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February
2025

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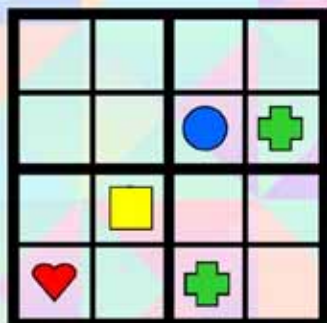
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Kids' Page



Shape Sudoku

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



with no repetition?



PENCIL PUZZLE

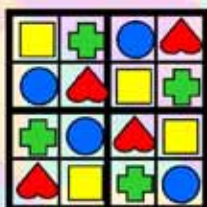
In the picture the six pencils are placed on a table so that every one of them touches two others. This arrangement is easy, try it. Now can you place the same six pencils on the table so that each pencil touches every other pencil?

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



Pencil Puzzle Solution

WORD

MAGAZINE

Warfield | Binfield | Winkfield | Ascot

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Did you know that more than 944,000 people in the UK live with Dementia, yet 94% of people think it's common to mistake the early signs of dementia as normal ageing*?

Despite our increased knowledge of dementia in recent years, 71% of people feel there is little awareness around the differences between typical signs of ageing compared with symptoms of dementia.

Let's get talking

'The Big Dementia Conversation' online advice hub is all about sharing knowledge and real-life experiences to support those who are looking after someone living with dementia.

Often dementia is associated with memory, but it can present differently for many and recognising the early signs is important.



We're here for you

If you're caring for a loved one with dementia and need a little extra support, why not contact our dedicated advice helpline?

Our friendly support team and dementia specialists will be on hand to provide much-needed advice and support to you and your loved one.

Visit our online advice hub to find out more by visiting **careuk.com**

If you're considering care, call your local care home Bickerton House on **01344 963073** or visit **careuk.com/bickerton-house**

*According to a survey of 2,000 UK adults, conducted by OnePoll between 12th August and 21st August 2024.



Join our
'Big Dementia
Conversation'
event

Typical signs of ageing
or dementia?

Wednesday 12th February 2025
2pm - 4pm

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E-mail: info@warfieldparishcouncil.gov.uk

Follow us on Facebook *Warfield Parish Council*

www.warfieldparishcouncil.gov.uk

Welcome to the February update from Warfield Parish Council

Community Grants

The application window for Community Grants opens Monday 10th February 2025. This is for community groups and organisations to apply for a community grant from the parish council.

Warfield Parish Council allocates money each year to be awarded in grants that will benefit the residents of the parish.

If you and your group would like to apply for a grant the application form and process can be found on our website. The closing date for applications is Friday 14th March 2025. Grants will be awarded and paid in May 2025.

**Community
Grants
2025**



C3 Coffee Mornings

C3 stands for coffee, cake, and chat. It is a place to come with friends or meet new friends, have a drink and homemade cake. All ages are very welcome at this Warfield Church event that meets every Thursday morning 10am-12noon at the Brownlow Hall. Term time only.

Hall hire

The Brownlow Hall and the Whitegrove Community Centre are available for hire for parties or group sessions.

Sessions are available on weekdays and weekends.

If you would like to hire a venue, please contact the Parish Office.



Contact the Parish Council

The Parish Office is located at the Brownlow Hall and is open Monday-Friday 9.30am -12.30pm.

If you need to contact us out of opening hours, please call us on **01344 457777** and leave a message or e-mail info@warfieldparishcouncil.gov.uk. You can also use these contact details if you wish to reach your local councillor.

Athletics

From Ancient Greece to the modern day.

This month the UK athletics Indoor Championships take place in Birmingham. What can we expect? What sports does the term 'athletics' encompass?

Athletics broadly refers to a collection of sports that involve competitive running, jumping, throwing, and walking. It's one of the oldest forms of organized physical competition.

Athletics traces its origins to ancient civilizations. The Greeks elevated athletics to a prominent cultural status, with the Olympic Games, first held in 776 BCE, featuring foot races, long jump, discus throw, javelin throw, and wrestling. These events showcased human strength, endurance, and skill, and formed the foundation of what we now understand as track and field.

The modern version of athletics began to take shape in the 19th century, coinciding with the rise of organized sports in Britain and Europe. The first modern athletics competitions were held in the UK in the early 1800s, with university, military, and private clubs hosting events. The establishment of the Amateur Athletic Club in 1866 marked a significant step in codifying the rules and standardizing events.

