

RaW Sounds Today

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bit.ly/rawsoundstoday



Did you see Elton John wow the crowds at Glastonbury at the weekend? We loved it, and we loved the fact he introduced some special guests that might not be as familiar to you as the Watford-loving singer.

So we're thrilled to have another celebrity endorsement for you this week: Iggy Pop loves the Lambini Girls so much that they are on the same bill as him this weekend.

Find out only by tuning in to the RaW Sounds Today playlist.

We have 10 great tracks for your aural pleasure, and it's available for free on Spotify. Our playlist is a mixture that will help you discover something new.

To hear this week's selection, simply head to <https://bit.ly/rawsoundstoday> and enjoy the music.

There is also a Facebook page and group chat that bands and music fans can tap into. You can search for RaW Sounds Today and it will come up.

Lambini Girls – Boys in the Band

This Brighton three-piece are considered to be one of the hottest new bands around and they certainly showed why when they performed an exciting live set at Reading's Are You Listening? Festival.

They have just released a new EP, You're

Welcome, from which this is taken. Iggy Pop described them as his 'favourite new band' and they are on the bill of the Dog Day Afternoon Festival at Crystal Palace Bowl this Saturday, July 1, which Iggy is headlining – <https://www.facebook.com/LambiniGirlsband>

Heathen Apostles – Gothic Western Haunt

Club Velocity/New Mind Promotions keep bringing very interesting artists to the area and here's another great example. It's an LA-based Gothic Americana band that features ex-members of The Cramps, Radio Noir, The Kings of Nuthin' and Christian Death.

Make sure you get down to Reading face Bar on July 21 for that.

This is a great single they released earlier this year – <https://heathenapostles.com/>

Michael Burns-Peake – 23

Michael is a local singer-songwriter who returns to Wokingham Festival in August following his debut there on the second stage in 2021.

This time he is on the Main Stage opening the proceedings on the Saturday 26. With his original acoustic pop feel songs that should be an ideal way to kick off the weekend. This is his excellent new single which is out now – <https://www.facebook.com/MichaelBPMusic>

That Joe Payne – Falling in Love is Easy

Joe visited Bracknell a few weeks ago to perform a flamboyant uplifting set with his excellent band at the Pride Festival. Here's his latest single with an 80s feel and an earworm chorus – <https://www.thatjoepayne.com/>

Nell Bryden – Hail Mary

Nell was born in New York but now lives in

London and there's a chance to see her live when she visits Wokingham Music Club at Whitty Theatre show on July 7. This is on her latest EP, Believe Again – <https://www.nellbryden.com/>

Jo Bartlett – Floating Through

Jo, from Sandhurst, has just released this new single. With its dreamy feel created by synths, guitars and more she conveys a feeling of floating between an awake and sleepy state – <https://www.facebook.com/JoBartlettMusic>

One Eyed Man – Been Up All Day

One Eyed Man aka Stuart Hutton has been going down well at festivals and gigs throughout the country. This is from his Solstice EP and he will be live at Wokingham Festival in August – <https://www.facebook.com/TheOneEyedManOfficial>

The Wave Machine – Break Away

He grew up in Wokingham and now lives in Cornwall. Here's another of his wonderful singles and will be back in Wokingham to play live at The Grasshopper on July 20 – <https://linktr.ee/thewavemachine>

One Last Day – I'm Here To Stay (Acoustic)

There was a chance to see a stripped-back acoustic performance from this band not too far away, at High Wycombe HMV last week, and their rock set at Wokingham Festival in August – <https://linktr.ee/onelastday>

The Two Ton Shoes – Weight of a Stone

This Reading-based trio's debut single is an excellent slice of blues-based riff-laden rock – <https://linktr.ee/thetwotonshoes>

The 'game-changing' treatment which could transform dental hygiene

A LIME SQUARE dental practice is offering a revolutionary service which is helping patients maintain excellent oral hygiene while identifying problem areas.

Olive Tree Dental, located in Green Park Business Park, is bringing Guided Biofilm Technology (GBT) to the town – a new way to get teeth feeling smoother, cleaner and remain polished for longer.

Branded a game-changer, GBT removes robust plaque which accumulates in the mouth after eating using EMS Airflow technology, which consists of a jet of warm water, ultra-fine powder and compressed air.

The minimally invasive procedure is gentle on sensitive teeth, but still able to displace plaque which even with the most diligent brushing and flossing routines can't get rid of.

Olive Tree Dental is one of only a few practices in Reading which are GBT-certified, with all clinicians completing training to deliver the treatment.

Principal and lead dentist, Dr Ash Zyada, said: "GBT is an invaluable treatment as it enables us to see things we can't see with the naked eye.

