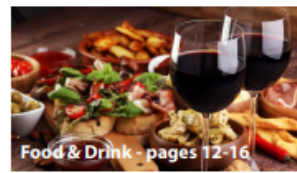




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The

Trailway

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ONCHAN, LAXEY & EAST IOM EDITION

Issue #1



Chris Packham talks about
local wildlife - page 5

Welcome to the first edition of *The Trailway*, going through-the-door of every household in the fantastic community of Onchan, Laxey and the East of the Isle of Man. Here at Harmony Homes Estate Agents, we all live and work within the local area and value making connections right across the conurbation. By producing this community paper, we hope to contribute to the local area and enhance the experience of being resident in the area.

We have launched this community paper to reach out to everybody in the region, to inform and entertain. Content wise, we're seeking to blend a little bit of local interest, with general interest articles covering the arts, entertainment, health and well-being, food and drink and many other subjects from further afield.

In this issue we have an interview with Chris Packham, about the local wildlife in a round the Isle of Man.

We also catch up with Ore Abuda, the former BBC Sports presenter and Strictly champion. Other celebrity catch-ups include Sandi Toksvig and impressionist Alistair McGowen. We also have features on local food, drink, events and business.

We hope to have included something for everyone and we'd love to hear what you think, how we might improve and what you'd like to see in future editions. Please also enter our competitions and feel free to pop into see us in Victoria Street, Douglas, should you be passing by, to say hello...

Until next time...

Paul McArd
Harmony Homes Estate & Letting Agents



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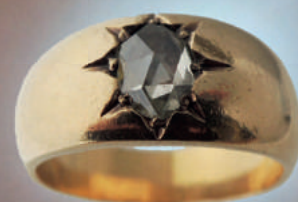
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BUCKLE UP - BOURNEMOUTH AIR FESTIVAL IS COMING INTO LAND...

The skies of Bournemouth will host displays from the awesome RAF Red Arrows and the mighty Typhoon, SallyB and The Blades to name but a few, supported with a multitude of land, sea and air Royal Navy assets, Pier-to-Pier county show trading stalls and Wave105 staging three nights of music, including a 'proms on the beach' style concert, the best chart acts and a celebration of dance music.



New performances for 2016 come from the B25 Mitchell Bomber, Strike Master and awe-inspiring Swiss Air Force Super Puma Helicopter Display Team.

The Red Arrows will be performing at the festival and visitors can see the breath-taking team in action at the set time of 1545 (3.45pm) on all four days.

With the presence of Admiral Sir George Michael Zambellas, First Sea Lord and Chief of the Naval Staff of the Royal Navy at last year's event, the Navy's ongoing commitment to the festival is confirmed with four warships, a large amphibious command ship complete with helicopters, Royal Marines and landing craft and Royal Navy Black Cats helicopter display team.

The famous amphibious beach assault demonstrations and beachfront Royal Navy Village are back again, all bolstered tremendously by world class music from the Royal Marines Band, HM RM Band Collingwood.

RAF assets alongside the Red Arrows and Typhoon will be the Battle of Britain Memorial Flight and fantastic interactive RAF Village.

Last seen in 2013, the Breitling Wingwalkers are returning with the ever-popular Tigers Parachute Team making daily jumps from an amazing 6,000 feet freefalling at an incredible 120mph! Not forgetting the SallyB, Twister Duo and The Blades.

A revamped Night Air programme welcomes a mini tattoo on the East Overcliff (Thursday, Friday and Saturday evening) with the brilliant RAF Queens Colour Squadron, alongside the Royal Navy Beat Retreat sunset ceremony and unarmed combat displays by the Royal Marines.

In the skies will be fantastic dusk displays from the Red Devils and O'Briens Flying Circus starring Otto The Helicopter, as well as Team Fire Flies and Aerosparx, both bringing formation flying and pyrotechnics to the evening display programme.

This year's Night Air entertainment, with Wave105, runs across three nights (Thursday 18, Friday 19 and Saturday 20 August). It includes fireworks at 10pm on Friday and Saturday, along with three fantastic music nights created to spread the entertainment across all generations.

Thursday evening will be a very British affair with a 'Musical Spectacular' performed by the Band of Her Majesty's Royal Marines Collingwood, Friday night is 'Pop Night', sponsored by Shorefield Holiday Parks and Saturday night 'Sunset on the Beach' is the official, not-to-be-missed, beach party with Halo.

With day and night time entertainment on land, out at sea and in the air, displays from old favourites, a Bournemouth debut for some new faces as well as a great soon-to-be-announced Wave105 line up, the 2016 Air Festival is certainly set to be the event of the summer!



NIGHT AIR AT THE PIERS
WAVE 105 & HALO PRESENT

SUNSETS
ON THE BEACH

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SATURDAY 20TH AUGUST 2016

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Celia Sawyer pops up in Ashley Cross

Bringing a little more glamour and celebrity to Ashley Cross than you'd usually expect; TV personality and Sandbanks-based businesswomen Celia Sawyer has opened a popup shop, located at 103 Commercial Road, open to the public throughout August 2016.

Displaying items for sale from some of her luxury interiors, the popup shop (formerly the Black and White Motor Company showroom) is open for a month, with Celia often on-hand to talk through some of the pieces with interested shoppers.

With a successful TV career, businesses in interior design, jewellery, furniture, property development and a busy charity diary (not to mention a husband and children to keep an eye on), it's a wonder that Celia Sawyer's hectic schedule opened up, just enough to open the shop for a month, but thankfully it did, with the result well worth a visit.

Returning to *Channel four* for a new series later this year, comes *Four Rooms*, featuring Celia, alongside other real-life 'dealers', buying unique items for the best price, whilst trying to outwit each other.

Much more than just normal a TV programme, *Four Rooms*, like *Dragon's Den*, sees real money being spent, so apart from a strategy to defeat the 'male' traders, what else does Celia look for in what she's buying?

"Sometimes I buy things because I love them and I don't care that I don't have a buyer for that piece in mind at the moment. Sometimes, I like to hang onto some items for a while before moving them on or I'll have a specific client in mind when I buy something, who might have a collectibles cabinet of curiosities and I'll know what they'd be prepared to pay and I'll base negotiations on that. If I think I've got a really good deal, I'll go for it."

For more information about Celia visit www.celiasawyer.com



Alicia Keys

Speaks to Mark Collins of Wave 105

Alicia Keys has made the headlines lately, not just for her recent performance at the UEFA Champions League Final, but for a 'make up free' photo shoot. Embracing a hot topic on social media, the #nomake-up movement.

The 15-time Grammy Award winner, New York Times bestselling author, fashion designer and charity founder is the ultimate #girlboss. She has squeezed a lot into her 35-years; she released the make up free images to accompany her latest single, 'In Common'.

On a UK tour to promote the brand new single, Alicia called into Wave 105 to speak to presenter Mark Collins.

She said, "When I went in for the recent photo shoot, I had come straight from the gym, I had my baseball cap on, scarf and sweat shirt. The photographer, Paola, said 'I HAVE to shoot you now, with this fresh face.' I was shocked because I hadn't even got ready.

At first, I felt intimidated, I thought I was going to feel naked (without any make up on) but when I got out there I felt so good and not as naked as I thought I was going to feel. When I saw the photos, I recognized MYSELF and I really saw MYSELF and honestly there are not many pictures where my self comes through, my true self. My 'perfections' show through."

The video for "in Common" also takes a different route, creatively: "It is very simple and also all about the negative space which is really powerful. You think you need to fill every moment with 'something' but there is something so much more powerful when you don't. That is why the video feels so strong because of the negative space and because of what we didn't fill. It feels strong and purposeful; it is my most favourite video I have ever done.

"It features the right amount of New York (in all my videos I just love to have New York elements) the right amount of subtleties, the right amount of uplifting, triumphant, 'being yourself' celebration and of course the right amount of truthful soul."

Alicia has some serious tunes under her belt, and the latest single has the making of a true classic; "I have never consciously wrote empowerment anthems, they have been out of sheer desperation at the time to believe that I was that. Even when I wrote 'Super Woman' it was to help me know that I am that."

With the new album released this year, still to be named. Alicia found inspiration in an unusual way:

"I wrote a lit of things that annoy me - I would encourage all readers to do this! One day I might publish that list! I am pretty much an optimist so that was why it was important for to write this list. This album has a lot to grab on to - lyrically I have gone further, musically I have gone further. I don't want to tell you what is on the album as I want you to because I want you to just feel it and go inside and feel it - it is aggressive in a musical way that I am loving!"

Alicia is the co-founder of the children's charity, 'Keep a Child Alive', she started 15 years ago after the release of her first album.

She explains, "The charity provides medicine and treatment for children and their families that have HIV or AIDS. With a focus in Africa, 'Keep a Child Alive' helps those who are too poor to afford medicine they need. "I am an activist at heart and work hard to honor my truth. As young people we are more fired up than ever, and engaged with politics. We need to show the government that young people are in control that young people are there to move the country forwards."

Alicia Keys recently became the first-ever musical artist to perform at the UEFA Champions League final that took place at the San Siro Stadium in Milan on May 28. "It was so alive - I tried to capture the energy on any number of my numerous social media platforms, but some things you just can't capture, you just have to experience it. I was the first musical artist to ever perform at the game, so it was a venture into new territory but I found it so rewarding and I felt so good, grounded and clear. I found the fans to be really excited and in the zone - we were all in this space and looking forward to what was coming."



Alicia Keys dropped into the Wave 105 studio to promote her latest single 'In Common', find out more at www.wave105.com

TRAVIS

Travis – however much we might think we know about them – aren't like other bands. It's not that they lack ambition: they've existed now for nearly a quarter of a century, and you don't continue working as a band unless you have something to contribute that's as significant as in your early days.

But there's something different about these four men. It's something that's kept them together as a band for 20 years, something that's kept them writing and recording songs that have in turn kept them in the hearts of music fans around the world. It's arguably indefinable, no doubt the result of the consolidation of many factors, but at its heart lies one rare but remarkable quality: modesty.

When *THE QUAY* caught up with Dougie Payne, the bassist and backing vocalist of the Scottish band Travis, modesty is one element to his personality that really shone through. You really could be talking to any, normal, lovely guy – not a top-selling artist who has not only been at the forefront of the music industry for a quarter of a decade, but also paved the way for top bands such as Cold Play and Keane.

"We have spent most of the 20-odd years with our back to the music industry, forming a cottage industry. Doing what we love, continuing making music," explains Payne when asked about the band's success.

Currently in the midst of a sell-out worldwide tour, which stops in Bournemouth as part of Wave 105's programme of Bournemouth Air Festival 'Night Air At The Piers' entertainment on Friday 19 August.

