

# Forest Farm Shop & Garden Centre

Forest Road, Hainault, IG6 3HQ Tel: 020 8500 2221

Mon - Sat  
Sun

8.30am to 5pm  
8.30am to 2pm

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## FOREST FARM SHOP NEWSLETTER [www.forestfarmshop.com](http://www.forestfarmshop.com)

### Welcome to our July 2017 Newsletter

#### Is Your Diet Berry Good?

At this time of year, we have a wide range of berries in the shop. Eating berries will help you to top up your anti-oxidant levels. Anti-oxidants help protect your tissues from a variety of damage and will help keep age-related ailments in check.

Berries also have high levels of fibre which will help to reduce cholesterol and pro-



mote healthy digestion.

Latest studies now show that the polyphenols produced by berries have positive effects on the heart and bone density.

Perhaps best of all, they taste wonderful in just about any meal: as a supplement to morning cereals, as an additive to delicious salads and as a luxurious dessert.

Come and take a look at our selection and see what takes your fancy. You can be sure that our berries will be super-fresh and absolutely delicious, however you choose to eat them.

#### Shop Re-organisation

As regular customers will know, we've been changing the layout of the shop ever since we cleared the last of the Christmas stock in January. The latest area to be enhanced is the right-hand side of the rear hall. We have cleared the pallets of paper towels and rolls and added extra shelving. Now you will find this end of the hall much easier to get around and the products much better organized. The overall effect is that we've been able to create more space in other parts of the shop and this, in turn, will enable us to extend our range even further.

#### Facebook Pages



If you are a follower of our posts on Facebook, you will have seen a significant increase in the activity on our Forest Farm Shop page. As well as daily product news, we've been running small competitions for shopping vouchers and we're very grateful to all who have participated. Search Forest Farm Shop and like us now.

#### Lawn Bowls

Steve's father Bernie is a life member of Woodford Bowls Club, was President of the Essex County Bowling Association and has represented England by invitation.

We asked him about how to get involved in lawn bowls.

If you think you may be interested in giving it a go, he suggests contacting one of the many local bowls clubs in the area. Most of them operate between end-April to



end-August and are always keen to talk to prospective members. They will almost certainly have facilities for novices to try the game and, if it appeals, club membership will ensure that you get to play regularly in anything from simple friendly games to inter-club competitions. Bernie says that the social side is a great opportunity to make new friends.

It's not an expensive sport either. Memberships usually start around £130 per season and you could get all the equipment needed for as little as £200. Why not give it a go?

Whilst the re-organisation continues, you may find that your favourites have been moved around. We haven't stopped selling anything, so if you can't find what you're looking for where it used to be please ask.

#### Summer Specials

Raspberry & Blueberry Jam. 385g jar	2 for £1
Vanish Oxi Action 550g tub	£2.99 2 for £5
Pepsi Cola Case of 24 x 330ml cans	£4.99
Gillette Venus Snap Ladies' Shavers	2 for £5
Still Spring Water 12 x 500ml bottles	£2

#### Energy Bills

There was a time when you used one energy supplier for gas, one for electricity and stuck with them pretty much for life. However, the marketplace has changed now and it is much easier to find the best deals online, especially if you buy both energy sources from one supplier. Try one of the comparison websites like Comparethemarket.com or one of the dedicated ones like U-switch. Most companies will handle the transfer for you, leaving you to do not much more than take a couple of meter readings. There is normally no cost associated with switching when your annual contract is up and you may be surprised how much you can save with a new supplier.

## £5 Discount

When you spend over £50 in one transaction.

Please print and present this voucher to the cashiers to claim your discount.



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