



# The *Southbourne, Boscombe Spa, Tuckton & Wick* | Issue #4

# Grove



With 2016 drawing to a close you might look back at the last few months and sum up the year with two words... *Brexit* and *Trump*. However, 2016 has been a great year locally, with Southbourne and Tuckton continuing to attract new businesses and new visitors. The Southbourne property market is one of the most buoyant locally and here at *Mr Green Estate Agents*, demand is most certainly outstripping availability.

That trend is set to continue into 2017 and beyond, so if you already own a property in the area, this might be the perfect time to think about moving up the property ladder, as the numbers of people looking to move into the area continues to grow at an impressive rate.

2016 was also a special year for us, as we have successfully launched and established **The Grove** as the area's own local community paper. So, thanks to our readers and advertisers for helping us to make this happen.

In this issue of **The Grove**, we're going Panto-crazy; rounding-up all of the local pantomimes that help shape this special time of year while grabbing an interview with *Cinderella* herself, former *Strictly Star* Dani Harmer.

Also in this issue, we present celebrity interviews including *Erin Boag*, the former *Strictly* professional, soon to be touring with her dance partner, *Anton Du Beke*, TV food-critic *Jay Rayner*, comedic actor *David Walliams*, X-Factor singer *Max Stone* and solo acoustic singer *Jack Savoretti*. We also explore local arts, local business and local events.

**Simon Ward**  
Managing Director  
Mr Green Estate Agents  
[www.mrgreenhomes.co.uk](http://www.mrgreenhomes.co.uk)



## MrGreen

Brings you... **pages 40-45**

## Southbourne Property News



# CHRISTCHURCH JEWELLERS

where unique doesn't have to be expensive

Christchurch Jewellers

7 Saxon Square, Christchurch BH23 1QA

01202 477403

[www.goldmanjewellers.com](http://www.goldmanjewellers.com)

# ARCADE JEWELLERS

Arcade Jewellers

7 Bournemouth Arcade

Bournemouth, Dorset BH1 2AF

01202 298 628

- New and pre-loved jewellery of all types
  - Antique and unique pieces
- Jewellery repair workshop on the premises
  - We buy, sell and give valuations
- Skilled, dedicated and experienced staff
  - Part-exchange welcome









# Jack Savoretti

Singer- songwriter, **Jack Savoretti** has had a crazy year – with a successful tour and another one coming up plus a new album out, **Sleep No More**. He found time in his busy schedule to pop into the **Wave 105** studio and speak to **Andy Jackson**.

"It has been a busy year, just when we thought we where going to take a break, we decided to ride the wave as things where going so well." The new album, 'Sleep No More' has been quoted as being dedicated to Jack's wife, actress **Jemma Powell**.

"The album has bought me a lot of brownie points with my wife, that I needed! All my songs are inspired by love, but this is more than a love letter, it's a thank you letter and is inspired but the journey you go through together as a couple. Getting married and having two kids has been a steep learning curve for me, I've experienced lots of things that I wasn't ready for. Only with age you come to realise that. The problem is, when it does happen and you aren't ready for it, you are stubborn and arrogant and think 'I've got this' and its only when you realise how bad it can get you thinking maybe I haven't figured this out!

"It's a big change when you comprehend that the universe has stopped being just about you and starts being about other people. Responsibility is a terrifying thing! Trying to find the balance about what you feel passionate about and what you need to be responsible about is a very difficult line to find – it is usually one or the other. You either give up what you feel passionate about or vice versa and stay selfish. Finding that balance is a daily struggle."

It sounds like it is all go for the singer, how does he find the time to have a family, go on tour and write an entire album?

"It's not easy - I did a show last night, drove home, woke up with the kids took them out to the park and then got in the car and drove to do this interview. You can get it done, it just means there is very little time to do anything else! Which is why I have stopped writing how I used to write. I used to write at home and on the road, they are the two places I fundamentality love to write. Now, these are the two places I now can't write and I stop myself from even attempting it, because if I attempt it I don't get it done properly. I won't finish it and you end up with a load of half baked ideas, so now I just stay away from writing until I DO have that gap and just run to a studio and explode, let it all out!

"The last album was written and recorded in one day and this one not much longer. I have come to learn that you never sing a song the same way you do the first time you sing it. There is something about it, you are learning it, you are exploring it, you are listening to it. You're not fine-tuning it, you're not singing it because that would be great – you're singing it because that is what you are trying to sing. I think there is something really unique about that. We would always capture that in a demo, then spend months and a fine tune trying to recreate that. That is why I now try to write in the studio, so I can capture that moment. Its kind of like holding a lightening rod out and hoping something will strike, when it does I want the tape rolling.

The first single to be released from the album 'When we Where Lovers' has a slightly different feel to the rest of the album, Jack explains just why that is: "It was the first song I wrote for this album. It was one of those reflective moments, remembering what things used to be like before marriage, before the kids. At first I looked at it with melancholy about the 'good old days', when we where free of responsibility, dancing in the rain but then upon thinking that, I realised how much better what we have now is and what we are heading towards is. It was after that recognition, again all part of growing up, I decided to write this album, starting with 'how great we used to be' and then the rest of the album is that journey to appreciating how great we are and how great we are going to be if we get this right. I find that every song I listen to or film I watch is either about people falling in love or breaking up, no one talks about what happens in the middle. So I wanted to write an album about what happens in the middle.

Jack is currently on a tour of the UK with venues including Southampton, Manchester, Newcastle and London.

"The venues getting bigger and bigger, Hammersmith Apollo is the biggest venue on the tour and also my biggest as a headline act. It will be one of those nights that I will have to take a moment to take it all in."

Jack Savoretti visited  
Wave 105  
[www.wave105.com](http://www.wave105.com)



# MAX STONE

**Speaks to Gracie Williams**

More than a year has passed since Max Stone left our screens and departed X Factor. And what a busy year it has been for the singer. Our own *Gracie Williams* caught up with him to find out more about what he's been up to...

"When I left X Factor, I had to figure out where I wanted to go next. I took four months out to do nothing but write music, I wrote about 70 to 80 songs but only 15 ended up being good ones that I was happy with. I've been working so hard since I left the show.

Then the fun began for the singer, "I started working with Grammy Award winning producer, Jazzwad. I went to Kingston in Jamaica and hit Tuff Gong recording studio, which was founded by Bob Marley. It was an incredible time and I met some inspirational people."

Max's first single, *Home* is out now under Metropolis Studios.

"I am really excited about the release of *Home*, it is a campaign song to raise money and awareness for the Shirley Oaks Survivors Association. All proceeds made from the single will go to the foundation, which supports victims of abuse whilst in care in Lambeth Children's Homes in London.

"When my record label suggested supporting the Shirley Oaks Survivors Association, I thought it was an amazing idea, my song helps give the survivors a voice as there has been no justice. The song is about finding your way home and I hope the public can relate and raise money for a worthwhile cause at the same time."

To Max, music is no new thing: "I started singing at about three or four years old and haven't ever stopped. I used to copy my Dad's records, he was a big James Brown fan. I started playing piano at nine years old and since then music has been my release and always makes me feel better, alive."

Speaking of the TV show that sprung him to fame: "X Factor was the most amazing experience. I didn't know how people would react to my music and also me as a person. It was very daunting knowing that there are millions of people watching and judging from home.

"The six-chair challenge was really tough but having 5,000 people encouraging me to get on stage was incredible. I thought 'I can do this!' With the new single out now, and an album to follow in the New Year, 2017 is going to be busy for Max.

"2017 is going to be the year of gigging! Lots and lots of gigs, I plan to play as live as much as possible."

**Max's single "Home" is out to buy or download now.**

**[www.maxstoneofficial.com](http://www.maxstoneofficial.com)**



# Q&A

# ERIN BOAG

Former *Strictly Come Dancing* professional and dance partner of Anton Du Beke, talks to us before arriving in the region early in 2017 with *Anton & Erin Swing Time*.

**You finished on *Strictly* after 10 years after the 2012 series – what have you been up to since?**

I retired from *Strictly* (not from dancing) in 2012, as I was hoping to start a family, which I did... I had my son Ewan and then took 7 weeks off after he was born before getting back on the dance floor. Since then I've been on a lot of tours with Anton and have been involved in a lot of projects, so it's been really busy.

**How had motherhood been? All you expected?**

Motherhood is brilliant. I love every single second of single day.

**As a dancer, how was it getting back into shape after being giving birth?**

Really difficult. I don't know if its being an older mother, but I thought that my body would just snap back into shape, but it didn't happen like that. I had to work really hard every single day and I still do now! Obviously, being a dancer, I'm slim for a women my age, but I really had to work on getting fit again and getting the figure back. In actual fact, because I ended up with a c-section, that made it even worse. I remember not long after giving birth, I remember sitting on the floor and I actually couldn't do a sit-up. I was sit-up queen with a dancers 6-pack and there I was struggling to do one sit-up. I was thinking there's something wrong with me. It wasn't until I spoke to someone about it and they pointed out that the caesarean had cut right through my stomach muscles and asked what did I expect would happen after a procedure like that! I hadn't honestly thought about any of that stuff until afterwards, so I was left with having to work really hard – no pain no gain! To be honest, I'm still working on it now...

**So is your fitness regime back to how it used to be?**

Yeah... I hit the gym a lot, I'm a very active person and I do watch what I eat, even though I love chocolate. Obviously I dance and I train and I like to stay in shape, but it's also my job. So, I have to maintain my figure, I have no choice really.

**You obviously have fond memories of *Strictly* – out of your celebrity partners, who was your favourite to dance with?**

I haven't got one favourite, I know it's a dull answer, but I had ten wonderful partners, ten different personalities, lots of different backgrounds and they were all wonderful in their own way. So many great laughs too. Julian Clary as the sort of camp queen; was great fun and a really lovely man. I had partners like Colin Jackson the Olympic athlete and Austin Healy. People like them are also trained to be fit and quick, but they're also so mentally strong and focused. I never had a dull year and they were all wonderful partners to be lucky enough to dance with.

**What can the audience expect when they turn up to see your new show for 2017, *Anton and Erin Swing Time*?**

You can expect to see glitz and glamour, beautiful music, we have an orchestra that comes on tour with us and a wonderful singer, Lance Ellington, who's one of the singers on *Strictly Come Dancing* and we have six other, very professional and talented Theatre dancers with Anton and I. We have beautiful costumes, live music and the result is a whole evening of dance and fun and you go away feeling great.

**Anton Du Beke & Erin Boag's spectacular new show, 'Swing Time' tours in 2017**  
**Sat 11 March - BOURNEMOUTH Pavilion,**  
**Sun 12 March - SOUTHAMPTON Mayflower**  
**[www.raymondgubbay.co.uk](http://www.raymondgubbay.co.uk)**







TERRY & FREDA BAKER OF A1 SPORTING SPEAKERS IN ASSOCIATION WITH ICONS.COM PRESENT

# CANTONA

AN EVENING WITH ERIC CANTONA

**21 FEBRUARY 2017**

BIC, BOURNEMOUTH, [BHLIVETICKETS.CO.UK](http://BHLIVETICKETS.CO.UK)  
BOX OFFICE: 0844 576 3000 GROUP BOOKINGS: 01202 055561

**22, 23 & 26 FEBRUARY 2017**

THE LOWRY, SALFORD QUAYS, [THELOWRY.COM](http://THELOWRY.COM)  
BOX OFFICE: 0843 208 6010 GROUP BOOKINGS: 0843 208 6003

**24 FEBRUARY 2017**

LONDON PALLADIUM, LONDON, [RUTLIVE.CO.UK](http://RUTLIVE.CO.UK)  
BOX OFFICE: 0844 412 4657

STANDARD & VIP TICKETS AVAILABLE FROM BOX OFFICE  
VVIP TICKETS MEET ERIC, SIGNED POSTER, PHOTO WITH HIM & FRONT ROW SEATS  
AVAILABLE FROM [WWW.A1SPORTINGMEMORABILIA.CO.UK](http://WWW.A1SPORTINGMEMORABILIA.CO.UK) OR CALL 07866454714



**THE LOWRY**  
ART & ENTERTAINMENT

**bhlivetickets**

**A1** SportingSpeakers  
the leading agency for sport celebrity speakers

**ICONS.com**  
SIGNED BY THE WORLD'S BEST

**LONDON  
PALLADIUM**



# Jay Rayner

By Gracey Williams



Award-winning restaurant critic and Masterchef judge Jay Rayner spoke to **The Grove** before his new one-man show *The Ten (Food) Commandments* at Lighthouse, Poole's Centre for the Arts on 3 November.

Speaking with the legendary journalist, author, performer who also adds musician to his well-rounded repertoire, is an enlightening experience. Rayner's zealous yet tongue and cheek attitude towards food and its impact on society is reflected in his latest project.

