

BUSINESS SECTION



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WINTER FASHION



The

Green

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Dare I say "IT IS THAT TIME OF YEAR AGAIN!" and as a Dad of two young children, I have to say I am really looking forward to C-Day this year!

Ashley Cross is so magical at Christmas, the retail and business community really go all out to make the area look and feel as festive as possible. The Ashley Cross Traders Association is running a Christmas window display competition and lots of shops are getting involved, producing some amazingly creative designs to entice shoppers.

Of course, Ashley Cross is well known as a great night spot, and Christmas-time is no exception with some great events going on at many of the establishments.

Not just for night owls however, businesses surrounding the green offer some great products and services to make Christmas easy this year, shopping locally can make a great difference to both trade and the buying experience. In this issue we have pinpointed the best places to go to complete that perfect Christmas and have some great words of wisdom from local voices.

Leader & Co would like to wish everyone a very Merry Christmas and a prosperous New Year.

Happy reading, we hope you enjoy the issue...

Ryan Woolfenden

Managing Director of the family-run Property Agency Leader & Co and founder of The Green.



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Christmas

with Centre Stage

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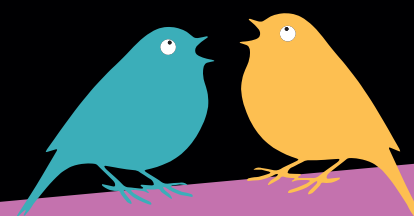
As an Ofsted registered school, with an outstanding report, Centre Stage can also accept Childcare Vouchers for payment of fees.

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PRINCIPAL: ZOE MATHER BA (Hons) RAD:CBTS (RTS), AISTD (ADV), IDTA



Plan Christmas Day the Ashley Cross way...

For those lucky enough to live in Ashley Cross and the surrounding areas, showing appreciation to the fantastic local businesses and independent retailers on hand is a must, especially during the festive season. There are enough top-notch shops and services dotted around the green to make Christmas preparations and planning of jovialities a doddle. While at the same time supporting local, independent businesses on the doorstep.



Ashley Cross is a great place to buy gifts for loved ones this Christmas, without the stress of heading into town. The newly refurbished 'vintage chic' Lewis-Manning shop is stuffed to the brim with vintage finds and one-off pieces, sure to please those friends and family members that like something a bit different. Also, with all proceeds going to the Poole-based charity, shoppers can feel a sense of wellbeing while ticking off their Christmas list.

Don't forget your furry friends this Christmas. Shop locally at Marshalls Pet Store in Ashley Cross where they have all pet's needs for a fantastic Christmas. From advent calendars, stockings, treats and toys to tasty Christmas meals for dogs and cats. Even matching dog and human Christmas jumpers so that you and your dog can be coordinated when out for that Christmas day walk!

Gift searching for a sport lover is easy with Running Free, Ride and Golf Shop all offering a great selection of items. For those in need of a bit of pampering themselves to prepare for all those social occasions in December, Ashley Cross features a great array of beauticians, hairdressers and salons. For hair, head to Synergy on Parr Street, a really on trend hair dresser and total retreat from the hustle and bustle of the busy streets outside.

Nothing quite beats a Christmassy mani / pedi and Silk comes highly recommended. We mustn't forget the men; Groom on the Green offers hair, wet shaving and waxing. Getting the food for the big day sorted always takes some forward planning including getting the turkey order in at Soutars Fine Meats and picking up some fish for a starter at Parkstone Fisheries.

Patisserie Mark Bennett offers the BEST Christmas puddings and mince pies in all the land but they sell out like hot cakes (excuse the pun) so be sure to get buying early.

Planning the drinks for Christmas day should not be taken lightly and it is the one time of the year to open that 'good bottle'. The Village Vine is a great place to stock up, offering an excellent range of high quality, 'real wines', mostly from small, artisan producers. Plus, a great range of local beers, ciders, premium spirits and liqueurs. For those who feel cooking on Christmas Day is just a bit too much, head down to The Ox or The Cow where a sumptuous Christmas feast will be lovingly prepared and served on your behalf.

Who doesn't love a tipple during the festive season, be it with work colleagues, friends or loved ones? Ashley Cross is a mecca for those seeking a great night out, cocktails at Mai Thai, Prosecco at the Dancing Moose, craft beer at Camden or a jolly good knees up at Patrick's or Le Bateau – there is somewhere for everyone to celebrate.

In some households, the tradition of a pre Christmas dinner tipple at the local is a must. There are plenty of traditional pubs to choose from in Ashley Cross including the Bricklayers Arms, The Bermuda Triangle, The Brit to name a few.



Let's not forget those less fortunate this Christmas, every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. Donating to a local food bank, such as Longfleet United Reform Church could make all the difference.

Vote for your favourite Christmas window!

Retailers of Ashley Cross have been busy designing fun and eye catching window displays on the run up to Christmas. Shoppers have a chance to vote for their favourite by visiting the *Ashley Cross Traders Association* Facebook page. For businesses wishing to enter the competition, and be in with a chance of winning vouchers for a meal for two in Ashley Cross, please email entries to mconnor@bluepebblemoney.co.uk. All proceeds of the competition will go to Lewis-Manning.



Hosting a stress-free Christmas

Chris Howard, head chef at Patrick's in Ashley Cross shares his advice for hosting a stress-free Christmas

"I know it's not just me as everyone seems to be saying it these days; doesn't Christmas come around so quickly? My key to hosting a successful and stress-free Christmas Day, is preparation, preparation, preparation...!"

In our house, we are always very busy on Christmas Eve, peeling and chopping all the vegetables and potatoes. Even the stuffing balls and side dishes get made and prepared, all ready for cooking the next day.

We also get the turkey cooked, which I always make sure is boned and rolled. On average it takes 1 ½ - 2 hours in the oven, then wrapped tightly in cling film it traps all the juices inside, meaning a moist and delicious bird on Christmas Day. Then, on the big day itself you simply slice away, put into an oven tray ¼ filled with stock and roast for just 50 minutes – no getting up in the middle of the night to put the oven on, hallelujah I hear you cry!

We are lucky enough to have an amazing local butcher in Ashley Cross, Soutars Fine Meats, but make sure you get your turkey order in sharpish so not to be disappointed! With most of the prep done, you can now just enjoy your Christmas morning with your nearest and dearest, if it is anything like ours...it starts with a ludicrously early wake up call from one (or all) of the kids... not ideal when you've partaken in one or two Christmas sherries the evening before!

My main tip is to realise that cooking for Christmas is no more than a well-attended traditional Sunday roast. Granted you need a few more veg and of course it wouldn't be right to not make a bread sauce (which by the way is easy and should NEVER come from a packet) and don't forget the cranberry sauce (this I will forgive if bought and not home-made!) as this bird sure needs a bit of flamboyancy!

Smoked salmon with a wedge of lemon makes an elegant and easy starter and of course follow the main by all means with the traditional Christmas pudding (for those too time strapped to make their own, the award-winning Patisserie Mark Bennett also in Ashley Cross is the answer to all your prayers!).

We all want crispy roast potatoes, you need to par boil them first (we also do this the night before in our household). Plop some duck fat or sunflower oil in a roasting tray, which should be pre heated in the oven, then add the well-seasoned potatoes, ensuring they are coated on all sides by the oil.

Try if you can to make your own gravy as a little effort goes a long way. With the residue left in the roasting tin add a few glugs of wine and some saved vegetable water and simply scrape the tray and simmer adding more vegetable water as it reduces. Of course you can make some time making the table look pretty (normally my wife's domain!), add some thick serviettes, crackers and a few candles and 'Bob's Your Uncle'. Finally sit back and enjoy as this is a meal for all the family!"



Patrick's restaurant is located at:
1 Bournemouth Road, Ashley Cross,
Poole BH14 0EF
01202 734000
info@patrickrestaurants.co.uk

RICK STEIN OPENS DOORS IN SANDBANKS

After months of planning and preparation much to local excitement, Rick and Jill Stein have officially opened the doors to their biggest restaurant yet, in Sandbanks.

