



BUSINESS PAGES



The

Green

Leader & Co. | Issue #13 | leaderandco.com

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



It is all go in the Leader & Co office. We are delighted to announce the acquisition of *Atkins Estate Agents* in Wallisdown, which will see the Company become one of the regions largest independent letting agencies.

Our sales department is also seeing tremendous growth and with *Katie Fox* now at the helm we believe we are able to offer vendors outstanding results and an unparalleled service.

The business is in the process of rebranding and as of September both of our offices (Ashley Cross and now Wallisdown) will be '*LeaderFox*'.

We look forward to showing off our new look in the next issue of ***The Green***.

Meanwhile, with the *Olympic Games Rio 2016* finishing up, we have been watching avidly as the medals pour in for Team GB, and we're feeling exceptional proud to be British! Finishing second in the medal table is an awesome feat.

In this issue of ***The Green***, we have celebrity features and interviews including Sophie Ellis Bextor, Olly Murs and the band Travis, while exploring local arts, local business and local happenings.

We have something for everyone, from regular motoring and business features, to fashion and community events. Now 48 pages and going from strength to strength, please enjoy our free community paper and remember to get in touch with any feedback you might have...

As always, happy reading!

Ryan Woolfenden

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



Talbot Heath

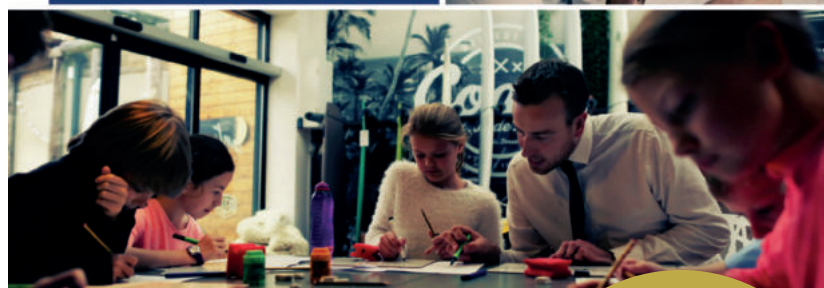
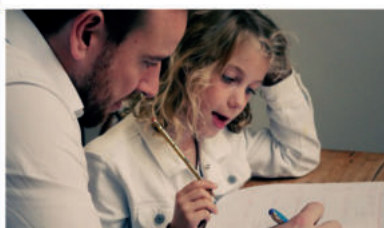
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SOPHIE ELLIS BEXTOR

It has been a super busy year for **Sophie Ellis Bextor**, following the success of her last album, *Wanderlust*, Sophie, 36, has had her fourth child and written and recorded her sixth album, *Familia*. She who also has Sonny, 11, Kit, seven, and Ray, three, with husband Richard Jones.

Sophie went to the **Wave 105** studios to chat to presenter Andy Jackson and perform her latest single, 'Come With Us' live on-air. Available to download now, 'Come With Us' is an upbeat track that brings back Sophie's original disco sound.

"I am alternating between albums and babies – I am up to four babies now and sixth albums! Four is a community, Jesse was born into a little village."

It is incredible how she finds the time to have babies and work so hard on her illustrious music career.

"Sometimes you do feel like you are going a bit bonkers and spreading yourself a bit to thin, between family life and work – with the touring, writing, recording and having a looking after children!"

Her latest album 'Familia' has a lot to live up to, after the huge success of her last one, 'Wanderlust'.

"This album was a lovely one for me, I started writing it when I was really pregnant with Jesse. When he was born I had a couple of quiet months, just spending time with him and the family. Then in January I thought, 'why don't I just book a studio and have Jesse come with me' - there are harder places to bring a baby to work than a recording studio, they are pretty chilled."

"But it was quite full on because we recorded the entire album in just ten days, I was also breastfeeding my baby and cooking for the band every night. We were teetering on the brink of madness, but it was such a good atmosphere and it is such a great group of people that I work with. My husband Richard is part of the band as well, we are all good friends and it is all good fun."

"I love cooking, I find it weirdly therapeutic. I cook a lot of fish for the band as one is vegetarian – fish tacos, pasta dishes and the like. I am in the 'Nigel Slater camp', he says in one of his books that if you can make yourself a cup of tea, you can cook. For me cooking is not a chore, I have always loved it – I used to come home from school in my lunch breaks and cook for myself. It is now such a big part of my family life."

The studio album, which is Sophie's sixth reflects on her love of family life.

"Familia is the name of the album – it is Spanish and Portuguese for family. In Italian it means society with a religious head.

"I wanted a word that resonated with Spanish speaking countries because the flavor of the album is Latin American, Mexicana, Americana. It is a vibrant, brighter version of my last album. I love the writing process, and I find inspiration wherever I can, especially abroad. It has been fruitful thinking of characters and stories - writing stories and getting into it all and drawing ideas. The characters in the last album have now moved on and the new album takes them to another place."

Sophie Ellis Bextor visited **Wave 105** to speak to Andy Jackson. Her latest single 'Come with us' is taken from her forthcoming album *Familia* due for release on 2nd September 2016. www.wave105.com

OLLY MURS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

TRAVIS

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

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

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

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

Currently in the midst of a sell-out worldwide tour, which detoured to Bournemouth as part of Wave 105's programme of Bournemouth Air Festival 'Night Air At The Piers' entertainment, we spoke to Dougie ahead of the performance on Friday Aug 19th.

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



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

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

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

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

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

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

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

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

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

So what does the next 20 years hold for Travis?

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

LOCAL ARTS SCENE

by Julie Herring, Freelance Artist & Curator

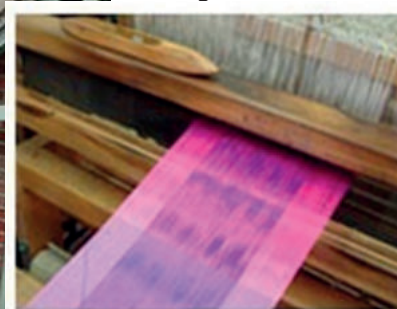
Silk Weaver celebrates 30 years

Debby Kirby, silk weaver at Walford Mill Craft Centre in Wimborne, celebrates 30 years of her craft.



In celebration of her studio's 30th Birthday, Debby invited everyone to join in on her special evening on Saturday 23 July, at Walford Mill Craft Centre.

Debby welcomed friends old and new to celebrate her anniversary with a relaxed summer party in the Millstream Bistro and Courtyard. The Mill shop and gallery were open throughout.



