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EDITION 82 - CROWTHORNE/YATELEY SEP/OCT 2024

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- Be happy
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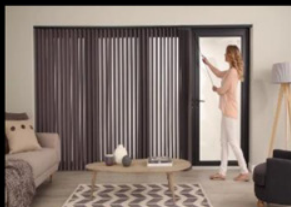
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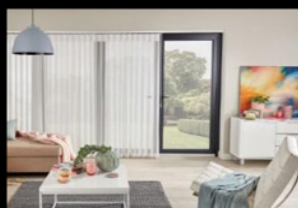


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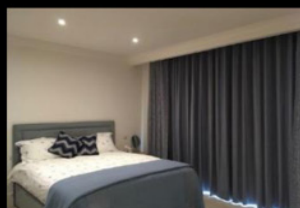
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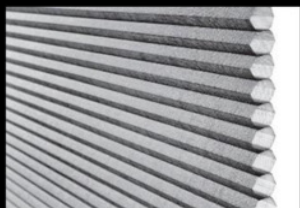


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## Welcome to the Autumn edition of Foremost.

We hope you have enjoyed a wonderful Summer filled with fun and relaxation. Whether you holidayed or stayed home, we hope Summer 2024 provided lots of wonderful memories and experiences.

And now we enter into Autumn, we prepare ourselves for the beautiful colours and cooler temperatures, and dare we mention, getting ready for Christmas celebrations and time with our friends and family.

Why not make the most of this time of year to get outside and see what is going on in your local area, enjoy the fresh air and surroundings, without over heating.

This edition includes our tips to save money, journalling and a delicious sausage bake recipe, as well as letting you know what is happening in your local area. So whether you're a music fanatic, or fancy a bit of meditation, we hope there is something between these pages to interest you.

Thank you again for your continued support with our local family-run magazine.

We look forward to seeing you again in Spring.

*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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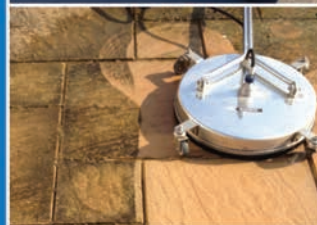
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# Top tips to save money!

**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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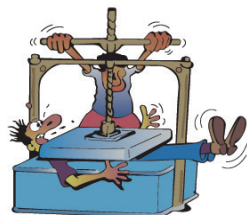
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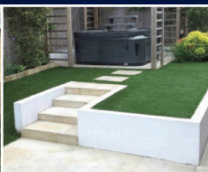
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# Journalling for Mindfulness

**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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# 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.**

## CURATED BY DAPPER & SUAVE POP-UP AUTUMN MARKET

Curated by Dapper & Suave Autumn Market located at Denbies Wine Estate surrounded by the picturesque Surrey countryside and vineyard.

The market is located in the Ranmore Suite and Garden Room on the ground floor plus The Denbies Suite located on the first floor to bring even more choice and variety with a diverse array of specifically chosen small business owners to compliment this event featuring Artwork, Fashion, Beauty and Skincare, Candles, Jewellery, Home, Gift, Food and Drink items for customers to explore and indulge over two floors and 3 rooms.

**Sunday 20th October 11am – 4pm**

## VINEYARD TOUR / WINE TASTING

The harvest is the most significant time of the year in the vineyard and following the exceptional summer, the anticipation surrounding the 2024 harvest is palpable. The Harvest Secret Vineyard Trail is the perfect opportunity to learn about the 2024 vintage, including winery tank sample tastings\*.

The two-hour walking Secret Vineyard Trail takes you at a leisurely pace to some of the most beautiful viewing points in the vineyard and areas not normally accessible to the public, including the Yew Tree Vineyard. Your tour will culminate at the winery cellar door for a Crush Pad Tasting.

**Crush Pad Tasting**

Your tasting experience will take place adjacent to the crush pad where you will, first-hand, have the opportunity to observe an integral part of the harvest process which includes delivery of the freshly harvested grapes to the press. This is followed by an informal Food & Wine Matching in the Vineyard

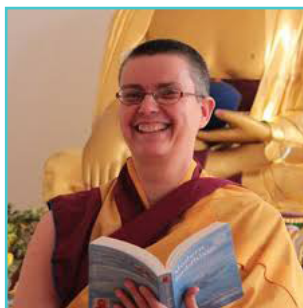
Wine Library hosted by Denbies WSET Wine Expert.