Athletics gained global prominence with the revival of the Olympic Games in 1896. Held in Athens, this inaugural modern Olympics featured track and field events like the 100m sprint, marathon, long jump, and shot put, many of which remain staples today.

Athletics has continued to evolve, both in the types of events contested and the diversity of its participants. For much

of its early history, athletics was dominated by male competitors. The inclusion of women's events in the 1928 Olympics marked a turning point, though it wasn't until later decades that female athletes gained near-equal representation.

Over time, some events were dropped due to declining interest or changes in logistical feasibility. For instance, the standing long jump and standing high jump were popular in the early 20th century but are no longer contested. Similarly, the pentathlon used to consist of jump, discus, foot race, javelin throw and wrestling but was replaced by the decathlon for men and heptathlon for women.

Conversely, new events have been introduced to reflect changing interests and inclusivity. The addition of the 400m hurdles, women's pole vault, and mixed-gender relay events illustrate athletics' adaptability.

Modern athletics thrives as a core component of global sports. Advances in technology, training techniques, and inclusivity have broadened its appeal, so lots of us will be tuning in to watch the events in Birmingham on 22nd and 23rd February to cheer on the athletes from our armchairs and marvel at their achievements.



By Tracey Anderson



ORCHARD MAINTENANCE



Saturday 22 February

10.00am – 1.00pm

Warfield Chase then Edmunds Green

One day, two orchards. Join us for essential maintenance tasks at the Warfield Chase community orchard (<http://after.palace.grab>) at 10am where we will prune, weed and mulch the fruit trees as well as removing any encroaching vegetation. We will then move to the Edmunds Green community orchard (<http://engine.wider.bath>) to do the same. Accompanied children welcome. Please wear suitable, warm outdoor clothes and footwear and bring gloves, also your own tools if possible (secateurs, fork, trowel). Email for further information or contact Sheila Collings on 07794 375306.



Please consider walking, cycling or using public transport to travel to our event where you are able, to help reduce emissions of carbon and other pollutants.



www.warfieldenvgroup.wordpress.com

✉ warfieldenvironmentgroup@hotmail.com

Facebook Warfield Environment Group



See website for upcoming events in 2025

Garden View

This month - Naturalistic Garden Planning



My gardening resolution for 2025 is to further embrace naturalistic gardening. Over the past decade I've found that I'm leaning increasingly towards supporting rather than fighting nature in my own garden and I encourage others to do the same. Naturalistic gardening is a great way to foster biodiversity.

Planning – Think of this as a long-term venture, which will grow and develop over years not months. Start by observing the natural environment. Consider the soil type, light conditions, and moisture levels. Is your plot sunny, shaded, or prone to dampness? These factors will guide your plant selection.

Next, think about the style and feel you want. Naturalistic gardens are informal and mimic wild habitats, such as meadows, woodland glades, or coastal dunes. Choose one of these as your inspiration and design your layout accordingly.

A key principle of naturalistic design is to create a tapestry of plants that blend harmoniously. Avoid rigid rows or overly manicured shapes. Instead, plant in drifts or clusters to mimic the way plants grow in the wild. Paths made of natural materials like gravel, bark, or stepping stones can help guide visitors while maintaining a soft, organic feel.

Planting - Select native and wildlife-friendly plants to support pollinators and other beneficial species. For a sunny spot try wildflowers like ox-eye daisies (*Leucanthemum vulgare*), cowslips

(*Primula veris*), and field scabious (*Knautia arvensis*).

For shadier areas, consider ferns such as hart's tongue (*Asplenium scolopendrium*) or woodland flowers like bluebells (*Hyacinthoides non-scripta*). Grasses, including tufted hairgrass (*Deschampsia cespitosa*) and meadow foxtail (*Alopecurus pratensis*), will add movement and texture.

Shrubs and small trees, such as hawthorn (*Crataegus monogyna*) or silver birch (*Betula pendula*) will add structure and provide shelter for birds and insects. About twenty years ago I planted a wild hedgerow. It was the best gardening decision I ever made. It's full of birds and other wildlife all year round.

When planting, mimic natural patterns by mixing species and varying heights to create layers. Avoid bare soil; densely planted areas help suppress weeds and retain moisture.

