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How to sleep well

"Mum, I'm bored" -
Why a little ennui can
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Sun Safety
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Editor's Note

It's another month when the articles seem to have been written just for me! *Sleep Well* by David Coldrick landed just as I'd started a new regime to try and improve my own sleep patterns. I average 4-5 hours a night and feel tired most days. On the rare occasion I get a whopping 7 hours I am swinging from the chandeliers! Part of my plan is to reduce my screen time by turning off my phone at least half an hour before bed. I didn't realise how hard this would be. The first night I was constantly reaching for it - to check the time, my diary, my emails and messages, research items on Google, do online shopping, play games, make lists, learn Spanish - the list goes on! I've decided to read an actual book rather than my phone and I'm hopeful that one day soon I will enjoy regular unbroken sleep. Fingers crossed!

Mum, I'm Bored brought back memories of weekends and school holidays when I'd go to my mum for ideas of things to do. She'd come up with a long list of activities which I'd promptly reject for one reason or another until finally she'd suggest something that appealed and I'd go off and entertain myself for an hour or two! I consider myself an independent and fairly creative person. Maybe learning to deal with my childhood boredom played a part in that development!

I hope you enjoy this month's articles as much as I have! Until next time...

Debbie Singh-Bhatti

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Mum! I'm Bored!

Do you find yourself stressed about keeping the kids entertained during the school holidays? Everything is so expensive or takes so much planning. So, you might be relieved to know that there is growing evidence to suggest that a little boredom can be highly beneficial for children.



burnout. Overscheduling also robs children (and their parents) of the chance to unwind, reflect, and engage in activities of their own choosing. It restricts their ability to make decisions and develop a sense of autonomy. Without downtime, children may feel overwhelmed and experience a lack of balance in their lives.

Boredom has long been regarded as a negative experience, but recent research suggests otherwise, particularly when it comes to children. Allowing kids to experience moments of boredom can actually foster their creativity. When children are left to their own devices without structured activities, they are compelled to invent their own entertainment. This unstructured time encourages them to tap into their imagination, problem-solving skills, and resourcefulness, thus fostering creativity and independent thinking.

Boredom also acts as a catalyst for curiosity. When children have idle time, they are more likely to explore their surroundings, ask questions, and seek out new experiences. By allowing moments of boredom, we create an environment that stimulates this curiosity and encourages children to discover new interests and pursue self-directed learning. It is during these unstructured moments that children may stumble upon hidden talents or develop hobbies that can shape their future.

On the other hand, overscheduling kids' free time can have negative consequences. In today's fast-paced society, children's schedules are often packed with extracurricular activities, playdates, and organized outings. While these activities can offer valuable learning opportunities and social interactions, they can also lead to stress and

'That's all very well,' you might say, 'But if I didn't schedule all the activities and visits my child would spend six straight weeks playing Mario Kart.'

As a parent you do have the option of restricting video and computer time (which would undoubtedly provoke cries of 'I'm bored!') and encourage other forms of play - but then you could just surrender and allow them to unwind in the way they choose.

We tend to demonise video games, but they do encourage teamwork, strategy, and problem-solving. Plus, as adults we choose what to do with our downtime, and sometimes we only have the emotional energy to binge-watch Netflix! Why should we deny our kids the same luxury? If you are concerned about sedentary screen time, maybe insist that for every two hours they play video games they spend two hours doing something active outside as well.

Embracing a bit of boredom during the school holidays can have a positive impact on children's creativity and curiosity. By striking a balance and embracing the power of boredom, parents can provide their children with a well-rounded and enriching holiday experience, as well as reducing their own stress levels.

Tracey Anderson

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least 15-30 minutes before going outside to allow it to fully absorb into the skin. An average sized body needs the equivalent of a full shot glass of lotion.

Remember to reapply sunscreen every two hours or more often if you are sweating or swimming. Even water-resistant sunscreens will wash off and become less effective over time, so be diligent about reapplication. Set reminders or use a timer to ensure you don't forget to reapply.

Consider using UV protective clothing for added sun safety. These garments are designed to

block harmful UV rays and provide an extra layer of defence. Look for clothing with a UPF (Ultraviolet Protection Factor) rating. The higher the UPF rating, the better the protection. Wide-brimmed hats, sunglasses with UV protection, and UV-blocking swimwear are also excellent additions to your sun safety arsenal.