Your experience includes a tasting glass and Denbies vine to take away.

**£75 per ticket**

**Saturday 2nd November**

**10:30 – 3:30**



## MEDITATION AND THE POWER OF POSITIVITY

Discover the power of the mind to create our experiences and learn methods to transform our mental state from negative to positive through meditation.

Buddhist nun, Gen Nyingpo will explain how through practicing meditation and positive thinking we can gradually gain the ability to maintain positive wisdom-based attitudes in our daily life and activities. In this way we can develop a fresh approach to solving our problems and create causes for lasting happiness.

Discover through the practical timeless wisdom of Buddhist meditation how to apply positive thinking to your own life right now. Open to all levels of experience.

Two sessions of talks and guided meditations. 10.30am – 11.30am and 12.00pm – 1.00pm

The course will be taught by Gen Kelsang Nyingpo who is the Resident Teacher at Kadampa Meditation Centre in Reading. She has a wealth of experience having taught meditation and been

ordained as a Buddhist nun for 25 years.

**10.00am – 1.00pm**

**£25 per person**

**South Hill Park, Bracknell (Recital Room), Berkshire RG12 7PA**

**Sat 28 September**

## JONI REIMAGINED

An homage to the songs of Joni Mitchell.

We are delighted to see the return of this homage to the songs of Joni Mitchell by an ensemble of world class singers and musicians with CV's to match! Following a sell-out run of two shows in the main room at Ronnie Scotts, a show at Norden Farm and other prestigious venues internationally.

Great songs are made for re-interpretation by great artists and each of these artists and musicians bring something of themselves in this show for a reimagining of favourites from Joni Mitchell's peerless song catalogue, featuring such songs as 'Woodstock', 'Big Yellow Taxi', 'A Case Of You', 'The River' and many more.

**Friday 20 September 8pm**

**Courtyard Theatre - £20**

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## WEST SURREY ARTISTS ART EXHIBITION AT GUILDFORD CATHEDRAL

West Surrey Artists formed in 2007 and are a group of nine amateur and professional artists whose connection is their love of painting. The exhibition of approximately 100 paintings will be displayed inside the Cathedral and will include a wide variety of subject matter, techniques and styles from contemporary to traditional in all painting media; watercolours, oils, acrylics, mixed media and silk painting. This will be a free to visit exhibition and will be on display from 10th September until 6th October. All paintings will be for sale.

**The Cathedral is open from 8.30am - 4.30pm.**

**Guildford Cathedral, Stag Hill, Guildford, Surrey GU2 7UP  
Tue 10 Sep to Sun 6 October  
Contact telephone: 01483 547 878  
[www.guildford-cathedral.org/events/art](http://www.guildford-cathedral.org/events/art)**

## NATURE'S MEDICINE: MAKING A MODERN-DAY HERBAL

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offering coffee shop, restaurant, foods and refreshments, and a wide range of shops. Sellers - £10 for cars, £15 for flat bed/pick up, midi vans, combi vans, standard panel van & campers, £20 for large vans, Lorries or Horsebox £40. Trailers from additional £5.

Open for sellers from 6am to 10am. Close by midday.