"The original Ten Commandments have very little to offer when it comes to the complex business of how and what we eat. There is a lot of finger wagging in the food industry, so I felt there was a need for a culinary Moses (me) to take lead to the edible Promised Land. The show is a rye look at food and drink culture - thou shalt always eat with thy hands, why thou should most definitely worship leftovers, and why thou must celebrate the stinkiest of foods."

"The audience can expect a rollicking good night of great entertainment - the first half of the show is stand up where I use visuals to allow the build up of stories and jokes, the second half of the show is a two way interaction with the audience, whom I ask to send in their questions and topics via a hashtag."

For someone who has had a very prestigious career, including a front page on the Guardian at just 23, Rayner has worked for media outlets such as The Guardian, BBC and Channel 4. He speaks of the freedom a one-man show has afforded:

"The best part of doing a one-man show is that you do not have to rely on anyone else, it is a hire wire performance and it suits my control freak tendencies. I love performing and get a kick out of the live audiences - it is all gravy (pun INTENDED!)"

"I am not ashamed to say that The Ten (Food) Commandments is littered with cheap gags and stupid jokes - I think we should all embrace the stupid joke!"

Rayner has affection for Dorset, having spent many holidays as a child in Studland, staying at the Knowle House Hotel.

"Dorset was a place where my love for eating out first began back in the 1970's. As a family we would holiday every year at the same hotel. The food was very good and the entire stay seemed to revolve around it, particularly the Friday night buffet which featured an impressive salmon, of which we would all take photos!"

It is hard to resist asking Rayner a few foodies questions, he lists spare ribs as his food heaven partly for the joy of eating them with hands. His food hell is baked beans;

"I hate the texture, the taste, everything about baked beans!"



# David Walliams and friend

**Little Britain's David Walliams returns to sketch comedy (with help from some familiar faces) and tells us why...**

# Q&A

**Why were you eager to return to sketch comedy with Walliams & Friend?**

I wanted to reconnect with something purely comic. This show has no agenda - it's just there to make you laugh. It's rather old-fashioned in that way, like *The Two Ronnies*.

**Why do you think sketch shows remain popular?**

A sketch show is a great way of doing comedy, because it is constantly reinventing itself. If you don't like one sketch, another one will be along in a minute. People often try to write off sketch shows and say that they're finished, but they are a perfectly valid way of doing comedy. You can also cover a lot of ground doing sketches. You can do everything from spoofs to relationship comedy.

**Were you anxious to make a show that does not replicate your huge sketch show hit, *Little Britain*?**

Yes. The big thing for me was to be different from *Little Britain*. On that show, we didn't do historical sketches or spoofs. *Little Britain* had a very strong idea of its own identity. I didn't want *Walliams & Friend* to be like a spin-off of that. I wanted it to be very much its own thing.

**What is the advantage of having a different guest star every week?**

It means the show can reinvent itself week to week. It feels very fresh and never gets boring. In other sketch shows, there are a lot of reasons why you end up doing the same characters every week. You need at least a hundred sketches for a series, and that's very hard. But if you're writing for specific people, you can constantly reinvent the show.

**In addition to your guest stars, you are featuring some old-school celebrities such as Bob Carolgees and Spit The Dog in the sketches, aren't you?**

Yes. I loved working with them all. For instance, it was great filming with the Chuckle Brothers. They're so talented. They're natural clowns. They're very hard workers, too. They come prepared with lots of ideas and really deliver. I'd love to work with them more. It would be great to have them on set every day because they're such fun!

**Could you please talk us through the qualities of your six guest stars in this series?**

Firstly Jack Whitehall. He's so, so funny. In fact, he is too funny. He needs to be stopped! He made me feel really old when he told me, "I used to love watching *Little Britain* when I was at school". "I'm sorry, how old are you?" He's still in his 20s. It's absurd!

**What about Meera Syal?**

She is fantastic. She is very nice, very intelligent and brilliantly funny. Having been in *Goodness Gracious Me* she's a wonderful sketch performer. But she's also a really good serious actor - she's been in dramas such as *Broadchurch* before. So she's got a lot of gravitas - unlike me! She is excellent with scripts, and very committed to everything. Meera and I also had the delight of doing a sketch with Jeanette Krankie!

**How about Miranda Richardson?**

She is an incredibly classy actress. She is iconic to the nation because of *Blackadder Two*. Although it is now 30 years ago, her performance as Queenie is still emblazoned on our imagination. She has done comed before, with French and Saunders. She is a brilliant and incredibly committed performer. Because she's such a great actress, everything she does is believable.

**And Harry Enfield?**

I've always been in awe of him. He is one of my absolute favourite comedians. I love him when I was growing up. When he did Stavros and Loadsamoney on *Saturday Live* it was so fresh. It's an incredible thing when someone who is your comedy hero treats you as an equal. I never lose that sense of wonder when I meet my comedy heroes.





# Russia's acclaimed ballet Company returns to Bournemouth



*The Russian State Ballet of Siberia* returns in Bournemouth in 2017 for a three show spectacular. It is the Company's 15th UK tour and features exquisite performances of three of world's most popular ballets; *Swan Lake*, *The Nutcracker* and *Coppélia*.

Formed in 1981, *The Russian State Ballet of Siberia* has become established as one of Russia's leading ballet companies, under the artistic directorship of Sergei Bobrov. The company comprises 40 dancers and 30 musicians.

Commenting on the tour, Sergei Bobrov said 'It is always a pleasure to bring the unique traditions of Russian Ballet to British audiences. Touring with a full company of dancers as well as highly skilled musicians is always exciting; for me, it is very special to have the power of a symphony orchestra bringing the choreography to life on stage.'

**Anna Fedosova (pictured left), 22, the Principal Dancer in the Russian State Ballet of Siberia...**

**At what age did you start dancing and when did you join the Russian State Ballet of Siberia?**

I started dancing at the age of 10 when I went to ballet school. I joined the Russian State Ballet of Siberia two years ago after graduating from the ballet school.

**What does your working day consist of?**

I get up at 8AM, get myself ready for the work, have a little breakfast and go to theatre. At theatre I start training for about one hour and then my rehearsals start. I have a break in the middle of the day and then again rehearsals.

**Have you toured the UK before – if so how many times and what do you like about British culture?**

I toured once in UK and I liked to be in England very much. I do not know much about British culture but everything I have seen was very advanced and versatile.

**Will you be performing in all the ballets on the tour and do you have a particularly favourite role and if so why?**

My favorite is *Swan Lake*, because this is the most beautiful and the most elegant role for ballerina, every little ballet girl dreams to dance this character in her career.

**How long does it take you to prepare for a performance and do you have a specific warm-up and warm-down procedure before and after each performance?**

Normally I need half an hour to warm myself up before going on stage and I do warm up in my special way, flexing and stretching legs and arms. I also need to keep my muscles warm between rehearsals and between show acts and for that I use wool warmers and sweaters.

**What is the highlight of your career so far?**

I think this is my role of Odile in *Swan Lake*, everyone says that I am the best.

**Any useful advice you can give to young ballet dancers here in the UK?**

I wish to all young ballet dancers to fall in love with dancing, with everything you do on stage and then the audience will definitely fall in love with you.

**Bournemouth Pavilion Theatre**

**20 February Coppélia 7.30pm**

**21 February The Nutcracker 7.30pm**

**22 February Swan Lake 2.30pm & 7.30pm**





# Francesco

GROUP

# beautiful hair

[www.francescogroup.co.uk](http://www.francescogroup.co.uk)

## COMPETITION

Francesco Group is one of the largest, award winning hairdressing groups in the UK. Owned and run by the Italian Dellicompagni family, the brand is stylish, luxurious and unique in style. Francesco Group is known for beautifully crafted hair and when visiting a salon, you will not only leave with beautifully crafted hair, but also advice and tips on how to maintain your hairstyle at home. The Francesco Group experience is couture hairstyles personalised for you; with selected haircuts and colours to create your perfect tailor-made look. Each visit to a Francesco Group hairdresser is pure pampering, with in-depth consultations, indulgent head massages and complimentary refreshments to ensure you leave the salon looking and feeling fantastic!

If you would like to be in for a chance to win a cut and blow-dry appointment with Francesco Group's Director of Hairdressing and finalist at this years British Hairdressing Awards for the Wales and South West Hairdresser of the Year category, Mia Dellicompagni, in the Poole Academy salon AND a pair of GHD Straighteners all you have to do is answer the following question;

What is Mia Dellicompagni's position in Francesco Group?

- a. Stylist
- b. Director of Hairdressing
- c. Owner

To enter, send an email to [compo@cre8ivewisdom.com](mailto:compo@cre8ivewisdom.com), with 'Francesco' as the subject line, and let us know your name, postal address and telephone number, a long with your choice of A, B & C. Good luck!

Terms and conditions:

- Entrants must be aged 18 and over.
- One entry per person.
- The prize cannot be exchanged for cash, or replaced if lost or damaged.
- Please quote 'Village Mags' when booking appointment.
- Winner will be chosen at random from all correct entries.
- Offer valid until March 2017.





# Is it that time of year again already? ... oh yes it is!

With Christmas upon us again, there's nothing is more firmly set in family tradition than going to the theatre to watch a good old pantomime. Getting the family together to 'boo', 'hiss', 'cheer' and rejoice the festive season.

As British as red post boxes and complaining about the weather, pantomime is part of our national DNA – rooted in the past, but looking to the future. For many it's a family tradition and for the generations of children going to panto is often their first experience of the theatre.

It's a responsibility that's not lost on the cast of Aladdin, this year's traditional family pantomime at Lighthouse, Poole's centre for the arts.

"Actors that do pantomimes have got a genuine love for it and a love for the traditions that go with it as well," says Laura Curnick who plays Pantaloon the comedian. "In that moment just before you go out on stage you have to remember that although you may have done the show before this is the first time the audience has seen it. It's part of your job to make their Christmas as special as possible and it's something that everyone should take really seriously I think.

"It's such a massive part of our country and our culture," she adds. "That's always interesting when you get somebody come from another culture, they're often confused about the shouting and the jokes. We just embrace it and it's a part of everyone's Christmas and makes me really proud to be part of it."

Laura loves performing for children and, away from panto, she teaches drama and has her own children's theatre company.

"Kids are a great audience because they have the best imaginations. It is so important to be able to introduce drama to the next generation of theatregoers, especially children that may not necessarily have access to the theatre. So to be able to take projects out to schools or places that might not have traditional theatre is really important."

Aladdin and Waterloo Road star Max Bowden couldn't be happier about playing in his first leading role in panto – and it's all down to his co-star Peter Duncan who's the ultimate bad guy, Abanazar.

The two appeared together at Lighthouse last year in the universally acclaimed touring production of Sebastian Faulks' war novel Birdsong, but their connection goes way back.



## Cinderella

Bournemouth Pavilion Theatre

Saturday 3 December 2016 - Monday 2 Jan 2017

[www.bhlivetickets.co.uk](http://www.bhlivetickets.co.uk)

## Aladdin

Lighthouse, Poole's centre for the Arts

Tuesday 6 December – Saturday 7 Jan,

Various times & prices

[www.lighthousepoole.co.uk](http://www.lighthousepoole.co.uk)

"Pete cast me in my first ever job," Max explains. "I was only ten. I was so young everyone used to forget my name and call me Matt, certainly Peter did. Hopefully he knows it now, but actually he just calls me The Boy – he sees me as a surrogate son he tells himself!"

It's clear the two actors have formed a close bond based on mutual mickey taking... Someone who has wholeheartedly embraced the tradition of panto with all its peculiar conventions and in-jokes is Miguel Angel, the Genie of the Lamp.

"This is the fourth time I have played the Genie and I think this one is going to be the most different from the others," he says. "The concept behind it is inspired by iconic pop singers old and new so it's such a different take on the Genie and I'm really excited about it."

Born in Puerto Rico and brought up in New York, it's almost a decade since the trained dancer and singer came to live in the UK. "

Much as they were determined to make Aladdin a very traditional family panto at Lighthouse, Poole's centre for the arts, former Blue Peter presenter Peter Duncan and his co-producer Darren Reeves have incorporated the technology of today to make it a thoroughly modern show.

The famous flying carpet ride will be created offstage using a green screen effect that will make it look as if Aladdin and a lucky young member of the audience are careering through the desert.

"The magic carpet ride is one of the classic scenes in Aladdin, so to make sure the audience knows it's not a film we're going to get a child up from the audience," explains Peter.

At the other end of town, Cinderella and her ugly sisters are set to take over The Pavillion for Bournemouth's 2016 pantomime.

After 2015's record-breaking pantomime, Snow White, BH Live is delighted to present the best-loved pantomime of them all. Cinderella, with its enchanting story, side-splitting comedy, thrilling special effects and adorable miniature ponies, it is perfect entertainment for the festive season.

This year's Bournemouth Pavilion Panto boasts a talented cast ready to bring Cinderella to life on stage; Dani Harmer (Tracy Beaker and Strictly Come Dancing) as Cinderella, Rhydian (X Factor Finalist) as Prince Charming, Melanie Walters (Gwen from Gavin & Stacey) as the Fairy Godmother and back despite popular demand, Noel Brodie as Buttons.

