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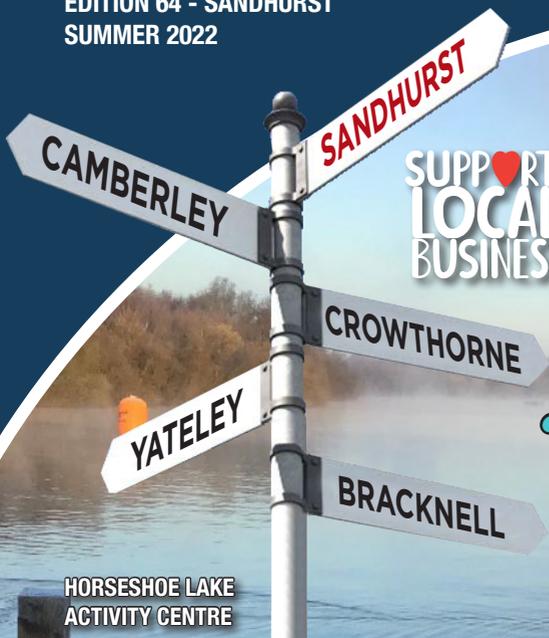
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SUMMER 2022

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# Welcome to the July edition of Foremost.

**We hope you are enjoying this beautiful weather we have had.**

Whether you're looking to go abroad this Summer, away in the UK, or even just enjoy some days at home, it is so important to take time out for yourself; to turn off your mind and reset. We hope the articles in here encourage you to do just that, and please come and join us for our Yoga session in August, at the Sandhurst field too.

We have now been running for 11 years as a family business, which is all down to you using our magazine, so thank you from the bottom of our hearts.

We hope you enjoy this latest edition, please keep the feedback coming in, and don't forget to quote Foremost when using one of our advertisers.

We wish you a wonderful Summer. Stay safe and be happy.

Many thanks, and much love as always,

*Emma*

& the Foremost Team



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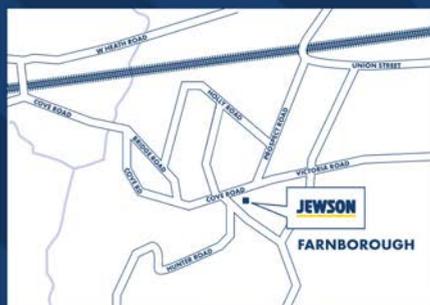
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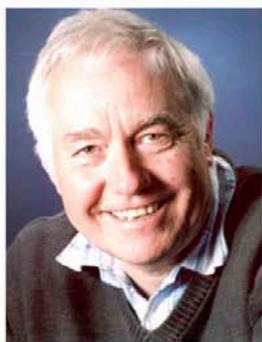
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# Protecting your families future

**Economic difficulties around the world are increasingly making people painfully aware of the need to effectively protect their families' financial future. One of the most pressing concerns for many families is the question what would happen if the household's main earner was to sustain a debilitating injury, become unable to work due to critical illness or die.**

## Life Insurance

Life insurance is the minimum protection you should put in place for your family. You never think that it will happen to you; and yet, we all know someone, or several people, who have fallen to some tragedy. Whether accidents, illness, or anything else. It's never an easy time for the loved ones that have lost. Life Insurance is to plan for the worst and hope you won't need it. But better have it and not need it than the reverse. Today, comprehensive life insurance policies can be taken out at an affordable outlay per month, especially in relation to the pay-out of the policy to look after your family if the worst should happen. Of course, there are numerous avenues that can and often should be taken in order to protect yourself and your family. Eat right, exercise regularly, do not make reckless decisions. But even with all of these, anyone can be struck down in tragic circumstances. And often it is the financial aspect that is the most immediate and problematic for those left in the wake of such events. Life Insurance means peace of mind.



## Mortgages

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# Chiropractic care can help with your everyday Lifestyle.

**We've teamed up with Emma and Matthew at 1st Chiropractic Centres based in Yateley for some helpful hints for all common aches and pains.**

## How Stress Affects Back Pain

The fight or flight response originates from a time when we might be attacked by dangerous predators. When triggered, hormones are released into the bloodstream, the effects of which prepare us to 'spring into action'. The problem is that in modern life, this response is often triggered by things that are not harmful meaning that we can become overwhelmed with stress.

