

your local Magazine

Romsey and Wellow Gazette

Your free local Community Magazine

ISSUE No. 271
FEBRUARY 2017

Romsey Town Cars



Local Private Hire

01794 512 738
07732 886 755

romseytowncars@hotmail.com



Picture: Pixabay

Sofa & Sofabed Factory

Handmade in Romsey

**10% DISCOUNT ON NEW FURNITURE
WITH THIS MONTH'S MAGAZINE**

HUNTS FARM, RUDD LANE, TIMSBURY, ROMSEY, SO51 0NU

* Sofas * Sofabeds * Corner Sofas * Armchairs * Footstools * Re-Upholstery * Bespoke *

Mon-Fri 09:00-17:00 Saturdays, by appointment 01794 367898 enquiries@sofabedfactory.com



**NEW
SHOWROOM
NOW OPEN**

The sign of quality, service and satisfaction

get a new
outlook
on windows
& conservatories

**WINTER
OFFER**

up to **20% off**
**Windows and
Doors**

Why choose
**Outlook
Window
Systems
Limited?**

We are a family run company and have been in business for over 25 years. Our sterling reputation is vitally important to us. We have over **500 genuine** feedback reports & testimonials displayed on www.checkatrade.com and an average score of **9.7** out of 10.

Outlook Windows offer a FREE, NO OBLIGATION QUOTATION

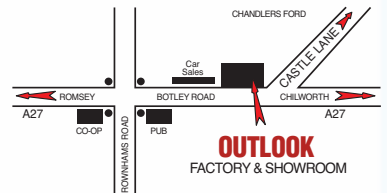


609+
customer reviews
on
Checkatrade.com
scoring
9.7
out of 10



- Established over 25 Years
- 1000's of Satisfied Customers
- Tailor-made conservatories, windows and doors to suit all properties
- We provide a full service including all building works, floor tiling, electrics and planning when necessary.
- Full 10 year insurance-backed guarantee

Outlook
WINDOW SYSTEMS LIMITED



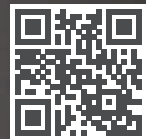
Unit 5/6/7, Baddesley Park Industrial Estate, Botley Road, North Baddesley, Southampton
OPENING HOURS: Mon - Fri • 9am - 5pm / Sat & Sun • 10am - 4pm



TEL: **023 8073 7866**

www.outlookwindows.co.uk

Satellite & aerial



Satellite & Aerial:

- TV Aerial Installations and Repairs
- Sky Satellite Installations
- Freeview & FreeSat
- FM & DAB Radio Installations
- Extra TV, Satellite & Telephone points
- Commercial (IRS, CCTV)
- European & Motorised

Sound & Vision:

- Home Entertainment Systems
- Home Cinema
- Multi Room Audio Visual Installations
- LED, LCD, Plasma TV's & Projectors
- Home Automation Systems
- Lighting Control
- Commercial

For a friendly and professional service please call 01794 230 048,
email info@onedegreewest.tv or visit onedegreewest.tv



one degree west
satellite & aerial

3 MONTHS CALLS & LINES COMPLETELY FREE

WWW.NIXGROUP.CO.UK

85%

85% OF OUR CUSTOMERS HAVE ENJOYED THE BENEFIT OF A NEW TELEPHONE SYSTEM WITHOUT ANY CAPITAL OUTLAY OR INCREASING THEIR CURRENT TELECOMS EXPENDITURE.

INTERESTED?

Call us today on **02380 803030** or visit www.nixgroup.co.uk to find out more.

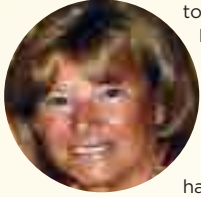
Alternatively you can email us at Emma.Davis@nixgroup.co.uk



*3 months free calls and line rental applies to new customers only.

NIX Communications Group Ltd
Winchester Hill Business Park Winchester Hill, Romsey, Hampshire, SO51 7UT

Welcome



to the February Romsey and Wellow Local Magazine.