"It is one of the best tours we have ever done, we are 30 shows in now and are about to fly out to Japan, South Korea and Taiwan." "The four of us have been friends for 26 years, we were friends for five or six years before forming the band so that gave us a strong foundation in which the band revolves and still remains today. "We've had well documented ups and downs in the past but friendships is still the pivotal point of the band, friendship is what the band orbits around. We've learned to have the emotional intelligence to make sure of that, to put the friendships before the band in many respects.



"There are not many bands that have had the same members with no changes for such a long time as we have – the only other one we know of is Radiohead."

With such a long service to the music industry under their belts, and the constant touring, surely Travis has some memorable moments to look back on:

"Headlining Glastonbury in the summer of 2000 was probably my most memorable moment in the band but also it went in a blur. I was so incredibly nervous before we went on stage as it was the biggest show we had ever done back then, I was standing in the wings of the stage thinking I was going to be sick. I can remember walking on to the stage with Fran (Healy) to do the first encore and feeling pure terror as we had planned to do 'Hit me Baby one more Time' by Britney Spears, and I wasn't sure how well it would be received... it went down a storm thank goodness. David Bowie headlined on the Sunday night – which was amazing as I have been Bowie obsessed since the age of five. My sister first played 'Hunky Dory' to me and I was hooked, it opened up a light inside of me, which has lasted my entire life. It was a huge shock and sadness to lose him at the start of the year."

"When the news broke, my young son, Freddie, came to me and said 'David Bowie is playing on the radio'. I had to explain to him that Bowie had died and we spent the day crying and listening to his music. Dougie and his band mates seem to have a never ending energy for touring, on top of the sell-out, international tour this year, they are doing the festival rounds including Glastonbury, all of the V Festival locations, Isle of Wight Festival, Car Fest North as well as far more out of the UK."

"We love playing festivals, 90% of a show is the crowd and at a festival it elevates it to something special. The audience is always fantastic. They are ready to have a good time and enjoy the weekend. They also are not shy to sing along to the songs at the top of their voices – being in the large crowd means they lose their inhibitions, it is a liberating feeling. The other great thing about festivals is that we get to play to people who wouldn't normally buy a ticket and seeing their attitude change as they warm up begin to enjoy the show is fantastic. We are really looking forward to playing in Bournemouth, we have played there a few times and it is always a great show. We have played on a beach a few times including in Dubai and also the Faroe Islands in the North Sea – so it will be interesting to compare to playing at Night Air."

"The front row of our shows tends to be filled with young people – the crowds themselves are a real mix of old and young. We have noticed a lot of parents coming with their teenagers, which is great. Maybe their parents were into our music and they listened to it when they were young. I am a great believer that the music you listen to as a young child is engrained into your DNA, just like me with David Bowie."

When listening to Travis's hit singles such as 'Sing', 'Driftwood', 'Why does it always rain on me', 'Flowers in the window' (the list goes on!), it is hard to believe that they are even a year old, let alone 16 years old. The music and the lyrics sound so fresh and current.

"Music doesn't abide by time, songs are timeless. If they have the right emotional or visual quality they retain their freshness, the Beatles are a great example of this."

"Song writing is like mining, you have to dig a lot of dirt before you find that one nugget of gold. Even if it's really small, you can stretch it to something amazing – even just a few seconds of melody, a chord change and change of phrase, as long as it draws the interest of the band it can be made into something really special."

So what does the next 20 years hold for Travis?

"We are in a good place at the moment, we are really enjoying playing live and are 30 shows into the tour. It is the one we have ever done. When we return from the tour, we will head straight to the studio to capture all the inspiration we have gained from the shows and translate into new songs. It is easy to quickly forget so it is important to get it all recorded as soon as possible."

HITS ON THE BEACH

Wave 105, the south's biggest radio station and official radio partner of Bournemouth Air Festival, is thrilled to announce current chart stars Imani Williams and Calum Scott, will be joining Travis at Wave 105 Night Air "Hits On The Beach" event at Boscombe Pier this August.



Bournemouth Air Festival "Night Air At The Piers" entertainment in conjunction with Wave 105 and sponsored by Shorefield Holiday Parks, will run across three nights (Thursday 18, Friday 19 and Saturday 20 August) offering a range of music to suit all tastes and ages, supported by stunning night flying displays.

Rising star Imani Williams is the vocalist on DJ Sigala's number one hit 'Say You Do' also featuring DJ Fresh and will be performing at Wave 105 Night Air on Friday 19. Britain's Got Talent star Calum Scott is currently the most successful new British recording artist of the year and has also confirmed he will be performing at this year's Wave 105 night 'Hits on the Beach' also on Friday night.

On Saturday August 20, dance music returns to Wave 105 Night Air, under a new name "Sunsets On The Beach" - The Official Air Festival Beach Party. Wave 105 has teamed up with Halo to present headliners Example and DJ Wire, with support from Blonde, plus DJ's Jaguar Skills and Majestic - a line up guaranteed to get the crowd dancing on the sand against the backdrop of the setting sun over Boscombe beach.

"Proms on the Beach", hosted by Wave 105's Kate Weston, returns to Night Air for the second year running on Thursday August the 18th. After hugely positive feedback last year, "The Band of Her Majesty's Royal Marines Collingwood" returns for a very British affair by the water's edge.



Wave 105 will be announcing further Night Air acts over the coming weeks. Listen out to hear who will be performing on the south coast this summer. Tickets are priced from just £10 from www.wave105.com/nightair or the BIC.

OLLY MURS

Olly Murs is far and away one of the most unexpected success stories to come out of The X Factor. Since starring in but being pipped to the post back in 2009, he has been making every woman of the UK's 'Heart Skip a Beat' and has a particularly large following of yummy mummy fans! The 32-year-old musician's career has gone from strength to strength to include TV presenting as well as performing.

The 'Dance with me tonight' star has just released his much-anticipated fifth studio album. It serves as the follow-up to 2014's 'Never Been Better', which peaked at number one in the UK and sold nearly a million copies.

Olly visited the south's leading radio station as part of his radio tour to promote his new single which is out now. Olly performed his first single of the new album, 'You Don't Know Love' live on air and chatted to Wave 105's Mark Collins.

"It is always surprising hearing your own song on the radio – even now" said Olly.

"I recorded the song in March-time in a studio in the Fulham area of London and now, five or six months later, I am hearing it on the radio, it is crazy. "It is really embarrassing though when I'm walking into a supermarket (looking a mess, maybe a bit

hung-over, in my tracksuit and messy hair) doing a bit of shopping and suddenly the music stops and they play my song over the sound system..."

"One time, I was with my nan and Granddad, doing a bit of shopping in Debenhams, they stopped the music and put on my album as they knew I was there- I was embarrassed. It was really nice but I was minding my own businesses and wanted to do shopping with my family.

"However, I am always grateful though, as one day I might not have that opportunity, to be recognized in public- when I'm in my 40s or 50s, people might not ever play my music again. So when it happens now, it's a lovely thing.

"The funny thing is, when I am out and about doing 'normal' things, people always ask me 'what are you doing here' and find it really funny. People think I don't do that sort of thing...shopping, but I am just like I've always been."

Olly's career in show businesses skyrocketed after he was a contestant on The X Factor. He went from working in the recruitment sector to chart topper, seemingly overnight.

"When my X Factor journey ended, I needed to make some money and fast- I had some debt and bills and technically I was self employed as I had left my job for the show.

"My plan was to work really, really hard and see where it took me. I was always ambitious – I wanted to be a success and I didn't want it to end. I got signed by a record company a month or so after The X Factor and the next step to write an album. I had never written a song in my life and I was faced with writing an entire album in a studio, from scratch. I remember thinking, 'How do I write an album, that is going to go on the radio, people need to buy this.'

"It has got so much easier, it is a way of life now and it has become my job, I love it. I love writing, touring. Sometimes it gets a bit monotonous but the pros outweigh the cons – it is the best job in the world and I feel so lucky to be doing it.

"The thing is for me, all the money in the world, wouldn't make a job worthwhile if I didn't enjoy it. I am very fortunate to be in the position I am in, I just love my job, love singing, love performing it is the best job ever."

Olly Murs dropped into the Wave 105 studio to promote his latest single 'You Don't Know Love', find out more at www.wave105.com

Rhydian rose to fame as a runaway success on ITV's X Factor and has sold in excess of a million albums worldwide. He has released six albums and performed with some of the biggest names in the music industry including Michael Bublé, Taylor Swift, Enrique Iglesias, Celine Dion and Nicole Scherzinger.

Rhydian's many theatre credits include Grease, We Will Rock You, The War Of The Worlds, Jesus Christ Superstar and the 40th Anniversary Tour of The Rocky Horror Show. Rhydian has just completed his third solo UK tour and is a Classical Brit Award nominee. He is currently touring the UK in Little Shop of Horrors.



Rhydian Roberts

When did you first realise you could sing?

"I was born and bred in Wales, the land of song. Growing up, we were always encouraged to compete in singing competitions, which were a big part of the culture in Wales. Essentially, you perform a song for a panel and I learnt very quickly to stand up and sing in front of people; I liked the attention to be honest."

"When I was 14, my mum took me to see an opera in my town. As soon as I got home, I started to mimic the sounds I heard in that beautiful opera and my parents said 'you've got a sound there', so I started getting professional tuition. Then, for my gap year, I went to South Africa and was trained by one of the best tenors in the country."

Did you always want to be in musicals?

"It was my passion growing up. The main reason I went on television was so that casting directors would see me so I could be on the stage. I never thought in a million years that I would get a recording contract. Theatre has been, and still is, my biggest love and the way I sing is quite theatrical, so that helped me to be seen for roles."

What is it you love and hate most about touring?

"I love the fact you get different audiences each time; I really enjoy seeing how they change with each place."

The further north you go, the more vocal the reaction. Then, when you hit Glasgow, they get crazy! It's fascinating for an actor to experience that.

"I don't enjoy the arduous task of finding digs and booking hotels, but that's the small price you pay for doing an amazing job that you love."

What attracted you to this show Little Shop of Horrors?

"The Little Shop of Horrors is iconic. Everyone knows the awesome soundtrack. Interestingly, I first auditioned for the part of Seymour, but I thought that the dentist was much more up my street. I'm pleased I said that, because now here I am playing a part that really suits me. So it was the role in the end that really sealed the deal."

"I'm a sadistic dentist who's a bit of a bad boy; I wear leathers and ride a motorbike. I am deeply insecure, but I mask that with a swaggering bravado and by hurting people, especially in the dentist chair..."

"There's a scene between me and Seymour where I laugh myself to death. I want to give him an oral examination and I use my giggle gas mask and it gets stuck. I asphyxiate and laugh myself to death. It is lots of fun to do. The company is great and extremely talented, so any moment on stage alongside them is brilliant."

If you could play any role on stage in the future, what would it be?