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**4th - 14th October 2024**

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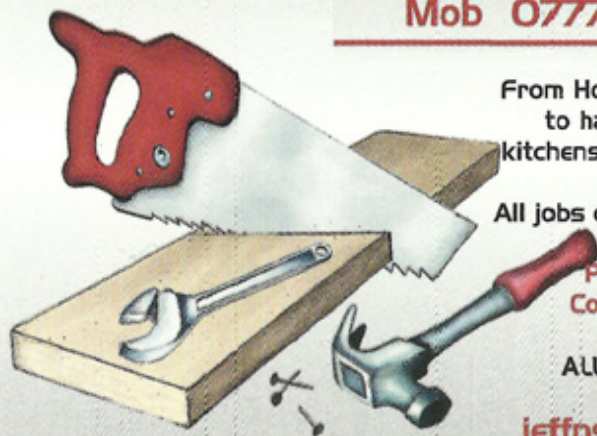
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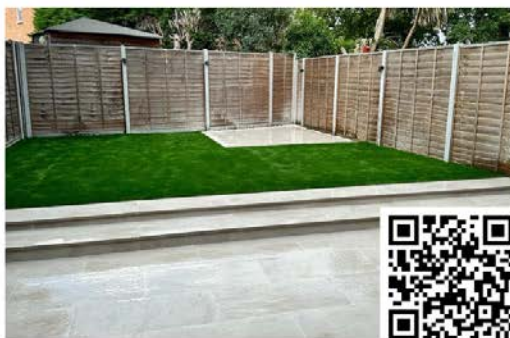
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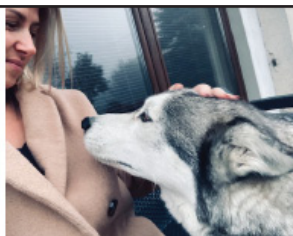
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# Do troublesome memories still haunt you?

**Very few people get to experience a life that is not touched by some sort of painful memory. It is quite normal to experience something that is upsetting, or that may cause you to question yourself or your opinion about yourself. It may be a horrible traumatic experience, or perhaps just an overheard hurtful comment made by someone about you, which can destroy your confidence.**

Very often these memories can stick with you for years and can influence your future behaviour negatively. Perhaps you play them over and over in your head and each time feels just as bad as the first time.



Maybe the memories stop you from doing things you might enjoy or hold you back from taking opportunities that present themselves to you. In my therapy room I have seen this so many times.

For instance there was one lady who had been excluded from a group of friends when she was very little, and always felt like an outsider after that, or there was the lady who had a really bad car crash, and did not want to drive again, or there was the young man who had a panic attack on a night out, and didn't want to go



out with his friends ever again, or the woman whose husband had left her for another woman, who felt that she could never trust anyone again.

I could go on and on giving you examples of memories that can affect you for such a long time. I am sure that your own upsetting memories will be as individual as you are,

The thing is that although the memories may be painful and troubling, they do not have to affect you forever. As a therapist I can help you to release the trauma that relates to them so that it affects you less when you think about them, and also to see these unfortunate occurrences as isolated incidences, helping you to realise that you no longer need to be brought down by them. I do this frequently and have great success with it.

The hardest part for the client who

is troubled by such memories is giving themselves permission to let go of such long held beliefs. They have become fact in the minds of my clients.

For example, a client might say, or think: "Of course I am an outsider, Mary aged 6 in year 1 said I was, so of course it is still true, thirty- five years on." An independent observer can see how ridiculous this is, but the hurt of isolation experienced is still keenly felt and it can still feel true, although it clearly isn't.

This is where therapy can come in to ease the pain and get it in proportion. I use various therapy techniques to do this.



So, if you are struggling with troublesome memories, or traumas which are affecting you months and years later, then do get in touch and I can help you move past them.

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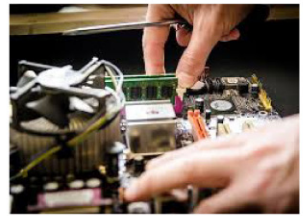
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**Each serving provides 600 kcal, 24g protein, 47g carbohydrates (of which 10g sugars), 33.5g fat (of which 12g saturates), 8g fibre and 1.8g salt.**

### INGREDIENTS

- 1 red pepper, deseeded and cut into chunks
- 1 yellow pepper, deseeded and cut into chunks
- 1 orange pepper, deseeded and cut into chunks
- 250g/9oz gnocchi
- 1 tbsp olive oil
- 4 pork sausages
- Salt and freshly ground black pepper

### METHOD

Preheat the oven to 200C/180C Fan/Gas 6.

Toss together the peppers, gnocchi, olive oil and a generous amount of salt and pepper on a large baking tray.

Place the sausages on the tray. Roast for 25 minutes, or until the sausages and gnocchi are golden-brown and the peppers are soft and have started to brown around the edges. Serve.



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