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*The*

# Green

Leader & Co. | Issue #12 | [leaderandco.com](http://leaderandco.com)

*Ashley Cross, Whitecliff, South of Ashley Road & Penn Hill*



**ALICIA KEYS  
INTERVIEW** p6

The summer is only just beginning and being Brits we are forever optimistic that this year will 'be a good summer'. Sport has kicked the summer off to a good start with Euro 2016 providing some memorable moments for the British teams, which I enjoyed watching from a family holiday in the South of France, while Brexit unfolded. Both events providing drama...

This year sees a great surge in new events and festivals taking place in and around Bournemouth and Poole, which is always a great addition to the area... and of course one of Ashley Cross's very own *Grooves on The Green*.

**Leader & Co** has had a busy few weeks with the addition of a fantastic new partner, Katie Fox. Katie brings with her a wealth of sales experience and is a familiar face in Ashley Cross and local areas. She's made a tremendous start and is a real asset to the Company.

2016 is setting up to be an exciting year for us and I hope to be able to reveal some more expansion news in the next issue of **The Green**.

As always, happy reading!

**Ryan Woolfenden**

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



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**This is Larry (*and Harry*). They're happy because the family Apple Mac has been repaired after *Harry* accidentally spilt milk over it...**

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# Alicia Keys

## Speaks to Mark Collins of Wave 105

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

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

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

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

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

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

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

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

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

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

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

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

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



Alicia Keys dropped into the Wave 105 studio to promote her latest single 'In Common', find out more at [www.wave105.com](http://www.wave105.com)



# WIN TICKETS TO SEE CARO EMERALD AT LARMER TREE FESTIVAL

**Larmer Tree Festival** returns this summer, presenting the adventurous, the absorbing and the unforgettable, with an all-new programme of music, comedy, theatre, poetry and more across five days (13th-17th July 2016).

**The Green** has teamed up with **Larmer Tree Festival** to offer one lucky reader the chance to win a pair of Thursday 'day tickets' worth £100, the magnificent **Caro Emerald** will be headlining.

Set in Victorian gardens in the stunning landscape of the Cranborne Chase, an Area of Outstanding Natural Beauty spread across Dorset and Wiltshire, Larmer Tree is the quintessential party; an intimate and eccentric festival perfect for first-timers and experienced festival-goers alike.

Each of the stages are carefully curated by the Larmer Tree team, combining established favourites with newcomers destined for success. The final line-up will appeal to festival-goers of all generations.

## How to Enter:

To be in with the chance of winning a pair of tickets for the Thursday at Larmer Tree, please email **[thegreen@villagemags.co.uk](mailto:thegreen@villagemags.co.uk)** with your Name, Address & Contact Telephone Number...

Make sure you put Larmer Tree Tickets in the subject line of the email...

**Competition closes 13 July 2016**

**A winner will be drawn at random from all of the entries...**

**Good Luck!**



With five stages and over 80 acts, music forms a major part of the festival bill. The much anticipated 2016 line-up will see headline acts *Jamie Cullum*, *Tom Odell*, *The Stranglers*, *Calexico* and *Caro Emerald* taking to the main stage across the five-day festival. Plus, *Jack Savoretti*, *Gabrielle Aplin*, *Afro Celt Sound System* and many more acts across the festival's stages.

New for 2016 is The Chase, a stage championing the finest in emerging talent, with headline acts including *Quantic*, *Sidestepper*, *Hot 8 Brass Band* and *This is the Kit*.

The Chase performers have been hand-picked by Todd Willis and Matt Aitken, the music programmers of Bristol's most popular music venue Colston Hall and newest additions to the Larmer Tree team. With an emphasis on discovering both emerging talent and musicians who deserve to be on your radar, The Chase promises to be a firm festival favourite.

For those looking to extend the party into the night, last year's new late-night venue The Hide is back by popular demand. Tucked into a clearing in the woods with the Shepherd's Hut bar close to hand, The Hide will host top-notch DJs from Friday to Sunday, for a fantastical all-night dance party.

Nightowls will also find diversion at The Social, enjoying high-energy live music and dynamic DJs, with a late-opening bar ready to quench the thirst of the hardiest of dancers.

The festival also features entertainment in the form of comedy, with headliners such as Ed Byrne and Lee Nelson, as well as Theatre pieces, impromptu dance, poetry readings, literature discussions and guest talks.



# LOCAL ARTS SCENE

by Julie Herring, Freelance Artist & Curator

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

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

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

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

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



**'Warrior' Portland limestone sculpture by Mike Chapman**

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

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

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



**'Ruth' pastel and pencil life drawing by Mike Chapman**

## Buying Original Art & Prints

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

Today, with so many options of visual art, digital media images and easy access to prints, perhaps we need something more individual and meaningful. Choosing art can sometimes be daunting if you're not sure what you are looking for. The first thing is to choose what 'speaks to you' or inspires you. Very often we buy what is just safe. Art should really be a personal choice. Choose quality and it will be enjoyed for years to come.

