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EDITION 77 - BRACKNELL - WINTER 2023

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Distributed to  
Bracknell residents  
in November  
& May

## Features include:

- *Winter fashion*
- *Foremost - where it began*
- *Safe & secure at home*
- *Tips to save money*
- *Loneliness*
- *What's On guide*
- *Journalling for mindfulness*
- *Beauty editorial*
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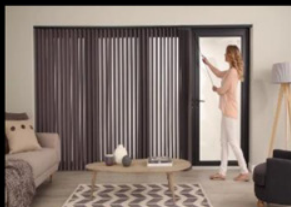
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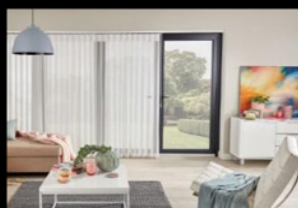


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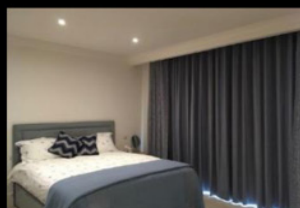
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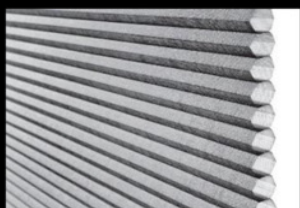


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## Welcome to the Winter edition of Foremost.

I cannot believe how quickly the year has gone and that Christmas is just around the corner. We hope you've had a wonderful 2023 and are looking forward to the celebrations ahead.

In this edition you'll find lots of insight to what is happening in your local area, as well as information on Winter fashion, how to combat loneliness, money saving tips and more.

Have a wonderful Winter and take some time for you to enjoy some time out amongst the chaos. How about starting a new hobby, or finding time to enjoy something you used to love? Life and time is so precious, make the most of yours.

Thank you again for your continued support. We look forward to gracing your doorsteps again in 2024.

Much love

*Emma*  
& the Foremost Team



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# Winter Fashion

**Dressing for Autumn and Winter can be frustrating. Especially during very cold spells. In this case, you most likely choose warmth and comfort over style. But, you definitely don't have to choose between the two; practicality and style can go together.**

There are plenty of outfits that include lots of layers, faux fur, and excellent knitwear that will actually get you excited for dressing for those colder days.

## BODYSUIT + SKIRT + TIGHTS + BOOTS

An easy winter outfit idea is to throw on a cute skirt, boots, warm tights, a bodysuit and jumper too if required. It's inexpensive, an easy look to pull together and likely something you already have in your wardrobe.



## KNITWEAR

Knitwear doesn't just need to include cardigans and jumpers, why not adopt a knitted dress or skirt and jumper to add warmth to your style.

## LEGGINGS + SHIRT JACKET

Shirt jackets, also commonly referred to as shackets, are a cute smart-casual option for the colder months, which can be teamed with a pair of leather look leggings or your favourite pair of jeans.

## A STATEMENT SKIRT

A maxi skirt offers length to add warmth, and you can hide whatever you want under that skirt and knee high boots;

leggings or tights for added warmth if needed. Add your coat or blazer across your shoulders for another layer of heat and protection from the elements.

## THERMAL BASICS

The quickest and easiest way to be warm in the colder months is to add thermals. A good pair of thermals can keep you warm, without you needing to change your style or wardrobe at all. Buy a pair of woolly or thermal tights, and an undergarment top too, such as a cami or cotton body, if you desire, and you can wear your usual clothes, with these underneath: warm, affordable and as stylish as you usually are...what a win!

## SOCKS

Autumn/Winter with no socks is a no-no! Keeping our feet warm can help to keep our entire body warmer. Thick socks can be a lifesaver, so don't go in or out without.



## JACKET

Your coat or jacket is a signature piece of the outfit. You want something versatile, which can go with most of your winter items, to ensure you're not tempted to go without, because the styles don't match. Often the warmer coats are oversized and bulky, which don't make them too appealing to look at, although very appealing to wear for the warmth.

A belt can help to add some shape to your winter coat, whatever the style. It can help to define your waist and polish your look, adding a touch of class to your Winter look.

## ACCESSORIES

Accessories are the perfect way to add your own bit of style to any outfit. Winter accessories are great fun, as well as hugely effective at keeping in the warmth.

