



The *Southbourne, Boscombe Spa, Tuckton & Wick* | Issue #2

Grove

FREE



As we head towards what we all hope will be a lovely Summer, whether we're in the EU or not, please allow me to welcome you to the latest edition of **The Grove**, the local bi-monthly paper for Southbourne, Tuckton and surrounding areas.

A sister publication of other local publications, including the *Ashley Cross Green* and the *Quay for Poole*, **The Grove** brings original local content, direct to your doorstep, blended with entertaining features from further afield and regular articles covering local arts, food & drink, business, events, education, health, well-being and the local property market.

In this issue we speak to soul legend Beverley Knight about her forthcoming tour, as well as performing for the Queen as part of Her Majesty's 90th birthday celebrations.

We also feature the recent Wheels event, take a look at the local arts scene and also explore some of the issues facing local businesses.

We also have a regular fashion section, as well as local and community-based news and views, and plenty of chances to win prizes... so hopefully there's something of interest for everyone!

From **Mr Green's** point of view, we're happy to keep you informed about the local property market (pages 24-29), while spotlighting some of the latest local properties for sale and rent.

Happy reading, we hope you enjoy the issue.

Simon Ward
Managing Director
Mr Green Estate Agents
www.mrgreenhomes.co.uk



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Brings you...

pages 24-29

Southbourne Property News

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A BIG YEAR BEVERLEY KNIGHT

By Grace Williams

One of Britain's best known R&B singers, Beverley Knight has released seven studio albums in a 20-year career, won three MOBO awards, performed at the opening ceremony of the 2012 London Paralympic Games and received an MBE for her services to charities such as Christian Aid and the Terrence Higgins Trust.

In the past three years she has also immersed herself in London's West End, taking leading roles in *The Bodyguard*, *Memphis The Musical* and Sir Trevor Nunn's revival of *Cats*.

However 2016 is set to be a big year for the vivacious singer with a return to music with a UK tour, new album release and a performance at a very special event...

Speaking to Beverley is an uplifting experience. She is eternally happy and her positivity is infectious. In her own words she is 'loving life at the moment'.

'It is amazing – I have gone from one successful platform (stage) back into the excitement of music. It is so flattering that people still want to hear my music, it is so lovely.'

Although not unusual for chart singers to cross over to the world of theatre, Beverly has seen huge success and played some impressive roles in the West End.

'I have always seen myself as a musician and didn't anticipate a move to theatre. However from the age of five, throughout school and university I was really into amateur dramatics but I chose music as my career. It felt like a natural cross over for me and a dream come true to move into the West End.'

In fact inspiration for her latest studio album came from her starring role in *'Memphis the Musical'*.

'I visited Memphis, Tennessee to research my role for the musical and fell in love. I did a pilgrimage to Beale Street where *'The Blues'* sound began in the 1920's, which was truly incredible. I knew from that moment that I would record my next album there. Returning to record at the infamous *'Royale Studios'* was magical. To know that all the greats have been there before me was so awe-inspiring, Al Green, Chuck Berry, Ike & Tina Turner to name just a few...'

Beverley's 13-date UK tour kicked off in Ipswich on Saturday 21 May, with a stop off at Bournemouth International Centre on Tuesday 24th May.

'I am so happy to be touring again, the show includes songs from my new album and of course my classics plus a nod towards the West End musicals that I did – basically celebrating my 20 year career all in one show!'

As a warm up for the tour, Beverley recently performed at the Queen's 90th birthday celebrations (which took place on May 15th) alongside other musical veterans including Kylie Minogue, Katherine Jenkins, James Blunt and Andrea Bocelli.

'I was thrilled to be asked to perform (at the Queen's 90th Birthday celebrations). I performed a song by Glenn Miller which represents the Queen's contribution to the War effort, I loved wearing 1940's fashion to sing the song!'





Welcome to the first edition of Venus Magazine...

Welcome to the first edition of *Venus Magazine*, the official publication of the *Venus Awards* and an additional platform to spotlight women in business.

Whether you are a sponsor or a nominee, being part of the *Venus Awards* will raise your profile on both a local and national scale, introduce you to new business associates and put your business in front of potential new customers. With the launch of *Venus Magazine*, we now have another platform to reach out to more women in business.

As we continue to grow *Venus Awards* into new regions, so too will we launch new regional versions of *Venus Magazine*, so that both regionally and nationally, we can support our partners and shine a light on the strong, forward-looking women that are such an essential part of the modern business landscape.

The passion, enthusiasm and drive that is generated from being part of *Venus* could be just what you are looking for. So if you'd like to get involved, please contact myself, *Tara Howard*, or *David Frankel* by visiting www.venusawards.co.uk

I hope you enjoy the Magazine...

Tara

Tara Howard
Venus Awards

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VENUS

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NEW THRILLS & SPILLS AT WHEELS 2016

Wheels was back earlier this month for a third year with a host of new attractions, including a daredevil motorcycle stunt team, a brand new show from TV stunt star, Paul Swift, and championship quad bike racing on the beach. **The Grove** reports on the highlights!

Highlights for 2016 included the return of the Coastal BID Monster Truck Arena – with even more sand to allow side-by-side racing – and everyone's favourite death-defying Aussie, the Kangaroo Kid. Precision-driving ace, Paul Swift, was also back bringing a new Italian Job-style car chase to the Demo Straight, complete with red, white and blue minis, as well as a police car!

New for 2016 was the Two Brothers Motorcycle Stunt Team with a jaw-dropping Pop-Up Arena show on East Overcliff Drive. There was also a new display of motorcycle tricks and trials on the beach east of Bournemouth Pier from the Xtreme Stunt Team.



A part of the motor-fest this year, another new major attraction was the BXUK Championships – a solo and quad bike race series that took place for the first time ever on Bournemouth's golden sands to the west of Boscombe Pier.

This was truly spectacular, with the rounds 3 and 4 of the BXUK MCF British Solo & Quad Beachcross Championship attracting a large crowd that was wowed by the entertainment on show.



Finally, thanks to support from the Town Centre BID, pre-war and vintage cars were brought to a new home in the Square and, in a fantastic first for the Wheels Festival, a 33-metre tall big wheel dominated the Bournemouth skyline from 13 May right through to June 5th.



Acupuncture takes away the pain

Acupuncture is increasing in popularity throughout the UK, as more and more people look for a solution to their health concerns. One of the reasons it is growing so popular is because of its great ability to reduce or eliminate pain. Conditions such as Sciatica, back pain, neck pain, facial pain and migraines can all be successfully treated with Acupuncture.

Richard at Bournemouth Acupuncture says '80% of the patients I see in the clinic have a pain related condition. Thankfully these conditions respond very well to treatment, even if the person has been suffering for a long time. I would urge anybody that is in pain to come for Acupuncture'.

One of the reasons Richard gets such great results in the clinic is because of the style of Acupuncture he now practices. After studying TCM (Traditional Chinese Medicine) and Five Element Acupuncture, the two most common styles of Acupuncture practiced in the UK. Richard later travelled to Germany to study with Doctor Richard Tan in a style of Acupuncture known as 'Balance Method Acupuncture'.

Since training with Dr Tan, Richard states that the effects of treatment for pain have been 'incredible'. 'Acupuncture is great for all kinds of pain, but using this method takes things to a whole new level and gives immediate and long lasting relief'.

This style of Acupuncture is not that well known in the UK at the moment, but because of its effectiveness it is becoming more recognized. Richard offers Free Consultations at The Wessex Health Network in Stour Road, Christchurch and also at Sandbanks Yacht Company in Sandbanks.

You can contact Richard on: 07919163619

Email: richard@bournemouthacupuncture.co.uk

Website: www.bournemouthacupuncture.co.uk



The Specialist Centre for Effective Pain Relief

Get set for the hottest beach sports event of the year!