David Ball & Michael chance as the Ugly Sisters, David Alcock as Baron Hardup and Gary Jordan as Dandini, and don't forget the sensational Shetland Ponies! This truly traditional production ensures that every member of the family has a ball. Cinderella is treated as a servant by her jealous ugly stepsisters. She'll need all the magic her fairy godmother can muster, along with help from her best friend, Buttons, if she is to meet her Prince Charming and find true love before the clock strikes midnight...







## You shall go to the ball... Dani Harmer!

*Cinderella* at The Pavilion, Bournemouth, with its enchanting story, side-splitting comedy, thrilling special effects and adorable miniature ponies, is perfect entertainment for the festive season.

**The Grove** caught up with Dani Harmer to have a chat about playing Cinderella, being a new mummy and falling in love with Prince Charming...

**You were in Bournemouth at Easter... Massively pregnant**  
**How's motherhood for you?**

It's going really well, I'm absolutely knackered but it's really worth it. She's amazing.

**You're one of the biggest stars in children's TV, you've done *Strictly Come Dancing* and you're an in demand panto star. What are some of the other pantos you've really enjoyed starring in?**

*Cinderella* is obviously my favourite, but I really enjoyed playing *Peter Pan*, it was a really lovely show. You get to fly and you get to sword fight, so that's great fun but *Cinderella* is definitely my favourite.

**What do you think of this years cast?**

They're awesome. I've had Melanie as my fairy godmother before, and she is hilarious so I'm really excited to work with her again. *Rhydian* and I worked on *Rocky Horror* together, slightly different show, so we'll keep it clean for panto. I've worked with *David* before [one of the ugly sisters] this is our third year together, so it's going to be really good fun!

**What's the best thing about panto for you?**

The best thing about panto? I think it's seeing the kids in the audience, because it's one of the rare shows you can take the whole family to see. So it's nice to see all of the different generations sat enjoying the same thing.

**Besides panto, what other projects have you been working on?**

I've just given birth so I haven't done much, just being a mum. I've got my performing arts academy too, which is going really well. We're hoping to open more of those in other locations soon, so I've been a busy bee.

**What can we expect from this years panto? Can you let us know any surprises?**

I don't actually end up with the prince... Just kidding. It's the same story, you just don't want to mess with *Cinderella* because it's so well loved and everyone knows it. But the ugly sisters, you'll need to watch out for them, they're really naughty, so you never quite know what's going to happen.

There's some great songs, and we've got the ponies, so hopefully they'll behave themselves. They're really great, and to see the kids face when they come on stage is a really worth it, they're really fun.

Tickets are on general sale now.

Call BH Live Tickets on 0844 576 3000+, book online at [www.bhlivetickets.co.uk](http://www.bhlivetickets.co.uk) or visit the Bournemouth Pavilion/BIC box office. For groups 10+ call 01202 451865.





# TAKE A BUTCHERS AT THE BUTCHER'S DOG

By Neil Armstrong, Publisher of The Coast

## New Wimborne bar opens with strong connections to Poole & Ashley Cross

A long time in the making, but well worth the wait; *The Butcher's Dog* has opened its doors recently in East Street, Wimborne. The bar offers premium beers, real-ales and a wide selection of wines & spirits, served in a warm, welcoming and unique atmosphere, all under the watchful and experienced eye of erstwhile local publican John Hewitson.

Formerly the 'guvner' at the *Bermuda Triangle* in Parr Street, Ashley Cross and beer magician at *The Cruel Sea* in Penn Hill, John's new venture has been on the cards for many years, but has now come to fruition, bringing a new and unique experience to Wimborne.

The beer menu, which changes on a regular basis, reads like a who's who of great beers from much loved and respected brewers, while the 'take-away' bottle bar offers a cornucopia of some of the World's finest bottled lagers, beers and ciders.

If beer is not your bag, *The Butcher's Dog* has sourced a lovely, local organic range of wines and offers an impressive list of high-quality spirits to warm the cockles as we head into Winter. They'll even make you a cocktail if you ask them nicely; the Bloody Mary is highly recommended!

If you drink in and around the Ashley Cross area, you're more than likely to know John and perhaps understand his contribution to the popularity of the local pub scene.

If you don't know John, or if you haven't sampled the delights of *The Butcher's Dog*, then you're best advised to plan a trip to Wimborne and indulge yourself in the arrival of this happy establishment, which treats its customers with the same high-level of care and consideration as its shows to its cellar.

If you enjoy the experience, tell people about it! This is an independent and local venue, owned and run by a local family, trying their very best to please. I'm happy to say they're succeeding!



**The Butcher's Dog**  
6 East Street, Wimborne Minster  
Follow: @butchersdogdorset  
Call: 01202 848648





The last few months has seen Westover Road in Bournemouth town centre have somewhat of a makeover. Largely in part of the old (*very tired*) Tourist Information Centre being transformed into an attractive, white rendered venue, now home to *The Stable*.

The family friendly pizza and pie specialist's interior is quite juxtaposed to the crisp white of the exterior, in a good way, and features trendy rough cut wood furniture and benched seating. There is also a bar area with comfy sofas to relax with a drink and snack.

The panoramic windows look out over *Bournemouth Gardens* and there is an outdoor seating area that will be great for warmer months.

The first thing that you notice when entering *The Stable* is the super warm and friendly service. The team is really welcoming and nothing is too much trouble. There are two floors, the ground floor is non bookable and you order at the bar and the second floor bookings can be made and it is table service.

The menu features a mix of fun and interesting pizza toppings, pies and salads. The one great appeal of the menu is the fact it caters for a number of dietary requirements particularly vegan and gluten free. The food is really delicious and made from fresh and good quality ingredients.

*The Stable* features an extensive list of beers and ciders including products from local brewhouse, the *Southbourne Brewery Company* as well as other Dorset-based ciders. The hot mulled cider is a great choice for the colder months and is the perfect accompaniment to a hearty pie!

Established in Bridport in 2009 by husband and wife team Richard and Nikki Cooper, *The Stable* now features 15 restaurants across the UK, including an outlet on Poole Quay.

*The Stable* makes a great pit stop after a busy day shopping or before hitting the cinema or The Pavilion for a show. It is a great place for the entire family to visit.

**Best Deal Tip:** pop in on a Tuesday for selected pizzas, side salad and a drink for £10.

**Visit:** [stablepizza.com](http://stablepizza.com) for more information

# The Stable

WEST COUNTRY

# Pizza

# Pies

# CIDER





## Ice cream parlour serves delicious desserts in the heart of Bournemouth



The legendary ice cream producer that is Gallone's has come to Bournemouth! For over 100 years Gallone's has been producing ice cream in the UK; treating customers to delicious ice cream dishes and other mouth-watering desserts and it has now firmly established its ice cream parlour in the heart of Bournemouth town centre.

Ice cream is a favourite all year round treat and Gallone's know how to create the right flavours of delicious ice cream using their original and exciting recipes. You can of course choose from a range of traditional flavours including the classic vanilla, strawberry and chocolate but at Gallone's ice cream parlour you can allow your taste buds to explore different flavours of ice cream flavours such as apple pie, peanut butter, funky monkey and chocolate fudge brownie!

Gallone's ice cream parlour also offers a tasty range of ice cream sundaes which come in a choice of four sizes to suit your appetite. You can choose from thirty-two flavours to create the perfect ice cream sundae, including its all the chocolates sundae, which is a deliciously tempting combination of home-made chocolate fudge brownies and rocky road slab cake, cookies and cream and rocky road ice cream, whipped cream, chocolate buttons and chocolate sauce topped with a flake!

As well as an extensive range of delicious ice cream flavours, you can also tuck into tasty pancakes, waffles and other gorgeous desserts such as warm apple pie and freshly made cookies! You can of course add ice cream to all Gallone's dessert dishes along with sauce, whipped cream and a range of other tasty toppings! Gallone's also serve hot and cold drinks with creamy hot chocolate, flavoured lattes and cappuccinos as well as its specially blended delicious coffee. All of which can be offered as a take-out option. Rob Marsden, owner, said, "We were delighted to open our parlour in Bournemouth. We've had a great welcome from the locals already and hope that we can offer another attraction for the town centre. We can offer a great, warm and friendly welcome as well as delicious ice cream, desserts and drinks at really affordable prices."



**Gallone's ice cream parlour can be found at 20 Gervis Place, Bournemouth, BH1 2AL and can be contacted for party bookings and general enquiries on 01202 989090**

## Keep it Local

*with Mark Cribb of Urban Guild*



Mark started *Urban Guild* back in 2005 when he returned to his hometown, Bournemouth, after a stint of living in London and travelling the world.

'With dreams of starting a family and longing for the sea, it was time to head back to Bournemouth. But it was impossible to find bars, restaurants and hotels that matched the optimism of life on the road. Where was the inspired, energetic, creative environment where the wonders of people and the world could be embraced and shared every day?' he says.

'And that's how it started. I built it. The design, decadence and quality of London meets the relaxed grin of feeling the sand and sea between your toes... *Urban Beach* was born.'

Growing up in the Boscombe area and having now lived in Southbourne for 10 years, as a business owner and resident, Mark speaks highly of the location that inspired his business.

'I adore Southbourne. I've travelled the world and there are many places as good, but nowhere better. We are on the south coast so firstly if the sun is out, we get to see it. It's always in the South... winter sunrises and sunsets are incredible over the sea, even better than summer when they're over the land.

'Then, as a playground you have the beach, the Purbecks and the New Forest... it's all awesome. I live one minute from the beach. I can hear the waves from my house. Every day I wake up and I can't believe how damn lucky I am!'

Starting and building a business from scratch is no easy feat to master, and not for the faint hearted. But the one thing that radiates from Mark is his eternal optimism and vision.

He took a run down old B&B in Boscombe and turned it into *Urban Beach*, a stylish and attractive hotel and restaurant, turning over £1.1 million per annum. He did all this in 36 months through nothing but hard work. This is where the Urban Empire was born.



A fresh approach to law...  
your **Go To Lawyer** comes to you...

Family law  
Business law  
Dispute Resolution

No stuffy legal chambers  
Open and Transparent fee structure  
Fixed-fee representation  
No hidden extras  
Your **Go To Lawyer**, Ian Morris, comes to you

**GO**

[Gotolawyer247.co.uk](http://Gotolawyer247.co.uk)

Book a home visit today at  
[enquiries@gotolawyer247.co.uk](mailto:enquiries@gotolawyer247.co.uk)

**01202 941 496**



## Hidden Bournemouth: Seaside resort uncovers very vegan vibe

With 1 November being World Vegan Day, and all of November being World Vegan Month, the UK's premier destination is letting visitors and residents into a secret... It may come as a surprise to many, but Bournemouth is giving even the likes of Brighton a run for its money when it comes to its vegan offering – with a number of speciality restaurants and dishes on the menu throughout the town.

When most people think of Bournemouth, they think of the seaside and why wouldn't you when there's seven miles of golden sand to enjoy? But the seaside town has many other things to offer its holiday-makers and locals alike, and as part of a new campaign to uncover the gems of hidden Bournemouth, the South Coast resort is promoting a very vegan vibe.

Veganism has gone crazy in Bournemouth with over 30 restaurants, cafés and eateries having menus and options devoted to their vegan customers. There are also three purely vegan only restaurants/cafés: Mad Cucumber, Amala Conscious Food and Sweet Greens, and a vegan only food store in the town centre, Sunrise Organics.

This means that even the most dedicated of vegans can enjoy a trip to Bournemouth without the worry of finding some delicious and interesting food, and could even dine out every night for a whole month without having to visit the same eatery twice.

In recent months there has been a swathe of new venues opening in Bournemouth that incorporate a great vegan range, even putting larger cities to shame, which is great for those with eco-diets looking for staycations within the UK. Since the beginning of summer 2016 alone six new places with eclectic vegan offerings have opened: Ojo Rojo (Mexican), Steam (cream teas), Skinny Kitchen (fitness inspired healthy eating), Velo Domestique (cycle café), Yo Sushi (sushi) and The Stable (Pizzeria).

Beth Buckle, Assistant Manager of The Stable, Bournemouth said: "Our vegan offering is going down a real treat in Bournemouth – and Lizzie from Dorset Vegan organises monthly meet-ups at our restaurant, which is growing very popular very quickly.

"As a long-term vegan myself I am very proud to offer starters, nibbles and mains to vegan customers. We also supply soy milk so our vegan diners can finish off with a coffee or hot chocolate! "Our head chef and our vegan chef are experimenting with vegan desserts because of the number of vegan clients we have here. And, for World Vegan Day we'll be offering a free vegan brownie with every vegan pizza bought!"

Dorset Vegan will also be celebrating World Vegan Month by hosting Bournemouth Vegan Fair on 6 November at the Pavilion, for a day of indulgence, inspiration and information.