Gloves matching the colour of your coat, or at least in a neutral colour, are a great option. Leather look, suede or cashmere blend can often look much more stylish than cotton, so it may be worth investing in some of these.



Scarves are a fun addition. They can be wild or neutral, or you can change your scarf to suit your outfit. Scarves help to keep you warm, but also give you a great opportunity to express yourself.

Headwear is a great accessory for the colder months too, from hats to ear warmers. Berets and wool hats can be cute to compliment your outfit, or ear warmers to prevent hat hair if you're going to be removing your hat at your destination.

Warm clothing can be fun and addictive, it doesn't need to be all doom and gloom and shapeless layers. Choose your items wisely and you can keep warm and stylish, without too much effort.

Article by *Emma Baldwin* (Editor)



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## Foremost - where it all began

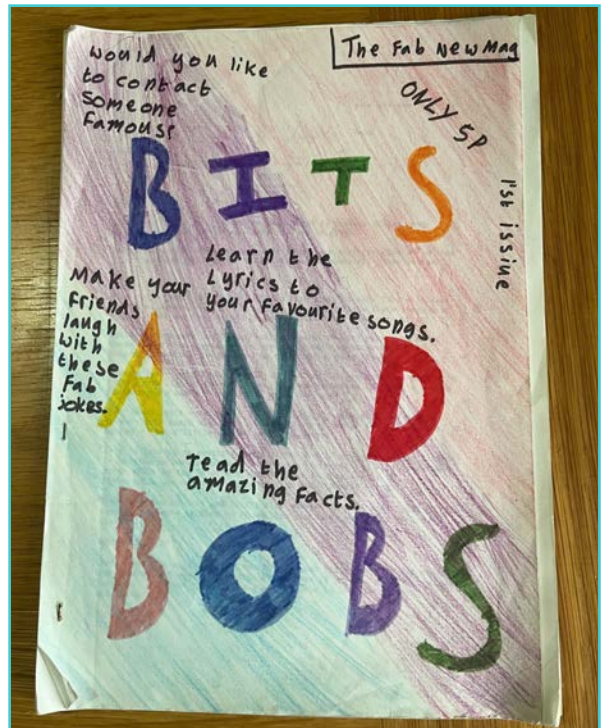
**I've always been a bit of an entrepreneur, and even as a child, I loved getting involved in little projects and doing my to do lists. I've always loved writing, both in the form of music and articles/blogs.**

For as long as I can remember, I've always loved the thought of running my own business, probably stemming from the admiration of my dad and his wonderful company which he built up and worked so hard at. It's not all fun and games, but I honestly wouldn't change it for the world.

I thought I would share with you my very first magazine, which I put together at about age 9 with my Amstrad computer and my colouring pencils! Bits and Bobs was my very own magazine which I used to sell for 5p to class mates and teachers, friends and family. Eventually, what with inflation, by age 11 it had gone up to 20p per copy and my 'business' was thriving.

Sadly, Bits and Bobs never made it into secondary school! But I've always continued to write articles for businesses, blog on things I'm interested in, song write since a child to present date, and 12 years ago, Foremost was born. We decided to make Foremost come to life so that I was able to stay at home with my babies, instead of going back to the 9-5. There have been times when you may have seen me out with baby in arms, buggy in hands and magazines being posted with my elbows, but it has still been a pleasure. And nowadays, you'll often see my (much less) small people, out with me or their dad putting these books through your letterboxes. What a wonderful journey.

So I know to you, it's just a local directory, but to me, this is a small part of my childhood dream, and I thank you all for being a part of it.



### FACTS

\*\*\*\*\*

#### PEOPLE

The first humans are thought to have lived in Eastern Africa, two million years ago. So we will have African origins!

Each year, sixty three million more people are born into the world than there were the year before. Wonder who has to count all those babies?

#### BODY

When fully grown your lungs can hold five pints of air. That's unless you're an Andean Indian, living in a mountain village. Their lungs are bigger - the air they breathe is so thin that they need more of it.

Children have more bones than their parents! As they grow up, some of these bones fuse together - but even a grown-up has over two hundred... and the longest one is the femur, in your thigh.

