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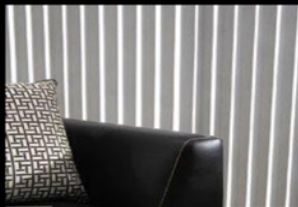
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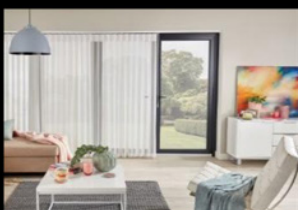


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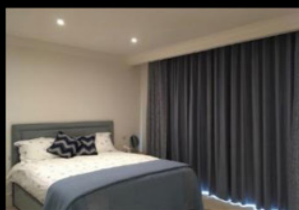
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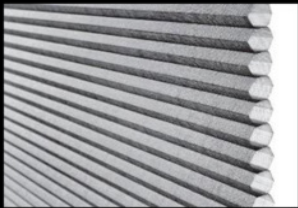


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Welcome to the March & April edition of Foremost.

We hope you've had a good start to 2025. Spring has sprung with recent sunshine - hopefully the sign of things to come.

We hope you enjoy this edition of Foremost. As always, we have details of what's on over the up and coming weeks, as well as a recipe for you to enjoy and details of local businesses.

Turn to page 24 where we have some top tips for saving money which is so critical especially in recent times.

On page 44, find out about yoga and meditation, two forms of physical and mental exercises which have stood the test of time.

Enjoy and thank you for using our magazine.

Much love,

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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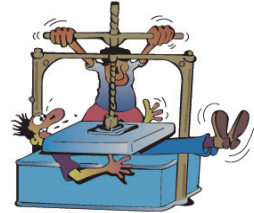
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Journalling for Mindfulness

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.



Ultimate Film Music: A Tribute to Zimmer, Williams & More

Saturday 10th May 2025

The Great Hall University Of Reading in Reading

7:00pm til 8:15pm (Performance starts 7:00pm)

Join us for an unforgettable evening featuring iconic scores by John Williams, Hans Zimmer, and more. Don't miss this spectacular live performance.



Pub in the Park

Marlow, 15 – 18 May

Berkshire festivals

Tickets are split into sessions, so you can choose what suits you best. Prices from £49.50 for adults and £27.50 for kids (6-15 years).

Mixing music and Michelin-starred food, what's not to like about Pub in the Park? Hosted by Tom Kerridge of The Hand and Flowers and The Coach in Marlow, there's loads of pop-up restaurants to try but don't eat so much you can't dance to Dizzee Rascal, Billy Ocean, Soul II Soul, Will Young, Jess Glynne, and Pixie Lott.

Watercolour Workshop

Muddy Lane, Lower Way, Thatcham,

Berkshire, RG19 3FU

May 2 - 10:00 – 13:00

Watercolour Workshop

Price: £30 per adult plus booking fee.

Suitable for Adults & Beginners

Adult Watercolour Workshop - Nature Discovery Centre

Learn how to mix colours, use different brushes and tools (and even a bit of simple printing) to create lovely illustrative images inspired by flowers, meadows and the summer sun with this Watercolour Workshop.



These can be used for cards, wall art, or simply kept in your sketchbook. Materials will be supplied, so just grab a cuppa, roll up your sleeves and enjoy a few of hours playing with paint under the cheerful guidance of Karen Carter. This is a fun and playful approach – no experience needed. There will be lots of demos and individual help – everyone welcome.



A Day to Remember

May 8 - 13:00 – 14:00

Experience World War II Through Theatre in Newbury.

Wednesday 7 May | West Berkshire

Museum | 1pm or 7pm

£5 donation to the Museum.

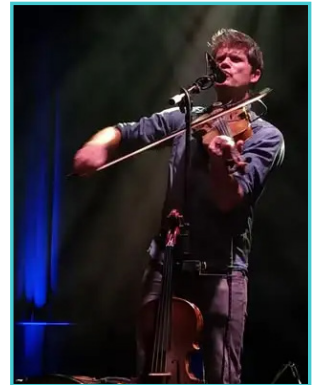
The New Era Players will be performing readings of extracts, poems and songs of World War II, bringing to life the memories, thoughts and feelings of the people who lived through the

experiences of wartime.

New Era Players is a friendly, enthusiastic and talented local theatre group, based in a small but charming theatre in Wash Common, Newbury.

The group put on a wide variety of plays four times a year.

These performances at West Berkshire Museum are being held to commemorate the 80th anniversary of VE Day.



Seth Lakeman: The Folk Revolution of Newbury Spring Festival accompanied by Benji Kirkpatrick and Alex Hart

Corn Exchange Newbury

May 23 @ 19:30 – 21:30

West Country folk singer and multi-instrumentalist Seth Lakeman will be accompanied by folk singer and musician Benji Kirkpatrick and Devon singer-songwriter Alex Hart.