Excitingly, there is yet another new addition coming to Bournemouth's vegan offering this winter – Pause Café. A vegan and vegetarian café, it has a very special (and currently top secret) aspect to it, that owner Jaya De Costa is currently keeping well under her hat, but will be making public mid-November.

And what sort of seaside resort would Bournemouth be if it couldn't offer a range of scrumptious ice creams? We have three ice-cream parlours offering vegan options, Gallones, Lollipop and Giggi Gelateria, and for 'milkshakes', Shakeaway.



#hiddenbournemouth  
#veganbournemouth  
[bournemouth.co.uk/vegan](http://bournemouth.co.uk/vegan)





# C.K. General Builders Ltd

*Plastering  
Tiling*

*Bathroom & Kitchen  
installations*

*All Building Work  
Undertaken*

**Experienced, Local Builder  
For a FREE  
Competitive Quote,**

*Please call*

**07769 691099**

## Drawing Classes

with Artist, **Julie Herring**

### LIFE DRAWING

MONDAYS, 6.30 - 8.30pm

9 January - 27 February 2017

8 week course: £150, at **Poole Painting Studio**, BH15 1AG

### DRAWING & PAINTING

for Beginners & Improvers: includes watercolour and acrylic

THURSDAYS, 10.30am - 12.30pm

12 January - 16 March 2017

10 week course: £150 + materials, at **Poole Painting Studio**

### DRAWING FROM NATURE

for Beginners & Improvers: drawing & observing from still life

FRIDAYS, 10.30am - 12.30pm

27 January - 31 March 2017

10 week course: £150

**East Dorset Lawn Tennis & Croquet Club**, Poole BH14 8BL

Small, friendly classes. Booking essential.

Contact Julie, tel: 07720 353454 email: [info@earth-art.org.uk](mailto:info@earth-art.org.uk)

[www.earth-art.org.uk](http://www.earth-art.org.uk)

## 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.

The WHO (World Health Organization) has identified that Acupuncture can treat over 40 conditions successfully. Some of these include:

- Sciatica
- Shoulder Problems
- Arthritis
- Fibromyalgia
- Sports Injuries
- Knee Injuries
- Neck Pain/ Stiffness
- Headaches
- Tight Muscles
- General Stiffness
- Carpal Tunnel Syndrome
- Please ask about your condition.



Appointments Available:  
09:00 – 19:00 Monday to Friday  
09:00 – 13:00 Saturday

**Tel: 07919163619**

Email: [richard@bournemouthacupuncture.co.uk](mailto:richard@bournemouthacupuncture.co.uk)

[www.bournemouthacupuncture.co.uk](http://www.bournemouthacupuncture.co.uk)





# Custom Made Home Improvements

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

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

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

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

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

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



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

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

**Call 01202 737 555 and mention 'The Grove' or visit [www.customiseyourhome.com](http://www.customiseyourhome.com)**

## Your Go To Lawyer offers a fresh approach to your legal needs

When you think about it, shouldn't your legal affairs be addressed like your medical affairs? They are both critical to your wellbeing after all! Well now it can be with your *Go To Lawyer*.

Ian Morris, the man behind this exciting new concept of dealing with your legal matters, is available for a no obligation initial chat about the issue you have and then if you both agree he will advise you for a fixed fee where possible. No nasty surprises when the bill comes in and, where appropriate, payment plans are an option. From simple Wills right through to complex litigation, Ian can advise you at a time and place to suit you, even out of normal hours when it just has to be done. This fresh new approach is particularly well suited to matrimonial engagements where with over thirty years of experience Ian often has refreshingly effective ideas on how to get to the right resolution.

On the business front, more and more of us are starting our own businesses. There are often simple legal documents that should be in place to protect you, the business owner, from issues with suppliers or customers. Many new business owners put these protections on the "to do" list because they just do not want to take time off to visit their local solicitor or they perceive them as being too expensive. Your *Go To Lawyer (who by the way comes to you!)* has come up with straightforward packages to help these business owners. Packages start with sole trader set-up documents such as terms and conditions, letters of engagement and employee regulation. There are even 'retained advice' solutions for bigger or more complex private companies.

Turning to personal law, do we need a fresh approach to our personal relationships and, in particular, marriage (*and here we are using the term in the wider sense to include cohabiting couples*)? It is probably the case that most, if not all, of us enter into a relationship with a lot of hope and enthusiasm – things can go wrong though for one reason or another.



Ian can advise you on Civil Partnerships, Pre-Nuptual and Cohabitation Agreements, Separation and if all else fails, on Divorce, Ancillary relief (*financial matters*), Children Act matters, and Injunction Orders, Wills and Lasting Powers of Attorney.

So, don't delay. Whether you have a business issue which you would like to talk through, are at the start of a case, or are already some way down the road (*and are dissatisfied with your current representation*), or have a personal or relationship issue, contact us now on **01202 941 496** for a no-obligation discussion about how we can help you.





- \* High Quality Fitted Bedroom Furniture
- \* Sliding Door Wardrobe Packages to Suit All Spaces and Budgets
- \* Contemporary or Traditional Styles
- \* Every item is custom made at the Poole workshop
- \* Free Quotations & CGI Design Facility



**01202 737 555**

[www.customiseyourhome.com](http://www.customiseyourhome.com)



Chalwyn Estate, Old Wareham Road, Poole, Dorset BH12 4PE

**CustomMade**

Exclusive Fitted Furniture



# SOUTHBOURNE VETERINARY SURGERY



We are delighted to introduce *Hannes Strydom*, our new vet at Southbourne Veterinary Surgery. *Hannes*, who hails from South Africa, was, in his previous professional life, a police veterinarian, specialising in working/service dogs and horses.

He shares with passion wonderful stories of his childhood and love for animals and how he was convinced to join the police to serve the most deserving animals imaginable.

Having taken a pension from the Police Force after 26 years, he was relishing taking on new challenges in the veterinary field, when he was approached by Vaughn Stoman, the owner of Springbok Veterinary Group, to come to the UK and manage the third of his veterinary practices, which had just opened in Southbourne.

In addition to being a general practice vet, Hannes has a Post Graduate Honours Degree in Nutrition and Infectious Diseases and a Masters Degree in Veterinary Ethology (Behaviour). He and his wife, Annette, live in the flat over the surgery - so are near at hand in case of an Out Of Hours Emergency - and are enjoying exploring this lovely part of the world.

We hold regular MEET THE VET evenings at the surgery, with fascinating talks on a range of subjects, such as the most recent one, in which Hannes explained how dogs "see" with their noses!

These evenings are free and include light refreshments and a chance to have an informal chat with our staff, so are proving popular. Keep an eye on our Facebook page and website and don't forget to book early to avoid disappointment, as places (and biscuits!) are limited!



## SOUTHBOURNE VETERINARY SURGERY

74 Irving Road, Southbourne, BH6 5BJ



**SPECIAL OFFER!**  
Free Flea/Worming  
Treatment \*

**Valid until 31st January 2017**  
\* One per household. By law your pet will have had to have been seen by a vet within the last year. If not, we will do a quick, free health check - registration required.



- Southbourne vets is local, small, personal and we listen to you. Our consultation slots are adaptable to make time to devise a plan tailored to your pet's needs.

- We believe in honesty, care, and treating you as an individual. We like to really get to know our clients and their pets.

- With our vet living above the surgery, we are able to offer a 24 hour service for Out of Hours emergencies.

- We have ample, convenient parking space for clients

**PHONE: 01202 830243**  
[info@southbournevets.co.uk](mailto:info@southbournevets.co.uk)  
[www.springbokvetgroup.co.uk](http://www.springbokvetgroup.co.uk)





## Festive fun beside the sea as big wheel comes to Bournemouth

In an exciting new addition to Bournemouth's Christmas line-up, from Thursday 8 December visitors and residents will be able to experience panoramic views of the resort's award-winning seafront as a big wheel arrives in Pier Approach for the festive period, along with an interactive screen, enchanted Christmas tree walkway and Santa's post box.

The wheel, which features 23 gondolas and stands at 35m tall, will add to the town's festive appeal with its clean white appearance and magical lighting.

Priced at £5 for adults and £4 for children, the big wheel will be in Bournemouth's re-landscaped Pier Approach area from 8 December 2016 – 7 January 2017 and will run from 10am – 10pm daily. Bournemouth residents will also be entitled to 50p off the ticket price with proof of a BH postcode. Also adding to the seasonal spirit, from Monday 12 December, there will be an enchanted spiral walkway in Pier Approach lined with 68 Christmas trees and leading to Santa's post box where children can post letters to the North Pole. The wheel and walkway come courtesy of Bournemouth's Coastal BID whose members have rallied together to bring a new experience to the seafront for 2016.

Stefan Krause, Coastal BID Manager, enthused: "After the successful Christmas Celebration launch event on the seafront, I can't wait to see these seasonal attractions in the same location, adding more bright sparkles to the festive skyline and attracting more visitors to our beloved coastal destination, Bournemouth!"

Meanwhile, the Christmas offer continues in the gardens and town centre until 3 January 2017 thanks to Bournemouth's Town Centre BID. Steve Hughes, Town Centre BID Manager, said: "Bournemouth is putting on a real show this Christmas. In the town centre we have a bigger and better ice rink, illuminated gardens, Nutcracker Trail and our popular Snow Globe still to come. With our great shops, bars and restaurants, as well as free parking on late night shopping Thursdays and Sundays, Bournemouth is the place to be."



**Quality domestic cleaning by the professionals**

- Movein/Move out ● Weekly ● Fortnightly
- Monthly ● Occasional ● Spring Cleaning
- Holiday Homes ● End of Tenancies

Call now for your free estimate:

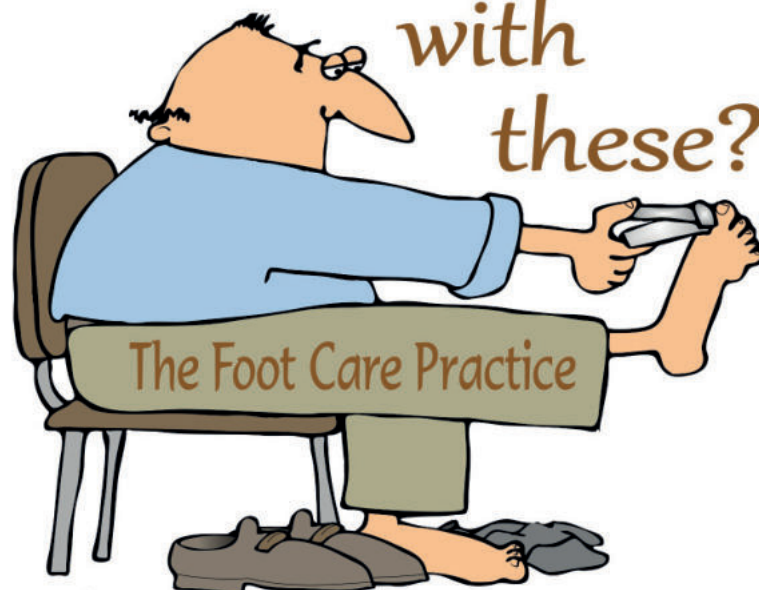
**01202 488444 / 07833 448926**

**allmoppedup@sky.com**

**www.allmoppedup.co.uk**

**SPECIAL OFFER** **10% OFF**  
Your first 3 cleans.  
New customers only.

Having trouble  
with  
these?



**Tel: 01202300022**

**www.thefootcarepractice.co.uk**



Graham Johnston  
DipFHP(Dist)MPSPract  
Foot Health Practitioner

Routine care for your feet Make your Appointment Today, See you soon!



## ERIC CANTONA COMING TO THE UK FOR SIX SHOWS IN FEBRUARY



Terry and Freda with Eric.

Vvip and Vip ticket info visit [www.a1sportingmemorabilia.co.uk](http://www.a1sportingmemorabilia.co.uk)

The most popular player in Premier League history is coming to a theatre near you this February.

Terry and Freda Baker of *A1 Sporting Speakers* in Christchurch with the help of *Icons.com* have, after years of planning, pulled off one of the most popular coups of all time.

ERIC the KING is coming to meet his millions of fans. He kicks off in Terry and Freda's hometown of Bournemouth, with the first show is at the *Bournemouth international Centre*. Tickets are available from just £35! There are two very special opportunities. A VIP ticket at £200, which includes having your photograph taken with Eric before the show and a seat in the front few rows.

There is also an exclusive VVIP experience priced at £1000, which is available to only 30 people, to attend a champagne reception with Eric, a front row seat, a large signed photograph of Mr Cantana and your photograph professionally taken with him, framed and available to take home on the night. The other shows are at *The Lowry* in Manchester on Feb 22nd, 23rd and 26th and the *London Palladium* on Feb 24th, with a dinner show at the Midland Hotel on Feb 25th, which has already sold out!

