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NEWS**

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WITH BARBARA COX**



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**FASHION PAGES**



*The*

# Green

Leader & Co. | Issue #10 | [leaderandco.com](http://leaderandco.com)

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



*Local Wedding  
Feature inside*

Dear readers,

This New Year's Eve, I was lucky enough to celebrate six years of happy marriage to my beautiful wife. We jetted off to Las Vegas for our dream wedding but in this issue we have stayed closer to home, featuring some of the best wedding venues in Dorset as part of our wedding feature.

Following a hedonic December, we have been enjoying a cozy January; especially the warm winter knits featured in the fashion pages of this issue. For those wishing to make some healthy changes to their diet for 2016, Barbara Cox and Lunch'd feature some nutritional, easy and delicious recipes for readers to cut out and keep.

The housing market is picking up again since the festive season and *Leader & Co* is looking optimistic for 2016, both for buyers and sellers.

We are keeping a watchful eye on the rental market, which will have more on its plate this year with the government's proposed changes to the stamp duty and tax on second homes.

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

**Ryan Woolfenden**

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



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Independent Day School for Boys and Girls 2 - 13

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#### YARRELLS WELCOMES NEW HEADMASTER

We are proud to announce that Mr Andrew Roberts-Wray BA (Hons) Dunelm, PGCE has started as Headmaster of Yarrells. He has extensive experience as a dynamic, successful prep school headmaster over fourteen years in two prep schools in Dorset and one in Dulwich, London.

Yarrells provides excellent opportunities for children to enjoy learning in an enriching environment. It is a remarkable school that delivers high academic standards within a dynamic and extensive curriculum integrating music, drama, dance, the visual arts, and sport.

The school, housed in a Georgian mansion and contemporary classroom buildings, forms a beautiful estate encircled by gardens, fields, courts, swimming pool and woodland.

There are very exciting plans for a new Early Years classroom block. Building work commenced this month and is due to be completed for September.

Yarrells provides affordable excellence. It is a very happy, nurturing environment for boys and girls aged 2 – 13 and we have so much to offer your child.

#### EARLY YEARS NEW CLASSROOM BLOCK



- Co-ed provision for 2 to 5 years old
- Nursery to Reception
- 6 classrooms and open-plan hall
- Outdoor play garden
- State of the art, eco-friendly building
- Completion target date September 2016



*Pupils thrive at Yarrells and we are ambitious for every child.*



# New Year brings the sound of wedding bells



While many assume that Valentine's Day (14th February) is the occasion when partners are most likely to get down on one knee, it is in fact the fourth most popular day after Christmas Day and New Year's Eve, according to a recent survey carried out by Facebook.

By looking at when its users change their status to 'engaged', the social media giant reported that the most popular days of the year for popping the question were Christmas Eve and Christmas Day, followed by New Year's Day and then Valentine's Day.

Therefore New Year brings with it the perfect opportunity for all those newly engaged couples to begin the wedding planning journey. Luckily in Dorset there is an abundance of beautiful, unique venues coupled with top-notch suppliers. From stunning views of the sea to breathtaking countryside locations, Dorset has it all when it comes to planning a dream wedding.

Ian Hamilton, one of the areas most popular wedding photographers comments: "I may be biased, having lived in the area for most of my life, but I really do believe that Poole is a terrific place in which to hold your wedding.

Whatever style of wedding; religious or civil, whichever reception venue, it's never far away from the sea or spectacular countryside. There are some terrific venues available, from small bijoux hotels for the more intimate wedding, to waterside hotels where you can watch the world go by. There's even a touch of Italy available as well!"

A location that Ian knows well is the fabulous *Hotel du Vin* Poole. Situated in the picturesque location of Poole Quay and seeped in seafaring history, it provides the perfect backdrop for weddings, civil partnerships and reception. With three rooms on offer, catering for party numbers from eight to 90, *Hotel du Vin* offers couple luxury dining options and of course its renowned wine cellar selection.

*Harbour Heights Hotel* sits elevated over the renowned Sandbanks Peninsula, offering a stunning backdrop for weddings. Couples and their guests can enjoy a private terrace whilst admiring the breathtaking panoramic view of Poole Harbour, Brownsea Island and the Jurassic Coast. With the options of an indoor or outdoor ceremony, up to 100 guests can be catered for at this well-loved Sandbanks establishment.

Moving from sea to river, perched on the Stour, *Captain's Club Hotel* is the perfect setting for a modern wedding. The Christchurch-based hotel and spa offers a unique collection of bespoke wedding packages. The private terrace overlooking the River Stour provides the perfect 'wedding album' setting. Not only is the location unique, the hospitality and food prepared by top chefs is a delicious treat for all guests.

A hotel setting for a wedding isn't every couple's ideal and new venue, *Baillie House*, located in Sturminster Marshall offers something a bit different. Launched by *Jane Jones PR* and *Patricks Restaurant, Bar and Event Catering*, *Baillie House* is set in beautiful gardens and makes the perfect place to host the big day.

"Wedding trends have changed over the years, with couples searching for their own, more relaxed, tailor-made day. For *Jane Jones PR* and *Patrick's*, the most important part of wedding planning is that the couple really feel as if the day is their own, which means that it fully incorporates their own ideas. To help nurture this, every couple will have a wedding planner on hand to take care of things every step of the way!" Says Jane Jones, CEO of *Jane Jones PR & Events*.

Nestled in four acres of beautiful Dorset parkland, *Parley Manor* is a secluded Georgian Manor House. It succeeds in making guests feel like they're escaping to the heart of the countryside. Grand yet inviting, the Manor House will add a touch of splendour to an unforgettable wedding day.



The traditional English gardens play a pivotal role in the making of a perfect wedding day, the immaculately kept lawns of the estate act as a private sanctuary. Both the wedding breakfast and evening entertainment can be enjoyed in a luxurious marquee that can accommodate up to 150-seated guests and 200 guests for the evening reception.

One of the South's most prevalent wedding venues, *The Italian Villa at Compton Acres*, has the grandeur and scope to host the most memorable day. Set within the beautiful gardens and grounds of *Compton Acres* in Canford Cliffs, *the Italian Villa* is available for exclusive wedding venue hire.



Accommodating up to 250 guests with ease, this magnificent location leads directly to the enchanting Italian Gardens of *Compton Acres*. Symmetry and an elegant formality are the prime characteristics of the Italian Garden, which is arranged around an ornamental lake, with its carved stone fountains, exquisitely coloured water lilies and flashing shoals of Koi Carp to delight the eye, providing an idyllic backdrop for photographs.

*The Italian Villa*, was named Wedding Venue of the Year (Town/City) at the National Wedding Industry Awards. Managing director Tony Beales collected the award from Sky News presenter Isabel Webster and awards founder Damian Baily at the Cafe de Paris in London's West end.

The venue received a record number of votes from brides and grooms who had been married there in the past 12 months, with more than 150 weddings taking place there in 2015.

Whether the date be set for 2016, 2017 or beyond, now is the time to get planning, especially if you want your wedding to take place at an award-winning local venue on that special date you have in mind!



#### Contact details:

[www.hotelduvin.com/Poole](http://www.hotelduvin.com/Poole)  
[www.fjbhotels.co.uk/harbour-heights-hotel](http://www.fjbhotels.co.uk/harbour-heights-hotel)  
[www.captainsclubhotel.com](http://www.captainsclubhotel.com)  
<https://www.facebook.com/bailiehouseweddings/>  
[parleymanorweddings.co.uk](http://parleymanorweddings.co.uk)  
[www.the-italian-villa.co.uk](http://www.the-italian-villa.co.uk)

For further information about Ian Hamilton photography, please visit: [www.ianh.co.uk](http://www.ianh.co.uk)

Date for the diary:

Baillie House wedding event:

Jane Jones PR and Patrick's will be hosting a special Wedding Fayre on Sunday 31st January, from 11am – 3pm. Eventgoers can see not just what the venue has to offer but also meet some of the fantastic wedding suppliers, from invitations to bridal gowns, entertainers to photographers, every component needed to plan a dream wedding will be there.

Free entry.