I am writing this letter half way through January and today we have had a flurry of snow. But guess what, there are only 9 Mondays to go until British Summer Time. Well we have to have something to look forward to.

I really hope you all had a good Christmas and New Year! Having three 91 year old close relatives I am sure you can imagine our Christmas Day and Boxing Day was very slow and all geared around food at definite times, but we got through it. They make me laugh and listening to their stories of Christmas and New Years Eve in their younger years is even funnier; some of the things they got up to makes my hair curl.

We are always happy to connect with local people whether it be Community or Education news, Local Events or Charity Fundraisers, so please do email me at angela@theromseyandwellowgazette.co.uk.

Enjoy your February and take care.

Angela

READ ALL ABOUT IT!

Looking for help to publicise a community or charity event?

Romsey and Wellow Gazette's Facebook page has many followers and posts daily news - an ideal platform for charitable organisations. Join us on our Facebook page: www.facebook.com/romseyandwellow.

Find us on



To advertise please call Angela Lodge on 07846-985065 or 023-8025-5585 or e-mail angela@theromseyandwellowgazette.co.uk

Advertisers have the benefit of our free in-house design for their advertisements by a professional artwork and graphics team.

Clients or agencies supplying artwork or images should send JPGs or PDFs, 300 dpi minimum if actual size, or at a higher resolution if smaller than the size required.

COPY DATE FOR NEXT ISSUE - 3rd FEBRUARY 2017



Our magazines are printed in a factory that is FSC & ISO 14001 certified. Sustainable and environmentally friendly printing is part of our ethos. Using vegetable-based inks and recycling nearly 100% of our paper waste means you can be confident that this publication isn't harming the planet.

MLG Magazines Ltd reserve the right to accept or reject any article or material supplied for publication or to edit such material prior to publication.

The opinions expressed or advice given in this publication are the views of the individual authors and do not necessarily represent the views or policies of the publisher.

Every care is taken when compiling this magazine, however we cannot accept liability for misprints or mistakes. Dates and information quoted are believed correct at the time of going to press, but are subject to change and no responsibility can be taken for loss, damage or omission of material due to error.

It is the client's responsibility to ensure they have permission to use any artwork which they supply to us or request for us to reproduce. Unless prior consent of the publisher is given, no part of this publication is to be reproduced.



CONTENTS

10-15 Community News

30-31 Service with a Smile

32 Wills at the ready - Bells Solicitors

34-40 Health & Wellbeing

42-44 Education News

48-49 This month's walk

52 Classifieds Ads

54 What's on in your area

Mature Delivery People Wanted

please call **07765 931615**
or **07775 927161**

Creative design,
inspired by you

Kitchens
instyle

Book your free home visit today 02380 811777



BOSCH
Invented for life



SIEMENS

FRANKE

Miele
IMMER BESSER



Why Kitchens *instyle* ?

- Bespoke kitchen styles to suit any home
- Granite, quartz, corian & glass specialists
- Building work undertaken
- Kitchen refurbishment service
- Dedicated experienced team
- Full kitchen projects from £8,000
- Premium partners to appliance suppliers

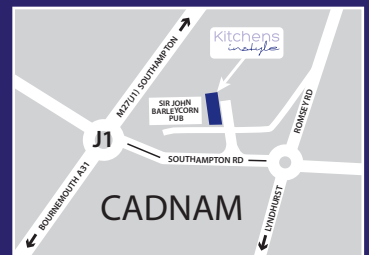
Kitchens
instyle

Visit our fantastic shop
with 16 stunning displays
to inspire you

w: kitchensinstyle.co.uk
e: cadnam@kitchensinstyle.co.uk

Twin Firs Shop,
Southampton Road,
Cadnam SO40 2NQ
t: 02380 811777

Opening hours:
Mon - Sat:
10am - 5pm
Sun: Closed



Get Yourself Protected – Antivirus and Malware?

Computer Business Services is based in Andover and Hertford. We provide a full range of IT services for both businesses and domestic clients. This month's focus is Virus and Malware protection.

