ISSUE No. 115 MARCH 2017



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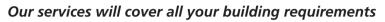
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Welcome to the

March edition of your local Andover Gazette community magazine

March is here... Don't forget to change your clocks to go forward an hour on the 26th! Isn't it great to see spring in all its glory plus everyone seems to feel brighter now as the darker days get lighter and longer. It's Mother's Day this month too, so we bring you an article with facts about the day. If you are struggling for ideas or places to go for lunch do look at the feature on pages 21 - 24. For those, who have sadly lost their Mother we hope you can honour the day by thinking about all the good memories you shared together.

In this month's issue we cover 70 years of Market for All Seasons, Boost for a local Beautician, the Mayor officially opening the newly refurbished Boots the Opticians and we tell you all about the Shared Lives plus many more articles. As always we have the regular monthly features, Service with a Smile, Health & Wellbeing, our Monthly Walk and now we add the first ever Andover People article that is all about The Boaz Project (pages 44 - 45). Next month the Andover People will cover another charity/community group or local person with an inspirational charity fundraising story, so do keep an eye out for this in our April Edition. We've also got Education News from John Hanson Community School, Harrow Way and Winton Community Academy.

We are always happy to connect with local people whether it be Community or Education news, Local Events or Charity Fundraisers or whether you are a local businesses looking to discuss their marketing strategy. Please do contact us to discuss your advertising needs and how your local free community magazine can help you. Please also get in touch if you have any events you would like advertised on our website (www.mlggazettes.co.uk) or in our What's On section in the publications.

Make sure you cuddle and spoil those lovely Mums this month!

Tracey
The Gazette Team





Call: Tracey Preston on: 01264 316499

Mobile: 07775 927161 or e-mail: tracey@mlgpublishing.co.uk

Or alternatively visit our website and/or social media

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COPY DATE FOR NEXT ISSUE - 3rd March 2017

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Sugar and how it destroys your teeth



Sugar feeds the bacteria that live in your mouth, the bacteria thrives on the sugar and then produces acid that attacks your teeth causing damage. If this happens many times during the day, the damage becomes visible and creates holes in your teeth that are called cavities, or tooth decay. Once this has happened there is

no way to grow that bit of the tooth back. If it carries on, it starts to affect the nerve

of the tooth causing intense pain. It would be wise to see the dentist before it gets to this point as the bigger the hole the more work that needs to be done to save the tooth. Or better yet, reduce the amount of sugar that you consume each day to avoid tooth decay in the first place. Seeing your dentist regularly for check-ups can also



help to detect any tooth decay early so that it can be fixed and further problems prevented.

Sugar is found in many foods and drinks that we consume daily. Carbohydrates



such as bread, pasta and potatoes are broken down in your mouth into sugars. Some sugars are even hidden in products such as 'diet' or 'fat free' produce that have more sugar put in them to make them taste better. Always check the labels to find out how much sugar is in your food. You should consume sugary food or drinks no more than five times a day. So, that's breakfast, a snack, lunch, a snack and then dinner. Nothing should be eaten inbetween to help minimise the effects of the sugar on your teeth.

Here are some examples of what you can swap sugary foods for:

✗ Sugary cereal	✔ Porridge, shredded whole grain
🗶 Sugary drinks (e.g. Coke, squash)	✓ Water, milk, sugar free drinks
✗ Cakes, chocolate and biscuits	✔ Bagel with cheese, whole wheat biscuits, rice cakes
★ Sweets	✓ Fresh fruit, carrot (or other veg) sticks

If you have any worries or concerns about the health of your teeth or you would like any more information, please do not hesitate to call New Street Dental Care on 01264 301301 and our friendly staff will be willing to help.

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REAL LIFE LAW

Thank you for all of your legal questions over the last month. Our friendly team of experts randomly chose to answer the following question:

My husband and I are both in our 80s and are worried we might start to struggle when it comes to making decisions in a few years. We have three children and would like them to be able to help us make decisions. I've read about Powers of Attorney but am not really sure what these are or the different types, can you help?

We would certainly recommend that you consider creating a Lasting Power of Attorney ("LPA") which is a legal document that lets you appoint one or more people (known as 'attorneys') to help you make decisions, or make decisions on your behalf. You and your

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husband will each need to create your own LPA but can both appoint your children if you trust them and believe that they have the appropriate skills to make the proposed decisions on your behalf. You can choose to appoint them on a joint or joint and several basis and can also include certain restrictions or guidance within your LPA if you so wish. There are two types of power and you can opt to make either, or both, of them:

- The **Property and Financial Affairs LPA** gives your attorney(s) authority to deal with your property and finances, for example managing bank accounts, dealing with utility providers, paying bills, or dealing with your property. The power can be used or restricted as you specify.
- A **Health and Welfare LPA** gives your attorney(s) power to make decisions about things like your daily routine (e.g. washing, dressing, eating), medical care, or moving into a care home. This authority can be extended, if you so choose, so that your attorney(s) have power to give or refuse consent to the continuation of life-sustaining treatment.

The LPA must be signed by you and your chosen attorney(s), and certified by an independent person confirming that you understand the nature and scope of the LPA and have not been unduly pressured into making the power. The power must also be registered with the Office of the Public Guardian (OPG) before it can be used. For more information, contact us on 01264 333336 or email pjmorgan@middletonssolicitors. co.uk.

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Community News

University Science Park CEO to launch 2017 Test Valley Business Awards



Science park leader and innovation champion to kick-start thirteenth annual business awards

The Test Valley Business Awards is pleased to announce that University of Southampton Science Park Chief Executive Peter Birkett will deliver the keynote speech at its launch event on 10th March.

Now in its twelfth year, the Test Valley Business Awards is a prestigious platform, showcasing the best in local businesses and innovation. With categories such as the Innovation and Technology Award, Small Business of the Year and Employer of the Year, the ceremony recognises the small and medium sized enterprises who are making a difference, often under-the-radar.

In his ten years as Chief Executive of the University of Southampton Science Park, Peter Birkett has overseen a number of projects designed to unearth and nurture innovation and entrepreneurship in Hampshire. In 2012 he launched Catalyst, an in-house incubator that gives start-up businesses unhindered access to the resources and expertise required to accelerate to the next level.

Former Catalyst companies, many of which are still located at the Science Park, include off-grid wireless innovators, BluPoint, sustainability champions, Utonomy, and cell culturing pioneers SAL Scientific, a Test Valley New Business of the Year award winner in 2015.

Speaking of the Test Valley Business Awards, Peter Birkett said: "I'm hugely proud to have been asked to speak at the launch. The Test Valley Business Awards offers an important and prestigious recognition to emerging businesses and technologies in our area. With its network of business leaders and influencers, it's a huge opportunity for any company.

"Having spent ten years building an ecosystem for local companies to thrive, I know well the value of diverse networks and the benefit of prestigious awards."

The launch of the Test Valley Business Awards 2017 will take place on 10th March at The White Horse, Romsey, between 12 & 2pm. Places are free but must be booked in advance. Please visit: tvba2017launch.eventbrite.co.uk to confirm your spaces.

For more information about the Test Valley Business Awards and ways to get involved, please visit: www.tvbawards. org.uk





The Market For All Seasons stall is back in Andover High Street

After 70 years of trading in Andover it's probably fair to say that Market For All Seasons could be called a local institution. You may not recognise the name; many people do still think of it as the WI Market, but the principle of bringing together local, small scale producers of homemade and home-grown goods at a co-operative market stall on a Friday morning has not changed since 1946.

At a time when rationing was still in force representatives from 12 local Women's Institute groups were granted a Licence (after an appeal heard at the Court in Winchester) to sell their surplus garden produce in Andover town centre. That first stall was in George Yard on 6th December 1946. The sellers put down straw to help keep their feet warm and took £4!

The Market has had to change name and location in Andover several times over the decades, but was based in the Guildhall for over 40 years. In 2008 it went full circle and started trading in the open air of the High Street once more; literally living up to the name of 'Market For All Seasons' although January is regarded as the time for marmalade making not selling!

Market For All Seasons became fully independent again in 2013 and now has second and third generation producers. They're not all women: men are very welcome to join too.

Although perhaps best known for their delicious homemade cakes (those in the know pre-order their favourite for collection later in the morning) and of course jam, the stall also sells a huge range of goodies both sweet and savoury. Stands of preserves, pickles, marmalade and honey try not to jostle the free range eggs (including duck)!