For more details about the Wedding Fayre, including the suppliers, visit: <https://www.facebook.com/bailiehouseweddings/>

BIC Wedding Show:

Taking place from 19 until 21 February 2016 at the Bournemouth International Centre

Ticket Prices

£2.50 – £4.00

Find out more: [www.bic.co.uk/whats-on/bic-wedding-show-2016](http://www.bic.co.uk/whats-on/bic-wedding-show-2016)

Lighthouse Poole Arts Centre Wedding Exhibition:

21 February 2016

Admission: £2 admission or for your FREE admission voucher email: [tammy@weddingdaze.co.uk](mailto:tammy@weddingdaze.co.uk)

Fashion Shows at 12pm & 2pm

Featuring 85 local wedding suppliers

Captain's Club wedding open days:

Captain's Club's two wedding open days will take place on Sunday 24th January and Sunday 20th March, between 12 pm and 3pm.

For more information and to pre-register for the events you can email Cheryl Davies at: [cheryl@captainsclubhotel.com](mailto:cheryl@captainsclubhotel.com)



# WEDDING NETWORKING EVENT

**Balloon A Room** would like to invite you to attend a fantastic networking event bringing together brides, grooms and wedding suppliers from across Dorset and Hampshire.

The event will take place on the 4th of February between 4 and 8pm at the exquisite *Italian Villa, Compton Acres, Poole*. Offering bridal couples and regional wedding suppliers a great opportunity to meet, form all-important contacts and share ideas from within the wedding industry. Attendees will be well looked after with award-winning canapés from **Beales Gourmet** and a glass of bubbles upon arrival!

There is also the chance to see all the fabulous wedding items **Balloon A Room** has to offer, from balloons, sweet carts to attendants gifts, centrepieces and more.

**Event location:**  
The Italian Villa  
Compton Acres, 164 Canford Cliffs Road,  
Poole, Dorset BH13 7ES

TO RSVP EMAIL [contact@darrennortheast.co.uk](mailto:contact@darrennortheast.co.uk)

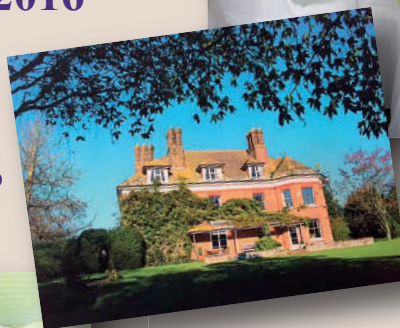


## Bailie House Wedding Open Day

**Sunday 31st January 2016**  
**11am until 3pm**  
**At Bailie House,**  
**Sturminster Marshall,**  
**Dorset BH21 4AE**



**Free Entry**



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Contact Holly or Patrick on 01202 734000  
or email [info@patrickscatering.co.uk](mailto:info@patrickscatering.co.uk)





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[www.tigerlilly.me](http://www.tigerlilly.me)

 Tigerlilly Nails



# Centre Stage at the Lighthouse



Centre Stage School of Dance and Performing Arts has announced details of its largest and most ambitious production to date, as they present an adaption of C.S. Lewis' children's classic 'The Lion, The Witch and the Wardrobe' at Lighthouse, Poole's Centre for the Arts on April 16th – 17th.

The Parkstone-based school, which has secured the rights from the C.S. Lewis estate to stage the show, promises a magical and spectacular interpretation of this timeless adventure that will include all 400 students, aged 4 – 18, from the school and feature music, dance and drama.

The Lion, the Witch and the Wardrobe, the first of C.S. Lewis' Chronicles of Narnia, has been one of the most popular children's books since it was first published in 1950. Centre Stage's production will faithfully recreate the tale of Aslan the great lion, his struggle with the White Witch, and the adventures of four siblings who wander into an old wardrobe that yields a passageway into the mysterious realm of Narnia.

The Lion, The Witch and The Wardrobe is on at Lighthouse from Saturday 16th – Sunday 17th April, with performances at 1pm and 7pm on Saturday and 2pm on Sunday. Tickets are priced £15.50 for adults with concessions for Seniors & Children (U16's) or a Family Ticket for £54.

**To book visit**  
**[www.lighthousepoole.co.uk](http://www.lighthousepoole.co.uk)**  
**or call Lighthouse Ticket Office**  
**on 01202 280000**

## 50% discount on 'Model Sessions' at *Tigerlilly Nails*



Award Winning *Tigerlilly Nails* in Westbourne kicks off a super stylish 2016 promoting an eight weeks series of 'Model Sessions'.

With two extra talented technicians recently joining the busy nail salon, *Tigerlilly* invites new local ladies to enter their world of beautiful nails and toes. Throughout February and March new clients can book in for a 50% discount with Sofia and Amy. Call the salon on **01202 751458** and request a 'Model Session'.

Treatments include: Acrylic Extensions, Overlays, Infills, French Infills, Manicures, Pedicures & Gel Polish/Shellac. All super cool designs & special *Tigerlilly* nail finishes are included in this offer.

With over 500 enthusiasts regularly visiting *Tigerlilly* your nails and toes are definitely in great company. The stylish salon, warm welcome, excellent Nespresso coffee and consistently fabulous nail designs certainly go down well with most of the in-the-know local ladies.

If you want to check out what exotic design treats may be in store for you when visiting *Tigerlilly* go and check out their Facebook page [www.facebook.com/tigerlilly.nails](http://www.facebook.com/tigerlilly.nails)

The specialist nail design work regularly on display at *Tigerlilly* is nothing short of sensational, from the recent David Bowie tribute designs, to the Lion King inspired work, classic designs with rose patterns through to spring flowers, subtle French overlays or try out the latest Cats Eyes Gel Polish...

**Whatever you can imagine, dream or wish for...*Tigerlilly* creates for you.**  
**Award Winning Nails – For everyone. Including you...**







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# Jason Miller

**The Green caught up with joint winner of The Poole Open and local artist, Jason Miller.**

Jason started an art history degree in the eighties, in the nineties studied stone carving at Weymouth College, in the 'noughties' took an Art and Design BA at Bournemouth University and ended up working at Bournemouth and Poole College in the art department until 2012.

He comments: 'My final degree show at Kube caught the eye of the owners of *Harris Interiors Gallery* which was in Ashley Cross at the time. They offered to give me a solo exhibition in 2013 that went very well. I have been working full time at art ever since.

"My work is abstract paintings. I tend to do a lot of watercolour studies on paper and make larger works on canvas or sculpted wooden panels. I am interested in colour and light and I'm inspired by the local environment, particularly the sea."

Jason states his main influence as the Canadian painter *Agnes Martin* and his work was recently exhibited in London in an exhibition called, 'Lines for Agnes' featuring British artists concerned with her work. Comparisons can also be drawn to other contemporary artists such as *Patrick Heron*, *Gary Hume*, *Howard Hodgkin* and *Sean Scully*.

Conveniently located in a studio in Ashley Cross, Jason says: "The walls (of my studio) are white, the light is lovely. I generally have a cup of green tea to hand and typically listen to BBC Radio 6 all day."

His most recent accolade, The Poole Open, is a competition created and hosted by Poole Museum inviting UK artists to make work which related to exhibits at the museum. 67 artists were exhibited from more than 200 entries and the judging panel included *Alison Bevan*, the Director of the Royal West of England Academy.

