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Kids' Page

Can you spot the 7 differences between the two tea parties?

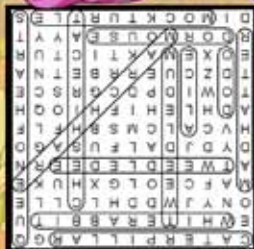


Can you find all the ALICE IN WONDERLAND characters in the letter grid?

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

Alice
Caterpillar
Cheshire Cat
Dodo
Dormouse
Mad Hatter
March Hare
Mock Turtle

Queen of Hearts
Tweedle Dee
Tweedle Dum
White Rabbit



Puzzle Solutions

WORD

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Warfield Environment Group

Marvellous May

It was another busy month; we surveyed the verges we manage for wildlife along Harvest Ride, recording a total of 74 species of wildflowers, grasses and insects.

We also attended the Jealott's Hill Community Landshare Spring into Summer Fete, jointly hosting a stall with Binfield Environment Group. We met lots of lovely people and undertook a bioblitz (a snapshot of the wildlife at the site). A total of 56 different species were recorded.



Coming up in July and August

Bat field and waterways surveys, and late surveys of our wildlife verges along Harvest Ride. Please do get in touch if you would like to join us for any of these surveys.

Date for your diary – Saturday 23 August

Join us and Binfield Environment Group for a two-hour summer walk around Blue Mountain and Cabbage Hill, some of the best green spaces in our area for nature. We will be on the look-out for birds, butterflies and other things beginning with B! Meet at 2.30pm at the Blue Mountain Car Park on Forest Road, Binfield.



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 Warfield Environment Group



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Welcome to the July update from Warfield Parish Council

Warfield Produce Show

The Produce Show is back again this year on Saturday 19th July at Brownlow Hall, Newell Green. The full schedule can be found on the Events page of our website.



Summer of Fun 2025

Summer of Fun is back for 2025!! The town and parish councils of Bracknell Forest are excited to announce these events again - the events are free to attend, and many of the activities are also free! The Warfield event takes place on Wednesday 30th July 11 – 3pm at the Warfield Memorial Ground. There will be plenty of activities to keep the children busy including inflatables, circus skills, crazy golf and a lot more.





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A Good Read



Reasons to Stay Alive by Matt Haig

Reasons to Stay Alive is a deeply personal memoir that explores the author's journey through

depression and anxiety. At the age of 24, Haig found himself on the edge of a cliff in Ibiza, contemplating suicide. The book recounts what led him to that moment, and more importantly, what brought him back. Written in a mix of narrative, short reflections, lists, and quotes, it captures the raw, chaotic nature of mental illness while offering hope and perspective. Rather than a linear story, it's an intimate, fragmented look at surviving the darkest moments, embracing vulnerability, and finding meaning in life again.

Haig writes with striking honesty and simplicity, making complex feelings feel understandable and shared. What sets this book apart is its lack of pretension - there are no grand prescriptions or one-size-fits-all cures, just a gentle, persistent reminder that pain passes. Haig touches on love, literature, and the little things that make life worth living. This isn't a how-to book—it's a how-I-did book, and that makes all the difference. Poignant, uplifting, and at times humorous, it's a must-read for anyone navigating their own darkness or supporting someone who is.

By Tash Donovan

The Grand Hotel of Feelings by Lidia Brankovic

In the award-winning *The Grand Hotel of Feelings*, Lidia Brankovic invites young readers into an imaginative establishment where emotions are personified as guests, each with their own unique characteristics and needs. The attentive hotel manager ensures that every feeling, from the boisterous Anger who requires ample space to vent, to the soft-spoken Sadness who occasionally floods the bathroom, is accommodated with care and understanding. The creative narrative serves as a gentle metaphor for acknowledging and managing one's own emotions, emphasizing that all feelings are valid and transient.

Brankovic's whimsical illustrations bring each emotion to life with distinctive visual traits that will resonate with readers of all ages, sparking the imagination and prompting further discussions about the nature of feelings. The book is great for reading aloud and provides an accessible entry into discussions on the complexity of emotions, encouraging children to recognize and articulate their own experiences.



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Sudoku

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

How to Play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

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(solution on page 18)

Garden Toys



Gardens are a great place for kids to run around and get that all important fresh air and exercise. The addition of a toy or two will mean you can keep them happily occupied for hours.

Swings are perennially popular. Make sure the size and style is appropriate to the age of the child. Better still buy one which has changeable seats so you can upgrade as the child grows, or simply ring the changes now and then.