The highlight of her event was a live raffle with 30 bespoke pieces on offer. Debby requested her customers to bring along their silk scarves, purses, bow ties, specs cases or phone covers and be part of the unique collection of her weaving history!

Raffle Prizes included 30 new pieces of work, comprising of a large collection of hand woven silk scarves and framed silk and paper pictures.

The night was a great success raising over £3600 which was divided between two charities close to Debby's heart, Walford Mill Crafts and a local Alzheimer's/Dementia group.

Hop on the train to London and get inspired!

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

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



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

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

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

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

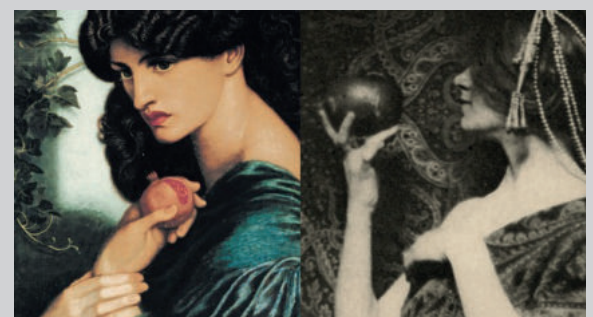


Tate Britain, Westminster
"Painting with Light", celebrates the visual links between photography and British Art from the Pre-Raphaelites to the Modern Age. *Until Sun 25 Sept.*

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

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

See venue websites for opening times and further information.



Places to visit in the region

Apart from local Galleries, why not view some art and quality craft at some regional museums? Local museums are a good place to reflect culture and learn about the history of it's people, but they also host some inspirational art and culture in the exhibition spaces.



Museums have permanent collections and often have temporary displays or exhibitions throughout the year. Why not visit a museum as part of your day out, weekend or holiday?

Here are a few suggestions for the local region:

Russell Cotes Art Gallery & Museum, Bournemouth
www.russellcotes.com/whats-on/

Poole Museum & Scaplen's Court
www.poolemuseum.co.uk

Priest's House Museum & Garden, Wimborne
www.priest-house.co.uk

St Barbe Museum & Art Gallery, Lymington
www.stbarbe-museum.org.uk

Red House Museum & Gardens, Christchurch
www.hampshireculturaltrust.org.uk/red-house-museum-and-gardens

Dorset County Museum in Dorchester
www.dorsetcountymuseum.org

The Salisbury Museum
www.salisburymuseum.org.uk

Bridport Museum
www.bridportmuseum.co.uk

Lyme Regis Museum
www.lymeregismuseum.co.uk

Blandford Fashion Museum
www.blandfordfashionmuseum.co.uk

MoDip (The Museum of Design in Plastics)
at Arts University, Bournemouth
www.modip.ac.uk

For further information of Fine Art and decorative art in Dorset Museums, see: www.dorsetmuseums.co.uk/museums



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Julie Herring MA, FRSA

Art Consultant, Artist and Exhibition Curator

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

The LIVING Room Art & Design Gallery

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

DRAWING & Art classes

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

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

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Calling new Year 5 11+ Parents...

The choice of senior school for Poole and Bournemouth parents is a really difficult and problematic one. The Poole/Parkstone and Bournemouth grammar schools can be an excellent option.

However, passing and then gaining a place in one of these selective schools is very tough and has never been more competitive. What's more, with all the pressures on local primary and junior schools, they are very often unable to help prepare children for the 11+ tests at the beginning of Year 6.

It is so beneficial for children to receive extra help to become familiar with, learn, understand and build up their speed and accuracy with the 11+ Maths, English and Verbal Reasoning papers. Getting started early enough is vital, in order to give children a good run at the tests. The beginning of Year 5 or even Year 4 is ideal.

Kingsbury Education are tried, tested and trusted, with years of experience and teaching credentials. They provide parents with regular progress/achievement reports and have an open door policy in terms of offering advice, information and feedback. Their 11+ blog is a must read for prospective grammar school parents.

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Richard O'Brien

Q&A

What has given The Rocky Horror Show such huge appeal?

THE FACT THAT IS SUCH LIGHT HEARTED NAUGHTINESS, COMBINED WITH ROOT FAIRY TALES HAS A LOT TO DO WITH ITS LONGEVITY.

What made you write something so off the wall... does it say anything about you then in the risk you took in offering up something on the edge of acceptable and therefore open to rejection by the public at large? Were you a rebellious person at this stage?

I WAS ALWAYS OUTSIDE MAINSTREAM SOCIETAL RULES SIMPLY BY BEING TRANSGENDERED.

Who or what provided inspiration for the characters and storylines that appear in the Rocky Horror Show? Were there people in your life at the time who had certain characteristics which have ended up in the show?

ALL OF THE CHARACTERS IN THE SHOW ARE ARCHETYPAL, WERE YOU TO SEARCH FOR THEIR INSPIRATIONS IN OTHER TALES, THE JOURNEY WOULD NOT BE A LONG ONE.

What was happening in your life at the time you wrote The Rocky Horror Show and how do you think society's attitudes have changed to the kind of person you were then? How do you think that the enduring popularity of The Rocky Horror Show reflects those social changes?

I WAS A RECENT FATHER OF MY FIRST CHILD AND OUT OF WORK WHEN I WROTE THE SHOW. 1972-73 WAS A MOMENT OF CHANGE. GLAM ROCK AND OVERT SEXUALITY WAS AROUND, GAY PEOPLE WERE COMING OUT AND THERE WAS A 'BUZZ' IN THE AIR.

Why do you think people still get so excited by The Rocky Horror Show and how do you explain the popularity of the show with a generation of people who weren't even born when you put it on for the first time?

BECAUSE IT MAKES YOU LAUGH.

How different do you think your life might have been without Rocky and how do you regard the production and its influence on your life?

I HAVE NO IDEA BUT, I WOULD HAVE HAD A GOOD LIFE BECAUSE I AM MADE THAT WAY.

Who's renditions of the characters in the show did you like the best/shocked you most?

WITHOUT TIM CURRY'S PERFORMANCE, I OFTEN WONDER WHETHER THE SHOW WOULD HAVE TAKEN OFF IN THE FIRST PLACE.

After writing such a blockbuster, what's next for you on your bucket list in terms of your career and personally and your hopes for the future? Do you feel you've been blessed, so far?