Eric is generally considered to be Sir Alex Fergusons master signing. He provided the missing link that transformed Manchester United into the best team of the Premier League to date, and in doing so became the most popular United player of all-time. Fans will be queuing round the block too see these first ever Cantona shows, which are bound to be star-studded, with many other celebrities coming to see him.

To secure a ticket, call Freda on **07866 454714**. The first five customers to purchase £1000 tickets will receive a framed, signed Sir Alex Ferguson photograph to put with the Eric Cantona signed photo, that is part of the ticket price. The retail value of the two items alone is £549. Add that to front row seats, a champagne reception and meeting Eric himself and the select few are in for one of the most memorable nights ever.

## Charity Survivors Swap Life's Luxuries for Bare Basics

Survivors of the Castaway Challenge, organised by Dorset charity *Diverse Abilities* and sponsored by *Cre8ive Wisdom*, returned to their home comforts after spending five days surviving and living off the land.

The event saw five men and two women stranded at a secret location on the south coast, in aid of the disability charity, raising £5,000, which will make a huge difference to children and adults that *Diverse Abilities* supports.

The challenge began with a bonding night kindly supported by *The Sandbanks Hotel*. The group of castaways then headed to the 'secret beach location' the following day on boats, kindly sponsored and supplied by *Powerboat Training UK* and *Poole Boat Hire*.

The castaways swapped life's luxuries for bare basics and were occupied from dusk until dawn with a variety of fun activities and challenges, including learning valuable survival techniques, building a natural shelter, fire lighting techniques, sea life-raft survival skills training, navigating by the stars, water purification, sea fishing and much more.

Sharon Wells, events fundraiser at *Diverse Abilities*, said: "Everyone thoroughly enjoyed the challenge and had lots of fun. The participants did really well and spirits remained very high. Everyone bonded well as a team and there were lots on laughs along the way."

Survivor Gordon Bush: "I am happy to have raised £640 for this fantastic charity who will put the money to good use improving the day to day life of many people with disabilities. I would also say that the world around us is fabulous and too many of us (few guiltier than me) take the time to truly appreciate it."



To find out more regarding *Diverse Abilities* please visit [www.diverseabilities.org.uk](http://www.diverseabilities.org.uk) or call **01202 718266**.





## Could Boaty McBoatface be coming to Charminster?

The paint is dry and the doors are officially open to Charminster's new independent coffee lounge. Word of mouth has spread fast and it's already firmly home to those in the know.

In fact, the owners have even let their discerning customers decide on a favourite name for the establishment. Voting is free via [www.name-our-bar.co.uk](http://www.name-our-bar.co.uk) with a prize draw in January for lucky winners who could win a luxury holiday, AFC Bournemouth and Bournemouth 7s tickets, plus much more. The frontrunner at the moment is **Boaty McBoatface** and they're placing their faith in democracy!

Whether it's cocktails with the girls, lunch with the kids or coffee with the in-laws, the new all day coffee lounge in Charminster is appealing to everyone.

Situated in a prime spot on Charminster Road, the recently opened venue has undergone a massive refurbishment. Providing something fresh and exciting to the bustling suburb.

With a quirky interior and effortless shabby chic design, you could be forgiven for thinking that you were in trendy Shoreditch or Camden with its bohemian, relaxed feel. You can easily while away the hours here, turning day into night. The unnamed venue offers cracking coffee, an eclectic food menu and a bar serving colourful cocktails accompanied by live music, DJ's and comedy nights.

It's already proving a big draw in the area with its irresistible coffee and cakes. From 10am customers can chill-out on comfy sofas and tuck into freshly baked croissants, chocolate brownies, flapjacks, muffins, scones, loaf cake, squidgy meringue, fruit tart or hot pudding. The chefs also offer a selection of home-made treats every day.

By 5pm the action shifts to the lovingly stocked bar and the talented mixologists stimulating your senses with all manner of freshly created cocktails. Love oysters and champagne? There are special nights dedicated to these two most decadent culinary delicacies.

With the Christmas party season upon us, the venue is also proud to be part of the Heineken 'Drink Responsibly' campaign. As such they have a large selection of non and low alcoholic beers, wines and ciders available. Charminster has seen a surge in family-friendly destinations in the past year and this one is a welcome addition, not least for its thoughtful decor, fantastic food and ambience.



## Bournemouth Building

Taking care of all your building and maintenance needs



loft conversions, extensions and new builds

Bournemouth Building Ltd  
89 Pine Vale Crescent,  
Bournemouth,  
BH10 6BQ

Tel: 01202 244254  
Mob: 07540 848531

Specialist in Japanese Knotweed  
including writing management plans.

- Hedge cutting
- Fence work
- Grass cutting
- Small tree works
- Lawn improvement
- Turfing
- Chemical spraying
- Insured
- NTPC qualified
- Security vetted

Bournemouth's reputable landscaping contractors

07850 495 246

[tony.robinson@southern-horticulture.co.uk](mailto:tony.robinson@southern-horticulture.co.uk)







# Winter Trends

by resident style guru, Xanthe Grace

I love the incremental changes of fashion. It's amazing how stealthily certain shapes, styles and accessories, that at first seemed wrong, can slowly over a few seasons seem somehow right. However there is nothing better than being on the cusp of the new season and taking that first trip to the shops to see what lies ahead of us for the season. It is fascinating to see what the fashion designers and creatives have come up with us to wear and also what is being brought back from the past.

I was lucky enough to be in Mallorca in August this year. I have noticed on previous trips to France in the summer that our European cousins are very prompt at getting their A/W clothes in the stores. I find it completely disorientating to be walking around in shorts and t-shirts in the baking Mediterranean heat looking at coats, boots and wooly jumpers. You do wonder who is paying the slightest bit of attention to this. However that is the way of it, and it gave me my first insight into what is going to be huge Autumn/ Winter 2016. So I headed into Palma and had a wander around the vast Zara emporium. It is enormous and was stocked full of this season's offerings with the prices tantalizingly cheaper than at home.

I was immediately struck by how prevalent military style was. This is thrilling for me as it is one of my favourite trends of all time.

I fell for this stunning jacket (A) UK price £119 (€99 Mallorca). The detail on it is intricate and it has a luxurious feel to it.

Mango also has its military inspired range and this jacket (B) retails at a similar price point of £99.



(A)



(B)

This stunning navy J Crew coat (C) is £365 and is a wool and cashmere blend. However if you want to invest in the ultimate coat this elegant Burberry coat (D) retails at £1500.



(C)



(D)

Go faster stripes on trousers can be a bit of a marmite fashion moment, is it postman chic or just chic. I personally love it and several retailers are featuring it this season

These black wide legged trousers (E) with a red side stripe were also from Zara and retail at £59.99.

The ASOS version is a skinny trouser (F) and they are £24.



(E)



(F)





Whistles side strip trousers (G) have a sporty look and these are for sale at £120.

Metallic is everywhere this autumn, so if you want to channel your glam rock look then these Zara boots (H) are perfect at £59.99.

If you fancy something more sparkly for the upcoming party season, these sock boots (I) also from Zara are £39.99.



There are also lots of bags in metallic colours and my favourite is this Aspal tote £250 (J).

Duvet coats have never really gone away, however they are making a big impression this season so my trusty North Face will be making an appearance for the 10th year running. This navy blue duvet coat with a tie belt to cinch in the waist is £89 (K) at Mango. This black faux fur collar coat is from Reiss £229 (L). However if you fancy blowing the budget then this Moncler duvet coat (M) is £1185 but it will last for years and earn you high style marks.







# WEIRDFISH FOR MEN

by Naomi Hill,  
PR and Brand Communications

Active wear is the focus for clothing Weird Fish at the start of 2017. For wanting to work off any unwanted calories consumed during the festive period, the Weird Fish "Active Weekend" menswear range offers practical clothing solutions for outdoor pursuits.

The range features relaxed and easy-going clothes, designed to give that forever weekend feeling. Weird Fish believe in affordable, well-made clothes that instantly become feel-good favourites, and the active wear menswear collection includes lightweight fleeces and outdoor cargo pants to sports bags, T-shirts and retro baseball caps.

The Byss full zip Windstopper Tech Macaroni™ is available for £95 (A) and this new Macaroni™ style offers a lightweight fabric with a fine windstopper lining. Another style in Weird Fish's iconic Macaroni™ fabric range is the Siren Active Macaroni (B). This lightweight and breathable version of the brand's classic fabric is ideal for getting active without over-heating, and is available for £40.

When exploring the outdoors, whether trekking up a mountain or walking a coastal path, the Europa outdoor cargo pants (C), at £45, are the perfect trousers to add to an active outfit and are available in colours biscuit and navy.

For those wanting to show off their more energetic side, the Downhill Racing t-shirt (D) at £20 and Retro Bones baseball cap (E) at £10 are the ideal garments for those looking to participate in a more active lifestyle.

To finish off the active look, clothing can be paired with the Gears Barrel bag (F) at £60 which is a handy sports bag for all your kit, whatever the activity.

Inspired by its love of the coast and the great outdoors, the brand, which was established back in 1993, produces instantly recognisable clothing. The active wear collection is available to buy nationally from Weird Fish retail stores and online. There are 12 branded stores and stockists include Debenhams, Cotswold Outdoor, Haskins and Blacks Leisure.



For more information, visit  
[www.weirdfish.co.uk](http://www.weirdfish.co.uk).





# Teen Scene

by Teenage Fashion Correspondent, Lili Sawyer

Elevated sportswear is back, and hoodies are everywhere this season thanks to the new "it" brand Vetements, and it's oversized rock n roll sweatshirts. This sport luxe had been spotted on every celebrity from *Kylie Jenner* to *Justin Bieber*, but a similar look is easily achievable for a fraction of the cost.

This hoodie from Topshop (A. £28) holds the perfect balance between comfort and style, as its cropped raw hem and hardcode font add an edgy look that take your outfit from slob to chic.

If you're not a fan of the cropped silhouette try this up cycled splice hoodie from ASOS (B. £30, I recommend getting it oversized), this neutral unisex hoodie which goes with practically everything you own from Zara (C. £22.99), or for a more girly aesthetic, this ruffle sweatshirt from ASOS (D. £32).

Hoodies can be hard as worn the wrong way; can look effortless (and not in a good way), so try upgrading your bottoms to ensure the look is completed. Leather trousers are a great way to do this, and create a juxtaposing texture between comfort and luxury.

These red faux leather trousers from ASOS (E. £55) are great for a pop of colour. Not a fan of the leather look? Just upgrade your sweatpants with a new shape or unexpected detailing. I'm currently loving Rihanna's new collaboration with Puma for her Fenty x Puma line, especially these lace up sweatpants (F. £110.00, come in black or white), or for the more budgeted buyer, these mustard wide leg sport trousers from Zara (G. £22.99).

Shoes should (thankfully) be kept casual and comfortable, so dig out your old Chuck Taylors, or get yourself a new pair from Converse at Office (H. £47.99).



Left to right: Raf Simmons AW16, Vetements AW16

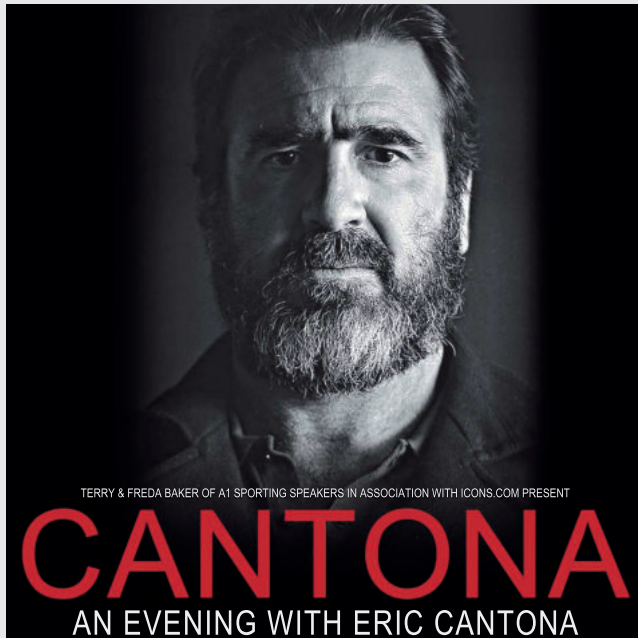
Raf Simmons has also made a splash this season, with his new go big or go home collection, featuring XL everything, from t-shirts to trousers, shirts to sweaters, but by far his biggest hit is the supersized puffer jacket.

For this look, think Ghostbusters Stay Puft monster, and the Michelin Man. To add a touch of glam to our outfit, try this metallic puffer jacket from Zara (I. £59.99), tied in with this hard wear choker from Misguided (J. £12.00), or for something a little softer, try a bucket hat, like this two in one reversible one from Ellesse (K. £25.00).