Slides come in all sizes. They can be independent structures or attached to climbing frames. You really do get what you pay for in this instance. Do your homework. Is a metal or wooden frame best for your garden. How much use will it get and how many and what ages of children does it need to support? Get the best you can afford and it will serve you for many years.

Trampolines are a relative newbie to the UK garden compared with slides and swings but they are rightfully popular. Even adults can't resist them. You'll need a flat surface, and a safety net is highly recommended. Most trampolining injuries occur when one child lands on another so

buy the biggest your garden will allow. It's almost impossible to police the 'one child at a time' recommendation so bigger is safer as each child has more space.

Kids love dens. Provide a Wendy house or a tepee and let their imagination run wild. If you have the funds you can buy an elaborate fort or tree house.

If you don't have space for a permanent Wendy house, provide poles and old blankets and let them construct their own!

If you have space for a sand and water area your children will love it. There are simple small plastic tables designed for the purpose and huge wooden luxury models complete with seats and sunshade. Use specialist play sand to fill it. Make sure you buy one with a cover to protect it from the weather and prevent neighbourhood cats from using it as a toilet.

We can't all have a proper pool in the garden but most of us have room for a paddling pool. Add a couple of supersoaker water pistols and a waterslide made from heavy duty silicon and you're set for an afternoon of splashy delight.

If you have a large space you could invest in some football goals or a badminton set. But for those who love to play games and have a smaller space there's croquet or outdoor skittles. And there are now outdoor giant versions of family favourites like Connect 4, Jenga and Chess.

Time for some outdoor fun.

By Tracey Anderson

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Warfield based

Traditional Quiche Lorraine

Traditional quiche is worth the effort. It's a creamy delicacy requiring very few ingredients, and surprisingly no cheese!

Preparation: 10 mins

Chill: 20 mins + 20 mins

Cooking time: 1 hr 10 mins

Serves 6

For the rough puff pastry:

225g plain flour

225g very cold butter

100ml iced water

For the filling:

200g dry cure smoked streaky bacon, chopped

320ml double cream

4 eggs and 2 egg yolks (use 1 of the egg whites for brushing the pastry)

Method

Sift the flour with a pinch of salt into a large bowl. Grate the chilled butter into the flour. Use your hands to gently squeeze everything together, so the flour combines with the lumps of butter until it looks 'rough' (as the name suggests), NOT like breadcrumbs.

Sprinkle a little iced water over the mixture and stir it into the mixture. Continue to add just enough water to bring it into a dough but don't over mix it, then cover with clingfilm and chill in the refrigerator for 20 minutes.

Lightly flour the work surface and shape the dough into a rectangle. Roll it out until it's about three times its original length.

Fold the top third over to the centre, then fold the bottom third over the top third, so the dough has three layers. Turn it one quarter turn (90 degrees) and roll out again until three times the length, repeat the folding, wrap in clingfilm, and chill for another 20

minutes.

Preheat the oven along with a baking tray to 180C / fan 160 / Gas mark 4. Roll out the chilled pastry and line a deep 20cm diameter tin. Leave an extra couple of centimetres of pastry to overhang the tin to account for shrinkage. Line with foil (shiny side down) and weight down with baking beads or rice. Place the tin on the baking tray and blind bake in the oven for 40 minutes, then remove the foil and beads. Bake for a further 8 minutes, then brush the base with egg white and put back into the oven for 5 minutes. Carefully trim the overhanging pastry to neaten.

Fry the bacon for 8–10 minutes, until cooked through, but not crisp. Drain and spread half over the hot base.

Place the cream along with the eggs and yolks into a large bowl with a pinch of salt, and beat together slowly until combined, then give it a fast whisk for 30 seconds until frothy. Fill the cooked pastry case, then sprinkle over the rest of the bacon. Bake for 20 minutes but keep checking – it's cooked when it puffs up but remains wobbly at the centre. It tastes best at room temperature so allow to cool before serving.



Sublime Strawberry Hazelnut Shortbread

Perfect for afternoon tea

Ingredients

For the hazelnut shortbread:

4 oz (110 g) hazelnuts

5 oz (150 g) softened butter

2½ oz (60 g) unrefined golden icing sugar, plus extra to serve

2½ oz (60 g) rice flour, sifted (or use dried semolina)

5 oz (150 g) plain flour, sifted, plus a little extra for rolling out

For the strawberry purée:

8 oz (225 g) fresh strawberries, hulled

1 level tablespoon golden caster sugar

For the strawberry filling:

1 lb (450 g) fresh strawberries, hulled, reserving 8 for decoration

7 fl oz (200 ml) crème fraîche

5 fl oz (150 ml) fresh custard

2 drops vanilla extract

Method

Toast the hazelnuts by spreading them out on a baking tray and placing them in the oven for 5 minutes. Use a timer so they don't burn.