I AM THE LUCKIEST PERSON ON THE PLANET. I SHALL BE HAPPY AS LONG AS I CAN KEEP SINGING.

How has the current production evolved from previous productions and why should people go and see it?

BECAUSE IT SWINGS.

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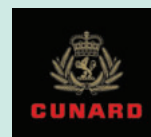
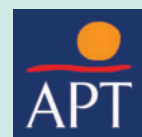
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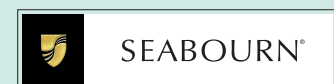
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Stretch it out...

A few key and targeted stretches work wonders to prevent over tightness and joint compression which can lead to pain. Stretch those calves, glutes and quads!

Form before Footwear: There is a bewildering amount of information online about which running shoes claim to be the best. Racing flats, arch supported, medial control, neutral, barefoot etc etc. Taking professional advice and choosing running shoes which suit your running style rather than your fashion style is of paramount importance when it comes to injury prevention.

Gait Assessment: How you run is as important as how much you run. Organising a running gait analysis and retraining session early in your training can identify risk issues, which can be ironed out before injury occurs.

Muscle Endurance: There is no doubt running will get you fit and used to taking all that vertical load through your legs and getting important 'miles in the legs' will definitely help you become stronger. However, you can speed up (!) improvements hugely by doing a few tailored, running strengthening exercises. Not only will you strengthen the exact muscles needed you'll become faster and significantly reduce your risk of injury.

Your mind matters - remember the wise words of Lao-tzu: The journey of a thousand miles starts with a single step. Don't be discouraged if you can only run for three or four minutes without stopping right now - make five minutes your goal. Once you reach it, work towards 10.

Learning to run farther than most people drive in a day isn't the result of crazy-intense workouts or an unnatural gluttony for punishment. Instead, it's the result of consistent, small steps. Get out there day after day, challenge yourself a little bit each time, and you can't help but become stronger, faster, and more durable... Happy running!

FRANCESCO GROUP CELEBRATE SUCCESS IN AWARD WINNING MONTH



Southern based salon group, Francesco Group is celebrating success after a record breaking month seen the group rebrand as well as finalise and win several awards at both their annual and national awards ceremonies.

Francesco Group, formerly known as Scissors, rebranded last month after merging with their sister company in the North, bringing both salon groups under the one name.

Founded in 1968 by Francesco (Frank) Dellicompagni, the Company acquired the Scissors Group in 2008, taking the total salons in the Group to 38 Nationwide, three training academies and 15 College Partnerships.

Following the rebrand it was time for the Francesco Group Awards, celebrating the success and recent evolution of the group, held at the ICC in Birmingham, with all salons and team members attending. It was a record breaking night for the team in the South, who picked up ten trophies, of which included Newcomer of the Year and a Long Service Award for Ferndown Franchisee Carolyn Thorpe!

And finally, the news we'd all been waiting for, Mia Dellicompagni and Amy Sultan finalised for this years British Hairdressing Awards, also known as the Oscars of British Hairdressing. The duo have taken hairdressing to the next level in the South, with the winners of their category being announced at the black tie event in November.

Francesco
GROUP

beautiful hair
www.francescogroup.co.uk

Has a summer of sport inspired you to get fit?

Hot on the heels of the inspirational Olympics in Rio and Andy Murray's Wimbledon triumph this summer, the West Hants Club is gearing up for its next Open Weekend in a few weeks.

After the indulgences of the summer holidays, September often marks a return to routines and time to focus on yourself so you can become the best version of you – some valuable “me time”.

Using their wealth of experience, the team at The West Hants Club in Talbot Woods can help you achieve your goals whatever they may be – whether you are training for an event, trying to improve your fitness and strength, or simply increasing your level of activity there is something at the Club for you. West Hants boasts an impressive gym, over 60 fitness classes weekly, a swimming pool and sauna plus a first class restaurant and bar. In addition to that there is a full tennis programme for all abilities if you would like to explore a new sport or want to dust off your racket.

There are no tie-ins with the memberships offered – just a simple monthly rolling contract from the start. Families will be interested to hear that all children under 5 are free and with family memberships, you only ever pay for one child no matter how big your family is! An Ofsted registered crèche is on-site which means little ones can have a some me time too!

Tours of the facilities are available any time however the members-only Club is holding an Open Weekend on 1st and 2nd October where they will be offering special promotions to new joiners so it's a great time to think about how becoming a member can benefit you.

For more information about The West Hants Club, please visit www.westhants.co.uk or call us on 01202 519455.

Alternatively, LIKE The West Hants Club on Facebook for hot off the press updates!



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me time

After a busy summer unwind and make time for you.
Luxury facilities and on site Crèche.

www.westhants.co.uk

A woman with brown hair, wearing a white towel, is smiling and holding a blue dumbbell. She is in a gym setting.

Power of Attorney – why are they important?

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



Who should I appoint as my Attorney?

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

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

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

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



Matthew Wildeman msww
Senior Estate Planner

What does it cost?

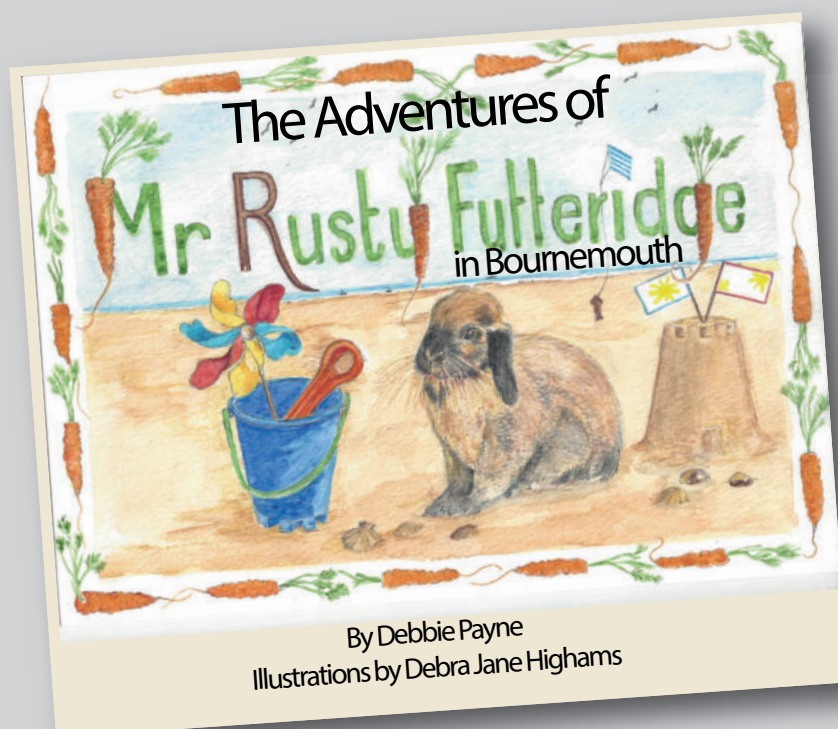
MW Estate Planning charge £225 per LPA to draw up the forms, act as Certificate provider and usually as witness to signatures. There is a further Office of the Public Guardian fee to register the LPA of £110 per LPA. This is however a means tested fee so you may not have to pay it.