Article by [Emma Baldwin](#) (Editor)



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# Safe & Secure at Home

**Roller Garage Doors Centre - Delivering proven home security. Ask any homeowner how important home security is, and most would say 'very'. Yet surprisingly, garage security remains overlooked, meaning the garage door may be the weakest entry point into our homes. Despite this, UK garages are home to some of our most valuable possessions, including vehicles, tools, sporting and gardening equipment, or even family heirlooms.**

## Quality Roller Garage Doors

To protect our homes and valuables, a secure garage door should be as important as good quality doors, windows and locks.

SeceuroGlide Roller Garage Doors have been expertly engineered to provide peace-of-mind for homeowners who want excellent garage security. Engineered by experts, SeceuroGlide boasts security-enhancing features that cannot be found on lower quality doors. These include robust steel endplates, complete with tamper-proof hidden fixings and a unique locking system that effectively resists attempted break-ins.



The range includes SeceuroGlide Original, the first roller garage door to be introduced to the UK market, the Compact for low-headroom garages, and the Manual for garages without power. But for the ultimate in home security, the SeceuroGlide Excel has been engineered with unique features that are designed to stop intruders in their tracks.

## Independently Tested and Approved

The Excel was the first roller garage door in the UK to be awarded the LPS 1175, SR1 rating from the Loss Prevention Certification Board (LPCB). Products certified to this level provide greater resistance to opportunistic attempts at forced entry using physical force and a limited range of tools. Unlike doors with lower security ratings which are only tested using 'stealth' methods, the Excel's SR1 rating also covers attempts at forced entry where there is no restriction on how much noise can be made. This means the SeceuroGlide Excel is able to resist forced entry during a prolonged, more violent and noisy attack.



The Excel, along with SeceuroGlide Original, also meets the police-backed Secured by Design standard. The initiative recognises and promotes high-quality products that have been designed and manufactured to pre-defined standards of security performance.

## Bespoke Design

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# Top tips to save money!

**Saving money is an important skill to develop, regardless of your financial situation. Whether you're trying to get out of debt, build up your emergency fund, or save for a big purchase, learning how to save money can help you reach your financial goals faster. In this article, we'll discuss some tips and strategies for saving money.**

## Create a budget

The first step to saving money is creating a budget. A budget is a plan for your money that outlines your income and expenses. By creating a budget, you can see where your money is going and identify areas where you can cut back. Start by listing all of your sources of income, including your salary, tips, and any other sources of income. Then, list all of your monthly expenses, including rent or mortgage, utilities, food, transportation, and any other bills. Be sure to include both fixed expenses (those that stay the same each month) and variable expenses (those that change from month to month). Once you've listed your income and expenses, subtract your expenses from your income to see how much money you have left over each month. This is the amount that you can use to save or invest.

## Set savings goals

Once you've created a budget, it's important to set savings goals. This could be a specific amount of money that you want to save each month, or a specific goal that you're working towards, like paying off debt, buying a house, or taking a vacation. Having a specific savings goal can help motivate you to save and make it easier to track your progress.

## Cut back on expenses

One of the easiest ways to save money is to cut back on expenses. Start by looking at your budget and identifying

areas where you can cut back. This could include eating out less, cancelling subscriptions that you don't use, or shopping around for cheaper car insurance or utilities. Even small changes can add up over time and help you save money.

## Use coupons and discounts

Another way to save money is to use coupons and discounts. Before making a purchase, search online for coupons or promo codes that you can use. You can also sign up for email newsletters from your favourite retailers to receive exclusive discounts and sales.



## Shop smart

When you do need to make a purchase, be sure to shop smart. Look for sales, compare prices at different stores, and consider buying generic or store-brand products instead of name-brand products. By shopping smart, you can save money on the things you need without sacrificing quality.

## Avoid debt

One of the biggest barriers to saving money is debt. If you have credit card debt, student loans, or other debts, it's important to prioritise paying them off. The longer you carry debt, the more interest you'll pay, which can add up over time. By paying off your debts, you'll free up more money to save and invest.

## Automate your savings

One of the easiest ways to save money is to automate your savings. Set up a direct deposit from your paycheck into a savings account, or set up automatic transfers from your checking account into a savings account. By automating your savings, you'll be less likely to spend the money and more likely to reach your savings goals.