# WIN!



## 2 Tickets to An Evening with Eric Cantona

In association with **A1 Sporting Speakers, The Coast** is excited to be able to offer one lucky winner a pair of tickets to **'An Evening With Eric Cantona'**. The event, one of only 6 UK dates, takes place at **Bournemouth BIC on 21 February 2017** and we have two tickets up for grabs...

Who knows what to expect when the mercurial Eric Cantona takes to the stage? Cantona is widely credited as being the catalyst for Manchester United's changing status in the early years of the Premier League. He was – and remains – the United fans favourite of the modern era and they still sing his name at every game – enjoying near legendary status among the Old Trafford faithful. Star quality and controversy followed him throughout his career and he will be here to talk about those heady days when he led United to four Premier League titles in five seasons.

In order to stand a chance of winning this great prize, all you have to do is answer the following question correctly and be lucky enough to be drawn at random from the correct entries.

### The Question

Before Eric Cantona arrived at Manchester United, which other British football team did he play for?

- A - Sunderland
- B - Leeds United
- C - Southampton

### To Enter

Send your choice of **A, B or C**, along with your name, phone number and postal address to us via email. Put **Cantona Compo** as the subject line, and send your entry to **thegrove@cre8ivewisdom.com**

One winner will be drawn from correct entries on **January 31st 2017**. If you are lucky enough to win, we'll call you and arrange for the tickets to be sent to you. **Good Luck!**

[www.a1sportingmemorabilia.co.uk](http://www.a1sportingmemorabilia.co.uk)



## Healthy Lasagne... ...we've cracked it, fancy trying it?



What's better than a nice slice of lasagne on an autumnal day, how about healthy lasagne? *Team Lunch'd* set about the challenge of creating a truly healthy lasagne option, no gluten, no dairy but all the taste. And we think we've cracked it! We managed to create a dairy and wheat free béchamel sauce, together with gluten free pasta - plus a cheat that saves time in the 'layering' of normal lasagne. My hardcore meaty customers love this veggie Lasagne, the careful combo of Quorn and red lentils mean you won't miss the meat. And served with a quinoa, smoked beetroot & watercress salad with feta, it's a real winner with a dash of sweet chilli sauce!

### Ingredients

#### The Ragu

- 1 onion - diced
- 1 stick of celery - chopped
- 1 carrot - diced
- 1 bulb garlic - crushed
- 1 jar passata
- 2 tins chopped tomatoes
- 1 cup of red lentils -
- 1 small bag of mince Quorn
- 1 teaspoon of Worcestershire sauce
- 1 fresh/dried oregano

#### The Bechamel

- 1 tablespoon mustard
- 75 grams Buckwheat flour which is g/f
- 1.25 pints soya milk
- 50g olive spread
- 2 bay leaf
- pinch nutmeg
- Black pepper & sea salt
- Grate of Parmesan

#### Pasta sheets

- 2 packs gluten free pasta sheets
- (you won't miss the difference)

### The directions

#### step 1

Pre heat the oven gas mark 4

#### step 2 - The sauce

Make a traditional soffritto by dicing then sauteeing the onions with the celery and carrot - as they brown add the crushed garlic, then add the bag of minced Quorn, add the cooked lentils (*simmer for 5 mins before adding*) and keep stirring so the lentils don't stick to the pan - sprinkle the oregano then add both the chopped toms and the jar of passata - add cup of water, stir, then lower and leave to simmer for 20 mins stirring regularly.

#### step 3 - The Béchamel:

To make a totally delicious dairy free & gluten free white sauce, here's what you need to do. Melt the olive spread on a low heat, take off then whisk in buckwheat flour until its sticky. Slowly add the milk until creamy consistency, add the mustard, bayleaf and a good seasoning of pepper.

#### step 4 - The twist:

So this little time saving trick also stops the béchamel getting too sticky - just pour your béchamel into your ragu, it will give it a creamy consistency. Then start layering with the ragu mix, then pasta sheets then repeat until you have reached the top of the tray.

#### In the oven or Ready to bake'

Cover with foil (*important so the dish cooks out the pasta*) properly and oven cook for approx 35 mins on gas mark 4 - take off foil and crisp up for an additional 8 mins, sprinkling with parmesan if you're doing dairy!

We serve our *Lunch'd* lasagne with a quinoa, smoked beetroot and watercress and feta salad with sweet chilli sauce on the side - really works well.

Don't have time to make this? Let us deliver it for you [www.lunchd.co.uk](http://www.lunchd.co.uk)



# Advertise with us from just £90 + VAT



Reach 10,000 local homes  
with your message

CALL NEIL ON  
01202 064 560 TO BOOK

Enjoy the retirement  
you've always  
dreamed of...

Equity release allows you to access some of the money tied up in your house with absolutely no worries of having to give it up.

## So, why choose us for Equity Release Mortgages?

- No Negative Equity guarantee
- No monthly payments, or optional payments
- No need to move home
- Choose from a lump sum, or supplement your income
- Available from age 55 years upwards
- Protect some equity for inheritance
- We only recommend lenders that are members of the Equity Release Council
- Home appointments available
- Home Reversions & Lifetime Mortgage Schemes
- Free, no obligation initial consultation

This is a lifetime mortgage. To understand the features and risks ask for a personalised illustration.

**Bob Ducker** (CeFA, CeMAP, CeRER)  
Mortgage, Equity Release & Protection Consultant  
Ferndown Office: **01202 974639**  
Mobile: **07971 376782**  
E: [robert.ducker@blueberrymortgages.co.uk](mailto:robert.ducker@blueberrymortgages.co.uk)  
[www.equityreleaseadvice.online](http://www.equityreleaseadvice.online)



**Blueberry  
Mortgages**

Blueberry Wealth Limited  
5 Stowey House, Bridport Road, Dorchester DT1 3SB

Blueberry Wealth Limited is authorised and regulated by the Financial Conduct Authority.  
Registered in England, No: 08722345.

# Need flexible work family? to fit around your

| FULL-TIME | PART-TIME | PERMANENT | WEEKENDS | EVENINGS |

When you join the My Life Team you will enjoy:

- ✓ Flexible working hours
- ✓ Comprehensive paid training
- ✓ Market leading pay rates
- ✓ Paid Holiday
- ✓ Support and Career progression
- ✓ £250 welcome bonus (terms apply)

Please just get in touch or pop in to see us at Office C, Hello House, 135 Somerford Road, Christchurch, Dorset, BH23 3PY

**T: 01202 474300**

**e: [enquirieschristchurch@mylifelivingassistance.co.uk](mailto:enquirieschristchurch@mylifelivingassistance.co.uk)**

**w: [mylifelivingassistance.co.uk](http://mylifelivingassistance.co.uk)**



**MyLife**  
Living Assistance



## Dorset Blind Association raises £9000 with its Masquerade Ball

Dorset Blind Association, a charity providing services, support and advice to blind and partially sighted people in Dorset, held its 2nd annual Masquerade Ball.

The event took place on Saturday 12th November at *The Cumberland Hotel*, Bournemouth with 100 attendees raising over £9,000 for the charity.

The charity's Annual Ball was well attended by their local supporters, corporate supporters and visually impaired members. Sam Frears, actor and son of BAFTA award-winning director Stephen Frears, attended the evening once again. The blind actor who has worked with countless stars, has been involved with Dorset Blind Association for many years, after losing his sight at a very young age.

The event was sponsored by Blue Sky Financial Planning; a local firm that has offered continuous support to the charity's ongoing work. Guests embraced the style of the evening, wearing their finest suits, posh frocks and dazzling masks.



### We Are No Ordinary Claims Management Company

- ✓ We will never call, text or email you without consent.
- ✓ We will never share your details, all information is strictly private & confidential.
- ✓ We will give you a discounted rate of 20%. Did you know The national average is 33%.
- ✓ We will give 10% of our profits to the R.N.L.I. (Royal National Lifeboat Institution).
- ✓ We will start processing your claim immediately on receiving your claim pack, either by post, or via our website online - no phone calls required!

**No Upfront Costs!**  
No payment required until successful completion of a claim.

## SQUIRE CLAIM LTD

Specialising in Payment Protection Insurance Claims



**START YOUR CLAIM TODAY**  
[StartMyClaimToday.co.uk](http://StartMyClaimToday.co.uk)

+44(0) 12 0290 4209

[www.squireclaim.co.uk](http://www.squireclaim.co.uk)

[enquiries@squireclaim.co.uk](mailto:enquiries@squireclaim.co.uk)





**Become a preferred supplier to one of the world's largest business communities without discounting.**

**Guaranteed Customers. Interest Free Credit Facility.**

### **Immediate contracts to place**



- Hotels & Restaurants
- Beauty Salons & Hairdressers
- Media (Magazines & Newspapers)
- Call Answering Service
- Residential Full House Rewire
- Digital & Litho Print Work
- Signage (Shop Fascias, Van Livery Vehicle Graphics, Labels & Stickers)
- Workwear (Branded Polo, T-Shirts jumpers & Hi-Vis Jackets etc)
- Motor Garage (Servicing & MOT's)
- Auto Bodyshop (Repairs & retouch)

**To secure these contracts for your business call Ben on 0333 366 1022**

**BBXUK**  
BUSINESS BANK EXCHANGE

**CALL US TO ARRANGE A FREE, NO OBLIGATION  
LOCAL MEETING TO SEE HOW YOU CAN BENEFIT  
FROM BEING PART OF THE BBX COMMUNITY**

**0333 400 2014**

**[www.bbxuk.com](http://www.bbxuk.com)**



## IMAGINE HALF A MILLION PEOPLE READING ABOUT YOUR BUSINESS

by Neil Armstrong, Publisher of The Coast

You're reading this article and so are several thousand other people, who have had the local paper put through their door. This is one local paper, with a 12,000 print-run. The industry average for readers per copy of a FREE local paper that goes through the door means that actually, you are one of 60,000 individuals reading this article.



If we then add into the mix, that this same article appears in all EIGHT of our local papers (seven have 12,000 copies printed and distributed, with one at 32,000), the numbers start to build nicely.

We have **The Green** for Ashley Cross, Whitecliff & Parkstone, **The Quay** for Poole, Baiter, Longfleet & Oakdale, **The Hill** for Penn Hill, Alder Hills & Branksome; **The Coast** for Bournemouth, **The Minster** for Wimborne, **The Quays** for Christchurch & Mudeford and **The Manor** for Boscombe, Pokesdown & Littledown.

So, seven of our publications have a 12,000 print-run every two-months and our Bournemouth paper has a print-run of 32,000. If we add everything up that this same article appears in within a two month window, that's 116,000 copies, with an average of 5 people per copy reading it. The total readership is therefore 580,000 every two months or 290,000 people every month that this message will reach.

Imagine that many people seeing your advert, reading about your service or learning about what your business has to offer. Imagine the impact that this sort of coverage could have on your business, over time.

But hang-on a moment... it's expensive to advertise isn't it? Well, it's not cheap, but I think you'll find that it's extraordinarily cost-effective.

If we take an example of a small advert for a tradesman. Perhaps an advert the size of a business card. How much would it cost to print 116,000 business cards? Well, the cheapest online estimates would put several thousand pounds on that price. Then, how long would it take to give out those 116,000 business cards to potential customers? How much time and effort would that cost?

However, reaching 116,000 with your message and contact details in all of our local papers over a two-month period would only cost around £500 + VAT. A bigger impact, such as a quarter page advert to reach the same 116,000 households and over half a million pairs of eyes would work out to no more than £800 + VAT. It's a no-brainer isn't it?

Advertising in your local paper is the most impactful and most cost-effective form of marketing you can do. The cost is low, the risk is minimal and the opportunities are endless. So, stop imagining the impact of this sort of coverage on your business and instead, embrace it.

For more information on getting your message out to the local community through local paper advertising, call me on 0794 156 9180 or email me on [neil@cre8ivewisdom.com](mailto:neil@cre8ivewisdom.com)

## PRESIDENTS COLUMN



### Peter Matthews President of the Bournemouth Chamber of Trade & Commerce

Peter Matthews looks back over a productive year of changes and achievements for the chamber...

The aim of *Bournemouth Chamber of Trade and Commerce (BCTC)* is to support businesses in the area helping them thrive and grow. Our area is an exciting combination of coastal and town-based industries which present unique challenges and opportunities. Over the last 12 months, BCTC has worked tirelessly to embrace both.

We started the year with a total overhaul of the BCTC website. As the go-to destination for news and information for our existing members and those considering joining us, it was essential that our online presence reflected our forward-looking and progressive ethos. Our new user-friendly site, with its bright, clear design, is generating much more traffic and we've received lots of positive feedback.

Our website is not the only part of our organisation that has had a bit of a revamp! We took a new and energised approach to networking. Our new *BH Banter About* 'showcasing events' are certainly something to talk about! We held our first one in September attracting 50 business people from across the region. Our November event, attended by more than 70, took place at *Bournemouth Hospital* with enlightening talks by two of the hospital's urology consultants and a meeting with the latest addition to the team – the *DaVinci Surgical Robot*, the only one of its kind in Dorset. Our first *BH Banter About* of 2017 will be on 9th January at the Barclays Eaglelabs in Westbourne. This new approach has proved so popular that it has encouraged us to take a look at our long-established *Beales Breakfast Meetings*. There'll be some changes in store for next year!