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

Boscombe Guest House owner launches a children's book

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

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



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

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

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

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

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

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

Want to do something different?

Find out how you can change your life, choose your future and start your watersports career.

For those aged between 16-18 life after exams can be full of decision-making, but it does not need to be difficult or limiting. There are more career options readily available and opportunities to pursue the career of your dreams.

Millions of people across the country are able to earn experience and develop skills to reach the future they want thanks to BTEC qualifications. Work-related qualifications have risen in popularity and are an engaging and inspiring way to achieve practical, real-world experience that provides the skills to take on further education or full-time employment.

For anyone looking to make a career in the watersports or outdoors industry, the BTEC Level 3 Sport (Outdoor Adventure) course will provide the foundation on which a future career can be built. The BTEC Level 3 Sport is a full-time, two-year course that is equivalent to three A-Levels which provides options after the course to go direct to university, take up a foundation degree or straight into employment.

"This course has given me the confidence and qualifications to get to university." Fergus Edwards

During the two-year BTEC, students will get to combine theory units with practical activities and employer-valued, professional National Governing Body (NGB) qualifications. This unique and dedicated course has been designed to enable candidates to build a career in the outdoor and leisure industry specialising in watersports.

Past Rockley BTEC students have gone on to travel the world, continue to develop their watersports careers and go on to university. James completed his BTEC course earning both his Dinghy Instructor and Windsurfing Instructor qualifications, has recently qualified as a Senior Dinghy Instructor and is working in France as an Activity Manager.

Kane worked his way up from the BTEC course to Chief Instructor at one of our centres and is currently working around the world on superyachts.

The Rockley Academy BTEC Level 3 Sport (Outdoor Adventure) course is now in its fifth year with the 2016 course starting this September.



40 rockley
watersports training & holidays

Undecided about your next 2 years?
AGE 16-18? READ ON.....

FULLY FUNDED COURSE

BTEC LEVEL 3

- ✓ Rockley Academy, offers the BTEC Level 3 sport (Outdoor Adventure) with a special emphasis on a practical approach to studying to achieve success
- ✓ Gives you a direct route to university or gives you the skills you require to build a career in the outdoor and leisure industry
- ✓ 2 Year full time course equivalent to 3 'A' Levels
- ✓ Combines theory units, practical activities and employer valued, professional national governing body (NGB) qualifications
- ✓ Learning takes place at rockley academy in poole and includes paid work experience in france (subject to interview and application process)

STARTS SEPTEMBER

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FRI / 23RD SEPT / 7PM / HILTON BOURNEMOUTH



Celebrity chefs in a blindfold cooking challenge, competing blindfolded, judged on their creativity and skill by the Rainbow Chef and Michelin Star chef Russel Brown. Demonstrations from 'Kitchen Impossible' star, blind chef Dan Galton.

Tickets are selling fast for this unique dining experience including prosecco, a lavish three course meal and wine for £60 in aid of Dorset Blind Association.

COULD YOU DO YOUR JOB BLIND?

Dan was a chef at Bovington Army Barracks. Last year his life was turned upside down when he lost his sight due to diabetes at just 24 years old.

Dan was told he would never work in a kitchen again. He became depressed, and was struggling to cope with life.

He was referred to Dorset Blind Association, who worked with him to re-establish his confidence and independence, helped him to reignite his aspirations and got him a placement on the channel 4 TV show 'Kitchen Impossible', with Michel Roux Junior.

Dan is now back in the kitchen and preparing for a happy future.



"I have been given a new hope. Just because I have lost my sight, doesn't mean I have lost everything."



Tickets:
01202 712864
Please quote G13
helena@dorsetblind.org.uk

CHARITY 1140321

HEALING By David Rhodes



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

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

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

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

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

Call 07581 453 750 to make an appointment or pop into The Naughty Corner Tearoom Ashley Cross, Poole BH14 0JD



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**The Naughty Corner Tearoom
Ashley Cross, Poole BH14 0JD**



Custom Made Home Improvements

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

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

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

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

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

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



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

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

Call 01202 737 555 and mention 'The Green' or visit www.customiseyourhome.com

Recipe - Toffee Apple Cake



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

Ingredients

3 eggs
200g sugar
280ml vegetable oil
2 tps vanilla extract
375g plain flour
1 tsp salt
1 tsp bicarbonate of soda
500g chopped, peeled apples
120g chopped pecans

For the toffee sauce

125g butter
60ml milk
225g brown soft sugar
1 pinch salt

Method

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

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

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



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The Modern Car Dealership

by Steve Robbins of TLR Autos

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

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

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

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

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

My top tips to consider

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



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

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

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



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Life's a Beach... wear it out!

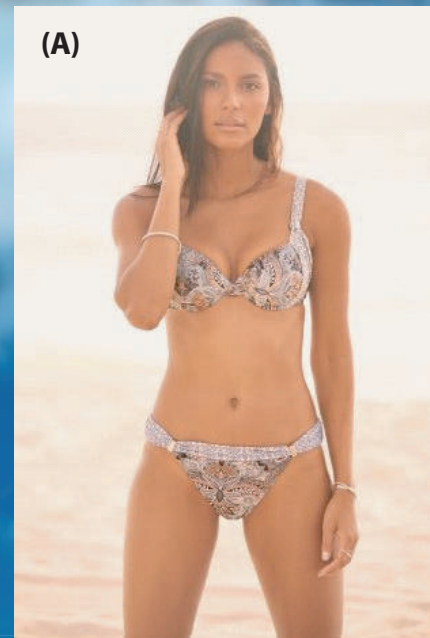
by resident style guru, Xanthe Grace

It's all about the beach 'bout the beach 'bout the beach no trouble, in my latest column. Summer is in full swing and whether you are braving the local beaches or flying further afield, a capsule beach-ready wardrobe is essential.