Whenever possible, seek shade during the peak sun hours between 10 am and 4 pm when UV rays are the strongest. If you need to be outside during these hours, use extra caution and ensure you have proper sun protection in place.

Stay hydrated by drinking plenty of water.

Prioritizing sun safety ensures that you can enjoy the outdoors while keeping your skin healthy and protected.

Tom Hancock

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lead to more happy customers is true and we work hard to make that happen for every installation we carry out!

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Sauna Tales!

Tales From The Gym
By
Fiona Lau



If you're lucky enough to belong to a gym that hasn't closed its sauna, steam room, and Jacuzzi because of rising energy costs (after all what's the point of exercising if you can't loll decadently in one of these facilities afterwards?) you will know that as well as providing relaxation they are also an amazing source of fascinating CHAT. The things I have learned whilst sitting quietly on the slatted wooden sauna benches dressed in my saggy swimming costume and swathed in my ancient towel!

When I originally joined my gym it was winter (remember how bone-chillingly cold it was then?). Sitting in the female sauna was an unbelievable joy and luxury - I was warmed right through! One of the arguments I used on my husband for joining the gym was that it would save money on our heating costs. So there I am, FORCED to sit in the sauna, drying out after my shower. What I did not foresee was the absolute joy of the *Sauna Chats*. Women in a hot enclosed room tend to lose not only their clothes (and fat cells I hope) but their inhibitions too!

One morning I was trapped in the sauna with the YOUNG women (the oldest had probably reached the ripe old age of 38) and they were discussing Botox. Oh my goodness! The things this 65 year old learned about where best to go in my bit of sunny Essex; what to have done; and vitally how much it all costs. After they left the sauna, my companion (a lady of a similar vintage to me) and I turned to each other, our jaws having hit the tiled floor by now.

We quickly calculated how much they would have to pay to keep all these 'tweakments' going until they reached pensionable age and possibly a little beyond (depending on their income and pride) and we were appalled. We assured ourselves that our "ageing gracefully" and "staying healthy" policy, along with a judicious amount of skilfully applied makeup, was working just fine for us.

However, should the terrors of old age finally prove too much, thanks to these young women we are armed with everything we need to know!

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Sleep Well!

As we age, normal changes occur in our sleeping patterns - such as becoming sleepy earlier in the evening or after one less glass of wine. But if you snooze whilst your loved one finishes watching the murder mystery on Netflix, do they delete it so that the killer remains forever unmasked? And do they turn the light off and leave you to wake up as the central heating cools - a lonely sailor marooned on a dark and desolate beach? I suspect this is a common story.

I rarely have an uninterrupted night, or else strangely wake up at precisely 6.24 am every morning for the call of nature (the plumbing is clearly not what it used to be). This is disappointing and frustrating. Blessed sleep (which is just as important for good physical and mental health as it ever was) can seem scarce. The following tips may help overcome age-related sleep problems:

Maintain a consistent sleep schedule Go to bed and wake up at the same time each day - weekends included. 'Bedtime' on your iPhone can remind you when to go to bed and when to get up.

Keep busy Social activities, visiting family, volunteering and learning something new can keep the mind and body active but also makes us more tired later in the day.

Cut down on screen time Watching TV or looking at computer or device screens in the hour before bedtime can reduce melatonin levels (a hormone that helps sleep).



Diet and exercise can improve sleep Eating a healthy diet and monitoring what you have in the run up to bedtime can give you some useful 'clues'. A lot of salt and/or water may mean you need to go to the toilet more often in the night.

Soothing bedtime rituals A nice bath, playing music or using a relaxation technique such as deep breathing can help relaxation. Having a light read also works well.

Avoid caffeine late in the day This includes coffee, tea, some soft drinks and chocolate.

Get out into the sunshine Sunshine regulates melatonin levels and affects sleep cycles. Moving a chair into a sunny spot of the room is helpful if you cannot get out in the day.

Don't worry about sleep Have a word with your GP if you are concerned.

David Coldrick, Home Instead Rotherham
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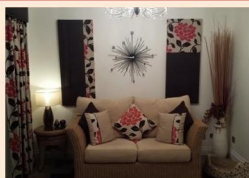
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Food lovers will enjoy a fantastic foodie weekend at this year's Festival of Food and Drink, to be held on 16th and 17th September at Thoresby Park (just a few miles from its previous location at Clumber).

