Performance Report for:

https://www.communitychampionsuk.org/
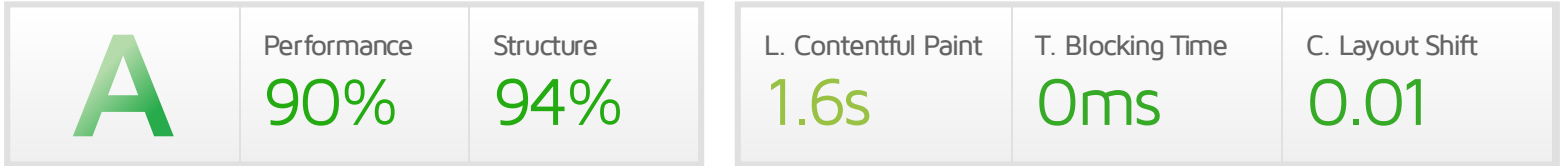
Report generated: Tue, Mar 5, 2024 8:55 AM -0800
Test Server Location: 🇬🇧 London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure		L. Contentful Paint	T. Blocking Time	C. Layout Shift
	90%	94%		1.6s	0ms	0.01

Top Issues

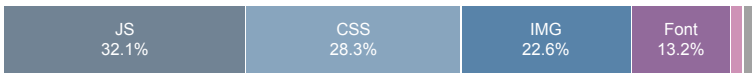| High	Reduce initial server response time FCP LCP	Root document took 846ms
Med	Use explicit width and height on image elements CLS	1 image found
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 174KB
Low	Allow back/forward cache restoration	1 failure reason
Low	Eliminate render-blocking resources FCP LCP	Potential savings of 29ms