Here are my top picks to help you make a style statement this summer.

Starting off with the bikini options, this flattering floral bikini (A) from Next is well supported and I think is the perfect bikini shape (£26.00).

(A)



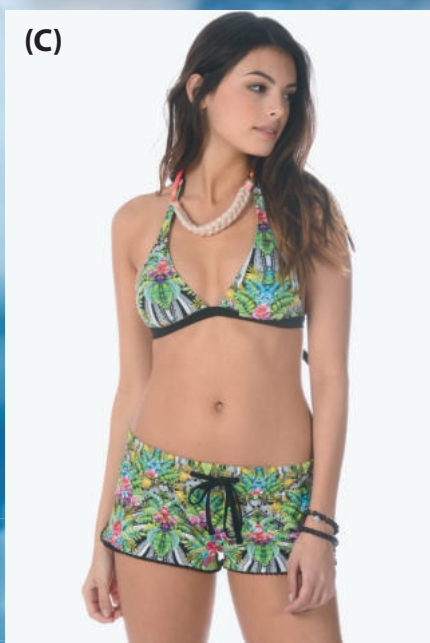
I came across Banana Moon several years ago and I just love their beachwear, it really stands out. So I am featuring several bikinis from their summer 2016 collection. They retail for around £80. This bikini (B) features a balcony style top in a pretty floral design.

(B)

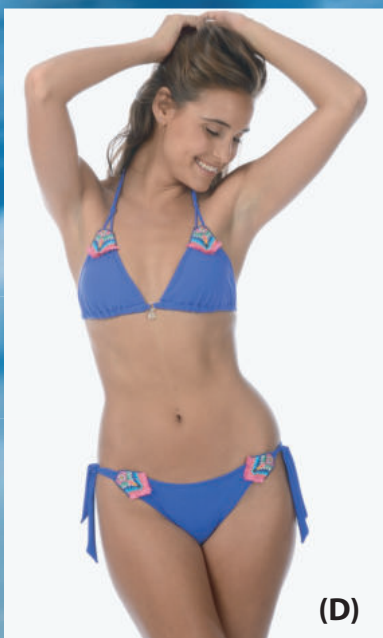


This tropical ensemble (C) features a halter-neck top with matching shorts. This striking blue bikini sums up Banana

(C)



Moon with the extra details that give them the edge. This features side ties and I love the Aztec detailing and the gold drop pendent on the front (D).



(D)

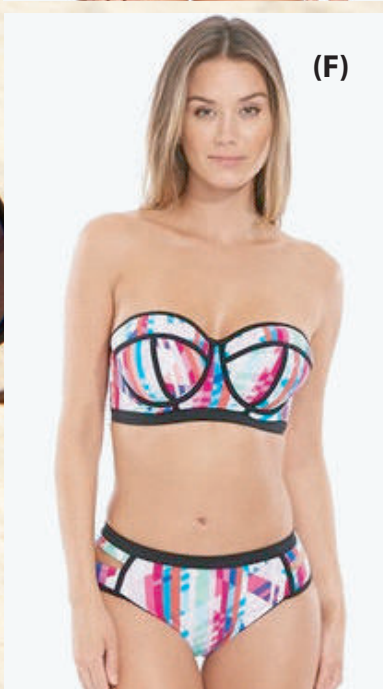
Figleaves.com are an online retailer who specialise in underwear, shapewear and swimwear. They have a vast range on their website. I particularly like this red bikini (E) from the current range (£43 for the set).

The Figleaves sale is now in full swing and this pretty bandeau set is reduced to £27.00. (F)

(E)



(F)



(G)

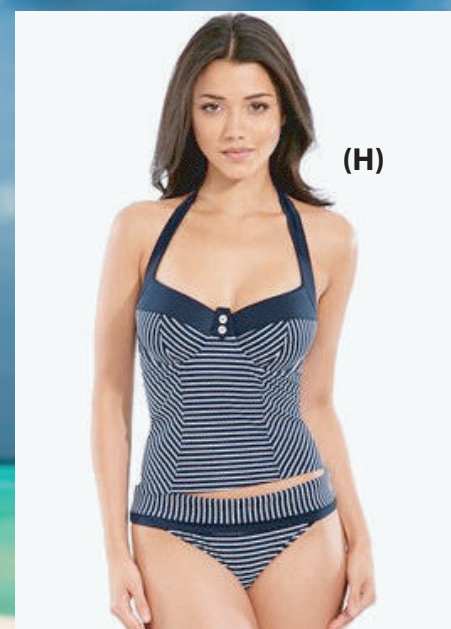


Obviously bikinis aren't for everybody, so I have tried to pick a few options which will suite different shapes and budgets.

I love this striking yet flattering Boden Santorini swimming costume (G), priced at just £47.60 in sale the sale. It features optical illusion slimming side panels and the white band around the waist has a cinching effect.

This tankini is another option if you wish to cover up a little more by the pool. This lovely two piece (H) is available at Figleaves.com for £44.

(H)



This colour block swimsuit (I) is also from Figleaves.com and is £27.00.

Seafolly is an Australian label that has been honed on sun-drenched beaches. It has a fashion forward style with innovative ranges.

This super flattering black swimsuit (J) is stunning. They don't come cheap retailing at around £116, but the design is undeniable.

Their range is available in Selfridges and also ASOS stock their designs.

(I)



(J)



Weird Fish autumn/winter '16 menswear

Cotswold-based clothing company Weird Fish has announced its autumn and winter menswear collection is now available.

The range features relaxed and easy-going clothes, designed to give that forever weekend feeling. Weird Fish believe in affordable, well-made clothes that instantly become feel-good favourites, and this season's menswear essentials include cotton shirts in vibrant flannel checks and quarter zip herringbone fleeces as well as showerproof wadded and wax padded jackets, ensuring the customer transitions into the new cooler months in effortless style.

The Hirano brushed cotton check shirt (A) is available for £35 and made with soft, thick cotton that is both hard-wearing and comfortable. The Hirano is offered in eye-catching ketchup red, dark navy and artichoke.

When temperatures begin to drop, the State quarter zip herringbone soft knit fleece (B) at £55 and the Blanc hooded fleece at £65 offer a warm and comfortable wear. The State is available in three soft seasonal tones, carbon, artichoke and thyme. Featuring two side hand pockets, elasticated draw cord and toggle at the hem.