The increased muscle tone, caused by the release of our stress hormones, results in tension building in our muscles. Most commonly the trapezius and neck muscles. Many people often hold tension in their jaw as well, and may even grind their teeth due to stress.

Tight muscles commonly result in jaw, neck, shoulder and low back pain.

## How To Garden Without Getting A Sore Back

Gardening involves a lot of bending over as you pull up weeds, sow bulbs, check plants, and mow the lawn, which can place strain on the lower back. You will also have to lift heavy objects fairly regularly, including bags of soil, fertiliser, and garden tools.



Our Chiropractors and Practitioners often treat gardeners who have suffered a back strain while working in their garden. Helping them by making spinal adjustments, performing soft tissue therapy, and recommending lifestyle changes which encourage healing.

## Cyclists: How Chiropractic Treatment Can Help You Recover Quicker From An Injury

Treatment by Chiropractors may involve manipulation or 'adjustments' to the affected area and also surrounding joints to increase movement and restore normal function, along with soft tissue therapy, dry needling and other techniques.

Home exercises are also commonly advised. Your core stability is really important in cycling!

If you feel pain during or after cycling, don't ignore it! The longer you leave an injury or pain the longer it takes to correct and treat it!



## Tips For People Working At Home:

- If possible, designate a specific area in your home for working and always work at a table, sitting on a chair.
- The top of your screen should be level with your eyebrows and if you are working from a laptop, make sure you are not hunching over the screen.
- Use a detachable keyboard and mouse whenever possible, as this will ensure that your movement is not restricted and you are not placing unnecessary strain on your back.
- Taking regular breaks is extremely important, move around every 20-30 minutes.



- When making phone calls, take the opportunity to get up from your desk and move around as you talk.
- Embrace the privacy of working from home by doing regular stretches.

We recommend that, if you are experiencing pain for more than a few days, then you should seek professional help from your Chiropractor, as an undiagnosed problem could lead to longer-term problems if left untreated.

Finding the right specialist makes all the difference in the outcome. It should very much be like any other experience with a healthcare professional, because their job is first to determine if you're even a good candidate for chiropractic care.

With that in mind, you want to find a chiropractor who takes a keen interest in your health and medical history. Some people have had previous injuries, this information is vital in tailoring the care to that individual. Understanding the history of each patient is critical to making sure they are being treated properly.

Next, you want to make sure your chiropractor is a good fit for your needs. You really want to cover what your goals are. That way, they have an understanding of what you want to get from your care, so they can help deliver that to you. And don't forget to ask questions! You really want them to be on the same page as you as a patient.

Article by *1st Chiropractic Centres*

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# What's On In The Local Area

There are so many wonderful events happening in the coming weeks. Find something for you and your loved ones to enjoy.



## Maidenhead Festival

Sat July 23 - Sun July 24

Kidwells Park, Cookham Road, Maidenhead

[www.maidenheadfestival.org.uk](http://www.maidenheadfestival.org.uk)

After two years of online Festivals we are excited to announce that Maidenhead Festival will be returning to Kidwells Park, Maidenhead, this July. When, you say? Well get the dates in your diary now.... Saturday 23rd July and Sunday 24th July.

An opportunity to rock with all your favourite local bands, support our local stall holders and have a great time out with family and friends. The family-focused event will feature music, fairground, stalls and side shows and if you're lucky you might spot a friendly clown or acrobat!

Our headliners this year on Saturday night are Tina Turner and Little Mix tribute bands, while on Sunday you can rock along to all your favourite Elton John songs, sing your heart out to Ed Sheeran classics and croon along to the Michael Buble tribute band. What a line-up! And don't forget it's all free!



## Ronan Keating Live After Racing

Sat 27th August

Windsor Racecourse

Gates Open from 2.30pm

[www.maidenheadfestival.org.uk](http://www.maidenheadfestival.org.uk)

Enjoy an afternoon and evening

of 7 races followed by classic songs from Ronan Keating.



## Weyfest 2022

Fri 19th Aug - Sun 21st Aug

Rural Life Centre, The Reeds Rd, Tilford, Farnham GU10 2DL

Tickets for the festival are available from [weyfest.co.uk](http://weyfest.co.uk)

A 5-star rated boutique 3-day festival and winner of 'Best Small Festival' at the coveted 2018 Skiddle Awards. Set in 10 acres of woodland in Surrey.