Rick told *The Green*, "A restaurant in Sandbanks is pretty special due to its fantastic location with the beach on one side and Poole harbour on the other. I fell in love with the area in 1999 when I was filming for the Seafood Lovers' Guide to Great Britain and Ireland. It had such a sandy feel and thought at the time wouldn't it be great to have a restaurant specialising in fish and shellfish and celebrating seaside life there. Now I'm very happy to say I've opened one."

The menu includes a wide selection of fish and shellfish dishes, along with classics from the flagship seafood restaurant in Padstow such as turbot hollandaise, fruits de mer, hot shellfish and lobster thermidor. Meat dishes such as sumac chicken, chargrilled lamb cutlets and chateaubriand also feature.

The restaurant will open every day seating 200 for lunch or dinner and is positioned across two dining areas, split over two levels. The upstairs restaurant area, with panoramic views across Poole harbour, seats 120 and takes reservations. On the ground level there is a more casual dining area with a drinks bar and seafood preparation bar where you can watch chefs assembling platters of oysters, langoustines and sashimi. Reservations are not required in the ground floor dining area and guests can enjoy anything from the a la carte menu or simply pop in for a glass of wine, cocktail or coffee.



Sweet-talking baker doesn't mince his words...



Patisserie Mark Bennett
33 Church Road,
Ashley Cross
Poole, Dorset
BH14 8UF
Tel: 01202 745417
<http://www.artisanmark.com>



Baker extraordinaire, Mark Bennett shares his top tips for preparing the sweeter side of Christmas...

As Christmas approaches, I am sure many of you are starting to panic, Christmas parties, Christmas presents and of course the food, but do not worry, there is still plenty of time to organise the sweeter side of Christmas.

Your pudding and cake would be best made now, giving them plenty of time to mature before the big day, at least four weeks if you can, if you like them with a lot of alcohol in, just feed them once a week with a drop of brandy or rum, if you poke a few holes in the top of your pudding or cake using a cocktail stick, the alcohol will penetrate deeper.

Your cake can be decorated a couple weeks before hand so it is done out of the way, but make sure it is stored in a dry place so the icing does not get damp, the pudding in my experience is best steamed to cook it, this can be done the day before, and just use the microwave to warm it up on the day, personally my wife and I prefer crème anglaise with our pudding which is easily made, which can be made in advance and served hot or cold (see recipe below).

Mince pies can be made in advance; again I would make the mincemeat in advance to mature, giving it a couple of weeks if possible, the finished product can be done a couple of days before-hand, just warm them up in the oven just before serving, never use the microwave for this, it will make the pastry go soggy.

Of course if you run out of time, let Patisserie Mark Bennett take the added stress out of Christmas for you, all of our Christmas range is made by your local award winning Master Bakers, using only the finest ingredients, sourced locally when possible.

Crème anglaise recipe:

500ML DOUBLE CREAM
 50G CASTOR SUGAR
 HALF VANILLA POD

Method:

Simply scrape out vanilla pod into the cream and sugar and bring to the boil.



Christmas without a panto?... Oh no it isn't!

By Hook or by crook...! Having played DCI Burnside in The Bill for five years actor Christopher Ellison is used to catching crooks, but he'll be on the other side of the goodie/baddie divide when he plays Captain Hook in Peter Pan at Lighthouse, Poole's centre for the arts this Christmas.

Chris, who will be up against Bluestone 42 actor Jamie Quinn in the title role, has a passion for Peter Pan and is particularly excited by this original yet faithful take on JM Barrie's much-loved story about the boy who wouldn't grow up.

"Peter Pan is a proper children's drama with a fully formed narrative and character development so even when it's translated to the stage at Christmas it retains those elements. This is actually my fifth year in a row playing Hook, so I know him quite well. You have to strike a balance and make him scary, but not terrifying.

"He has to be slightly ridiculous as well. That way it makes sense when everyone takes the mickey out of him. But then it's different every time so I'm really looking forward to seeing the script and finding how they work all these elements in."

With two performances already sold out, Peter Pan opens at Lighthouse on Friday 4 December starring Christopher Ellison as Hook, Jamie Quinn as Pan and Lighthouse favourite Neil Smye as Smee. Ally Cox, artistic director of Stagewise School for the Performing Arts, which is based at Lighthouse, will play Mrs Darling.

Peter Pan

Theatre, Lighthouse, Poole

Friday 4 December – Sunday 3 January

Various times

Tickets from £18 (Discounts: U18s, Students, Seniors, Groups, Family, Schools)

Tickets & information 01202 28 00 00 www.lighthousepoole.co.uk



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DYNAMO MAGIC COMES TO DORSET

Following the announcement last year that Dynamo would be embarking on his first ever-live tour, fans will have the opportunity to see his magic skills up close and personal in what promises to be a spectacular and unique live stage production.

Dynamo, whose real name is Steven Frayne, hit our screens just three years ago with his first series of *Magician Impossible*, in that short time he has quickly established himself as one of the world's most known and most loved magicians, with his series airing in more than 180 countries worldwide reaching over 250 million cumulative viewers across the world. He was recently awarded the highest accolade by the magic circle with his promotion to Member of the Inner Magic Circle with Gold Star, a position only held by 300 magicians worldwide, including HRH Prince of Wales.

With a run of live shows taking place at the BIC from Wednesday 10 until Sunday 14 February 2016, *The Green* caught up with the man himself.

Q: What made you want to start performing magic?

I was an easy target at school for getting picked on. My granddad used to do loads of magic tricks and had crazy skills. One day he saw me get thrown in a wheelie bin and pushed down a hill, so he taught me this technique where I stuck to the ground so they couldn't pick me up and put me in the bin anymore. I thought he was just trying to trick me; but when I tried it at school the next day, they couldn't move me. And that was the first time I ever did magic; not to perform but to save myself from being bullied.

I dropped out of college to go travelling around America performing street magic... with my grandma and her 19 award-winning Golden Retrievers... that was a different type of tour. My grandparents would tour all over the country doing these dog shows and in the day time I would help them with grooming the dogs and getting them ready for the shows. In the evenings, I'd perform magic at the dog show after parties... yes, they exist! I'd earn tips and my grandma would also give me pocket money for performing. We travelled to places like Vegas and New Orleans where I got to see street magicians and proper magic shows for the first time, it really opened my eyes to the possibility that I could make a living doing this.

Q: How many hours a day do you train?

Usually I train from 8am, and then I go to the venue and do some on stage training. After that I'd have another training session at about 6pm. Generally, even when I'm watching TV I've got a pack of cards in my hand, so it's become like second nature. But I always have Bessie, my dog, at every rehearsal with me.

Q: Magician or Illusionist? What is the difference and which are you?

I'm Dynamo; I try to create my own thing. Illusionists are the 'Vegas' type magicians with the big boxes and the show girls; it's like the old Hollywood glitz and glamour style of magic. It's cool but it's not really my style. A magician is someone who can make you suspend your disbelief by showing you something that seems absolutely real even though you know it's physically not possible. But what I do is blend in elements of dance and entertainment with my magic. I've taken inspiration from people like Michael Jackson and Kanye West and even actors like Kevin Spacey - if you've ever seen him do a monologue... its incredible! So I studied a lot of his stuff when I was putting this show together as it's the first time I've ever had to speak on stage and it's really scary.

Q: Has speaking on stage come naturally to you?

No, definitely not! If you had asked me about doing a stage show a couple of years ago, it would have been the last thing on my mind. But for this show, I got in Tom Caruso - the director of *Matilda*. He has really helped me to develop myself and grow into this without losing myself. I have also been working with my vocal coach, Barbara Houseman, who has worked with people like Daniel Radcliffe. I wanted to make sure that no matter where I am in the country, people could understand me and my accent without losing my accent. Most importantly, I just have to make sure that I keep it authentic and keep it 'Bradford'. I'm getting more and more comfortable with performing on stage and I am really starting to enjoy it.