The Boyne full zip Blended Macaroni™ sweatshirt (C) from £60 is ideal for those that enjoy exploring the great outdoors and are looking for a practical but stylish full zip sweatshirt that will stand the test of time. Made from 80 per cent cotton, it is comfortable, hard-wearing and breathable, featuring a soft and comfortable jersey lining and made from the Weird Fish iconic Macaroni™ sweatshirt fabric. The Sickie Macaroni™ sweatshirt is available in a variety of colours, with no need to ever iron it features.

Wax padded jacket, the Thunderchief (D) at £100 is set to be a bestseller this season and is available in dark navy and shale. Men can rely on a Thunderchief wax jacket for uncompromising quality and is a luxury outerwear choice.

John Stockton, managing director at Weird Fish says: "Our new collection provides the clothing essentials needed for the autumn and winter months which can present us with unpredictable weather patterns. Our ready-to-wear high-quality items provide our customers with comfort and style".

Inspired by its love of the coast and the great outdoors, the brand, which was established back in 1993, produces instantly recognisable clothing. The autumn and winter collection is available to buy nationally from Weird Fish retail stores and online. There are 13 branded stores and stockists include Debenhams, Cotswold Outdoor, Haskins and Blacks Leisure.

For more information, visit www.weirdfish.co.uk.



(A)



(B)



(C)



(D)



SSDs vs HDDs, what you need to know

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

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

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

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



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

Piqued your interest? You can read the full version of this article with 7 complete reasons on our website here:- <https://simple-pcs.co.uk/top-7-reasons-upgrade-ssd> or if you'd like to learn more, visit the **SSD Upgrades** page on our website, give our team a call on **01202 830121** or send us a message via our contact page for more info and pricing.

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IS PRINT DEAD? ON THE CONTRARY, IT'S ALIVE AND WELL AND IN YOUR HANDS!

by Neil Armstrong, Local Marketing Expert

A widely quoted and largely misunderstood phrase, 'Print is Dead' is simply not true. The phrase has been banded around in marketing and business circles, ever since the Internet became a major force some 20-odd years ago, but still print media, such as the community paper you're currently reading, continues to grow.

What is true and what can be said is that news in print is fairly beleaguered right now. We all dip into national and international news as and when we need to in a variety of ways such as 24-hour TV news channels, Internet newsfeeds and of course very 'instant' social media to catch up on what's happening. This is what newspapers used to do, and why the 'Print is Dead' phrase first came to prominence.

Since the digital age began, newspapers have suffered, as they're now not fast enough to market. By the time a newspaper prints the news, everything changes. It's a fast modern new world that simply leaves printed newspapers behind. However, where newspapers are still extraordinarily valuable is in looking at news events in much more detail and in exploring cultural and historic experiences to the benefit of the reader. In other words, it exists as a form of entertainment; rather than a source of news.

All print papers, whether local and free through-the-door such as this one, free at pick-up points or purchased at a newsagents for a cover price, all have one other advantage, which allows reading to be taken away from the millions of other messages that we receive everyday, to escape the hustle and bustle and relax and be entertained. No pop-up ads, no text alerts, no commercial breaks; just you and your paper at your leisure.

It's in this mode, that stories, editorial and advertising messages have time to hit home. Regular coverage in local papers increases brand awareness and increases advertiser return-on-investment, compared to and in association with other forms of media advertising and promotion. Print advertising supports other messages from campaigns that communicate online and underpin those messages so that brands and offers are recognised more readily.

In local paper terms, advertisers enjoy recognition within their home territory, with trust and credibility given much more credence as the message comes through-the-door in a local region where the advertiser is not just a business but a member of the community.

So, getting a local message to local people, promotes brand in a tangible and successful way, compared to campaigns that don't take in local paper advertising. This is confirmed in the findings of market-research Company Benchmarking, which has conducted a massive research project into this very subject, with findings that conclude in the fact that businesses that use print advertising as part of overall campaigns, can expect an average of 3 times more return on investment and in some cases up to 5.3 times more bang for their spend.

The full report can be found at newsworks.org.uk/effectiveness

So, is print dead? Of course not... It's an essential part of local business and local community and will continue to grow as communities grow.

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



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New ways to do business

The twenty-first century has seen businesses minimise waste, maximise revenue opportunities and learn how to increase efficiency.

Take a Tip from Airbnb

The rise of online businesses, such as Airbnb, has shown property owners how they can utilise their properties while they are away on holiday, or offer a short-term let of their spare rooms, creating a fierce low-cost competitor to the hotel industry.

Airbnb is an excellent example of the utilisation of a dormant asset (in this case property). It is a business model that serious entrepreneurs should apply to their own operational practices, to assess whether there are any aspects of their business that lie dormant and could either help them reduce running costs, improve cash flow or allow the business to run more efficiently.



Be Aware of the Power of Networks

With the advent of the ubiquitous social media network Facebook, it is becoming a large aspect of our modern digital culture that your networks are what make or break you. Yes, what you know is important. But who you know is, and, to a degree always has been, of vital importance. The power of networks is an area of growing importance in the commercial sector.

A new membership network has proved successful in the commercial sector, specialising in how businesses can sell their down-time, unsold stock or products and services. Its name is Bartercard, and it operates across 72 offices worldwide.

With over 55,000 members, this barter-based trade system allows its members to sell unsold seats or rooms in the leisure and tourism sector, or make the most of quiet periods in areas of professional services, such as accountants selling their unbooked time.

Even in specialist areas, such as the media industry, unbooked advertising space can be offered to other Bartercard members, providing a new marketing platform. The platform offers a community of potential buyers, widening the network of people who might take advantage of what would otherwise be wasted.



Support Budding Talent and Reap the Rewards

It is import to understand how best to operate as a business to be efficient, effective and deliver against the bottom line, year in and year out.

But business owners and leaders must also understand how to nurture the future of the company.

The crisis in graduate employment across the UK over the last few years has seen fierce competition for junior roles, with limited experience offered by the leagues of university graduates applying for jobs.

By offering internships, mentoring and on-the-job experience to young people, you will find you foster future talent that might prove invaluable to your business. There is a lot, especially in the digital age, that can be learnt from the young, from understanding digital and communication trends to having someone in-house who is familiar with Photoshop - not because you sent them on a training course, but by mere virtue of the fact that the up-and-coming generation are more au fait with technology.