Page Details

1.7s
Fully Loaded Time

Total Page Size - 1.22MB

| IMG 776KB | Font 255KB | JS 100KB | CSS 91.9KB | |

Total Page Requests - 53

| JS 32.1% | CSS 28.3% | IMG 22.6% | Font 13.2% | |

- HTML
- JS
- CSS
- IMG
- Video
- Font
- Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**
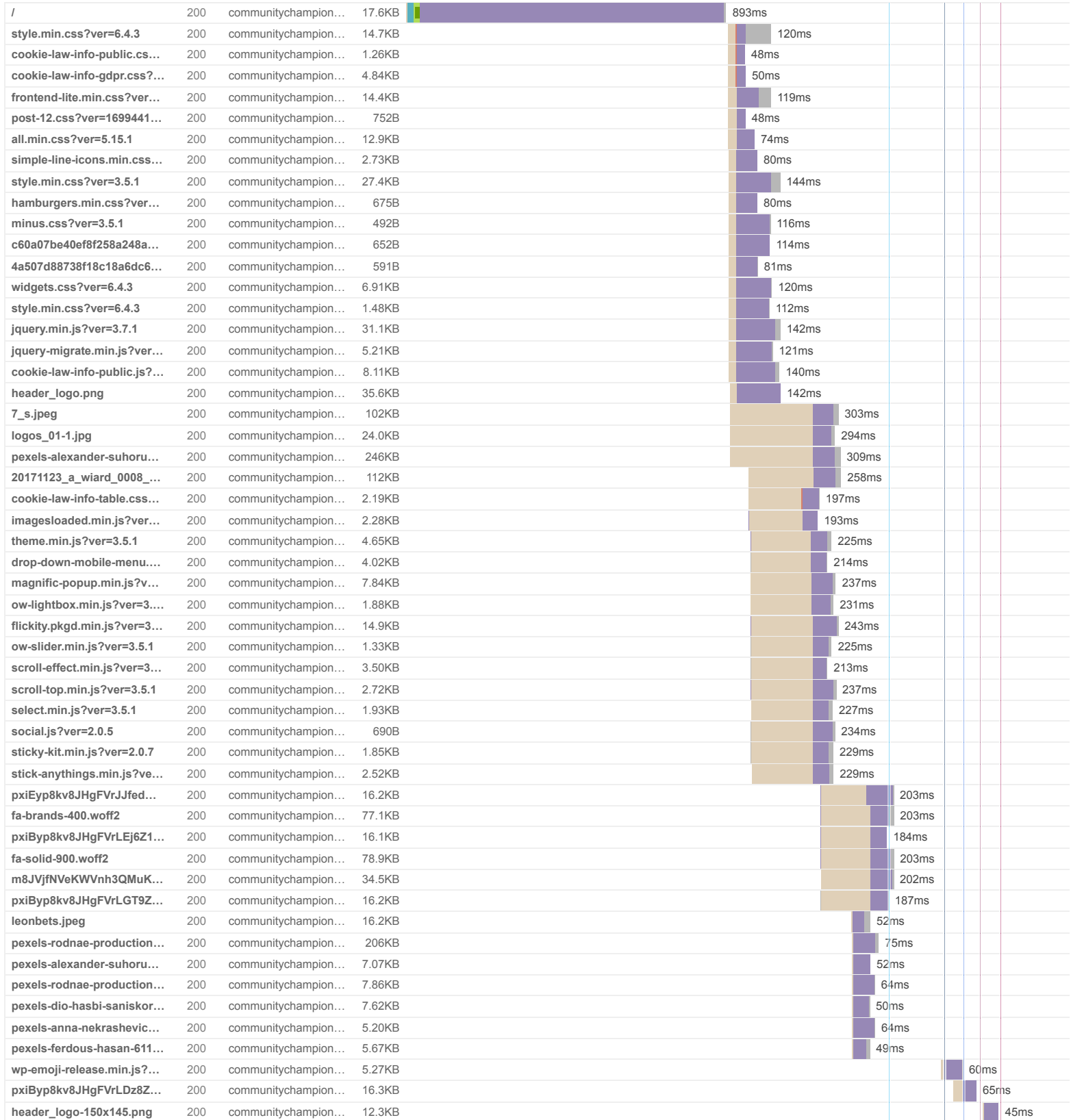
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.
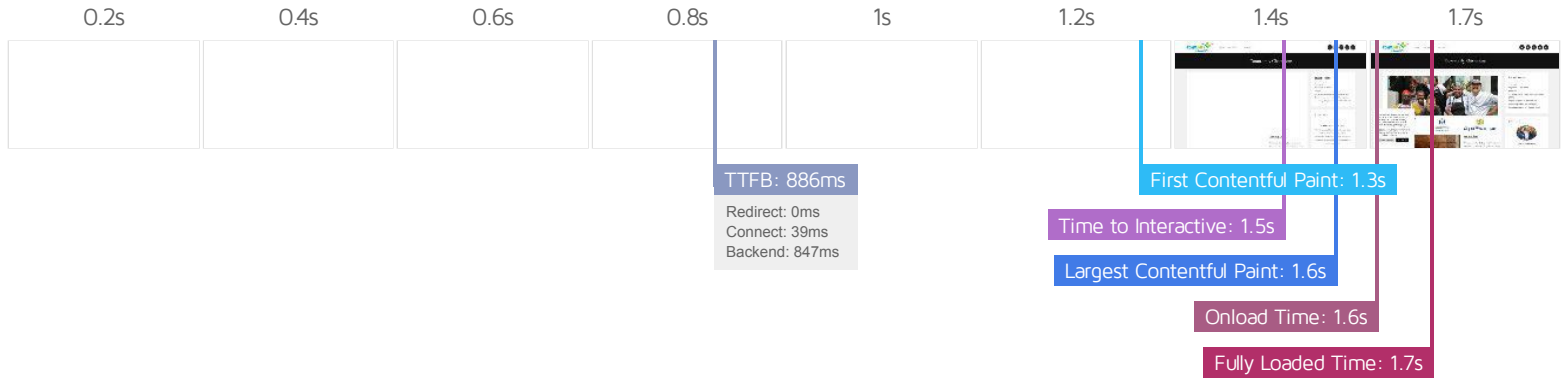
https://carbon60.com/

The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Community Champions - Community Champions Uk