"Sweeney Todd, but when I'm a little older. I love Sondheim. It suits me vocally too. I do play the bad guys a lot, so I'm going through the repertoire, so to speak. My new album is going to be called A New Dawn: The Dark Songs of Broadway, so I would like to play a few more dark roles in the future."

Event: Little Shop of Horrors
Venue: Bournemouth Pavilion Theatre
Date(s): Thursday 04-Saturday 13 August 2016
Time(s): Tuesday – Thursday 7.30pm, Saturday 5pm & 8.30pm, Sunday 2.30pm & 7.30pm
Tickets: £22.25-£34.75

Tickets are on general sale now.

Call BH Live Tickets on **0844 576 3000**, book online at **www.bhlivetickets.co.uk** or visit the **Bournemouth Pavilion/BIC** box office.

For groups 10+ call 01202 451865.

Art of a great summer holiday

Summer Holiday Art Days

Are you wondering what you are going to do with your child over the long summer holiday? Looking for something creative, educational, productive and fun? Searching for a safe and secure childcare solution?

ART & SOUL

After running some fantastic and very popular summer holiday art days last summer, Art & Soul, based in Lower Parkstone will again be offering great fun summer holiday art days this year.

Art & Soul summer holiday art days, run by experienced teaching professionals and led by hugely talented local artists, are fun and friendly, a great chance to learn new arts + craft skills and an opportunity to create stunning works of art. Working for the whole day on diverse, eclectic and varied themes and skills really enables children get their teeth into art, like never before.

Children always create, take home and treasure incredible art, which surprises even them. It's a great way to make friends and do something really productive over the summer holidays.

Term-time Saturday Art Courses

For the past few years, Art & Soul have run superb term-time Saturday Art Courses. Children get to work with and alongside inspiring local artists whilst they learn new skills, experience different materials and media and create their own works of art. All abilities are welcome.

They are a wonderful opportunity to explore art (each course has its own engaging theme) and inspire inner artists (even if they had been well hidden). The next term-time course starts in September but book soon as they are very popular.



For more information, please contact

Art & Soul

07890 874403

info@artandsoulcreative.co.uk
www.artandsoulcreative.co.uk

Boscombe Guest House owner launches a children's book

Debbie Payne has been running a Boscombe Guest House for over 17 years, along side her husband, as well as her pet cat and rabbit.

Around 18 months ago, a lady started to help with the marketing of the Guest House at which point it was suggested that rather than doing the same old 'boring' social media blog posts and Facebook messages, it was suggested that doing the posts in the third person or as a character might be more effective.

That night Mr Rusty, her rabbit, took over the Facebook page and started to tell people about his adventures in Bournemouth. He got up to lots of different antics including going on the zip wire at Bournemouth pier, meeting the goats at Boscombe beach, watching the excitement of the Air Festival and lots more.

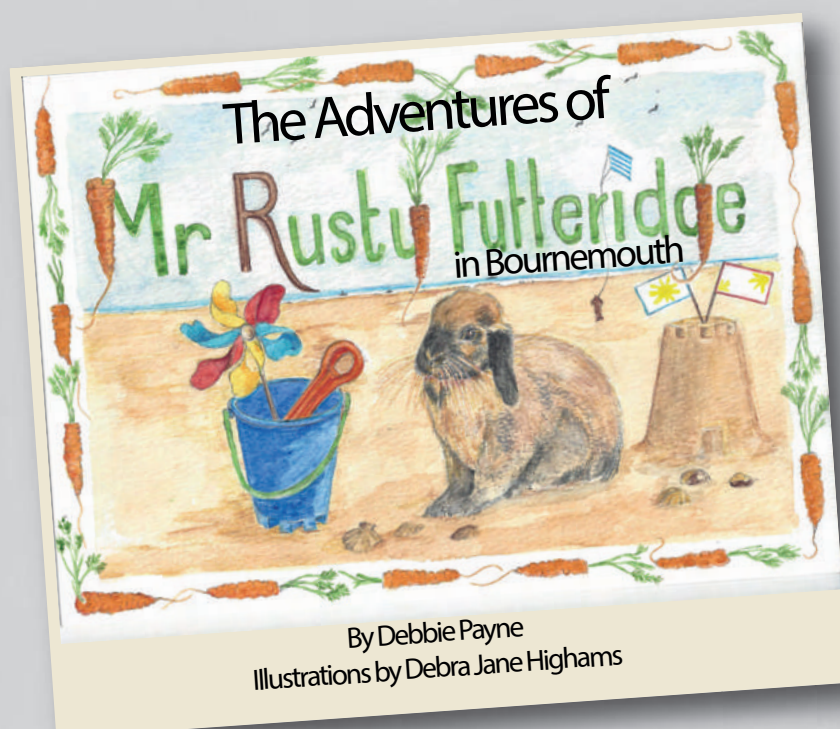
At that point, Debbie approached her Kent-based friend, Debra Jane Highams, who had always been great at drawing and illustration, with the idea of pulling a children's story book together, using the blog posts as inspiration and so 'The Adventures of Mr Rusty Futteridge in Bournemouth' was born.

With a reading age range aimed at 5- 8 year olds and hopefully parents who will find it fun to read to their children at bedtime, the book is now a reality and is for sale for £5.99, of which £1 goes to Debbie's chosen charity 'The Friends of the Wisdom Hospice, in Rochester, Kent, where both Debbie's and Illustrator Debra's fathers spent the last few days of their lives.

Thanks go to Nigel Gandolfi, who helped with the publishing, friends who read and edited the stories until it was finally ready to go to print and to local marketing agency and publisher Cre8ive Wisdom who helped with the print production.

If you would like to buy a copy for a local child in your life, please call **01202 397537** or pop into **Rosscourt Guest House**, 6 St Johns Road, Boscombe BH51EL. Alternatively, you can pay via PayPal (enquiries@rosscourthotel.co.uk)

Please send an email with your full name and address for the book to be sent to or cash payments taken in person. Postage will be £1 for 1 or 2 copies.



Local author breaks her 'Silencio' on her debut novel

Poole-based local author, L A Berry has just released her much awaited, debut novel, *Silencio*. The subject matter is a real eye opener, we caught up with Lindsay to find out a bit more about her fascinating life story and influence behind her writing:

How long have you been writing for?

Since studying journalism and creative writing at university, I have written short stories, poetry, screenplays, and academic works. Most of my writing has been for my own pleasure but I have wanted to write a novel for many years. In more recent years, I have had time to dedicate to longer works and *Silencio* is my first completed published novel.

When did you decide to make it into a profession?

I spent 20 happy and fulfilling years in the NHS as a nurse and midwife but that ended when my husband and I moved on to a boat and sailed across the Atlantic. Four years ago, I participated in the November *National Novel Writing Challenge* during which I wrote 53,000 words of my first draft. I then enrolled on a Faber Academy six-month course and refined my thoughts and writing of the longer work. At that time, I became a full time writer, writing each day and working to improve my short stories, flash fiction, and my novel.

What is the inspiration behind your latest novel?

One evening, I watched a BBC documentary about the Stolen Babies of Spain. These newborns were removed from the delivery rooms and the mothers were told that they had died. In fact, they were given or sold to other families - sometimes in Spain and sometimes in other countries. As a midwife and mother, the deceit behind the story shook me. Photos of dead babies were shown to the bereaved mothers and in some cases, they were given a baby - that had been stored in a freezer - to hold. Coffins filled with stones or animal bones have since been exhumed and often the mother was told that the baby had been buried without her consent or her presence.

The trafficking lasted for about 50 years between the 1940's and 1990's and came to light when an adoptive father confessed on his deathbed to his adopted son. Most records have been destroyed and there is no way to trace the exact numbers nor the people involved; however, it is estimated that over 300,000 babies were taken. I felt that it was important that this story did not disappear once the documentary was forgotten.

What do you love most about writing?

The creation of characters and development of a plot excite me. At first, I have a plan of what I think will be the key points in my novel but as I write, I change these to create more tension and excitement.

Is there anything locally that you used for inspiration?

All of the hospital scenes in *Silencio* were based on my experience of working in the *Royal Bournemouth Hospital*. I used the hospital layout, procedures, staff, the way we used to write our records, etc to inform my scenes. The scenery may be different to the location of my novel; however, the sensory experience can be very similar. I also bring in traits of local people to fill out the characters of my novels.

What is next on the agenda for your novels?

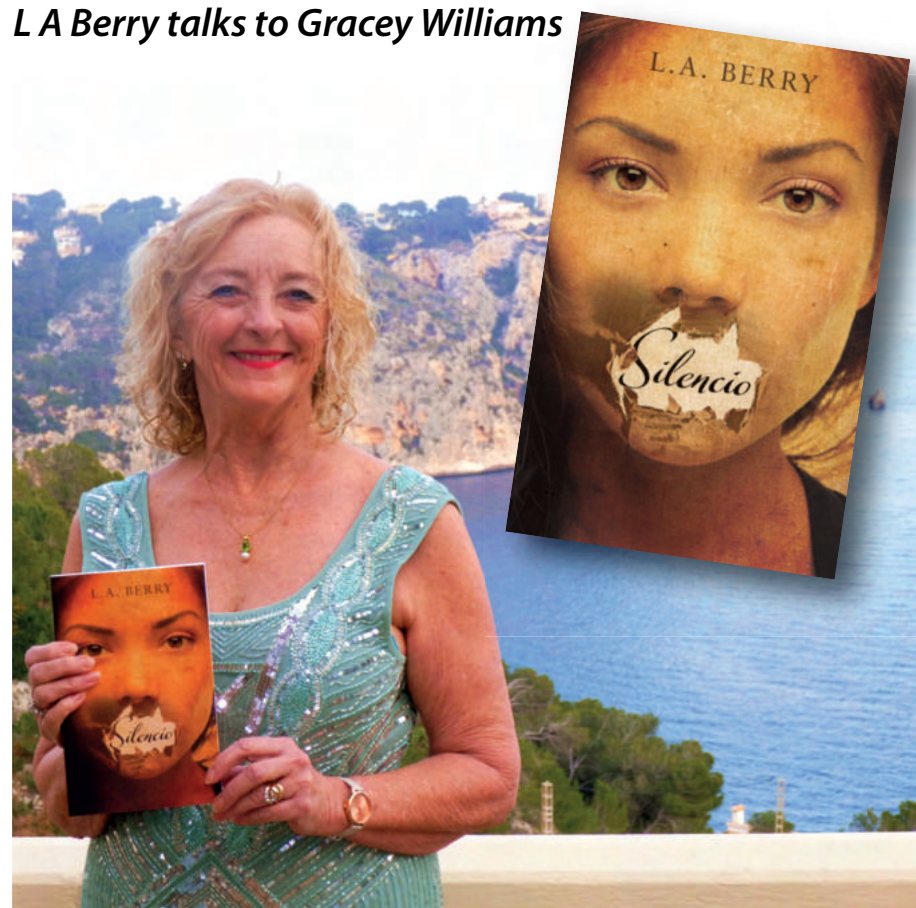
I hope to finish the first draft of my second novel 'A Life on the Line' later this summer. This is another suspense story set in 1961 of a young man with learning difficulties witnessing a murder and how his mother and her sisters fight to protect him during a time when it was possible for an illiterate person to suffer a miscarriage of justice. A long period of editing and rewriting will follow before it goes for publication but I would like to get it out by early next year.

