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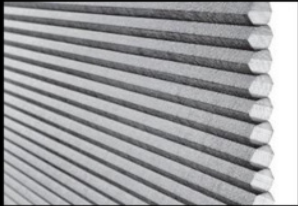


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Welcome to the Summer edition of Foremost.

You will find a selection of events happening in your local area within this magazine, showing you wonderful things which you can do with your time over the Summer. If ever you have any events to promote, please feel free to send them in to us and we will do what we can.

You will also find an array of local businesses looking to serve your needs, from fitness to plumbing, beauty to landscaping and so much in between.

We also have articles to help you on the road to happiness, organisation and to ensure you get the most out of your Summer.

We hope you enjoy this latest edition and want to thank you again for your continued support throughout our journey. We have now been going for 13 years and this wouldn't have been possible without you, our wonderful readers.

Have a super Summer.

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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Be Happy!

Regardless of your version of true happiness, living a happier, more satisfied life is within reach. A few tweaks to your regular habits like getting more sleep and exercise can help you get there.

Smile

You tend to smile when you're happy. But it's actually a two-way street.

We smile because we're happy, and smiling causes the brain to release dopamine, which makes us happier. While not completely foolproof, researchers have found that the link between smiling and happiness could be attributed to the "facial feedback hypothesis," where facial expressions may have a modest influence on emotions.

That does not mean you have to go around with a fake smile plastered on your face all the time. But the next time you find yourself feeling low, crack a smile and see what happens. Or try starting each morning by smiling at yourself in the mirror.

Exercise

Exercise isn't just for your body. Regular exercise can help reduce stress, feelings of anxiety, and symptoms of depression while boosting self-esteem and happiness.

Even a small amount of physical activity can make a difference. You don't have to train for a triathlon or scale a cliff — unless that's what makes you happy, of course.

The trick is to not overexert yourself. If you suddenly throw yourself into a strenuous routine, you may just end up frustrated (and sore).

Consider these exercise starters: Take a walk around the block every night after dinner.

Sign up for a beginner's class in yoga.

Start your day with 5 minutes of stretching.

Remind yourself of any fun activities you once enjoyed but that have fallen by the wayside. Or you could consider starting activities you always wanted to try, such as golf, bowling, or dancing.

Get plenty of sleep

Most adults need at least 7 hours of sleep every night. If you find yourself fighting the urge to nap during the day or just generally feel like you're in a fog, your body may be telling you it needs more rest. No matter how much our modern society steers us toward less sleep, we know that adequate sleep is vital to good health, brain function, and emotional well-being. Getting enough sleep also reduces your risk of developing certain chronic illnesses, such as heart disease, depression, and diabetes.



Here are a few tips to help you build a better sleep routine:

- * Write down how many hours of sleep you get each night and how rested you feel. After a week, you should have a better idea how you're doing. You can also try using an app to track your sleep.
- * Go to bed and wake up at the same time every day, including on weekends.
- * Reserve the hour before bed as quiet time. Take a bath, read, or do something relaxing. Avoid heavy eating and drinking.
- * Keep your bedroom dark, cool, and quiet.
- * Invest in some good bedding.
- * If you have to take a nap, try limiting it to 20 minutes.

If you consistently have problems sleeping, consider talking with a doctor. You may have a sleep disorder that requires treatment.

Give a compliment

Research shows that performing acts of kindness may also help promote your overall well-being.

Giving a sincere compliment is a quick, easy way to brighten someone's day while giving your own happiness a boost.

Catch the person's eye and say it with a smile so they know you mean it. You might be surprised by how good it makes you feel.

If you want to offer someone a compliment on their physical appearance, make sure to do it in a respectful way.

Breathe deeply

You're tense, your shoulders are tight, and you feel as though you just might "lose it." We all know that feeling.

Instinct may tell you to take a long, deep breath to calm yourself down. Turns out, that instinct is a good one. Research supports the fact that slow breathing and deep breathing exercises can help reduce stress.

The next time you feel stressed or are at your wit's end, work through these steps:

- * Close your eyes. Try to envision a happy memory or beautiful place.
- * Take a slow, deep breath in through your nose.
- * Slowly breathe out through your mouth or nose.
- * Repeat this process several times until you start to feel yourself calm down.
- * If you're having a hard time taking slow, deliberate breaths, try counting to 5 in your head with each inhale and exhale.