There will be plenty of sun, sea, sand and sport this summer when Poole plays host The British Beach Sports Festival 2016 for the very first time.

Around 5,000 VIPs, 20,000 spectators and a host of celebrities will come together for a celebration of the best of British beach sports over the August Bank Holiday Weekend.

The three-day event which takes place at the award-winning Blue Flag beach in Canford Cliffs, Poole, will be a showcase for a variety of ball sports ranging from beach soccer, rugby, volleyball, netball, and the official England Touch league.

Top Ten Sporting Ltd is owned and operated by a consortium of local entrepreneurs with a variety of business backgrounds and all walks of life. The names behind the BBSF are Ben Reynolds, Graham Heffer, Mark Heffer, Antony Williams, Alan Dove and Barry Squires. The partnership was created three years ago, a year of planning and after of research and development followed by the first event last year as a proof of concept. This golden nugget of an idea has a long term plan and strategy which will include to bring the world beach soccer championships to Dorset and to continue to develop community engagement and strong working partnerships as well increase tourism to the Dorset area.

Highlights of the three-day festival presented by Top Ten Sporting Ltd, include the national beach soccer championships and a celebrity all-star game of ex professional players competing against one another.

The national men's and women's beach soccer teams will provide a first class demonstration of the game and will be on hand to give novice entries more information, as well as taking part in a celebrity charity match in aid of The Youth Cancer Trust, a Dorset based local cancer charity.

Integrating all ages, genders and ability levels, The British Beach Sports Festival (BBSF) aims to bring 72 hours of exercise and education to create a vibrant legacy for beach sports in the area.

BBSF

BRITISH BEACH
SPORTS FESTIVAL

Saturday 27 August to Monday 29 August 2016



Kim Rawson, Graham Heffer, David Sax, Mark Heffer, Antony Williams, Ben Reynolds, Allan Reed at the launch event, which took place at The Customs House, Poole Quay.

The all action weekend will culminate with The National Beach Soccer Championships on Monday where the UK's best teams will be selected for the European championships.

Away from the pitches, there will be plenty of entertainment to entertain the crowds with live local bands throughout the day and international DJs during the evenings helping revellers to party under the stars.

BBSF 2016 is part of a long term plan to develop a grass roots base for all beach sports with the ultimate aim of bringing the FIFA World Beach Soccer Championships to the UK for the very first time.

For more tickets and sponsorship information please visit www.britishbeachsportsfestival.co.uk or Facebook [BritishBeachSportsFestival](https://www.facebook.com/BritishBeachSportsFestival).

LOCAL ARTS SCENE

by Julie Herring, Freelance Artist & Curator

Spring has well and truly arrived, and what a beautiful season it is to explore Dorset and see the sights, including the recent **Dorset Art Weeks**.

This bi-annual event took place 28 May - 12 June 2016 and afforded an opportunity to visit Open Art Studios and events throughout the county. If you missed it, visit www.dorsetartweeks.co.uk to peruse the local talent and to explore the events which took place. The DAW guides also show you where you can find visual arts, professional artists and budding artists around the region.

Art is very personal, so you should take the opportunity to engage directly with local artists. Whether Fine art painting, photography, mixed media or 3D sculpture, ceramics or textiles, I always recommend people to visit studios, meet the artists and discuss their art processes.

Look out for good galleries that are supporting original, quality art. You may pay a little more but if the gallery is supporting artists throughout the year and presenting the art well, then it is worth paying the extra for their good service. If you are buying prints, look for hand-made printmaking techniques... such as linocuts, etchings, screen prints, woodcuts, engravings and original prints.

My tip? - don't just buy art as an investment (like many art and antique programmes suggest). If you buy original, unique art that you love, it will give you pleasure and enjoyment; good craftsmanship and hand-made quality art can be appreciated for a lifetime.



Ruth Oaks: 'Two Jugs'
Woodcut (made with 2 blocks)

Hand-made printmaking

If the artist has worked on the printing element of their own design (hand-made print) then the print can be termed 'original'. This is as opposed to reproductive prints which involve the use of an intermediary person to reproduce the design (and are often large print editions).

Avoid prints that are just framed reproductions. Print-runs should be small and each print numbered (an edition) and signed by the artist. Etchings will show an embossed edge from the printing plate.

The safest way to buy a hand-made print is direct from an artist or good printmaking studio. Often prints may be sold just mounted, and this is a good way to purchase slightly cheaper than when framed. It also means you can choose your own framing. If this is all sounding expensive, well consider this. How often do you buy real art?

Art in the home is just as relevant as the furniture or soft furnishings you may choose. Get it right and you have something original to enjoy every day.



Rebecca Newnham:
'Shoot'
Mirrored mosaic sculpture
Photo by David Bird



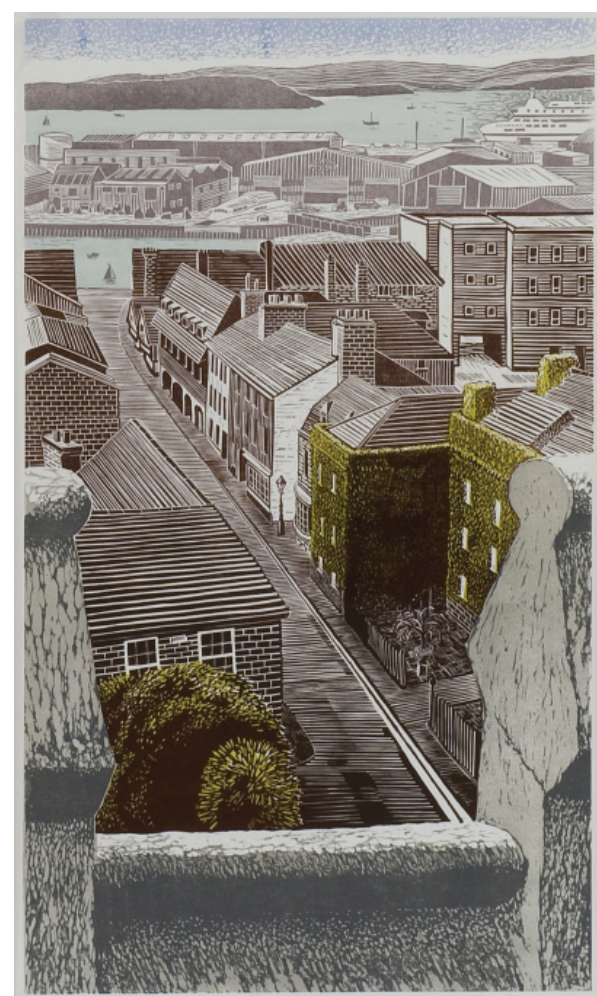
Buying Original Art & Prints

Are you satisfied with buying artwork that just matches your curtains?... Are you happy to buy art from a main store, (such as a print on canvas) knowing that they are mass-produced? Do you appreciate real art and want to buy an original painting or print? If so, it doesn't have to cost the earth.

Today, with so many options of visual art, digital media images and easy access to prints, perhaps we need something more individual and meaningful. Choosing art can sometimes be daunting if you're not sure what you are looking for. The first thing is to choose what 'speaks to you' or inspires you.

Very often we buy what is just safe. Art should really be a personal choice. Choose quality and it will be enjoyed for years to come.

Professional artists will be able to advise you on their techniques and skills. Look out for unique, handcrafted work. Real art is worth spending out on, so keep within your budget, but do try to buy original. Don't forget the 3D! Sculpture, pottery, ceramics and glass can really be a statement in the home. Look out for the potters, sculptors and handcrafted makers! ...Enjoy!



John Liddell, Old Town Poole, Linocut

Are you ready for the hottest beach sports event of the year?