Completing its Cookery Theatre line up on Saturday 16th will be multi award-winning pastry chef and TV judge Cherish Finden, The Great British Bake Off contestant Janusz Domagala, Dirty Vegan chef Matt Pritchard and Cookery Theatre host, Chris Bavin.

Newly-crowned MasterChef Champion Chariya Khattiyot will head the Cookery Theatre line up on Sunday, accompanied by Saturday Kitchen's Matt Tebbutt and The Great British Bake Off's Sandro Farmhouse.

The Festival of Food and Drink also offers visitors bookable sessions including Cocktail Making, Coffee Making and Tasting and Wine Tasting.

Now in its tenth year, this celebration of local producers and global flavours attracts over 160 traders offering delicious food, drink, street-food, gifts, crafts and garden items.

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Mouthwatering Marinades

It's BBQ season. Whether you prefer steak, chicken, haloumi or tofu, marinating infuses them with incredible flavours and enhances their tenderness. Here are our five favourites.

Classic Teriyaki Marinade

To create the rich sweet and savoury flavours of this marinade, mix together soy sauce, honey, minced garlic, grated ginger, and a splash of sesame oil. Marinate your meat or veggie alternative for at least 30 minutes, or preferably overnight. The resulting caramelized glaze adds an irresistible sweetness to your grilled fare.

Zesty Lemon Herb Marinade For a burst of freshness, try a zesty lemon herb marinade. Combine freshly squeezed lemon juice, minced garlic, chopped fresh herbs like thyme, rosemary, and parsley, along with olive oil, salt, and pepper. Marinate for at least one hour. This marinade works equally well with oily fish like mackerel.



Spicy Chipotle Marinade A spicy chipotle marinade will tantalize your taste buds. Blend together chipotle paste, lime juice, minced garlic, cumin, paprika, salt, and a touch of brown sugar for balance. Allow your meat or tofu to soak for a minimum of two hours before grilling. The smoky, spicy kick will add depth and complexity to your barbecued dishes.

Tangy Balsamic Soy Marinade Mix balsamic vinegar, soy sauce, Dijon mustard, minced garlic, honey, and a drizzle of olive oil. Marinate for at least one hour, allowing the flavours to meld. The combination of balsamic and soy adds a delightful umami taste to your grilled creations.

Mediterranean Herb Marinade Combine olive oil, lemon juice, minced garlic, chopped fresh herbs like oregano, basil, and thyme, along with salt and pepper. Marinate for at least one hour before grilling. The aromatic flavours will infuse your BBQ offerings with a taste of the Mediterranean sunshine.

Louise Addison



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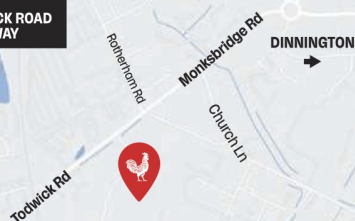
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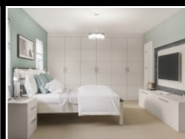
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A New Me in 2023!

I am officially at my lightest since 1996! This feels GREAT! I feel happier and more confident in my body than I have done in a very long time, and this helps compensate for not quite making it to target in time for my daughter Lucie's wedding.

My husband and I spent ten days in Spain last month. I was terrified I was going to come home half a stone heavier, but I was so proud of myself for staying on plan and I actually LOST two pounds while we were away! We climbed a (small) mountain one morning and our friends were totally in awe of our stamina and fitness. These are all the positive outcomes of achieving a healthier weight and of taking regular exercise.

I wrote last month about starting the Couch to 5K challenge. The update is that I've had to temporarily suspend this as my knees weren't quite so keen as I was! They objected after the second run and I've been advised to do some knee strengthening exercises before attempting to run

again. This is a bit frustrating, but be assured that along with Arnie, "I WILL BE BACK."

I had a lovely compliment yesterday from one of my daughters. I'd put together a new outfit to meet up with my niece and her husband whom I haven't seen for several years. The last time I was significantly heavier than I am now, so I guess I wanted to dress to impress! I wore a lacy white shirt TUCKED IN to white mum jeans with a black belt. Sophie told me I looked GLAMOROUS!