Once planted, a naturalistic garden requires less maintenance than traditional gardens. Allow plants to self-seed and spread naturally. Mulch with organic matter to enrich the soil and suppress weeds. Resist the urge to tidy too much - leaving seed heads and fallen leaves to provide food and habitat for wildlife during winter.

Embrace the Seasons - A naturalistic garden changes with the seasons, so plant for year-round interest: spring bulbs to herald new life, summer meadow flowers to add colour, foliage for autumn hues, and plants with striking winter silhouettes.

If we embrace nature's rhythms and focus on ecological harmony, our garden will become a haven for both people and wildlife, as well as being low-maintenance and sustainable.

Happy New Year, and Happy Gardening!

Useful Websites

<https://www.rewildingbritain.org.uk>

<https://parksfoundation.org.uk>

<https://www.wildlifetrusts.org>

By Rachael Leverton

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Sudoku

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

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)

Safer Internet Day

Teach Children to Be Responsible Digital Citizens

Safer Internet Day takes place on February 11th, in today's interconnected world, teaching children to be responsible digital citizens is as crucial as teaching them to look both ways before crossing the road. As technology has

become ingrained in everyday life, young people need to be taught how to navigate the digital landscape responsibly and ensure they can use it safely, respectfully, and effectively. Here's how we can guide them on this journey.

Start with the Basics - Digital citizenship begins with understanding the rules of the online world. Teach children the "golden rule" of online behaviour: treat others as you would like to be treated. Encourage them to think before they post - will their words hurt someone, or will their actions have consequences? This simple practice can prevent cyberbullying and foster a respectful online culture.

It's essential to emphasize the permanence of online actions. Explain that once something is shared online, it can be almost impossible to erase. Teach kids about their digital footprint and help them grasp the importance of thoughtful online behaviour.

Foster Critical Thinking - The internet is a vast space with an abundance of information, not all of it reliable. Equip your children with the tools to distinguish credible sources from fake news. Encourage them to ask questions: Who wrote this? Is the information biased? Can it be verified elsewhere?

Critical thinking extends to online interactions, too. Teach children to recognize scams, phishing attempts, and suspicious links. Highlight the importance



of never sharing personal information with strangers online, no matter how convincing they may seem.

Balance Privacy with Transparency - Children need to understand the value of privacy in the digital world. Discuss the

importance of strong passwords, keeping personal information private, and adjusting privacy settings on social media accounts.

However, transparency within the family is equally crucial. Create an open dialogue about online activities. Encourage your children to share their online experiences, both positive and negative, so you can provide guidance without resorting to excessive monitoring.

Promote Healthy Screen Habits - Being a responsible digital citizen includes managing screen time. Help children develop a balanced relationship with technology by setting boundaries for its use. Encourage activities that don't involve screens, such as outdoor play, reading, or family game nights, to create a holistic lifestyle.

Lead by Example - Children learn by watching adults. Model responsible digital behaviour yourself - avoid oversharing on social media, be respectful in online interactions, and demonstrate how to use technology for productivity and learning. By setting a positive example, you become their most influential teacher.

Teaching children to be responsible digital citizens isn't about instilling fear of technology but empowering them to use it wisely. By fostering respect, critical thinking, and balance, we can equip the next generation to thrive in a digital world and contribute positively to it.

By Tom Hancock

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Mushroom Stroganoff

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Preparation time: 10 mins

Cooking time: 20 mins

Serves: 2

Ingredients

2 tsp olive oil

1 onion, finely chopped.

1 tbsp sweet paprika

2 garlic cloves, crushed.

300g mixed mushrooms

150ml vegetable stock

1 tbsp Worcestershire sauce

3 tbsp sour cream

Small bunch of parsley, roughly chopped.

Method

Heat the olive oil in a large non-stick frying pan. Add the onions and soften for about 5 mins.

Add the paprika and garlic, then cook for 1 minute more. Roughly chop and add the mushrooms, then cook over a high heat, stirring often, for about 5 mins.

Pour in the stock and Worcestershire sauce. Bring to the boil and allow to simmer until the sauce thickens (5-10 minutes). Remove from the heat and stir through the soured cream and most of the parsley.

Serve with rice (it goes particularly well with brown or wild rice) stirring through the remaining chopped parsley just before plating the dish.

