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EDITION 80 - BRACKNELL - MAY 2024

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- Why use local?
- Foremost - where it began
- Safe & secure at home
- Tips to save money
- When not to care what people think
- What's On guide
- Stress busters
- Beauty editorial
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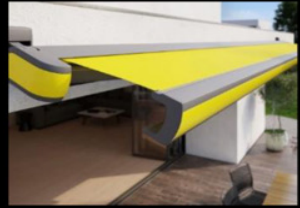
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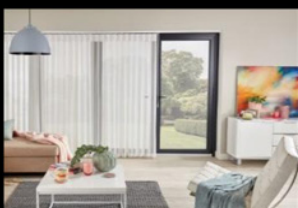


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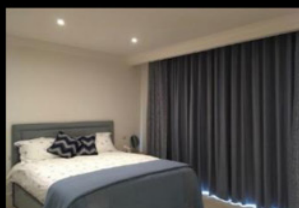
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Welcome to the Spring/ Summer edition of Foremost.

I think we have had the pleasure, or displeasure, of just about every season over the past few weeks, but fear not, Summer is coming, I can feel it in my bones! The beautiful greenery around where we live is in full bloom, which is always a treat, and reminds me how lucky we are to live in these parts, with plenty of woodland and fields. Spend some time outside, breathing in the fresh air, even if it is a bit chilly or you get rained on, it is so good for you to be out and about.

This edition, we have ideas for how you can combat stress, which is always useful. Us humans often do tend to sweat the small stuff, and sometimes it can be great to have a reminder to manage our stress levels, and live in the moment. We also talk about when not to care what other people think of you, which is also a great subject matter for us to learn to live our best lives. Money saving tips, local what's on guides and some great local businesses are also included within your magazine, so we really do hope that there is something there for everyone.

D Day 80th anniversary celebrations aren't far away now, so why not see what you can do to mark the occasion in your area, or educate those around you on this great day in history, which helped create a path to victory for the allies?

Whatever you get up to this Spring/Summer; holidays, gatherings, work or play, we hope you have a great one. Make it memorable for all the right reasons.

Thank you for your continued support with the Foremost magazine. We have now been delivering to local areas for nearly 13 years, lucky for us, and we couldn't have done it without you.

Many thanks,

Emma
& the Foremost Team



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Why use local?

Foremost is at the heart of local: what's on and local businesses. We are a local, family-run directory and we are so thankful to people who use our services, and know that it means the same to other local businesses too.

But why is staying local so important?

Boost your local economy

When you purchase from locally-owned businesses, you are contributing to the local economy by keeping money within the community. This money can then be reinvested in local services and businesses, creating a positive ripple effect.

Creating jobs

Local businesses are often the biggest job creators in a community. By supporting them, you are helping to provide employment opportunities for local residents.

Preserving the community's character

Businesses that are owned by locals are often unique and reflect the character of the community they are in. By supporting them, you are helping to preserve the distinctiveness of your community.

Environmental impact

Locally-owned businesses tend to be more environmentally friendly than larger chains because they often source their products and services locally, reducing transportation emissions and waste.

Supporting entrepreneurship

Local businesses are often started by entrepreneurs who take risks and invest in their local communities. By supporting them, you are helping to encourage more entrepreneurship and innovation in your community.

Personalised customer service

Businesses that are locally owned often provide more personalised and attentive customer service than global companies. They are more likely to build relationships with their customers and cater to their individual needs.

Unique products and services

Locally-owned businesses often offer unique products and services that you won't find elsewhere. By supporting them, you are helping to maintain a diverse and vibrant marketplace.

Better quality

Locally-owned businesses often provide better quality products and services than large companies because

they take pride in what they do which helps to lead to word-of-mouth referrals.

Building community connections

Businesses that are owned by locals are often involved in their community and support local causes. By supporting them, you are helping to build stronger community connections and a sense of civic pride.