When cool, grind them to a sand-like consistency in a blender, or chop finely, pop them in a polythene bag and crush them as finely as possible with a rolling pin.

Cream the butter and icing sugar together in a large bowl until light and fluffy, then gradually beat in the sifted flours or semolina, followed by the ground hazelnuts.



Bring the mixture together to make a dough. Place this in a polythene food bag and leave it in the fridge to rest for about 30 minutes. Then roll it out on a lightly floured surface to a thickness

of about 5 mm (¼ inch).

Use a 9cm cutter to make 16 rounds of shortbread dough.

Arrange the biscuits on the baking trays and lightly prick each one with a fork. Bake for 10-12 minutes. Remove them from the oven and leave to cool on the trays for 10 minutes before removing them to a wire rack to cool completely.

Place the purée fruit in a bowl, sprinkle them with the sugar and leave for 30 minutes. After that, purée them in the food processor, then press them through a nylon sieve to remove the seeds.

Cover and set aside.

Whisk the crème fraîche in a mixing bowl with an electric hand whisk until it becomes stiff, then add the custard and vanilla extract and whisk again until thick.

Cover the mixture and chill until just before serving.

Reserve 8 strawberries for decoration. Roughly chop or slice the remainder. Spread equal quantities of the cream mixture over the biscuits, then arrange the strawberry pieces on top of eight. Spoon some purée over each one, then sandwich with the remaining cream-covered rounds.

Now place a reserved strawberry on top of each one and finish off with a light dusting of icing sugar.

Stay Cool and Fresh

The Best (and Worst) Fabrics to Wear in Summer



When the temperature rises, choosing the right fabrics can make all the difference between feeling comfortably cool or hot, sticky, and downright miserable. The best summer clothes not only help your skin breathe but also wick away sweat and resist those unwanted odours. Here's a guide to the best (and worst) fabrics for summer, plus tips on keeping clothes fresh all season long.

Best Fabrics for Summer

Cotton - An all-time favourite, cotton is lightweight, breathable, and soft. It allows air to circulate and absorbs moisture well, helping to keep you dry. Opt for lighter weaves like cotton lawn or voile for the best cooling effect.

Linen - Another summer superstar. It's looser in weave, so it allows for more airflow and dries quickly. It even feels cool to the touch. Yes, it wrinkles easily, but its relaxed, breezy charm is part of the appeal. It is however, one of the most expensive fabrics.

Bamboo - Soft, breathable, and naturally moisture-wicking and antibacterial, bamboo is excellent for hot, sweaty days. It's also eco-friendly, which is a nice bonus.

Tencel (Lyocell) - Tencel is a sustainable, silky-soft fabric known for its excellent moisture-wicking properties. It's

lightweight, gentle on the skin, and doesn't trap heat.

Chambray - Chambray looks like denim but is far lighter and more breathable. It's great for those who want that denim style without the weight or heat.

Fabrics to Avoid in Summer

Polyester - Durable and wrinkle-resistant, but it traps heat and moisture, making it one of the worst choices for hot weather. It can also cling to damp skin, adding to the discomfort.

Nylon - Much like polyester, nylon doesn't breathe and can make you feel like you're wrapped in plastic. It's best kept for gym gear with high-tech ventilation or avoided altogether in everyday summer wear.

Acrylic - Another synthetic fabric that doesn't allow skin to breathe, traps heat, and tends to retain body odour.

Keep Clothes (and You) Smelling Fresh

Even breathable fabrics can trap odours if not cared for properly. Here are a few simple tips:

- Wash clothes promptly after sweating - don't let them sit damp in a pile.
- Use white vinegar or baking soda in the wash to neutralise smells.
- Avoid fabric softeners, which can coat fibres and reduce breathability.
- Choose clothes with looser fits to allow air circulation and reduce sweat buildup.
- Shower and use an antibacterial soap to reduce odour-causing bacteria on the skin.

By picking the right fabrics and caring for them well, you'll stay cool, comfortable, and confident - no matter how high the mercury climbs.