Baskets full of seasonal fruit & vegetables and vases of cut flowers, especially sweet peas, make the stall a sight, and smell, to behold in summer. Crafts on offer range from bobble hats to woodwork. Commissions for made to measure knitwear, wedding flowers or just no cherries in a Christmas cake can all be taken.



The plant stall, which springs to life in March until October, draws customers from far and wide by offering a huge selection of choice perennials, shrubs, climbers, annuals and vegetable plants. Honest growing advice is always available with customers regularly bringing leaves or flowers in for identification or problem solving.

New producers are always welcome to join the co-operative so if you have a talent for baking, making or growing why not earn from it and make some new friends as well?

Take a look on Facebook or on Twitter @mkt4allseasons

Email: market4allseasons@btinternet.com for more information or even better pop by the stall on a Friday morning for a chat... and a bit of shopping!







Community News

Could you provide a stable and loving home for a vulnerable adult?

Hampshire County Council is looking for people for whom caring comes naturally, and can provide a stable home environment for adults with health and social care needs – who need extra support to live in their communities and enjoy an independent life.

A Shared Lives Carer offers a 'family' home to a person with either a learning or physical disability, who is living with mental health issues, or is elderly and frail and unable to live independently on their own.

Councillor Liz Fairhurst, Hampshire
County Council's Executive Member
for Adult Social Care, said: "Many
thousands of people look to the County
Council for support each year, to help
them to live independent lives, and
we want to support them to do so in
the most appropriate way. This means
understanding that different approaches
work for different people. Shared
Lives caring is a very different way of
supporting people who want to live
independently in the community, but who
need help to do so."

"Shared Lives carers are very special people who open their homes to others who are not able to live on their own. Every Shared Lives carer brings their own unique skills and experience, but what all carers have in common, is a desire to help people – and room at home to do so."

Hampshire County Council's Shared

Lives scheme 'matches' people who need support with carers who have been approved by the scheme. Carers will help those they care for to develop or maintain independent living skills, friendships and inclusion in their community. They are able to work flexibly around their own commitments and provide:

- Short breaks such as a weekend or when a family carer needs a break, or
- Long term care having a person living with them on a long term basis.



Anyone interested in becoming a carer will be assessed to ensure the scheme is right for them, and will receive full training, regular support and a weekly allowance.

Who can be a carer?

- · Couples or singles
- With or without children
- Young or not-so-young

For more information visit the Shared Lives web pages at: www3.hants.gov.uk/sharedlives





Chandler's Ford 023 80270606

Boost for beautician

A beautician in Andover is celebrating after she received a £750 Business Incentive Grant from Test Valley Borough Council.

Sam Perry opened her beauty business, Sam's Beauty, in East Street in May 2016, when she and her former colleague at Bliss Beauty, Evie Harvey, decided to open independent businesses but work together under the brand name of East Street Beauty. Sam has a level three qualification in

beauty from Farnborough College, and has 15 years' experience as a beautician.

Sam said: "I'd like to thank Test Valley Borough Council for the grant. I love being in the East Street unit and my clients have been extremely patient while we've been refurbishing and decorating the rooms. The business is growing nicely and I'm pleased that I took the plunge to become my own boss!"

St Mary's ward member, Councillor John Cockaday, presented Sam with the cheque before Christmas. He said: "Sam and Evie joined forces to make the most of the opportunity at East Street. It works really well for them both and we are pleased to have awarded them both with a Business Incentive Grant."

The Council's Business Incentive Grants are available to local entrepreneurs looking for help with setting up their own business in Test Valley. For more information about the Council's Business Incentive Grants, visit www. testvalley.gov.uk.











Community News

Your local award winning Estate Agent opens new office and it's open 7 days a week



Austin Hawk Estate Agents, voted the best estate agent in Hampshire and Wiltshire at the national ESTAS awards, the most prestigious estate & letting agent awards in the UK has opened a new office at Swan Court in Andover and even better it's open 7 days a week.

Austin Hawk was formed in 2012 and has since won numerous awards and a huge proportion of their clients are from personal recommendations.

The new office will allow your award winning local property experts the chance to offer your property for sale or to rent in a newly refurbished office with LED screens which will be on show throughout the day plus the opportunity for any potential sellers, landlords, buyers and tenants to visit the office to discuss any requirements.



Dean Austin, Director says, "we are absolutely thrilled to have opened a shop and we couldn't have done it without our existing clients who have had faith in us over the past 5 years."

Robin Kapuscinski, Director also says. "we have wanted to open an office for a long time and now it's happening we couldn't be happier as we like to go the extra mile with everything we do and this gives us the opportunity to keep growing and give that all important personal service to everyone."

If you are thinking of selling or letting your property, give the Austin Hawk team a call on 01264 350508 or pop in anytime at their new office at Swan Court on Vigo Roundabout.



So, the Christmas and New Year festivities are behind us and you may be feeling a bit bored. What you need is something to engage your imagination and give you an incentive.

How about considering an entry in this year's Andover Carnival?

Anyone can have a go – local charities, organisations, sports, youth and social clubs, businesses, groups of neighbours and friends.

If you want to go for a float in the Carnival

Procession a vehicle and driver can be supplied for you, or alternatively, you can enter as a walking group.

Either way, you can get a lot of fun and satisfaction from participating in this annual local event, plus helping to raise money for charity.

Entry forms can be found on the Carnival website, andovercarnival.org and a phone number for any questions you may have.

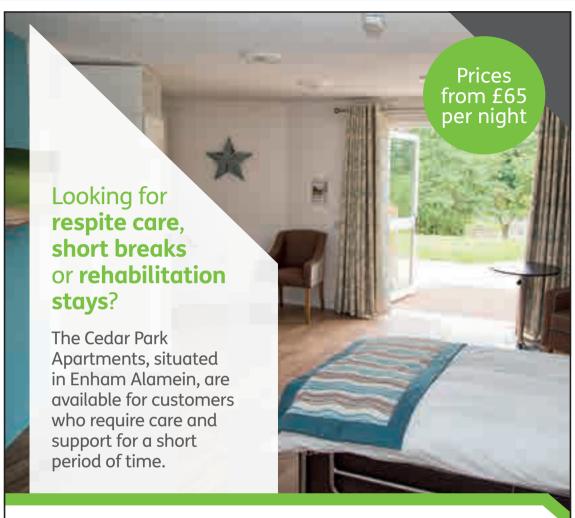
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Community News

Andover Family Festival update





The event starts at 11.00am and closes at 6.00pm.

Now for the update. Last month I gave you a 'flavour' of what we hope to provide on the day. Starting with the sports activities, most of you will know by now that Valley Leisure has lost the contract to provide sporting and physical activities to a new company called Places for People Leisure which takes over on 1st April this year. The event committee cannot progress with any of the ideas we have regarding

sport 'tasters' and facilities that we were hoping Valley Leisure to provide until we have a meeting with the new 'team' in place. I have been promised a meeting in April and hope from that meeting the new company will be able to support the event – more news when known on this.

The committee has been able to develop further events including a falconry display and a silk acrobatic display. Other activities and events including various music entertainers with different genres filling the day. The Kids Corner is developing into a fun area for the young ones, and we should have a wonderful range of interesting vehicles to inspect and view on the day. The event organisers hope to provide fun and challenge for all ages.

We will be making a small charge for entry to cover the costs incurred by the committee in organising and setting this event up. Tickets will go on sale during June and will be able to be bought from various outlets in Andover or on the High Street. The price will be £3 for children under 16; £4 for adults and under 2 years of age, free entry.

If anyone reading this is able to help us on the organisation of this event or would like to exhibit and take part in this event please email me at barry@willgood. co.uk





Mother's Day Beautiful YOU



A studio salon located on the lower High Street of the Andover town centre offers a wide variety of beauty and holistic therapies at competitive prices. Situated on the first floor above Coral (next door to Wetherspoon) you'll find a hidden

gem of small businesses: Bridal wear, wedding photography, hair salon, tattoo studio and beauty salon catering for your needs all in one place.

Having opened for trade on 1st November 2013, Beautiful YOU continues to grow as a small local business and Samantha (proprietor & therapist) has recently welcomed a new member of staff; Claudia, who offers Eyelash Extensions and professional nail services.

"I wanted to create a space for both men and women to have somewhere to relax in a spa-like setting to escape the stress of everyday life and recharge, forgetting the world outside. With the ethos that everyone is unique and beautiful in their own individual way, it's a place not only to enhance that natural beauty but for holistic 'wholeness' health and well-being for mind and body, hence the name Beautiful YOU." Samantha says. "We pride ourselves on using professional cruelty-free products, some of which are vegan, natural and organic. Our skincare is all perfume, alcohol, mineral oil and paraben free. I love it when our clients leave floating on a cloud, after all it's about creating the ultimate experience for them."