Q: Do you devise your own act?

Yeah. With a lot of my magic; that's usually me and some magician friends getting together and saying "Guys do you think I could do this...?" Sometimes they say yes but other times they look at me like I'm insane! In this show I've also been working with Paul Kieve, who worked on a lot of the ideas behind the magic in the *Harry Potter* films and I've always got the support of people like David Copperfield on hand as well. They are all ready to give me advice whenever I need it, so I've really got a bit of a dream team.

After four series of *Magician Impossible* I was ready for a new challenge and for a long time I have wanted to take my show to the stage. I am hoping that like I did for magic on TV, I can reinvent the live magic show and produce something fans have never seen before. This is something I have been working towards for the last 20 years and I can't wait to amaze audiences what I have in store for them. The show has been a year in the making and it's already been a crazy journey, I hope everyone gets to see it and loves it as much as I do!



Event: Dynamo Live Tour
Venue: Windsor Hall, BIC
Date(s): 10 – 14 February 2016

Tickets are from Saturday 31 January 2016 at 9am. Call the BH Live Tickets on 0844 576 3000*, book online at www.bhlivetickets.co.uk or visit the BIC box office in person. Groups 10+ call 01202 451865.



Jacqui Sieger, Dorset-based painter

In every issue The Green meets a local artist, inspired by the beauty the local conurbation has to offer.

Art has always been a hobby for Lilliput-based Jacqui Siegar, who is a self-taught Contemporary Impressionist Artist.

"Painting has always been a form of relaxation and escape over the years with steady sales to private local people. It was not until early retirement from my business in North Yorkshire of leather goods and horse clothing, that I started to paint again depicting my love for the ever-changing colours of the sea and local countryside, all of which have so influenced my life." Explains Jacqui.

Throughout the years her work has been shown at the Spring Fair at the Birmingham NEC show and the Atlanta Art Expo Show, Georgia. During the past fifteen years all the images Jacqui has painted have been published on most mediums and sold to private collectors.

The sea and stunning landscapes have always been a big part of Jacqui's life and now her Impressionist oil paintings are much sought after, both locally and internationally. There is an intriguing method to Jacqui's style of painting using a multi layer technique of aluminous acrylic paint with a thin oil colour applied over the top. Creating a 3D effect, the painting changes with the ever-shifting light of a room. There is a beautiful peaceful aspect to the paintings, which has been admired by the clients now collecting her work.

Ten years ago Jacqui started printing her own greeting cards, which are now being sold in most of the local Post Offices and gift shops.

"This year there has been an exciting one with a new Studio installed in my garden, so the general public can come and see my work. Next year, there is a solo stand booked at the New York Art Expo show in April. Also some exciting local exhibitions in the pipeline so watch this space."

Prints in different sizes are available and commissions on most subjects are accepted. Prints and Originals from £35 .00 to £960.00

Please contact Jacqui for information:

Tel: 01202 463681

Email: jacqui@jacquisieger.com

Website: www.jacquisieger.com



Getting started on getting stronger...



Linda Whike, Consultant Physiotherapist reports that strength training is proven to keep you feeling younger and living longer.

“At any age there is great advantage to strength training, and these benefits are even more important from our 40’s to our 90’s. My oldest patient doing his twice weekly bespoke gym programme is 92!”

There is much research to show the benefits of any strength training exercise programme;

1. *Assists weight loss - muscle uses more calories... for every additional pound of muscle you gain, your body burns around 50 extra calories every day of the week, even while you are sleeping.*
2. *Improves sporting performance*
3. *Reduces injury risk*
4. *Reduces the risk of osteoporosis as we lose bone density from the age of 30, resistance exercise loads the bones and the body reacts to increase bone mineral density.*
5. *Reduces the risk of heart disease and type 2 diabetes*
6. *Improves your cholesterol level*
7. *Improves sleep pattern and reduces depression*
8. *Improves posture and balance*
9. *Helps arthritic joints become less painful as they are more supported*

If we are to have a specific strengthening programme that is to be of maximum benefit to us, we need to ensure that the exercises are not going to cause pain in any other areas of our bodies where we may already have previous injuries or joint problems. ***It is important to have an individual consultation with a Professional who will direct YOUR personal best form of exercise.***

At BWT we have a team of expert Physiotherapists who will assess your body and any medical conditions, and then teach you a bespoke progressive exercise programme. We take you into the comprehensive gym at the West Hants Club, or into the specialist gym at our Ashley Cross Centre. We also give exercises to do at home with resistance bands, weights and body weight. With a team of 20 physiotherapists we have specialists in all conditions and all body parts. It is never too soon to ***feel younger.***

Linda Whike Clinic Director - bwt physio.co.uk 01202 749514 Private Healthcare Specialists Clinics in Ashley Cross and West Hants Club.

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WIN DYNAMO TICKETS

The Green has teamed up with **BH Live** to offer two lucky readers the chance to see Dynamo’s magic up close, by winning tickets to see him live at the BIC in February 2016.

Simply answer the question below and email your answer, name and contact number to: **compo@leaderandco.com**

How many series has there been of **Magician Impossible?**

- a) 1
- b) 4
- c) 20

COOK: home cooked food without the COOKING!

With a founding statement such as, 'to cook using the same ingredients and techniques a good cook would use at home, so everything looks and tastes homemade', it is clear to see how COOK in Westbourne has grown such a loyal customer following throughout its four-year journey.

Admittedly, entering the store takes some getting used to at first, as customers are faced with a room full of freezers! However, once products are assessed, it becomes clear that this shop is foodie HEAVEN!

One great thing about COOK is the fact that it caters for many occasions, from a lazy night in front of a movie on the sofa, a normal week-day meal to hosting a stress-free dinner party or large event.

As it felt a bit too early to tuck into a Christmas dinner, The Green tested the delicious sounding takeaway Indian range. All bought separately (although meal deal offers do run during the year) we picked out a meal of Keralan prawn curry, Bombay potatoes, saag paneer and rice.

It was certainly just as easy as ordering a take away, simply putting dishes in the oven or microwave and it tasted so much more healthy and fresh than the local tandoori house. The vegetables were tender, prawns good quality and all dishes flavoursome, like it had been homemade from scratch. The cooking instructions are clear and easy to follow and the packaging is kept to a minimum, which can't be said for many pre prepared meals. The portion size was spot on, and the best thing, no mess to clear up afterwards!

As well as Indian, there is also Chinese and Thai dishes on offer as part of the 'Takeaway' range at COOK. It is certainly tempting to try all three!

The products are really easy to navigate, both on the website and in the shop, all clearly labeled with dietary requirements and presented in a sensible manner e.g meat, fish, vegetarian, children's etc. Allergies such as gluten and dairy are also catered for and portion sizes are clearly marked on each packet.

For those looking for a stress-free way to prepare an amazing Christmas Day dinner for all the family, COOK promises one in less than three hours; after defrosting the turkey for 36 hours that is.

Shoppers can buy one the COOK bundle for £100 and that feeds eight hungry mouths.



It includes stuffed crown of turkey (of course!), posh pigs in blankets, parmesan parsnips, goose fat roast potatoes, Brussels sprouts with chestnuts, sage and red onion, honey-glazed carrots with thyme, COOK stuffing and slow-cooked gravy.

If that isn't enough, there is also the option to add on some additional extras starting at just £2.60, such as braised red cabbage, bread sauce, Christmas pudding and mince pies.

COOK also caters vegetarian diets, there are two yummy Christmas options of goat's cheese and mushroom filo parcel and nut loaf. As well as pescatarian choices such as kiln roasted salmon and look filo pie, side of salmon, vegetarian quiches and a personal favourite, salmon en croute or salmon wellington.