I am already starting to research my third novel and I hope to bring in some of the characters from *Silencio*. All three of these novels are suspense/thrillers. I am interested in family and human relationships and how people react in stressful situations and I try to bring this in to my writing.

The official publication date is 28th July 2016 however *Westbourne Book Shop* has *Silencio* in stock. Alternatively, *Silencio* can be ordered in paperback or ebook format from the *Troubador* website www.troubador.co.uk or in paperback at any bookstore by quoting the ISBN no. ISBN 9781785890994.

Silencio is also available in ebook format through *Troubador*, *Amazon*, *Kobo*, *Ibooks*, *WH Smiths* and most ebook retailers.

L A Berry talks to Gracey Williams



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LOCAL ARTS SCENE

by Julie Herring, Freelance Artist & Curator

With wonderful sunshine and hot days, I hope you managed to explore some of the art on show during Dorset and Purbeck Art Weeks. With Open Studios, galleries and venues opening their doors for two weeks (28 May - 12 June 2016), you may have had an opportunity to explore some creative art and craft that you've not discovered before.

Having viewed various venues, I would just like to mention a few artists' work that had left an impression on me.

In Dorchester, I visited Mike Chapman, an artist I'd not met before. In his new garden studio, he displayed paintings and drawings with stone and wood sculpture on show outside. Despite being an established sculptor, (and beautiful smooth limestone carvings were showcased), it was his paintings and drawings that particularly captured my attention.

His life drawings were sensitively executed with considered mark-making in pencil and charcoal. Compositions were thoughtful and expressive and managed to capture the beautiful light on each model, through great tone and gentle, subtle colour in his pastel.

I enjoyed chatting with Mike and discussing his work. Perhaps his sensitivity for sculpting and carving form, over many years, has given him an insight when transferring his 3D skills into 2D drawing.



'Ruth' pastel and pencil life drawing by Mike Chapman



In contrast, Mike also painted local people with such strong expression and a sense of movement in the composition. His portrait works captured the essence of the characters and their personalities that made me feel like I gained an insight into these individuals I didn't know.

That is a real skill and his ability to develop his own unique style was something I felt was very encouraging. I just wanted to spend more time looking at the work of this talented artist. In my opinion, Mike Chapman will be one to watch!

(www.mikechapmansculptor.com)



'Warrior' Portland limestone sculpture by Mike Chapman

Hop on the train to London and get inspired!

During August and until 9 September, you can get a day ticket to London for just £16 return! (Child return ticket for £3). Why not visit an art gallery or museum exhibition and be inspired by the wide variety of art and culture on show.

Here are a few suggested exhibitions of what you can see in Aug/Sept...



Natural History Museum, South Kensington
"Colour and Vision through the eyes of nature", an exploration of colour, vision and their roles in the natural world. *Until Sun 6 Nov.*

House of Illustration, Kings Cross
The BFG in pictures, original illustration by Quentin Blake for Roald Dahl's 'The Big Fat Giant'. *Until Sun 2 Oct.*

Tate Modern, South Bank
Georgia O'Keeffe
Best known for her paintings of magnified flowers, animal skulls and New Mexico desert landscapes
Until Sun 30 Oct.

Courtauld Gallery, Strand, Central London
Georgiana Houghton (1814-1884): Spirit Drawings
Watercolour visions by a Victorian Spiritualist Medium
Until Sun 11 Sept.

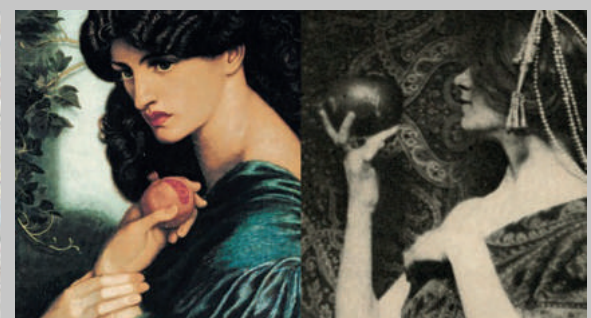


Tate Britain, Westminster
"Painting with Light", celebrates the visual links between photography and British Art from the Pre-Raphaelites to the Modern Age. *Until Sun 25 Sept.*

Also at Tate Britain: Turner Prize 2016
Discover the 4 artists shortlisted for this year's award. *27 Sept 2016 - 2 Jan 2017.*

...and one to look out for:
Paul Nash, one of the most distinctive British Painters is also at Tate Britain, *from 26 Oct until 5 March 2017*

See venue websites for opening times and further information.



The opportunity of visiting the studios and meeting the artists directly is the joy of the Art Weeks. Viewing and appreciating the art is one thing but when you meet the personality behind the talent, it gives you added enjoyment of the work. The ability to discuss the process and the inspiration behind the art is very unique to each artist.

But you don't have to wait for the bi-annual Dorset Art Weeks to enjoy and purchase art. I would encourage any art enthusiast to continue looking at real art throughout the year, visiting reputable galleries and art studios or just keeping an eye on what great talent we have on our doorstep.

During Purbeck Art Weeks, it is always a pleasure to meander through the beautiful Purbeck hills. Driving through the chalk landscape or walking the coastal paths you will come across many artists dotted throughout the towns and villages. From Wareham to Swanage, I stopped at the Boilerhouse Gallery at Sandy Hill Lane Studios, in Corfe Castle, an artist-run gallery and studios open throughout the year.

A variety of art in a friendly atmosphere allows visitors to explore many different mediums and styles. Polished Purbeck stone by Tony Viney is just one of the many skilled crafts on site. While talking to the artists you can also enjoy the sights and sounds of the nostalgic Swanage steam train. A footbridge connects the gallery to Corfe Castle station that is popular with visitors and just a few minutes walk into the village square at the foot of the castle.

Peter Ursem and Ruth Oaks showcased their printmaking skills, books and paintings at Poole Painting studio. Regular classes are held at the Painting and Printmaking studios in Bowling Green Alley, see www.poole-painting.co.uk



Trees with coloured sky, Linocut by Peter Ursem



River at Dusk, Linocut by Peter Ursem

Dutch artist Peter Ursem graduated in Literature from the University of Utrecht, and in Painting, Drawing and Printmaking from the Royal Academy of Fine Arts in The Hague. Having landed in Dorset in 1998 Peter developed relief printmaking (linoprint, woodcut, wood engraving) alongside his painting. Since moving to Gresham House in Devon, the landscape of the Tamar Valley has become prominent in his painting, drawing and printmaking. He also incorporates words, poems and stories in his work. For more information see www.peterursem.co.uk



Corfe Common, photograph by Julie Herring



FINE ART Consultancy

Julie Herring is a professional artist with over 20 years experience in Gallery Curation, exhibitions and art education. She is a painter, illustrator and collector. With a wide knowledge of the regional art scene, she can help you to choose and select art and design for your home or business.

The LIVING Room Art & Design Gallery

A very small room with very big ideas! Inspirational Fine Art and Design, for your home and interiors. Unit 2, Old Parkstone Dairy, Ashley Cross. Opening soon!

DRAWING & Art classes

Indoor studio short courses and outdoor drawing events are running this Summer. 8 week indoor courses from Sept 2016. Bookings are now being taken!

- Drawing from Nature (indoor still life)
- Outdoor 'walk and draw' events from July
- Life Drawing sessions from July

earth art & design studio

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Please see website for further information: www.earth-art.org.uk
To book an Art class, please contact:
Julie Herring, Freelance Artist & Curator
Tel: 07720 353454
email: info@earth-art.org.uk



Lighthouse, Poole's Centre for the Arts, is pleased to announce the appointment of Stephen Wrentmore as the organisation's first Artistic Producer.

Stephen will be providing a new level of artistic leadership as Lighthouse develops and extends its position as the South West's leading arts provider.

"My job begins with an invitation to the many diverse publics, artists and audiences alike, that we serve to come and be a part of what we do," says Stephen, who takes up the new post in June. "Lighthouse is a beacon of artistic excellence and I am determined it will shine even brighter as we go forward. We have a vision that 20 per cent of the work seen at Lighthouse should be created, initiated or produced in-house so it is my ambition to ensure that we encourage and enable that, by inviting the outside in and creating an environment conducive to supporting that."

As a director Stephen has worked at the Royal National Theatre in London, as well as the Crucible, Sheffield. He has directed all over the world, staging plays in Russia, Kosovo, Latvia, Kazakhstan, Denmark, Sweden and Norway. As a consultant he has worked with a number of major arts organisations, most notably the Tate and is a fellow of the Core Leadership Programme. Since 2011 he has lived and worked in the United States, initially as Associate Artistic Director/Director of Learning at Arizona Theatre Company and latterly as the visiting Professor of Theatre at Oklahoma City University.

"Stephen arrives at Lighthouse at a particularly exciting time in its development," says Chief Executive Elspeth McBain. "We are undertaking a major upgrade of our facilities this summer that will ensure we provide a world-class experience for everyone who comes here whether as a performer, producer or audience member. We can now develop our programme to respond to both our community and the theatre sector nationally and with his proven track record and inspirational ideas, Stephen's appointment is a hugely important part of that future."

Lighthouse is undergoing a £5.3 million, four-month programme of works that will see a number of key changes made including the transformation of the Studio theatre, the main entrance moved to a central position, the creation of a new education and rehearsal space, a new stage door entrance, modernised dressing rooms, a Green Room and improved security. The flat floor mechanism in the Concert Hall is to be overhauled and a number of improvements made throughout the building to make it more energy-efficient.



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The Modern Car Dealership

by Steve Robbins of TLR Autos

Gone are the days of the consumer being untrained in the art of car buying. There is so much choice. So many model variations. How do you make that decision?

Will it be a Mercedes C Coupe because you have seen pictures of Brooklyn Beckham driving his, or that 4x4 to give you a sense of adventure. However you narrow down your search. Fortunately there is enough guidance on the web for even the skittish of consumers. However very little guidance on how to deal with the car salesman from the Stone Age you will undoubtedly come across.

You know the sort. Slick Swiss Toni types that feel selling a car is like making love to a beautiful women. Fortunately these are rapidly becoming extinct. You should now only expect a friendly thoughtful salesman. Purely there for guidance and advice.

After all you know what you want. The stats speak for themselves. Used car buyers spend an average of 16.6 hours researching model, spec, colour, valuations.