Positive impact on property values

When a community has a thriving local business scene, it can lead to increased property values because people want to live in vibrant, economically healthy communities





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Foremost - where it all began

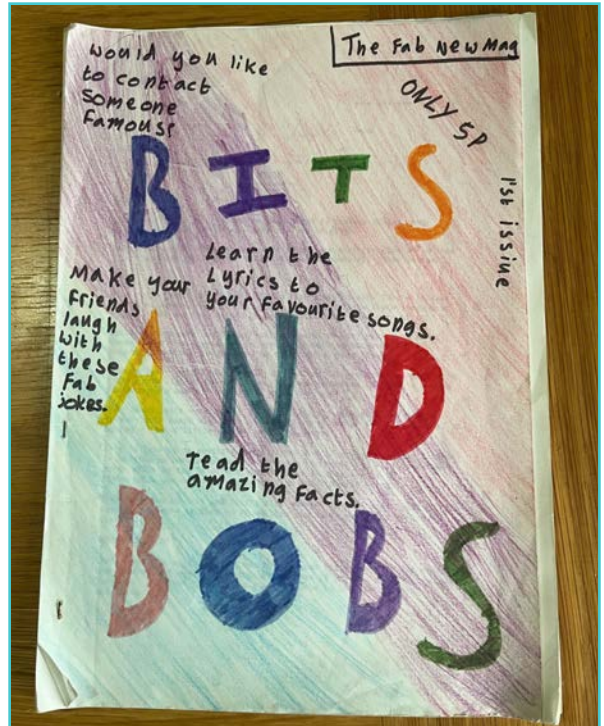
I've always been a bit of an entrepreneur, and even as a child, I loved getting involved in little projects and doing my to do lists. I've always loved writing, both in the form of music and articles/blogs.

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 breath 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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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.

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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.



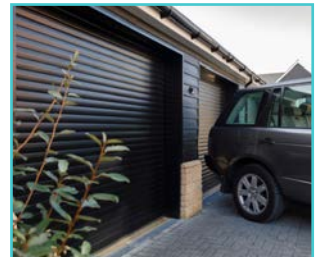
The Excel, along with SeceuroGlide Original, also meets the police-backed Secured by Design standard. The initiative recognises and promotes high-quality products that have been designed and manufactured to pre-defined standards of security performance.

Bespoke Design

SeceuroGlide's robust, security-conscious configuration does not mean a compromise on style. The sleek, contemporary design enhances home exteriors whilst protecting our valuables. Each door is fully made-to-measure in the UK, meaning no two doors are alike. With a huge choice of colours and design options, home security has never looked so good.

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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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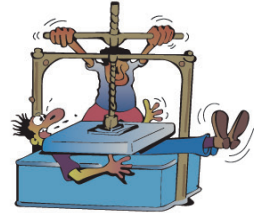
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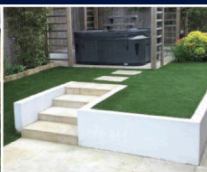
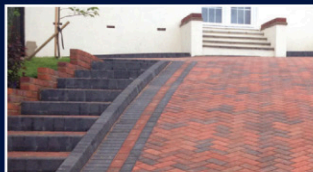
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When not to care what people think



As a young girl, I was always a people pleaser, through and through. I wanted everyone to like me and if they didn't, I wondered what I'd done wrong and what I could do to fix it. I would have preferred to be constantly let down and let everyone like me as opposed to ever putting myself first, at the risk of upsetting anyone. We all know this is not a healthy attitude, nor is it sustainable, because there is no way any of us can please everyone all the time, especially at the detriment of what we need and want.

However, as a general attitude, I think (perhaps) most of us carry people pleasing into our adult lives too. We can avoid doing what we want or wearing what we want because of what people may think. We perhaps put off our hobbies, don't escape an unhappy relationship or put up with things which don't fulfil us, for an easy life and to not rock the boat or upset others. While caring too much what others think can get folks into trouble, you also don't want to slide over to the other extreme and not care what anyone thinks about you. The goal is to figure out who's important and why, and include you on that list; what you think of yourself, deep down, really is the most important thing.