Resource	Status	Host	Size	Time
/	200	communitychampion…	17.6KB	893ms
style.min.css?ver=6.4.3	200	communitychampion…	14.7KB	120ms
cookie-law-info-public.cs…	200	communitychampion…	1.26KB	48ms
cookie-law-info-gdpr.css?…	200	communitychampion…	4.84KB	50ms
frontend-lite.min.css?ver…	200	communitychampion…	14.4KB	119ms
post-12.css?ver=1699441…	200	communitychampion…	752B	48ms
all.min.css?ver=5.15.1	200	communitychampion…	12.9KB	74ms
simple-line-icons.min.css…	200	communitychampion…	2.73KB	80ms
style.min.css?ver=3.5.1	200	communitychampion…	27.4KB	144ms
hamburgers.min.css?ver…	200	communitychampion…	675B	80ms
minus.css?ver=3.5.1	200	communitychampion…	492B	116ms
c60a07be40ef8f258a248a…	200	communitychampion…	652B	114ms
4a507d88738f18c18a6dc6…	200	communitychampion…	591B	81ms
widgets.css?ver=6.4.3	200	communitychampion…	6.91KB	120ms
style.min.css?ver=6.4.3	200	communitychampion…	1.48KB	112ms
jquery.min.js?ver=3.7.1	200	communitychampion…	31.1KB	142ms
jquery-migrate.min.js?ver…	200	communitychampion…	5.21KB	121ms
cookie-law-info-public.js?…	200	communitychampion…	8.11KB	140ms
header_logo.png	200	communitychampion…	35.6KB	142ms
7_s.jpeg	200	communitychampion…	102KB	303ms
logos_01-1.jpg	200	communitychampion…	24.0KB	294ms
pexels-alexander-suhoru…	200	communitychampion…	246KB	309ms
20171123_a_wiard_0008_…	200	communitychampion…	112KB	258ms
cookie-law-info-table.css…	200	communitychampion…	2.19KB	197ms
imagesloaded.min.js?ver…	200	communitychampion…	2.28KB	193ms
theme.min.js?ver=3.5.1	200	communitychampion…	4.65KB	225ms
drop-down-mobile-menu.…	200	communitychampion…	4.02KB	214ms
magnific-popup.min.js?v…	200	communitychampion…	7.84KB	237ms
ow-lightbox.min.js?ver=3…	200	communitychampion…	1.88KB	231ms
flickity.pkgd.min.js?ver=3…	200	communitychampion…	14.9KB	243ms
ow-slider.min.js?ver=3.5.1	200	communitychampion…	1.33KB	225ms
scroll-effect.min.js?ver=3…	200	communitychampion…	3.50KB	213ms
scroll-top.min.js?ver=3.5.1	200	communitychampion…	2.72KB	237ms
select.min.js?ver=3.5.1	200	communitychampion…	1.93KB	227ms
social.js?ver=2.0.5	200	communitychampion…	690B	234ms
sticky-kit.min.js?ver=2.0.7	200	communitychampion…	1.85KB	229ms
stick-anythings.min.js?ve…	200	communitychampion…	2.52KB	229ms
pxiEyp8kv8JHgFVrJJfed…	200	communitychampion…	16.2KB	203ms
fa-brands-400.woff2	200	communitychampion…	77.1KB	203ms
pxiByp8kv8JHgFVrLEj6Z1…	200	communitychampion…	16.1KB	184ms
fa-solid-900.woff2	200	communitychampion…	78.9KB	203ms
m8JVjfNVeKWVnh3QMuK…	200	communitychampion…	34.5KB	202ms
pxiByp8kv8JHgFVrLGT9Z…	200	communitychampion…	16.2KB	187ms
leonbets.jpeg	200	communitychampion…	16.2KB	52ms
pexels-rodnae-production…	200	communitychampion…	206KB	75ms
pexels-alexander-suhoru…	200	communitychampion…	7.07KB	52ms
pexels-rodnae-production…	200	communitychampion…	7.86KB	64ms
pexels-dio-hasbi-saniskor…	200	communitychampion…	7.62KB	50ms
pexels-anna-nekrashevic…	200	communitychampion…	5.20KB	64ms
pexels-ferdous-hasan-611…	200	communitychampion…	5.67KB	49ms
wp-emoji-release.min.js?…	200	communitychampion…	5.27KB	60ms
pxiByp8kv8JHgFVrLDz8Z…	200	communitychampion…	16.3KB	65ms
header_logo-150x145.png	200	communitychampion…	12.3KB	45ms

0.2s	0.4s	0.6s	0.8s	1s	1.2s	1.4s	1.7s

TTFB: 886ms
Redirect: 0ms
Connect: 39ms
Backend: 847ms

First Contentful Paint: 1.3s

Time to Interactive: 1.5s

Largest Contentful Paint: 1.6s

Onload Time: 1.6s

Fully Loaded Time: 1.7s

Performance Metrics

First Contentful Paint

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

Longer than recommended

1.3s

Time to Interactive

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

Good - Nothing to do here

1.5s

Speed Index

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

OK, but consider improvement

1.4s

Total Blocking Time

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

Good - Nothing to do here

0ms

Largest Contentful Paint

How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.