Very importantly, we've been very active and vocal in our support for the continuation of the area's two BIDs (Business Improvement Districts): Bournemouth Coastal BID and Bournemouth Town Centre BID - the next BID runs from 2017-2022. The BIDs bring businesses together to find innovative ways of increasing the number of visitors to the region, engaging the community and reanimating the local coastal villages and the town centre. They help make Bournemouth a better place to work, rest and play!

Now, talking about 'play'... You know the old saying 'All work and no play...' well, the BCTC is anything but dull. We work hard but we know how to enjoy ourselves too. Our sold-out *Winter Wonderland Ball* in December is testament to that and a wonderful opportunity to look back and celebrate the work and successes of *Bournemouth Chamber of Trade and Commerce* and its members. It's the last event of a year in which BCTC celebrated its 100th anniversary. Quite an achievement! We're now looking forward to 2017 and the start of another 100 years' working on behalf of our local businesses and the communities they serve.

[www.bournemouthchamber.org.uk](http://www.bournemouthchamber.org.uk)



## FRANCESCO GROUP'S AMY SULTAN WINS BRONZE AT UK TRENDVISION FINALS IN LONDON



Legendary London venue, The Roundhouse in Camden, once again provided the spectacular setting for the annual UK & Ireland Final of the Wella Professionals TrendVision Award 2016.

Held on Monday 10th October the event was hosted by TV star Claudia Winkleman and showcased some of the UK and Ireland's most impressive hairdressing talent.

Amy Sultan from Francesco Group's Ringwood salon scooped a Creative Vision Bronze Award at this prestigious event.

To reach the UK & Ireland Final, Amy first entered a photographic competition back in March, before competing against hundreds of others at Regional Heats. This year's final saw Amy and 24 of the UK and Ireland's most talented stylists battle it out to take home the award.

More than 800 of the hairdressing industries finest gathered for an evening of pure entertainment, creativity and hair fashion, culminating with the unveiling of the TrendVision Award 2016 UK & Ireland Winners. The worthy winners partied into the early hours with entertainment by music legend, Fleur East.

Amy commented, "I am so delighted to have won this award. It was a really exciting competition to be apart of and it's great to be apart of the winning Francesco Group team."

Francesco Group picked up a total of three awards on the night, with colleagues James Earnshaw from Francesco Group's Birmingham Academy winning a Silver Award for the Creative Vision category and Elizabeth Austin from Francesco Group's Telford salon winning a Silver Award for the Colour Vision category.

## Bournemouth business breaks barrier to growth with help from GetSet for Growth

Inside Out business owners, Ronnie Bird and Marnie Thomas, always knew that being employed wasn't for them. After many years of working together as carers and sharing the dream of owning their own business, they spotted a demand in their local community for a professional cleaning and gardening service. Hearing about local a start-up initiative, Outset, they jumped at the opportunity to get support with setting up their new venture.

Once up and running, the business quickly grew from strength to strength and they expanded their range of services to include servicing offices, private properties and local estate agents. However, it soon became clear that they needed to build their team in order to cope with demand and would need to better manage their business finances in order to do so. This is where scale-up growth experts, and Outset's partner service, GetSet for Growth, came in.

Helping ambitious businesses break their growth barriers is what this award-winning service does. From attending a range of tailored workshops through to hands on 1:1 advice and coaching, GetSet for Growth gives businesses access to experienced advisors; most of whom are entrepreneurs themselves.

Working with Business Finance Advisor, Mike Slaughter, Marnie and Ronnie were able to gain the skills and knowledge they needed to achieve their growth potential; and take control of Inside Out's financial planning and forecasting.

Since receiving support from GetSet for Growth, Inside Out has increased their turnover by over 80%. This has enabled them to expand their team and take on two full-time employees and increase their geographical coverage from just the local area.



"I would absolutely recommend GetSet for Growth to other ambitious businesses! They are amenable, supportive and encouraging; everything we needed to get on track for successful business and to achieve our business growth goals."

Inside Out is one of over 3,900 UK businesses around the country that have already benefitted from GetSet's support. A result of this support, over 700 new jobs have been created and safeguarded, 114 of which are based in the Bournemouth area alone.

The future is looking brighter than ever for Inside Out, as they recently took on the challenge of cleaning 120 halls of residence and 12 communal kitchens at Bournemouth University; managing to complete their contract within just 3 weeks. Marnie and Ronnie plan to further expand the business by taking on additional staff members and eventually becoming a national public limited company (PLC).

With teams working with businesses in Bournemouth and across the region, if you think your business would benefit from finance and marketing support, register with GetSet for Growth today.

**[www.getsetforgrowth.com/register](http://www.getsetforgrowth.com/register)**



# Pure Networking - the place to be...

Pure Networking, founded just over a year ago by Dion McCarthy, a solicitor at Turners, is already well established and liked in the Bournemouth area.

The event, described as "an exclusive networking event in Bournemouth for energetic and dynamic business owners and professionals to socialise and do business", is this and a lot more.

Behind the scenes is a core team of local businesses, each bringing their own unique set of skills to the table. Their function is to act as Ambassadors, welcoming new members and promoting and connecting the group within their own industries which includes Law, Accountancy, IT, PR, Property, Marketing and Finance to name just a few. The Pure Networking team's strength and experience ensures that every single attendee feels confident, comfortable and welcome.

Pure Networking started as an evening event which still runs to this day every third Wednesday of the month at the Canvas Loft Bar from 6pm. This is informal networking with a strong social theme, giving attendees the opportunity to get to know one another and their respective businesses. Ticket prices are only £15 per person which includes two drinks and light snacks during the evening.

Later in 2016 Pure Networking introduced breakfast networking events for those who like an early start. These start at 7:30am, every first Wednesday of the month, with both open networking and structured "pod talks", which give everyone the opportunity to introduce their business with a short "elevator pitch" within pods of 8-12 people each.

The venue, Hilton's Sky Bar, offers a bright and professional environment, further encouraging those who visit to come back time and time again. All this is only £15 per person.

Finally, Pure Networking recently introduced "late lunch" Friday networking in collaboration with Koh Thai in Bournemouth. This event will launch on the 6th of January 2017, starting at 1.30pm. Again, only £15 per person.

All three events offer printed agendas, attendee lists, name badges and a guarantee that you will meet many positive and like-minded local business owners and professionals. They are a great opportunity to find out what other businesses are up to in your area and to learn from collective experience as well as generate new business opportunities.

At a recent event, Dion McCarthy said, "Our networking events are casual and down-to-earth. The social setting promotes natural relationships – from which business flows."

[www.PureNetworking.com](http://www.PureNetworking.com)



Founder Dion McCarthy (centre)



**BBXUK**  
BUSINESS BANK EXCHANGE

Become a preferred supplier to one of the world's largest business communities without discounting.

Guaranteed Customers. Interest Free Credit Facility.

0333 400 2014

[www.bbxuk.com](http://www.bbxuk.com)



# PURE NETWORKING

A SOCIAL EVENT  
FOR ENERGETIC AND  
DYNAMIC BUSINESS  
OWNERS AND  
PROFESSIONALS



PUREHQ



@PURE\_HQ



PURE-NETWORKING

INFO@PURENETWORKING.COM WWW.PURENETWORKING.COM

HOSTED BY:





# More than just a tennis club

THE  
WEST HANTS CLUB

FITNESS . RACKETS . HEALTH

Many people think of tennis when they think of *The West Hants Club*. Yes, there are 21 tennis courts and our history is steeped in impressive tennis achievements BUT we also boast a first class gym, over 60 weekly fitness classes, a swimming pool, an Ofsted registered crèche and a vibrant social scene.

As thoughts turn to Christmas, the club is gearing up for a month of festivities. A *Robbie Williams tribute act* on 2nd December kick starts the festivities and a *Boogie Wonderland New Year's Eve party* will welcome in 2017. In between, there is a Christmas Party night, a soul evening courtesy of Ray Foster, and many more things including a long list of fun events for our youngest members.

The *West Hants Club* is a members-only club\* but there are several membership categories to suit all lifestyles including a "social membership" which would give you access to all of the above and more.

To help keep you in tip top condition for the busy Christmas season (and beyond!) we have both off-peak and peak memberships available, with reduced fees for those aged under 28. There is a wealth of experience and knowledge within the *West Hants team* if you need some pointers to where you can make improvements in the gym or on the court. Plus there are no membership tie-ins, just a simple monthly contract.

Nestled in the heart of Talbot Woods, the club is within easy reach no matter where you are in Bournemouth and Poole. The Membership Team are always on hand to offer you a tour of the Club so if you haven't been before, then this is a great time to come along for a visit.

**To arrange a tour, simply email [info@westhants.co.uk](mailto:info@westhants.co.uk).**

**To keep up to date with all our events and promotions please visit [www.westhants.co.uk](http://www.westhants.co.uk) or find us on Facebook.**

**We look forward to welcoming you to the Club soon.**

\* Some events are open to non-members. Please check the website for more information.



## Your Body. Our Specialism.



Amanda had a mastectomy in October 2015 and is thankful to be cleared of cancer. Amanda had treatment of Myofascial Release and Massage Therapy to mobilise her wound and minimise her scar. Amanda credits Susie and Nicky at **bwt** with her return to tip top condition!

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 & Christchurch.  
OPEN MONDAY TO SATURDAY**

**bwt**  
physio

**01202 749514  
[www.bwtphysio.co.uk](http://www.bwtphysio.co.uk)**



# Why you should have a Will



Adam Scott, solicitor at Humphries Kirk Bournemouth, explains the importance of everyone having a Will, no matter their age, personal circumstances, or perceived wealth.

## **Why is it important to have a Will in place?**

The only way to ensure that your assets are gifted to those that you wish is to make a validly executed Will. Without this, your estate will be divided in accordance with statute which may not meet your wishes. Intestacy Rules (rules put in place if there is not a Will), may appear to be satisfactory to you now, but they can be changed at any time by Parliament.

## **"But I have nothing to leave anyway..."**

Even those of us who have assets of very little value are likely to have something, whether it is a small amount in the bank or personal possessions which you might want to ensure goes to loved ones.

You may also have pensions or life insurance policies which only become payable on death.

## **But can't someone just make a claim against my estate anyway?**

For someone to be able to make a claim against an estate, they need to be within a certain category of persons. However, even if someone fits within these categories, it does not mean they will automatically have a successful claim, it just means they have the ability to make a claim.

## **What if I do want to leave someone out of my Will?**

The family unit is becoming ever more complicated and it is not uncommon for families to fall out and become estranged. In these circumstances it is even more important that the advice of a solicitor is sought.

A solicitor who has experience in making Wills and also challenges against them will be alert to those risks and can take measures to mitigate them accordingly.

## **Other reasons for making a Will with a solicitor:**

If you meet with a solicitor in order to prepare your Will, they will talk you through all of your personal circumstances. It might become apparent that your estate is chargeable to inheritance tax. The Will can then be drafted in a way which is the most beneficial for inheritance tax purposes and the solicitor can also advise on other lifetime planning such as gifting or the setting up of trusts to mitigate the potential inheritance tax liability.

If you have never made a Will or have previously made a Will that you would like to review, then contact **Adam Scott**, Partner, Solicitor and member of the Society of Trusts and Estate Practitioners on **01202 421111**.