Treatments on offer include:

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- Bridal Packages
- Body Massage including Pregnancy
- Body Exfoliation
- Hot Stone Therapy
- Thai Foot Massage
- Thai Herbal Compress Body Massage
- Hopi Ear Candling
- Indian Head Massage
- Reflexology

Beautiful YOU also offer 'Little Miss' treatments for ages 10-15yrs with adult supervision and Male Grooming.

Clients can eniov 20% discount off their first booking and join the 'Recommend a Friend scheme' where they can receive a further 20% discount for every friend they recommend and with monthly special offers what's not to love?



Gift vouchers are also available to purchase and

with Mother's Day coming up, Beautiful YOU are running a competition. All you have to do is 'LIKE' their facebook page, find the post for the Mother's Day competition and nominate with why you think your mum deserves a free pamper session. The winner will receive a free make-over consisting of a Mini Facial, Mini Manicure & Special Occassion Make-up. Go to www.facebook.com/beautifulyouandover to enter. Good luck!

Beautiful YOU Beauty & Holistic Therapy 1st Floor, High St, Andover, SP10 1NX 07701 387261 www.beautifulyouandover.co.uk



Vather's Did you know?

- Mothering Sunday is always the fourth Sunday of Lent. Lent is a Christian Festival. In the past it was a long, strict religious fast when people gave up all rich food.
 - This year it's on 26 March 2017 - just a gentle reminder as it is reported that 69% of Brits have admitted to missing at least one Mother's Day, while as many as one in five (20%) have confessed to missing it more than five times!
- 2. The first ever recorded celebration of mothers dates back to ancient Greece, as they put on a spring festival that was dedicated to Rhea, the Mother of gods.
- 3. An American by the name of Anna Jarvis was responsible for making the celebration a public holiday in the 1900s. She wrote a letter campaigning for a day to recognise Mothers. A caring daughter, she wanted to do something special to honour her deceased Mother. In 1914. US Congress granted her wish.
- 4. Anna Jarvis ended up despising the holiday and spoke out vehemently over the commercialisation of Mother's Day. She was arrested during one of her protests in 1948 after she called for its demise.





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- 5. In the UK around 30 million cards and gifts are purchased for our lovely mums on Mother's Day, estimated to be worth £45M. Florists see a rise of around 40% in the number of orders placed around Mothering Sunday, the busiest time for them, even beating Valentine's Day sales. What Mum doesn't love a bunch of flowers!
- Pink and red carnations are given to Mothers on Mother's Day and represent love and admiration.
 While white ones are for used to commemorate and honour the Mothers who have passed away.
- 7. A custom in Britain that seems to have been forgotten in recent years, was that children would cook their mothers a Simnel cake. Simnel cakes, which are also associated with Easter, traditionally feature 11 balls of



marzipan icing representing 11 of the 12 disciples. Judas is usually left out, although some families would show their forgiveness and add 12 each year.

- 8. Apparently, we spend twice the amount of money on Mother's Day as we do on Father's Day.
- 72% of women with a child over
 1 year old are working mum
 compared to 39% in 1976.
- 10. Around 71% of us describe our mum's as our best friends – all say Awww... What a lovely way to finish the article!

Need ideas for a gift, a place to eat out with your Mum.

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Mother's Day

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Health & Wellbeing

New Beauty Training Centre opens in Andover, Hampshire



Dorthe Thomas, owner of Dorthe Thomas Spa in Andover, has recently launched Hampshire Beauty Training at her thriving salon on Andover's High Street. At the training centre Dorthe and her experienced therapists offer all levels of training from complete beginners wishing to fast-track into the beauty industry to existing therapists looking to update or enhance their existing qualifications.

Dorthe comments, "if you want to work in the industry; in a Medi-Spa, as a mobile therapist, on a cruise ship or in your own salon, Hampshire Beauty Training can offer you a fast and flexible way of making your dream a reality."

The team are dedicated to providing high quality, accredited training courses in advanced Medi-Spa treatments such as VTCT level 4 Laser and IPL. Dorthe continues, "many therapists currently working in Laser and IPL aren't aware that as of September they will have to have completed their Level 4 to continue working in these areas. Hampshire Beauty Training can help these therapists to quickly and conveniently update their qualifications through a fast-track or 1-2-1 VTCT level 4 training course."

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3, training is also provided in holistic and essential beauty treatments, nails, massage and eyelashes. The extensive range of courses on offer are being continually updated to provide training that incorporates the most cutting edge technology and techniques in the beauty industry. Dorthe works alongside advanced anti-aging brand Cryosthetics and is certified to provide training on their CryoPen, Cool Lift Gun and Lipocontrast.



To find out more about the courses on offer call 01264 748300 or visit www.hampshirebeautytraining.co.uk







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Health & Wellbeing

Joseph Who?

In our world of rush and manic schedules; when we have little or no time to ourselves, it's important sometimes to take stock; slow down and get a bit of 'me' time. There is no better way of achieving this than partaking in a course of Pilates. Great exercise; gentle and strengthening, allowing both your body and your mind a bit TLC.

But what is Pilates and how long has this 'fad' been going on?

Joseph Hubertus Pilates was born in Monchengladbach, Germany in 1883. As a child, Joseph was constantly under attack from asthma and other ailments. He turned to exercise and athletics to battle these illnesses and became a strong believer of the classical Greek ideal of a man balanced in body, mind, and spirit. He began to develop his own exercise system based on this concept. Growing into adulthood, Joseph was no longer the sickly child he had once been as he became an avid skier, diver, gymnast, and boxer.

In 1912, Joseph went to England where he refined his ideas and trained others in his system of exercise. He rigged springs to hospital beds, enabling bedridden patients to exercise against resistance. An influenza epidemic struck England in 1918, killing thousands of people, but not a single one of Joseph's trainees died.

In 1926, Joseph emigrated to the United States. During the voyage he met his wife with whom he opened a fitness studio with in New York, sharing an address with the New York City Ballet. It is from here that Pilates spread.

Today, Pilates is practised by millions of people, including top athletes and sportsmen and women all over the world. Here's why:

- Pilates works on your 'core' muscles. This means your abs, stomach and lower back muscles. Strengthening these improves your posture and helps towards the illusive 6-pack!
- Pilates can ease back pain. At The Chiros Clinic, once your pain has been treated and targeted exercises have been completed, you are referred to Samantha Sidwell, their resident Pilates instructor to ensure complete recovery.

- Instead of pounding away on the streets jogging, creating excessive wear and tear on your joints, not to mention going out in horrible weather, Pilates uses slow and controlled movements putting minimal impact on your joints.
- 4. Pilates strengthens your pelvic floor.
 Ladies, we've all been there.

Too worried to get up on that trampoline? Don't want to jump around the dance floor too? Pilates can help.... Improves your sex life too!

- 5. Pilates is great for flexibility. Can't touch your toes? After a few sessions of Pilates you will. Increased flexibility is great, obviously, for movement but also for reducing injury.
- 6. It has been said that Pilates can actually boost your brain power. When Chinese researchers measured changes in women's brain activity after 10 weeks of Pilates training, they found an increase in the brain's alpha peak power, which is related to neural network activity, memory performance, and other cognitive functions.

For more details on the Pilates Classes running at The Chiros Clinic, give them a call on 01264 324924. www.chirosclinic.com



Riverside Bowl

Bowl over your friends and family at Riverside Bowl, a fantastic newly refurbished entertainment venue in Andover.

Hit the perfect strike with a **Ten Pin Bowling** session at Riverside Bowl.
Whether it's for a bit of healthy competition, a celebration, or for fun, the eight lane facility is the perfect host for your family and friends.

Take a trip around the world with the indoor **Glo-Golf** course. The nine hole, glow in the dark course takes you putting around famous landmarks around the world, from the Eiffel Tower to the streets of New York.

Stop for a bite to eat at **The King Pin Bar** & **Diner**, an American style diner with tasty food and drink.

From cheeseburgers and milkshakes to nachos and sharing platters, you won't be disappointed. With a fully licensed bar we cater for everyone.