So enough gloating, it's time to get down to the nitty gritty of what happens next! The wedding is two weeks today. I would dearly love to weigh 12st 7lbs by then. I've got my dress, hat, shoes and bag and I feel good in them, but I know that even 3 lbs can make a difference so I'm going to do my best to shed those pounds.

I'm still doing Noom, by the way. I love what I'm learning. The daily lessons keep my mind in the right place. More about that next time.

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Vital Statistics

Height: 5ft 6ins

Starting weight: 18st 3lbs

Weight now: 12st 10lbs

Weight Lost: 5st 7lbs



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Wisteria, with its enchanting cascades of fragrant flowers, adds a touch of elegance and charm to any garden. It has a reputation for being slow and difficult, but it's really not justified. You just need a bit of know-how.

Select a sunny spot with well-drained soil to plant your wisteria. The ideal time to plant is during early spring or autumn when the plant is dormant. Ensure the planting hole is deep and wide enough to accommodate the root ball and add organic matter to enrich the soil. Provide a sturdy support structure, such as a trellis or pergola, for the wisteria to climb..

This month is one of the pruning months for wisteria. Twice yearly pruning plays a crucial role in shaping and maintaining the growth of the plant while promoting abundant flowering. The other pruning period is during late winter or early spring.

During August, after the flowering period, prune to control the size and shape of the plant. Trim long shoots, maintaining a balanced framework while retaining a few leaves on each pruned stem. This allows the plant to channel energy into flower production for the following year.

During winter/early spring, remove any dead, damaged, or weak branches. Trim back the previous year's growth to around three to five buds from the main stem. This encourages the formation

Wonderful Wisteria

of flower buds and prevents excessive growth.

Wisteria generally requires moderate watering, especially during dry spells. Water deeply at the base of the plant, providing enough moisture to reach the root system. However, be careful not to overwater, as excessive moisture can lead to root rot. Mulching around the base of the plant helps retain moisture and suppress weed growth.

To promote optimal growth and flowering, fertilize your wisteria annually in early spring. Apply a balanced slow-release fertilizer according to the manufacturer's instructions. This provides the necessary nutrients to support healthy foliage and abundant blooms.

Wisteria is a vigorous climber, so proper training is essential for creating a visually appealing display. Gently tie and train young shoots to your chosen support structure, guiding them horizontally to encourage the development of flowering spurs along the stems. Regularly check for any tendrils or side shoots that need redirecting to maintain a neat growth pattern.

Although Wisteria is generally hardy, it can be susceptible to aphids, caterpillars, and powdery mildew. Regularly inspect your wisteria for signs of infestation or disease and take appropriate measures to control and treat them promptly. Organic insecticidal soaps or horticultural oils can be effective against pests, but the regular pruning sessions will help with good air circulation, which prevents disease.

If you're starting from scratch it may take several years before your wisteria starts blooming profusely. Be patient and provide consistent care, and you will be rewarded with a stunning display of flowers in due course. Gardening is often the long-term rewards.

Rachael Leverton



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Courgette Frittata

Preparation time: 15 mins

Cooking time: 25 mins

Serves: 8

Ingredients

2 courgettes, sliced
1 red onion, diced
1 garlic clove, finely chopped
6 medium or large eggs
3 ripe tomatoes
1tbsp olive oil
salt and black pepper to season
50g crumbled feta (or your favourite cheese)

Method

Preheat the oven to 180°C/Fan 160°C/Gas 4.

Heat the olive oil in an ovenproof pan if you have one or in an ordinary frying pan if not, over medium heat, and add the onion, garlic, and courgettes. Sauté for 4-5 minutes until lightly brown.

Add the chopped tomatoes and cook for another 2 minutes.

In a separate bowl beat the eggs and season well with salt and pepper. This dish does benefit from being well seasoned.

If your pan is ovenproof pour the egg mixture over the cooked vegetables then crumble the cheese



over the top. If you don't have a pan that can be placed directly in the oven, transfer the veg to a casserole dish then pour the eggs and crumbled cheese over.

Bake for about 25 minutes until the frittata is set in the middle and slightly golden on top. Take care not to overcook it, or it will become rubbery in texture. It should look puffy, golden, and have a slight wobble when you move the pan.

Let it cool for 5 minutes then slice into 8 pieces. The cooled frittata will keep in an airtight container for a couple of days. Eat it cold or reheat in the microwave on a low setting for 30 seconds.