## Bouncy Castles in the Park

Sat 27th Aug - Mon 29th Aug

Wellington Country Park

Odiham Road, Berkshire RG7 1SP

Jump into the Bank Holiday as bouncy castles take over the Main Green!

10:00am - 4:00pm;

For children aged 5 and under

- Bouncy Castle
- The Ball Pond

For all ages

- The Big Bouncy Castle
- Obstacle Course Small
- Obstacle Course Large
- Inflatable Penalty Shootout

Don't forget this event is included in your entrance fee or Annual Pass. This event will not go ahead in rain or strong wind.



## One World Animals

Thu, 25 Aug, 10:45-12:00

The Key Centre

Elvetham Heath Community Centre, The Key, Fleet

Meet, and learn about, some of the amazing animals we share our planet with. A hands-on experience for all the family.

1 hour of hands-on fun for ages 4 to 99 (or above!).

Meet Iggy, the green iguana. Will you stroke him? What does an iguana eat?

Will you wear a snake around your neck? What about holding a tarantula or a mouse?

What is a Tegu? How long is a chameleon's tongue?

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The creatures we work with are beautiful, precious individuals. At our events we take care to get the environment right for them and all our guests; everyone has a chance to interact with them and get to know their fascinating stories.

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### Family Open Air Cinema at Dinton Pastures

#### The Greatest Showman

**Sat, 20 Aug - starts at 9.20pm**  
**Dinton Pastures Country Park**  
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### British Motorshow

**Fri Aug 18: 8am - Sun 21 Aug: 5pm**  
**Farnborough International Exhibition and Conference Centre**

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### Nature Explorer's Day Camp

**Tue 2 Aug, 9.30am-3:30pm**

**Windsor Great Park Environmental Centre**  
**The Great Park, Windsor**

Wildlife Day Camp for 8 - 12 year olds. Fully supervised by trained

staff, without the need for parental supervision. Wildlife themed activities for children to explore and engage in the great outdoors! The day is packed full of activities, games and crafts to help young people connect with the fantastic natural world that surrounds them. Over the course of the day, children can expect to:

- Connect with nature and learn about wildlife
- Meet new like minded friends and join Team Wilder
- Create fun wildlife crafts to take home

This club will run on two days with different activities, therefore please feel free to book both, but you will have to book separately. The second day is Thursday 4th August 2022.

N.B. Tickets for this event close 48hrs before the start time.



### Horseshoe Lake Activity Centre Mill Lane, Sandhurst, GU47 8JW

[horseshoelakeactivitycentre.co.uk](http://horseshoelakeactivitycentre.co.uk)  
 Horseshoe Lake Activity Centre offers canoeing, dinghy sailing, kayaking, windsurfing, stand up paddleboarding dragon boating and raft building.

Their excellent facilities provide a fun, safe and educational experience for all. Outdoor activities encourage fitness, discipline and co-ordination - offering the chance to embrace the challenge and HAVE A GO! Fun sessions are available for everyone: learning through leisure! There are enjoyable activities that promote a sense of achievement.

Activities are run by experienced, qualified instructors to the highest safety standards and are subject to full risk assessment.



### The Look Out Discovery Centre

**Nine Mile Ride, Bracknell, RG12 7QW**  
**Monday to Sunday 10am- 5pm**  
[www.bracknell-forest.gov.uk/leisure-services/look-out-discovery-centre](http://www.bracknell-forest.gov.uk/leisure-services/look-out-discovery-centre)

Do you or your family get a kick out of solving puzzles, or are you fascinated by learning how things work? If so then you'll love The Look Out Discovery Centre. This hands-on science exhibition and nature exhibition has over 90 activities suitable for children of all ages, spread over five zones. Launch a rocket or set off a hot air balloon in the Forces and Movement Zone. Learn the mysteries of the human body and brain in the Body and Perception Zone by testing speed and reflex; play with laser beams in the Light and Colour Zone, step outside to discover local wildlife in the Woodland and Water Zone and, finally, join the Look Out construction crew in the Build it! Zone.

Outdoors there's an adventure play area, forest walks and nature trails that span 1,000 hectares of woodland that are perfect to explore by bike or foot. The infant play trail is ideal for ages 3-6 with its massive fort in the middle! All walks are fully signposted with full distances and highlights so you can pick the right one for you.