Even the mine field of car finance has become relatively stress free. You can now swiftly visit the dealership. Choose your car, use a dealer website finance calculator, apply for credit and electronically sign your documents all from the comfort of your own home, any time of the day or night. Now that's impressive. So you've done your research and now it's time to visit the dealership.

My top tips to consider

- Service history and paperwork is key. Without an accurate documented service history how can the mileage be verified ?
- You can now view the MOT history via www.gov.uk/check-mot-history. Just ask the sales man for the document reference number on the V5. This will not only show you passes, failures and advisories. But also give you some mileage background to match up with the service book/invoices.



- Don't be put off by multiple owners If the service history is good. Many people change there cars all the time for various reasons. (New job, another car purchased so car goes into partners name and then they fancy a convertible or big boot for the dog.
- A lot of new car dealerships will register a car to hit there targets, therefore by the time it's 5 years old it could of had 3 to 4 owners. There is no valuation guide in the motor trade that down grades a valuation due to owners.

The way I look at it. If you have owned a car for say 5 years from new you would be a bit bored of it. I know I would be after 6 months. Therefore you don't look after it as well as you would if it was new to you. Every time a car changes hands it gets checked over. A fresh coat of wax. You may even spoil it and put it in the garage.

From experience I constantly find multiple owner cars in better condition than a one owner.



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Mayor of Poole unveils Poole Park Photomosaic

The completed Poole Park Photomosaic, celebrating Poole Park's 125th Anniversary, has been unveiled by the Mayor of Poole, Councillor Mrs Xena Dion, alongside the Project Patron, General Manager of Rockley Park, Geoffrey Smith.

The public attending the unveiling were entertained by local actor and storyteller Michele O'Brien, in period costume as 'Mrs Jennings', the wife of South West Potteries owner, Mr George Jennings, who provided much of the original ornamentation of the Park gates. Historic Park photos were on display and all who attended received a limited edition souvenir postcard.

The brain-child of the Poole Park Heritage Group, the Photomosaic depicts the map of 'The People's Park' at its inauguration in 1890 and is made up of the thousands of photographs provided by local residents, businesses and community groups.

Cllr Xena Dion, Mayor of Poole, said: "This amazing piece of artwork celebrates Poole's heritage in a truly distinctive way. Each photo represents a special moment in time for members of our local community both past and present. Together with the symbolic 1890 map of Poole Park, this artwork will be a lovely reminder as to why this park is so special to so many people."



The Photomosaic has not just captured the imagination of the local people but also helped to raise vital funds for the Park. The accompanying donations alongside photo uploads will help to unlock further funds from the Heritage Lottery Fund for Park improvements.

The project would not have been possible without the tireless efforts of the Poole Park Heritage Group volunteers running events, including local history talks and photographic exhibitions, and promoting the Photomosaic to encourage all to upload their photos. It has been hugely assisted by generous local sponsors, especially the Project Patron Rockley Park, and would have been impossible to achieve without the talents of Pollytiles who brought the Photomosaic to life and the expertise of the Borough of Poole's Poole Park Life Project Manager, Martin Whitchurch, who said:

"The Photomosaic is a fantastic achievement by everyone involved and we are so pleased that the public supported us so well and we can now unveil this amazing artwork."

Poole Park has always been a special place for locals and tourists alike, with this project capturing that spirit by acting as a tribute both to its original 1890 plan and to all those who have made the Park a special place for everyone to enjoy today. It recognises the importance of the original Victorian values that understood how vital open space was, and still is, to us all. From vintage views and portraits, wedding photos, pets and much more, the Poole Park Photomosaic tells the many tales of those who have spent memorable times in the Park. To find out more about the project, visit WWW.poolepark.org

P1 all set to race back to Bournemouth for the 2016 Grand Prix of the Sea



P1 powerboat and jet ski racing will return to Bournemouth for a third year on 3rd & 4th September for the Grand Finale to the five-venue P1 SuperStock and AquaX national championships.

P1 unveiled its plans for the coming season to local dignitaries, businesses and the media at a reception at the Hallmark Hotel West Cliff last week, with its Chief Operating Officer Robert Wicks highlighting the commercial opportunities on offer and how local businesses can get involved with the two-day race event in Bournemouth.

Wicks said: "Bournemouth has become internationally recognised for its year round events and free festivals, and it has shown that people are attracted by events like our own that are professionally staged and have broad appeal. Sports tourism has been an integral part of our business model since we started racing in 2003 and we are very much aware of the power of effective

partnerships in this fast-growing sector of the travel and tourism industry in terms of attracting visitors, boosting the local economy and raising the profile of host venues. Our partnership with the Coastal BID is a key element in our event strategy and our race weekend will aim to introduce a new range of visitors to all that Bournemouth has to offer. We have appointed Dorset-based agency Route PR to handle our local media and partnerships."

Mayor of Bournemouth, Cllr. John Adams was present at the launch event and commented: "We are delighted to host this fantastic event for the third year and thank P1 for choosing the country's premier resort to stage its season finale. I spent time at the event last year and presented trophies to the winners – it was an action-packed weekend, it's free to watch and great fun for all the family."

HEALING By David Rhodes



Alongside my mediumship, I also carry out healing for any who ask for it.

This is spiritual healing which comes from as the title explains, spirit guides who work through my own spirit energy to work on the energy of the client in need.

I do not charge for the healing side of my work as this to me is a very special gift and I do not believe in charging people to relieve them of pain. Every client is different. Some respond quickly and have a good success rate. Others it might not connect and work for.

During my life so far I have had many positive results and feel very humble that I have improved their life in some way to relieve the pain or suffering. Not all will believe in this type of healing but I know it works for many and have seen proof so many times. I know the attitude of many are changing now and this complementary healing is being used by far more people worldwide be it spiritual, crystal, reiki. Used alongside conventional medicine it all aids to cure people which is the main aim.

So I welcome anyone to come and try this form of healing and I look forward to helping you.

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Talbot Heath School welcomes new Junior Head



A graduate of the University of Leeds, where she studied English Literature and Music, Mrs Weber-Spokes is currently Deputy Head Academic at Clayesmore Preparatory School, Blandford Forum.

A passionate educationalist, Mrs Weber-Spokes believes that, as well as ensuring outstanding academic provision, teachers need to build confidence and resilience in young people so that they are able to meet life's challenges with relish.

Mrs Weber-Spokes sings with the Bournemouth Symphony Chorus and enjoys outdoor pursuits, including snowboarding and water sports, 'when the sea is warm enough!'

Speaking of her appointment to the Headship of the Junior School at Talbot Heath, Mrs Weber-Spokes, said:

"From the moment I walked through the doors of the school, I was struck by the warmth and vibrancy of the girls and their environment. It is clearly a lovely school and I am really excited by the prospect of immersing myself in such a super community."

Appointments to meet Mrs Weber-Spokes can be arranged by emailing jsoffice@talbotheath.org or calling 01202 763360 during term time.

Pipe-dream comes true for Irene

Poole-resident, Irene Robinson has returned from one amazing adventure! The '7 Continents Charity Piping Challenge 2016' which saw her travelling 50,000 miles in just 50 days.

Irene, said: 'I have been planning for this adventure since March 2015 when I came up with the idea on my return from volunteering in Cambodia. I am a Forensic Nurse Practitioner and I have accrued my annual leave to enable me to do this challenge.

'I began playing the bagpipes when I was thirteen years old and it was through a chance encounter with The City of London Girl Pipers at Chessington Zoo and my dad's determination that I was going to be a piper! Piping has made a huge difference to my life and I have made the most of fantastic opportunities.

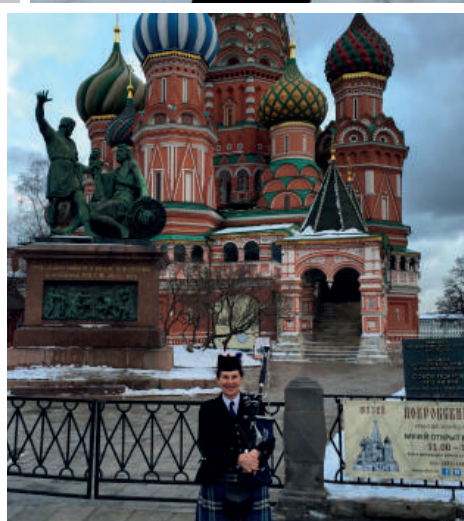
'In my research I could not find any record of anyone playing bagpipes across all seven continents in one trip, so I thought as a solo self-funded global challenge involving media exposure, that it would enable me to fundraise a significant amount of money for my chosen charities: The Royal Navy and Royal Marines Charity and Julia's House.

'I chose iconic locations in each continent as I wanted to make it as big as possible, this involved trying to make contact with local pipe bands and playing in as many places as I could manage.

'I kept everyone informed of my journey via social media and my website www.bagpipetheworld.com with a short blog and interesting photographs as I went.

She concludes: 'It was a phenomenal effort that I am very proud of, but I am continuing to fundraise and I can only encourage donations and stress that each one no matter how small is vital in helping us to achieve the target goal.'

Irene is available to play at events or provide presentations in return for donations, find out more at: <http://uk.virginmoneygiving.com/bagpipetheworld>



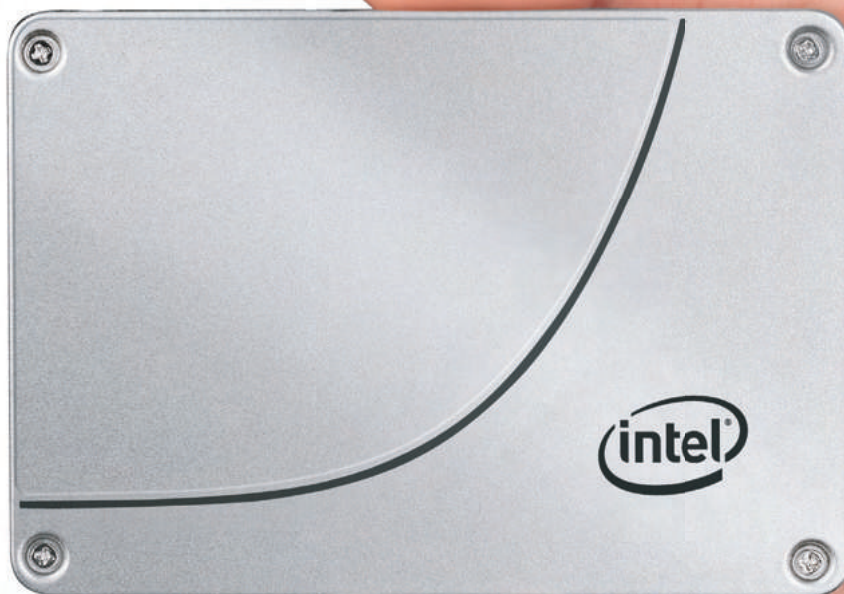
SSDs vs HDDs, what you need to know

Whether your computer is taking forever to turn on, isn't running as fast as it used to, or becomes unresponsive all together, upgrading your HDD to an SSD is certain to give you back those precious lost hours of your week.