## Track your progress

Finally, it's important to track your progress. Keep track of your savings goals and how much money you've saved each month. Celebrate your successes and use any setbacks as motivation to keep going. By tracking your progress, you'll stay motivated and focused on your financial goals.

In conclusion, saving money is an important skill to develop, and it's something that anyone can do, regardless of their financial situation. By creating a budget, setting savings goals, cutting back on expenses, using coupons and discounts.



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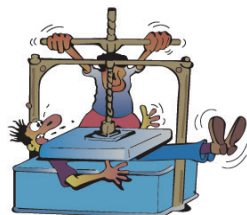
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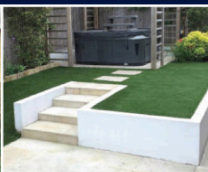
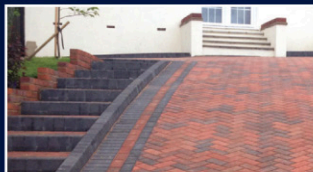
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# Loneliness

**With so much of our life now online: emails and social media, video messages and texting, we are interacting less and less on a face to face level. We are entering a world where friendships are left to feel like a luxury, instead of the necessity in which they actually are.**



We're all different, we know this. Some of us are extroverts, some introverts, and many somewhere in between, but whatever our make up, human interaction is vital to our happiness. Sometimes it may seem easier and nicer to hide away, but this has long term health effects on us, none of them positive.

Since we were all locked down, and many of us started working from home and not socialising, through lack of choice, it seems that many people have not gone back to their old social habits. This could be through fear, habit or laziness. It could be through lack of resources, because many of us have to work so hard now to make ends meet, that the time and money required for socialising just isn't there.

So how do we combat this ever growing lonely society? What if we have no friends and no one to reach out to?

Firstly, there is nothing wrong with enjoying your own company. You can go out by yourself, if this is what makes you happy; but try to get fresh air every day, and if this is the only interaction you're likely to be having, take the headphones out, and make small talk with passers by whilst doing your daily tasks. Talk to the shop assistants or dog walkers, anyone who passes you by. Just interact.

Hobbies are a great way to meet like-minded people, and it doesn't need to cost the Earth. From walking groups to crafting, there are events for all of us these days. Why not find your interest and join a group if you're struggling to meet new people? Chances are, people will be so open to new friendships and someone to chat with.

Also, if you are spending a lot of time on your own, try to limit the time you spend on social media. Social media is great for

many things, but sadly one of those things is making you feel very lonely and incomparable to everyone around you. So put the phone down, and pick up a book, or an instrument. Get some exercise or practice mindfulness. Spend the time you have with yourself constructively. Scrolling through Facebook really isn't the relax you deserve.

Finally, never feel ashamed to admit that you are lonely. You can talk to family or support groups without judgement. We all feel lonely sometimes, there's no shame in it. We can work together to find our people and our space. You're never alone.

Sport in Mind offer some great free classes for anyone struggling. Why not check out the classes in your local area?

Article by *Emma Baldwin* (Editor)

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# What's On In The Local Area

Things to do and places to go locally to you; check out a few of the events happening over the coming months.



## HOWDEN CHRISTMAS RACING WEEKEND AT ASCOT Racecourse

**22 Dec 2023 to 23 Dec**

A wonderful day of fabulous jumps, racing, action and festive fun.



## WINDSOR GREAT PARK ILLUMINATED

**16th November - 2nd January**

This popular light trail returns to light up the festive season bigger, better and more dazzling than ever with a brand-new trail design and re-imagined installations. You can also enjoy mouth-wateringly good food, mulled wine and hot chocolate or toast marshmallows at one of the fire pits



## IT'S A WONDERFUL LIFE

**Hexagon Theatre, Reading**  
**30 November to 30 December**

It's Christmas Eve in Bedford Falls... Down-on-his-luck banker, George Bailey, feels life has passed him by. So when his guardian angel pays him a visit, George is amazed to discover what life in his beloved town would be like without him in it...



## NEVERLAND ILLUMINOVA

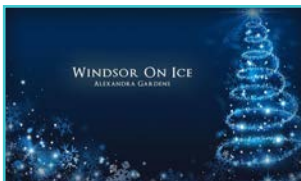
**Wellington Country Park**  
**November 16th - December 23rd**

For the second year, Wellington Country Parks gates will open at dusk to reveal a kingdom of illumination. Explore, play and move through magical spaces, lit in all their glory.