The August Bank Holiday Weekend will see the arrival of the **British Beach Sports Festival** at Canford Cliffs, this three-day action packed event is a showcase for a variety of ball sports ranging from beach soccer, rugby, volleyball, netball, and the official England Touch league.

Highlights of the three-day festival presented by Top Ten Sporting Ltd, include the national beach soccer championships and a celebrity all-star game of ex professional players competing against one another.

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Away from the pitches, there will be plenty of entertainment to entertain the crowds with live local bands throughout the day and international DJs during the evenings helping revellers to party under the stars.

WIN! TICKETS TO THE BRITISH BEACH SPORTS FESTIVAL 2016



For tickets and more details visit www.britishbeachsportsfestival.co.uk or Facebook BritishBeachSportsFestival

The **British Beach Sports Festival** in association with **The Grove** is giving away 2 pairs of VIP tickets to Dorset's ultimate beach sports weekend. To stand a chance of winning, simply enter the ticket draw via email to thegrove@villagemags.co.uk, putting 'Beach Sports' in the subject line and giving us your name, address and telephone contact number. Winners will be drawn at random from entries on August 19th 2016 and winners will be contacted soon after. Good luck!

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“Sometimes, less is more”
- William Shakespeare

We agree Bill!

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Exclusive Custom Made Furniture made locally

If you are looking to make some home improvements this Spring and are considering the option of fitted bedroom furniture to add a touch of class and style to your home, you should speak with *Custom Made*.

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.

Call 01202 737 555 and mention 'The Quay' or pop in to our showroom, located at Chalwyn Estate, Old Wareham Road, Poole, Dorset BH12 4PE
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What is Acupuncture?

Acupuncture is part of Traditional Chinese Medicine practiced for thousands years in hospitals throughout China and other Eastern countries. Since becoming established in the west, it has quickly become one of the fastest growing movements in healthcare today.

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CENTRE STAGE'S 'THE LION, THE WITCH & THE WARDROBE' RAISES CASH FOR TWO CHARITIES

Centre Stage School of Dance and Performing Arts presented cheques to two charities – both a local and a national charity – at their final performance of 'The Lion, The Witch & The Wardrobe' at Lighthouse Theatre, Poole.

The Dance and Performing Arts school staged its largest and most ambitious production to date, securing the rights from the C.S. Lewis estate to stage their adaptation of the classic children's book. The production was a magical, spectacular interpretation of the timeless adventure.

Zoe Mather, Centre Stage Principal and Artistic Director, said "Following the huge success of our last two productions, we wanted to raise the bar even further and put on a bigger and more lavish production that reflected the ambition, professionalism and talent of everyone at Centre Stage.

Putting on the show at Lighthouse, the largest regional arts centre in the UK, not only allowed us a bigger stage to showcase what we do but also gave us the opportunity to invite a wider audience to enjoy this wonderful family production. I think everyone agreed it was an inventive and highly theatrical production, with lots of surprises. Our talented students dedicated endless hours to mastering their performances in order to bring this story to life on stage. The level of energy and passion was infectious for all involved. I am proud beyond words of their talent and achievement."

The incredibly ambitious production involved all 400 Centre Stage students (ranging in age from 2 to 19) and was staged over two days, with money from fundraising activities throughout the year, plus proceeds from the sale of show T-shirts and programmes going to Centre Stage's two chosen charities; Poole Scanner Appeal and Cancer Research UK.

Zoe Mather, Principal and Artistic Director of Centre Stage, presented a cheque for £2,000 to James Dixon-Box, of Cancer Research UK, who commented

"Congratulations to Centre Stage. I am amazed by the standard and professionalism of the performances. I would like to also pay testament to Zoe and the school in regard to their fundraising success. Cancer Research UK is the world's leading charity dedicated to beating cancer through research. This is obviously a charity very close to Zoe's heart, but Zoe tells me that the students take great pride in knowing that their fundraising efforts go towards such a worthwhile cause. Thank you and well done Zoe and the whole Centre Stage team – your students are a credit to you all."

Zoe also presented a cheque for £3,000 to Poole Scanner Appeal.

Stuart Dean, of Poole Hospital Cancer Treatment Trust, said

"I must congratulate Centre Stage on a great show. The talent of the performers shines through as does the dedication they have put into their performances. It is also obvious they are having a great time. The students are a credit to the school.

Poole Hospital Cancer Treatment Trust, often known as Poole Scanner Appeal, is an independent charity which raises money to purchase equipment for Poole Hospital for the diagnosis and treatment of all forms of cancer. Never have funds been needed more than now with the cutbacks in funding in the NHS.

We are delighted to be receiving £3,000 for our current appeal. We hope the scanner will be installed and treating patients in the second half of this year. Our thanks go to Zoe, her team and all the students who have raised this wonderful sum – you have all played your part in saving many lives in the years ahead.

It is testament to the school that you have all shown such thoughtfulness with your fundraising efforts which will result in helping others in Poole and the County of Dorset. Many thanks for your generosity."

Centre Stage is now in the process of choosing a new charity for the year ahead and planning fundraising activities to continue to support worthwhile causes.



To find out more about Centre Stage, visit the website www.centrestagedance.org

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Connecting the dots

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With more than 20 years' experience in releasing people from pain and encouraging men and women to be their best, our chiropractor and lifestyle consultant - Paul Connery - offers a holistic treatment package. This will not just be pain relief; it will address the lifestyle factors that may be inhibiting your wellbeing, including excess weight and emotional stress.

The *Connect Chiropractic* ethos is minimal intervention with maximum results, meaning that you can flourish and not keep waking up thinking: 'What the ****?'

This is because our idea of success is creating results that are long-lasting and not a temporary sticking plaster. Paul has walked the walk – he will provide you with a plan that incorporates proven stress-reduction techniques, weight loss with lasting results (if required) and pain reduction and management.

At Connect we offer more than simply chiropractic – we offer an optimal lifestyle solution.



For a free and confidential chat to see how we can help you please email paul@connectchiropractic.co.uk or telephone 01202 798680. www.connectchiropractic.co.uk



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Julie Herring MA, FRSA

Art Consultant, Artist and Exhibition Curator

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 courses from June and Sept 2016. Bookings are now being taken!

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- Outdoor 'walk and draw' events
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To book an Art class, please contact:
Julie Herring, Freelance Artist & Curator
Tel: 07720 353454
email: info@earth-art.org.uk



Spring into Ladies Trends

by resident style guru, Xanthe Grace

It seems that this winter has been grey and interminable and therefore it was most welcome when the daffodils decided to make an early appearance. As an homage to this I start with the top colour trend for SS16 and that is yellow.

It is a tricky trend as it doesn't suit every skin tone, but there are ways of softening it. We start with this lovely Ariella Alba dress from John Lewis at £125 (A).

One way of wearing the trend more subtly is to go with a main colour that suits your skin tone and then add yellow as an accent. This delicate top from F & F at Tesco £16.99 (B) is a great example. I also love this John Lewis handbag £39 (C) which injects the colour into an outfit.

The cold-shoulder trend started last autumn, however with the onset of spring this look is set to be huge. I love this example from Karen Millen in a beautiful cobalt blue at £55 (D). New Look has this long sleeve striped version for £18.99 (E). Misguided featured this elegant black dress with the cold shoulder cut outs at £29 (F).

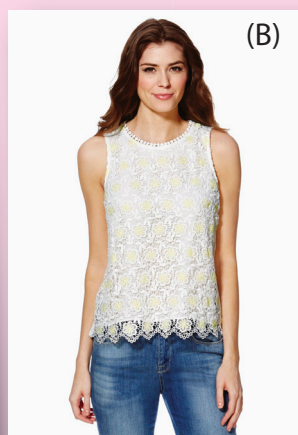
Another big trend for this season is stripes. It was featured on endless catwalks in the fashion shows last autumn. Here are a few items that I have highlighted. This beautiful Karen Millen Dress is £160 (G). This striking top is from River Island at £24 (H) and this lovely summery skirt is from J Crew at £85 (I) are both good examples.