Anti-Virus & Anti-Malware Protection. Confused?

Malware is a collective term covering a whole range of malicious software which, at worst can corrupt your PC system, destroy your data or at best be a nuisance. It includes **Trojans, spyware, worms, adware, ransomware**, and yes, **viruses** too. So, all viruses are Malware. Not all malware are viruses.

PC infection by Ransomware is likely to see its largest increase ever during 2017. Somewhere, right now, someone is clicking a link which will initiate a devastating process on their PC. They will continue working unaware that, in the background, all their files are being secretly encrypted with a code which is impossible to crack except by the perpetrator. Shortly, a message will pop up telling them how to pay a sizable sum (could be £1000) and that you have just a few days to pay or all your data will be lost. The worst of it is you may pay and still not get your data back. Also, your PC may be left unusable.

So, how can I be sure I am protected?

It is virtually impossible for most people who use PCs to know if they are properly protected. This is further complicated by the fact that, as many products are marketed as Anti-Virus, it may not be obvious that they offer additional protection. However, none can catch everything. Security experts recommend multiple tools for best protection. Here is our recommendation;

- Use the free, yes free **Windows Defender** anti-virus system, which is included with Windows 8 and 10 (and can be downloaded free as Microsoft Security Essentials for Windows 7).
- Install a **specialist Anti-Malware** application which specifically protects you against **ransomware** and other advanced malware and blocks malicious websites. We have tested, and are happy to recommend **Malwarebytes** or **Hitman Pro Alert**. This software is not free but well worth the small charge.
- Put in place a **good backup regime** which includes a combination of local and cloud backup systems. We can advise on what is best for you.

Do you have a requirement or would you simply like some free advice? Why not call us now on 01264 848036 or email ian@computerbusinessservices.co.uk

Keeping your home & business secure

One degree west security services are a leading provider of intruder alarms, CCTV systems and door entry systems for homes and businesses. Our state-of-the-art home security systems include wireless house alarms, security cameras & intercom systems.

Intruder alarms:

Intruder alarms to protect homes & small businesses. We provide both hard-wired and wireless burglar alarms.

CCTV Systems:

CCTV systems for home surveillance and commercial security including remote viewing via internet and smartphones.

Access Control:

Door entry systems / Access Control including keypad and intercom systems for residential and commercial properties.

For a friendly and professional service

01794 230 048

info@onedegreewest.tv // www.onedegreewestsecurity.co.uk

one degree west
security services

GS WINDOWS

**NO HIDDEN COSTS -
NOTHING EXTRA TO PAY!**



Your local manufacturer and installer of high quality windows, doors, porches and conservatories in **Rehau** pvcu and **Smarts** aluminium

ORDER NOW for a FREE UPGRADE to A+ rated Triple Glazing from any A rated Triple Glazed Package.

Prices include VAT, Installations 10 year insurance backed warranty	A+ RATED TRIPLE GLAZED	A RATED TRIPLE GLAZED	A+ RATED DOUBLE GLAZED	A RATED DOUBLE GLAZED	C RATED DOUBLE GLAZED
Any 3 Windows	£1,750	£1,675	£1,600	£1,555	£1,345
Any 4 Windows	£2,370	£2,235	£2,100	£2,075	£1,795
Any 5 Windows	£2,890	£2,795	£2,700	£2,595	£2,245
Any 6 Windows	£3,510	£3,355	£3,200	£3,115	£2,695
Any 7 Windows	£4,130	£3,915	£3,700	£3,635	£3,145
Any 8 Windows	£4,750	£4,475	£4,200	£4,155	£3,595
Any 9 Windows	£5,270	£5,035	£4,800	£4,675	£4,045
Any 10 Windows	£5,890	£5,595	£5,300	£5,195	£4,495
Any 11 Windows	£6,410	£6,155	£5,900	£5,715	£4,945
Any 12 Windows	£7,030	£6,715	£6,400	£6,235	£5,395
Any 13 Windows	£7,650	£7,275	£6,900	£6,755	£5,845
Any 14 Windows	£8,270	£7,835	£7,400	£7,275	£6,295
Any 15 Windows	£8,790	£8,395	£8,000	£7,795	£6,745