Note: You can use almost any cooked vegetables and cheese combination.

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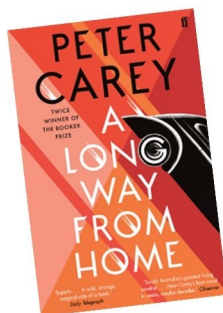
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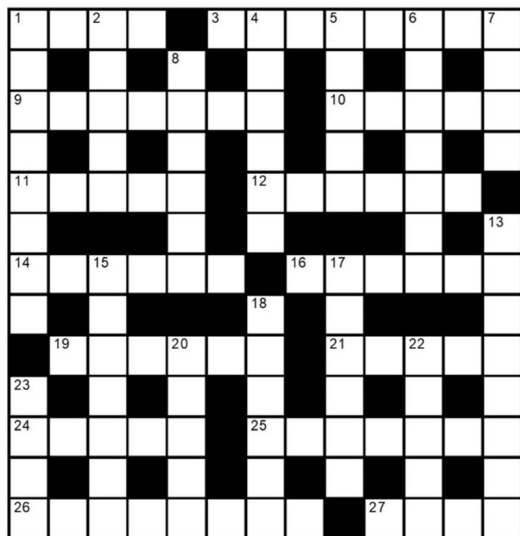
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Crossword



Across

- 1 Longing, dream (4)
- 3 Cavernous (8)
- 9 Impartial (7)
- 10 Choose to participate (3,2)
- 11 Laziness (5)
- 12 Gambling establishment (6)
- 14 Hold in the mind (6)
- 16 Dried grape (6)
- 19 Fleet of warships (6)
- 21 Divine water (5)
- 24 Emblem, symbol (5)
- 25 Exclusive group (2,5)
- 26 Alone (8)
- 27 Enthralled (4)

Down

- 1 Attractive, clean-cut (8)
- 2 Dwarf planet (5)
- 4 Lawman (6)
- 5 Peeved (5)
- 6 Short excursions (7)
- 7 Balanced, rational (4)
- 8 Bowman (6)
- 13 Unlikely winner (8)
- 15 Relationship between man and wife (7)
- 17 Someone dependent on drugs (6)
- 18 Less difficult (6)
- 20 Concede (5)
- 22 Erroneous (5)
- 23 _____ Redding, soul singer (4)

Word Search

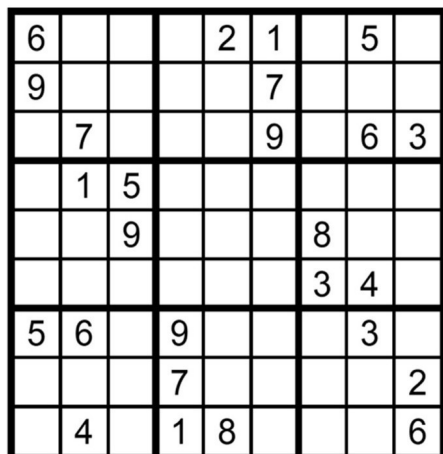
Can you find all the car parts hidden in the grid?

- | | | |
|-------------|------------|-------------|
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| AIR BAG | DOOR | RADIATOR |
| ALARM | ENGINE | SATNAV |
| BATTERY | FAN BELT | SPARK PLUG |
| BONNET | FUEL TANK | SPEEDOMETER |
| BOOT | GEAR STICK | SUNROOF |
| BRAKE | HEADLIGHT | TYRE |
| BUMPER | INDICATOR | WHEEL |
| CLUTCH | | |

Sudoku

How to play Sudoku

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Solutions on Page 34



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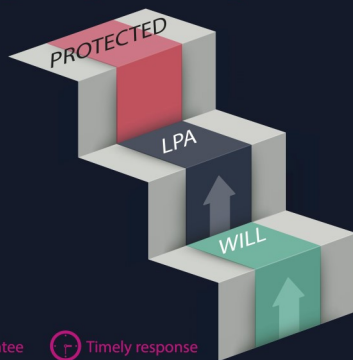
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Blessed William Richardson Catholic Church	01909 562664
St John the Baptist, Wales & Kiveton	01909 771111
St Peter, Thorpe Salvin	01909 773203
St Peter & St Paul, Todwick	