By Sarah Davey

Garden View

This month - Create a summer sanctuary



As summer arrives and the days stretch long into the evening, our gardens become more than just places to grow plant - they become outdoor living rooms, perfect for barbecues, garden parties, or simply unwinding with a drink at sunset. Whether we have a sprawling lawn or a compact courtyard, with a few thoughtful touches, we can transform our space into a welcoming haven perfect for outdoor gatherings.

Set the Scene with Lighting - Good lighting is key to creating atmosphere once the sun goes down. Think soft, warm glow rather than harsh overhead illumination. Solar-powered fairy lights strung along fences or pergolas add instant magic, while lanterns or LED candles on tables create a cosy, flickering ambiance. For a touch of rustic charm, drape festoon lights across trees or between posts.

If you want something more permanent, consider solar path lights to guide guests around the garden, or uplighting to highlight feature plants or architectural elements. And consider a firepit - a central focal point that provides warmth, light, and a place to gather.

Bring Colour and Life with Container Planting - Container gardening is an easy and versatile way to add beauty and personality to your outdoor space. Group pots of varying heights around your seating area to soften the edges and add lushness. Aromatic herbs like rosemary

and lavender work particularly well, alongside bright blooms like geraniums and petunias. Add texture with ferns ornamental grasses.

If you have the space and the budget consider a small tree such as an olive tree or bay laurel in a large container. It will help define the space and give it structure. Hanging baskets and vertical planters are also great options for smaller gardens or balconies.

To keep your containers looking their best through the season, use high-quality compost, water them regularly, and deadhead faded flowers to encourage new blooms.

Furniture That's Stylish and Functional

- The right garden furniture can elevate your outdoor entertaining experience. If you're short on space, foldable or stackable pieces are ideal. A simple bistro set is perfect for morning coffee or an intimate evening chat. For larger gatherings, opt for a dining table with comfortable chairs, or a modular sofa that can be reconfigured as needed.

Don't forget comfort - add outdoor cushions, throws, or even a rug to bring indoor warmth outside. Choose weather-resistant fabrics and materials like rattan, teak, or powder-coated metal for durability.

If you entertain often, consider a barbecue / cooking area. A drinks trolley, ice bucket, or outdoor bar shelf adds a touch of sophistication and keeps refreshments within easy reach.

Final Touches - Potted candles, a wireless speaker for soft background music, and garden games for guests are all great choices. Ultimately, a welcoming garden is one that feels like an extension of your home - relaxed, beautiful, and ready to be enjoyed.

Happy gardening,

By Rachael Leverton

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

Ready, Steady, MOW!

Choose the right mower for your lawn

Regular mowing is the key to an attractive, green and healthy lawn. You'll need a mower, but which one should you choose?

Small lawns -

Many suburban homes have tiny lawns. A manual push lawn mower or rotary mower is powered by you pushing it rather than by electricity. The blades are

mounted in a cylinder, which revolves when the mower is pushed. This produces a precise, even mowing result. They tend to be very compact which makes them manoeuvrable and easy to store.

Small or medium-sized lawn - If your lawn is a little bigger or you don't fancy a manual mower, an electric lawn mower might be for you. They run from a power source and make light work of your lawn. Electric mowers for smaller lawns are usually very easy to manoeuvre around objects. Most come with a handy container or bag to collect clippings. They are also pretty quiet and are available in energy-efficient versions. Just be aware that even with a small lawn you will probably need an extension cord. It's wise to invest in a power breaker for safety. Accidents do happen.

Larger lawn - Petrol mowers are good bigger lawns, where an extension cord becomes impractical. These mowers are powerful, but also heavy as they are often quite sizeable. They are less environmentally friendly because of the exhaust emissions. If you have more than 500 square metres of grass, you'll probably be better off with a ride-on petrol mower.

All lawn mowers are available in various mowing widths. Generally speaking, the wider the lawn mower, the quicker you'll get the job done. But you need to consider that wider mowers are less manoeuvrable.

As a rule of thumb small lawns require a mowing width of around 29-

33cm (11-13 inches); medium-sized lawns require a mowing width of around 38cm (15 inches).; large lawns may require widths larger than this, but all choices will depend on whether the lawn is ornamental, with features like ponds and trees, in which case a smaller mower might be better, or whether it's more of an open grassy space.

Most mowers are height adjustable. In other words, you can increase or decrease the distance between the blades and the ground to cut the grass at just the right height for you or the time of year.

You can now buy mulching mowers. These cut the grass clippings into tiny pieces and blow them evenly into the grass. This method has the advantage of preventing the soil from drying out and gives fungus less chance to develop.