Remember, if you have any events you would like to promote, please give at least 6 weeks notice from the event date in order for us to include it in the next edition. You can contact us via email at

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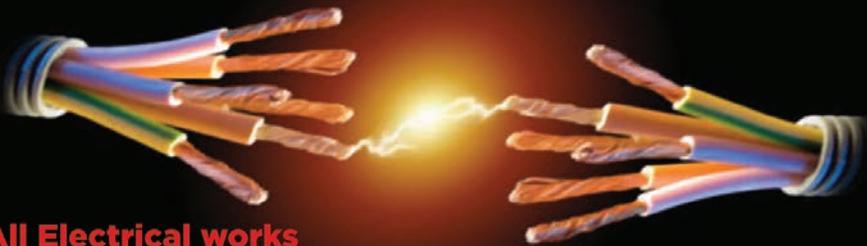
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## Coping in uncertain times.

**I was asked to write a piece for this magazine during a time when the world is facing so many challenges. Here we are again, after facing up to a pandemic, when our lives were threatened by a potentially fatal illness, and our way of life was altered completely, and now, here we are facing up to the effects of a war in Ukraine, which at best will have long term implications for our way of life.**



I usually write about how negative thinking can affect us so badly, can cause us undue stress and affect the way we feel and act. In normal times, a lot of the negative thinking is completely unfounded as it is often focused on misconceptions, but, at the moment, as the war unfolds, very sadly, there are significant reasons to feel upset.

However, we do have to carry on and live our lives as best we can. Parents need to support children, partners need to be there for each other, and those who are alone need to indulge in self-care. We all need to lift ourselves out of the gloom.

Today as I write the sun is shining and, although it is cold, spring has sprung. If we dwell on everything that has happened and is happening, we can have untold potential to feel miserable.

### **So, how do we look after ourselves?**

The best thing to help you feel better is to feel that you are doing everything you can to help make a difference for those in need. Volunteering to help, fundraising or donating to aid organisations may help you feel better about this. To a large extent, our hands may be tied, but you may find there is something you can do.

If this is not an option, then the main thing that you could do is to stop focusing on what is happening. You do not have to listen to every newscast, as nearly every newscast is designed to elicit empathy and it can become an emotional rollercoaster.

Take a break every day to do something to distract you completely. That might include reading, listening to music, exercising, gardening, playing with children or pets or doing mindful meditations.

Take pleasure in what is good right here, right now and do it mindfully. Enjoy the here and now, and live in the present rather than the future. We have every reason to believe that the future will be bright but dwelling on what could happen could make you feel sad and miserable, so if this is the case, then don't do it.

So in summary, be kind to yourself, distract yourself and boot out the negative thoughts. Allow yourself to focus on what is happening right here, right now. And hopefully the next time I write, things will be better.

Get in touch with Carolyn on **07774 890664** or [info@carolynpotter.co.uk](mailto:info@carolynpotter.co.uk).

Article by **Carolyn Potter (Crowthorne Hypnotherapy)**

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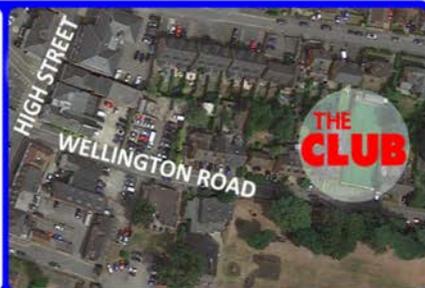


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# 'Epic' Summer Salad

**Perfect for BBQs and buffets, this is an assembly job of gorgeous ingredients - no cooking required. Serve it with lamb kebabs for an impressive summer feast.**

## Ingredients

- 400g black beans , drained
- 2 large handfuls baby spinach leaves , roughly chopped
- 500g heritage tomatoes , chopped into large chunks
- ½ cucumber , halved lengthways, seeds scooped out and sliced on an angle
- 1 mango , peeled and chopped into chunks
- 1 large red onion , halved and finely sliced
- 6-8 radishes , sliced
- 2 avocados , peeled and sliced
- 100g feta , crumbled
- handful of herbs (reserved from the dressing)

## For the dressing

- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli , deseeded and chopped
- 1 small garlic clove
- 100ml extra virgin olive oil or rapeseed oil
- 2 limes , zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp honey



## STEP 1

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

## STEP 2

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.