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



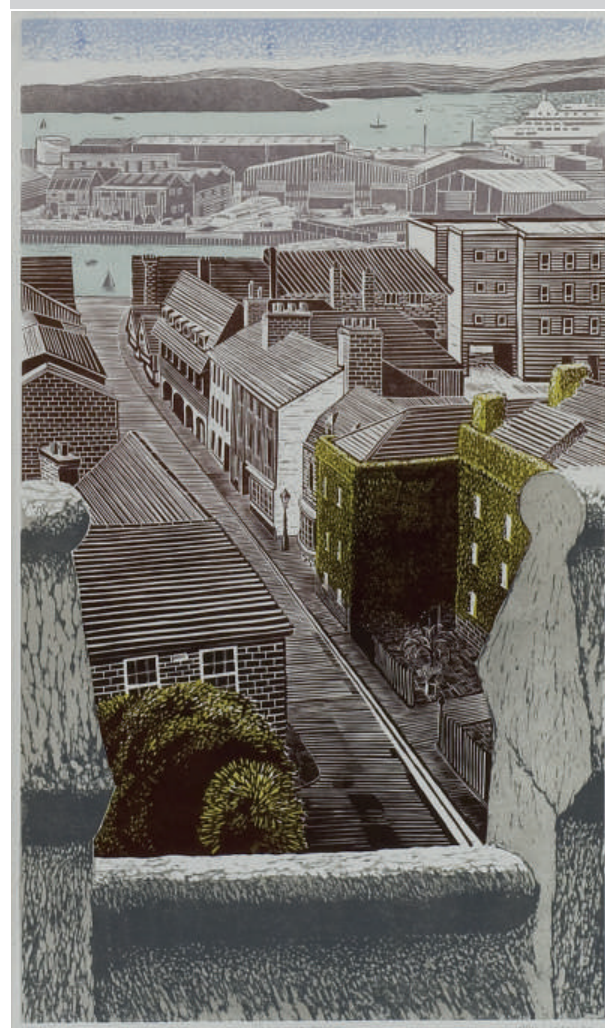
## Hand-made printmaking

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

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

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

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



**John Liddell, Old Town Poole, Linocut**



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

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

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

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

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



**Trees with coloured sky, Linocut by Peter Ursem**



**River at Dusk, Linocut by Peter Ursem**

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



Corfe Common, photograph by Julie Herring



## FINE ART Consultancy

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

## The LIVING Room Art & Design Gallery

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## DRAWING & Art classes

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

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

## earth art & design studio

Unit 2, Old Parkstone Dairy,  
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Please see website for further information: [www.earth-art.org.uk](http://www.earth-art.org.uk)  
To book an Art class, please contact:  
Julie Herring, Freelance Artist & Curator  
Tel: 07720 353454  
email: [info@earth-art.org.uk](mailto:info@earth-art.org.uk)



## Rewind the years without the need for facial surgery with Dr Sophie

Throughout my medical career I have maintained an interest in combatting the signs of ageing. Due to recent advances within the *facial aesthetics* industry dramatic results can now be achieved without stepping into the operating theatre.

I chose to train at the London School of Facial Aesthetics, the only injectable aesthetic programme to be assessed and recommended by the British Association of Oral and Maxillofacial Surgeons, to ensure my clients receive a premium and uncompromised service. There are many unqualified and non-medical individuals offering cut prices for treatments without the medical understanding of the impact of what they're doing. My primary fear for those who choose this route is 'what happens when it goes wrong?'. I am also a certified member of SaveFace who only promote those who have the full understanding of the potential impact of their actions.

Now, having joined the private healthcare team at BWT Physio in Ashley Cross, I'm helping local clients to achieve their desired look without the need for surgery or rogue treatments. What's most important to me is gaining the confidence of my clients and using my eye for detail and medical background to ensure that great results are achieved. I enjoy treating each client as an individual in order to carefully lessen the signs of ageing and create a more youthful, but natural, appearance.

I work alongside my clients to enhance their features and am committed to the belief that less is often more when relating to treatments.

**You can reach Dr Sophie on the details below or at the BWT Physio Clinic in Lower Parkstone**  
**07855 221152 [www.novaaesthetics.co.uk](http://www.novaaesthetics.co.uk) [drsophiestone@gmail.com](mailto:drsophiestone@gmail.com)**

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# Art of a great summer holiday

## Summer Holiday Art Days

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

ART & SOUL

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

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

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

## Term-time Saturday Art Courses

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

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



For more information,  
please contact

**Art & Soul**  
**07890 874403**

[info@artandsoulcreative.co.uk](mailto:info@artandsoulcreative.co.uk)  
[www.artandsoulcreative.co.uk](http://www.artandsoulcreative.co.uk)

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Dr Sophie is a specialist in Facial Aesthetics having trained at the London School of Facial Aesthetics. Dr Sophie's broad medical experience accompanies her specialist training in order to provide:

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- Sweat reduction treatments



**Dr Sophie**

**For a no obligation consultation please get in touch with Dr Sophie  
via email, mobile or BWT Physio Clinic in Lower Parkstone**

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# 130 years old - Talbot Heath celebrates Traditional Values with a Modern Twist

Talbot Heath celebrated 130 years in education on Friday 29th April which began with a special morning assembly led by Angharad Holloway. The traditional procession of the lighted TH birthday cake down the aisle was accompanied by an enthusiastic delivery of 'Happy Birthday', swiftly followed by a dramatic exit of two members of staff on bicycles...

To mark the significant landmark in the school's history was the recently launched iPledge 130 (where members of the Talbot Heath community come together to take part in a personal challenge) and cycling 130kms on the birthday itself were Mrs Chapleo and Mrs McDonald. They began their challenge by cycling down the aisle of the main hall and had successfully completed the cycle by the afternoon.