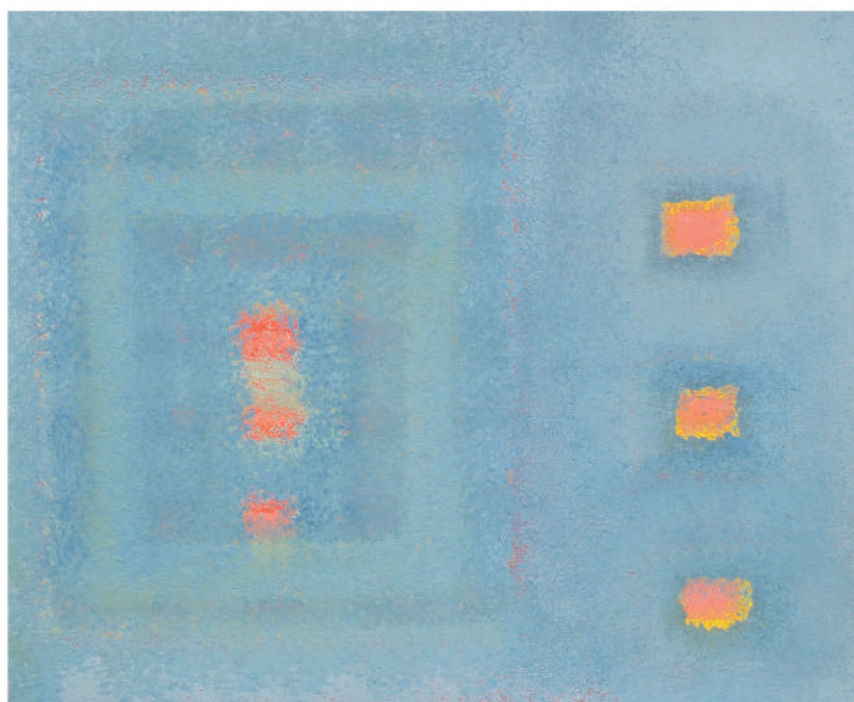
Jason says of his win: "It was a great boost to win it together with *Kerry Fairclough* who also trained locally though no longer lives in Dorset. I am keen to make my career work without having to move away from Poole, so to win in my home town and get the opportunity to work with the museum was great."

Jason has just completed a project called, 'Exploring Spirituality through Art' for Poole Council and local faith charities in which he created a suite of paintings responding to the art created by participants in over thirty community workshop events. He will be exhibiting at Poole Museum from the 8th of January until the 6th of March with *Kerry Fairclough* to celebrate the win of The Poole Open.

**To find out more about Jason Miller and his events, exhibitions, sales and other information please visit:**  
[www.jasonmillerart.co.uk](http://www.jasonmillerart.co.uk)



**Jason Miller at the Poole Open**





# Sleep your way to better health

Getting a good night's sleep in the right kind of sleep environment can help with everything from recovery and rehabilitation to weight management and memory function. The health benefits of adequate rest are much more than skin deep...



During sleep, hormones are released to carry out important restorative functions such as muscle growth, tissue repair and protein synthesis. As a result, consistently gaining a full night's sleep can improve recovery after exercise and reduce rehabilitation time after injury.

There is also data to suggest that physical performance can improve, too, with studies demonstrating significant improvements in sprinting, strength, power and even co-ordination.

In contrast to this, sleep reduction can negatively affect the human body and mind. The accumulation of fatigue has been found to increase recovery times and susceptibility to injury, whilst impairing judgment, decision-making skills and reaction speeds.

But it is the long-term implications that are perhaps most concerning. Research has shown consistent links between sleep deprivation and health problems such as heart disease, obesity, depression, memory loss and a reduction in the effectiveness of our immune system.

In the UK, we spend roughly a third of our lives in bed. So making sure that we create the right environment for sleep is hugely important. The sleep environment includes light, noise, room temperature, bed base, sheets, pillows and, most importantly of all, a comfortable mattress.

The Chartered Society of Physiotherapy and Chiropractic Patients Association back Mammoth's Medical Grade Foam mattresses which feature technologies clinically proven to improve sleep. In trials carried out at Northumbria University's Centre for Sleep Research, the mattresses were found to help people fall asleep 29% faster, sleep 7% more efficiently and find sleep 21% more enjoyable than memory foam or traditional sprung mattresses.

Through extensive scientific research mattresses are now able to achieve a relaxed, pain-free state through a precise balance of pressure relief, postural support and temperature control. In fact, tests carried out by independent research and product testing organization SATRA found Mammoth's mattresses to achieve 46% greater pressure relief and 69% faster cooling than a standard memory foam surface. This outstanding performance can help to reduce muscle and joint pain, support recovery after exercise and even shorten rehabilitation time after injury.

**The Mammoth mattresses are clinically proven mattresses and as such the only ones to be recommended by Physiotherapists. If you would like to find out more about the importance of quality sleep and try out the mattress for yourself then please Join Linda White and BWT Physiotherapists for a 'snooze' at their Sleep Open Day – at the Ashley Cross Clinic on Thursday 4th February 10am – 8pm.**

**At 6pm Barbara Cox (Nutritionist) and Kristian Lees-Bell (Hypnotherapist) will give a talk on how best to prepare yourself for the perfect night's sleep.**

**Visit [www.bwtphysio.co.uk](http://www.bwtphysio.co.uk) or call 01202 749514 for more information.**



## Whitby Family Adventure at Compton Acres!

The Whitby Family were the lucky winners of a competition recently held in The Green (issue #8) to win a Family Day Pass to Compton Acres along with a delicious Afternoon Tea.

Grandma Jean, Mum Julie and her children, Jack and Lily, had a wonderful day exploring the colourful gardens, playing with it's many statues and indulging in the Café and Tearoom's scrumptious cakes and sandwiches!



Julie said: "I work at NatWest, Canford Cliffs Village and had never really spent any time at Compton Acres aside from watching my children's Carol Recitals there when they attended Courthill Infant School. Since my visit I have been recommending the Cafe and Tea Rooms to my customers, it was a wonderful Afternoon Tea - the Chef's special of Raspberry Lemonade went down very well with Jack (11) and Lily (7). My Mum, Jean, also came with us and thoroughly enjoyed herself too."



We explored the gardens and are really looking forward to going back in the spring / summer. In particular I would love to enjoy some coffee and cake at the HarbourView Cafe which was closed due to the season, however the views were still amazing. The staff that were working that day were all very friendly and welcoming (I feel I should be doing this as a Trip Advisor review lol).

A wonderful prize which has opened up our eyes to a beautiful place on our doorstep - thank you!"

**To find out more about Compton Acres and start your own adventure visit: [www.comptonacres.co.uk](http://www.comptonacres.co.uk)**



# WIN

## Rainbow Recipes

signed by Barbara Cox



The Green is offering you a chance to win a signed copy of the fantastic *Rainbow Recipes* book by renowned nutritionist Barbara Cox.

*Rainbow Recipes* is a vibrant guide to eating fresh colourful foods which will get you feeling fit and fantastic.

Based on the 'Rainbow Diet', it has inspired people around the world to change their lifestyles, heal their bodies and get passionate about using the right natural ingredients. The lucky winner will also receive a one to one session with Barbara herself, where she will give bespoke nutritional advice and your very own dietary plan.

To enter, simply email us to our usual address [thegreen@villagemags.co.uk](mailto:thegreen@villagemags.co.uk) quoting 'Rainbow Recipes Competition' in the subject line, followed by your name and contact telephone number.

**Terms and conditions:** Prize cannot be swapped for other services or monetary value. Prize is not to be used in conjunction with any other offer. Competition closes on *March 1st 2016*.



## Two Rainbow Recipes for you!

by Barbara Cox

### Rainbow Chai

One of my favourite ways to boost the immune system in the colder months is to replace caffeinated drinks with a warming (Ayurvedic) Indian Chai with immune boosting properties.

#### Chai recipe

1 cinnamon stick (cinnamon is anti-microbial)  
 5 whole cloves (cloves are anti-viral and good for the respiratory system)  
 5 whole cardamom pods (aid digestion)  
 1 teaspoon fennel seeds (fennel is anti-bacterial)  
 1 inch fresh ginger cut into chunks (warming for body. Add ginger when cooking)  
 3 cups water  
 1 de-caf tea bag  
 Splash of milk (almond or hazelnut milk)  
 Sweet Freedom (to sweeten, optional)

#### Directions

Boil together in a saucepan for 10 minutes. Add milk and Sweet Freedom to sweeten.

### Barbara's Rainbow Granola

#### Ingredients

150g oats  
 20g Chi coconut oil  
 60ml Sweet Freedom syrup  
 50g pumpkin seeds  
 50g sunflower seeds  
 30g flaxseeds  
 100g Brazil nuts  
 50g dried goji berries  
 70g dried cranberries  
 1 vanilla pod – de-seeded

#### Directions

Preheat oven to 180°C  
 Mix all ingredients together and toss until fully coated with coconut oil and Sweet Freedom  
 Spread mixture on a baking tray with grease-proof paper lining. Bake for 10-12 minutes. Break apart after baking into bite-size chunks. Store in an airtight container for 2-3 weeks.