Valentine's Day

The Chemistry of Love - Where Science Meets Romance

Ah, love - poets write about it, singers croon about it, and casting directors are obsessed with finding actors with the right 'chemistry.' But did you know that love actually (see what I did there) does have its roots in the cold hard sciences? Beneath the roses, chocolates, and moonlit serenades, love is fundamentally a biochemical rollercoaster powered by brain chemicals and hormones. So, let's dive into the delightful chemistry of love.

Attraction - It all starts with a spark - when your eyes meet across a crowded room, and suddenly, there's an inexplicable pull. That's your brain being hit with a dopamine surge. Dopamine, often called the 'feel-good' neurotransmitter, makes your heart race and your palms sweat, triggering that euphoric high. Add norepinephrine to the mix, and it's like drinking three cups of coffee. Suddenly, you're energized and hyper-focused on your crush.

And those butterflies in your stomach? That's the adrenaline, kicking in as your body shifts into overdrive. Love, quite literally, keeps you on your toes.

Hormones - Enter testosterone and oestrogen. Though traditionally linked to physical attraction, they're really the backstage crew orchestrating the initial stages of lust. These hormones make you notice someone's smile, or laugh, or the way their head tilts and nose wrinkles when they're embarrassed.

But there's even more at play. Have you ever wondered why certain people just



'smell right'? It's down to pheromones; sneaky little chemical signals that influence attraction at a subconscious level. Your nose knows more about chemistry than you think!

Attachment - Once the whirlwind of attraction settles, love deepens into attachment. This is where oxytocin and vasopressin step into the spotlight. Known as the 'cuddle hormones,' they're released during physical touch, whether it's holding hands, hugging, or even cuddling with your pet (yes, dogs count).

Oxytocin promotes bonding and trust, turning infatuation into a lasting connection. It's also the reason you associate fond memories with your loved one - your brain is hardwiring you to stick together. Vasopressin, on the other hand, is linked to loyalty and long-term commitment, ensuring that love doesn't just fizzle out like a chemistry experiment gone wrong.

Toxicity - Of course, love isn't always smooth sailing. Heartbreak and rejection trigger cortisol, the stress hormone, making you feel low. But fear not - time and endorphins, your body's natural painkillers, come to the rescue, slowly but surely.

Magic - While love can be reduced to neurotransmitters and hormones, its magic lies in its unpredictability. Chemistry may explain the science, but the poetry of love is all yours to write. After all, who wouldn't want to believe in a little mystery, even if science has a formula for it?

By Louise Addison

A Good Read



An Absolutely Remarkable Thing by Hank Green

When 23-year-old graphic designer April May stumbles upon a mysterious, 10-foot-tall sculpture in New York City, she doesn't think much of it - until she

realizes she's the first to document its existence. In a viral video that captures the imagination of millions, she dubs the figure "Carl." But it soon becomes clear that Carl is not alone: identical statues appear across the globe, defying explanation and sparking feverish speculation. As April becomes a central figure in the media storm surrounding the "Carls," she finds herself drawn deeper into a strange mystery that forces her to confront fame, humanity, and the thin line between truth and perception.

This thoughtful, fast-paced novel blends science fiction, mystery, and social commentary into an irresistibly readable package. Green deftly tackles complex themes like fame, power, and the internet's influence on personal identity, crafting a story that feels both futuristic but painfully real and current. April May is flawed yet relatable and her journey offers a raw look at how quickly internet fame can turn toxic. The writing is witty, insightful, and fans of speculative fiction and social media culture will find *An Absolutely Remarkable Thing* an unmissable, thought-provoking ride, which will keep them turning pages well into the night.

LIFELIK3 by Jay Kristoff

In a broken, post-apocalyptic future where technology blurs the line between human and machine, 17-year-old Eve Carpenter fights to survive. Living in a harsh wasteland and scraping by in robot battles to pay her grandfather's medical bills, Eve's life changes dramatically when she discovers the ruins of a destroyed android - one so advanced it appears almost human. This android, named Ezekiel, possesses secrets from Eve's own past and holds the key to a future that could change the world. As Eve, her best friend Lemon, and a rogue group of misfits set out on a dangerous journey to uncover the truth, they're pursued by powerful corporations and deadly, half-human killers known as Lifelikes.