**REDUCED NOISE
INCREASED SECURITY
SAVES YOU MONEY
AND ENERGY!**

HIGH QUALITY ALUMINIUM BI-FOLDING DOORS



3 Part Bi-Folding Doors up to 3.2 mtrs wide
Any Colour
£2,995 including fitting and VAT

A RATED Double Glazed French & Patio Doors



Upto 1.9m wide x 2.1m high
£995
Fitting & VAT Included

Sash Windows



Any Size A RATED Double Glazed Vertical Sliding Sash Window in White PVCu
£690 each inc VAT & Fitting

Example: 4 windows = £2,760

FOR YOUR FREE NO OBLIGATION QUOTATION CALL NOW!

Composite Door Offers £895 or 2 for £1695



Any Composite Front Door & PVC Back Door includes any glass pattern
£1495

Replace Your Conservatory Roof, Windows or Doors



or simply have a new conservatory!
Example: 3x3m = **£10,995** including building work

0800 652 4576

during office hours

Proud members of

Checkatrade.com

Where reputation matters

07885 460784

evenings & weekends

9.8/10



www.gswindows.co.uk



Local factories at: Unit 3 & Unit 6 Quay lane Ind. Est, Hardway, Gosport PO12 4LJ

These offers cannot be used together with any other offer. Example shown is white pvcu, including VAT and installation. Special finishes and colours available. Each section of a bay window counts as one window. Terms and conditions please ask for details. Images only for illustration. We reserve the right to withdraw the offer without notice. • Offer for white windows to a maximum size of 2.5m x 1.3m. • Offer for Sash Windows to a maximum size of 1.4m x 1.8m





think takeaway – think...
Spice of Romsey
 Finest Indian Takeaway • Est 2001



For your convenience we offer
 Free Home Delivery* or simply call and collect

*Free Delivery on orders over £14, Romsey area only



Spice of Romsey is open 7 days a week
 from 5pm until 11pm (in all Bank Holidays)

5 Viney Avenue, Romsey, SO51 7NR
01794 523976 / 517177

BESKPOKE & ALTERATION SERVICES

WWW.HGDSEWING.CO.UK
 07595 582952



0800 999 87 84

Email: dandktravel@hotmail.co.uk

www.dktltd.co.uk

www.andoverweddingcars.co.uk

D&K Travel Limited

Executive Cars • Taxis • MPVs

Minibuses • Coaches & Buses
 (4 seat Taxis – 78 seat Buses)

Wedding Transport and Wedding Cars

Day Excursions with local pick up points from only £5



COUNTY BLOCK PAVING LTD
 From your Inspiration to our Installation

Tel: **01794 878 241**
 Tel: **0800 696 5403**
 Mob: **07437 476 732**

County Block Paving Ltd is a trusted, professional company with an enviable reputation. We are a family business with over 40 years experience in the industry. County Block Paving are Masters in Block Paving and Tarmac. We cover a wide area including all of Hampshire, Wiltshire and Dorset.

We use only the highest quality products and will transform your property or business with the least amount of inconvenience and disruption. Our aim is to provide the best service from your inspiration to our installation. We take great pride in our organisational skills, professionalism and attention to detail. No matter how big or small the task, we ensure each job receives the highest levels of quality workmanship. All staff are fully trained and experienced.

We offer an excellent service at a competitive price. We give exceptional after sales service ensuring all our customers are 100% satisfied. Contact us for friendly professional advice on the design, construction and maintenance of your outdoor spaces.



County Block Paving, Pine View, Landford, Wilts. SP5 2AZ
 Email: countyblockpaving@hotmail.com
www.countyblockpaving.co.uk

Creative design,
inspired by you

Bedrooms
instyle

Book your free design session today on 02380 812444



No **Sale**, No Gimmicks – Just **Fair** Prices Everyday



Why Bedrooms *instyle*?