Schools

Harthill Primary	01909 770291
Kiveton Park Infants	01909 770303
Kiveton Park Meadows Junior	01909 771207
Todwick Junior & Infant	01909 771138
Wales High	01909 771291
Wales Primary	01909 770236

Leisure Centres

Aston-cum-Aughton	01142 942580
Harthill Leisure Centre	01909 770129
Killamarsh	01142 485554
Rother Valley	01142 471452
Workshop	01909 473937

Health

Bassetlaw Hospital	01909 500990
Genix Healthcare Dental Clinic	01909 770162
Harthill Surgery	01909 773280
Kiveton Park Dental Practice	01909 770162
Kiveton Park Primary Care Centre	01909 770213
Lloyds Pharmacy	01909 770214
NHS Emergency Advice Line	111
Rotherham General Hospital	01709 820000
Weldricks Pharmacy	01909 771418

Public Services

Action Fraud	0300 1232040
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Brownies	07779 392369
Childline	0800 11 11
Citizens Advice Rotherham	08448 269680
Citizens Advice Worksop	08448 563411
Crimestoppers	0800 555111
Electricity—Emergency	0800 375 675
Gas— Emergency	0800 111 999
Harthill Parish Council	01709 528823
Harthill Post Office	01909 770216
Harthill Village Hall	01909 770129/01909 773942
Kiveton Park Advice Centre	01909 773966
Kiveton Park & Wales Village Hall	01909 770357
Kiveton Park Community Library	01909 771823
Kiveton Park Post Office	01909 774617
Mail Preference Service	08457 034599
Police Station (non-urgent)	101
Rainbows	01909 772098
RMBC	01709 382121
Safer Neighbourhood Team	01709 832720
Streetpride	01709 336003
Telephone Preference Service	08450 700707
Todwick Church Hall	01909 771931
Todwick Parish Council	01909 566639
Todwick Village Hall	01909 774353
Wales Parish Council	01909 515784
Yorkshire Water	03451 242424

Travel

Bus Enquiries	01709 515151
National Rail Enquiries	08457 484950

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DEADLINE FOR NEXT ISSUE 9 AUGUST

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H	O	P	E		S	P	A	C	I	O	U	S	
A	L		A		O		R		U		A		
N	E	U	T	R	A	L		O	P	T	I	N	
D		T		C		I		S		I		E	
S	L	O	T	H		C	A	S	I	N	O		
O			E		E				G		U		
M	E	M	O	R			R	A	I	S	I	N	
E		A				E		D					
	A	R	M	A	D	A			D	O	W	S	E
O		I		D		S		I		R		R	
T	O	T	E	M		I	N	C	R	O	W	D	
I		A		I		E		T		N		O	
S	O	L	I	T	A	R					A	G	O

Solution to August Quick Crossword

H	U	C	F	S	P	E	E	D	O	M	E	T	E	R
G	E	A	R	S	T	I	C	K	J	O	S	F	J	T
G	O	A	O	A	S	F	U	E	L	T	A	N	K	
P	A	D	D	P	D	N	S	D	D	I	A	N	U	B
D	B	C	O	L	C	I	D	U	L	E	S	B	W	O
I	B	U	C	M	A	I	N	F	O	E	H	N		
P	A	S	M	E	E	G	R	T	C	R	O	L	E	N
S	T	P	T	P	L	T	H	B	O	A	O	T	E	E
T	T	A	M	I	E	E	E	T	U	R	T	O	L	T
I	E	R	F	Z	N	B	R	R	S	R	N	O	F	Y
C	R	K	I	S	A	T	N	A	V	B	E	R	G	
K	Y	P	S	H	E	Y	G	X	T	H	R	T		
X	A	L	A	R	M		R	W	H	N	O	R	A	O
C	L	U	T	C	H	E		O	O	O	R	O	R	
E	N	G	I	N	E		B	I	A	I	R	B	A	G

Solution August Word Search

6	8	3	4	2	1	9	5	7
9	5	2	6	3	7	1	8	4
1	7	4	8	5	9	2	6	3
8	1	5	3	7	4	6	2	9
4	3	9	2	1	6	8	7	5
7	2	6	5	9	8	3	4	1
5	6	1	9	4	2	7	3	8
3	9	8	7	6	5	4	1	2
2	4	7	1	8	3	5	9	6

Solution to August Sudoku

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