

## Family Life

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Jousting at Wars Of The Roses Live at Warwick Castle

Coming up **Roses!**By **ADRIAN CAFFERY**

Senior Story Editor (Features)

adrian.caffery@trinitymirror.com  
@adiecaffery

**A** THRILLING show at Warwick Castle is telling the story of the 32-year Wars of the Roses in just 32 minutes!

The Houses of Lancaster and York clash in a medieval-style arena with a 2,000 capacity, which opened for the first time on Saturday.

The Wars Of The Roses Live is Warwick Castle's most ambitious and exciting jousting show ever, with stunt riding, sword fighting, flying fists and special effects.

On entering the arena, visitors are asked to pick a side - will you take your place in the White Rose stand or (if you know your history!) the Red Rose stand.

Two quarrelling knights build a football-style atmosphere, the scene is set by the future Henry VII, and then fearless jousters take to the stage.

The jaw-dropping horseback action is played out to the sound of splintering lances and thundering hooves - and we're all very, very close to the action.

There's Roman riding (standing atop a pair of horses) and out of the saddle tricks as the heroism of the 15th century jousters knows no bounds.

Among them is one woman, who portrays Margaret of Anjou, wife of Henry VI, who owing to her husband's insanity, ruled the kingdom in his place.

There's a good mix of history and action, although some parents may feel a little uncomfortable at times - Richard III's death is quite brutal.

Indeed, it was all a far cry from My Little Pony but, nevertheless, my six-year-old daughter was left open-mouthed from start to finish.



Stunt riding at Wars Of The Roses Live



Cerys Caffery meets 'Margaret of Anjou'

And what really made her day was meeting the characters after the show, including Margaret of Anjou, her new heroine!

Wars Of The Roses Live takes place twice a day all this week and then from Saturday, July 22 to Sunday, September 3.

And best of all, it's included in the price of admission.

My advice is to start queuing early if you want to stand in the centre of the arena, but there is action its whole length so there isn't a bad spot.

The show was the highlight of a great day in which we also climbed the towers and ramparts and then conquered the Horrible Histories Maze.

Plus, we attended a Royal party in private apartments and helped break the curse of a sorcerer who had imprisoned Guy of Warwick in a painting.

There's so much to do you might want to consider staying overnight in the medieval-themed Knight's Village or even inside one of the towers.

Discover more at [www.warwick-castle.com](http://www.warwick-castle.com)

COOKING  
WITH THE KIDS

STRAWBERRY AND CREAM ROULADE

This impressive-looking desert is actually very easy to make and you could even use British strawberries and cream produced by your local farm.

## INGREDIENTS (SERVES 6-8)

5 medium eggs, separated, 150g caster sugar + 2 tbsp, 50g ground almonds, 400g strawberries, halved and 200ml double cream

## METHOD

1. Preheat the oven to 180°C, gas mark 4. Grease and line a 32x23cm Swiss roll tin.
2. Whisk the yolks and sugar until pale and creamy. Stir in the almonds.
3. Whisk the egg whites to stiff peaks and fold into the yolk mixture. Pour into the prepared tin and bake for 20 minutes until golden. Upturn onto a sheet of baking parchment, gently roll up and allow to cool.
4. Meanwhile, place the strawberries, 2 tbsp sugar and 1 tbsp water in a saucepan and cook gently for 5 minutes, allow to cool. Whisk the cream until soft peaks and stir in the strawberry mixture.
5. Unroll the roulade, remove the paper and spread with the strawberry cream and roll up again. Sprinkle with icing sugar.

■ **COOK'S TIP:** Try replacing the strawberries with raspberries or add 25g cocoa powder for a chocolate roulade.

## CRAFTY CREATIONS

SLIME is the latest craze that's slopping and squelching its way into the kids' spare time.

But with some recipes for it out there containing Borax which can irritate and blister the skin, it's important to make it safely. There are lots of recipes around that should be fun to play with and kind to skin! Here's one of them:

## YOU WILL NEED

A cup, a mixing bowl and spoon, cup of cornflour, water and food colouring

## WHAT TO DO

1. Put the mug of cornflour into a mixing bowl and add ½ or ¾ cup of water and stir. Add a few drops of food colouring and mix it all together. Add more water or cornflour to get the right consistency. If you squeeze the mixture it should feel solid, but if you hold it loosely it will flow, more like a liquid.
2. You can stretch it out or roll it into a ball - but don't be tempted to eat it. It's not toxic but it will taste disgusting!

■ From The Boys' Book of Things to Make, Dorling Kindersley