For the rest of this article I'll use the acronyms SSD and HDD, if you are already aware what these are then you can skip the next 3 sentences... For everyone else, we're talking about the part in your computer that stores your data. 'SSD' stands for 'Solid State Drive' and 'HDD' stands for 'Hard Disk Drive'. SSDs are similar to HDDs but rely on flash memory rather than a spinning disk, this hugely reduces latency and can increase the access speed of your files and folders by over 40 times! I expect that already has many of you convinced, but if you're not, read on for 3 more reasons for why you should have one in your laptop or desktop:

When booting from an SSD instead of a standard hard drive, you should expect your PC to turn on and be completely usable in under 30 seconds, for most it won't even take that long. For Windows 7 computers, they usually turn on before the boot animation even has time to finish! It may also be worth noting here that SSDs are also completely compatible with all Apple Macs as well as Linux if you're that way inclined.

It's not just your operating system that will start faster too, every program you use will open quicker. That includes every app, from your preferred Office package to your web browser of choice. It will also take considerably less time to install these programs and update them in the future. So, no more waiting for Outlook to "load your profile", no more tapping your foot as Internet Explorer opens up but isn't actually usable for a further 10 seconds and far less time for cups of tea whilst you wait for larger programs to load such as Adobe® Photoshop® or Sage™.



But opening programs is just the beginning! Having an SSD means that every time your computer needs to read or write something to your hard drive it can do it amazingly fast, this benefits every single application installed on your computer. Activities like opening documents in your image or video editing software will be hugely improved, as will exporting photos and videos from these programs too. Even your Anti-Virus will cause less lag when it is scanning an SSD as it can happily handle multiple concurrent requests, it will also massively decrease the time scans take to complete compared to a HDD.

Piqued your interest? You can read the full version of this article with 7 complete reasons on our website here:-

<https://simple-pcs.co.uk/top-7-reasons-upgrade-ssd> or if you'd like to learn more, visit the **SSD Upgrades** page on our website, give our team a call on **01202 830121** or send us a message via our contact page for more info and pricing.

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Why make toffee apples when you can make toffee apple cake? Easier to eat and something all the family can enjoy, particularly when served warm on a winter's evening.

Ingredients	For the toffee sauce
3 eggs	125g butter
200g sugar	60ml milk
280ml vegetable oil	225g brown soft sugar
2 tsps vanilla extract	1 pinch salt
375g plain flour	
1 tsp salt	
1 tsp bicarbonate of soda	
500g chopped, peeled apples	
120g chopped pecans	

Method

Preheat the oven to 180°C. Beat the eggs in a large bowl until fluffy and then gradually add sugar. Blend in oil and vanilla. Combine flour, salt and bicarbonate of soda and add to egg mixture. Stir in apples and pecans.

Spoon the mixture into a greased 25cm ring tin before baking for 1 hour 15 minutes or until the cake tests done with a knife or skewer. Cool in tin on a wire rack for 10 minutes, then remove cake to a serving plate.

For the toffee sauce, combine all the ingredients in a saucepan; boil for 3 minutes, stirring constantly, and then drizzle over warm cake.

Recipe - Toffee Apple Cake



Best of British – homegrown strawberry jam recipe

Sample the fruits of your labour this summer with a tasty strawberry jam recipe created by Haskins Garden Centre with tips on how to grow your own.

Strawberries are easy to grow and it's the perfect time to get planting as the British climate heats up. The fruity berries can be harvested from borders, growbags, containers or hanging baskets - they just need plenty of sun, shelter and fertile, well-drained soil.

Pick your strawberries when they are bright red all over, ideally during the warmest part of the day when they are the tastiest. For more tips on how to grow delicious strawberries please visit www.haskins.co.uk

Ingredients

250g strawberries
200g sugar
¼ lemon
½ tsp butter

Method

- Layer the sugar and strawberries into a large bowl, finishing with a layer of sugar. Cover and leave for one day
- By the following day, your berries should have reduced into lumpy sugary pink syrup. Tip the mixture into a large heavy-based pan and warm to dissolve the remaining sugar. Once dissolved, bring to the boil, stirring frequently
- Add the lemon juice, return to the boil for 10 mins, stirring occasionally. Remove from the heat
- After 40 minutes, the jam should be a jelly-like consistency to indicate it is ready
- Allow to cool for half an hour, then pour into sterilised jars leaving 1cm from the top and seal

Please note:

Keeps for 1 year – store in the fridge once open.
If the surface of the jam contains too much froth, stir in the butter to reduce.



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Stand out Summer Trends

by resident style guru, Xanthe Grace

With summer hesitantly here, if like me you are desperate to dust off the open-toe sandals, and start baring your arms and legs to the world, then you might want to think about how to tweak your wardrobe to include some stand out trends for 2016.

Ruffles are big news this summer and I have picked the best from the high street and online. I thought this lovely Coast dress is a great example. It's not too overpowering but is definitely in the spirit of the trend £189 (A). If you think wearing a ruffle to the office is for you, Karen Millen has this beautiful blouse £125 (B). ASOS had this striking navy ruffle dress and a steal at £45 (C).

Mirrors are having a moment in 2016. Louis Vuitton features this jaw-droppingly beautiful dress (D) (I can live without the shoes)! As ever at the forefront of designer trends, TopShop have this version at £200 (E) or this mirror top with plain skirt from ASOS at £85 (F).

Something that caught my attention was the cape dress (G).



Colleen Rooney wore one on two separate occasions. I think she looked lovely in the white version, however not so much the orange version designed by Philip Armstrong which she wore for Aintree. ASOS feature this cream one and it is £20 (H).

White jeans are having a revival in 2016. A fact which has me brimming with excitement. However along with Elizabeth Hurely I've never actually stopped wearing white jeans. They are my summer staple as they never fail to look cool and fresh, if a little high maintenance.

Here are some different shapes and styles to consider. These beautiful True Religion straight legs are £200 (I). Topshop do this skinny Leigh Jeans and I have them in every colour. They are a perfect fit for me and they have been £38 (J) for years.

Finally if like me you have been enthralled by the slippery dealings of Frank Underwood in the brilliant American series *House of Cards*. You probably have been equally mesmerised by his stunning wife Claire (played by Robin Wright) and her incredible wardrobe. It updates the work wardrobe so effortlessly.

Tailoring is key and muted colours are essential to the look. Here she wears an iconic cream dress (K) and here is my high street version which I bought from Mango in 2013 (L). I think she actually copied me here!



The latest summer trends from Weird Fish

by resident style guru, Xanthe Grace

Clothing brand Weird Fish offers a fantastic collection of menswear and accessories for a tropical summer getaway or a rainy weekend break in the UK. The summer collection includes colour-pop graphic T-shirts, polo and checked shirts, board shorts, chinos and comfortable footwear.

Weird Fish is renowned for its individual T-shirt catalogue and this summer has introduced new and quirky items, including the Weird Huts printed T-shirt. Exclusively designed by artist Rich Skipworth and available for £20 (A), it's ideal for exploring the seaside.

For those jetting off to get some much-needed vitamin D, the Valu Camo board shorts (B) are perfect for relaxing poolside or strolling along the beach (£35). Complete with a cool, subtle shark camo design, the shorts have an elasticated waist to increase comfort.

Keep the sun out of your face with the Vepar baseball cap (C). A classic must-have for summer, available for £10, wear it with your favourite T-shirt and cargo shorts for an effortless, casual look.

A Weird Fish best-seller, the Knider waffle flip flops (D) are perfect for long, hot days when you're out on your feet and exploring new cities (£13). The Kniders are super comfortable with waffle sole, giving the sensation of being massaged as you walk.

The Dione fabric wash bag (E) is an essential for a short weekend break. Available for £12, it's vibrant and practical, with a zipped compartment inside as well as mesh compartment.

And lastly, don't forget the Classic Macaroni sweatshirt range (F), exclusive to Weird Fish. Perfect for exploring the great outdoors and staying warm and dry, the Cruiser zip classic (£50) is sure to be a firm favourite the next time you're relaxing at your favourite seaside town. It's your ideal travelling companion since it never needs ironing!

The Weird Fish menswear holiday range is available both in-store and online from www.weirdfish.co.uk. There are 13 branded Weird Fish stores and stockists include Debenhams, Cotswold Outdoor, Haskins and Blacks Leisure.



(A)



(B)

(D)



(E)



(C)



(F)



Power of Attorney – why are they important?

A Power of Attorney, or LPA, nominates someone to act on your behalf should you lose mental capacity, as defined by the Mental Health Act 2005. Mental incapacity could be dementia or other mental health issues brought on by illness or even an accident. Importantly LPAs are put in place **BEFORE** you lose capacity. If you are unable to make decisions for yourself the Attorney(s) you chose act on your behalf.



Who should I appoint as my Attorney?

The most important factor in selecting an Attorney is trust. You must trust them completely to act in your best interest. Once the Power of Attorney is active they will have the power to act as if they were you, a huge responsibility. Typically, this would be dealing with your bank accounts and investments, selling your home to pay for care fees or even making a decision, in conjunction with doctors, about withdrawing life sustaining treatment if you in a coma or similar state.

Commonly this would mean either a spouse or a child of the person making the LPA as your Attorney, but it can be anyone. You can select more than one person to act together on your behalf and even nominate reserves should your first choice be unable to act.

Finally, you will require a few other people to complete the LPA, importantly someone who can sign to say you currently have mental capacity, called the Certificate provider. Typically, this is a professional like a doctor, but remember they will almost certainly charge for this service. MW Estate Planners are trained to act as Certificate provider.

MW Estate Planning offer a free consultation at your home with evening and weekend appointments available. MW Estate Planning are members of The Society of Will Writers and comply to their strict Code of Practice.



Matthew Wildeman msww
Senior Estate Planner

What does it cost?

MW Estate Planning charge £225 per LPA to draw up the forms, act as Certificate provider and usually as witness to signatures. There is a further Office of the Public Guardian fee to register the LPA of £110 per LPA. This is however a means tested fee so you may not have to pay it.

For further information and a *free consultation meeting* about **Lasting Power of Attorney** please contact
MW Estate Planning on 01202 978 720 or email info@mwestateplanning.co.uk

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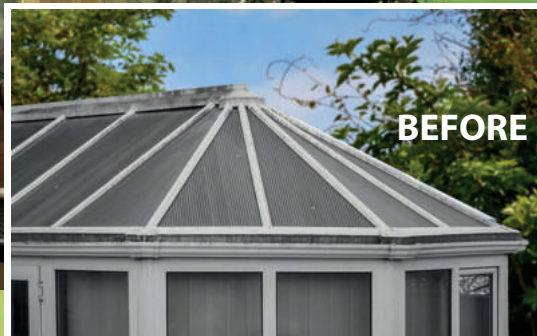
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Custom Made Home Improvements

The future of the property market looks a little uncertain at present. If like a lot of people you have decided to sit tight and see what happens, it may be time to do some simple improvements at home.