They have been fundraising to support Dufatanye Nyanza, a farming cooperative in Rwanda which supports children and families affected by HIV Aids, by providing them with healthy food, housing and a means of supporting themselves through the sale of the cooperative's produce at market.

The school is hoping to raise 2,000,000 Rwandan Francs (in the region of £2000) to buy equipment to support the co-operative, as the members need bicycles to transport their banana crop to market, as well as a grass cutting machine to produce fodder for their cattle (currently this is an extremely labour intensive task, done by hand with machetes.) So far the raffle alone has exceeded the £2000 mark, and with the collective sponsorship for the various iPledge 130 activities the school are optimistic of doubling their desired target.



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**BIRTHDAY PARTIES**  
Give your child a birthday party to remember this summer, with a watersports party at Poole Park.  
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**3 & 5 DAY RYA COURSES**  
If you are looking for something more structured but still fun, we also offer 3 & 5 day RYA sailing and multi-activity courses at our Rockley Point Sailing Centre. Courses for children and teenagers from aged 7 years.

**rockley**  
watersports training & holidays

[www.rockley.org](http://www.rockley.org) 01202 677272



## More than just a walk in the Park

Rockley at Poole Park is based in a purpose-built boathouse and restaurant, located in the centre of Poole on the shores of the UK's largest inland saltwater lake.

Poole Park, opened in 1890, is one of the most popular public open spaces in Poole offering something for every age of visitor from mini golf and tennis to bird watching, riding the miniature railway and sailing around the lake. Family and friends can get on the water within minutes of arriving on-site! Poole Park offers the ideal environment for groups and individuals to experience watersports either for the first time or for short taster sessions.

Rockley at Poole Park specialises in introductory sailing, windsurfing and kayaking enabling students and individuals to work towards a variety of qualifications. This centre is especially suitable for local groups that require activity sessions on a half-day or short session basis or individuals looking to have a go at sailing, windsurfing, Stand Up Paddleboarding (SUP) and kayaking for the first time. Rockley also now accepts childcare vouchers for all of its activities making it possible for everyone to offer their children the chance to get on the water and book on to a range of water activities from RYA courses to holiday camps.

Poole Park Lake is an ideal place to find your sea legs and comes with the benefits of learning in the safe surroundings of the protected seawater lake with fully qualified RYA instructors. Hire, taster sessions and courses are available in dinghy sailing, windsurfing, Stand Up Paddleboarding, kayaking and bell boating or explore the lake on one of the infamous Rockley swan pedaloes including Sean the RNLI anniversary pedalo!

Families can spend time together learning or book your children in to a multi-activity holiday camp for as much fun as they can handle. With a wide range of on-water activities on offer plus raft building and orienteering there is something for everyone.

Come with friends or spend the holidays making more, with everything from half day to full week packages on offer you are sure to have fun.



**rockley**  
watersports training & holidays  
[www.rockley.org](http://www.rockley.org)

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

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

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

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

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

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

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

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

**BBSF** | BRITISH BEACH SPORTS FESTIVAL  
Saturday 27 August to Monday 29 August 2016



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


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

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

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

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





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# Grooves on the Green 2016

Dorset's best community family festival opens its doors this year on the Saturday 9th of July at 12pm. Grooves on the Green 2016 is to take place on Saturday 9th and Sunday 10th July, on the green in Ashley Cross.

The two-day event has become increasingly popular and this year it's even bigger and better. There is a saying "if it ain't bust, don't fix it" and that is certainly true of Grooves, however a few tweaks now and then never hurt anyone!

So this year, there will be:

**More activities for children**

**More local stalls**

**More local talent**

**More Fun!**

**ADVANCE TICKETS \* Include a free drink \***

**ADULT only £5**

**ON THE DOOR £6**

**For tickets details see**

**[www.groovesonthegreen.co.uk](http://www.groovesonthegreen.co.uk)**



## We're all going on a Summer Holiday How to arrive, safely and in style...



Any travel by car or plane, sitting for more than 3 or 4 hours can increase our risk of developing a Deep Vein Thrombosis (DVT). Exercises which can be done whilst seated can help to prevent a DVT. Try these every 15 minutes or so (no nodding off now!)

**Tiptoeing** when sitting down, lift toes off the floor and point upwards until you feel your calves stretch. Then push down on toes and lift heels, keeping ball of foot on floor. Repeat regularly.

**Ankle circling and Ankle Pumping** - Lift your whole foot while sitting and draw a circle with the toes, first clockwise then anticlockwise 10 times. Then pump the ankles up and down 10 times.

**Standing Heel Raises** - no you cannot do these in the car!!! if you are on a plane or train and can walk in the aisle, stand up, and go up & down onto your toes 10 times. Then raise up onto your toes and hold for 3 seconds 3 times.

You can buy some seriously good looking funky compression socks – these gems will also help to prevent swelling of the ankles and DVT. There are many varieties of flight socks available, but medical grade ones have been shown to reduce the risk of DVT by 90%.. 20 to 30mmHg pressure is recommended for DVT prevention when travelling, especially on aeroplanes and there are many companies on the internet providing these compression socks. Most of them are of a certain size and give you instructions to measure the leg so that the right size is worn.

If you have any underlying issue then you might be at a greater Medical Risk Of DVT. As some medical conditions put you at greater risk of a DVT, we can supply and recommend some appropriate devices such as the Geko or the Firefly.

At BWT we can assess your suitability for and show you how to apply other forms of muscle stimulation.