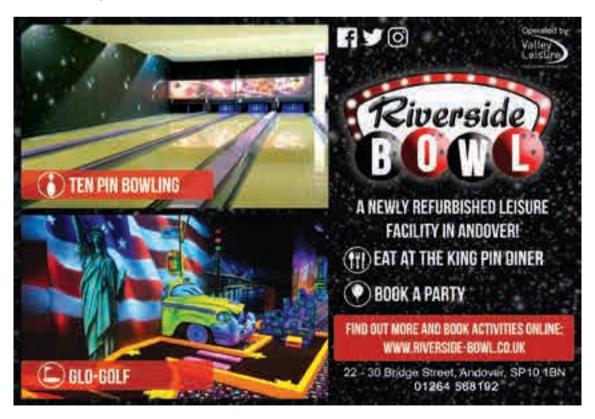
Be transported back in time in **Retro Alley**, a six station arcade. Get to the top of the score board on the Sega Rally and play classic games, Space Invaders and Pac Man.

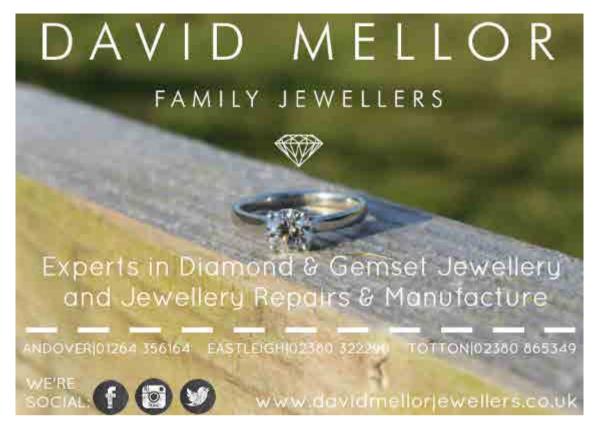
Why not challenge your pals to a game of **Pool** or pot a black and be a winner at the **Snooker** station.

There are also two themed **party rooms** available with music, mood lighting and music so you can celebrate in style. There are children's, teen's and adult packages available that include a game of bowling and round of Glo-Golf, finished off with great party food from The King Pin Bar & Diner.

The rooms are also available for corporate hire (fee applies) and are free to use for local community and sporting groups.

For more information and to book an activity or party, visit www.riverside-bowl.co.uk.







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Boots the Opticians

The Mayor of Test Valley, Cllr Karen Hamilton joined the staff of Boots the Opticians in the High Street on Thursday 26th January, to officially open the new and improved store.

Boots the Opticians has undergone a refurbishment that has transformed the store providing it with a more modern feel, however it remains welcoming to all its customers. The opticians has been totally revamped and now has a more manageable layout including more space for an increased number of new ranges for both men, women and children.



Ade Herbert has been the Director of the Francise at Boots

Opticians for 6 years now, having previously owned at Dollond & Aitchison for 4 years.



After the official opening, Ade commented that, "even though it is a franchise, he feels he has been able to draw on his wealth of experience to run this branch of Boots Opticians like an independent local business, ensuring customers always get a personal service."

This refurbishment will undoubtedly mean that their friendly and qualified staff can achieve the same level of service more easily now, due to the improvements and new

selection of glasses and frames showcased around the store. Boots the Opticians always strive to cater to the individual needs of the customer, working towards exceeding their expectations at all times. Ade continued that he would like to say, "Thank You for all support and hard work of the wonderful staff."



Ade and his team look forward to welcoming customers to the new modern looking store and introducing the many new ranges they can now provide. Ade said he would also like to take the opportunity to say "Thank You to all our customers who have supported us over the years and that himself and his staff look forward to a brighter future for our customers, old and new."

Opticians

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Having wireless problems? Read on.



Here at Planet PC one of the most common questions we are asked is how to extend the wireless coverage in your homes. Unfortunately there is no definitive answer as every home is different.

First let me explain the problems that can cause a poor wireless signal. Most customers are using old style wireless routers which do not have a great coverage, these have been supplied by their Internet Service Provider. To save costs these tend to be the cheaper Wireless Routers and as such do not have the features and coverage of one of the new wireless routers available today. They also tend to be situated near the telephone socket which in some households may not be the best place for them to give a good coverage of the house.

In a lot of cases just replacing this old wireless router can significantly increase the wireless coverage to the house, they also have the ability to give faster speeds and

also the very latest give dual band coverage which allows the newer equipment to connect at much higher data rates than the old equipment. You can also install a device called a Wireless repeater; this connects wirelessly to your wireless router and rebroadcasts the signal, effectively giving another 50% coverage. Another method is to use Homeplugs: these devices plug into your mains plugs and utilise the mains wiring within your home to extend out to another Homeplug which acts as another wireless hub. But the best way to cover all areas is to use a wireless access point, these devices are separate transceivers, however they do need to be wired back to the main wireless router so there would be cables involved.

In conclusion every situation is different and the solutions to fix the problem could involve any of the above. At Planet PC we specialise in providing wireless coverage to homes and businesses alike so contact us and we will be happy to discuss your problems.

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Opening Times

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and the first Saturday of every month from 10am-2pm.

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Free Wills for people 55 and Over in Berkshire, West Hampshire (excl. Southampton) and New Forest



through ten

Marie Curie has joined forces with Solicitors in Berkshire, West Hampshire (excluding Southampton) and New Forest, including Shentons Solicitors and Mediators, Mason-Apps Smallmans & Co, Clifton Ingram Solicitors LLP, Gateley PLC, KJ Smith Solicitors, MacAuley Solicitors, Heppentalls Solicitors

Ltd, Richard Griffiths & Co, Forest Edge Solicitors, Talbot Walker LLP, Kirklands Solicitors and also with Irwin Mitchell who will facilitate online and postal enquiries, to provide a free Will-writing service to people aged 55 and over. The scheme called "Wessex" is open from 1st Februay 2017 until 30th April 2017 for anyone aged 55+ who is considering having their Will written or amended.

The Marie Curie Free Wills Scheme offers people the opportunity to make or amend their Will, with the option to include a gift to support the charity's work in the future. The Marie Curie Nursing Service provides free home nursing care to people with a terminal illness, 365 days a year.

Will writing specialists at each of our partnership Solicitors, will be on hand to offer advice and support under the scheme, which offers a limited amount of free Wills on a first-come, first-served basis. There is no obligation to leave a gift to the charity, however, the hope is that many will use the scheme to settle their affairs and support Marie Curie's work.

Toni Denyer, Legacy Advisor for Marie Curie, said: "A Will written by a solicitor is the best way to ensure that your family, friends and favourite charities will benefit exactly as you would wish. Statistics produced by the Law Society of England and Wales show that roughly two-thirds of people over 50 do not have an up-to-date Will."

Elizabeth Pollard, Partner and Head of Probate at Shentons Solicitors in Winchester, said: "We hope this campaign will encourage people to have a Will written and consider leaving a gift to Marie Curie at the same time. The more money we raise for Marie Curie, the more free care the charity can offer, and gifts left in Wills can help to ensure these services continue into the future."

For your Free information pack or for more details about the scheme, please contact either:

Toni on 01883 832639 or email toni.denyer@mariecurie.org.uk

Donna on 01883 832647 or email donna.desouza@mariecurie.org.uk

About Marie Curie

Marie Curie is the UK's leading charity for people

with any terminal illness. The charity helps people living with a terminal illness and their families make the most of the time they have together by delivering expert hands-on care, emotional support, research and guidance.

Marie Curie employs more than 2,700 nurses, doctors and other healthcare professionals, and with its nine hospices around the UK, is the largest provider of hospice beds outside the NHS.



David Watson - Shentons Solicitors, Wendy Savage - Marie Curie Community Fundraiser, Mayor of Test Valley Cllr Karen Hamilton, Toni Denyer - Marie Curie Legacy Advisor, Melanie Armstrong -Shentons Solicitors, Katie Rowles - Shentons Solicitors





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5. Chicken or Lamb Tikka	£4.45
6. Chicken Chat Puri	£4.45
7. Meat Samosa	£3.95
8. Chicken or Lamb Tikka Lazeez	£5.95
9. Nargis Kebab 🕦	£6.95
Starter (Vegetarians)	
10. Halloumi Cheese Kabab	£5.95
11. Goats Cheese Samosa	
12. Punjabi Samosa (Shingara) 🕡	£4.95
13. Onion Bhaji	£3.95
14. Vegetable Samosa	£3.95
Starter (Seafood)	
15. Tiger Prawn Delight	. £5.95
16. Machli Kebab	£5.95
17. Prawn Puri	. £3.95
18. King Prawn Puri	. £4.95
19. Mackerel Puri	. £4.95
20. Crab Cake	. £4.95
21. Prawn Cocktail	. £3.95

TANDOORI DISHES

All tandoori dishes are barbecued in clay oven, served with salad & mint sauce.