## READING WINTER WONDERLAND

**Hills Meadow, Reading**  
**11th November - 7th January**



## WINDSOR ON ICE

**Alexandra Gardens, Windsor**  
**17th November - 7th January**



## SLEEPING BEAUTY

**Wild Theatre, South Hill Park,**  
**24th November - 31st December**



## SANTA AT CHOCOLATES FOR CHOCOLICS

**Reading, Select Dates from 25th November**

Guests will make chocolate lollies, join in with Santa's Elf's crafting and see Father Christmas himself



## BREAKFAST WITH SANTA

**Horse and Groom Harvester, Bracknell, 2nd, 3rd, 9th, 10th, 16th, 17th, 21st - 24th December**



## NEWBURY BOAT TRIP - SANTA TRIP

**Boat trips are at 10am, 12 noon and 2pm on 10th, 16th, 17th, 20th, 21st, 22nd December 2023**

Children enjoy a Christmas story, singing, and plenty of time with Santa during the boat trip which lasts approximately 1 hour. The ticket price includes a present from Santa for children; and the choice of mulled wine or hot drink and a mince pie for adults.





### MINCE PIE SPECIALS

**Pinewood Miniature Railway Society, Bracknell.**

**10th December 11am – 3.15pm**



### FESTIVE FAMILY LUNCH

**The Village Hotel, Bracknell, 10th December.**

Includes a meal, family disco and visit from Santa.



### LEGOLAND AT CHRISTMAS

**Legoland Windsor from 27 Nov**

Legoland is all twinkly lights and snow-dusted Christmas magic. Entry price for the Christmas season includes a visit to LEGO Santa in his magic grotto for kids who'll receive a LEGO gift to take home. There are Lego Make and Take activities a DUPLO puppet pantomime and Santa flying through the resort on his sleigh. Think of your children's faces lighting up at this magical experience.



### SANTA FUN RUN

**Sandhurst Memorial Park 3rd December 2023, 10am.**

For Sebastian's Action Trust.



### THAMES HOSPICE SANTA DASH

**Swinley Forest, 10th December.**

2km, 5km and 10km routes.

Registration from 8.45am and run starts at 10am.



### CHRISTMAS AT BASILDON PARK

**Lower Basildon, Reading RG8 9NR Throughout December**

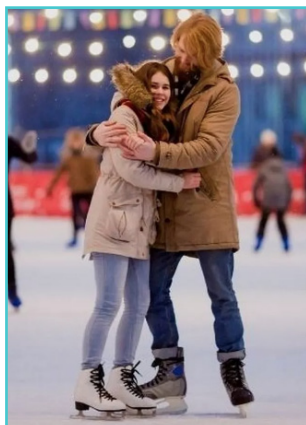
Experience the enchantment of the season at Basildon Park as it pays tribute to the timeless tale of 'The Wind in the Willows.' Starting from 18 November, immerse yourself in a wonderland of beautifully adorned trees, garlands, and twinkling fairy lights, all inspired by the captivating story. The magical atmosphere extends to the gardens, where you'll encounter charming woodland creatures and whimsical decorations.



### CINDERELLA

**South Hill Park Bracknell 26 Nov – 3 Jan**

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### WOKINGHAM WINTER ON ICE

**Cantley Park Wokingham 12 Nov – 7 Jan**

Ice ice, baby! Wokingham first ever ice rink pops up this month, so we can slip and slide to the fun side in the run up to Christmas. The synthetic rink at Cantley Park opens on 12 Nov and a Christmas Market will open from 24 Nov. Booking is advised.

Remember, if you have any events you would like to promote, contact us via email at [info@foremostdirectory.co.uk](mailto:info@foremostdirectory.co.uk) or call **07810 838120**. We look forward to hearing from you.

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# Journalling for Mindfulness

**Mindfulness has become a popular buzzword, and for good reason. Mindfulness is a great way to work on your mental health and gratitude, without much cost nor restrictions. It is a great way to unwind and can be beneficial for people of all ages and all backgrounds.**



There are so many ways to practice and benefit from mindfulness, including meditation, walking, eating, exercising; just practising being present, in the moment.