This is a visceral, cinematic adventure packed with breathtaking twists and turns. Set in a vividly gritty world, the story combines cyberpunk, Mad Max-style wastelands, and a hint of romance, making it a compelling read for young adult fans of dystopian sci-fi. Kristoff's world-building is top-notch, immersing readers in a future where androids and humans are nearly indistinguishable, and technology questions the very meaning of humanity. Eve is a fierce, relatable protagonist, navigating intense emotions while making tough choices. *LIFELIK3* is a pulse-pounding action novel with emotional depth. It takes readers on a heart-pounding ride through a landscape where love, loyalty, and identity are all tested to their limits.



By Tash Donovan

LGBTQ+ HISTORY MONTH

Celebrating Diversity and Progress



Every February, the UK marks LGBTQ+ History Month, a time to celebrate the contributions, resilience, and history of lesbian, gay, bisexual, transgender, and queer individuals and communities. It's more than just a month of commemoration; it's an opportunity to reflect on the progress made, acknowledge the struggles faced, and reaffirm commitments to equality and inclusion.

LGBTQ+ History Month began in the UK in 2005, inspired by a similar initiative in the United States. It was founded by the organization Schools OUT UK, with the aim of promoting equality through education. February was chosen to coincide with the abolition of Section 28, a controversial law that prohibited the "promotion of homosexuality" by local authorities and in schools, which was repealed in 2003.

The month provides a platform to educate people about LGBTQ+ issues, challenge stereotypes, and celebrate the achievements of LGBTQ+ individuals throughout history. It is also a chance to acknowledge the historical injustices and discrimination that have shaped the experiences of LGBTQ+ communities.

The UK has come a long way in its journey toward LGBTQ+ equality. The

decriminalization of homosexuality in 1967, the equalization of the age of consent in 2001, and the introduction of same-sex marriage in 2014 are milestones that reflect a society becoming more inclusive. LGBTQ+ History Month highlights these achievements while acknowledging the activism and courage of those who fought for them.

It's also a time to celebrate the cultural, artistic, and political contributions of LGBTQ+

individuals. From literary icons like Oscar Wilde to trailblazing activists such as Peter Tatchell, LGBTQ+ History Month shines a light on the individuals who have shaped history and enriched British culture.

Education is at the heart of LGBTQ+ History Month. Schools, workplaces, and community organizations across the UK host events, workshops, and discussions to foster understanding and acceptance. Resources and lesson plans are often provided to schools to ensure that LGBTQ+ history is included in the curriculum, helping young people understand the importance of equality and the dangers of prejudice.

Despite the progress made, challenges remain. Discrimination, hate crimes, and systemic inequalities continue to affect LGBTQ+ individuals, particularly within transgender and non-binary communities. LGBTQ+ History Month is a reminder that the fight for equality is ongoing and that solidarity is essential.

LGBTQ+ History Month matters. It isn't just for LGBTQ+ individuals - it's for everyone. By reflecting on history, celebrating diversity, and embracing inclusivity, we create a society where everyone can live authentically and with pride. This February, let's take the time to learn, celebrate, and stand together.

By Sam Saddington

Useful Numbers

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 (Anonymous freephone number)
 Thames Valley Police 101
 (Non-emergency number)
 Emergency 999

Gas Emergency 0800 111999
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 Power Cut Helpline 105
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Sudoku Solution

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

PLANKTASTIC!

Why the plank is such a great exercise.

Planking is one of the simplest yet most effective exercises you can do to strengthen your core muscles. It's a bodyweight exercise where you hold your body in a straight line, supported only by your forearms and toes (or hands in the high plank variation). It looks deceptively easy, but maintaining proper form requires serious focus and strength.



fitness enthusiast, planking can be modified to suit your level by adjusting the duration or trying variations like side planks or plank jacks.

The Science Behind the Burn

Unlike crunches or sit-ups, planks engage your muscles isometrically, meaning you hold a static position instead of moving through repetitions. This sustained contraction builds endurance and strengthens stabilizing muscles, which are crucial for everyday movements and preventing injuries.

How to Start

Start small, aiming for 15-30 seconds, and gradually increase your time as you build strength. Focus on keeping your body straight—no sagging hips or arched back!

With regular practice, planking is an efficient, time-saving way to build a rock-solid core and improve overall fitness. So why not try it today?

By Kim Hussain

Why is Planking So Effective?