## Whatever your sporting resolution... The West Hants Club is with you from the start

With the over indulgence of the festive period still haunting our waistlines and New Years resolutions not yet broken, January and February are the key times of the year when everyone promises to get fit.

Facebook statuses are filled with images of green juices and declarations of 'heading back to the gym... ouch' – but sadly too often, the 'New Year, New You' health kick loses momentum shortly after the Christmas decorations have been taken down.

By setting a target or goal to obtain by a certain date, the likelihood of achieving such is significantly higher. Signing up for an event such as a half marathon, charity run, Tough Mudder or even (dare it be mentioned) Iron Man means there is something tangible to train for and a no excuses attitude can ensue.

*The West Hants Club*, located in Talbot Woods, offers its members the chance to train for a sporting event with experienced personal trainers who can help you achieve goals. The Club is not affiliated with any events so members will receive impartial advice to decide which is the best route for them to take.

The fully equipped, air conditioned gym, featuring top of the range machines and facilities offers members the ideal environment to nurture fitness and train for sporting events, no matter how big or small. There is also a heated indoor pool plus a full time table of studio classes offering something for everyone from Les Mills Body Pump, spinning, and CrossFit to the calm relaxation of Pilates and Yoga. With no contracts to tie members in, *The West Hants Club* offers flexible packages to suit all lifestyles.

*The West Hants Club* is hosting Open Days on Saturday 6th & Sunday 7th February - non members will be welcome to look around the Club and exclusive joining offers will be available.

For more information, please call 01202 519455 or email [info@westhants.co.uk](mailto:info@westhants.co.uk)



### THE WEST HANTS CLUB

FITNESS . RACKETS . HEALTH

## Whatever your sporting resolution

We're with you from the start

Joining offers running throughout January  
and no fixed contracts. Find out more at:

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

Open Days 10am to 1pm  
6th and 7th February 2016





# The nations favourite seafood chef casts his net to Sandbanks

Rick Stein's love affair with Sandbanks began back in 1999 when he filmed *Seafood Lovers' Guide to Great Britain and Ireland* and hoped to open a fish and seafood specialist restaurant in the location ever since.

Now a reality, adding to the ever-growing portfolio of the self-named restaurant, Rick Stein has completely transformed the location from previous occupier Café Shore.

The opening has been a family affair for the Stein dynasty, with Jill Stein and Rick's and daughter-in-law designing the stunning interior, while Rick and son Jack focus on their attentions on the kitchen.

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

With a selection of both hot and cold starters on offer, The Green sampled one from each, the SAUTEED SQUID, deliciously tender and spicy, and the SASHIMI OF SCALLOPS, SALMON, TUNA AND BASS, which was incredibly fresh and melted in the mouth.

For mains, the COD AND CHIPS was a winner, accompanied by home made mushy peas and tater sauce! The GRILLED MISO SALMON with rice noodles comes highly recommended but we do recommend a side of vegetable to go with this, the Kale with confit garlic went particularly well.

Do save room for pudding! The CHOCOLATE PAVÉ with salted caramel ice cream makes a great sharing option as it is decently rich. While the on trend Riz au lait hits the spot for those that love classic with a modern twist!

*by The Green Editor, Gracey Williams*



Food: 5/5  
Ambience: 4/5  
Service: 5/5  
Would recommend to a friend? YES!

Address: 10-14 Banks Rd,  
Sandbanks, Poole  
BH13 7QB  
Phone: 01202 283000  
[www.rickstein.com](http://www.rickstein.com)



## Rosemary roasted parsnip, balsamic onions & goats cheese salad

Recipe by Oli Perron  
head chef  
[www.lunchd.co.uk](http://www.lunchd.co.uk)

**LUNCHD**  
Don't lunch out  
Feeds 2



Our Winter salad of rosemary roasted parsnips, brown rice, sweetcorn & balsamic red onions with goats cheese and watercress is a favourite with our customers and perfect for lunch.

This has all the oomph of a Sunday roast, but in a healthy salad. Choose Halloumi or Chicken, marinating overnight if you have time to.

The rosemary roasted parsnips, BBQ chicken with creamy goats cheese, slow fried sticky balsamic red onions served with zingy watercress will power you through any wintery afternoon.

### Ingredients

Balsamic glaze, (a great kitchen addition, it's thicker than normal dressing, and found everywhere now)

2 tablespoons of Reggae Reggae sauce

1 Chicken fillet cut into strips

2 Parsnips - peeled and rough chopped

1 handful of fresh Rosemary chopped

2 Red Onions - peeled and thickly slice

1 teaspoon of stock

1 tin of Sweetcorn

2 cups full of Brown Rice

A handful of Watercress

Goats cheese to crumble at the end.

Coriander to top

### Timings

The onions should be done first 10mins

Chicken 20 mins later

Rice 25 mins later

Parsnips 30 mins

### Steps

1- Marinate your chicken in Reggae sauce and leave overnight for max flavour.

2- Turn oven to 180 degrees and preheat a lightly oiled baking tray for the parsnips.

3- Boil the kettle for the rice, rinse rice then simmer with a teaspoon of stock, add a sieve/colander at the top of the pan to steam the parsnips at the same time as doing the rice.

4- Once steamed put parsnips aside to cool off, then add to the oven on your preheated oiled tray along with the chicken, rosemary and seasoning,

5 - Keep the rice on the boil until tender.

6 - Add a teaspoon of veg oil & fry onions with a high heat in a heavy based frying pan. Then add the balsamic glaze halfway through and stir. Lower the heat & slow cook until brown and sticky.

### Finally

Mix everything together, including the drained tin of sweetcorn, & tear up a handful of watercress. Lay on your chicken and break up pieces of goats cheese to top. Drizzle with olive oil, season then finally a touch of balsamic glaze, a handful of coriander & a squeeze of lime will bring the dish to life!

Can't be bothered to make this for lunch? Let us do it for you [www.lunchd.co.uk](http://www.lunchd.co.uk)

## Coach relocates from London to Poole



Helen Gormley has relocated with her family to Poole, from London and is looking forward to exploring the area. As a Director of *Helen James Associates* and *Hypnotherapy for Dynamic Change*, Helen is excited to move her consultancy and coaching practice to Poole, Bournemouth and the surrounding area whilst still maintaining a presence in London.

Helen has a proven background in psychology, education, research, consultancy, coaching and hypnotherapy working in the UK and overseas. Her work over the last twenty five years has provided an exciting opportunity to work with organisations and individuals. Helen is a qualified teacher, researcher, coach, cognitive behavioural hypnotherapist, mindfulness teacher, EFT and NLP coach.

Her approach is to educate, explain, energise and empower her clients to be happier and flourish in their lives working with adults and children. She offers a solution focused, evidence based approach bringing together the therapies mentioned and also latest research from neuroscience, growth mindset and positive psychology.

One of her passions is education and learning, her work with teachers and young people spans over twenty years including charity work. Helen has an innate knowledge of how people learn at their best and how they can enjoy living more in the moment with the ability to identify some of the critical success factors that young people need moving forward. 'Students are at a vital stage in their life and so need tools that will enable them to develop an integrated approach to their life and future journey.'

Helen works with organisations, adults and children on a broad range of areas from: anxiety, depressive symptoms, stress, exam performance, habits, high blood pressure, progression, public speaking, sports performance, weight loss and wellbeing.