The most important factor when it comes to practising mindfulness is consistency. You need to dedicate your time, even if only a little, and you need to commit regularly.

One of the great ways to begin practising mindfulness, is through journalling. Journalling has been proven to improve both physical and mental health, it has even been proven to improve academic performance.. But what exactly is journalling, how do we do it and why should we jump on the band wagon?

Get your notebook and pen, and find yourself a relaxing spot. Journalling is basically, a diary entry. It is suggested that journalling should be done each day, just for a few minutes, to get your thoughts and feelings on paper. The idea is that regular journalling helps to clear our heads and help our mental health.

What you write doesn't need to be interesting or complex. It doesn't ever need to be shared with anyone, nor is it required to entertain you at a later date. Keep it simple and don't overthink what you need to write. You can write down how you're feeling or what you're thinking. Write any challenges you have faced or upcoming, any highs or lows of your day, how doing an activity or eating a food makes you feel, write anything at all.

The idea is that putting pen to paper will help to clear your mind, and as a result this is proven to help with anxiety, depression and stress. These benefits can help you not only mentally, but also physically, as any stress reduction is only ever going to be positive to your heart and body.

If you're really stuck for where to start, you could begin with writing down 3 things each day which you are thankful for, and use your journal to practice gratitude. This practice can help increase positivity, improving your every day mood, almost instantly.

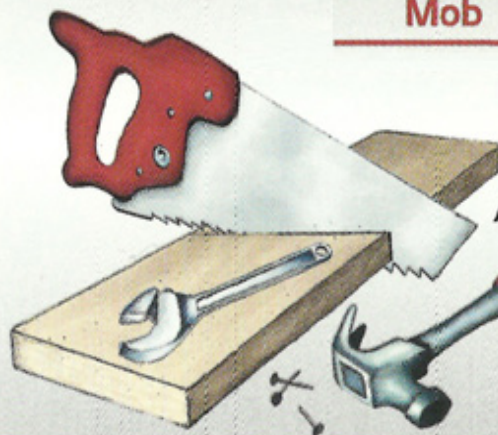
What do you have to lose, get writing or typing, and see what benefits you can enjoy.

Article by *Emma Baldwin* (Editor)

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# Holiday Essentials

**Tempting though it may be, when it comes to packing makeup for your holiday, less is definitely more. Here are a few of the holiday essentials which always have a place in my suitcase when travelling to a break in the sun!**

## 1. TINTED MOISTURISER

When on holiday, particularly in hot or humid climates, it's important that your makeup feels fresh and light and that your skin can breathe. Instead of heavy coverage, I opt for tinted moisturisers. There are lots of great products available, but I particularly like Nars Pure Radiant Tinted Moisturiser which has the added benefit of SPF30!

## 2. WATERPROOF MASCARA

Whether it's a luxury brand or your high street favourite, make sure that your mascara is waterproof to help withstand the heat and avoid panda eyes on pool days.

## 3. EYESHADOW PALETTE

Just one will suffice, but make sure it's a palette which includes neutral shades which will compliment all of your holiday outfits. One of my favourites is the Natasha Denona Glam Palette, with rows of coordinated shades which will take you effortlessly through from daytime chic to evening glam.

## 4. MATTE POWDER

A pressed powder is a must, especially if travelling in humid climates. Try Charlotte Tilbury Airbrush Finishing Powder to help minimise shine and brighten your complexion. I always pack a setting spray which helps to fix your makeup in place and reduces fading or smudging. Urban Decay All-Nighter is one of my favourites and is available in a handy travel size!

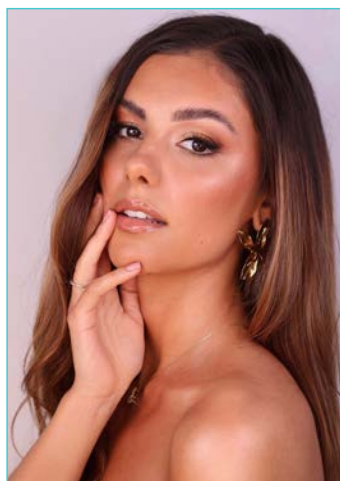
## 5. CREAM BRONZER AND BLUSHER

Cream products feel lighter and more natural on the skin, so I tend to reach for these when on holiday. I love Charlotte Tilbury's Beautiful Skin Bronzer for a sun kissed glow and the Glossier Cloud Paint Blushers for a natural sheer blush.