Life is busy and it can be so easy to get caught up in the every day, but life is also short and making the most of each day is so worthwhile. You are worth the time and effort it takes to be happy, and no one can control your happiness, but you. So breathe deep, be thankful and look after your head and heart.

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



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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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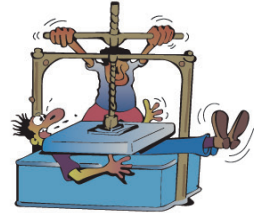
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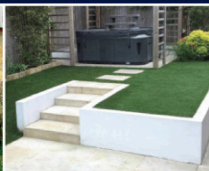
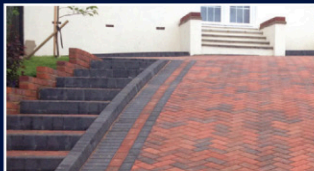
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Make the most of your Summer.

A wonderful time of year for so many of us, with longer, warmer days and often time off to do things we love to do. But so often, as adults, we actually forget to have fun. So let's put some time aside this Summer to find the joy and have fun; because fun isn't just for our childhood years.

Channel Your Inner Child

Your interests have probably evolved since you were a youngster, but that doesn't mean what you did as a kid isn't still a blast. So invoke your inner 11-year-old, borrow the kids' garden toys and play catch with a friend or partner. For an extra challenge, refuse to talk about any logistics or responsibilities (groceries, bills, house repair, you name it) while you play; instead, talk about things you enjoy, things you want to do, and keep it light and fun.

Hit the nearest water park. Go down the biggest slide, ride the waves, and get some adrenaline rushing. Take yourself, your friends, children or dog to the park for a game of Frisbee. Running and throwing freely is a great stress relief and the fresh air will do wonders for boosting your mood. In the evening, invite friends over to play board games. Include a few that you played as a kid (Monopoly? Battleship? The Game of Life?). Another great addition is Teleshtrations, it's sure to have you giggling before the night is over.



Rediscover Your Garden

If you're lucky enough to have a garden, use it for pleasure, not just as something to look at. If not, use a local park. One night after work, why not have a family picnic in the garden, followed by a game of swingball or catch. You'll feel like

you've been on a mini-vacation on a work night.

You could take a Friday night and camp in the back garden. Pitch a tent, watch the stars, enjoy the peace. In the morning, make coffee and learn to slow down and chill. Rent a projector, tack a sheet on the garage and have an open-air film screening. Select a children's movie and invite the neighbours for a showing, or get a summer action film and invite a group of adult friends.

If you can manage, why not spend time each morning, enjoying a coffee outside, or standing barefoot on the grass, even if only for a couple of minutes.

Make a Splash

Water and summer are like vanilla ice cream and chocolate sauce — good on their own but better together.

Choose whatever body of water feels most inviting — lakes, rivers, pools. Make a day of it and spend your time out of the water lounging nearby and listening to the waves, and in the water, swimming, playing and keeping cool. Discover water sports, from water skiing to paddle boarding, rowing to floating; go and have some fun, alone or with friends or family.

Learn Something New

The human brain is hard-wired for learning, so even if you hated school, you may be surprised to discover how much you love learning when the subject is something that truly interests you. The list of things you could study is infinite, but here are some ideas to get you started:

* Discover the wonder of Duolingo and why not learn another

language. Or you can listen on your commute, loading the lessons onto your smart phone and listen while you work out or walk the dog.

* Learn the constellations; lying outside under the stars is half the fun. See what wonders you can discover in the night sky, and enjoy many nights sharing your new findings with family or friends.



* Join or start a summer book club. Dive into all those "great summer reads" you've been collecting forever but have never cracked open and spread the joy by sharing with others.

* Teach yourself to write, whether it's music, poetry, letters or a story. Journaling can also be a great way to learn to express yourself.

* Trade an hour of TV time for an hour of time learning something through iTunes U (where many university lectures are free). Or try YouTube, where you can learn almost anything — how to knit, how to play the guitar, how to tie a Windsor knot, how to make a cherry pie. If you can think it, someone somewhere has made an instructional video about how to do it!