Home delivery and click ad collect is also available from COOK by visiting the website, plus gift vouchers can be purchased which make great Christmas ideas for the elderly, students, new mums and dads and anyone that could do with a night off cooking!

Quality: 4/5

Service: 5/5

Price: 5/5

Would recommend to a friend: YES!

COOK

120 Poole Rd, Westbourne

01202 765560

www.cookfood.net



Breeze Volkswagen master technicians bring 1976 Beetle back to its former glory

Master technicians at Poole-based Breeze Volkswagen have recently restored a 1976 VW Beetle 1200 to its former glory and it was displayed in the Tower Park showroom.

The car, which will celebrate its 40th birthday next year, has covered 60,000 miles and has had two owners from new, who were neighbours. The documents which came with the vehicle include its original service record and handbook stamped by Volkswagen, old tax discs, MOT certificates, various bills and receipts. It even has the original bill of sale from when it was purchased new for £2,600.

Andy Garrett, used vehicle buyer at Breeze Volkswagen, said: "We were all very excited when we saw the car. It's in remarkable condition with a fabulous heritage and was obviously cherished by its owners. It had been locked away in a garage for the last 14 years and structurally is in fabulous condition."

"Its last owner sadly passed away and his son in law brought it to Breeze Volkswagen on a trailer as it hadn't been started for many years. The brakes were seized on and all the oldfuel and oils needed draining and replacing. Once the brake hoses were changed and the fuel tank was replaced along with many other serviceable items, it started with the first turn of the key."

Marion Barzilay, wife of Anthony Barzilay, the last owner, said: "My earliest memories of the car were hearing from the first owners about their wonderful European trips in it and showing us their detailed journal enjoying the Volkswagen lifestyle.

The bright orange Beetle featured in many of their photos alongside popular tourist attractions.

"The car has been a big part of our lives, if only it could talk!"





Helping you get back to life

When Martin injured his back following a fall, returning to cycling looked very unlikely.

Martin received intensive treatment from the **bwt** team of expert Physiotherapists, using specialist therapeutic equipment and exercise rehabilitation in their on-site gym. Three months later Martin is back in the saddle.

The largest team of Specialist Physiotherapists working closely with Consultants in the South... you can trust us to help.

Private Healthcare Specialists in Ashley Cross,
The West Hants Club, Ferndown & Christchurch.



01202 749514
www.bwtphysio.co.uk

Keep it local

with
Frank Whiffen
of Whiffen Opticians



Every issue, The Green catches up with a local face of business. Frank Whiffen has had a strong presence in the Upper Parkstone community for more than three decades...

What does Ashley Cross mean to you?

Ashley Cross is a place I have become very attached to during the past 32 years. I love to be able to see the green from our windows everyday and the ever changing landscape, both physically and metaphorically speaking is also of great interest.

Of course the area has the most wonderful residents and we have a base of very loyal patients. Many have been with us since the opening of practice 32 years ago and we often see entire families and multiple generations, which is really nice.

How long has your business been based in Ashley Cross?

We have occupied the same premises for the past 32 years!

What makes Whiffen Opticians different?

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We also invest heavily in state of the art equipment including an Ocular Coherence Tomography (OCT) which is an advanced eye scan for people of all ages. It can detect early macular changes, diabetes and early onset glaucoma.

What does the future hold for Ashley Cross?

The future holds influx of businesses locally, which can serve the public effectively and expertly.

What would you like to see more of in Ashley Cross?

A larger proportion of Ashley Cross evening dwellers returning during daylight hours to experience the products and services on offer from specialised businesses located around the green.

Whiffen Opticians

**Address: 2 Bournemouth Rd, Poole
BH14 0ES**

Phone: 01202 771144

Website: www.opticianspoole.co.uk

Dorset Moroccan Casserole

Ingredients: Feeds four

Handful of Dorset crown prince squash or butternut: cubed

4 leaves of rainbow chard: stalks off sliced length ways

1 sweet potato: cubed

Garlic clove: smashed

Stick of celery: diced

1 red onion: diced

2 red peppers: rough chop

1 tin of chickpeas

1 cup brown basmati rice

Cumin seeds

Pinch of turmeric

Smoked Paprika

Pinch of chilli power

Jar of Passata

Half a bunch coriander

Sea salt & pepper

1 spoonful Bouillon organic stock

Soya yogurt or Sour Cream

Half a lime



Rainbow chard and Dorset crown prince squash are the stars of this super veggie casserole. One of our classic lunches which I've tweaked for the new winter menu. If you want to know how to make a delicious healthy winter casserole for supper, then pimp it for the next day at work ? Then read on...

I think Rainbow Chard is this season's must have accessory! I'm confident this vit packed veg & Cavolo nero will knock kale from its top spot. That certain magic that happens with any casserole dish left overnight, it just becomes so much more tasty, they also freeze well for future dinner treats.

Method:

Step One: Preheat Oven to 165 degrees

Depending on your time the red peppers are best pre-roasted with smoked paprika a little oil & garlic roasted for 15 mins first, if not just add them to step two.

Step Two

In a casserole dish add a little oil pop on to the hob on a med flame. Fry the celery, onion, crushed garlic, sweet potato and squash stir well to avoid it catching, but do let it caramelize before adding smoked paprika, cumin seeds and dry chill flakes to taste.

Step Three

Rinse the basmati rice then add to cold water with a tiny pinch of turmeric. (1.5 cups of water to every cup of rice). The turmeric will turn the rice yellow during cooking, add a tea spoon of bouillon stock, this will nicely balance the bitter note of turmeric and give your rice real omph or umami. The same effect as saffron, for a fraction of the price.

Step Four

Add the jar of pasata and give a good stir, let it simmer on the hob for a few minutes before adding a tin of chickpeas and then put in the oven for half an hour around 150 degrees.

Step Five

Roughly 25 minutes into cooking bring out the dish and give a careful stir before laying on top chopped chard, place back in the oven for 10 more minutes.

Step Six

Drain your turmeric rice, take your sour cream mix with a squeeze of lime and chopped coriander and dollop on the casserole mix your about to take out the oven.

Lunchd tip

Turn it into tomorrow's lunch just mix the leftover rice with the next day as a salad for work just mix the cold rice with feta, thin slithers of red onion, chopped gem lettuce, pomegranate seeds and balsamic glaze and... you're good to go!

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Fashion for the Slopes

by resident style guru, Xanthe Grace

In this edition of The Green I am focusing on skiwear. To quote the legendary polar explorer Roald Amundsen, 'there is no such thing as bad weather, only inappropriate clothing.' If ever there was a pursuit that encapsulates this proverb, it is skiing.

It is a means of imbibing crisp air and admiring stunning scenery, so a schuss down snowy slopes cannot fail to invigorate the spirit. For those of us less enthused by the idea of tackling black runs, there is the draw of an activity that requires an almost entirely specialised wardrobe. It is a mode of attire defined by quantity, quality, luxury and bulk.

The fabrics are innovative (padding and stretch), the layers dense (rich knits, goose down and faux furs), the color palettes unexpected and the accessories novel (moonboots and go-pros).

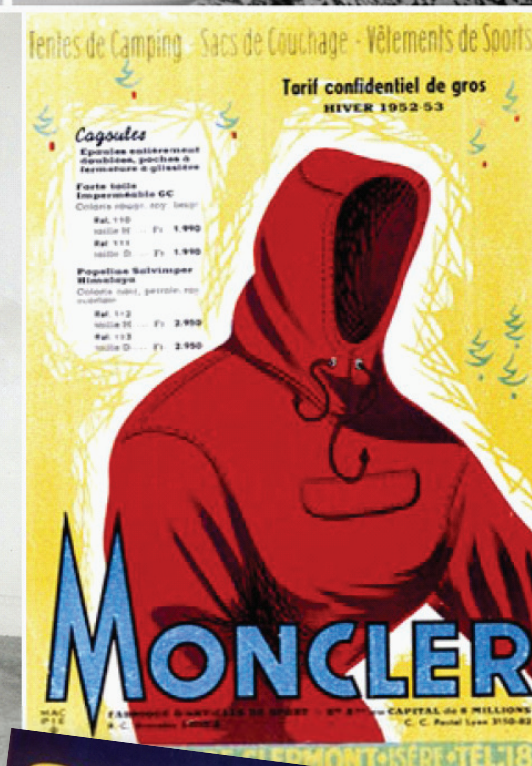
Historically ski resorts developed as enclaves of the wealthy jet setters who globetrotted from St. Barths to St. Moritz, Acapulco to Gstaad. The aesthetic of après ski evolved around the glamour of high society.