OK, but consider improvement

1.6s

Cumulative Layout Shift

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

Good - Nothing to do here

0.01

Browser Timings

Redirect	0ms	Connect	39ms	Backend	847ms
TTFB	886ms	First Paint	1.3s	DOM Int.	1.5s
DOM Loaded	1.5s	Onload	1.6s	Fully Loaded	1.7s

IMPACT	AUDIT		
Low	**Avoid chaining critical requests** FCP LCP		35 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **1.6s**

INITIAL NAVIGATION

https://www.communitychampionsuk.org/ 17.6KB, 891ms

https://www.communitychampionsuk.org/wp-content/plugins/ocean-social-sharing/assets/css/style.min.css?ver=6.4.3 1.48KB, 97ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/theme.min.js?ver=3.5.1 4.65KB, 59ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/css/style.min.css?ver=3.5.1 27.4KB, 129ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/ow-lightbox.min.js?ver=3.5.1 1.88KB, 64ms

https://www.communitychampionsuk.org/wp-content/plugins/ocean-stick-anything/assets/js/stick-anythings.min.js?ver=2.0.7 2.52KB, 60ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/vendors/magnific-popup.min.js?ver=3.5.1 7.84KB, 71ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/select.min.js?ver=3.5.1 1.93KB, 60ms

https://www.communitychampionsuk.org/wp-content/plugins/ocean-social-sharing/assets/js/social.js?ver=2.0.5 690B, 65ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/drop-down-mobile-menu.min.js?ver=3.5.1 4.02KB, 48ms

https://www.communitychampionsuk.org/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.17.2 14.4KB, 105ms

https://www.communitychampionsuk.org/wp-content/plugins/cookie-law-info/legacy/public/js/cookie-law-info-public.js?ver=3.1.6 8.11KB, 123ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/css/third/simple-line-icons.min.css?ver=2.4.0 2.73KB, 65ms

https://www.communitychampionsuk.org/wp-includes/js/imagesloaded.min.js?ver=5.0.0 2.28KB, 45ms

https://www.communitychampionsuk.org/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-public.css?ver=3.1.6 1.26KB, 34ms

https://www.communitychampionsuk.org/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3 14.7KB, 105ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/css/third/hamburgers/hamburgers.min.css?ver=3.5.1 675B, 65ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/ow-slider.min.js?ver=3.5.1 1.33KB, 58ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/css/third/hamburgers/types/minus.css?ver=3.5.1 492B, 100ms

https://www.communitychampionsuk.org/wp-content/uploads/elementor/css/post-12.css?ver=1699441005 752B, 34ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/scroll-effect.min.js?ver=3.5.1 3.50KB, 45ms

https://www.communitychampionsuk.org/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 5.21KB, 106ms

https://www.communitychampionsuk.org/wp-content/plugins/ocean-stick-anything/assets/js/vendors/sticky-kit.min.js?ver=2.0.7 1.85KB, 60ms

https://www.communitychampionsuk.org/wp-content/plugins/ocean-extra/assets/css/widgets.css?ver=6.4.3 6.91KB, 105ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/scroll-top.min.js?ver=3.5.1 2.72KB, 70ms

https://www.communitychampionsuk.org/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-table.css?ver=3.1.6 2.19KB, 49ms

https://www.communitychampionsuk.org/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 31.1KB, 127ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/vendors/flickity.pkgd.min.js?ver=3.5.1 14.9KB, 77ms

https://www.communitychampionsuk.org/wp-content/plugins/cookie-law-info/legacy/public/css/cookie-law-info-gdpr.css?ver=3.1.6 4.84KB, 35ms

https://www.communitychampionsuk.org/wp-content/uploads/oceanwp-webfonts-css/4a507d88738f18c18a6dc6510e856cf0.css?ver=6.4.3 591B, 65ms

https://www.communitychampionsuk.org/wp-content/uploads/oceanwp-webfonts/m8JVjfNVeKWVnh3QMuKkFcZVaUuC.ttf 34.5KB, 80ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/fonts/fontawesome/css/all.min.css?ver=5.15.1 12.9KB, 59ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/fonts/fontawesome/webfonts/fa-solid-900.woff2 78.9KB, 81ms

https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/fonts/fontawesome/webfonts/fa-brands-400.woff2 ⧉ 77.1KB, 81ms