If ever there was a naff name for a trend then *athleisure* has to be up there. What is it? Well it's gym wear really. It has become so popular that many of the high street stores are carrying their own *athleisure* ranges. It is now quite common to see people shopping or strolling in the park with the dog, looking like they should be in the gym, but actually having no intention of going within a mile of a treadmill.

Brands such as Sweaty Betty, Lululemon and Under Armour have blazed a trail with irresistible designs to get us to buy into the healthier lifestyle ideal. Their success has alerted the high street retailers to the lucrative potential of the market.

H & M have an incredibly affordable range and I think this mint green top is very pretty at £9.99 (J). These Sweaty Betty leggings are £90 (K) and they look stunning, with the flattering optical illusion panels at the side. These eye catching red Nike leggings with mesh panels are £35 (L).

A huge part of the athleisure trend is the footwear. Trainers have come a long way from the days of Dunlop Green Flash and now every hue under the sun can be found on the high street. I love these trainers from Tesco Active which are £12.99 (M). These Karrimor trainers are super light and great for running and they also make a bold colour splash at £39.99 (N). Alternatively you can go pink in these Nike trainers at £59.00 (O).



MEN'S FASHION MISTAKES YOU DON'T WANT TO MAKE THIS SPRING

by resident style guru, Xanthe Grace

The Green's fashion advice is generally about what to wear in the weeks and months ahead, however I also like to occasionally focus on what not to wear. Although the men's fashion market moves at a glacial pace, fashion dilemmas do still occur.

When a new trend arrives it is important that it is worn appropriately, as style should never suffer for the sake of fashion.

Shorts in all shapes and sizes were a big feature on the fashion show catwalks last autumn, however groin-skimming shorts may just about have a place at the gym, but on the high street they would turn heads for all the wrong reasons.

Our European male counterparts always seem to wear shorts so effortlessly. We are hindered with our Anglo-Saxon colouring which takes some time to match the Mediterranean palette, if ever.

However chosen with care and most importantly the correct footwear shorts can be worn stylishly and tastefully. These pink shorts are from River Island at £25 (A). These smart linen shorts are from Suitsupply are £89 (B). These dark grey shorts are from Top Shop at £25 (C).

The rule when it comes to men wearing shorts is that they should never be worn with socks and trainers. These lace up examples work well or the other option is a loafer. They generally work better worn in a light suede rather than dark leather as shown here (D). Skirts have made an appearance this season and no I haven't confused this with my woman's column. Skirts are feature in the Givenchy SS16 collection (E), however I think for the vast majority of the UK skirts are best left to the Scots.

This was really all about a backlash to the pip-cleaner trouser look that has been all pervasive for the last couple of years. More relaxed trousers are having a resurgence, however the look to avoid is the Take That circa 1993. These navy trousers are loose fitting and are from J Crew at £75 (F). I also like these lilac trousers, also from J Crew at £79.50 (G) and these white chinos from Ralph Lauren at £125 (H).

Lace is featured by a number of designers this season and here is Burberry Prorsum's offering (I). I think most men would find this a leap too far, so a more wearable option is this slub finished grey polo shirt from ASOS at £18 (J). Floral returns once again and for the brave Zara feature this head to toe look (K), however I think it's safe to say that most men would opt for the shirt paired with a pair of dark jeans. I like this Mango version at £45 (L).

As with women's fashion, trainers are everywhere this year but the Nike's you wear to the gym or for your run won't cut it this summer. Flourishes such as latticing on these £145 Converse trainers (M) will definitely earn style points or these more expensive versions by Buttero at £275 (N). If you want to opt for a more traditional trainer style with a modern twist these Puma Blazes are stylish at just £79 (O).



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PRESIDENTS COLUMN



Peter Matthews President of the Bournemouth Chamber of Trade & Commerce

Bournemouth Chamber of Trade and Commerce President, Peter Matthews, shares news about the chamber.

May marked an important month for Bournemouth Chamber of Trade and Commerce as our AGM takes place on the 3rd of May, 4.45pm at The Miramar Hotel. Free to attend for all paid Chamber members, the AGM will see the election of various Chamber roles for 2016/2017. Personally, this AGM marks a significant milestone as it signals the end of my first year as Chamber President. I would like to thank everyone who has supported me in my first term as President and I hope we can continue to grow the Chamber and aid the success of the local business community together in the next presidential year.

In my first year as president, I have been proud to be involved in some significant changes at the Chamber which includes the implementation of a brand new website and the reinvigoration of our events. However, something I am particularly proud of is developing BCTC's links with schools across Bournemouth. For example, BCTC is currently working with the Bishop of Winchester Academy to help mentor and provide business support for their Year 12 and 13 6th Form students with the goal of aiding these students to become more 'work ready'.

As part of our support, I am pleased to announce that BCTC will be awarding two students from Bishop of Winchester Academy with paid work experience placements this summer. These prestigious placements will be awarded to two students who have impressed both BCTC and Bishop of Winchester Academy with their work ethic and business acumen. The academy will be helping BCTC to identify these students by holding a 'Dragons Den' type competition, giving all 6th Form students, regardless of academic ability, the chance to shine and achieve a placement.

In other news, our 100th anniversary celebrations continue in June as the historical Baron of Beef Event will be taking place at the glamorous The Ocean View Hotel on East Cliff Road. As the next event in our centennial year, whilst also marking the start of the 'Bournemouth Food and Drink Festival', it is sure to be a brilliant evening of fine food and dazzling entertainment.

Tickets are £22.50pp and available at
www.bournemouthchamber.org.uk/events

SUPPORTING LOCAL BUSINESSES by Neil Armstrong, Local Marketing Expert

There are many great reasons that we should all support local businesses and whenever possible, spend our money within the community in which we live.

Rather than travelling to shopping centres outside of the area, if something you need is available locally, it's much better to purchase it where you live, even if it's a little more expensive. You don't have to use public transport or drive and pay for parking etc... for the convenience of products and services on your doorstep; it's worth paying a little more if you need to.

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. Isn't it better to buy a bottle or wine in your local wine shop, or bread from your local baker, when you can get helpful advice, guidance and engage with another human being, than to buy the same items at a faceless supermarket?

Compared to High Street chains, locally owned businesses recycle a much larger share of revenue back into the local economy, enriching the whole community. They create more jobs locally and, in some cases, provide better wages than the chains. Local businesses also pay their fair share of tax, unlike some of the larger retailers, coffee shop chains and the international retail brands that sometimes move profits, not only out of the local area, but in some cases out of the Country.

A multitude of small businesses, each selecting products based, not on a national sales plan, but on their own interests and the needs of their local customers, guarantees a much broader range of product choices.

Obviously, in the modern world, it's tempting to shop online, or use Supermarket Click and Collect systems or take advantage of offers at the click of a button; and there's nothing wrong with that...



In fact you sometimes have to shop elsewhere if the sorts of product you want to buy are not available locally. However, if you can buy products and services locally rather than online, you have the added value of helping your neighbourhood and contributing to the lives of fellow local people, rather than faceless national retailers or global conglomerates.

If you're in business locally, a final word for spending money with your local community paper rather than Google. Your local paper is local... Google isn't, unless you live in London or Silicon Valley.

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**

Views on Business Networking by Jacqui Frampton - The Boardroom Network

Many of us who have been in business for several years can sometimes feel 'jaded' by the numerous and varied networking activities on the circuit... we recognise it needs to be done but struggle to enjoy it and make the most of the opportunities available.

There is a saying that:

Networking is by far the most important aspect of business school. The classroom is a distant second.