These two disparate influences created a fascinating intersection between function and fashion. Originally skiwear existed on the margins of fashion, but given the wealthy clientele that skiing attracted, fashion designers were quick to realise the caché amongst its clients by associating with the ski set and as early as the 1930's were producing lines to entice them.

Bogner, the iconic German ski brand was developed by Olympic ski jumper Willy Bogner in the 1930's and in the 1950's they revolutionised ski wear with the introduction of stretch salopettes.

In 1952 The French-Italian down jacket manufacture Moncler was founded and the technology used was cutting edge in terms of introducing comfort and warmth.

This selection of archive photographs shows how skiwear evolved through the 1950's and 1960s.



1970's



1980's



By the 1970's, as main stream fashion was having a dark decade, companies such as Killy and Lange were developing specialist clothing and through technological advances, changes were afoot. Plastic molded boots replaced leather lace-up boots and the development of Gore-tex and brushed fleeces paved the way for skiwear as we know it today. Moonboots are probably one of the most iconic skiwear items and were first manufactured by the Tecnica group in the 1970's and were ubiquitous. After falling out of favour for a number of years, luxury labels such as Chanel and Dior introduced their branding and they once again become incredibly sought after. The down side is that they look faintly ridiculous when worn on the British high street.

In the 1980's despite the technological advances in skiwear, the integration into mainstream fashion was limited. Grey plastic ski boots that looked like footwear belonging to a Dr Who baddie, all-in-one ski suits often in lurid patterns or featuring copious amounts of turquoise were not something that translated well on the high street. In this decade skiwear was definitely meant to stay firmly on the slopes.

In the dress down '90s, skiwear manufacturers moved towards a niche market of specialist winter sport clothing that emphasised comfort. Labels such as North Face created something of a skiwear craze. The result was that clothes designed for skiing were being worn by people who had never even been on a chairlift. Into the new millennium and the line between fashion and technology continued to blur.

The popularity of breathable and waterproof Gore-Tex continued. Base layers became more technical with wicking qualities and as a result layering thermal leggings and vests became de rigueur.

Another turning point occurred in 2009 with the tragic news that the British actress Natasha Richardson had suffered a fatal head injury whilst skiing. This was a pivotal moment for skiers everywhere and from this time onwards helmets became an essential part of the skiing kit.

The popularity of skiing has risen exponentially over the past few decades and long ago ceased to be the preserve of the elite. Although some resorts have taken on an air of exclusivity, with the proliferation of designer boutiques and eye watering coffee prices, there are still plenty of affordable, family friendly resorts to choose from.

Just like the range of resorts there is also a vast array the of skiwear to chose from. From the affordable and functional to high-end luxury, here is my edit of this winter's essential skiing kit. Starting with the luxury end of the market this is a 2015 version of the iconic Bogner Tea-D Quilted Jacket at £1325 (A) and this gorgeous silver lacquered nylon jacket is by Moncler at £840 (B).

Moving on to the high street there are some fantastic options to be found and my favourite was from the French retailer Decathlon (C) £89.99. Their in-house ski brand Wed'ze has everything you need from thermals to socks to helmets. This jacket was a stand out item for me. An even more wallet friendly ski jacket can be found at Go Outdoors (D) which stocks a huge range of ski wear, this one is only £50. Back to the High Street and H&M have a range of skiwear that is worth checking out. I really like these bright orange salopettes (E) at just £49.99.

Once the outerwear is sorted it is important to invest in a good quality mid-layer fleece (F). One can't go wrong with North Face in terms of quality and price point, just £50. If you want to invest a little bit more then this stunning fleece by Napapijri (G) will see you through several seasons at £165.

Any article about skiwear isn't complete without a mention of après ski. This is as important a consideration as the skiing itself to many. As previously mentioned, in resort the Moonboot remains a favourite, but doesn't translate that well back home. A more wearable option is this fleece lined boot by the Sorel at £110 (H). Ensuring that you keep warm at all times this gorgeous Barts Pom beanie (I) is just the ticket and added with this Poivre Blanc back pack the après ski look is complete.



A



B



C



D



E



F



G



H



I



Mens Fashion

by resident style guru, Xanthe Grace

Clothing brand Weird Fish has launched its new Christmas gift range for men, giving you plenty of time to purchase the ideal gift for their nearests and dearests. The new range includes quirky t-shirts and knitted winter warmers for everyday wear throughout the festive period and into the New Year.

Weird Fish is renowned for its individual T-shirt catalogue and this year has introduced limited edition festive designs to the range. The Fishmas Pud printed T-shirt is available for £20 in a range of colours. Stand out around the Christmas dinner table in a jester red shade – 'tis the season to be merry, after all!

Alternatively, there's the Shark the Herring Angels Sing printed T-shirt, sure to delight any man that loves to burst into song after a few too many ports (hic!) This T-shirt is available for £20 in a range of colours, including Adriatic blue and conker or ebony marl.

Make the most of quality family time this Christmas by indulging in some winter walks soaking up the Dorset scenery. Make sure the men in your life wrap up warm with a Swiftsure Beanie Hat and Snork Knitted Gloves (£15 respectively).

And lastly, if you're still searching for the perfect stocking filler, look no further! It has to be a Weird Beers pint glass, ideal for any discerning Weird Fish fan.

The Weird Fish Christmas gift collection is available both in-store and online from www.weirdfish.co.uk. There are 12 branded Weird Fish stores and stockists include Debenhams, Cotswold Outdoor, Haskins and Blacks Leisure.



WIN A STOCKING FULL OF SWEETIES THIS CHRISTMAS!



The Elves at The Little Sweetie Shop are giving one lucky winner the chance to win a stocking full of sweets - worth over £50!

Filled with candy canes, Christmas choccies, Rudolph whoopsies, snowballs, fancy Panettone and Pandora Christmas cakes plus traditional pick n mix and more – this special stocking has everything to indulge your sweet-tooth this Christmas.

This prize is an ideal Christmas present for children and adults alike, or even treat yourself (our Little Sweetie Shop elves won't tell!)

To enter, simply email

contact@darrennortheast.co.uk
quoting 'Stocking Full Of Sweeties' in the subject line, followed by your name and contact telephone number.

For those not lucky enough to win, there is still time to stock up on those sweet treats for the festive season, there is plenty in stock for kids and big kids!
www.thelittlesweetieshop.co.uk - 203B Lower Blandford Road, Broadstone, Dorset BH18 8DH

Terms and conditions: Prize cannot be swapped for other services or monetary value. Prize is not to be used in conjunction with any other offer. Competition closes on the 21st December. Judges decision is final. No correspondence will be entered into. Winner will be picked at random.



Taking care of your muscles...

If like me you love your sports, chances are that you have experienced quite a lot of muscle aches and pains, and probably some very annoying injuries too. Some pain is unavoidable, in fact if you don't have some aches and pains after a good workout, then you are probably not putting in enough effort!

Aching for a few hours as the body flushes out all the waste by-products that have accumulated within our muscle fibres is normal. However, there comes a point where the body's natural cleansing systems can no longer cope.