The geko™ and the Firefly are devices using neuromuscular electro-stimulation technology and are clinically proven to increase blood circulation which can help in a range of conditions. Small electrical impulses gently stimulate the common peroneal nerve behind the knee which in turn activates the calf and foot muscle pumps of the lower leg that return blood towards the heart. In this way, neuromuscular stimulation in the lower limb emulates the process normally achieved by walking (up to 60%) but without us having to walk around. It is painless. So we will all be able to arrive on holiday with beautiful slim ankles and less risk of any blood clot problems!

**Linda White, Consultant Physiotherapist and Clinic Director at BWT (Clinics in Ashley Cross, The West Hants Club and Christchurch) is available to offer advice on a no-obligation basis.**



# The world's biggest tennis cup visits Dorset's no.1 tennis club

The Davis Cup Trophy is currently embarking on a 100-stop journey across the nation to celebrate Great Britain lifting the Davis Cup title for the first time in 79 years.

Led by Andy Murray in November 2015, Team GB won the Davis Cup for the first time. The trophy is renowned for being one of the most impressive, spectacular and largest sporting trophies in the world, measuring 3'7" in height and weighing 231lbs.

Residents of Bournemouth, Poole and the surrounding area are able to view the trophy at **The West Hants Club** on Tuesday 16th August. It is a great opportunity to admire the famous trophy up close and even have a photo taken with it.

In 2016, 135 nations entered the Davis Cup by BNP Paribas making it the world's largest annual international competition in sport. The trophy has been presented 95 times since it was first contested in 1900.

**Don't miss the chance to see The Davis Cup:**

**When: Tuesday 16th August**

**Where: The West Hants Club, Roslin Road South, Bournemouth BH3 7EF**

**Time: 9am – 5pm**

**Reserve a place today: Simply email [info@westhants.co.uk](mailto:info@westhants.co.uk) by Friday 12th August.**

**For more information about The West Hants Club please visit [www.westhants.co.uk](http://www.westhants.co.uk) or call us on 01202 519455.**

**Alternatively you can email: [info@westhants.co.uk](mailto:info@westhants.co.uk)**



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# Mayor of Poole unveils Poole Park Photomosaic

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

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

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

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



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

The project would not have been possible without the tireless efforts of the Poole Park Heritage Group volunteers running events, including local history talks and photographic exhibitions, and promoting the Photomosaic to encourage all to upload their photos. It has been hugely assisted by generous local sponsors, especially the Project Patron Rockley Park, and would have been impossible to achieve without the talents of Pollytiles who brought the Photomosaic to life and the expertise of the Borough of Poole's Poole Park Life Project Manager, Martin Whitchurch, who said: "The Photomosaic is a fantastic achievement by everyone involved and we are so pleased that the public supported us so well and we can now unveil this amazing artwork."

Poole Park has always been a special place for locals and tourists alike, with this project capturing that spirit by acting as a tribute both to its original 1890 plan and to all those who have made the Park a special place for everyone to enjoy today. It recognises the importance of the original Victorian values that understood how vital open space was, and still is, to us all.

From vintage views and portraits, wedding photos, pets and much more, the Poole Park Photomosaic tells the many tales of those who have spent memorable times in the Park. To find out more about the project, visit [WWW.poolepark.org](http://WWW.poolepark.org) or contact the Poole Park Heritage Group by emailing:

[pooleparkheritagegroup@gmail.com](mailto:pooleparkheritagegroup@gmail.com)

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

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

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

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

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

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

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

## WIN! TICKETS TO THE BRITISH BEACH SPORTS FESTIVAL 2016



**For tickets and more details visit [www.britishbeachsportsfestival.co.uk](http://www.britishbeachsportsfestival.co.uk) or Facebook [BritishBeachSportsFestival](https://www.facebook.com/BritishBeachSportsFestival)**

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



# 70% of adults in the UK have no Will

The UK is suffering from 'wills apathy', with more than 30 million adults failing to make provisions for when they die. Dying Intestate (without a Will) means the government will decide who gets what from your estate. Not having a Will could also result in Inheritance Tax being due before the estate is released. Grieving families may be forced to take out loans in order to release the assets.

But drawing up a Will doesn't have to be a daunting or expensive process, a single Will costs £125 and a double Will only £195.

## So what should I consider when making my Will?

**Executors** – the person(s) who will carry out your wishes and apply for Probate. You must trust them implicitly. A couple will generally choose each other, but consider reserves on 2nd death. Unless you have a complex estate there is no need to use a professional Executor like a solicitor.

**Guardians** – the person(s) who you trust to bring up your children should the worst happen to both parents. Important to name a Guardian in your Will to make your wishes known. Check with them first though.

**Gifts** – Often sentimental items that you want specific people to have, like your grandmother's ring to your niece etc.

**Age of Inheritance** – legally you can inherit at 18, is this too young? Maybe 21 or 25 would be better.

**Family Wipe Out Clause** – consider if the immediate family was killed in an airplane crash. Who would you want to have your estate then?

**Funeral Requests** – Buried, cremated, ashes scattered at sea etc.

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



**Matthew Wildeman msww**  
**Senior Estate Planner**

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



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

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

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

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

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



# Fireworks expected at charity river cruise

Lewis-Manning Hospice has announced details of a summer river cruise to Wareham on Thursday 28th July courtesy of Greenslade Pleasure Boats, which will culminate with the firework display on Poole Quay.