* Try out a new fitness or dance class and discover a type of movement you really love.

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.



SUMMER OF FUN

11-3 pm 28th Aug
Braybrooke Recreation Ground

MEGA BOUNCE PLAY PARK

The Mytchett Centre, Mytchett Rd
Mytchett 24th Aug, 25th Aug, 26th
Aug 10-5

Up to 20 inflatable activities. Child
wrist bands £10 for the day. Adults
£2. No booking required.



THE BRITISH MOTOR SHOW

15th, 16th, 17th & 18th Aug
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the major UK radio stations. They
also have around one million plays
or more on Spotify each month.
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in 44 years, A Brand New Day,
which reached number three in
Amazon best sellers list.
They also had a hit movie,
Everything, which played nationally
in cinemas and was also aired
on the BBC and Channel 4. Their
Greatest Hits album made the
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CROWTHORNE MUSICAL PLAYERS

Mon 23 Sep 2024

Price: From £15.00

Venue: Wilde Theatre

2 hours 30 minutes

The next Crowthorne Musical Players one-night-only concert is Music of the Night, a celebration of Andrew Lloyd Webber's music. With songs from Evita, Cats, Sunset Boulevard, Jesus Christ Superstar and Phantom of the Opera to name but a few, plus some lesser known choices, there will be something for everyone.

This will be a truly memorable show following the success of A Tribute to Sondheim and One Enchanted Evening of Rodgers and Hammerstein.



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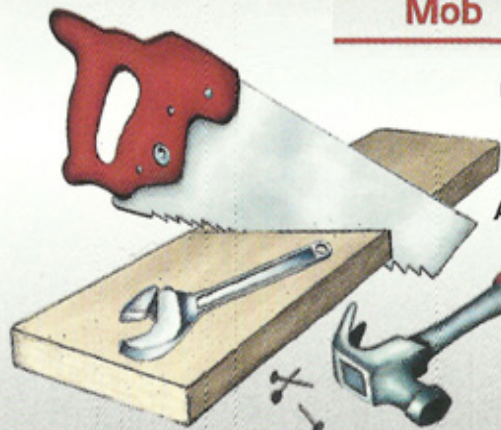
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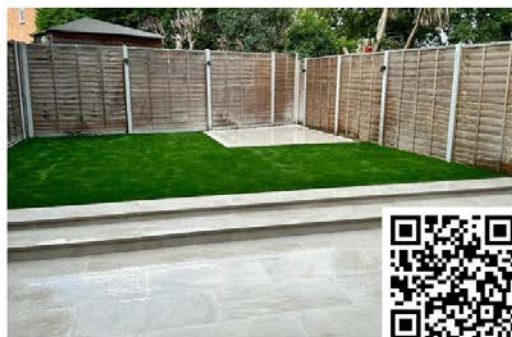
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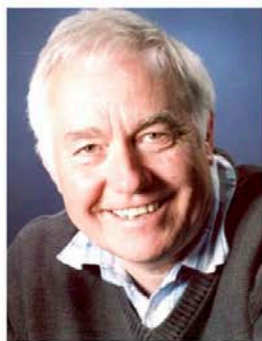
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Holiday Essentials

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!

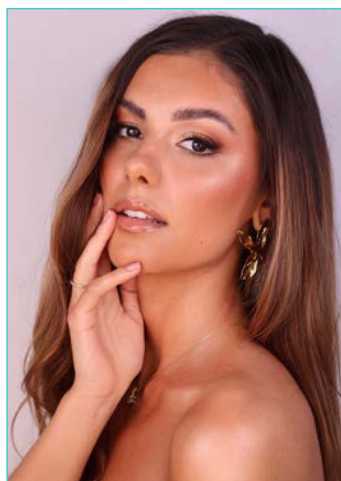
5. CREAM BRONZER AND BLUSHER

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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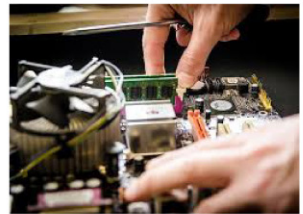
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Recipe

Epic Summer Salad

NEW

Preparation and cooking time :10 mins Serves: 6

Perfect for BBQs and buffets, our epic salad 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



METHOD

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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