We care what people think of us because it's hard-wired into us. We like to please our parents and siblings, our teachers and peers, and it can grow as we grow. So, when we hear people say, "I don't care what anyone thinks," assuming they really mean anyone, there's something gravely wrong. This person must have had such hurtful experiences that they're rejecting all people and making no exceptions. This is a dangerous attitude to have and for those of you who care too much about what people think of you, this mindset is not your goal.

Your goal is to mix and match situations and people. You care what your boss thinks about your work and maybe some other related issues because you are dependent on her for a wage. But why should you care if your boss dislikes your taste in art, doesn't think you're a great cook, doesn't like your partner or finds your leisure activities peculiar?

As for friends, close family members and romantic partners, you want to selectively care what they think about you regarding things like being honest, ethical, assertive, caring, compassionate, forgiving, wise and helpful. What they think about your traits are far more important than what they think of your accomplishments.

As an adult, does it really matter what your grandmother thinks of how you dress or eat or what movies you like? It does not. I can't think of anything offhand other than being a decent human being that I wanted my grandmother to like about me. As long as I was that decent human being, it didn't matter to me what she thought of anything else. And ultimately, that's what we want for ourselves anyway, isn't it? To be a good person? To know that we try our best on any given day, in any given situation where we are needed and choose to be there?

The point is that it's okay to care what people think about you as long as you have a good reason for wanting it. It's crazy to expect, or even think about, people approving of everything you do. They won't and don't need to for you to be a fully functional adult. You want to not need their approval and know you'll be just fine not receiving it. It's what you think of yourself that counts, that's how you grow confidence and self-esteem.

So ditch the worrying about the school playground or office gossip, give them something to talk about. Follow your heart, find your own path and be unapologetically you.

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.



TWYFORD BEER FESTIVAL

Twyford, Reading

6 June 2024 to 8 June 2024

Twyford Beer Festival returns on the 6th, 7th and 8th June 2024, to Stanlake Meadows, Twyford. This three-day festival is an eclectic mix of live music, and interesting drinks to sample for all.



READING WATER FEST

8th June

Reading is located on the Kennet Canal in Berkshire and every year they celebrate this wonderful waterway with an annual festival - Water Fest!

Showing off the Kennet Canal in all its glory, along with the gorgeous and historic spots on its towpath, a complete programme of fun, music, dance and activities takes place in June.



WINDSOR TRIATHLON

9th June

With 30 years under our belts, the Royal Windsor Triathlon has been a mainstay throughout the growth of triathlon in the UK. In recent years, sports stars such as Jonny Wilkinson, Tanni Gray-Thompson, Gareth Thomas and Jenson Button have all taken part in the event and we've been blessed to host triathlon royalty and actual royalty alike, in the form of Princess Beatrice. Starting with a swim in the River Thames (watch out for swans!), triathletes then ride a bike route that heads through the streets of historic Windsor, passing Windsor Castle, and out into the surrounding countryside. To complete their challenge, participants will then run into Windsor Great Park and along the spectacular Long Walk in the shadow of the iconic castle. A truly 'royal' route, and one that will linger in the memory.



EAST READING FESTIVAL

Free Event - Reading

Sunday 26th June 2024 between 12noon and 6pm.

This free annual East Reading Festival returns to Palmer Park.



THE WINDSOR FOOD & CHILLI FESTIVAL

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29 June 2024 to 30 June

2024 Open 11:00 - 21:00

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ROYAL ASCOT

Ascot

18 June 2024 to 22 June 2024

Royal Ascot is one of the pinnacle events of the summer social season and is certainly a must-attend event of the year and a quintessentially British day out.