Leaving Poole Quay at 6.45pm, the Purbeck Gem boat will take passengers on a leisurely cruise to Wareham stopping off at Wareham Quay for a delicious Hog Roast prepared by the outstanding chefs at The Salt Pig, with an opportunity to have a tippie either on board or at one of the local pubs. After some food and refreshments, the cruise will return back to Poole Harbour in time for all on board to enjoy a prime position watching the fireworks on Poole Quay.

Sally Goodenough, Events Fundraiser, at Lewis-Manning Hospice, said, "We are once again very grateful to Greenslade for providing the boat and also to The Salt Pig, who have very kindly offered to do a Hog Roast, although there will also be a vegetarian option. With a cash bar on board and a chance to relax and enjoy the beautiful Dorset scenery, not to mention a brilliant uninterrupted view of the fireworks, what better way to spend a summer's evening?"

Tickets are £20 pp, which includes the Hog Roast (vegetarian option available on request only) and they can be booked by calling the Fundraising team on **01202 708470** or via email to **sally@lewis-manning.co.uk**

All money raised will be used by the hospice to support local people living with cancer and other life-limiting illnesses.



## Best Friends Take on Kilimanjaro for Charity



Two best friends from Poole will be climbing new heights by taking on the world's second tallest mountain Kilimanjaro this September to raise over £8,000 for charities close to their hearts.

Jenny Pearce, 32, is climbing the 5,895m mountain in aid of Dorset's disability charity Diverse Abilities and Melissa Scott, 32, is trekking to the summit for The Big Issue Foundation.

The pair are climbing the Lemosho route over seven days and due to reach the summit on 23 September. Taking on the challenge for The Big Issue Foundation in Bournemouth is Melissa. The charity provides individuals with the vital support and solutions to enable them to rebuild their lives and to find their own paths as they journey away from homelessness.

Melissa said: "My role as a specialist mental health practitioner for the homeless in the local area, gives me the privilege of working alongside the Big Issue Foundation in Bournemouth. I see first-hand the incredible work that this charity undertakes in supporting individuals to rebuild their lives, and have seen the difference their support has made to individuals who I have also worked with." Climbing for Diverse Abilities is Jenny. The charity supports children and adults with disabilities in Dorset as well as providing a lifeline to families.

Jenny said: "After working with the charity for over five years I wanted to give something back and make a difference to the people Diverse Abilities supports, and the families that face constant battles every day. I continually see the great work that the charity does and without Diverse Abilities many children and adults with disabilities would not lead the life they deserve."

As part of the challenge both ladies need to raise £4,100 each and will be fundraising over the next six months to raise their target through sponsorship and arranging events. In preparation for the trek Melissa and Jenny are also training hard in the gym and walking around the Dorset countryside.

Both ladies said: "Climbing one of the most iconic mountains in the world will see us really challenging ourselves for Diverse Abilities and The Big Issue Foundation. We will be totally out of our comfort zone but all the pain, tiredness and emotions that we will go through during the trek will all be worthwhile because we are making a difference to two amazing charities. By having each other through every stage of the journey will also help to keep us focused and determined to succeed."

**To support Melissa and Jenny on their journey and raise funds for Diverse Abilities and The Big Issue Foundation please visit**

**<http://uk.virginmoneygiving.com/MelissaScott2>**

**or text MELS16 and the amount you wish to donate to 70070 and**

**[www.justgiving.com/JennyPearceKilimanjaroChallenge2016](http://www.justgiving.com/JennyPearceKilimanjaroChallenge2016)**

**or text JKIL83 and the amount you wish to donate to 70070**

**Alternatively, contact them at [jenny.pearce@diverseabilities.org.uk](mailto:jenny.pearce@diverseabilities.org.uk)**





# Spiritual readings in the heart of Ashley Cross

My name is David and I work as a medium clairvoyant and healer in **The Naughty Corner Tearoom, Ashley Cross**. My wife Janet and I decided to find a suitable place from which I would be able to do my spiritual work from.

I found that many people requested the need to have somebody like myself on hand for spiritual readings in the community.

I have always known since I was a young child that I had a special gift and found myself guiding many people throughout my life. I first started doing healing on people and found as I was doing this I was receiving other messages from our dear departed ones.

Eventually I started doing one to one readings for people about 20 years ago. Over the years my mediumship has grown very strong and have given guidance and evidence to many dear people. I probably class myself as a spiritualist as most of my earlier years I attended very many different spiritualist churches in the Midlands and South West. I am a natural medium and during my readings I will endeavour to reunite loved ones with their family and friends.

How I receive the messages is clairaudibly this is the ability to hear spirit with very subtle thoughts that come through to my mind. I am often shown names and often in most cases it is like a dictation from spirit in sentences that I receive information to pass on to the sitter.

The evidence that comes through is spot on and only the sitter would recognise the evidence being solely applicable to themselves. In this way we know that the evidence that comes through is completely accurate. The readings are done in the privacy of my reading room which is quiet and relaxing and are totally confidential. There is no time limit for the reading but usually takes around 30-40 minutes.