A strimmer is a useful gadget for neatening up along walls, fences and the edge of flowerbeds. You can get more powerful versions which will let you attack weeds too. It's best to wear safety goggles when using one as they generate a lot of flying debris.



By Tom Hancock

SMALL BATHROOM, BIG STYLE

Clever decorating ideas that work



When space is tight, a little creativity goes a long way - especially in the bathroom. With the right touches of colour, texture, and clever design, even the smallest bathroom can feel open, airy, and oh-so-inviting. Here are some practical tips to help you make the most of your compact space without compromising on style.

Lighten Up with Colour - Light, neutral shades are your best friend in a small bathroom. Think soft whites, pale greys, warm beiges, or even gentle pastels like powder blue or sage green. These colours reflect light, making the room feel more open. If you love bold colours, try using them as accents—on towels, accessories, or a feature wall - rather than drenching the whole room.

Use Mirrors to Create Illusion - Mirrors are a small bathroom's secret weapon. A large mirror above the sink, or even an entire mirrored wall, can instantly double the sense of space. It bounces light around and creates the illusion of depth. Choose a stylish frame or go frameless for a clean, modern look.

Go Big with Tiles - It may sound counterintuitive, but large-format tiles can actually make a small bathroom look bigger. Fewer grout lines mean a cleaner,

more seamless appearance. Whether on the floor or walls, stick to a uniform tile style to create visual continuity.

Choose the Right Flooring - Flooring that runs the length of the room, such as wide planks or tiles laid in a diagonal or herringbone pattern, can trick the eye and elongate the space. Light-coloured flooring helps maintain an airy feel, while underfloor heating avoids bulky

radiators.

Add Texture with Purpose - In a small space, texture brings depth and interest without crowding the room. Think beadboard panels, a rattan mirror frame, or a natural stone basin. Soft textiles like waffle-weave towels and a plush bathmat can also make the room feel more luxurious and welcoming.

Avoid clutter - Less really is more. Use clever storage solutions like floating shelves, recessed niches, and slimline cabinets to keep surfaces clear. Stylish containers and baskets can hide away the essentials while adding charm.

Bring in some Greenery - A small plant on the windowsill or one that trails down from a high shelf adds a pop of life and colour. Plants thrive in the humidity and soften hard surfaces.

Light it up - Layered lighting is key. Combine overhead lights with wall sconces or backlit mirrors to eliminate shadows and create a warm, inviting glow.

With a few simple design tricks, a small bathroom can become a serene, spacious -feeling retreat - proof that good things really do come in

By Tracey Anderson



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St Swithin's Day

Rain, Sunshine, and a Very Old Legend

Whether you're already enjoying your summer holidays, or still counting down the days, you're probably hoping for sunshine. But according to a centuries-old bit of folklore, the weather on 15th July, St Swithin's Day, sets the tone for the next 40

days. That means if it rains, we're in for a soggy stretch. If it's sunny, it should stay that way. Or so the legend goes.

But who was St Swithin? He was born around the year 800 and became Bishop of Winchester. He was known for his humility, and rather than an elaborate funeral he requested to be buried outside, where "the sweet rain of heaven" could fall on his grave. However, years after his death, his remains were moved inside the cathedral and that night a fierce storm blew up, and legend has it that it carried on for



weeks, giving rise to the 40-day weather myth.

There's even a rhyme:

*"St Swithin's Day,
if it does rain,*

*Full forty days, it
will remain.*

*St Swithin's Day, if
it be fair,*

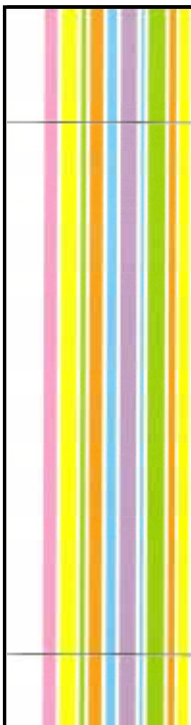
For forty days,

t'll rain no more."

Despite this, there's no scientific evidence to back it up. Weather records dating back to 1861 show no consistent pattern of 40 wet or dry days after 15 July. Meteorologists agree - it's just a quaint piece of folklore.

Still, it's a charming tradition. And while we might groan at the thought of 40 rainy days, we can safely enjoy St Swithin's Day for what it is: a curious mix of history, legend, and British weather obsession.

By Sarah Davey



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