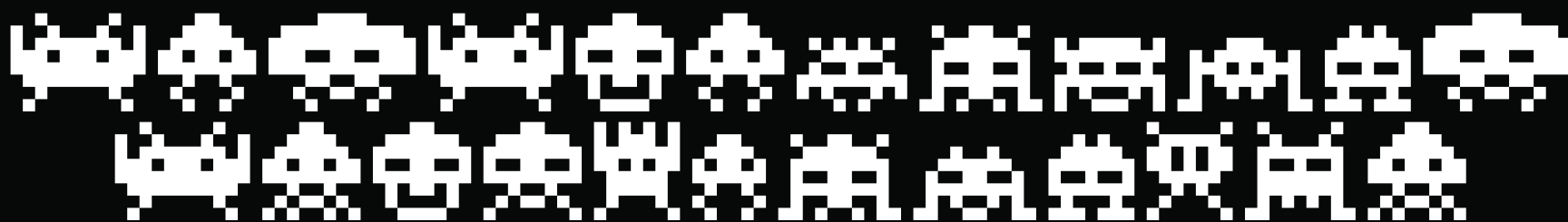
To find out more visit

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

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Local people want to buy from local People. They're much more likely to do that if they know you exist and can come to see you rather than communicate online - its a fact!

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**10,000 'Through-the-door' distribution**

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Whitecliff & Penn Hill.**



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## Local singer celebrates AFC Bournemouth with charity single

A song dedicated to AFC Bournemouth and its fans has been released. The track, entitled 'Never Give Up', has been written and recorded by Bournemouth based singer/songwriter Chris Manning, who is donating all proceeds from the sale of the single to Lewis-Manning Hospice in Poole.

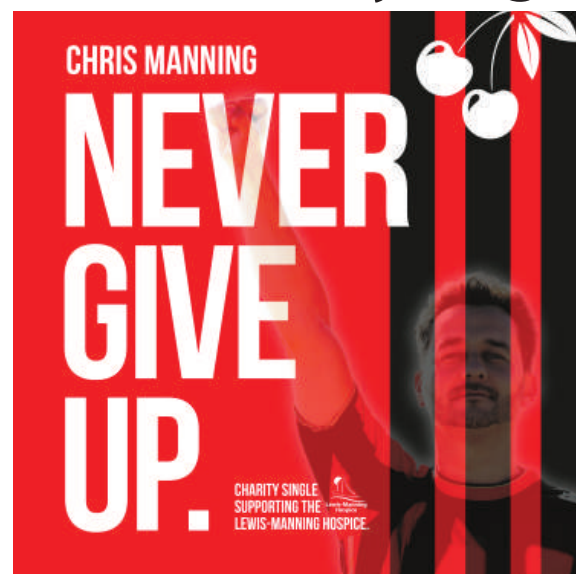
Chris, an accomplished and well-known local entertainer, wrote 'Never Give Up' having been inspired by the Cherries near demise and subsequent rise to the pinnacle of English football's elite. The song captures the spirit of AFC Bournemouth's determination, not only to survive in league football but to fight their way all the way up to the Premier League.

Chris took it upon himself to write and perform the song, which is available now on iTunes, and raised funds from local businesses to pay for the the filming of the music video, which got its first showing on ITV's Meridian News following AFC Bournemouth's historic win at Premier League champions Chelsea before conquering Manchester United at home 2-1.

Chris was thrilled to receive huge praise and support from Saxe Coburg and Lovett International's MD Max De Kment, who has championed the song from the minute he first heard it and is also featured as the sports commentator in the video. Other local businesses that have supported the project include, The Rope & Anchor Pub on Poole Quay, Premier Sports Solutions, Play Gold Bournemouth, Aruba / Westbeach, CANVAS Loft Bar and NVS Media. After a recent visit to the Hospice Chris has said, "I'm thrilled to have been able to create and write a song that not only represents and celebrates the historic success of my local football club but it was also an opportunity for me to remind all of us all to never give up on our own personal hopes, dreams and life aspirations."

Maria Tidy, Fundraising Manager at Lewis-Manning, said, "We were really touched when Chris said he wanted to support the hospice. We laughed about the 'Manning' connection but Chris said he actually choose us because he had heard so many people in the community comment about the wonderful care we give to people locally.

The project ticks all the boxes in terms of Chris' love of football, singing and song writing and for AFC Bournemouth and we urge as many people as possible to download the single for Christmas. Hopefully the song will give the Cherries and their fans the boost they need and at the same time raise some money for us to continue to help people with cancer and other life-limiting illnesses."



The song is available now to order on iTunes.



Chris Manning (centre) at launch  
(Photo credit Nick Free)

## Helping you get back to life

A simple slip on a nursery slope left Jenny in a lot of pain, with neck and shoulder injuries. Following intensive specialist Physiotherapy treatment and exercise rehabilitation from the team at **bwt**, Jenny is now pain free and back on the piste!

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# Cashmere Crazy

by resident style guru, Xanthe Grace

In this edition of The Green we are going cashmere crazy, despite the fact that so far this winter we have seen temperatures more akin to springtime. So the need to pull on the extra warm layers hasn't arisen yet. However surely this will change at some point.

As much as I love warm weather, there is nothing more beautiful than a walk along the beach on a crisp winter's morning. With the right warm clothing it is an invigorating experience. Therefore this edition I am focusing on how to keep warm when those chilly days finally arrive.

When it comes to knitwear, nothing says luxury like cashmere. However these days there is a vast array of options. Shops from Tesco, John Lewis and M & S to upmarket retailers such as Brora, N Peal and Berk are all selling vibrant and soft knits.

Cashmere is not the preserve of the super wealthy these days and surprisingly can be found in the same place you buy your bread and bananas.

The country's largest food retailer Tesco, sells cashmere and this lovely purple jumper (A) also comes in a variety of colour options and is a wallet-friendly £30.

Marks and Spencer has some surprisingly fashionable options and I particularly liked this ribbed funnel neck sweater £60 (B).

Uniqlo is known for its affordable selection of everyday mix and match basics in a variety of colour palettes. This cowl neck sweater was a stand out item for me and is priced at £69 (C).

I am a big fan of The White Company, it is understated, yet sophisticated. I particularly liked this white cashmere sweater. It is on sale at £124 (D). This unusual poncho by Pure Collection was rather eye catching at £149 (E).

This Boden hoodie is an unusual take on cashmere. It is currently on sale for £119 (F).

The Pure Cashmere company which advertises prolifically in Sunday newspaper supplements is also available in John Lewis and this gorgeous turtle neck jumper with the high low hem caught my eye. It is £349 (G).

When it comes to high-end cashmere there are several great Scottish companies whose names are synonymous with the fabric. Ballantyne, was for many years regarded as a premium cashmere brand but sadly went into liquidation in 2013. However Brora, N Peal and Berk still produce luxurious and reassuringly expensive pieces. This Brora Gauzy long cardigan is just beautiful and with the additional accessories is enough for me to wish that the cold weather would arrive immediately. Price point is £315 (H).

If you want to blow the budget then there is Berk Cashmere. Described as having 'insouciant elegance' it is spun exclusively in the Scottish Highlands and is regarded as having the softest touch. This cardigan costs £675 (I).

Finally back down to earth if you just want a little luxury on your feet then you could do worse than these cute bedsocks. £35 from the White Company (J).





# Men's Fashion

by resident style guru, Xanthe Grace

According to *Mintel*, the market research organisation, menswear sales are predicted to reach around the £14 billion mark in 2016.

It is big business these days and the autumn fashion shows of 2015 provided a clue as to what trends will be big in 2016. If you want to be style savvy this year then these are the key trends to look out for and if you are really quick you can even pick up some bargains in the sales that will see you through.

The key fabric is going to be suede with Dunhill, Belstaff and Gieves and Hawkes all featuring it in their shows. Carrying on from the popularity of the seventies vibe from last year, it is actually the perfect summertime material.

This version from All Saints has a biker jacket influence and is £328 (A). Mango's version has more of a bomber jacket feel to it and is £119 (B). Zara's version is in black and its styling is reminiscent of a denim jacket. It is £79.99 (C). This grey version is from Reiss and retails at £295 (D).

For me the best version was from Topman, I just love the colour and style. It is a classic that will see you through for many years. It is £150 (E).

If you want to inject an immediate update to your wardrobe then adding green is the smart choice this spring. Retailers will be offering the whole spectrum of colour and it is up to you to decide how brave you want to be.

Green coats should be treated with caution to avoid the Liam Gallagher look and I have selected a few versions that will help you avoid that mistake.

The timeless Barbour will forever be in fashion and you can rock the green trend with this version. It is £249 from John Lewis (F). If you need a smart winter coat then look no further than this gorgeous cashmere version from Ted Baker at £244 (G). This final version is more casual and is from Massimo Dutti and is £145 (H).