Fitted furniture can add value to your property as well as creating a more liveable and enjoyable living space. Fitted bedroom furniture can transform a room into an organised and calm haven to retreat to during the busy holiday season!

Based in Poole, Custom Made Furniture is one of the region's leading names in fitted bedroom furniture. Between them, Neil Roberts and Steve Burke have almost 50 years experience of designing, building and installing fitted furniture across the region.

With bedroom styles ranging from contemporary to traditional, and finishes in coloured or mirrored glass, high gloss lacquers mixed with wood veneers and sleek lines, there is something for everyone.

From functional fitted sliding door wardrobes to de clutter your room to luxurious walk in wardrobes and dressing areas, each design is carefully considered and every last detail will be captured from finishes down to the personal height of the fully adjustable shelves.

The designs are then put into 3D CGI so that you can really get a feel for how the room will look once the installation is complete.



From the workshop in Poole, each and every piece of furniture is hand crafted using the finest materials available. The installation process is then carried out by the team of professional fitters often with Neil or Steve on site to personally sign off the finished work and ensure that the installation is exactly how it was designed and fitted to the customer's exact requirements.

Why not pop into the showroom for a chat and have a look round. Packages are available to suit all budgets and spaces. Quotations and 3D CGI is offered free of charge, credit or debit card facility also available.

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CRE8IVE WISDOM LAUNCHES NEW PUBLICATIONS

Cre8ive Wisdom, publisher of *The Quay* and *The Green*, has launched a new local paper for Southbourne and surrounding areas, called *The Grove* and a new national and regional magazine for women in business called *Venus*.



The Grove, follows the same 'community-based' format as *The Quay* and *The Green*, being distributed six times a year to Southbourne, Tuckton, Boscombe Spa and Wick.

In combination, *The Green* and *The Quay* now go through-the-door of 20,000 local Poole households, being read by an estimated 60,000 local pairs of eyes. The *Grove* adds another 10,000 households to the distribution, with further local launches for Wimborne, Charminster and Bournemouth also currently in development.

Cre8ive Wisdom, which also publishes high-end quality magazines, such as *Canford Cliffs Village Magazine*, has also launched a specialist publication for women in business, in association with *Venus Awards* (www.venusawards.co.uk) called *Venus Magazine*.

Venus is a nationally-focused business magazine for all sectors and levels of women in business and is initially available in five regions across the South of England, including Dorset, Devon and Hampshire.

Venus Magazine is a quarterly publication and goes directly through the post to women in business all over the Country and is distributed via regional pick-up points and at networking and promotional events run by *Venus Awards*.

For more information about any of the publications published by Cre8ive Wisdom, please call 01202 064 560 or email via www.cre8ivewisdom.com

BREXIT MAKES LOCAL BUSINESS EVEN MORE IMPORTANT

by Neil Armstrong, Local Marketing Expert

Leaving the EU isn't a leap into the dark, it's a path to a very bright future, but we must all roll up our sleeves and continue to support our local businesses.

The British people's decision to leave the confines of the EU is a brave one, but ultimately, the correct decision. As a nation, we've always been in charge of our own destiny and there is a feeling that once we actually leave and untie ourselves from the rules, regulations and red-tape of Brussels, that our businesses can thrive on a global stage and gain much more traction within our local communities, without the shackles that EU membership imposes on local trade.

I for one certainly don't think that the UK will be the last to vote out of Project Euro. But whatever happens on the global stage moving forwards, the Brexit vote will have a positive effect on local business, if we continue to shop locally, engage local services and trust in the local community.

Local businesses can take the initiative now and engage with local customers even more. Offers and incentives to encourage local loyalty, helps local area to grow local economies, which is great news for all of us.

Locally owned businesses help in the building of strong communities by sustaining vibrant shopping areas, serving neighbours and creating economic and social relationships with local customers. It's better for us all to eat in our local restaurants than travel into town and eat in a chain restaurant. If you can buy products and services locally, you will help your neighbourhood and contributing to the lives of fellow local people, rather than faceless national retailers or global conglomerates.

During the Brexit campaign, the only loud business voices wanting to influence the 'Remain' vote, were big national Companies and International corporations, along with banks and PLCs. I asked myself if they were voicing concerns about Brexit for my benefit or for their benefit. I concluded the latter.

Collectively, small local businesses, wherever their local area is within the UK, contribute far more tax money than the huge mega businesses. I'd rather contribute to businesses that pay their fair share of tax, than those that rather blatantly don't.



So, whatever happens over the next couple of years, until we're fully unleashed on the global market and out of the EU influence, keep spending your pound locally, to gain best value and attain extra value.

If you're in business locally, a final word for spending money with your local community paper rather than online. Advertising or utilising your local paper to communicate information and offers directly with local people can help to sustain and then grow your business and you should seriously consider putting local cost-effective advertising in your marketing plan.

If you'd like to look at advertising and editorial in this local paper or you'd like to find out how localised marketing can help you grow more business and find new local customers, call me on 01202 064 560, or email me directly via neil@cre8ivewisdom.com

How *Enhanced* help Businesses grow

The world of IT is growing and progressing at such a pace that in order for a company to grow and evolve their business, it is as important to have your IT consultant on board as your solicitor and accountant. They form part of your advisory team that can help make or break a business.



Enhanced work with a wide range of business sectors, including professional services, warehouse and distribution, finance and accounting, charities and retail. However they all have one common belief and that is to grow their business it is essential to have the right IT solutions and systems in place.

With over 20 years of expertise in finance and business systems, *Enhanced* offer only the very best of professional services. They have a proven track record of helping companies, both local and national, thrive.

Their consultants offer robust and accurate solutions across all resources, plus real time management reporting. On the technical side they can manage the entire core server and communication infrastructure taking the pressure of internal resources and giving companies 100% assurance and backup. The team consider themselves to be creative people in a technical world where they will do more than fulfil a company's requirements. They will probe, challenge, make suggestions to help make cost savings, improve efficiency and solve problems.

Celsus, local supplier of high quality, high performance car audio and entertainment systems, saw their business grow by 350% as a result of the excellent eCommerce platform designed by *Enhanced*. "Every time our business has met a challenge," says Paul Baker, Managing Director, *Celsus* "Enhanced has been able to provide a solution."

Warren Munson, Managing Director of *Inspire* remarks, "we work closely with *Enhanced* and share their enthusiasm, motivation and professionalism. We cannot recommend them enough."

Enhanced hold regular business leaders meetings where they share their best business practices and outline their strategy for success.

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Poole Business Celebrating 100% Success Rate



Dorset-based government procurement specialists, Bidbetter, celebrate a 100% success rate on Crown Commercial Service framework bids for their clients since 2013.

Bidbetter has helped a large number of businesses to win lucrative places on government procurement frameworks since the business began in 2013. In celebrating their landmark achievement of maintaining a 100% success rate, Bidbetter is aiming to inform more suppliers about the excellent opportunities which are available from these pan-public sector agreements that Crown Commercial Service (CCS) implement.

The CCS is the Government's procurement arm for streamlining the acquisition of general goods and services. It allows suppliers who have undertaken a successful tender process to have their services quickly and efficiently purchased by any public sector organisation. Saving time and money, CCS frameworks cover communication services, construction, eCommerce, energy, fleet, technology, office solutions, print, professional services, temporary labour, property and facilities management, research, travel services and some groundbreaking public sector digital marketplace initiatives.

Being responsible for the government's economic delivery message of spending £1 in every £3 with small business, there are great opportunities within these frameworks for emerging businesses to expand and grow. Whilst most big companies have an established presence on procurement frameworks, many smaller companies are still unaware of ongoing efforts to decrease barriers to entry and the potential to gain multiple, successive contracts. Having successfully helped their clients gain success with CCS framework bids, Bidbetter is now passionate about informing the wider supplier market, guiding as many as possible through the entire process.

Philip Norman, Director of Bidbetter comments:

"Celebrating our fantastic 100% CCS framework bid rate, we want everyone to be aware of the fantastic opportunities that are available. Having guided companies through the entire bid process we know that being placed on one of these frameworks will significantly increase the number of contracts that a supplier can be awarded. With our first-hand insight into the decision-making process, we have ensured that many are able to tap into this enormous resource."

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New Chair appointed for Westbourne Business Association and Coastal BID Director

Lia Martin, the corporate partnership manager of *A-One Insurance Group*, has been appointed the Chair of the *Westbourne Business Association* and a director of the *Coastal BID*.

Lia has been selected as the new Chair and Director as voted by the membership and the board and replaces Steve Taylor from *Fab Frocks of Westbourne* who has previously held the role for the past 2 years.

She has worked as a director of the committee for the past year and she has also previously chaired other business forums, is a Trustee of several local charities and was previously President of the *New Milton Business Group*.

Lia has extensive business experience, and is also experienced in sales, marketing, events, leadership, insurance, legal practice and networking. She is a well-known face in several local business circles."

Said Lia Martin, "The *A-One Insurance Group* started in Westbourne and our office is on Poole Road, we have a long history with the town. I am honoured to be appointed as the new Chair of Westbourne Business Association and a director of the Coastal BID. The work we do for the traders in Westbourne is vital to the growth of the local business community and economy and I look forward to working with my fellow directors, the volunteers, and the membership to help further grow the town and also the membership. We have created a new vision document to help ensure the livelihood of local business here in Westbourne remains strong."



"I am also looking forward to working in the capacity of director, in association with The Coastal BID, the work of BIDS is vital, in the Dorset region alone there are already six BIDS and the Coastal BID encompasses many of the towns across Bournemouth, by becoming a BID director I can support our Westbourne businesses to ensure we have more of a say in the future of the town and help the ongoing businesses with year on year growth and delivery."

Paul Clarke, Chairman from the Coastal BID said: "We are delighted to welcome Lia Martin to our board. She is well known face, a savvy business woman and is proactive. We looked forward to working with her"



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Do women make better decisions?

By Tara Howard, Founder of Venus Awards

There's no escaping the fact that decision making is at the heart of entrepreneurship. Decisions that affect the bottom line, the people you employ, the way that you innovate, and ultimately how you build your business into a success. The number of UK female entrepreneurs has been growing since 2008, so why are women still seen in some quarters as poor decision makers let alone decision takers?

So if women do make better decisions where is the evidence?

First – science. In "Are Women Better Decision Makers?" neuroscientists have shown that when stress is added to decision-making situations, men take far more risks than women, even if they are costly, because their focus is on making "big wins". Results of research based in the Netherlands studied the effect of Cortisol in pressure situations and showed that the tendency to take more risks when under pressure was stronger in men due to a spike in Cortisol. In the case of women, an increase in Cortisol had the opposite effect. It improved their decision-making performance! On both counts women were shown to be better at taking decisions.