Seth Lakeman was catapulted into the music mainstream when he was nominated for the Mercury Music Prize for his album Kitty Jay.

2024 marked the 20th anniversary of the album's release and the start of an incredible solo journey which has included record deals, 11 album releases (including six Top 40), and a clutch of awards.

Widely regarded as the UK's foremost folk singer-songwriter, Seth Lakeman takes the established folk orthodoxy and turns it on its head.

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Yoga and Meditation

Yoga and meditation are two forms of physical and mental exercises which have stood the test of time. Dating back thousands of years, these practises remain popular today and are, in many ways, even more relevant in modern times. The ability to switch off and clear your mind is invaluable, and this can be achieved in both practises. The busier you are, the more vital the need for yoga and meditation. The saying goes, meditate for 20 minutes per day, unless you don't have time, then you should meditate for an hour!

What is yoga?

Focusing on strength, flexibility and breathing, yoga is one of the oldest forms of exercise. Originating in India more than 5,000 years ago, yoga has been changed over the years and is now a common activity in many gyms and fitness centres across the world.

Yoga is a mental, physical and spiritual practice with the goal to attain tranquillity in both mind and spirit. It is open to interpretation. People will do yoga for a range of reasons. It is often used as an exercise class to improve flexibility, aid recovery from and prevention of injury, to increase core strength and muscle mass and to help with weight loss or maintenance. Others will practise it for the holistic benefits.



Yoga and meditation helps to move and balance the energy within our body. Different movements and breathing methods are used to clear blockages and to help us be the very best version of ourselves.

Yoga is known to relax you, which in turn will help to alleviate chronic pains

in your joints or with headaches. But as well as that, it has been shown that yoga can lower your blood pressure, increase your heart rate and even improve your immune system. Yoga is magic!

There is almost an endless list of benefits of yoga. You can improve your posture, gain focus, relax, sleep better and become physically fitter simply by incorporating this practice into your life. Once more, it is something that is very much open to beginners and complete novices. Why not join a local class with me www.fitnessyogawithemma.co.uk for only £5 drop in, or online if you'd prefer?

What is Meditation?

Meditation, like yoga, has become extremely popular in recent years. With an increasing amount of people seeking a healthier and more holistic lifestyle, many have taken up the practice for overall well-being. Meditation is a form of training that many accept as a way of life, that frees us from worries and discomfort, helping us to achieve a level of happiness and contentment.

You will become more aware and develop a greater sense of perspective without changing yourself. Those who meditate can observe without passing judgment, but with a greater understanding of the bigger picture.

Meditation has been extremely popular for thousands of years.



More and more people are taking up the practice as an ever-increasing number discover the wide number of benefits to your physical, mental and spiritual self. You might practise the most basic forms of meditation without realising. Have you ever told someone to just take a deep breath and relax? Or been asked to do it yourself? It is a similar process and can really help.

Similarly, there are both short-term and long-term benefits of meditation ranging from easing health problems to achieving a sense of calm. Relaxing and trying to achieve a sense of calm is something that most of us take for granted. But consider these benefits the next time you feel overworked or stressed out and try adopting meditation into your day-to-day life.

Article by *Emma Baldwin* Fitness Yoga with Emma
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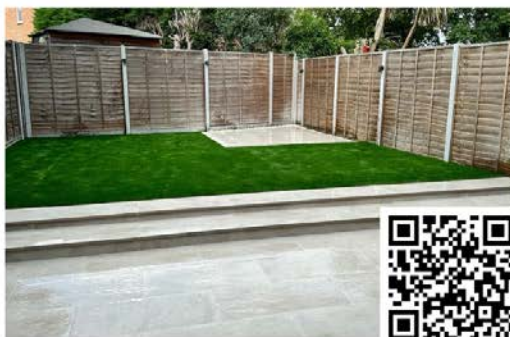
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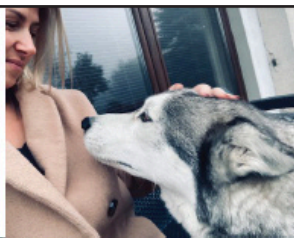
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Do troublesome memories still haunt you?

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 I 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.

You can find me at www.crowthornehypnotherapy.co.uk, or email me for more information on info@carolynpotter.co.uk

Article by [Carolyn Potter \(Crowthorne Hypnotherapy\)](#)






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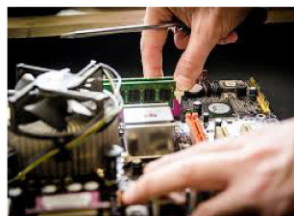
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Recipe

Sausage bake with gnocchi

Preparation time: Less than 30mins

Cooking time: 10-30 mins

Serves: 2

This easy sausage bake is made with gnocchi rather than pasta. Roasted gnocchi is magical – while the inside stays light and fluffy, the outside goes crisp and golden, like mini roast potatoes.



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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