Jay Devivo



We are all 'time poor' and can often lose sight of the fact that for ourselves and our businesses to thrive and prosper we sometimes need to take time out and mix with other business professionals and like minded individuals. Having networked for many (many) years we would like to share with you our 'Top 5 Tips' and perhaps explain why we established *The Boardroom Network Business Club...*



- Networking is not necessarily a 'soft' skill – you don't have to measure 'success' at networking you sometimes just have to see where it leads. Initially perhaps find an environment you feel comfortable in – for some that may be organised, structured, facilitated events for others it may be the informal gatherings over coffee or post work drinks.
- Be consistent – once you have found the type of gathering you prefer – stick with it – the goal is to build yourself a network which will be a constant and longstanding resource. You will also be developing a Pool of People who know about you and value what you do.
- Relax – don't feel you need to be too scripted – (forget the hard sell but don't forget your story) you do need to deliver your message however you also need to be receptive to the people you meet. It's perhaps important to remember you are networking rather than pitching or selling. The people in the room or sitting at your table may not be your potential client but someone they know could well be – we should never underestimate the power of connection.
- It is a bonus if you are perceived to always be willing to share your knowledge, experience, contacts and therefore add value to the people you meet and in turn their contacts and customers.
- Not everyone is confident in a room full of others (we certainly weren't throughout our first few outings) in fact 'Shyness' is actually the norm. The solution is to make eye contact and wait for someone to begin the conversation. At our events we always strive to encourage the "seasoned" networkers to meet and greet the visitors as they arrive we find it eases the introductions and initiates conversations.

For further information on our events please contact us at www.theboardroomnetwork.com our next event is on *Thursday 7th July* at The Italian Villa, Compton Acres, Poole. There is a booking link via the website.

The fast-track from start-up to growth: a Bournemouth business' journey to success

With strong backgrounds in fine dining, Restaurant Roots, owners Stacey & Jan Bretschneider were full of ideas and technical know-how when setting up their new fine dining business.



However, the practicalities and fundamentals of actually setting up the business were somewhat alien. With assistance sought from their local start-up support service, Outset, the couple were soon running a fully-fledged 20-seater restaurant specialising in tasting menus.

With such a successful launch under their belts, Stacey and Jan's ambitions grew and they started to look at their longer-term growth plans. Through their original Outset advisors, they were introduced to partner service GetSet for Growth.

GetSet for Growth is an award-winning specialist support service that helps ambitious businesses achieve their growth goals. With a unique blend of marketing and finance expertise, clients get access to a range of seminars, masterclasses and 1:1 support to define their plans, find new customers and access finance. Fully funded by the Regional Growth Fund, this support was available to Restaurant Roots through the Solent service.

With access to free workshops and 1:1 support, Restaurant Roots is developing its marketing strategy to better engage with its customers and help promote the business to a wider audience. With their ambitions continuing to soar, the couple have exciting plans for the future - including the opening of a Tea House specialising in intricate, detailed cakes and pastries; the likes of which can only be found if you venture into London.



Marketing Advisor, Sarah Veakins says, "It's wonderful when a business drives the energy from its successes into further growth and Stacey and Jan are doing just that. Working alongside the GetSet team, we are helping them to develop an effective marketing strategy that engages their existing customers, capitalises on the positive power of word-of-mouth and positions them as a unique and aspirational venue for a fine dining experience. With expansion goals on the horizon, this foundation work is hugely important and we're looking forward to supporting them on this growth journey."

GetSet for Growth has an impressive track record in helping ambitious businesses scale and grow. 1 in 8 clients completing the programme create a new job within 12 months, while also increasing their turnover by an average of 197%. Furthermore, GetSet plays an active role, across the country, in helping businesses to access funding for growth - with an impressive 98% success rate in helping clients to secure finance; totalling over £5.5 million nationally to date. With teams working with businesses in Bournemouth and across the region, if you think your business would benefit from marketing and finance support, register with GetSet for Growth today.

www.getsetforgrowth.com/register

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Tips for making a Lasting Power of Attorney



Adam Scott, Private Client Partner at Humphries Kirk, explains what a Lasting Powers of Attorney (LPA) document is and why it could be important that you have one in place.

What is a Lasting Power of Attorney?

An LPA can last your entire lifetime and allow you to decide who would help manage your affairs in the event that you no longer wanted to yourself or were unable to do so due to mental incapacity.

The two types of LPA

1. Property and Financial Affairs LPA

This type of LPA gives your appointed attorneys (family members, friends or a solicitor) the legal authority to manage your bank accounts, investments, and if necessary pay your bills or sell your property.

2. Health and Welfare LPA

This LPA gives your attorneys the legal authority to make decisions about all aspects of your health and welfare in the event that you are unable to. This may include deciding on your living arrangements, receiving receipt of medical treatment and more intricate decisions such as what you wear and the food you eat. It is possible to place restrictions on your attorneys and to leave them guidance in the LPA documents.

Requirements under the LPAs

As well as giving careful thought to your choice of attorneys and replacement attorneys, you must also choose a certificate provider; this is someone who signs the LPA to confirm that you have the capacity to understand the content and implications of the process.

Registration

All attorneys must be registered with the Office of the Public Guardian before they can act under your LPA. The usual recommendation is that registration takes place once the LPAs have been drawn up, but some people choose to register theirs at a later date.

What will happen if I lose mental capacity and don't have an LPA in place?

If you lose mental capacity and do not have an LPA in place, then someone will have to apply to the Court of Protection for a Deputyship Order. This takes away the decision of who will look after your affairs from you and is a lengthy and costly procedure.

Why should I use a legal professional to prepare my LPAs?

Unfortunately, Attorneyships do go wrong as a result of failing to properly consider the identity of the attorney or due to the actions taken by that person. People often assume that they should appoint their children as attorneys, but it is important to ask whether they will be able to make tough decisions in the future. Can they be objective and keep your best interests in mind?

For LPAs that have been ill-prepared, appointing family members can fail later on when they aren't prepared to make a decision, fall out, or do not have the relevant expertise to deal with the issue.

Adam Scott is a member of the Society of Trust and Estate Practitioners and Solicitors for the Elderly, if you want to talk more about Lasting Powers of Attorney please contact him on 01202 715815/ 42111.

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Are women better at taking risky decisions in business?

By Tara Howard, Founder of Venus Awards

As a woman in business I'm always questioning what risks I need to take to grow the Venus Awards. I think that this must be one of the biggest issues that female entrepreneurs struggle with constantly when trying to develop their businesses – for let's face it, you either innovate or your business fails. It's serious stuff.

I wanted to know if it's true that women are risk averse in business, and if they are why is that so? And what do women possess that is unique to their sex that can offset risk aversion? As an entrepreneur I want to be "risk ready" regardless of my gender. I did a little digging. What I found was very thought provoking. Several studies show that women are shaped by the dominating culture that tells them that playing by the rules earns praise and admiration.

One study stated, "Girls, who are better at following instructions, are told they are smart, good, clever – unchangeable traits that don't improve with trying harder. Girls are given less room to make mistakes". In contrast boys are encouraged to be competitive and bend the rules if necessary to achieve recognition. Being forgiven for behaving badly remains the case for boys and young men, an effect that runs through their lives.

Growing up as the young sister to three older brothers I can identify with girls who want to break with the convention of being good, being quiet, and being uncompetitive because the boys seem to have all the fun!



Hilary Devey CBE

I decided to test the belief that women were more risk averse in business with a woman best known for her business savvy and boldness, so I spoke with Hilary Devey CBE, of Dragon's Den fame. I know her to be direct and to the point, and she didn't disappoint. "Tara, if you don't take risks, you die".