Second – consumer data. Decades of research has shown that women behave differently to men as shoppers in business-to-consumer settings. For example in "Gender differences in information search strategies for a Christmas gift," (Journal of Consumer Marketing) researchers found "... females appeared to comprehensively acquire in-store information, whereas males appeared to limit their search to a smaller subset of in-store information."

In other words the typical man is focussed on the mission and the task. If a man decides to buy a pair of black trousers he will go directly to a shop and choose a pair in as short a time as possible. He may even buy two (or more), I imagine a little like Simon Cowell would do if he didn't have anybody to do it for him!

In contrast the typical woman is a "discovery-oriented shopper", taking a more open-minded approach and homing in on the specific reason for the purchase let's say, for appearing more professional. This reminded me of the decision that I took to use the services of a colour and image consultant – the outcome was incredible and why I have changed my entire wardrobe and wear the colours I do.

Another characteristic emerged from the study. Women adjust a purchasing decision if they're not impressed by the range, or pleased with an alternative. The task might take longer but it's more likely to achieve a satisfying result. I'm convinced this is what drives men crazy when shopping with us. I guess we've all been there.



Last but not least – anecdotal. Women make impactful decisions daily in various roles, sometimes simultaneously and I learn about them through their involvement with the Venus Awards. I have also spoken time and again with women who've made important decisions in business that have achieved better results than their male peers.

Ladies, take it from me, we have everything it takes to make entrepreneurial decisions. In fact we are super equipped to do so.

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From Your Local Accountancy Firm



Have you paid your Self Assessment liability yet?

If you filed a 2015/16 Self Assessment tax return, you will soon receive a reminder to pay your 2nd payment on account for the 2016/17 tax year, due by 31st July. The amount you are required to pay will be the same amount as your 1st payment on account, due by 31st January 2016.

If you are unsure of this amount, you can log into your HMRC online account, call HMRC or ask your accountant to find out. Payment can be made online, by phone, via your bank, by cheque or at the Post Office. Remember, penalties will apply if HMRC do not receive your payment in time.

Could you increase your cash flow?

Subcontractors in the construction industry can apply for Gross Payment Status, meaning that they will be paid the full amount of their invoice and not suffer deductions. Recently this process has been made easier for limited companies.

Previously the self assessment payment history of directors was examined when assessing a limited company for Gross Payment status, however this criteria has now been removed. Also, for companies where there are many directors, the minimum threshold for Gross Payment Status has been halved from £200,000 down to £100,000. Check with your accountant if you could be eligible for Gross Payment Status.

Do you employ former students?

The rules for paying back student loans have recently changed and could affect the deductions you take from your employees. From 6th April 2016, students with gross earnings over £17,495 who took out a student loan before 1st September 2012 were classed as Plan 1.

Students who took out a student loan on or after this date who have gross earnings of over £21,000 are classed as Plan 2. The amount deducted from your employees pay will vary depending on which of these two categories apply so make sure you have the correct plan selected on your payroll software.

Who is in control of your Company?

From 6 April 2016 all companies are required to keep a register of people with significant control of the company (PSC register) and, from 30 June 2016, file relevant information at Companies House. There are various criteria for a PSC, however commonly it will be someone who holds more than 25% of the shares or voting rights in the company.

Failure to comply with the requirements of the PSC regime could lead to the company or directors, or identified PSCs committing a criminal offence, and facing a fine or imprisonment or both.

Do you know how much your workplace pension will cost you?

Auto Enrolment is here. On your staging date, eligible employees will need to be enrolled in to a pension scheme, and contributions paid.

Pension Contributions	Employer minimum contribution	Employee minimum contribution
Until 5 th April 2018	1%	1%
From 6 th April 2018 to 5 th April 2019	2%	3%
From 6 th April 2019 onwards	3%	5%

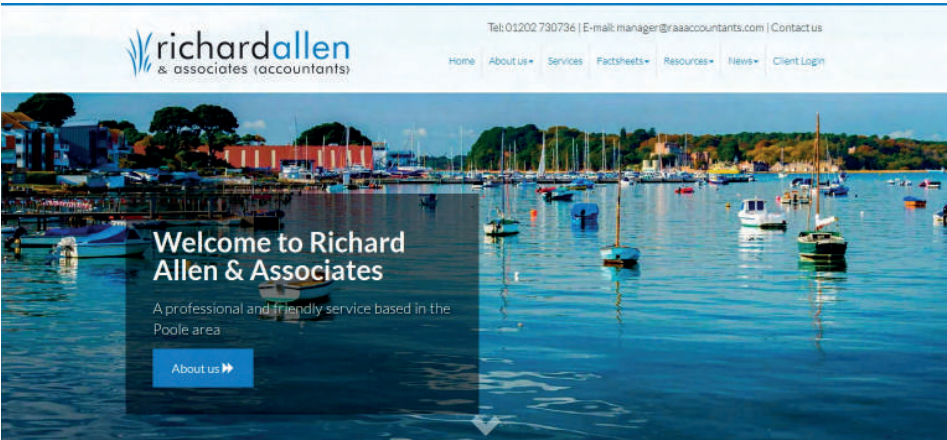
Remember, contributions are calculated on gross earnings between the LEL and UEL (£5,824 - £43,000 for 2016-17), not the employees full salary.

Are you paying more VAT than you need to?

The Flat Rate Scheme (FRS) has been designed to make calculating VAT a lot easier. If you apply for the FRS, the amount of VAT you pay to HMRC will be calculated by multiplying your gross income by a specific percentage based on your business type (e.g. mechanic – 8.5%).

For businesses that have little expenditure, the flat rate scheme could save you money. If you are unsure if the FRS could benefit you, talk to your accountant.

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Glen Road | Lower Parkstone

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O.I.E.O £275,000

A fantastic apartment with south westerly balcony that enjoys stunning harbour views. The property is offered with no forward chain, a new lease and also has two allocated parking spaces.

L796

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Sea View Rd | Parkstone

Leader & Co.



GUIDE PRICE £200,000

Attention DIY enthusiasts. This 2 double bedroom freehold property now needs a little love after being rented for several years. It offers a fabulous opportunity for someone to put their own stamp on it.

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Windsor Rd | Ashley Cross

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GUIDE PRICE £200,000

A lovely bedroom apartment, with scope for improvements, just a short walk from Ashley Cross Village. The property has a share of freehold, garage, southerly balcony overlooking the gorgeous communal gardens and is offered with no forward chain.

Astbury Ave | Wallisdown

Leader & Co.



GUIDE PRICE £275,000

Huge Potential! This property has an enormous side garden with amazing potential to extend. We have just received a positive pre-application and plans are available in the office.

L796

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Edgdon | Tolpuddle

Leader & Co.



GUIDE PRICE £500,000

Fancy a thatch? This gorgeous cottage in the heart of the village, has been lovingly renovated by the current owners. It enjoys splendid views over the rolling hills of the famous Egdon Heath. Simply must be seen!

L796

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LEADER & CO EXPANDS WITH ATKINS ACQUISITION

We are delighted to announce the acquisition of *Atkins Estate Agents* in Wallisdown.

With a strong 10-year history, Atkins is known for its customer service and Leader & Co is happy to confirm that existing property managers Bev Clements and Chris Baker will remain based at the Wallisdown office.

As part of the acquisition Leader & Co will also be merging with another local award winning business More-Property and director Marque Allan, will now be trading out of the office in Wallisdown.

Managing director, Ryan Woolfenden, said: "This is a really exciting time for me personally as the last few months has seen our family run business grow rapidly. I'm delighted to have such a wonderful, hardworking team now operating from two offices.

As well as rebranding shortly, we will be refurbishing both offices and are breaking away from the traditional office style that estate agents have to offer a more welcoming environment. We love helping people realise their property dreams and want to create an atmosphere that reflects this.

"The merger and acquisition of the three businesses; Atkins, More-Property and Leader & Co will see the Company become one of the regions biggest, independent letting agencies. Our sales department is also seeing tremendous growth and with Katie Fox now at the helm we believe we are able to offer vendors outstanding results and an unparalleled service."

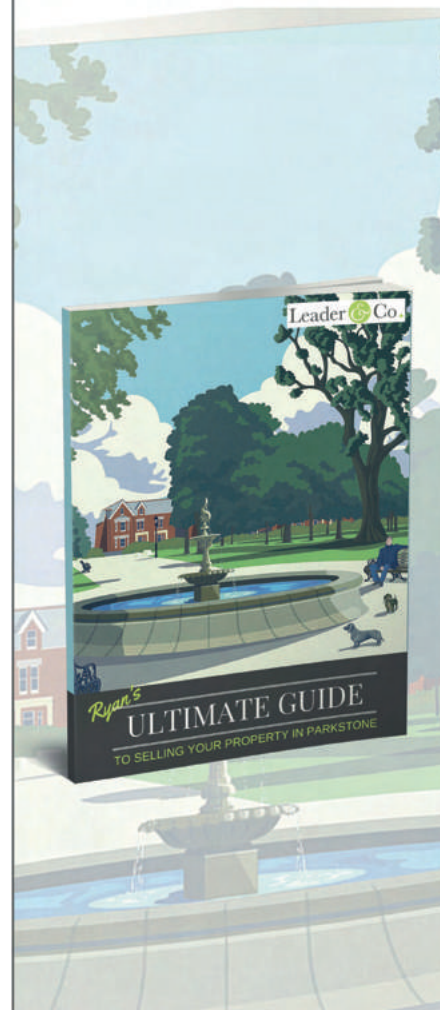
To celebrate these exciting times, we are offering landlords and vendors discount on fees prior to the relaunch in October.

To take advantage of this offer quote 'The Quay' and call the team on: 01202 721 999.



LEADER & CO NEWS

Leader & Co.



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Leader & Co.

EXPOSURE



Wave 105's managing director Martin Ball has been honoured with the gold award for outstanding achievement at the Bauer Media Awards 2016.



Poole Mayor's Pirate Boat Party and Fireworks with music, fish & chip supper and quiz On August 11th



Rio Olympian sailor, Alain Sign, visits Wave 105



Liz Yelling, Jenny Trayford and Anne Rutherford at the Ladies That Lunch event, raising money for the Lilypad appeal



Doris Houtman on the occasion of her 101st birthday, spent with family and friends at La Piazza Italian Restaurant in Bournemouth on August 1st 2016



Celia Sawyer, Ingrid Bergman and Sue Long at the launch event for the Celia Sawyer Luxury Furniture popup shop



Debbie Wills and Billy Lightbown at the launch event for the Celia Sawyer Luxury Furniture popup shop



Charlotte Niven and Elliott Oram at the launch event for the Celia Sawyer Luxury Furniture popup shop

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