CELEBRATING CELINE

Wilde Theatre

VIVA Entertainments

Running Time: 2 hours 20 minutes

Type: Tribute Act

Wed 12 Jun 2024**Price: £30.50**

The Ultimate Céline Dion tribute concert with an incredible full live band and starring the highly acclaimed vocalist, January Butler. With dazzling costumes, jaw dropping vocals and a sensational 'live concert' feel, this show will take you on a two hour electrifying journey through Céline's life and career as we travel through four decades of hits.

Packed with Worldwide platinum selling hits including "It's All Coming Back To Me Now", "I'm Alive", "Think Twice", "My Heart Will Go On", "That's the Way It Is" "The Power of Love" "River Deep, Mountain High" and many more hit songs and arrangements performed by January who has taken her years of studying the movements, mannerisms and intricate detail of Queen Céline and packaged it into a show which is only second to the real thing.

**DINTON PASTURES COUNTRY PARK - A DATE WITH NATURE****9:00 am to 12:30 pm****Saturday 1st June****£2.00/hr up to a maximum of £8 (for 4 hours or over)**

Meet in the main car park (postcode RG10 0TH). A donation of £2 per adult is requested (children free). Car park charges apply, currently

**SANCTARA SOUNDS****Stress busting sound bath****May 24 at 7:00PM - 8:00PM****Soul Barns, Nightingale Lane****Reading, RG7 3PS****£14.50**

Sound Baths help bring the body into balance, calming the nervous system and helping you to find your zen.

Bring a blanket, a mat, a pillow. Wear whatever makes you feel comfy. Sit/lay/move around. Let the sound waves wash over in a way that works for you.

**SCARLET VIXENS BURLESQUE SHOW****Jun 8 at 8:00PM - 11:30PM**

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The Scarlet Vixens are back.

**FESTIVAL OF FOOD AND MUSIC****South Hill Park****The festival in 2024 is from Sat 8 - Sun 9 June.**

The Festival of Food and Music is South Hill Park's opportunity to showcase a wealth of musical talent, as well as a range of food and drink

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Music performances take place throughout the weekend whilst visitors enjoy the delicious food and drink. A fantastic and unmissable event for all ages - no need to book tickets in advance, just turn up on the day and bring the sunshine. Entry is FREE, but please note that stall holders will charge for food, drinks or activities.

**THE TIGER WHO CAME TO TEA - SOUTH HILL PARK****Tue 21 May - Wed 22 May 2024****Price: £16.00****Venue: Wilde Theatre**

Direct from the West End, the Olivier Award nominated smash hit show, The Tiger Who Came to Tea returns on tour.

The doorbell rings just as Sophie and her mummy are sitting down to tea. Who could it possibly be? What they certainly don't expect to see at the door is a big, stripy tiger!

Join the tea-guzzling tiger in this delightful family show; packed with oodles of magic, sing-a-long songs and clumsy chaos. Don't miss this stunning stage adaptation of the classic tale of teatime mayhem... expect to be surprised!

Running time approx. 55 minutes (no interval)

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10 Stress Busters

If you're stressed, whether by your job or something more personal, the first step to feeling better is to identify the cause.

The most unhelpful thing you can do is turn to something unhealthy to help you cope, such as smoking or drinking.

Not taking control of the situation and doing nothing can make your problems worse. Some of the keys to good stress management are building emotional strength, being in control of your situation, having a good social network, and adopting a positive outlook.

What you can do to address stress. Try these 10 stress-busting suggestions:

Be active

Exercise won't make your stress disappear, but it can reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly.

Take control

If you think you cannot do anything about your problem, your stress can get worse. That feeling of loss of control is one of the main causes of stress and lack of wellbeing. The act of taking control is in itself empowering, and it's a crucial part of finding a solution that satisfies you and not someone else.

Connect with people

A good support network of colleagues, friends and family can ease your work troubles and help you see things in a different way. The activities we do with friends can help us relax and relieve stress. Talking things through with a friend may also help you find solutions to your problems.