If this happens, our muscles will start to permanently stiffen and shorten, which will have a significant impact on our sporting abilities, enjoyment of sport, physical posture and psychological well-being, and will greatly increase our chances of getting injured (muscles, tendons, ligaments and joints etc.).

In short, by frequently engaging in fitness exercises, training and sports events, our muscles may actually be getting more and more inefficient and out of condition.

ProSport Massage specialises in re-conditioning muscles, by using advanced deep tissue massage techniques to aid the removal of waste by-products from the muscle fibres. I can work on either individual muscles/muscle groups, or 'top to toe' whole body muscle conditioning.

Besides the obvious benefits such as reducing sport related aches, pains, injuries and improving sporting performance, there are numerous less obvious benefits too. Your natural muscle cleansing systems will work better, your posture will improve and you will experience improved overall well-being... to name but a few.

So if you think it's time for you to get back into condition, or you are already having treatment but it's just not hitting the spot, give Perry a call.

...treatment room or mobile service - 07751 255199



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PRESIDENTS COLUMN



Roger Williams
President of the Poole Chamber

Yet another year has passed and it's time for the season of excess, gluttony and self-induced suffering albeit that's not considering the amount of food and drink that will be consumed over the festive fortnight!

For many businesses it's a time of concern as available productive hours are low, unauthorised absence is high and the aftermath of what I mentioned in the first paragraph is a daily dose of sloth driven by post-celebratory staff members night after night after night.

Consider how you can make your business better in such difficult times by offering flexible hours or short-notice leave to your employees so that they don't feel pressured, you don't feel at a loss and you can generate a sense of goodwill for your staff which may, of course, spill over to your customers too!

Remote working is a subject that many employers find difficult to manage both mentally and physically but it's a route you should consider if you have any of the following issues:

- Running out of office space
- Staff with long travel distance to work
- Customers in remote locations
- Just not enough hours in the day

The perceived disadvantage of not knowing what people are doing sits right next to you as a business owner or manager every day; the difference is that making your staff responsible and accountable rather than imposing rules to meet stringent business requirements enables them to think for themselves and feel a sense of ownership and worthy of what they produce.

Think of the wasted time in an office day when staff discuss what's was on TV, what they had or are having for breakfast, lunch or dinner, what's happened/happening at the weekend and how much the bosses really aren't very good at their jobs! According to YouGov 54% of office workers are currently able to work remotely with 30% feeling that their productivity increases when doing so.

Conversely 48% of respondents claim that their employers won't allow them the privilege and 22% of these believe that flexibility is unimportant. Yawn!!! The advance of connected devices, cloud services and anywhere-accessible documents has changed the landscape of 'office working' and with ever improving online security measures available there really is little to argue against.

Get with the times and free up your team to get busy or your business will get left behind.

REGULAR LOCAL ADVERTISING BEATS GOOGLE HANDS DOWN!

by Neil Armstrong, Local Marketing Expert

I know it seems somehow politically incorrect in the modern technology-driven World to suggest that anything other than the real 'big brother' Google, could benefit business marketing in the slightest. However, I have to put my head above the parapet and say, in marketing, which is essentially the discipline of finding new customers and growing more business; there is more to life than Google; especially if you're a local business selling locally.

In a mostly digital local market place, print and advertising in local and 'micro-local' publications, such as the one you're reading, is making a real comeback; especially for local businesses looking to sell products and services to the local consumer.

With memorable print advertising in quality local publications that go through-the-door of affluent local households, local businesses can reach lucrative new audiences within their local geography, that they simply can't reach using digital platforms.

Even with the rise of social media, an average consumer is much more likely to trust a local brand advertising in a local print publication, than one that 'appears' local in a Google search or on Facebook, but in many cases is out of the area.

Local and 'micro-local' advertising in through-the-door publications creates a vital connection between local customer and local business. It builds brand recognition and knowledge within the right geographical location and informs local people about local businesses that can fulfil their needs and reduce their risk in trusting a new tradesman, business or supplier.

When a local business spends time and money to advertise its products and services within the local area publication, it shows that they are bonefide; it shows that they are 'real' and that they are established.

These elements that support a buying decision in the mind of potential new customers simply can't be achieved in the same way online, especially when the mark of 'how high you rank with Google', is simply just an indication of how clever a business has become at Search Engine Optimisation or in direct payments to Google for pay-per-click advertising.

For micro-local coverage, print through-the-door is still the way to go to create new pipelines, win for business and find new customers and to that end, I implore local people to use local businesses when ever they can and local businesses to communicate directly with their local customer base through local, cost-effective and highly influential print publications.



With a marketing career now in its third decade, Neil Armstrong offers expertise, experience and strategic marketing knowledge to clients from startups and SME's through to large organisations as an outsourced marketing director.

Trained at the London School of Economics as a strategic marketer (MSc Strategy and Marketing), Neil started out as a technology Journalist, contributing to over 200 magazine titles (including the World's first Internet Magazine) before forming businesses in Publishing, consulting and Marketing.

Over the years, Neil has brought a wide range of products and brands to the global market for a range of corporate clients in industries such as software, technology, publishing, professional services, retail, healthcare, books, events, festivals and films.

To Advertise in The Green
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Alternatively, pop into
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a FREE no obligation chat

SHOP SMALL & LOCAL

Bournemouth and Poole Councils and Chambers of Commerce fund national grassroots initiative to support small businesses across Bournemouth and Poole; encouraging local consumers to 'shop small'.

On the 5th of December, over 5 million small businesses across the UK are set to take part in 'Small Business Saturday'. A grassroots, non-commercial campaign, 'Small Business Saturday' highlights small business success and encourages consumers throughout the country to 'shop small' and support small businesses in their communities. Last year, thanks to the initiative, over 16.5million people across the UK shopped in a small business on 'Small Business Saturday'; with over £504million spent in small businesses on the day.

Both local Councils and Chambers will be providing small businesses with an information pack on how to sign up and engage with Small Business Saturday locally. Small businesses across Bournemouth and Poole are encouraged to come up with their own special offer, take a photo of the offer or post about the offer on social media. Once posted, small businesses are then encouraged to inform Small Business Saturday Bournemouth and Poole, who will then promote the offer over their own channels. Additionally, Small Business Saturday Bournemouth and Poole will be offering a discounted marketing pack for small businesses to purchase.



The bespoke pack includes airtime with popular regional radio station, Hot Radio, along with social media, editorial and event exposure plus other promotional opportunities.

Mandy Payne, Co-ordinator of Small Business Saturday across Bournemouth and Poole has said:

"Small Business Saturday is an extremely important initiative to support the small businesses across our towns. With Christmas fast approaching it is the perfect opportunity to do some Christmas shopping whilst aiding local business. However, the aim of Small Business Saturday is not just to help small businesses on the day, but raise awareness so that these businesses will continue to get improved custom throughout the year."

Businesses who are interested in taking part in the Small Business Saturday initiative are encouraged to get in touch via the Small Business Saturday Bournemouth and Poole website: www.smallbusinesssaturdaybournemouthandpoole.co.uk

A night of triumph for Dorset



It was a triumphant night for the county's business community as the winners of the 2015 Dorset Business Awards were announced in front of a packed house at the BIC.

Organised by Dorset Chamber of Commerce and Industry, more than 700 guests were welcomed at the Hollywood glamour-themed gala dinner by the host, respected broadcaster and journalist Jonty Bloom.

Ian Girling, chief executive of Dorset Chamber of Commerce and Industry, said: "This year's event was the largest in the history of the awards. Not only did we receive a remarkable amount of entries across the highest number of categories, we were also honoured with a record number of guests who attended to pay tribute to the outstanding businesses we have thriving within Dorset.

He added: "On behalf of all the Award sponsors, I would like to offer our congratulations to all of the winners and finalists of the 2015 Dorset Business Awards, who help make this county great."