It is a brave new world and successful businesses, which will not only survive but prosper too, must be willing to adapt.

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Win £250 worth of plants in the Lewis-Manning Hospice Trolley Dash at Stewarts



Lewis-Manning Hospice in Poole and Stewarts Garden Centre in Broomhill are organising a Trolley Dash at the Broomhill Garden Centre on Friday 30 September.

Raffle tickets are priced at just £1 each and are on sale at Stewarts Garden Centre, Broomhill or at the seven Lewis-Manning Hospice charity shops.

The one lucky winning ticket will be drawn at Lewis-Manning Hospice on Monday 26 September and the dash will take place first thing on Friday 30 September. See the Lewis-Manning Hospice website for Terms and Conditions.

David James, Corporate Relationship Fundraiser at Lewis-Manning Hospice, explained, "It's fantastic to be working with Stewarts Garden Centre this year. When we were given the wonderful opportunity to run a trolley dash at their Broomhill Garden Centre we jumped at the idea. We're looking forward to selling lots of raffle tickets and raising lots of money for Lewis-Manning Hospice."



Julia's House Chip Shop Challenge

Throughout September Julia's House is encouraging Dorset chip shops to sign up to its Chip Shop Challenge and donate 5p for every bag of chips sold.

Ten chippies have already pledged to support us so far. Participating shops will display a poster in their window so that customers will know they are helping to raise money for local families caring for a life-limited child.

Fred Capel, owner of Chez Fred in Westbourne said: "We thought it was a great idea and are delighted to be able to support Julia's House."

Other shops joining the challenge are: The Fish Place, Marlboro's, Fish and Fritz, Bennett's and The Seagull in Weymouth, Chuckles Chippy in Poole and Christchurch, Fish Tales in Boscombe, Relentless fish and chip van and Skate fish and chips of Poole.

Jacqui Greenhaf of our community fundraising team said: "We have had a great response and want to say a big thank you to the shops taking part. We hope more will come on board and spare a few pennies a portion to help us."

Any shops who would to take part in the Chip Shop Challenge should ring the community fundraising team on 01202 644220.

Talbot Heath School welcomes new Junior Head

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

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

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

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

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

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





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The importance of making a Will



Laura Edwards, Private Client Solicitor at Humphries Kirk Parkstone, explains the importance of making a Will and why you should ensure that you have one in place.

What is a Will and why should I make one?

A Will is a document that tells your family and friends what should happen to your assets after you have died. It prevents your estate being distributed under the intestacy rules and lets your family and friends know who you want to inherit your assets and possessions.

It can also assist in avoiding family disputes and reduce the costs in administering your estate, save inheritance tax, and preserve assets. Having a Will reduces some of the stress on your family and friends at a very difficult time.

Who should make a Will?

Everybody over the age of 18 should make a Will. It is also important to bear in mind the following:

Marriage – when you get married any existing Will you have is cancelled and a new one must be made (unless it has been made in contemplation of marriage).

Cohabitees – if you are cohabiting with someone, they will not benefit from your estate under intestacy rules. Therefore your Will should ensure that your partner benefits from your estate.

Children – if you have children under the age of 18 a guardian can be named in your Will. If you have not appointed a guardian then the court will decide who looks after your children in the event of your passing.

Separation/divorce – consider making a new Will if you have separated from your spouse; remember that any gift made to a spouse is no longer valid once you are divorced.

Stepfamilies – if you have remarried and want to ensure that your own children are provided for, consider including a trust in your Will so they benefit from your estate.

What if I already have a Will?

It is important to review your Will regularly. There have been a number of changes to the law in recent years, the most recent being the introduction of the Main Residence Nil Rate Band. It is therefore important to ensure that your Will is drafted in the most tax efficient way to ensure that you benefit from any of these changes.

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

Drafting your own Will can lead to mistakes and confusion. It is essential to ensure that your Will is accurately drafted and validly executed. A solicitor can assist you with this and ensure that your Will is drafted in a tax efficient way.

If you require further information in relation to Wills, please **contact Laura Edwards on 01202 715815.**

Take advantage of **Humphries Kirk's Will Week from 19 to 23 September** and make a Will during this period to receive **40% discount.**



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Do women make better decisions?

By Tara Howard, Founder of Venus Awards

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

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

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

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

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

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

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



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

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

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Tips for BETTER BOOKKEEPING

Many of our clients choose to do their own bookkeeping, saving them the cost of a bookkeeper and also giving them the freedom to immediately access figures from their own records.

Using bookkeeping software can also provide access to useful reports such as VAT Returns, Profit & Loss Accounts, Creditors (who is owed), and Debtors (who owes you). For some clients, your accountant may need to spend lots of time correcting errors or filling in missing information before accounts can be prepared, subsequently increasing fees. Therefore, by making a few simple changes to your bookkeeping practises, you might be able to reduce your accountancy costs.

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Do you...

o **Reconcile your bank account?** This is a check to make sure that all amounts going in and out of your bank account have been recorded correctly. If this is done, it will avoid your accountant having to do it for you, saving their time and ultimately your money.

o **Record enough detail on transactions?** Make sure you state the supplier/customer and details of the purchase/sale. Using only one or the other could result in extra time spent by your accountant querying vague transactions.

o **Use headings/nominal codes correctly?** Use relevant expense/sales categories, and avoid putting lots of items under a 'miscellaneous' heading.

o **Ensure all personal expenses are recorded correctly?** For example, if you buy a personal item with a business credit card, make sure it is recorded as 'private' or 'personal', and not under a business expense category.

o **Record all cash income and purchases?** This can be easily forgotten about and can be difficult to recreate later on if there is no paper trail.

o **Note the payment method?** By recording a payment method (bank transfer, credit card, cash) it will make reconciliations much easier.

o **Ensure that the suspense balance is nil?** If you're using bookkeeping software, make sure the suspense balance is nil before accounts preparation to avoid unnecessary queries.



Your accountant will still need to check over your bookkeeping before preparing the accounts, however this process is likely to be quicker if you are able to follow at least some of the tips given above.

Remember to always submit copies of VAT returns (if done by yourself or someone other than your accountant) and any finance/loan agreements to your accountant with your records.

Ask your accountant...

o **For a bookkeeping template.** If you use a template (especially if you use computerised spread sheets) that your accountant is familiar with, it is likely to take them less time to review and work with your records.

o **How to do effective bookkeeping.** Ask your accountant if they offer bookkeeping training. Training with those who will use your bookkeeping records to compile your accounts could save lots of time for both parties.