22. Tandoori Chicken (half)	£7.95
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30. Korma (M) (1)	£7.95
31. Curry 4	
32. Madras (£7.95
33. Vindaloo 🜓	£7.50
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35. Dupiaza 🖡	£7.95
36. Rogan Josh 🜓	£7.95
37. Kashmir (M) (D)	£7.95
38. Dansak 🚛	
39. Pathia 🖡	

HOUSE SPECIAL DISHES

All House Special Dishes are served with Pilau Rice

40. Jaipuri Mossalla £12.95

Jaipuri chicken is a very famous Rajasthani dish. This is a creamy chicken curry made with coconut milk and curry spices. Roasted breast of chicken cooked with special aromatic spice & herbs, with a touch of cream then garnished with luxurious butter sauce.

41. Rajasthani Royal Delight (M) (D)£12.95
Experience royalty with this famous Rajasthani dish, originally brought to India by Moghuls and later adopted by Rajasthani Royal Family to treat their guests. Tender breast of chicken with minced

42. Himalayan Chilli Chicken£12.95
Cubes of chicken breast cooked in spice, with onion & red dry
chillies to give a distinctive sour and fairly hot flavour. A Gurkha dish,
very popular in Nepal.

43. Duck Special £13.95
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44. Tawa Chicken/Lamb£12.95
Chicken/Lamb Tawa Mossalla is the famous Indian Dish of Punjabi
Cuisine. Marinated and barbecued pieces of chicken or lamb cooked
in spicy barbecued flavoured gravy and homemade Garam Masala
powder. Tawa Masala is generally cooked by the roadside dhabas on
big tawas.

Mild Contains Nuts Vegetarian Medium Fairly Hot Hot

W

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mustard oil, cooked with yoghurt, fresh mint, lemon juice and the gravy is prepared with strong mix of spices, nuts, raisins, onions,	69. Dry Vegetable£3.75 £6.50
tomatoes and coconut all of which is fried in ghee to intensify its lip	70. Aloo Gobi£3.75 £6.50
smacking flavours.	71. Bombay Aloo£3.75£6.50
46. Naga Jolokia £1£12.95	72. Garlic Mushroom£3.75£6.50
Chicken or lamb simmered in a blend of spice and the famous Naga pickle or Ghost Chilli pepper (rated as one of the world's hottest	73. Sag Bhaji£6.50
chilli) which gives a wonderful aromatic flavour to this addictive dish.	74. Saag Paneer£4.50£6.95
47. Satkari Gost 4£12.95	75. Saag Aloo£3.75£6.50
Tender pieces of lamb cooked in caramelised juice & Indian citrus	76. Cauliflower Bhaji£3.75 £6.50
fruit used exclusively in north east of Bengal. A distinctive unique medium flavoured dish.	77. Bindi Bhaji£6.50
	78. Chana Bhaj£6.50
TRADITIONAL DISH	79. Daal Samba£6.50
Chicken, Meat or Prawn Dishes £9.95 King Prawn or Duck £12.95	80. Tarka Daal£6.50
Mixed Vegetable with Paneer(v) £7.95	81. Brinjol Bhaji£6.50
Salmon Fish£12.95	82. Mottor Paneer£4.50 £6.95
48. Balti Dishes 4	83. Green Salad£2.95
49. Biryani Dishes 🌓	SUNDRIES
50. Special Mixed Biryani 🖣£11.95	All rice are Basmati
Chicken, meat and prawn cooked with basmati rice, served with	87. Pilau Rice & Boild Rice£2.75
vegetable curry.	
vegetable curry. 51. Passanda M 0	87. Pilau Rice & Boild Rice£2.75
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Andover People



This month the Andover & North Hampshire Gazette meets Stuart Palmer, Manager of the Boaz Project

Just to the north of Winchester, up the old Roman road lies a quiet farm, Hill Farm. To the untrained eye it is just another Hampshire farm, but concealed inside an old cow barn lies something quite special. A safe creative space has been built up over the last ten years where adults who have learning disabilities can come to work in a supported manner and be productive and valued.

"Tony helping! Tony helping?" comes the cry. Tony comes to work at the Boaz Project three days a week. He has severe learning difficulties and needs support throughout his day. Tony seeks affirmation because for the rest of his week people look after him and do things for and to him. But, at Boaz, all that changes. He works alongside other people, volunteers and staff, on jobs ranging from feeding chickens, growing plants, doing craft work, making woodwork items and cooking simple meals.



Work is a fundamental need for us all and no less so for Tony and others like him. Being able to contribute through our time and effort gives a great boost to self-esteem and helps us to learn more about ourselves and others. For over 10 years the Boaz Project has been giving people with learning disabilities real and realistic work opportunities in a supportive environment. Volunteers and staff work and learn together on a beautiful four-acre site just north of Winchester. In an age where people crave an "experience", Boaz offers just that.



How many people usually attend and for how many sessions?

We cater for up to around 14 people a day People can come as often as they like. Some of our members come for 3 full days a week, others for just one afternoon or morning.

Do you need to be referred or can you refer yourself? You can refer yourself. Come along and visit for a taster session to see if it works for you or someone you support.

Does the project offer Transport for anyone wanting to be part of the group?

We do not offer transport however, we have good links to several different transport providers to make

it as easy as possible for people to attend. Often ride sharing is possible to keep costs down.

Can carers use this as a form of respite?

Yes, we do get used as a form of respite, but it works better for us to be used on a regular ongoing basis so that people can form relationships and get used to a routine at Boaz.





What disabled facilities have you got for those with a physical disability and learning disability?

We are fully wheelchair accessible and have plenty of adapted tools for those who struggle with gripping items. Each person who joins can discuss particular requirements and we are always keen to learn what works best for any member in terms of activity mix or new facilities.



How many volunteers and staff do you have?

We have over 50 staff and volunteers working at the project. We are always keen to welcome more volunteers. To ensure our service is well run we do offer regular training and are just about to boost up the training we offer. This includes First Aid, Safeguarding and other skills training that relates to the activities we do on site. Anyone can volunteer with us and many do. Boaz was a farmer in the Old Testament who knew that keeping a margin around his field at harvest time was important. It stopped him from becoming too greedy in trying to extract every last bushel of barley from his field and it allowed those who were poor to glean around the edges and have food on their table.

"Each week my time at Boaz sets me straight. It reminds me of all that I have and the time flies by. People are so pleased to see me here and it feels like one friendly family. You are accepted for who you are. Before I came to Boaz I wasn't sure I had anything to offer, but once you get started you realize that just being alongside the members, enabling and encouraging them is very rewarding." Eileen

Do you have a margin in your life? It could be a financial margin or a time margin. If you felt able to use either or both to support our work helping adults with learning disabilities, we would be most grateful. Just pop in or contact me, Stuart Palmer, on 01962 761749 or E: admin@boazproject.co.uk. Find out more online at: https://goo.gl/Rp1Mvr



The Boaz Project

Address: Hill Farm, Sutton Scotney,

Winchester SO21 3NT

Contact us: 01962 761749 or 07971 688838 email: admin@boazproject.co.uk
Website: www.boazproject.co.uk
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£23 per half day (9.30am to 12.30pm) (1pm to 4pm) £46 per day (9.30am to 4pm) - Prices Under Review Transport to and from the project is the responsibility of the individual members – some use Dial-a-Ride or other community transport

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Abandoned baby wildlife: don't touch!

by John Chitty BVetMed MRCVS, Consulting at Anton Vets, Andover

Every spring, Vets and wildlife rescue centres receive a lot of phone calls from concerned members of the public who believe they may have found an orphaned wild animal and are unsure what to do. In many cases the parents could be nearby searching for food and will return after you have gone, especially deer fawns and fox cubs which can be left alone for up to 8 hours at a time. However, it is much more common to find young birds.

For adult birds there is a rule of thumb; if you can catch it, it probably needs help (but always ask for advice first)! So, is it injured or abandoned? Most commonly, neither...!

If the baby appears to be in good condition and too young (a 'nestling') to leave the nest, then the first thing you should attempt to do is locate, and if possible, return the baby to its correct nest. The parents will generally not reject the bird because it has 'human' smell on it. A 'nestling' is a bird not yet fully covered by feathers and has some skin showing. It cannot yet stand on its own.