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Ashley Cross, Poole BH14 0JD**



# Exclusive Custom Made Furniture made locally

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

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

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

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

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

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

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

**Call 01202 737 555 and mention 'The Green' or pop in to our showroom, located at Chalwyn Estate, Old Wareham Road, Poole, Dorset BH12 4PE**

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



## Best of British – homegrown strawberry jam recipe

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



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

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

### Ingredients

250g strawberries  
200g sugar  
¼ lemon  
½ tsp butter

### Method

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

### Please note:

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





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# Stand out Summer Trends

by resident style guru, Xanthe Grace

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

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

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

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



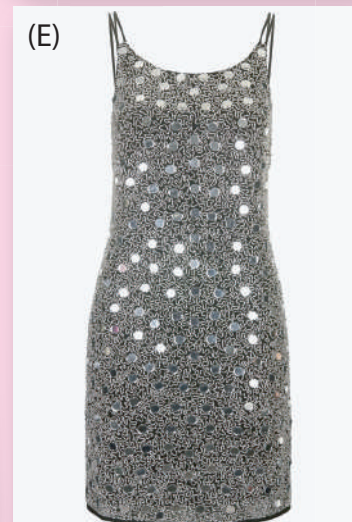
Colleen Rooney wore one on two separate occasions. I think she looked lovely in the white version, however not so much the orange version designed by Philip Armstrong which she wore for Aintree. ASOS feature this cream one and it is £20 (H).

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

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

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

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





# The latest summer trends from Weird Fish

by resident style guru, Xanthe Grace

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

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

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

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

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

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

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

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





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

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

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

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

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

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

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

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

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

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

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

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

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

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



**To find out more about Centre Stage, visit the website [www.centrestagedance.org](http://www.centrestagedance.org)**

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# Windows 10 FREE upgrade to end soon, what you need to know

Last year Microsoft released the latest version of their operating system Windows 10, over 300 million people have taken Microsoft up on their offer for a free upgrade. Like with all thing that are FREE the offer is coming to an end.

What does this mean for you? If you have been sitting on the fence about the upgrade, then now's the time before it's too late as of 29th July the upgrade will cost from £99 (For Windows Home) depending on what version of Windows you already have. There is still time for you to try the upgrade, if you do not like it roll it back to your previous version of Windows. The system keeps a copy of your previous version for 30 days. This is explained during the upgrade by Microsoft.

If you have not seen or used, or just have heard bad things about the upgrade we have some simple 'rules of thumb' below to help. Also a Windows 10 Demo PC for the public to come and use and have a play. We are suggest, if your laptop or PC is older than 3 years the upgrade may not be for you.

This is due to some issues with older hardware not functioning properly. If you suspect that your version of Windows may not be 100% legit to avoid trying the upgrade at all. We can help make your software legal and give you advice on the next steps to take.

If your PC or Laptop is less than 3 years old and you want to upgrade, you can schedule the system to do it for you at a specific time (it's a lengthy process for most). You are given this option when starting the process, we would suggest scheduling for a time when your internet connection is not in use as a lot of data is downloaded during the upgrade.

But more importantly we would suggest backing up all your data to an external device such as a memory stick or external hard drive. We have not encountered an issue with data loss with any upgrade we have helped people with, but it is always better to be safe than sorry.

If you need help or advice on any computer issue, please feel free to get in touch. We're here to help or are happy to do it all for you.



| Windows 7*             |                 | Windows 8**                  |                   |
|------------------------|-----------------|------------------------------|-------------------|
| From Edition           | To Edition      | From Edition                 | To Edition        |
| Windows 7 Starter      | Windows 10 Home | Windows Phone 8.1****        | Windows 10 Mobile |
| Windows 7 Home Basic   |                 | Windows 8.1***               | Windows 10 Home   |
| Windows 7 Home Premium |                 | Windows 8.1 Pro              | Windows 10 Pro    |
| Windows 7 Professional | Windows 10 Pro  | Windows 8.1 Pro for Students |                   |
| Windows 7 Ultimate     |                 |                              |                   |

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## CRE8IVE WISDOM LAUNCHES NEW PUBLICATIONS

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



*The Quay*, which is also published in association with Ashley Cross Estate and Lettings Agent *Leader & Co*, follows the same 'community-based' format as *The Green*, being distributed six times a year to Poole Quay, Old Town Poole, Baiter Park, Poole Park, Longfleet and Oakdale.

In combination, *The Green* and *The Quay* now go through-the-door of 20,000 local Poole households, being read by an estimated 60,000 local pairs of eyes.

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

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

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

For more information about *The Quay*, *Venus Magazine* or indeed any of the other publications published by *Cre8ive Wisdom*, please call **01202 064 560** or email via [www.cre8ivewisdom.com](http://www.cre8ivewisdom.com)

## BREXIT MAKES LOCAL BUSINESS EVEN MORE IMPORTANT

**by Neil Armstrong, Local Marketing Expert**

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

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

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

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

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

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

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



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

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

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



## How *Enhanced* help Businesses grow

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



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

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

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

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

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

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

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

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



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

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

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

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



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

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

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

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# Poole Business Celebrating 100% Success Rate



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

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

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

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

*Philip Norman, Director of Bidbetter comments:*

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

**To find out more or to contact Bidbetter visit: [www.bid-better.co.uk](http://www.bid-better.co.uk)**



## Poole-based special effects Company signs Panto deal

Oh yes they did! Two Dorset companies are celebrating as special effects firm The Twins FX signs a deal with the world's largest pantomime producer.

Solicitors **Humphries Kirk**, who have been working with Dorset firm The Twins FX for 18 years, have just facilitated their five-year contract to produce special effects for entertainments giant Qdos Entertainment.