## 6. LIP BALMS & TINTED GLOSS

Lip Balm is an essential for keeping your lips hydrated during the day. Choose one with SPF protection to shield this delicate area from the sun's harmful UV rays and even better, a tinted product to add a wash of colour.

For a little luxury, another product that I couldn't live without especially when I'm on holiday is Dior Lip Oil! With the mirror shine of a gloss and available in several flattering shades, it's non sticky and leaves the lips feeling nourished and hydrated.



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# Walk: Rhinefield Forest, Hampshire

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Alongside the oak, ash and beech, non-native trees are an outstanding feature of the park. Lining the Drive are 50-metre-tall redwoods and mighty Douglas firs that were planted by the Victorians in the 1850s.

Rhinefield Forest in autumn is incredible for displays of seasonal colour. Stroll beneath their fragrant branches, feel their thick bark and reach your arms around their massive girths. As you wander, look for roe deer, wild boar and New Forest ponies with spring foals. In summer, enjoy blooming azaleas, pink rhododendrons and the songs of firecrests, hawfinches and other resident birds.



This gentle walk guides you past some of Britain's most impressive trees. Easy to follow, with interactive boards along parts of the route, it makes for a fantastic

family outing with young tree-lovers. If the weather's wet, wear wellies for the Blackwater ford crossing.

## Dwarfed by history

From Blackwater carpark, exit through the wooden arch, cross Rhinefield Ornamental Drive and follow the Tall Trees Trail past ancient ditches, coast redwoods and a magnificent pair of giant sequoias.

## Woodland Ways

At Brock Hill car park, take the footpath on your left and loop through the trees. Turn right at the grassy ride to reach a surfaced forest track. Like much of the New Forest, this plantation woodland is managed sustainably for timber – look for piles of logs awaiting the sawmills. Follow the track south for 800-metres, or enjoy denser woodland by detouring off the track on narrower forest rides.



## Blackwater Arboretum

Turn left at the Forestry Commission cycle marker 244 and enter Blackwater Arboretum through the wooden arch. Touch, smell and see your way around this nationally important collection of world trees.

## A river runs through it

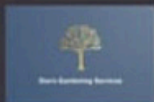
Exit the arboretum through the same gate you entered and rejoin the surfaced forest track. Cross the Blackwater River ford, pausing to take in the riverine view. (If the ford is too deep to cross after heavy rain, return to Blackwater carpark through the arboretum).

## Rhinefield Ornamental Drive

Continue along the track, veering left at the T-junction. At Rhinefield Cottage, turn left onto Rhinefield Ornamental Drive and appreciate its Victorian-era splendour on a short walk back to Blackwater carpark. Finish with a picnic or barbecue in one of the woodland clearings.

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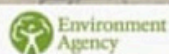
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**Well, if you are scared of going to the dentist, then I can empathise. I used to be too. I was so petrified that I did not go to the dentist for a full 10 years.**

During that time, I managed to block out any dental pain I might have experienced, because allowing myself to experience pain would mean I needed a visit to the dentist, and I just could not summon up the courage to go at all.

After I got married however, my husband introduced me to the gentlest dentist on the planet, (sadly now retired) and with a huge dose of self-determination and encouragement I managed to get over that phobia just enough to start to make regular visits to the dentist.



I know that I am not alone in this. According to research, 36% of adults have a fear of going to the dentist and around 12% of them have an extreme fear.

As we know, looking after our dental health is important. Obviously having good teeth can have a huge impact

on your confidence, especially if you have had issues with them. But it is not just about confidence in your appearance. If your teeth are rotten, you won't be able to eat, your breath may smell, you could be in pain. I am not an expert on this but you don't need me to tell you that regular visits are important to your overall health.

So, if you are struggling from a dental phobia, please know that there is so much that can be done to relieve it. In my case the fear arose from a really bad experience I had with a dentist that visited our school when I was a child.