We human 'good Samaritans' have to remember birds naturally look after their families. Finding a baby on the ground (a 'fledgling') is not always a sign of distress. 'Fledgling' birds are fully covered with feathers even though the wing and tail feathers are still short and partially encased in sheaths as they continue to grow. Baby birds often hop around the ground for up to 2 weeks while the parents continue to look after them and until they learn to fly. Parent birds leave their offspring for brief periods of time to search for food. If you interfere then, the adults may return to find their chick has been taken unnecessarily when in fact they

were looking after everything just fine. Human care or rehabilitation is only a substitute and is generally much less successful (most hand-reared orphans die). Parental care is by far the best for a baby bird. Careful and patient observation of the young bird will prevent unnecessary separation of families or 'bird-napping'.

If you can see any obvious wounds or broken bones consult the organisations listed below for advice on the best way to handle and contain the animal, or they can direct you to the nearest veterinary clinic for advice.

If it is absolutely necessary to handle the animal, the main point to consider is minimising stress and human contact as much as possible. Catch the animal using a large, thick



towel. Thick gloves can be worn if handling a larger bird (unfortunately wildlife won't appreciate your best intentions and will bite, scratch, kick, claw or flap to defend themselves!), restrict human contact to a minimum and keep them contained in a quiet, dark, warm place. A lot of animals will break out of a cardboard box with ease so bear this in mind when choosing a container and location!

If you think you may have found an orphan or injured animal and are concerned, have a look at our website (http://antonvets.co.uk/exotics/injured-wildlife/) which has lots of information on what to do.

Other useful websites for advice:

RSPCA: http://www.rspca.org.uk/adviceandwelfare/wildlife/injuredanimals
Tiggy Winkles: http://www.sttiggywinkles.org.uk/emergencies.html
HART: http://www.hartwildlife.org.uk/index.php?page=how-to-identify-an-emergency
Hawk Conservancy Trust: http://www.hawk-conservancy.org/Rehabilitation/find_bird.asp
Wiltshire Wildlife Hospital: http://www.wildthingsres-q.org.uk/advice.html

Service with a Smile

Hampshire officers stop more than 200 motorists using their phones while driving during crackdown

More than **200** motorists were caught using their mobile phone behind the wheel during a week-long crackdown by officers across Hampshire.

A total of 204 drivers were stopped by Roads Policing Officers from the Joint Operations Unit last week as part of a nationwide initiative to make our roads safer.

The week of action also saw another 17 drivers stopped for being distracted while driving.

Of those stopped 166 were men, 180 were issued with fixed penalty notices, 132 were driving cars and 61 were

driving vans.

Most of the stops, 130, happened on urban roads, with 55 stops happening on motorways.

One delivery van driver from Wales was stopped in Rownhams on Wednesday, 25th January, for using his mobile phone while driving.

He told officers that this was the third time in three weeks he had been stopped for the same offence. He was given a fixed penalty notice.

Another van driver was stopped and given a fixed penalty notice between





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junctions 7 and 5 on the M27 for using his phone.

He said he was checking his account to see if his final payment had gone through for a court fine issued because he was caught previously using his phone while driving.

Road Safety Sergeant Rob Heard said: "It is disappointing that still so many people are still taking that risk to use their phones whilst driving. Many lives are being put at risk by the selfish actions of these people and it is not acceptable.

Please turn your phone off and put it out of reach so you won't be tempted.

That moment of inattention really is the difference between life and death – it is not worth the risk."







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RURAL OIL HOUSEHOLDS MISSING OUT ON £200 FUEL BILL SAVING

Households using oil fired boilers could be missing out on savings of almost £200 a year by not upgrading the old, inefficient boiler installed in their home, according to the latest industry data.

An estimated two thirds of rural homes could reduce their annual fuel bills by around 20%, particularly when the cold weather kicks in, by upgrading to a modern condensing boiler. The move would particularly help the higher than average proportion of the UK's 2.3million fuel poor who live in rural areas and are struggling to pay their fuel bills.

Households are already benefiting from a significant fall in oil prices with figures showing the annual cost of heating a typical three bedroom home with a condensing oil boiler is now only £886.

This is significantly cheaper than the main off gas grid alternatives of LPG and electricity which are currently £701 and £714 more expensive respectively than oil per annum. Oil users with condensing boilers are also now paying £201 less a year to heat their homes than urban counterparts on mains gas. However, oil prices are starting to rise so the savings could be considerably higher.

SHAPE Contractor Heating & Plumbing suggest the following tips to help rural households make further savings:

- Ensure your boiler is regularly serviced by a qualified OFTEC technician – SHAPE Contractor can assist you with this as we are OFTEC registered.
- Turn off individual radiators in rooms you are not using.
- Invest in insulation over the summer months when you are using your heating less.

If your boiler is old and inefficient, a new,

modern, high efficiency boiler can save £100's per year. When it comes to price, big doesn't always mean better. Independent



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Delegation of Section 19

comparison sites like Which? will help you find the best boiler for your circumstances. Calculate the cost versus the reward of buying a new boiler. SHAPE Contractor of Andover are Worcester Bosch Accredited Installers.



If you would like to discuss your heating or plumbing concerns, or require a free, no obligation quote, then call SHAPE Contractor on 01264 748041. Alternatively, why not email us sending a picture of the problem, and we can assist you on contactus@shapecontractor.co.uk See what our customers say about us out on www.checkatrade.com/shapecontractor.td.



Cloudy2Clear Announce Trusted Trader Partnership

Consumer champions Which? have now joined the thousands of customers who recognise that Cloudy2Clear Windows really are a business that you can TRUST. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has received the coveted 'Which Trusted Trader' status after going through a rigorous accreditation process entirely focussed on customer service.

Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Andover &

North Hampshire areas and manager Justin Friel agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

So, if your windows are steamed up, broken or damaged give Justin a call for a free quotation on **0800 61 21 118** and he'll be happy to help!



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KID'S PAGES

EROUGH TO YOU BY THE ARTROOM INPOVER

Spring is just around the corner! After all the cold wet days we have had it's lovely to see flowers poking out of the soil and lambs in the fields. Here are a few things to help cheer you up and get you ready for spring.

Have fun!

Can you find all these Spring words in the word-search?
Blossom, Showers, Breeze, Bunnies, Daffodil, Duckling, Fragrance,
Gardening, Hatching, Insects, Meadow, Newborn, Seedling, Springtime,





Can you spot the 10 differences between the two spring bird pictures?

SPRING RIN

You will need:

- some old egg boxes
- acrylic paint
- thick card (an old box will be good)
- * scissors, brushes, **PVA** glue

Start by cutting up the egg box into flower shapes. Try and be as imaginative as possible, using different parts of the box for different parts of the flower. Use the flat lid for leaf the shapes.



Using a mix of pastel colours and bright colours paint the flower shapes you have just made. The more details you add the better it will be.



Cut a ring out of the thick card. You will need an adult to help you with this. You could use two different sized plates to act as templates. Paint the ring a pale green.



Using the PVA glue stick the flowers and leaves to the ring. Be patient, it will take a while for the glue to stick. When the ring is dry hang it up; It will cheer up any room, getting you ready for Spring!

HR Spotlight: Changing terms and conditions of employment

Changes occur in working relationships for all kinds of reasons but problems can be avoided or resolved through proper discussion between employer and employee. Any agreed changes in the contract should be recorded in writing.

How can contracts be varied?

An existing contract of employment can be varied only with the agreement of both parties. For the sake of simplicity let's assume there is no collective agreement and no need to elect and consult with representatives.

Business Rationale

You should prepare a business rationale that sets out clearly the reasons for proposing the change and share it with your employees. They are far more likely to accept changes if they understand the reasons behind them and have an opportunity to express their views.

Be inclusive

You should hold individual discussions with each employee who is affected so that they understand clearly the impact of the change on them personally. Involving them in this process makes good business sense for another reason tooit drives up levels of employee engagement and motivation.

How can the variation be agreed?

Variations to the contract can be agreed verbally but they should always be confirmed in writing. You should do that straight away while what has been agreed is fresh in your mind

What if I can't reach agreement with my employees?

If after consultation you can't reach agreement with some or all of your employees, you can serve notice to terminate the existing contract and offer re-engagement on the new terms to follow on straight after the old contract and preserving the date of continuous employment.

Serving notice should be considered only after full and thorough consultation with employees and should be treated as a last resort.

Fair dismissal?

By giving notice, and even with a new contract to followon, you will, in effect, be dismissing the employee and it is therefore critical that you follow a fair dismissal procedure and offer the employee the right of appeal against their dismissal.