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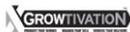


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## Lightwater Country Park

**Distance: 2.5 miles**  
**Approximate Time: 1 hour**  
**Difficulty: Moderate**

Walk through the varied landscapes of this wonderful country park. The walk takes around an hour (2.5 miles), however you are more than welcome to choose a different route or stop and appreciate the wildlife/view along the way. There is also a cafe, playground and parking available on site.

## Fairoaks Airport

**Distance: 3 miles**  
**Approximate Time: 1.5 hours**  
**Difficulty: Gentle**

This circular walk incorporates both ends of the Fairoaks Airport runway but is to be enjoyed by walkers as well as plane lovers. Please be careful and look around when passing the landing area. Parking available on site.

## Basingstoke Canal

**Distance: 3.75 miles**  
**Approximate Time: 1.5 hours**  
**Difficulty: Gentle**

Follow the popular and relaxing canal towpath. Look out for wildlife along the way! Parking available at Frimley Lodge Park.

## Old Dean Common

**Distance: 3 miles**  
**Approximate Time: 1.25 Hours**  
**Difficulty: Moderate**

The Old Dean Common is a vast natural heathland tucked away, to be enjoyed only by those lucky enough to know about it. It is full of many side footpaths, meaning there is lots to see and explore. Walk is relatively flat with a moderate incline and decline halfway. The viewpoint has views of Camberley Town Centre and further afield. The M.O.D. might be out doing drills, in which case you should avoid them. Parking available at the nearby Camberley Boxing Club.

Routes can be found at: [www.surreyheath.gov.uk/leisure/sports-leisure-and-physical-activity/activities/walks/walking-routes](http://www.surreyheath.gov.uk/leisure/sports-leisure-and-physical-activity/activities/walks/walking-routes)



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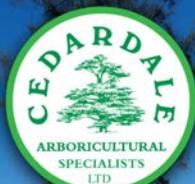
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**Consistent throughout are some products which have earned their place in my kit all year through.**

**Here are a just few of my personal favourites!**

### 1. CHANEL - Les Beiges Bronzing Cream

Perfect for that summer sun-kissed glow, a lightweight cream-gel bronzer. Can be worn without or on top of foundation & blends like a dream. Comes in 2 shades.

### 2. DIOR - Backstage Glow Face Palette

If you love the glowy look then you need this multi-use palette! I use this to add a pop of shimmer to my cheekbones, Cupid's bow & nose bridge. The lightest colour is perfect for highlighting around the eye!

### 3. CHARLOTTE TILBURY - Pillow Talk Instant Eye Palette

A staple in my kit. I regularly use this palette when creating luxury bridal makeup looks! It has 12 gorgeous shades which include a mix of velvety mattes & luminous shimmers in soft pinks, champagne and rose gold.

### 4. GLOSSIER - Cloud Paint

I love this gel-cream blush! It's buildable and blends seamlessly onto the skin leaving a natural glow and dewy finish. Available in 8 shades!

### 5. ANASTASIA BEVERLY HILLS - Brow Freeze

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Christiane x

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**Dior - Backstage Glow Face Palette**

Article by *Christiane Dowling* (Christiane Dowling Makeup Artistry)

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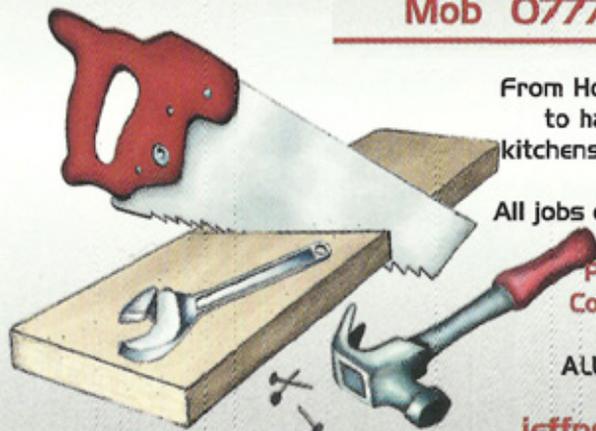


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