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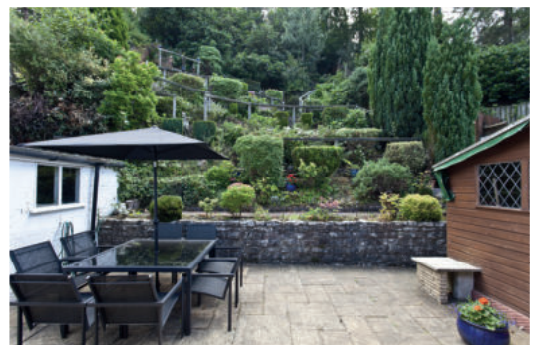


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Bishop Close | TALBOT VILLAGE

Leader & Co.



GUIDE PRICE: £260,000

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LEADER & CO EXPANDS WITH ATKINS ACQUISITION

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

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

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

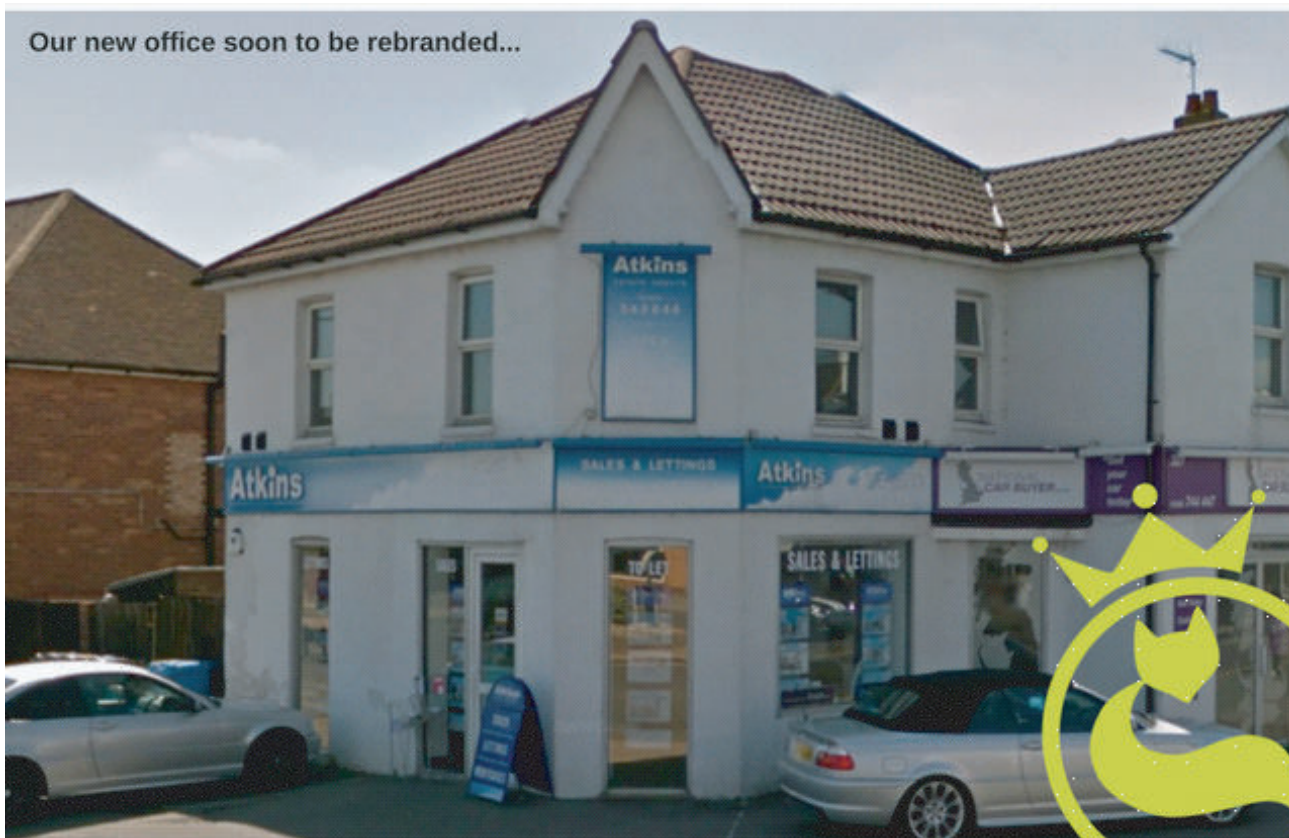
Managing director, Ryan Woolfenden, said: "This is a really exciting time for me personally as the last few months has seen our family run business grow rapidly. I'm delighted to have such a wonderful, hardworking team now operating from two offices.

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

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

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

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



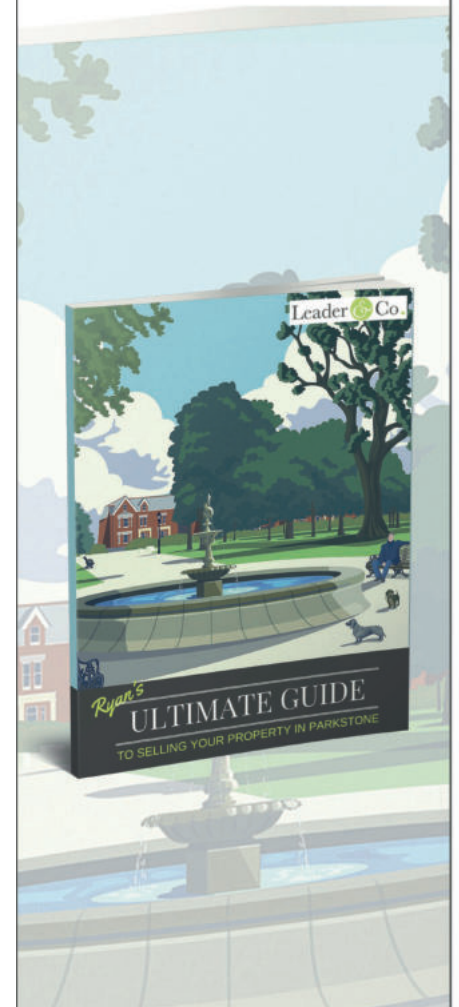
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EXPOSURE



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



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



Rio Olympian sailor, Alain Sign, visits Wave 105



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



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



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



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



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

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