TUPE

Be careful if you are making changes to contracts for employees who have transferred to you via TUPE. These employees are protected by TUPE legislation which means that their employment terms and conditions will transfer across to the new business automatically. You are only allowed to make changes for genuine economic, technological or organisational reasons ("ETO") post-transfer and you will need to be able to demonstrate clearly on what grounds the change is required. Our advice re TUPE is always seek advice before even contemplating making any changes!

Some other substantial reason

It's quite possible that your employee still won't accept the new contract upon expiry of the existing contract. Under those circumstances, you would process the employee as a leaver through payroll as if they had resigned. The reason for the dismissal would be for some other substantial reason because the parties had been unable to agree on the terms of the new contract being offered and will normally be a fair dismissal provided you've followed a fair process.

If you have any questions about how to vary terms and conditions of employment, please get in touch with us on 07791 278705 or via email at julia@justhrsolutions.co.uk and we'll be happy to help.

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*For this strategy to be legal and work effectively, avoiding care home fees MUST NOT be the sole motivating reason for setting up the Trust (it's perfectly legal for it to be a subsequent benefit after the fact) - protecting your children against losing half their inheritance through divorce, your partner remarrying after your death or ensuring your childrens inheritance does not add to their estate for inheritance tax purposes for example must be some of the primary reasons stated to name at ele. Also it must be done at a time when you have not been diagnosed with any condition that would give you reasonable cause to believe that going forward you would be likely to need to go into care.



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Makes 16 squares and enough sauce.



Ingredients

225 grams dark chocolate (minimum 70% cocoa solids)

225 grams butter

2 teaspoons vanilla extract

200 grams caster sugar

3 large eggs (beaten)

150 grams ground almonds

100 grams chopped walnuts

Instructions

- Preheat the oven to 170°C/325°F/gas mark
 Melt the chocolate and butter gently over a low heat in a heavy-based saucepan.
- 2. Take the pan off the heat, mix in the vanilla and sugar, and let it cool a little.
- 3. Beat the eggs into the pan along with the ground almonds and chopped walnuts. Turn into a 24cm/9 inch square baking tin or, most sensibly, use a foil one.
- 4. Bake in the oven for 25-30 minutes, by which time the top will have set but the mixture will still be gooey. Once cooler, cut carefully, four down, four across, into 16 squidgy-bellied squares.

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Serves 4-6 (takes approx 5 hours to set).

Ingredients

600ml double cream

200g condensed milk

2 tsp good quality vanilla extract (or scrape seeds from 1 vanilla pod)

Instructions

- Put all ingredients in a large mixing bowl.
 Whisk with electric whisk until it forms soft peaks.
- 2. Transfer the mixture into a freezeproof container and freeze for at least 5 hours (preferably make the night before you want to use it). Once made it will keep in the freezer for up to 3 months.



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SHUTTERS

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It's the same with plantation shutters – a little forward planning goes a long way. With a lead time of 9 – 11 weeks you can easily miss the opportunity to get the maximum benefit out of your shutters. We all know that shutters are great for privacy and filtering light but we should also not forget their ability to keep rooms cool in summer and warm in winter. With the addition of conservatories and extensions with bi-fold door runs houses have ever larger glazed areas as we try and bring the outside in. These rooms

can get very hot and most window dressings end up covering the view one paid so much to benefit from. Shutters are made up of individually louvered panels allowing you to choose where you want the light and how much you want to filter into the room.

Plantation shutters provide year round benefits but if you want to get the maximum benefit from your shutters over the summer months then you really need to be thinking about what you want now. The Great Shutter Co. is a local company that provides a free, no obligation home consultation. Call **01962 710807** or for more information visit their website **www.thegreatshutterco.co.uk**



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What questions should I ask my accountant?

by Paul Croombs



For small businesses finding the right accountant is crucial, but it can also be quite daunting. Here are some questions you can ask to help you find the right accountant for you:

In the first part of our questions to consider, finding the right accountant for you and your business is crucial, but it can be a daunting prospect. Most people think all accountants are the same, but this is certainly not the case, and finding the right one can make a huge difference to your business

To help you, here are some questions you should ask an accountant before appointing them to help you with your business affairs:

How long have you been in business?

An accountant who has experience of starting up a small business themselves will understand the challenges you face and can help you though them. They should also be able to speak 'your language', as communication between you is vital. Make sure to schedule at least one face to face meeting each year, as chatting through your business in person is much more effective than pinging emails backwards and forwards.

How do you keep up to date?

The world of tax is ever changing so it is important to have an accountant who is up to date with the latest developments and can help you maximise the opportunities available to your business. It is always recommended to choose an accountant who is registered with a professional body, such as the ICAEW (Institute of Chartered Accountants in England and Wales) as they will be required to submit training records annually in order to retain their membership. This will also give you confidence that their professional conduct is monitored, and you will have someone to contact if you are

unhappy with the service provided.

How do you calculate your fees?

Some accountants work on a fixed-fee basis, others charge by the hour. It is important that you know up front what is included in the quote you they give you. It is important from the outset for you both to know what you are paying for. You want to feel able to contact them if you have a question without receiving a surprise invoice. We would always recommend confirming fees up front for any additional work with your accountant.

Once you have found the right accountant for you, it could be the start of a long and hopefully happy relationship!

If you would like to see how we could help you with your business, new or old, please feel free to contact us. All initial meetings are free of charge and of course at no obligation to you.

Please visit our website and like our Facebook page (Croombs Chartered Accountants) to hear about other useful tips for your business.

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On the move...









Are you dealing with tenant deposits correctly?

by Carole Bazzoni, Martin & Co, 1 The Mall Bridge Street, Andover, Hampshire, SP10 1QL

The requirement to protect a tenancy deposit taken for an assured shorthold tenancy in England and Wales was introduced on 6 April 2007, following its inclusion in the Housing Act 2004. Initially, deposits needed protecting within 14 calendar days of receipt by the landlord. This was subsequently changed to 30 days on 6 April 2012 as a result of the Localism Bill 2011.

The consequences for not registering a deposit correctly are significant. A Landlord or Agent can be fined between 1 and 3 times the value of the deposit. Also, if the deposit has not been registered correctly a Section 21 cannot be issued.

At the end of the tenancy, if a dispute occurs on check out there are further procedures and timescales to be stuck

to. If the timescales are not followed, the Deposit Protection Service will automatically find in favour of the tenant. This may seem a little unfair but it needs to be remembered that the deposit is the Tenant's money and the Landlord needs to prove why they have a claim on it which, in turn, the Tenant need to argue why they don't!

The DPS clearly set out the process at the very start of any adjudication but these dates are set in stone. Dealing with adjudication can be time consuming if done properly but it is worth doing thoroughly as you really only get one shot at this.

Evidence is key - both photographic and written. It is worth spending time putting together all the evidence that the DPS request and any additional, relevant information. Trv to make the adjudicators' job easier for them by highlighting appropriate paragraphs, numbering photographs referred to in documentation and number and list all evidence provided. Adjudicators look through several of these every day so vou want to make sure thev



don't miss anything pertinent to the case.

If evidence is received it will be sent to the other side for their comments, once the adjudicator has glanced over it. This is the last point at which you can comment or provide any further evidence. It will then go through the full adjudication.

Remember – the adjudicators' decision is final! So spend time on getting the evidence right as there is no comeback!

If you want any advice on adjudication please feel free to ask.

Call Knightsmoor Lettings NOW on 01256 830 196 or visit our website: www.knightsmoor.com

Andover property values have increased by £491 per week

by Carole Bazzoni, Martin & Co, 1 The Mall Bridge Street, Andover, Hampshire, SP10 1QL

www.martinco.com

Recently, a landlord of ours came in to our office to discuss the rising property values in Andover. He owns a varied portfolio of rental properties, primarily in Andover, so it is interesting to compare the increase in property values around the area.

Over the last 12 months the average property value in Andover has risen by £25,517 to £328,694. This is a very respectable 8.42% increase or £491 per week. When we looked at the values for semi detached houses, this average increase is even greater at £31,712. This is a considerable average increase of £609 per week!

When I looked at some of the surrounding towns, Newbury has a lower average increase in property value, at around £413.69 per week, whilst Salisbury has an even more modest average increase of

around £215.84 per week. Still better than your money will do in the bank!

When considering this landlord's buy to let portfolio, the rental values have remained fairly stable during the 12 months with some small increases. However, it shows that Andover is becoming more and more popular with both buy to let investors and home buyers alike and from these figures you can see why!