https://www.communitychampionsuk.org/wp-content/uploads/oceanwp-webfonts-css/c60a07be40ef8f258a248a492dd87245.css?ver=6.4.3 ⧉ 652B, 99ms

https://www.communitychampionsuk.org/wp-content/uploads/oceanwp-webfonts/pxiByp8kv8JHgFVrLDz8Z1xlEA.ttf ⧉ 16.3KB, 40ms

https://www.communitychampionsuk.org/wp-content/uploads/oceanwp-webfonts/pxiByp8kv8JHgFVrLGT9Z1xlEA.ttf ⧉ 16.2KB, 66ms

https://www.communitychampionsuk.org/wp-content/uploads/oceanwp-webfonts/pxiEyp8kv8JHgFVrJJfedw.ttf ⧉ 16.2KB, 81ms

https://www.communitychampionsuk.org/wp-content/uploads/oceanwp-webfonts/pxiByp8kv8JHgFVrLEj6Z1xlEA.ttf ⧉ 16.1KB, 62ms

Low	Avoid an excessive DOM size TBT	554 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		554
Maximum DOM Depth	Notting Dale `<img decoding="async" width="2560" height="1706" src="https://www.communitychampionsuk.org/wp-content/uploads/2022/07/pexels-ale…" class="attachment-post-thumbnail size-post-thumbnail wp-post-image" alt="Notting Dale" style="object-fit:cover;" srcset="https://www.communitychampionsuk.org/wp-content/uploads/2022/07/pexels-ale…" sizes="(max-width: 2560px) 100vw, 2560px">`	17
Maximum Child Elements	body.home `<body class="home page-template-default page page-id-796 wp-custom-logo wp-embed-respon…" itemscope="itemscope" itemtype="https://schema.org/WebPage">`	23

Low	Avoid enormous network payloads LCP	Total size was 1.22MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/pexels-alexander-suhorucov-6457563-1536x1024.jpg	247KB
https://www.communitychampionsuk.org/wp-content/uploads/2018/10/pexels-rodnae-productions-6647037-1536x1024.jpg	206KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/20171123_a_wiard_0008_original.jpg	112KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/7_s.jpeg	102KB
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/fonts/fontawesome/webfonts/fa-solid-900.woff2	78.9KB
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/fonts/fontawesome/webfonts/fa-brands-400.woff2	77.1KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/header_logo.png	36.0KB
https://www.communitychampionsuk.org/wp-content/uploads/oceanwp-webfonts/m8JVjfNVeKWVnh3QMuKkFcZVaUuC.ttf	34.5KB
https://www.communitychampionsuk.org/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	31.1KB
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/css/style.min.css?ver=3.5.1	27.4KB

Low	Properly size images	Potential savings of 540KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/pexels-alexander-suhorucov-6457563-1536x1024.jpg	246KB	216KB
https://www.communitychampionsuk.org/wp-content/uploads/2018/10/pexels-rodnae-productions-6647037-1536x1024.jpg	206KB	181KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/20171123_a_wiard_0008_original.jpg	112KB	109KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/7_s.jpeg	102KB	34.5KB

Low	Efficiently encode images		Potential savings of 4.55KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/logos_01-1.jpg	23.6KB	4.55KB

Low	Avoid long main-thread tasks TBT	2 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
• https://www.communitychampionsuk.org/	1.1s	108ms
• https://www.communitychampionsuk.org/	912ms	51ms

Low	Reduce JavaScript execution time TBT	104ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• https://www.communitychampionsuk.org/	287ms	43ms	1ms
• Unattributable	285ms	16ms	0ms
• https://www.communitychampionsuk.org/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	74ms	41ms	1ms

Low	Reduce unused CSS FCP LCP	Potential savings of 67.6KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/css/style.min.css?ver=3.5.1	27.4KB	26.1KB
• https://www.communitychampionsuk.org/wp-content/plugins/elementor/assets/css/frontend-lite.min.css?ver=3.17.2	14.4KB	14.4KB
• https://www.communitychampionsuk.org/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3	14.7KB	14.4KB
• https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/fonts/fontawesome/css/all.min.css?ver=5.15.1	12.9KB	12.8KB