Adena Friedman, President of NASDAQ, highlights in her article "Why it's okay for women to take risk" in Fortune magazine, how motherhood can impact on a woman's approach to risk taking – after all, raising children is a balancing act of protecting your offspring and letting them take measured risk. As a mother of four children and a step-mother to two, I understand this perfectly.

The very fact that women are more cautious, do their research, and pull on their life experiences, make them a boost for the bottom line and a safer investment opportunity. In my opinion this outweighs any aversion to risk.

So come on girls, trust in your womanliness!



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Venus Awards - The Working Womens Oscars

Referred to as the Working Women's Oscars, the Venus Awards were formed in 2009 (with Dorset as the first region) to recognise, reward and celebrate local working women in business.

Since then, the Venus Awards has exploded into other regions across the country. Culminating with an annual National Final that truly represents the inspirational women who balance and juggle their lives relentlessly and unconditionally, who inject their communities with a sense of feminine robustness and solidity only a woman can provide.

Women play such a pivotal role in our local economies, it is crucial that hard-working business women have the spotlight shone upon them. As the Venus phenomenon rolls on across the country, more women in business will stand up and let the world know what they do, how they do it, and the challenges they face.

This typically leads to more women helping each other through mentoring, networking and plain old 'doing business' together. Raising awareness of the successful women in our midst and publicly acknowledging them underlines the economic force women have become.

DORSET VENUS AWARDS 2016 NOMINATE NOW

Following the launch of the Dorset Venus Awards in association with Mercedes-Benz of Poole at Playgolf Bournemouth in April 2016, nominations for this year's Awards are now open.

Now in its seventh year in Dorset, the Awards go from strength-to-strength in recognising the brightest female business talent in the region.

The Awards celebrate the vital contribution that women in business make to the local, regional, and national economy. In Dorset this year nominees and applicants will be competing in up to 15 categories.

A new category has been introduced in Dorset this year – Inspirational Woman in Technology (STEM disciplines). The Awards are unique in that anyone can nominate a friend, client or family member.

Martin White, Dealer Principal of Sandown, Mercedes-Benz of Poole, said of their involvement as Associate Sponsor...

"We are very excited to be a part of the Venus Awards 2016 and to celebrate local working women in business. Our industry is historically a male dominated environment and we are working very hard to change that. If you visit our business you will see many examples of this and I think we have a number of women in the business worthy of a nomination, or even a win!"

"I believe the Mercedes-Benz A-Class is a great match for the Venus Awards as it is leading the way in its market and epitomises the modern icon."

The Dorset Venus Awards will culminate in a glamorous Ceremony and Gala Dinner to be held at the Bournemouth International Centre on Thursday 20th October 2016.

Do you know a woman that deserves recognition? Nominate her now at www.venusawards.co.uk/dorset



Categories in this year's Dorset Venus Awards are:

Tigerlilly Nails New Business of the Year

**Mercedes-Benz of Poole
Influential Woman of the Year**

**Dutton Gregory Small
Business of the Year**

**Bournemouth University
Inspirational Woman of the Year**

**Ratio Online Media & Digital
Business of the Year**

**MPLOY Staffing Solutions
Manager of the Year**

**Talbot Heath School
Business Mother of the Year**

Enhanced Company of the Year

**ATLAS ELECTRONIK UK Inspirational
Woman in Technology (STEM Disciplines)
Award**

**Interlink Express Customer Service
Award**

**Playgolf Bournemouth
Networker of the Year**

Exterior Media Marketing & PR Award

ASH Elite Professional of the Year

Entrepreneur of the Year

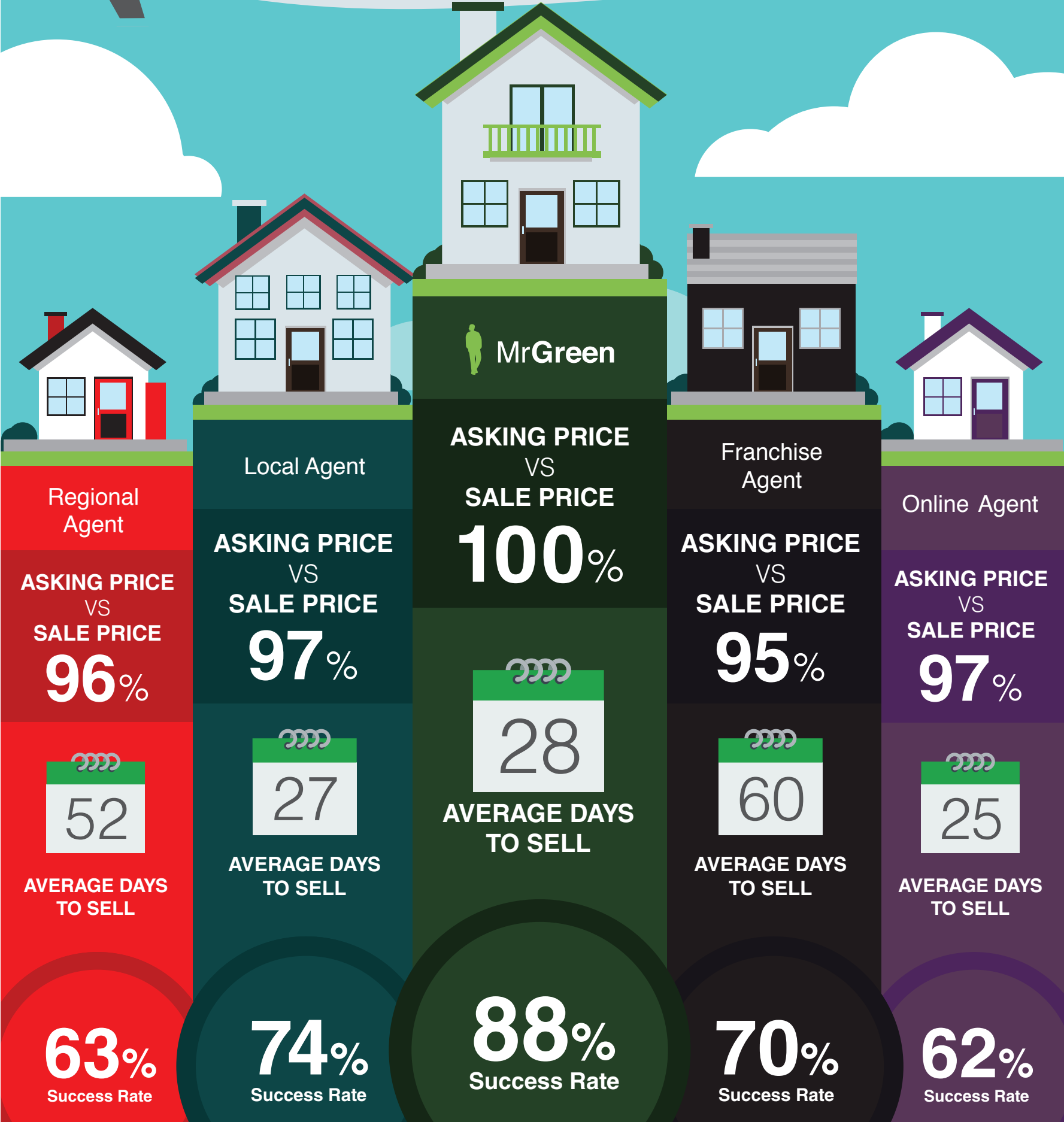


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Property sales soar in Southbourne: here we show you all the latest market statistics

It is incredibly hard for buyers right now. Nobody seemingly wants to leave and everybody wants to live here! Who can blame them?

So how has that translated in house prices? Well surprisingly we've seen a slight dip after the incredibly positive previous 12 months. I see this as mostly the unsustainable growth levelling out a little. Some buyers have given up trying to live here, as what you get for your money just isn't the same as it once was.