Business Engagement with the Community Award, sponsored by J.P.Morgan
Winner: Hamworthy Heating, Poole

Business Growth Award, sponsored by Advanced Exchequer
Winner: TestLink Services, Poole

Dorset Export Award, sponsored by ATLAS ELEKTRONIK UK
Winner: Actisense, Poole

Entrepreneur of the Year Award, sponsored by Bournemouth University
Winner: Phil Whitehurst, Actisense, Poole

Excellence in Innovation Award, sponsored by Dorset Chamber of Commerce and Industry and Liz Lean PR
Winner: KaarbonTech Asset Management, Christchurch

Hays Team of the Year Award
Winner: Health-on-Line, Bournemouth

Lester Aldridge and Santander Company of the Year Award
Winner: TeamJobs, Poole

Nuffield Health Excellence in Customer Service Award
Winner: Ceuta Healthcare, Bournemouth

Princecroft Willis Family Business Award
Winner: Hunt's Foodservice Limited, Sherborne

Retail Experience Award, sponsored by the Dolphin Shopping Centre
Winner: Fab Frocks of Westbourne, Westbourne

VolIP Unlimited Business Engagement with Education Award
Winner: LoveLove Films, Bournemouth



John Grinnell of Dolphin Shopping Centre with winners Tracie Billington-Beardsley and Steve Taylor of Fab Frocks

Christmas Magic at The Print Room



The Print Room is to undergo a festive transformation as Seventa Events rent the previously closed venue for the Christmas period.

Part of their festive plans, in the spirit the season, is their 'pay it forward' campaign which will be giving back to the community this Christmas.

Events management company, Seventa Events, are putting a Christmas twist on The Print Room this December. For two weeks, they will be transforming the venues into a magical 'Christmas Bar' with live entertainment, festive menus including Christmas tapas, and winter-themed cocktails. In the spirit of the season, for every item that is ordered from the 'Christmas Classics' menu, the same again will be donated to local foodbanks, including Hope For Food and Michael House, to help the homeless in Bournemouth.

Located in the old press rooms of Bournemouth's historic Daily Echo building on Richmond Hill, The Print Room will be transformed into a 'Traditional Magic Christmas' theme.

The exciting seasonal menu will include a selection of Christmas Tapas, including whole baked rosemary & thyme infused camembert, honey & mustard glazed pigs in blankets, and Spanish chorizos cooked in mulled cider. However, the Christmas classics are not forgotten as guests will be treated with roast turkey accompanied by sage & sausage stuffing, crackle butter and cranberry sauce. There will also be a mouth-watering hog roast with sage & sausage stuffing, salted crackling and smashed apple sauce. This true Christmas feast is set to be topped off with a happy ending of Malt & honey cheesecake, whiskey squiggles and Christmas Crepes.

There is also a special Sunday Roast on the two Sundays (13th and 20th December), where the venue will have Christmas films, mouth-watering Sunday Roast specials and of course a wide range of mulled drinks.

Seventa's Christmas Bar will open from Friday 11th December until Sunday 20th December. Everyone is invited to take part in the festive fun!

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about living in dorset

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Hospice Shop Receives Makeover

The Lewis-Manning Hospice Shop in Ashley Cross has recently been re-vamped and given a glamorous new look with the support of the local community.

The project was run by area retail Manager Laura Tait who wanted to ensure the shop reflected the fabulous quality of donations it receives from its supporters and customers and so set about asking local businesses and the public if they could help. Laura comments: "I can't thank locals enough for the kin donations! We had a wealth of volunteers stepping up to donate materials, time and energy. With this incredible support the store was totally transformed!"

"The colours of ocean blue and gold not only reflect the stunning views our hospice patients see of the sun glistening off the sea in Poole harbour, but also create a real sumptuous feel for our customers visiting the store. It's now an environment where we can really show off the wonderful donations we receive."

"The Ashley Cross branch is our boutique store. Often receiving an amazing array of quality clothing, home ware and niche items. Just last week I spotted a Versace dress on the hanger – beautiful! The shop has a fantastic manager and team of volunteers – some who have been with the shop since it launched. Each of the Lewis-Manning Hospice shops has a unique feel, and all profits raised go to directly supporting people with life-limiting illnesses in the local area."

"Our customers continued support is really important to us, and if you have any items you no longer need or want please keep us in mind for your donations; also please come and say hi! You might want a little browse of what we have to offer or simply to have a look, all are welcome and we'd love to see you"



POOLE'S LIFEBOAT STATION NEEDS YOU

2015 is Poole Lifeboat Station's 150th Anniversary. Show you care in this memorable year and do what you can to help, stand up and take on the **150 FOR 150 CHALLENGE**

We urge you to think about where you would be today without your support network

It's your chance as a figure within the community to lead the way and support this vital Poole charity. We want you to commit to raising £150 or, indeed any amount, small or large, during this special Anniversary year. Please join in our 150 for 150 Challenge.

Whether you are a seasoned water fanatic or simply enjoy the sand between your toes, one day you or a loved one may find yourselves in trouble at sea or on the shore. Show you care in this memorable year and do what you can, stand up and take on the 150 for 150 Challenge.

"We believe everyone can be a lifesaver. With your help, here's to another 150 years of saving lives at sea in Poole."

HOW CAN YOU HELP?

Get involved with a cake sale, pub quiz, car wash or, if you are stuck for ideas take a look at our website poolelifeboats.org.uk for more information, and don't forget to share your team photo with the community using:

#POOLE150CHALLENGE



Leading the way since 1985, Poole's first coxswain

Richard Sutton Stokes

Don't forget to get in contact and let us know what you have got planned:
poolelifeboats.org.uk / poole@rnli.org.uk / 01202 665607

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150 years
1865 - 2015
POOLE LIFEBOAT STATION



Developments in employment law

Rights for grandparents



Audrey Spencer, Associate Solicitor and Head of Employment at Humphries Kirk explains the recent legal changes in sharing parental leave with working grandparents...



The Government has recognised the important role working grandparents play in providing childcare support to their families and by 2018 new mothers and fathers will be able to share their parental leave and pay with grandparents. Shared parental leave was introduced this year, so working mothers are already able to end their maternity leave earlier in order to share their leave and pay with their partner.

The new changes may encourage parents to return to work sooner and offer the family greater flexibility and choice. They will also give protection to grandparents by allowing them to take time off from their employment, without the fear of losing their job.

The Chancellor, George Osborne, said that more than half of mothers rely on grandparents for childcare when they first return to work and it is estimated that around 7 million grandparents are already involved in childcare. The new scheme recognises that increasing numbers of grandparents want to remain in work themselves and it will help to keep down the costs of childcare.

Currently up to 50 weeks of shared parental leave and up to 37 weeks of shared parental pay is available for eligible parents to take or share. This is paid at £139.58 a week or 90% of average weekly earnings, whichever is lower, and will soon be able to be shared with a nominated working grandparent.

If you require further information or advice about Shared Parental Leave, please contact Audrey Spencer, a.spencer@hklaw.eu, or the Poole office on 01202 725400.

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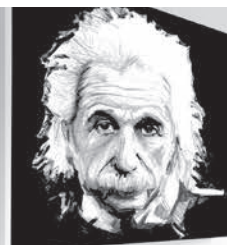
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A winner will be chosen at random from correct entries on **Jan 15th 2016 at 5pm**. The winner will receive a £50 voucher to spend at **Chicken & Blues** in Ashley Cross. T's & C's apply. Entries need to be sent to or handed in at Leader & Co's office at 121 Commercial Road, Poole, BH14 0JD in time for the draw.

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Penn Hill Ave | Lower Parkstone

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GUIDE PRICE: £600,000

A substantial detached five-bedroom house in the heart of cosmopolitan Penn Hill Village. The house is in need of some updating and offers the perfect opportunity for the new owners to personalise throughout. Plenty of off road parking. Garage. No forward chain.

Compton Avenue | Lower Parkstone

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GUIDE PRICE: £800,000

For anyone seeking their “forever home” than look no further! This very handsome, five-bedroom property, in one of the areas premier roads, offers in excess of 2,000sq feet of accommodation. Secluded south-westerly garden. Double garage. Vendor suited.