Keeping with the very apt green theme, it seems every part of the wardrobe is catered for in keeping up with the trend. This cashmere sweater from John Lewis is a bolder shade and retails at £55 (I). Jigsaw has this unusual stripy version at £98 (J). Banana Republic has this unusual zip-through cardigan at £68 (K).





## PROSPORT massage

### What is muscular pain?

If like me you love being active, then chances are that you have experienced quite a lot of muscle stiffness, aches and pains. Temporary discomfort after a good work out is perfectly normal but if your muscles don't return to a soft, fluid and painless state relatively quickly, then something is definitely wrong.

Resting alone may not be enough to remedy muscle problems and even though the pain will usually subside, the muscles may permanently remain stiff and shortened.

You can test this yourself by 'gently' pressing deep into any muscle tissue and if this hurts, then the muscle is in poor condition (note: most people I meet think that muscles hurting when pressed is normal ~ but actually, there should be no pain at all).

### Muscular pain is simply a message

#### What message?

**“Something is wrong”**

By frequently engaging in activities and ignoring 'pain,' the condition of your muscles will usually become progressively worse. Whilst 'toughing it out' and waiting for the pain to subside may seem to be the remedy (the 'no pain, no gain' mentality), stiff and shortened muscles are the most frequent cause of the injuries I encounter. ProSport Massage specialises in utilising deep tissue massage techniques to bring back the natural length, elasticity and resilience to your muscles.

So if your muscles are sending you a message and you want something done about it...

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## What's So Hard About Living In Dorset?

Trying to keep your home clean with Dorset's infamous hard water is expensive and time consuming. Hard water ruins bathrooms, kitchens and causes grimy sinks and taps. Not to mention the scaling up of pipes, water heating systems and also having a drying effect on your skin and hair.

At Dorset Water Softeners, we have the solution to your hard water problems. As an independent family business, we can give our customers advice on dealing with the menace of hard water. We are able to offer the very best solution for your home, which is appropriate to your individual needs from our very comprehensive range of water softeners.

So, if you would like to experience the many benefits of soft water in your home and would like a free, independent, no obligation quotation or more information, please do not hesitate to contact Dorset Water Softeners.



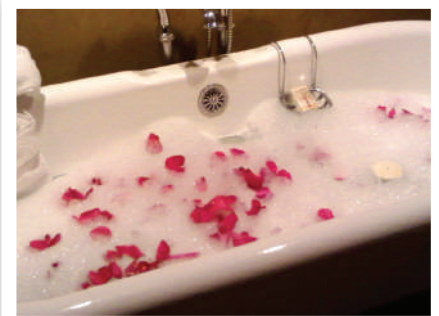
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## PRESIDENTS COLUMN



### Roger Williams President of the Poole Chamber

This year the subject of business continuity is well worth of note in my view; there is so much business information being created that it's difficult to know what you should be retaining and how to recover it should your business face a disaster.

Without policies and planning in place 40% of businesses facing a disaster will not recover. To survive, business owners must prepare for emergencies and take steps to prevent, or at the very least minimise.

First steps should include a security audit to assess risk and put in place pre-emptive measures should the worst happen; this can be outsourced however with an alert and open mind any business owner or leader should be able to see what could go wrong and to assess risk accordingly.

Thinking of local developments, it's good to see that Poole Harbour Commissioners preparing to invest significantly in Poole. In addition, the Poole Boat Show, will return bigger and better in 2016 and will, in 2017, feature as a focal point of the European Maritime Day.

In terms of other developments, I hope that the developers working on the Salterns Marina project will have found ways to proceed. It is vital that private investment capital is spent locally if we are to maintain a sense of continuous development.

Please accept my best wishes for a Happy New Year on behalf of Poole. Chamber of Trade and Commerce.

## Why local advertising works by Neil Armstrong, Local Marketing Expert

In today's busy marketplace, we get bombarded with so much information on a daily basis that we can't possibly take it all in. So we are forced to filter what we see and hear by finding a reference point – something that catches our attention. You know when you are in a crowded room and someone says your name, you can hear it above all the noise. That element, that common ground, is enough to allow it to enter your consciousness. So every bit of marketing needs to have something in it for you to hit home. As a resident then, when a magazine arrives through your letterbox which is full of information and advertisers with the common factor of being the area in which you live, you've already found a connection. As an advertising medium we've got our first foot in the door.

Secondly, there's another piece of psychology connected with actually using the advertisers in the magazine. Suppose you are thinking of getting some gardening done. If you call someone from miles away and it turns out to be too expensive you'll feel rather uncomfortable and potentially obliged at having wasted someone's time. So you probably won't call at all. If the gardener is just round the corner you know you aren't really putting him out so you will call. And it's getting the call in the first place that we're all aiming for because without that you have no chance to convince the customer that he should buy from you. Of course for the gardener, he definitely would rather quote and work locally anyway.

And finally, bringing both elements together is that matter of trust. We are more likely to trust people with whom we have something in common. There's no real reason to feel that someone living in the same town as you is more trustworthy (apart from probably knowing the type of property in which the person lives), but you will. So again you've found some common ground, and the fact that they are local means they tick enough boxes for you to prefer that advertiser over someone completely unknown on Google.

In summary you should advertise with in your local paper because:

***The local connection makes us more noticeable***

***local people are more likely to call knowing they're not putting you out***

***you live in the same town, people are more likely to trust you and in small local area such as Ashley Cross, its more than likely you'll know some of the same people***

***And its the proven way to find new customers and grow more business***



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

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

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



## Why your business should advertise in The Green...

**12,000 print-run, 6 times a year**

**Expanded 'through-the-door' distribution**

**Directly target households in Ashley Cross, Lower Parkstone, South of Ashley Road, Whitecliff and Penn Hill.**

**An established publication, now in its third year, with a dedicated local readership.**

**FOR ADVERTISING INFORMATION CONTACT  
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## Humphries Kirk offered free wills to Dorset Wildlife Trust members

Dorset and Somerset solicitors firm Humphries Kirk offered a free Will writing service to over 25,000 Dorset Wildlife Trust (DWT) members.

Throughout October, DWT members were able to contact any of the firm's eight offices to arrange an appointment, with the option of donating to DWT through a gift in a Will.

Simon Cross, partner at Humphries Kirk, said: "Many people believe that when they die, their assets will automatically pass to their spouse, partner or children. This is not, however, guaranteed. Having a will is the only way to guarantee that your wishes are respected after you have passed away."

Jodi Hibbard, individual giving officer at DWT, said: "Donations through a gift in a Will play an ever increasing part in how we fund our nature reserves across Dorset, so that those who do decide to use the free Will writing service and leave a gift, no matter how large or small, can take great comfort in knowing their legacy will be helping Dorset's wildlife for many years to come."



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solicitors and arbitrators  
For life in all its colours



## The Green to get sister publication for Southbourne and surrounding areas

Cre8ive Wisdom, the publisher of **The Green** and *Village Magazines* is delighted to announce the forthcoming launch of a new local paper for the Southbourne area. A sister publication of **The Green** comes **The Grove**, for Southbourne, Boscombe Spa, Boscombe Manor, Tuckton and Wick. The first issue will be distributed through the door of 10,000 households within the Southbourne area from the 29th of February 2016 and will follow the same format as **The Green**.

At the same time, both **The Green** and **The Grove** will move to a bi-monthly production frequency, meaning 6 issues a year of each local paper rather than 4 times a year as was previously the case. For more information about **The Grove** call us on 01202 064 560.

## Rockley Park partners Poole Park Photomosaic

The Poole Park Heritage Group is thrilled to announced that it has five-figure sum backing from Rockley Park, the Photomosaic Project Patron.

Eunice Marsden, Chair of the Poole Park Heritage Group is looking forward to welcoming the group on board, he said: "The Poole Park Life Manager, and myself, couldn't be more delighted for our Poole Park Photo Mosaic to be selected by Rockley Park as their Primary Community Project.