We've consistently smashed prices in roads throughout 2016. If

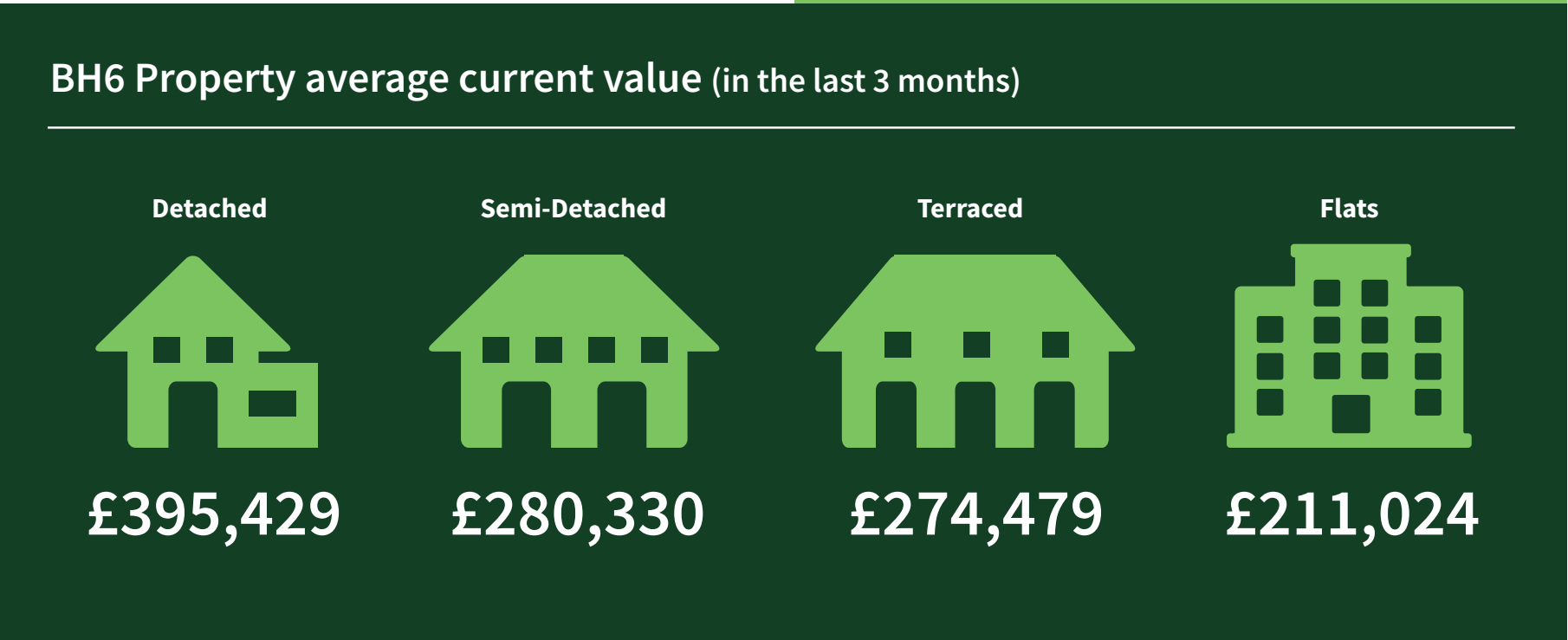
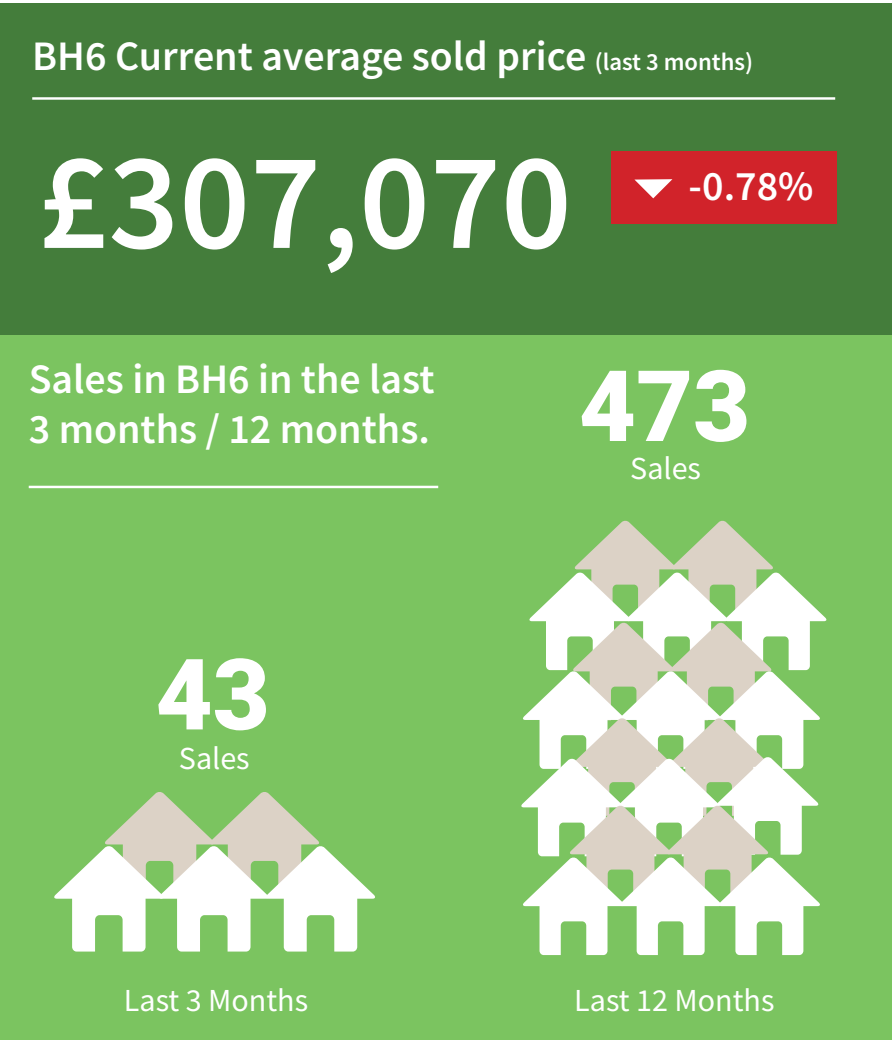
we had four times the number of houses to sell we would sell them all. It's that type of market.

The interesting thing we have started to see is that sellers who are putting their properties on too high above market value are now not selling.

Ultimately, it's a great time to sell, but if you're living in this area, it's going to be a pretty great time to sell for the foreseeable future.

If you want to know how to maximise your sale price please do give me a call on 01202 387718.

Simon Ward, Managing Director.