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GUIDE PRICE: £500,000

This particular apartment is the pièce de résistance of The Pantechicon, a stunning warehouse conversion in the heart of Westbourne Village. With approximately 2,500sq feet of accommodation set over two floors the apartment boards three double bedrooms, two bathrooms and a cinema room. Secure underground parking.

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LEADER & CO NEWS

THE FIGHT IS ON FOR LEADER & CO

On the 5th of December I'll be swapping the comfort of my office for a boxing ring

as I take part in my first ever boxing match. The event is organized by the Vantage Sporting Group and helps raise money for a local charity. I'm sure there are plenty of local people who would love to see an estate agent get repeatedly punched but the event is already sold out!!

I started training about 6 months ago after being persuaded by a friend, as I was feeling fat and lethargic but just couldn't face the gym. I hate the pretentiousness and find it difficult to get motivated.

I recall my first experience of what was then the notorious Bull Dog Gym. As I walked through the door my first sight was a 50 year old man who can only be described as a Thai version of Mike Tyson kicking the proverbial out of this heavy bag and a young lad covered in tattoos - most notably a dagger down the middle of his throat.

I'll admit I was a little intimidated!

Then I was introduced to John Orchard and immediately felt comfortable. One of the nicest guys I've met and Wednesday morning became the highlight of my week. I never started training with the intention of fighting but after being continually goaded by my opponent and team mate from football, Matt Charlton the big day is now looming.

8 weeks ago I weighed 16 stone 7lbs. Now almost two stone lighter and just a few pounds to reach my target weight for the 5th December I'm feeling great!

If you're thinking of giving it a try, my advice is DO IT! The new gym is amazing, and as well as the one-to-one training there are lots of classes and courses to choose from. It's really good socially too.

**John Orchard is offering a FREE taster session at new gym
Fit 2 Box on Castle Lane,
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Call 01202 294218 or visit
fit2boxgym.co.uk for details**



MODERN LIVING, RIGHT ON THE HARBOUR

For those looking for breathtakingly modern living, in an idyllic location...next to the sea, viewing this Catalina Drive property is strongly recommended.

Unassuming from the exterior, the Baiter Park-based house is a marvel once the front door has been opened. A beautiful space, which is bright, light and airy, it has been completely modernized throughout, featuring quirky design pieces.

The ground floor comprises open plan living, with modern, white kitchen and spacious living area. The kitchen leads out to a bijou garden, featuring white washed walls and planters and has been creatively decked. It is spacious enough for outside seating and BBQ.

The design-led, banister free staircase leads to two bright and modern bedrooms and a family bathroom.

The property also features a self-contained studio space, perfect for any budding artist or can be used as a home office. Ideally located, the property is within easy reach of transport links, shops, the bars and restaurants of historic Pool Old Town and not

to mention right next to the sea.

The current owners, who have lived in the property for 10 years comment: "We love the location of the house, we moved down from London 10 years ago and couldn't believe we had found a house so near to the harbour yet easy walking distance from fantastic local amenities.

"It is just five minutes to the local supermarkets, seven minutes to the train station (direct service to London) and 10 minutes to Poole Quay, we love the bars and restaurants there or often take a boat to Sandbanks or Brownsea Island.

"We love the garden and spend a lot of time out there in the summer, it gets the sun all afternoon and evening, perfect for putting the BBQ on and inviting friends over.

"The house is really easy to maintain and not expensive to run, we will miss it!"

This property is being marketed with a guide price of £275,000. For more information or to schedule a viewing please call us on 01202 721999.



PROUD SPONSORS OF LILLPUT SCHOOL CHRISTMAS FAYRE

Leader & Co once again had the pleasure of sponsoring the annual Christmas Fayre at Lillput Church of England Infant School.

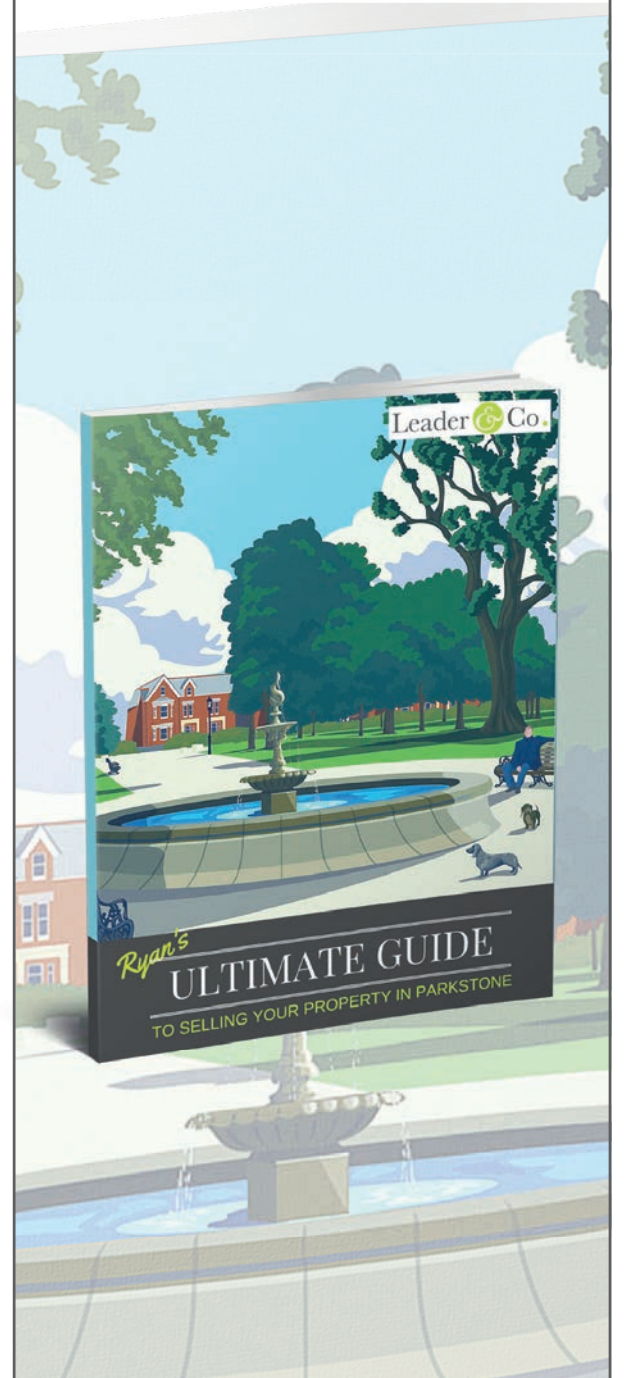
The event took place on November 27th and was a treat for students, parents and local residents.

Featuring all the festive frivolity that one would expect, such as Father Christmas, there was also an array of yummy food and drink stalls, craft stalls and games.

The well-attended event was organized by the school's PTA and once again proved to be an event enjoyed by all.



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EXPOSURE



Wave105 presenter Steve Power with deputy-manager of Smyth's Toys Ian launching mission Christmas



Talbot Heath school welcome space-man Bill Coombes as part of its 'Year of Space' events.



Lewis-Manning Hospice Patron, Debra Stephenson, with Leah and Megan Hastings



Sally Goodenough and Louise Jones from Lewis-Manning's Fundraising Team in their Christmas Jumpers



The Humphries Kirk solicitors team at the new Grays Inn office in London



Mya Thanda (Sunseeker) & Chloe Buchanan (Mckenna Townsend) at the European Maritime Day launch event in Poole Park



John Parrett (Fox Tailoring), Jemima Halsted-Harris & Alex Betteridge (CTC Private Jet) at the Fox Tailoring Fabric Launch



Strictly Business Come Dancing contenders Martin Bell (Real Recruitment Solutions) & dance partner, Emma Tarrant



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