The Twins FX, based in Poole and Wareham, are one of the UK's leading companies operating in the field of theatrical visual special effects, illusions and animatronics for the entertainment industry. From flying cars to roaring dinosaurs, they've worked on a glittering variety of shows including Doctor Who Live, War of the Worlds and ITV's Take Me Out.

The business was founded by identical twins Gary and Paul Hardy-Brown and has a core staff of seven, swelling to around 15 in busy periods.

Humphries Kirk senior commercial partner, Darrell Stuart-Smith, has advised The Twins FX on all commercial aspects of their business, including contracts, debt, brand protection, staff, HR and more.

Darrell, who specialises in law for design businesses, says he's been able to put this expertise into practise with The Twins FX, especially when it comes to identifying, protecting and exploiting intellectual property rights.

"When you're creative, protecting your intellectual property is key because it applies to everything you produce," he says.



"By putting the right legal structures in place, I've been able to free the twins up to get on with creating magical illusions or special effects which is what they do best."

He adds that he has really enjoyed working with the quirky twins and seeing them succeed, especially since they have a shared interest in collecting film and TV memorabilia. Among the assorted TV props the twins have collected are daleks and the original Thunderbird 4.

"I work with a lot of creative people, but The Twins FX is definitely one of my more unusual clients – it's a treat visiting them because I never know what weird and wonderful creatures I'm going to find there."

The Twins FX project manager Gary Hardy-Brown, says: "We love working with Darrell – he's been an amazing support to us over the years. "Plus, sometimes he brings us something he's found at an antique sale to add to our collection, so it's a win-win situation!"



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## New Chair appointed for Westbourne Business Association and Coastal BID Director

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

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

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

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

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



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

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



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# Are women better at taking risky decisions in business?

By Tara Howard, Founder of Venus Awards

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

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

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

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



Hilary Devey CBE

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

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

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

So come on girls, trust in your womanliness!



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# Tips for making a Lasting Power of Attorney



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

## What is a Lasting Power of Attorney?

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

## The two types of LPA

### 1. Property and Financial Affairs LPA

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

### 2. Health and Welfare LPA

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

## Requirements under the LPAs

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

## Registration

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

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

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

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

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

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

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

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# Our Top Tips

## From Your Local Accountancy Firm



### Have you paid your Self Assessment liability yet?

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

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

### Could you increase your cash flow?

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

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

### Do you employ former students?

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

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

### Who is in control of your Company?

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

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

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

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

| Pension Contributions   | Employer minimum contribution | Employee minimum contribution |
|---|-------------------------------|-------------------------------|
| Until 5 <sup>th</sup> April 2018                              | 1%                            | 1%                            |
| From 6 <sup>th</sup> April 2018 to 5 <sup>th</sup> April 2019 | 2%                            | 3%                            |
| From 6 <sup>th</sup> April 2019 onwards                       | 3%                            | 5%                            |

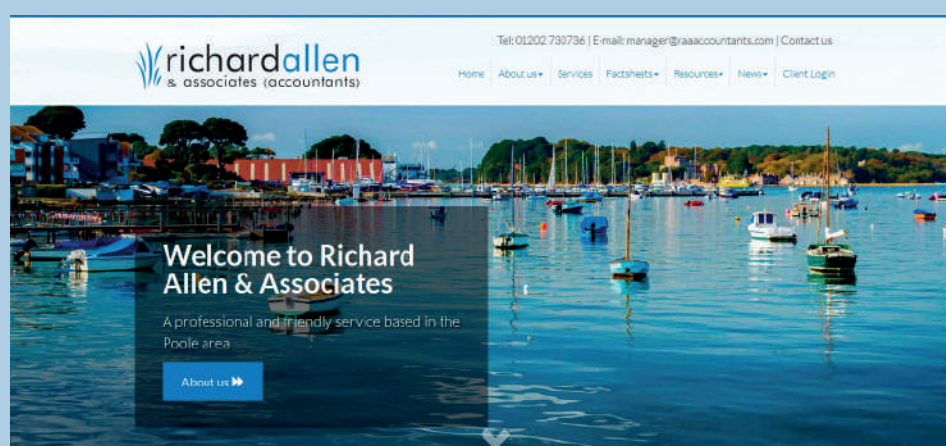
Remember, contributions are calculated on gross earnings between the LEL and UEL (£5,824 - £43,000 for 2016-17), not the employees full salary.

### Are you paying more VAT than you need to?

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

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

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## Local agent raises almost £500,00 for local schools

Leader & Co attended local school fayre's at both Lilliput Infant School and Courthill School, selling bespoke mugs, coasters and tote bags with all profits going to the respective schools.

The products that were kindly supplied at cost by local businessman Olly Williams, owner of UK Printed Mugs, went down a storm and proved to be immensely popular.

Katie Fox, co-owner of Leader & Co was delighted to be able to raise money for such a good cause:

"My daughter attends Courthill School and a lot of friends children attend Lilliput School so we were delighted to be able to raise this money for such a great cause. We always consider ourselves more than just an estate agent and we love getting involved in local events and helping the community wherever and whenever we can. I'd also like to thank all those who bought items from our stall and helped us raise almost £500.00."

If you missed out at the fayre don't worry. Leader & Co will be continuing to sell mugs and other products from the range at the office in the heart of Ashley Cross.

LEADER & CO  
**NEWS**



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**#LoveWhereWeLiveCommunity**



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# We Know Ashley Cross Ashley Cross Knows us

You may know us from walking your dog on the green, local charity events or simply recognise a familiar face; we walk the same streets and drink in the same cafés and bars that you do.