"The financial assistance is of great value, of course, towards the cost of such a prestigious art work for our town park but, just as importantly to us, reflects Rockley Park's appreciation of the whole project ethos. It also demonstrates, yet again, the ongoing commitment and support shown by Rockley Park to Poole and its inhabitants".

The project sees thousands of photos of local residents and park visitors collated to form one giant photomosaic, which when viewed from afar shows the original design of Poole Park. Anyone can upload their photos for a £5 donation to [www.poolepark.org](http://www.poolepark.org) to be part of the project, with each donation helping towards a fundraising target of £50,000, which will unlock up to £500,000 of Heritage Lottery Funding for park improvements.

Geoffrey Smith, general manager of Rockley Park said: "We are thrilled to be the official Patron of the Poole Park Photomosaic. We place great emphasis on contributing to the local community. Importantly, this is where the vast majority of our team live and to support the projects that benefit their community is very important.

"For 2016, part of their team member development programme will involve team members working on projects that are important to our community. Rockley will also continue to support existing initiatives such as mentoring schemes, environmental projects and community engagement by various members of the team".





# Keep it local

with  
*Nic Tucker of Village Vine*



With 'Dry January' drawing to a close, *The Green* caught up with Nic Tucker, owner of Ashley Cross's independent wine merchant, Village Vine.

## **What does Ashley Cross mean to you?**

Our family has lived within a mile of Ashley Cross for the past 18 years, so have witnessed the development of the area as a popular hub of activity. As a family we have enjoyed using the local shops and businesses over the years, often stopping by on the return from the local school-run at Baden Powell. When seeking out a suitable venue for the opening of the Village Vine, of course, Ashley Cross was top of our list!

## **How long has your business been based in Ashley Cross?**

We will be 6 years old at these premises, this coming May.

## **What makes The Village Vine different?**

We are a truly independent wine merchant, stocking a comprehensive range of wines, from mainly small, family-run vineyards. We offer a friendly, relaxed environment, with expert advice on hand if needed. Our regular in-store tastings are free and a great chance to try something different.

We also supply the best range of local ales & ciders plus a great range of premium spirits & liqueurs. Also, quality gift-boxes are available. Buy with any wine combination or send out via our reliable nationwide courier service.

## **What does the future hold for Ashley Cross?**

Hopefully, an increased sense of community, with more local shops and services on offer for the residents and visitors.

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

We would all benefit (residents and businesses), from more independent, quality retail outlets in the area. Unfortunately, we have lost many good shops in recent times, due to excessive commercial rent increases.

## Bournemouth Chamber of Trade and Commerce celebrates its centenary

Bournemouth Chamber of Trade and Commerce (BCTC) will be hosting a once in a lifetime event to celebrate its founding exactly 100 years ago. The Chamber invites local business people to attend the evening on Thursday 10th March at the Bournemouth International Centre for a sensational 'Rio Carnival' themed Centennial celebration.

**BCTC Centennial Celebration**  
Thursday 10 March 2016 • BIC Bournemouth

Live music from headline act **Max Stone**, 2015 'X Factor' finalist  
Sensational Rio Carnival atmosphere  
Samba Panashe Band & Bournemouth University Big Band  
Sparkling Drinks and Canapés Reception  
3 Course Dinner Dancing until late!

**Lead Sponsors**  
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OCEANA HOTELS

Entertaining guests at the black tie event will be Max Stone, finalist from the X Factor 2015, Bournemouth's Samba Panashe Band and the renowned Bournemouth University Big Band.

Peter Matthews, President of BCTC, has said: "We are pleased to be hosting this fantastic event to celebrate the founding of our chamber. Bringing the sensational atmosphere of a Rio Carnival to Bournemouth is something really unique and will make our evening of celebration one to remember. We look forward to seeing you all for a truly exceptional occasion."

The BCTC was formed in 1916 and since then it has evolved into an organisation with 600 members and 1500 affiliates. Containing a strong cross-section of the community, it represents around 4,500 "traders" with practically every type of business in Bournemouth represented. To mark their centennial, they want to host a memorable event to celebrate their long history of success.

**Tickets for the event are £45 per person. For more information and to buy tickets visit: [www.bournemouthchamber.org.uk](http://www.bournemouthchamber.org.uk)**

*Your Local Independent Wine Merchant!*

**the Village Vine**

23 Bournemouth Road  
Ashley Cross  
Poole  
BH14 0EF

**Join us for our next in-store tasting, Saturday 13th February, 2.30 ~ 7.00pm. A chance to try something new & interesting... and remember... 'Life is too short to drink bad wine!'**

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



# Lease Extensions – Is it worth me extending my lease?



**Humphries Kirk**, based on Church Road, Ashley Cross can help with legal matters personal to you. In this issue of The Green, the commercial team offers advice for those thinking of taking a lease extension on their residential property.

## What is the benefit to me?

A lease is a depreciating asset and as the term reduces the cost of extending the lease is also likely to increase. The longer you leave it to extend your lease the more expensive it becomes.

Extending your lease is a valuable right and should be exercised as early as possible to ensure that the flat retains its full market value.

## Can I extend my lease?

It is very likely that you can. There are two ways in which you might do this.

You can extend your lease under legislation, provided that you meet a number of specific legal requirements. The most significant of these are that:

- The lease in question must have been granted for a period of over 21 years.
- You must have owned, and have been the registered proprietor, of the flat for at least two years.

Alternatively, you may be able to negotiate with your landlord outside the legislation. This has the possible advantage of not having to follow the statutory procedure mentioned below but the price and terms may well be slightly less advantageous to you.

This article refers to obtaining a lease extension by using the statutory procedure.

## What am I entitled to?

Providing you satisfy the qualification criteria, you have a statutory legal right to apply for a 90 year lease extension at a peppercorn ground rent. This will be at a premium which needs to be agreed between the landlord and the tenant. The premium represents the Landlord's compensation for the loss he will experience on granting the lease extension.

## What costs are payable?

The tenant is responsible for the fees of the Landlord's valuer and solicitor, as well as those of his own.

## How do I get started?

Initially, you will require a professional report giving you a valuation and advising you on what to offer by way of premium for the lease extension. This valuer will usually then act for you in subsequent negotiations with the landlord on the premium. We can put you in touch with a number of local valuers who may be able to assist.

## What is the procedure under the legislation and what can Humphries Kirk do to help?

The formal procedure is started by the service of an initial notice on the landlord and then follows a prescribed route. You may wish us to check your eligibility before you obtain a professional valuation. Once you have the valuation, we can then prepare the notices on your behalf.

**Humphries Kirk** has considerable experience in this area of the law and practice and will be able to guide you through every stage of your transaction. If you require further information or advice please call the Parkstone office and ask for **Claire Kitchener** or **Charlotte Dollimore** on 01202 715815.



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BH14 8UF

DX 34802 Parkstone  
T: 01202 715815  
F: 01202 715511  
E: parkstone@hklaw.eu  
www.hklaw.eu



# Congratulations!

Well done to **Jack Ashley**, winner of last issue's Sudoku competition. Jack's entry was drawn at random from all of the correct entries. He wins £50 to spend at **Chicken & Blues**, Ashley Cross, courtesy of **Richard Allen**. The prize was presented by **Leader & Co's** Marianne Conner.



