

Smooth operator

CREATIVE methods were used to promote healthy eating and exercise to school-children at Wessex Primary last week.

As part of an all-day focus on healthy food, Berkshire East PCT had arranged for a range of health professionals to come into the school in St Adrian's Close, Cox Green, to promote five-a-day and regular exercise.

One of the big hits with the kids was the Blendavenda - an exercise bike linked up to a smoothie maker which they cycled to blend up their fruity drinks.

There were cookery lessons, advice on teeth cleaning and games to teach the children about the different food groups.

Jacqui Copp, public health dietician from the PCT said the day was also about supporting the teachers in getting the healthy eating message across to kids.

She said: "We like to work with children because we need to reduce child obesity rates. The five-a-day, balanced diet and physical activity messages all go towards helping to stop child obesity."



PEDAL POWER: Joshua Masters, nine, cycles on the Blendavenda smoothie maker, with Michael Martinez-Watt, nine, and Riya Longia, nine. Ref:103502-1



Watch: See our video report online at:

www.maidenhead-advertiser.co.uk

Tenants seek prince's help

DETERMINED tenants of an almshouse earmarked for closure have taken the fight to save their 17th-century homes to royalty.

Residents of the Jesus Hospital in Bray have written to Prince Philip, the Duke of Edinburgh, to gain his support for their campaign.

The Prince is a trustee with The Fishmonger's Company which wants to close the historic almshouses, moving elderly tenants to new homes in the village, and transferring responsibility to Bristol Charities.

Campaigners have also contacted the Prince of Wales to try and enlist his backing.

Celebrities living in the area, including Rolf Harris, Michael Parkinson, Heston Blumenthal and Michel Roux, have already pledged their support for the fight.

An online petition has collected 203 signatures. To sign it visit www.ipetitions.com/petition/jesushospital/signatures-1.html

Save money and save the planet

Is solar energy the way forward for Maidenhead?

By John Balson
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AN ENVIRONMENTAL activist working in Maidenhead believes the town could become a 'solar city' in years to come.

Emily Tomalin, a renewable energy consultant for Transition Town Maidenhead - a community environment group - said solar energy was the future because almost half the houses in the area had the potential to use it and local interest was increasing.

It comes as the organisation launched a solar hot water club on Tuesday - with aims to help residents get started using solar energy by providing them with engineering and cost-feasibility advice.

"We are aiming to give Maidenhead an energy makeover," said Mrs Tomalin, speaking in her kitchen where her Buddhist-monk friend also sat feeding one of her two organic chickens.

"We see Maidenhead as being a solar area, as it is not right for wind turbines."

The 47-year-old, who already has a solar hot water system, studied engineering design and appropriate technology at Warwick University and has worked on some of the largest energy-saving projects in the UK, including a stint at the Centre for Alternative Technology in Wales.

She has lived in Whyteladyes Lane,



SOLAR FUTURE: Emily Tomalin would like residents to consider using solar power as a way to cut costs and protect the planet. Ref:103554-3

Cookham Rise, for the past 12 years and has made several energy-saving and, she says, money-saving modifications to her home.

These include a wood-burning stove, extra roof insulation and using the garden to grow fruit and vegetables.

Her organisation would like to see more solar hot water systems in the estimated 20,000 homes across the Royal Borough they say have the right house shape needed to install it.

The married mother-of-two added that installing a solar panel, which costs £3,500, was for residents seeking a long-term investment rather than quick a return.

The London-born environmentalist has

saved around 42 per cent on her gas bill - around £70 annually, since having it installed last year.

She also quoted figures from the Energy Saving Trust which says that buyers are willing to pay up to £10,000 more for an environmentally-friendly house.

Estimating the system would become profitable for her in around 10 years, she said: "No one says when does a car pay for itself but for some reason they say when does solar hot water pay for itself?"

"We have to have a bigger view of our lives and our planet. "Having a solar hot water system will help you save money as well as help save the world."

Solar hot water systems are currently Europe's fastest growing renewable energy technology and Government grants of up to £400 are available. More details about the solar hot water club and Transition Town Maidenhead can be found at www.transitionmaidenhead.org or by phoning 01628 487011.



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Bollywood and bbq bash

A FIESTA of fun will be on offer at the Holiday Inn on June 28 with Indian dance and fortune-telling.

The Time2Shine fun day at the hotel in Manor Lane, Maidenhead, will feature a barbecue, children's sport, arts and crafts, face paint-

ing, tarot reader and a Bollywood dance. It runs from noon-4pm.

All money raised will go towards the local charity which supports youngsters. Email asa@time2shinecharity.co.uk or call 07730 410777 or 01628 780983.

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