If I had known about hypnotherapy back then, a hypnotherapist could have released that traumatic memory, and helped me to reframe it in a positive way. They could have taught me how to practice self-calming measures to keep myself together whilst in the chair. They could have shown me how to be stronger and braver and believe in myself and develop trust in the dentist that they will not cause me pain. I know that if I do experience any degree of pain that I am strong enough to handle it.

I never struggled with having a dental injection, but hypnotherapy could help neutralise needle phobias too if they were a problem.

So, now I am a hypnotherapist, and I can use those tools to help both myself and others. I can fully understand the trauma that you can feel, and help you overcome it too.

I will be perfectly honest, as soon as I enter the dentist surgery, the familiar

smell brings all those memories back again each time I climb the stairs to the treatment room. But now, they are just old memories of how I used to be really scared and traumatised.



Looking back on it now, I know I used many hypnosis techniques to get myself back into the treatment room, but it has been so much easier since I became a hypnotherapist and had more tools available to me and knew how to better use them. I will never forget those bad experiences, but I can handle them now.

So, if you're struggling with a phobia, please know that you don't have to suffer. Just a few sessions of hypnotherapy may be all you need to help you get back into the treatment room and get those gnashers polished to perfection!

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






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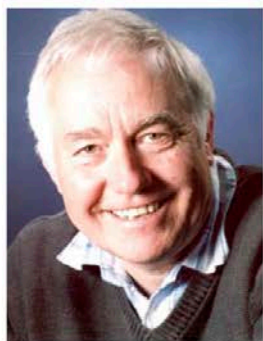
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# Recipe

## Apple, Cheese & Potato Pie

**Prep: 25 mins • Cook: 1hr 15mins (plus 30mins chill time) • Serves: 4-6**

**Put a savoury twist on apple pie with potato, cheese and onion, as well as mustard and thyme. The sweet and savoury flavours create a stunning pie**



### INGREDIENTS

- 30g salted butter
- 1 tbsp vegetable oil
- 2 large onions, halved and finely sliced
- ½ bunch of thyme, leaves picked
- 30g plain flour
- 500ml vegetable stock
- 1 tbsp wholegrain mustard
- 1 tbsp white wine vinegar
- 450g potatoes (we used Maris Piper), cut into 2-3cm chunks
- 3 apples, peeled, cored and chopped into 1-2cm chunks
- 150g mature cheddar, grated

### For the pastry

- 300g plain flour, plus extra for dusting
- 70g cheddar, grated
- 150g cold butter, cut into cubes
- 1 egg, beaten

### METHOD

#### STEP 1

First, make the pastry. Tip the flour, cheese and a pinch of salt into a large bowl and mix. Add the butter and rub it in using your fingertips until the mixture resembles breadcrumbs. Mix in 4-5 tbsp cold water, and bring together into a dough. Wrap and chill for 30 mins.

#### STEP 2

To make the filling, melt the butter in a medium saucepan over a medium heat, then add the oil and onions and cook for 10-15 mins until caramelised. Add the thyme and fry for 1 min more. Tip in the flour, and stir to combine. Gradually stir in the stock, adding it in small amounts to prevent lumps forming. Bring to a simmer and cook for 10 mins, stirring occasionally. Stir in the mustard and vinegar towards the end of the cooking time.

#### STEP 3

Meanwhile, put the potatoes in a large pan of cold water, bring to the boil and cook for 4-5 mins until just cooked and still holding their shape. Drain well, then stir into the sauce. Add the apples, cheddar and some seasoning, and stir again. Heat the oven to 200C/180C fan/gas 6.

#### STEP 4

Pour the filling into a 28cm oval baking dish (ours was 28 x 18.5 x 6.5cm). While it cools, roll out the pastry on a surface lightly dusted with flour, to the thickness of a £1 coin. Cut into strips roughly 1cm wide. Lay half the strips across the dish horizontally, leaving gaps of a few millimetres in-between, then, one by one, weave in the remaining strips vertically, using an over and under technique, also spacing them apart by a few millimetres. Re-roll any trimmings and cut into flowers, leaves, or other shapes to decorate, if you like (see tip, below). Arrange any pastry shapes on top, then brush with the beaten egg.

#### STEP 5

Bake for 50 mins, keeping an eye on it – you may need to cover the top with foil if it's starting to brown too quickly. Leave to cool for at least 10 mins before serving.



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