The plank targets multiple muscle groups simultaneously, including your abdominals, back, shoulders, chest, and legs. This makes it a comprehensive workout for your core, which plays a crucial role in stability, balance, and overall strength. A strong core not only enhances athletic performance but also improves posture and reduces the risk of lower back pain.

One of planking's key benefits is its accessibility. You don't need any equipment or much space, making it a perfect addition to home workouts. Whether you're a beginner or a seasoned

Sleuthing in the 21st Century

Skills, tools and how to find the right PI.

Private investigators (PIs) have come a long way from the maverick, trench coat-wearing loner beloved of the film noir genre.

Modern private investigators handle diverse tasks, including tracing missing persons, investigating fraudulent claims, conducting background checks, and providing surveillance. Businesses might hire them to uncover employee misconduct or to assist in intellectual property theft cases. Meanwhile, private clients may seek their help in personal matters, such as resolving infidelity suspicions or locating lost family members.

PIs often work with advanced tools, like GPS trackers, forensic software, and online investigative techniques, while adhering to strict privacy laws, including the Data Protection Act.

When hiring a PI, look for professionals affiliated with reputable organizations such as the Association of British Investigators (ABI) or the World Association of Professional Investigators (WAPI). These bodies set standards for professionalism



and ethics, ensuring you're hiring someone trustworthy.

Online directories, legal professionals, and personal referrals are good starting points for finding a reliable investigator. Always check

reviews and request references before hiring.

Private investigators in the UK are not currently regulated by law, meaning no formal qualifications are required. However, many reputable PIs have relevant certifications or backgrounds in law enforcement, military service, or security.

Look for those who have completed training courses in surveillance, data protection, and investigative techniques, or who hold credentials from accredited institutions. A professional code of conduct and a transparent approach are key indicators of a legitimate investigator.

By choosing a skilled and ethical PI, you can ensure your case is handled effectively and discreetly, whatever it may be.

By Louise Addison

Spring Cleaning

A Guide to Efficient and Effective Cleaning

Spring cleaning is an annual ritual that not only signifies the end of winter but also heralds a fresh, clean start for your home. While the task may seem daunting, with the right approach, it can be both efficient and enjoyable.

Planning: The most effective spring cleaning begins with a plan. Before diving in, make a list of all the areas in your home that need attention. This list should be comprehensive, covering everything from the attic to the basement, including often-neglected spaces like the tops of cabinets and under the beds. Break down the tasks into manageable sections and assign them to specific days. This approach ensures that the work is spread out, making it less overwhelming.

Decluttering: A crucial step in spring cleaning is simplifying your space. A cluttered home complicates cleaning and adds to your stress. Start by sorting through your belongings and categorize them into items to keep, donate, or discard. A good rule of thumb is to get rid of anything you haven't used in the past year. This process not only clears physical space but also creates a more peaceful and enjoyable living environment.

Deep Cleaning: Spring cleaning is the time to engage in deep cleaning – tasks that go beyond your regular cleaning routine. This includes washing windows, cleaning carpets, and dusting hard-to-reach areas. Consider moving furniture to clean the areas beneath and behind them. These tasks require more time and effort but are essential for maintaining a healthy living environment.

Organizing: After cleaning and decluttering, focus on organizing your



space. Use storage solutions like shelves, boxes, and baskets to keep your belongings orderly. Proper organization not only enhances the appearance of your home but also makes it easier to maintain

cleanliness.

Eco-Friendly Cleaning: Protect your health and the environment by incorporating eco-friendly cleaning products into your routine. Natural alternatives like vinegar, baking soda, and lemon juice are effective, safe, and environmentally friendly. These solutions not only clean effectively but also reduce the levels of toxic substances in your home.

Be systematic: A methodical approach ensures that no area is overlooked. Start in one room and don't move to the next until you have completed all the tasks on your list for that space. This approach provides a sense of accomplishment and keeps you motivated too.

Maintenance: Post-spring cleaning, it's important to maintain the cleanliness and organization of your home. Develop a regular cleaning schedule and stick to it. Regular maintenance will make spring cleaning next year much easier by preventing the accumulation of dirt and clutter.

Embrace the Benefits: Spring cleaning is more than a seasonal chore; it's an opportunity to refresh and rejuvenate your living space, creating a more pleasant and healthy environment for you and your family.

By Sarah Davey

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