"It has become a very popular treatment and I'm very proud of the team for achieving this certification. We want to educate our patients on the importance of oral health as we want to maintain healthy smiles."

Dr Zyada added that a gap of 12-16 weeks between treatments is ideal to get the best results in most cases.

Built-up plaque can cause inflammation of the gums, which is the first sign of gum disease.

Reading Today and Wokingham Today was invited to sample the GBT experience, and the process proved to



ALL SMILES FOR THE CAMERA: Dr Ash Zyada, Lead Principal, and Sam Elrashedy, Operational Director, were both instrumental in Olive Tree Dental's opening in 2020. Below: the entrance to the surgery *Pictures: Olive Tree Dental*

be straightforward from start to finish. With first-time patients given the opportunity to fill out the relevant forms ahead of time, waiting times were minimal. Each step of the process was explained by the dental hygienist, who was more than happy to answer any questions about the technology and provide solutions to individual queries. An initial staining assessment highlighted key areas of concern, with darker shades of purple appearing in places where plaque and tartar have gathered – these tended to be in harder-to-access areas of the mouth. From this, the dentist was able to tailor the patient's oral hygiene routine to target these areas. The GBT and Airflow treatment lasted around 40 minutes, and is suitable for children and adults alike. It is particularly effective for cleaning around orthodontic appliances, such as braces. Olive Tree Dental is a private-led surgery, which puts its success down



Ji-Min's pearly whites before the treatment (top) and after

to 'breaking away from traditional dental clinics'.

It opened its doors to patients in March 2020 after 10 months of renovations which saw the previous Asda click and collect store transformed into a state-of-the-art practice.

It boasts three surgeries and has built up a loyal client base in its three years of activity.

Run as a members-based practice, many patients prefer to have their routine care delivered through one of the various membership plans Olive Tree offers.

From regular check-ups and emergency appointments to teeth whitening and Invisalign correction, a wide range of dental treatments are offered to its clients.

There are also several non-dental services available, including facials, fillers, acne treatment and more.

Prices for the GBT service start from £79, with discounts for Olive Tree Dental members.

■ **For more information and a full list of costings, visit: www.olivetreedental.co.uk**

Ji-Min Lee

Motor show returns this Sunday

BERKSHIRE Motor Show returns on Sunday - as show organiser explains the personal reason why it raises funds for domestic abuse charity **Berkshire Women's Aid**

A CELEBRATION of life on four wheels is coming to Reading this Sunday as the Berkshire Motor Show returns.

Prospect Park is once again the venue for the annual event that will see petrolheads gather to see rare vehicles, enjoy entertainment and mark the golden age of motoring.

This will be the 20th year of the event, and there is more than just wheeled vehicles.

Other attractions include hovercraft rides, a chance to learn more about what life was like in the Wild West, music from the Straight Eight Band, medieval reenactments, a dog show, face painting and a fun fair.

Classic cars and bikes will be on show, as well as trucks and car and bike clubs, with prizes for the best in show.

The event will raise funds for Berkshire Women's Aid, this charity helps Men and Women in Domestic Abuse situations.

Show organiser Steph Awbery said the charity was close to her heart as she was a victim of domestic abuse in the past.

"No one really knows what you go through with the fear and hurt," she said.

"You are kept away from family and friends, told you are no good and always putting you down, you never know if whatever you say is going to kick them off on one – you are walking on eggshells all the time.

"They drain you physically and mentally and take you over."

She is no longer in that situation. "I am happy to say I am now stronger than ever and wish to help others in the same situation by getting the word out about Berkshire Women's Aid," she continued.

"While I have been arranging the show, many people have come forward to say they also were abused. To me this is saying something – this must come out into the open more.

"Since covid, there have been hundreds of calls to the police and to Berkshire Women's Aid Reading for help, not only them but also to West Berkshire council.

"Together we can all help those who are in danger, please come along to the show and support us with a donation. Every little amount helps the charity to help those in need.

"I was lucky to have close friends to help me get out of the situation and the police listened to me and helped."

She added: "My aim is to let others out there know, you can have a better life after Domestic Abuse, and get the help you may need. No one has to suffer in silence any more, as life is too precious and we only get one.

"These Trained people are there for you, to help you, to listen to you, and for you to trust again and to relive your life again.

"We now need to be more open about domestic abuse."

The event runs from 10.30am to 5pm. Entry is free, with a £2 donation asked for car parking.

Help is needed with marshalling. Anyone wanting to help should email: pikes36@btinternet.com, or call: 07780 761779.

It is also not too late to rent a stand or sponsor the event, call Ms Awbery on: 07990 667503, or email: Stephawbery@outlook.com

To contact Berkshire Women's Aid, call its 24-hour helpline on: 08088 010882 or, in an emergency, call 999. The Men's Advice Line 08088 010327.