**richardallen**  
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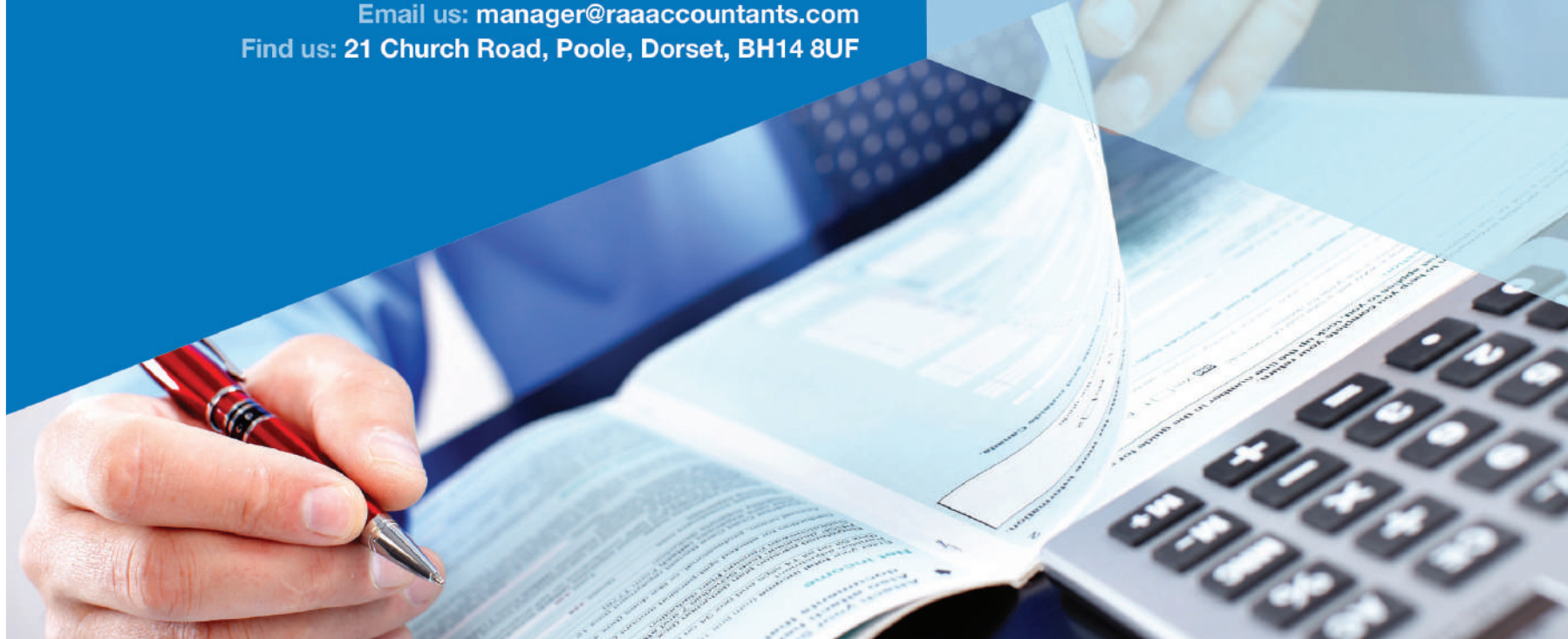
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Buckthorn Close | Creekmoor

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## GUIDE PRICE: £375,000

A lovely family home in a quiet cul-de-sac location. Offering versatile accommodation with the potential to create a self contained annexe (STP), the property boasts over 1400sq feet of accommodation.

L796

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Beaconsfield Road | Parkstone

Leader & Co.



## GUIDE PRICE: £150,000

Could this be your next project? This two bedroomed, semi-detached Victorian cottage is certainly not for the faint hearted but we believe offers a solid structure for a great restoration endeavour.



Surrey Road | Westbourne

Leader & Co.



## GUIDE PRICE: £135,000

A room with a view! Sit down at the dining table and you'll fall in love with view as you overlook the beautiful Bournemouth Gardens through the enormous, characterful sash windows. To be sold with Share of Freehold.



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## Thinking of selling?

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# Local news from your local agent

*Don't Wait Until Spring*



As the days are cold, and the evenings are still dark, there's usually the feeling that it would probably be best to wait until the Spring before putting your property on the market. After all Spring is traditionally associated with a time of change and this has always had a bearing on the property market.

However, we'd urge some caution on this because firstly, remember that serious buyers do not give up over the Christmas and New Year period, and they can even become frustrated by a lack of choice as properties are withdrawn from the market in the mistaken belief that no-one will be looking at this time of year.

Well, you can take advantage of this temporary imbalance of supply and demand by being one of the properties that is actually new on the market. Whilst viewing activity may be slightly less frenetic, you can be assured that every viewing will count as you'll only be dealing with those serious buyers for whom Christmas and New Year was basically an inconvenience.

Many sellers of course will inevitably wait until the Spring before putting their property on the market, which could flood the market and potentially dampen prices a little bit, so why not sell now instead. Also, by the time a buyer is actually found you'll be able to take advantage of the Spring increase in supply yourself as you seek a new home as a buyer. And having a buyer for your own property ahead of everyone else puts you in a stronger position as a purchaser with a selection of properties from which to choose in a market of buyers who have otherwise yet to sell.

So, if you're contemplating a sale in the next few months may I suggest you take advantage of the situation. Be strategic and position your property for an early sale at a time when demand is likely to outstrip supply.

If you have any questions about moving, me and the team would be delighted to help. Just give us a call on 01202 721999 or drop us an email [hello@leaderandco.com](mailto:hello@leaderandco.com). We look forward to hearing from you.

## Agent of The Year



Leader and Co has won the Gold "Agent of the Year Award" in the Dorset category for 2015.

Based on reviews from clients compared across raterAgent's website, combined with ratings from elsewhere across the UK, the 'raterAward' recognises quality of service, as evidenced by 2015 customer feedback.

Mal McCallion, raterAgent's CEO, said, "Leader and Co has beaten off dozens of local competitors to win this award. It's based upon hand-checked reviews on raterAgent, a site devoted to providing those researching the right agent to sell or let their home with comprehensive information about the best agent for them.

"Knowing that Leader and Co has not only engaged with such a transparent and trustworthy site – but also that they have won the Gold award based upon their reviews on it – tells you all you need to know about their approach to their service.

"It's hard to find proven quality of service in any industry but raterAgent has created a platform for this purpose, to help with the most important transaction of your life – selling or letting your home.

"Leader and Co has delighted clients, ones happy to publicly praise the service that they've been provided with this year. At the very least this should encourage anyone looking to move in the area in 2016 to consider Leader and Co as their agent in the process."





# I think I'll stick to selling houses!

In the last issue I told you how I was preparing for my first boxing match. It didn't go entirely according to plan but managed to salvage a draw. For those (sadistic) readers who would take pleasure in seeing my get punched in the face a fair few times there is a video online on our Facebook page. I think I've called time on my boxing career and my focus for 2016 is firmly on helping our clients with their property needs. It was great fun though and I'm chuffed that I was able to lose so much weight and I'm definitely going to continue with the training. For anyone else looking at a fun way to keep fit I strongly recommend you get in touch with the Fit2Box team!

I also wanted to thank my friends at Avenue Estates for kindly donating £250.00 to local charity Lewis Manning. The team at Avenue donated the money on the basis they got to choose my entrance music to the fight. The embarrassment of trying to look cool while walking into Britney Spear's "Hit Me Baby One More Time" was worth it - just!



## Come and try a **FREE WEEKS TRAINING**



Starting in January we are proud to be adding a 9:30 morning kickboxing/fitness class. This class time is aimed for parents to come in post school run for 45 minutes of high intensity fitness training and some technical boxing/kickboxing tuition.

Classes will be on every **Mon, Weds and Fri** morning starting on the **11th January**.

Please contact the Fit2box team on  
**01202 294218**  
or message us to **BOOK** your **FREE** starter weeks training.

**FIT<sup>2</sup>  
BOX**

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**01202 294218**

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Fit2Box



# EXPOSURE



Elaine Wilkins, Sadia Sumreen & Shirley Ewart  
at Nuffield Health Bournemouth Hospital  
Cath Lab launch celebration



Graeme Souness & David McNair, Hospital Director  
at Nuffield Health Bournemouth Hospital  
Cath Lab launch celebration



Juliet Beardsley (bwt Physio), Kristian Lees-Bell  
and Barbara Cox at the Rainbow Recipes Launch



Rick Stein with Sally Goodenough, events and legacy  
fundraiser at Lewis-Manning Hospice



Volcano Poole Winter Wonderland Window Winner



Nathaniel Hobby Bournemouth Uni & Charis Gibson Liz Lean PR  
at the 'How To Be Heard In 2016' event Chewton Glen



The Little Wedding Room - Dorset Wedding Supplier Awards



Talbot Heath Pupil Molly Taylor (aged 12) models a DIY  
space suit on the Royal Institution lectures on the BBC



Justin Cohen & Tony Beales from The Italian Villa  
collecting an award at the Wedding Industry Awards

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