Education News

Personal, Social and Health Education at John Hanson



As part of the school's recent PSHE Day Year 9 students had the opportunity to learn about Apprenticeships, which is one of their Post 16 progression routes. Led by the school's Careers Adviser, Lynn Richards, students took part in activities which enabled them to gain first hand knowledge from real apprentices who kindly gave up their time to join us for the day.









Lynn said: "Two of the apprentices, Archie McKellar currently working at Stannah, and Tamsin King from Be Wiser, are both ex John Hanson students. We were also fortunate to be joined by Ashley Hart and Jade Ward from DSTL for the day. We are grateful to these apprentices and to their companies allowing them time out to come and support our younger students in this way. Feedback has shown that more students will consider apprenticeships as a future option, including degree apprenticeships."

During the course of the day other year groups were also actively involved in a range of activities. Year 7 worked with Hampshire Fire and Rescue looking for fire and safety risks on their special support vehicle.

Year 8 students worked on well being and the school nursing service presented a session on 'Readiness for Life'. They also considered the serious topics of self harm, body image and peer pressure, drug awareness, and gender and sexuality.

Year 9 were considering their futures focussing on Year 10/11 choices, apprenticeships, and work experience. Year 10 focussed on money matters and took part in a series of sessions looking at how to manage bank accounts, and budgeting in life. They also received CPR training as part of our ongoing aim to ensure that all students know what to do in an emergency if someone falls ill.

Year 11 focussed on managing relationships with a

presentation by Youth Clinics, safe sex using condoms, the cost of having a baby, choices debate, and consideration of STI, HIV and Aids.

Mike Adams, Assistant Headteacher said: "The students enjoyed the variety of learning experiences across the day and were able to work on a range of topics that are important parts of their personal social and health education."

Inspire - Care -Succeed

Harrow Way geography whizzes excel at Hampshire Competition



Harrow Way Year 10 students have pitted their geographical wits against schools across the county in the annual Hampshire Worldwise Geography Quiz. Hosted by Toynbee School in Eastleigh, the team of three Geography students came a very close second in a field of 11 regional schools.

Kelly Campbell, Curriculum Leader for Geography explains the value to the students of entering the competition: "Many of the questions, skills and knowledge were tailored towards the new Geography GCSE curriculum and exam so the competition was a useful opportunity for our students to put their geographical talents to the test. They did really well – we were all delighted with their performance and the end result and will be applying for the national round later in the year".

The students were quizzed on all

manner of geography facts and statistics from locational knowledge, geographical skills and a local Hampshire round. The students performed particularly well with their locational knowledge and seemed to know many random facts regarding the world at large which proved helpful with the competition so tight.

For a number of years Harrow Way has held the coveted Secondary Geography Quality Mark (SGQM) from the Geographical Association. This award recognises student attainment, progress and achievement and sets expectations about the quality of teaching. In short, a quality mark for excellence in teaching and learning in Geography.

Kelly Campbell continues: "As SGQM holders we are keen to raise the profile of Geography and the work we're doing at Harrow Way within the wider education community of Hampshire. The Worldwise Quiz is an ideal opportunity to demonstrate the outstanding quality of Geography teaching and learning we have here at the school and our ongoing commitment to raise standards beyond our school gates".

For more information on Harrow Way Community School, please call 01264 364533 or visit www.harroway.hants.sch. uk. Visits to the school by appointment are always welcome.

Education News

Celebration Dance Showcase

Last week Winton Community Academy students performed in the annual Celebration Dance Showcase in which over 50 students took part. The display consisted of a celebration of work completed in lessons and through extracurricular opportunities. These dances drew on many styles of dance including jazz, contemporary, lyrical and a piece choreographed by Shaun Dillon Dance.



A parent in the audience said, "this

is the best dance showcase I have seen in years," and a grandparent exclaimed, "you forget you are watching a school performance." Performing Arts at Winton Community Academy continues to go from strength to strength and dance forms a core part of the arts curriculum available to students.

"We have a great number of really excellent upcoming performances and productions, details of which can be found in our social media pages and on our website," Sean Flavell - Director of Visual and Performing Arts.

Holocaust Memorial Day – 27th January

Students at Winton Community Academy spent the last week of January marking the annual Holocaust Memorial Day (27th January). Throughout the week they have taken part in a variety of discussion activities, and assemblies that have provided a moment of reflection. Students have been encouraged to consider the 'power of the past' and the role that they can play in contributing to a more peaceful world.

The week was concluded with an act of remembrance at the school's Holocaust Memorial tree. This was planted in 2016 by Daniel Holden-Storey(Former RS Teacher at Winton) in memory of his friend Barbara Stimmler, a Holocaust survivor who visited the school to share her experiences with the students. We remain grateful for that visit. It is in her memory and in the memory all who suffered during the Holocaust that we joined in this act of remembrance.



L to R: Lilly Dakin, Georgia Cogan, History Teacher Mrs Sam Webster and Kerys Owen



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WHAT'S ON

in your Area

MARCH

2nd CLARE TEAL DUO - Clare and her pianist promise a sparkling night of inspired music and unbridled entertainment.
Venue The Lights. Time 7.45pm.
Price £17.50 - £19.50.
Contact 01264 368368

3rd FILM 'THE GIRL ON THE TRAIN' starring Emily Blunt, Haley Bennett and Rebecca Ferguson - A divorcee becomes entangled in a missing person investigation that promises to send shockwaves through her life. Venue Chilbolton Village Hall. Doors Open at 6.45pm: Film show commences at 7.30pm, Price £5.00 or £6.00 on the door (if available). Buy tickets in advance from Bervl Lawrence on 01264 860618. Contact Email: dlaw@ davidlawrenceassociates. co.uk. Tea/Coffee and biscuits included in price. Wine, Beer and Choc Ices on sale.

3rd
CINDERELLA - VIENNA
FESTIVAL BALLET is proud to present their new Spring Ballet for the 2017 Season - the classic tale of Cinderella one of the best-known rags-to-riches fairy tales of all time.
Venue The Lights. Time 7pm.
Price £16-£20. Contact 01264
368368

4th CHURCHFITTERS - Enjoy a folk band who play footstompingly fast fiddle mixed with infectious funk-rock rhythms, and traditional tunes reinvigorated with mesmerising jazz sax. Venue The Lights. Time 8pm. Price £12. Contact 01264 368368

9th
MAWKIN - Come along to hear this band modernise traditional folk material with their own unique sound.
Venue The Lights. Time 8pm.
Price £8. Contact 01264
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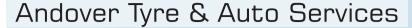


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Changes to the driving test in 2017 - Here's what you need to know!

Courtesy of Bartley Garage - The South's first and leading BMW and Mini specialist

1) There will be more independent driving Candidates will be required to pull over and then follow a set of instructions by the examiner. They

follow a set of instructions by the examiner. They may be asked to follow road signs to a certain place or asked to take a sequence of specific turns.

Previously, this part of the test was just 10 minutes long but under new changes, the driver will be required to drive independently for 20 minutes.

2) You will have to follow a sat nav

Candidates will have to follow commands given by a sat nav as part of the new driving test. These devices had been forbidden in the past.

3) 2 traditional manoeuvres have been removedCandidates will no longer have to carry out

reversing round a corner or a 'turn in the road' as part of their test.

Instead, a more modern situation could see drivers having to drive into and reverse out of a parking bay.

4) Learners will drive at higher speeds

Candidates will have to drive on roads with higher speed limits than previously, to get them used to driving on single and dual carriageways.

5) 'Show me tell me' questions will be asked while driving

Generally, prior to getting behind the wheel on the day of your test, candidates have to answer two 'show me tell me' guestions.

This could involve opening up the bonnet and checking the engine oil level or showing how to switch your headlights from dipped to full beam.

However, candidates will now be expected to answer questions whilst driving - so make sure you know where the horn is, how to control the windscreen wipers and how to demist your windscreens!

6) Learners will be given more independence The Driver and Vehicle Standards Agency (DVSA)

wants new drivers to make their own decisions in the car and be accountable for their own actions.

DVSA chief driving examiner Lesley Young said: "We want candidates to show they can cope with distractions and assess risk without the intervention of their instructor or examiner."

Why have the changes been made?

Road collisions comprise more than ¼ of all deaths of young people aged between 15 and 19. The DVSA wants to make sure that tuition and the driving test lessen the number of young individuals being killed in collisions.

Also the DVSA have noticed that most fatal collisions take place on high-speed roads (not including motorways). Therefore altering the test system will allow more of these roads to be included in driving test routes. In addition, more than ½ of motorists now have a sat nav device in their vehicle - the DVSA wants new drivers to be trained to use them safely.

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