

# 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

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

Welcome to our October 2018 Newsletter

Vol. 8 Issue 10, 4th October 2018

## Super Ollie!

Rupert's son Ollie, a professional golfer on the European Tour set a new record in Portugal two weeks ago by shooting a round of 59; 12 under par. It was the first time this score has ever been achieved on the European Tour in an estimated 700,000 attempts.

His round included 10 birdies, one eagle and no bogies and was millimeters away from being a 58, after his putt at the 18th j u s t grazed the hole.



Rupert was actually there to see the round and afterwards commented, 'I'm very proud of him, he played fantastically well'.

## Charity Walk

Nicole completed a 26 mile walk for cancer research and raised over £600.

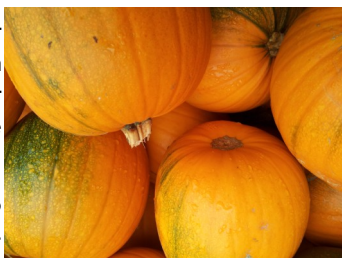
The walk started in Southwark Park, went through Bermondsey, over Tower Bridge, through to Knightsbridge and finished at the Monument.

A big Thank You to all our generous customers who helped with the sponsorship.

## Pumpkins

We will be collecting a batch of pumpkins ready for sale from Friday 4th. We will have various sizes so that you can make your Halloween lanterns to suit wherever you'll be displaying them. You can even eat them if you'd prefer!!

While we're on the subject of veg, Barry will be cooking his own beetroots from now on, so look out for Forest Farm Shop freshly-cooked beets soon.



A fresh pumpkin will last up to 12 weeks, but once they're made into lanterns, they will only last for 5-10 days, depending on where they are kept.

## Bird Seed

Unfortunately, with the extra dry summer this year, the price of grain has increased. This means that all our bird feeds will be going up for the winter. We'll still be offering the best prices around, so get stocked up now for winter feeding.

## Our Honey is the Best

Our local honey supplier, Jim, has had a very successful year, despite the terrible Spring weather.

At the Essex Beekeeper's Association County show in Orsett in September, Jim gained the most overall points to become Champion beekeeper for 2018.

There are 52 classes for beekeepers to enter with prizes for honey, candles, mead, baking wax, polish etc., so to be overall winner is no small achievement.



## DIY Before Winter

Rumour has it this Winter's going to be a cold one, so get your little DIY jobs done before it gets too cold. Autumn is perfect for exterior painting as it's not too hot or too cold. Paint anything that looks tired and check over flat rooves. They're no fun to mend when it's raining.

We've streamlined our normal website: [forestfarmshop.com](http://forestfarmshop.com) and built one for the Garden Centre at [forestroadgardencentre.com](http://forestroadgardencentre.com). Both have versions for mobile phones.

## Specials

Freedom Rhino Kitchen Roll—4 pack	£1.19 each
Italian Parma Ham 500g pack	£2.99 each
Marinated Bacon Fillets	99p pack
Mr Hugh's Special Baking Oils	£4.49 each
Free Range Egg Lasagne 250g pack	£1.20 2 packs

## PAYPAL Email Threat

If you receive an email that appears to be from PAYPAL and has a Word document attachment DO NOT OPEN IT.

The scammers are at work again and this time have created an email that even has what appears to be a PAYPAL 'From' address. It asks you to confirm some of your personal details using the attached form, but the form itself contains malicious code that could 'steal' your PAYPAL login and password details.

As with all emails, NEVER open an attachment that comes from someone you do not recognise, or from a name that is familiar to you and asks you to confirm personal details via an attachment. Most reputable financial organisations have a help line that you can ring to check that emails are authentic.

£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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