Of course, its always possible that you - or someone you know has bought, sold or let a property through us. Our success is built on the fact that people who use us once, tend to use us again. And tell their friends.

Because our team live in the areas in which they work, they really understand what matters to buyers and sellers there.

Many agents claim to know more about where you live than anyone else. But we understand it's because people know us, that time and again we sell and let properties more quickly and more profitably than anyone else.





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3  5  4 



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2  2  2 



Leader & Co.



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Ellie Loves

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We love creating beautiful, simplified spaces and will help you see  
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- Arranging removal of charity donations etc.

Our experience, combined with knowledge of what buyers are looking for,  
means this could be the easiest move of your life.





# AS SAFE AS HOUSES

by Ryan Woolfenden



As I write this article from my lounge by the pool in France, admittedly still in shock at the outcome of the referendum, I remember the popular saying "as safe as houses" and I think it's important to remember this.

Since the last referendum in 1975 property prices have risen by 1750.93%. That's not a typo.

Yes the pound has dropped but a knee jerk reaction is to be expected. Simply a short term blip. In the short hours since the news has been announced I've read that the pound has already recovered slightly following Michael Cairney's speech. For those looking to travel to Europe you will get a better exchange rate today you would have in February. Not as catastrophic as you have read after all!

The press love to sensationalise everything but regarding the property market leaving the EU does not change the fact that we have a huge housing shortage.

Contrary to popular belief, Bank of England expect interest rates to fall, mortgages should increase by 0.1% (unless there is some quantitative easing in which case they may rise by 0.5%) so the reality is it's still very much business as usual.

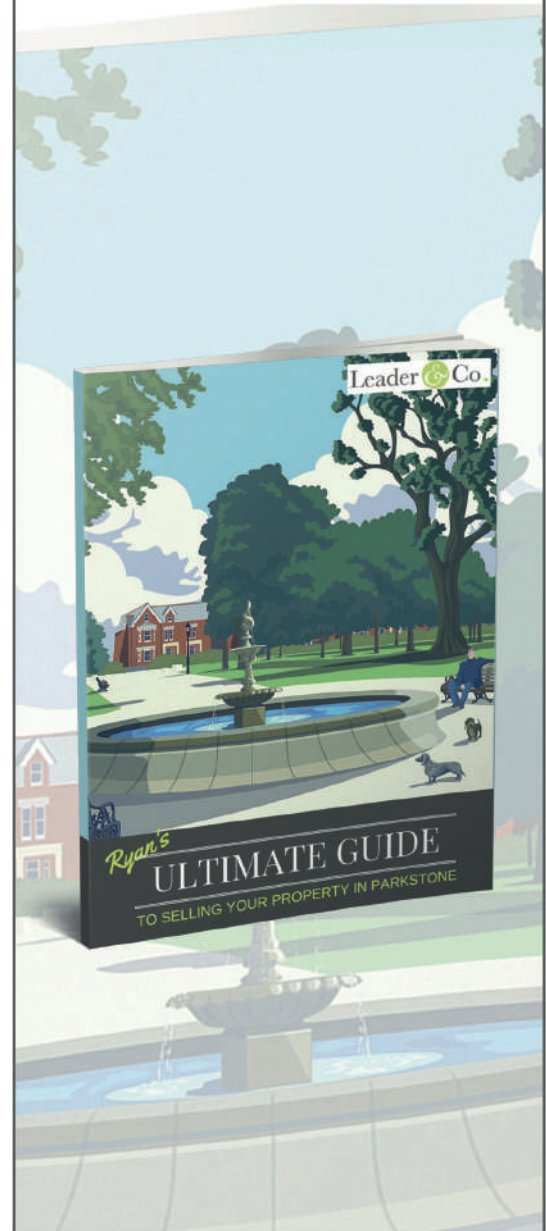
For what it's worth, I expect a Norway style deal to be agreed which actually isn't very exciting and means not that much will actually change.

So my advice to people looking to buy or sell? Just get on with it. People generally move because they have kids or they need to think about schools, relocate for work, marriage/divorce. The day to day stuff that happens in our every day lives. I don't know about you but being inside or outside of the EU isn't more likely to make me have more kids and hopefully it won't cause a divorce!

For those looking to invest in property then remember; your money is as safe as houses! To reaffirm my point I'll leave you with a quote from Franklin Roosevelt that for me, is as pertinent now as it was when he said it.

"Real Estate cannot be lost or stolen, not can it be taken away. Purchased with common sense, paid for in full, and managed with reasonable care, it's the safest investment in the world. "

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# EXPOSURE



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



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



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



Caroline Swaine, Lynn Butterworth, Lia Martin at the British Beach Sports Festival launcch at Custom House, Poole



David Kelly, Mark Heffer, Zoe Wilson, John Corderoy at the British Beach Sports Festival launcch at Custom House, Poole



Anthony Williams, Brian Stock, Barry Squires at the British Beach Sports Festival launcch at Custom House, Poole



The Mayor of Poole, Cllr Xena Dion with staff at the Lindsay care home, Poole



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



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

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Full details of Summer School workshops, guest creatives and daily schedule can be found on the Centre Stage website.

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**9am – 4pm**

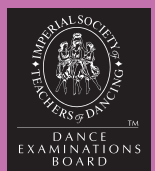
**Parkstone Baptist Church Hall,  
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