Have some "me time"

Many of us work long hours, meaning we often don't spend enough time doing things we really enjoy. It's important to take some time for socialising, relaxation or exercise. You could try setting aside a couple of nights a week for some quality "me time" away from work.

Challenge yourself

Setting yourself goals and challenges, whether at work or outside, such as learning a new language or a new sport, can help build confidence. This may help you deal with stress. It can also make you want to do things and be active.



Avoid unhealthy habits

Don't rely on alcohol, smoking and caffeine as your ways of coping. They might provide temporary relief, but in the long term, these crutches won't solve your problems. They'll just create new ones. It's best to tackle the cause of your stress.

Help other people

Evidence shows that people who help others, through activities such as volunteering or community work, often become more resilient. If you don't have time to volunteer, try to do someone a favour every day. It can be something as small as helping someone cross the road or going on a coffee run for colleagues.

Work smarter, not harder

Working smarter means prioritising your work, concentrating on the tasks that'll make a real difference. Leave the least important tasks to last. Accept that you will not have time for everything.

Try to be positive

Look for the positives in life, and things for which you're grateful. Try writing down 3 things that went well, or for which you're grateful, at the end of every day.

Accept the things you can't change

Changing a difficult situation isn't always possible. Try to concentrate on the things you do have control over. For example, if your company is making redundancies, you could focus on the things that you can control, such as looking for a new job.

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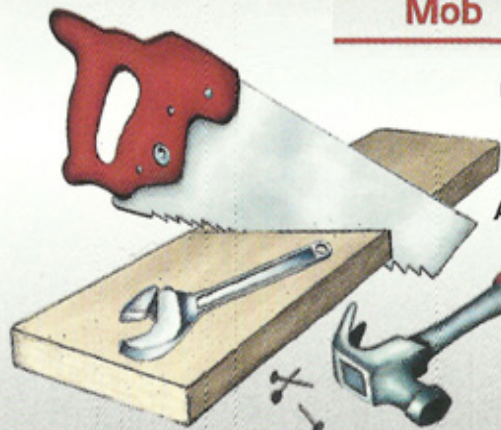
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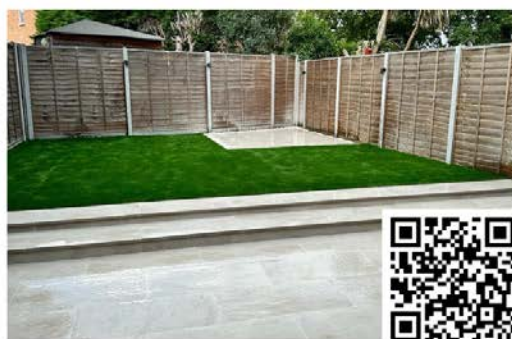
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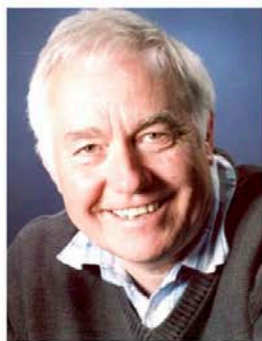
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Holiday Essentials

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!

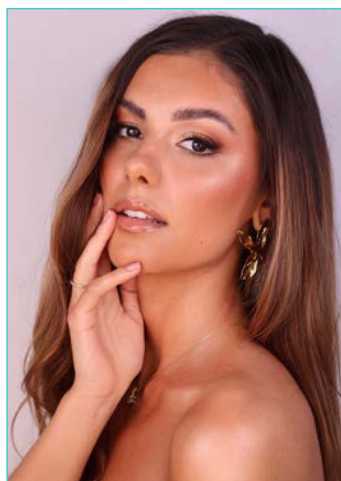
5. CREAM BRONZER AND BLUSHER

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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Are you scared of going to the dentist?

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!

Contact me for more information at www.carolynpotter.co.uk, info@carolynpotter.co.uk
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Article by **Carolyn Potter (Crowthorne Hypnotherapy)**






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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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