inflammation. Over time this can lead to the development of both minor and major illness and conditions, such as heart disease and diabetes.

How does this relate to COVID-19?

Back in 2009 the H1N1 Swine Flu was at its most virulent, doctors in Spain noticed that overweight and obese patients were being admitted to intensive care units in disproportionate numbers and took longer to recover than non-obese or overweight individuals. Their increased risk was attributed to the excess number of pro-inflammatory cytokines in their bodies.

Researchers in Canada then analysed the flu records for the previous 12 years and found that people who were obese were statistically more likely to be admitted to hospital for respiratory diseases than those whose BMI was in the normal range. They concluded that obese people were an "at risk" population during flu seasons due to their compromised immune response.

As we go into the winter and the risk of a second wave of coronavirus, if you have a BMI over 30 it makes sense to try to bring it down and minimise your risk. Talk to your GP.

By Louise Addison

Garden View

This month - Beautiful Berberis



There is a Berberis for most gardens: They can grow to a maximum height and spread of 1.5m, but there are now dwarf forms which grow to just 50cm, try 'Tiny Gold' or 'Lutin Rouge'. They grow best in full sun but also tolerate partial shade. They do well in most soil types, and even do well in drought, but will thrive particularly well in well drained moist soil. Their easy-going nature extends to aftercare, as

Berberis thunbergii are deciduous shrubs which look particularly fabulous at this time year, producing highly coloured leaves, and often berries which last well into winter. These berries are actually edible and rich in vitamin C, though because they are very acidic, they are not widely consumed by people. They are an important food for many small birds though. They get their other name of 'barberry bush' because of their vicious spines. This makes them useful as an impenetrable barrier hedge and may be another reason why the berries aren't harvested much!

Like the colourful Japanese Maple, they originate from Eastern Asia. Berberis vary in colour according to the cultivar and variety. The common Berberis thunbergii have green leaves in spring and summer which turn rich burgundy in autumn. If you'd like the purple colour all year round choose Berberis thunbergii f. atropurpurea, which has purple leaves in spring that turn rich mahogany in autumn. Though Berberis are generally grown for their autumn colour, they are a hard-working shrub, and produce a mass of tiny yellow flowers in spring, providing interest at either end of the year.

they are generally pest-free and require little attention, other than a trim to tidy them up periodically. If you don't have much space or mainly grow in containers on a balcony 'Lutin Rouge' does very well in a pot.

Mid-September to October, and mid-March to April are the best times to plant so now is the perfect time. Dig a hole double the width of the root ball. Sprinkle in a handful of blood, fish and bone and work into the ground. Place the plant into the hole, fill in with soil around the root ball and firm the soil down gently but firmly, finish by watering well. They will appreciate being mulched with well-rotted organic matter in late spring, but they aren't fussy; grass cuttings will do fine.

My absolute favourite is Berberis thunbergii f. atropurpurea 'Admiration'. This lovely plant has extremely attractive orange-red foliage, edged with yellow, and forms an attractive mound shape. Its masses of small yellow flowers in the spring followed by purple-crimson berries in autumn make it the most perfect Berberis in my opinion.

Happy gardening.

By Rachael Leverton



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STAY SAFE ONLINE

Use the latest OS (Operating System) - The most recent OS is generally the safest. Microsoft's Windows 10 is their most up-to-date OS, and anything earlier should really be upgraded. Don't forget that free software updates are issued all the time. Take advantage of these and update regularly.



open anything you think is SPAM. Use 'disposable' email addresses for registrations on sites with which you're unfamiliar and use SPAM filter software.

Wi-Fi Wisdom - Wireless networks can offer an easy way for people to eavesdrop on your PC.

Because they use radio waves, anyone within range can pick up the signal, making them a target for hackers who could be after your financial details, as well as freeloading unauthorised users who might piggyback your signal to access your broadband connection. Use an up-to-date router. Make sure you rename your network to make it more difficult to find, create a unique password and always turn on the encryption.

Install security software - The main threats to your online security are hackers, viruses and spyware, (this last one is a programme that may be used to log your credit card details). Ideally you should have a firewall, plus antivirus and anti-spyware software as an absolute minimum. You really need all three, because individually they won't protect you against every attack. Be sure to update them regularly.

Ditch the SPAM! - As far as possible don't

Backup! Backup! Backup! Just in case. Back all your data up regularly, and from time to time check the backups.

By Sarah Davey

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Steve Coventry

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A Rooney Fencing & Gates

Foot Health

Best Foot Forward

Gardens/Landscaping

12 Simply Green

Supagrass

Trulawn

5 Winter Gardens

Woodchips Tree Surgery

22 Kitchens & Bedrooms

Applewood Kitchens

5 Oven Cleaning

SGH Services

3 Plumbers

Heat Plant Services

Paul White

5

Property Maintenance

7 Can't Do It Yourself

13 CM Maintenance

1 DMS Building & Landscaping

21 TBG Home

9

Roofing

DB Roofing

24 Monarch Roofing Services

Student Accommodation

21 Host Link UK

13

7

12

3

21

21

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