BH6 Current asking price average

£368,896

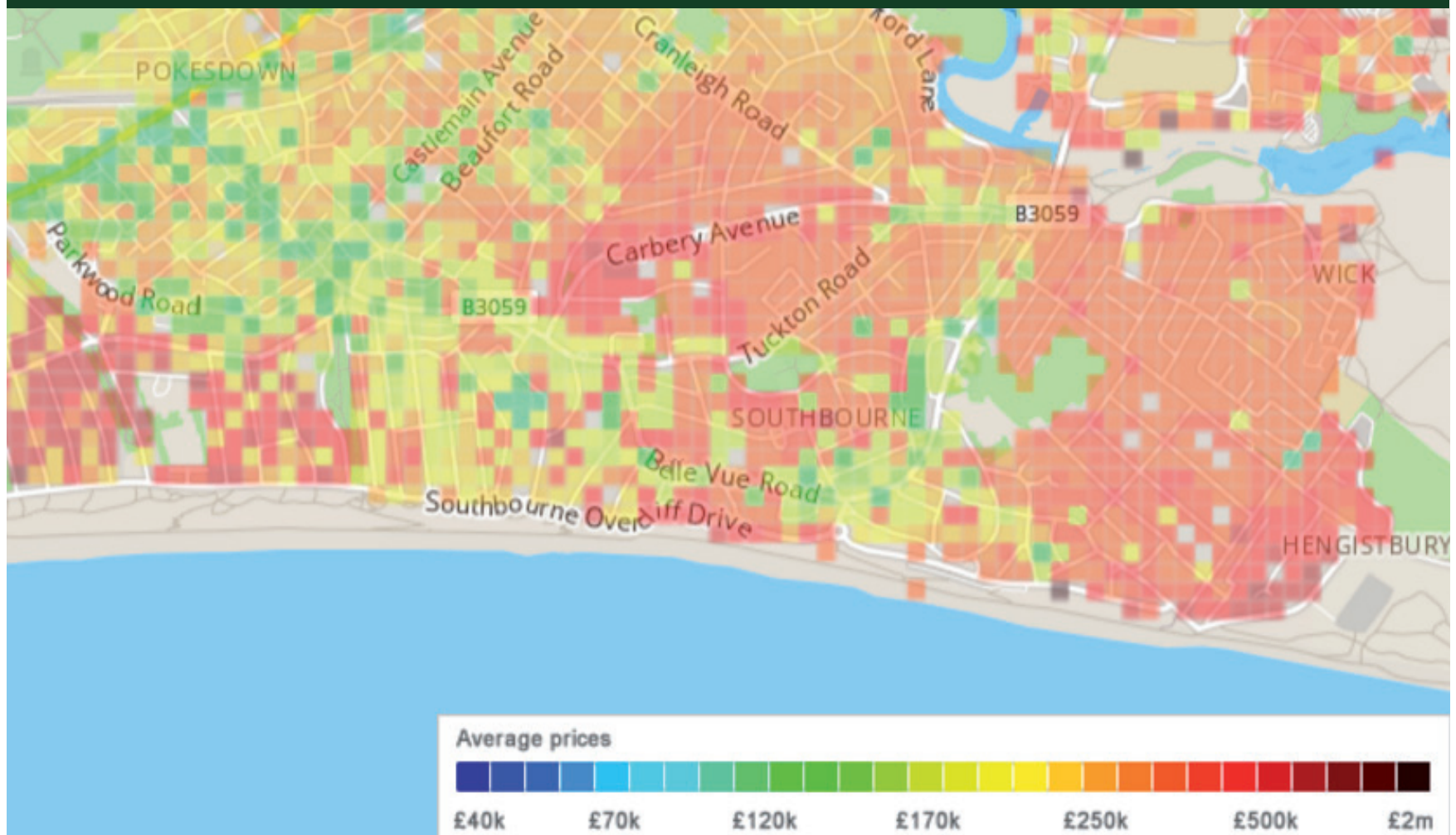
Property Type	1 bed	2 bed	3 bed	4 bed	5 bed
Houses	£148,490	£275,383	£381,995	£482,136	£1,282,000
Flats	£175,238	£267,718	£469,990	-	-

BH6 Current asking rents average

£1,530 pcm

Property Type	1 bed	2 bed	3 bed	4 bed	5 bed
Houses	£425 pcm	£925 pcm	-	-	-
Flats	£518 pcm	£1,961 pcm	£4,767 pcm	£1,096 pcm	-

BH6 Heatmap



BH6 Growth Rate

5 year house price growth

BH 18.07%

National 5.69%

5 year house price CAGR

BH 2.81%

National 2.70%

CAGR: Compound Annual Growth Rate is the year-over-year growth rate of house prices over a specified period of time (in this case five years). This figure gives an indication of the returns that have been seen historically. It can also be seen as a “smoothed” rate of return.

Last 12 months house price growth

BH 7.59%

National 5.69%

BH6 Most Expensive Streets

(Since land registry records began)

Street	Average
1 - Clowes Avenue	£641,503
2 - Tuckton Gardens	£614,854
3 - Southbourne Coast Road	£602,245
4 - Rolls Drive	£537,934
5 - Solent Road	£529,661
6 - Wick Lane	£521,240
7 - Leigham Vale Road	£498,898
8 - Stevenson Road	£497,113
9 - Selfridge Close	£495,588
10 - Nugent Road	£494,256
11 - Wiltdown Road	£492,552
12 - Harland Road	£491,754
13 - Cellars Farm Road	£474,185
14 - Wicklea Road	£471,680
15 - Magnolia Close	£471,196
16 - Carbery Avenue	£469,569

Browning Avenue, Bournemouth

Asking Price Of £750,000 | For Sale



Detached House | Bedrooms: 5 | Bathrooms: 2

No doubt this is a very handsome house. Double-fronted, lots of original features and in great condition. Once inside the house you open up to a large central hallway with newly laid real oak flooring. The door to the left opens to the living room. A superb space for relaxing, watching TV and bringing even the largest of families together in just one room. From here you also have access to the Sun Room over looking the garden.

The door to the right off the hall leads to the formal dining room. The beautiful bay window and original fireplace make great features and create the ideal space for entertaining guests. To the rear we have the large kitchen diner, fully refurbished with integrated appliances, a fantastic place to create all your culinary delights. A utility / storage room runs off the back to keep the noisy appliances out the way.

Also downstairs there is a large annex/playroom/store. Realistically this part of the property is superb bonus space and adds that extra possibility for potentially housing granny or grumpy teenager.

Upstairs there are 5 bedrooms, with en-suite bathroom to the master. The additional family bathroom has been refurbished with new plumbing throughout and separate shower installed. The first floor has a large bright landing and gives access to an enormous loft space that could be converted to even further living space if required.

You can tell throughout the property that the current owners have given a great deal of time, money and effort in keeping the character of the property in place. The garden space is split between lawn, decking offering good space and all being very private. This property also comes with lots of off road parking, easily enough for 5 cars (the road is also very quiet) and a Garage, which can also give additional access to the study room with entering the main property.

Carbery Avenue, Southbourne

Offers in excess of £800,000 | For Sale



Detached House | Bedrooms: 6 | Bathrooms: 4

This stunning 6 bedroom, 4 bathroom property is located in one of Southbourne's best roads. The property has fantastic curb appeal and is in immaculate condition throughout. The impressive space offers 3 reception rooms, a large kitchen/diner, loads of character and original features.

This stunning family home has to be seen to fully appreciate what it has to offer.

EXPOSURE



L/R Graham Watts, Emma Hougham-Watts, Sue Phillips & Danny Phillips at the Dorset Blind Association premier of Florence Foster Jenkins at the ABC Cinema Bournemouth



Ingrid Bergman and Neil Armstrong at the Dorset Blind Association premier of Florence Foster Jenkins at the ABC Cinema Bournemouth



L/R David Frankel, Charlotte Whittington, Tara Howard, Jessica Seidensspinner, Laureline Da Silva and Hannes Frahm at the Dorset Blind Association premier of Florence Foster Jenkins at the ABC Cinema Bournemouth



Mark-Gracey-BCTC,-Milo-Carstensen-&Freddie-Thomson Strawberry-Fields-Represents at BH Banter



Mayor of Bmth Cllr John Adams with Suzi Adams and Tim Seward at the BCTC 100 year celebrations



Sue Franklin, Bill Perkins, Louise Seager at the BCTC 100 year celebration



Michael Patrick, Patsy Hallmey-Line & Ben Sales at the Dorset Children's Foundation for Jakob Sales Surgery event



Becki Houlston, Chris Kirby and Kimberly McCarthy at the Wheels Gala Dinner at the Hallmark Carlton Hotel



Annette Plaistow Trapaud, Perry McCarthy and Des Simmons at the Wheels Gala Dinner at the Hallmark Carlton Hotel

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