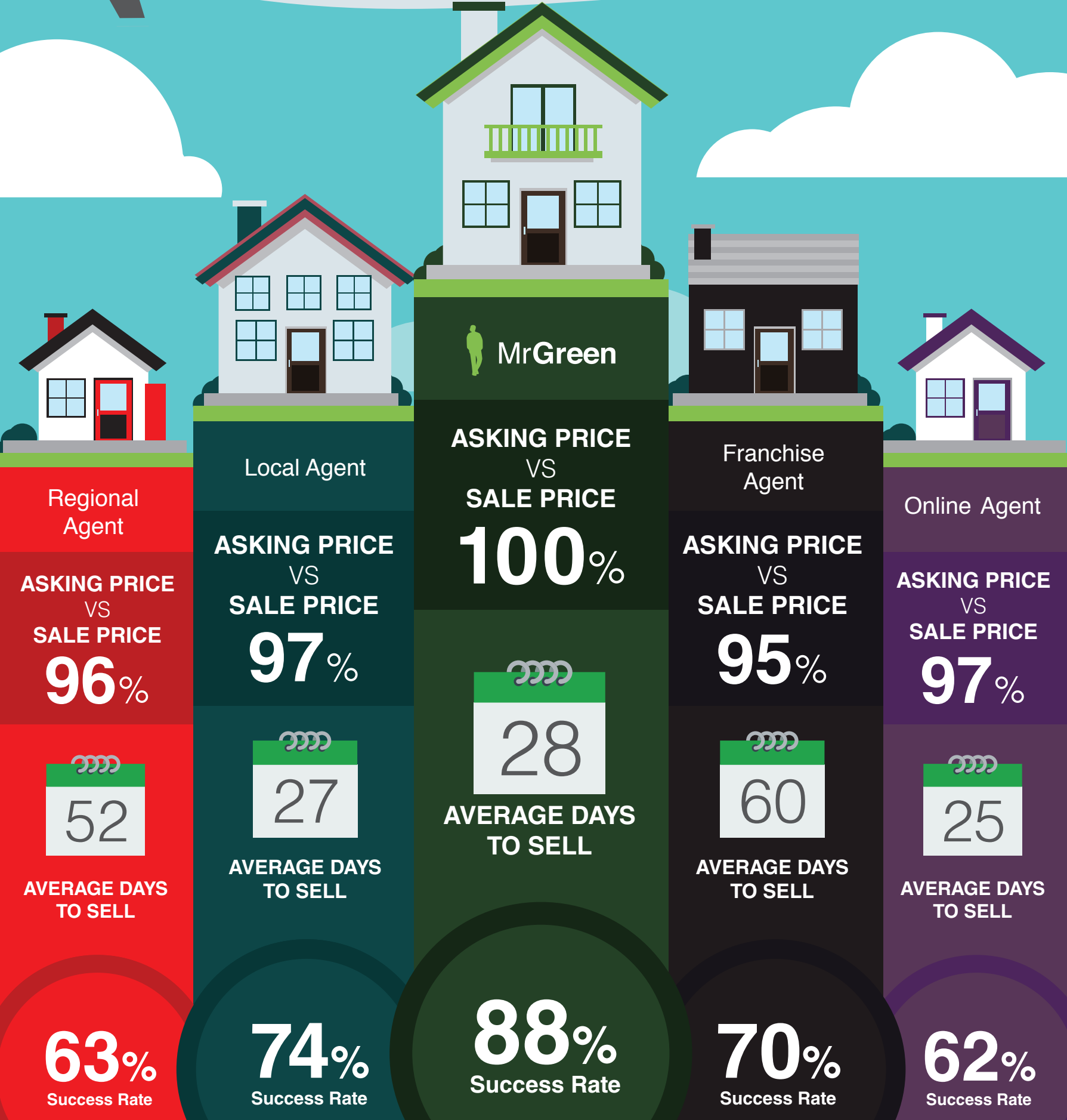


# Who are you selling with?

If you would like to sell with the winning estate agent call us on:

 **01202 387718**

 Mr Green voted the best estate agent in Dorset





# Take off with our new Modern Auction Service

and get sold quicker!

- ✓ 0% commission on all sales
- ✓ Increased levels of enquiries & viewings
- ✓ Achieve fair market value
- ✓ A fixed date to sell & move
- ✓ Buyers reservation fee secures the sale

**Contact us today  
for a free valuation.**

**For more auction benefits  
tel 01202 387718  
visit [www.mrgreenhomes.co.uk](http://www.mrgreenhomes.co.uk)**



**MrGreen**



**SOUTH WEST  
PROPERTY AUCTION**



## St Catherines Road

Offers In Excess Of £180,000 | FOR SALE



### Apartment | Bedrooms: 2 | Bathrooms: 1

The property is in a superb location not far from Hengistbury Head and the beach. This apartment takes up the entirety of the 2nd floor. There are sloped ceilings, but there is a huge amount of floor space so it works well.

To the top of the stairs you have the bathroom directly across from you. It's a well fitted bathroom and well decorated. The two bedrooms are both very much suitable for a double bed. Currently the owner rents out the second bedroom, so works for that.

The kitchen is a great size for cooking with enough storage. There has been permission granted to open this space out to the living/dining area that would create a rather awesome space.

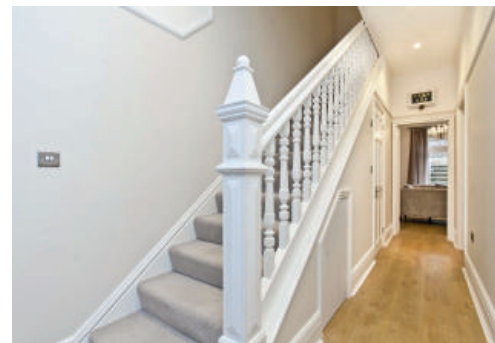
Permission has also been granted to put a balcony on the property. Again, this would be a brilliant thing to add.

The property does come with a garage.  
Leasehold circa 150 years to run.



## Alexandra Road

Guide Price £450,000 | FOR SALE



### Semi-Detached House | Bedrooms: 4 | Bathrooms: 3

Without doubt a very, very stunning house that has been entirely renovated to a very high standard and has that bit more character than most in the area. The superb location is great for Southbourne high street and the beach, also the house has a lovely bit of kerb appeal with the wooden entrance porch. Inside the entrance hall you have very high ceilings.

Walking through the first door on your right you have the formal lounge. Big bay window, chimney breast, high ceilings and space, it has it all. The next room back is the dining room. It's a large room at circa 4m x 3.3m in size so could be used for many things. Opposite and under the stairs you'll find a very well fitted shower with w/c.

At the rear of the property you find the circa 5m x 6.5m open plan kitchen area. Ideal for entertaining. Often with a house you will find this room comes with only one further reception room whereas with this property you need not compromise the separate living space for open plan as you have both. Upstairs there are three very, very good sized bedrooms along with the fourth having been opened up to create a bright office space that remains connected with the landing.

The master bedroom comes with a brilliant en-suite. The family bathroom is a great size and has separate bath and shower.

There is no onward chain so you can move forward with confidence.



## Brightlands Avenue, Hengistbury Head

Offers In Excess Of £475,000 | FOR SALE



### Detached | Bedrooms: 3 | Bathrooms: 1

A brilliant 3-bed detached house with oodles of potential in an A1 location.



## 2,168 Southbourne Savers batten down the hatches with low interest rates set to continue into the 2020's

You might ask, what has the plight of the Southbourne savers to do with the Southbourne Property Market... everything in fact. Read the newspapers, and every financial wizard is stating that with the decision of the *Bank of England's Monetary Policy Committee* in early August to cut the *Bank of England* base rate to an all time low of 0.25 per cent, savers should prepare themselves for interest rates to stay low well into the early 2020's.

And this isn't some made up story to capture the headlines of newspaper editors. The yield (posh word for interest rate or return) on 10-year Government bonds is currently 0.61 per cent. This indicates that the money markets believe that the Bank of England's base rate will, on average over the next ten years, be below the 0.61% rate they are buying the 10 year bonds at (because they would lose money if the average was over 0.61%). UK Interest rates are going to be low for a long time.

For those who have saved throughout their working lives and are looking for ways to maximise their savings, tying their money into property could prove advantageous. You see as a saver, I did a search of the internet and the best savings rate I could find was a 5 year fixed rate at 2.5% a year with Weatherbys Bank.

Your £200,000 nest egg would earn you £5,000 a year – not much. However, on the other side of the fence, growth in Southbourne house prices and princely buy to let yields have made property investment in Southbourne an appealing option for many.

According to my research, the...

**Average Yield over the last five years for Southbourne Buy to let property has been 5.6% a year... and average Property Values in over the same period have risen by 20%.**



Using these averages, the Southbourne landlord's property would be worth £240,000 and they would have received a total of £56,000 in rent – making the total return £296,000. Meanwhile, whilst our 2,168 Southbourne Saver's, using the average savings rates for the last 5 years, even if they had reinvested the interest, their £200,000 would only be £221,184.

There are risks as well as benefits to buy to let though. As my blog readers know, I tell it like it is and investing in buy to let means locking up capital in a property that may fall in value. Another option would be stock market income based investment funds, which are paying around 5%, especially if put your nest egg into a tax free Stocks and Shares ISA. Although you can only add £15,240 a year into an ISA, but you would also have the ability to sell up quickly if you want ... but one last thought...

The other side of the coin is that you cannot buy an unloved 'stock market income based investment fund' and set about renovating it and adding value yourself. The investment fund isn't something that you can touch and feel, isn't something tangible, isn't something physical, isn't something concrete, it isn't bricks and mortar ... and that is why my fellow Southbourne homeowners and Southbourne landlords is why the love affair of the British and Property will continue.

If you are considering becoming a new buy to let landlord in Southbourne, what do you know about the Southbourne property market? Do what many established landlords do and visit the Southbourne Property Blog where there is a catalogue of articles like this and where the best buy to lets deals are in Southbourne, visit [www.mrgreenhomes.co.uk](http://www.mrgreenhomes.co.uk)





# EXPOSURE



*Fábio Delgado and Ben Jacomb attend the Diverse Abilities charity Gala at the Lighthouse on November 26th 2016.*



*Ingrid Bergman and Olya Clapcott attend the Diverse Abilities charity Gala at the Lighthouse on November 26th 2016.*



*Bournemouth Panto thespian and former X Factor contestant Rhydian Roberts meets Castle Point's Bill Riddle*



*Neil Armstrong, Ingrid Bergman, Alex Tivnan & Alex Clapcott at the launch of **The Coast**, Bournemouth's sister publication to **The Grove**, at Canvas.*



*Ben Reynolds, Michaela Bennett-Rihova & John Palmer at the launch of **The Coast**, Bournemouth's sister publication to **The Grove**, at Canvas.*



*Louise Jones & Andrew Gwilliam at the launch of **The Coast**, Bournemouth's sister publication to **The Grove**, at Canvas.*



*Xanthe Grace & Mike Corrigan at the launch of **The Coast**, Bournemouth's sister publication to **The Grove**, at Canvas.*



*Kelly Levell, Sarah Luiz, Damien Lee & Katarzyna Bigda at the launch of **The Coast**, Bournemouth's sister publication to **The Grove**, at Canvas.*



*Marie Robbins, Steve Robbins and Melanie Martin at the launch of **The Coast**, Bournemouth's sister publication to **The Grove**, at Canvas.*

## GAIN EXPOSURE FOR YOUR BUSINESS WITH PROFESSIONAL MARKETING EXPERTISE

T : 01202 064 560

E : [info@cre8ivewisdom.com](mailto:info@cre8ivewisdom.com)

[cre8ivewisdom.com](http://cre8ivewisdom.com)

**cre8IVE WISDOM**

STRATEGIC MARKETING | BRANDING | DESIGN | WEB DEVELOPMENT



# Christmas

with Centre Stage



SIGN UP NOW

Give your child something really exciting and unique this Christmas – sign them up to Centre Stage for the New Year!

All children have the ability to shine, but what is the best way to build their confidence and fulfil their potential?

Centre Stage School of Dance and performing Arts, based in Parkstone, is proud to be known for exactly that – inspiring its students to become confident, creative and talented performers.

The school offers a broad spectrum of classes with a focus on developing confidence and enjoyment. No experience is required, just a desire to meet new people and have fun!

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

This Christmas, we are offering a huge 20% off all classes for the first term of 2017 when you quote 'The Green' and sign up by 6th January 2017.

If you would like to 'try before you buy', the school offers a taster lesson in all classes free of charge – just contact the school to arrange.

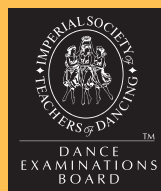
We look forward to welcoming you to Centre Stage.

[www.centrestagedance.org](http://www.centrestagedance.org)  
[enquiries@centrestagedance.org](mailto:enquiries@centrestagedance.org)

PRINCIPAL: ZOË MATHER BA (HONS) FIRST CLASS RAD:CBTS (RTS), AISTD:RTS (ADV), AAC1

© 2016 Centre Stage

01202 733 231





Beds Are Uzzz

QUALITY BEDS & ACCESSORIES. EST 1983

it's our •

winter

Sale

BIG BRAND DISCOUNTS ON 100'S OF BEDS & MATTRESS

VISPRING

Luxury Beds - London 1901

Vispring floor models  
reduced to clear

Relyon Chiltern Divan Set

- 1700 Individually pocket springs
- Natural Fillings
- Hand side stitched borders

NOW 50% OFF

UPTO  
**50**  
%  
OFF

millbrookbeds  
SLEEP GORGEOUS - FEEL GORGEOUS

MAMMOTH<sup>®</sup>  
MEDICAL-GRADE FORM TECHNOLOGY

duntopillo  
NATURAL COMFORT SINCE 1925

Relyon

molte  
möbel

Sealy

BACK CARE SPECIALISTS | 100% PRICE PROMISE GUARANTEE | FREE DELIVERY ON SELECTED ITEMS

143 Belle Vue Road, Southbourne, Bournemouth, BH6 3EN

Tel: 01202 419189 [www.bedsareuzzz.com](http://www.bedsareuzzz.com)

also at 24 High East Street, Dorchester

Beds Are Uzzz

QUALITY BEDS & ACCESSORIES. EST 1983