Low	Serve images in next-gen formats	Potential savings of 326KB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/pexels-alexander-suhorucov-6457563-1536x1024.jpg	246KB	100KB
https://www.communitychampionsuk.org/wp-content/uploads/2018/10/pexels-rodnae-productions-6647037-1536x1024.jpg	206KB	85.2KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/7_s.jpeg	102KB	50.9KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/20171123_a_wiard_0008_original.jpg	112KB	40.9KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/header_logo.png	35.6KB	26.6KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/07/logos_01-1.jpg	23.6KB	14.3KB
https://www.communitychampionsuk.org/wp-content/uploads/2022/12/leonbets.jpeg	15.7KB	8.41KB

Low	Avoid non-composited animations CLS	2 animated elements found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME

Accept All

```
<a id="wt-cli-accept-all-btn" role="button" data-cli_action="accept_all" class="wt-cli-element medium
cli-plugin-button wt-cli-accept-all-btn cookie_actio…" style="color: rgb(255, 255, 255); background-
color: rgb(0, 0, 0);">
```

Unsupported CSS Property: background-color	background-color

Cookie Settings

```
<a role="button" class="medium cli-plugin-button cli-plugin-main-button cli_settings_button"
style="margin: 0px 5px 0px 0px; color: rgb(51, 51, 51);">
```

Unsupported CSS Property: color	color
Unsupported CSS Property: background-color	background-color

N/A	Largest Contentful Paint element LCP	1,550 ms

This is the largest contentful element painted within the viewport.

ELEMENT

article.single-page-article > div.entry > figure.wp-block-image > img.wp-image-790

```
<img decoding="async" width="990" height="343" src="https://www.communitychampionsuk.org/wp-
content/uploads/2022/07/7_s.jpeg" alt="" class="wp-image-790" srcset="https://www.communitychampionsuk.org/wp-
content/uploads/2022/07/7_s.jpeg 9…" sizes="(max-width: 990px) 100vw, 990px">
```

PHASE	% OF LCP	TIMING
TTFB	57%	886ms
Load Delay	16%	246ms
Load Time	5%	73ms
Render Delay	22%	344ms

N/A	Avoid serving legacy JavaScript to modern browsers TBT	Potential savings of 524B

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL		POTENTIAL SAVINGS
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/ow-slider.min.js?ver=3.5.1		114B
Line:0 Column:1558	@babel/plugin-transform-classes	
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/ow-lightbox.min.js?ver=3.5.1		78B
Line:0 Column:3184	@babel/plugin-transform-classes	
https://www.communitychampionsuk.org/wp-content/plugins/ocean-stick-anything/assets/js/stick-anythings.min.js?ver=2.0.7		77B
Line:0 Column:1196	@babel/plugin-transform-classes	
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/select.min.js?ver=3.5.1		64B
Line:0 Column:3968	@babel/plugin-transform-classes	
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/scroll-top.min.js?ver=3.5.1		52B
Line:0 Column:7590	@babel/plugin-transform-classes	
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/scroll-effect.min.js?ver=3.5.1		50B
Line:0 Column:10282	@babel/plugin-transform-classes	
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/drop-down-mobile-menu.min.js?ver=3.5.1		49B
Line:0 Column:11561	@babel/plugin-transform-classes	
https://www.communitychampionsuk.org/wp-content/themes/oceanwp/assets/js/theme.min.js?ver=3.5.1		40B
Line:0 Column:18108	@babel/plugin-transform-classes	

N/A	**Avoid large layout shifts** CLS	5 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
About Us COMMUNITY CHAMPIONS The Community Champions programme builds on the sk… `<div id="ocean_about_me-1" class="sidebar-box widget-oceanwp-about-me about-me-widget clr">`	0.00
The Community Champions programme builds on the skills and knowledge of local c… `<div class="oceanwp-about-me-text clr">`	0.00
Report on paan and smokeless tobacco product use amongst Bangladeshi women: Chu… `<li>`	0.00
Report on paan and smokeless tobacco product use amongst Bangladeshi women: Chu… `<a class="wp-block-latest-posts__post-title" href="https://www.communitychampionsuk.org/report-on-paan-and-smokeless-tobacco-…">`	0.00
Social links `<div class="oceanwp-social-menu clr social-with-style">`	0.00

N/A	**Minimize main-thread work** TBT	Main-thread busy for 740ms

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	385ms
Script Evaluation	146ms
Style & Layout	137ms
Parse HTML & CSS	45ms
Rendering	17ms
Script Parsing & Compilation	8ms

N/A	**User Timing marks and measures**

No user timings and/or marks found.

N/A	**Reduce the impact of third-party code** TBT

Nothing to do here, good job!