- Custom door styles and sizes to suit any home
- Designer storage solutions for any room
- Walk-in wardrobe & double sided door specialist
- Manufactured in the uk
- Supply only or fully fitted service
- Home delivery from three weeks
- Dedicated experienced team

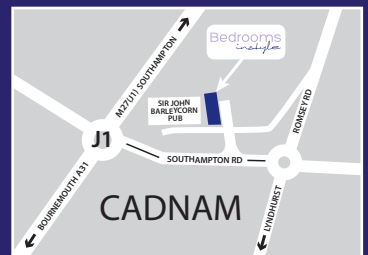
Bedrooms
instyle

Visit our fantastic shop
with stunning full size
door styles to inspire you

w: bedroomsinstyle.co.uk
e: info@bedroomsinstyle.co.uk

Twin Firs Shop,
Southampton Road,
Cadnam SO40 2NQ
t: 02380 812444

Opening hours:
Mon - Sat:
10am - 5pm
Sun: Closed



To advertise contact Angela on mobile: 07846-985065
or email: angela@theromseyandwellowgazette.co.uk

Community News

The Test Valley Business Awards 2016: A Year in Review

As the New Year takes hold, we look back on the moments that made 2016 a very special year for the Test Valley Business Awards...



Established in 2004, the Test Valley Business Awards has grown over the years to become the cornerstone event of any discerning local business' diary.

Celebrating what it means to be a successful business operating within the Test Valley, the Awards has enjoyed many highlights throughout its 12 year reign; from enjoying the company of world authority in bushcraft & survival, Ray Mears, to raising thousands of pounds for local charitable causes such as the Community First

Responders.

The Test Valley Business Awards is undoubtedly one of many events and initiatives which makes our borough unique; arming particularly new and small businesses with the recognition they need to grow and develop, as well as a space for these businesses to build relationships, not only with each other, but with larger and established organisations.

It's no secret that the Awards has grown year upon year; seeing more businesses enter and nominate, and even more attend both the launch and the concluding Gala Dinner, where each year's winning businesses are announced.

2016 was no different, seeing many record highs and memorable moments that made it the best year yet, including:

- Almost 100 business representatives attended the launch in Romsey, at The White Horse Hotel & Brasserie; a whopping 40% increase in numbers for the 2015 event.
- 6 local businesses were selected at random to receive an 'entry prize' during the nomination and entry process, which recognised their efforts to praise their own, fantastic achievements as new and small businesses operating in the area.
- The Brenda Locke Award for Women in Business was created in memory of long term Steering Committee member and business woman Brenda Locke, and celebrated the professional achievements of women in Test Valley.
- There were over 160 entries into the 6 Awards categories for 2016 - doubling





up to
45% OFF
selected
WINDOWS & DOORS



Britannia
Windows
Doors & Conservatories

Chandler's Ford 023 80270606

the amount received in the previous year, and showing the true appetite for new and small businesses in the borough.

- TV Presenter and Naturalist Chris Packham took to the stage at the 2016 Gala Dinner, enjoying his second appearance as Guest Speaker of the event, where almost £1000 was raised for the Awards' chosen charity, The Hawk Conservancy Trust.
- Of 160 entries, 18 phenomenal finalists were selected, and just 6 winners were chosen by our wonderful Gold Sponsors. These 6 winners not only received a

beautiful trophy and certificate for their achievements, but also a visit from The Worshipful, the Mayor of Test Valley, Cllr Karen Hamilton.

The 12th annual Test Valley Business Awards was nothing short of a success; supported by many generous business sponsors, and accented by our deserving finalists, winners, and every mindful business that took the time to enter – celebrating local business excellence.

For more information about the Test Valley Business Awards, please visit: www.tvbawards.org.uk

Test Valley visitor wins another trip to the borough

Tina Downs from Wellingborough, Northamptonshire, has won the 2016 Test Valley Visitor Guide prize draw.

Tina has won a delicious three course dinner and bed and breakfast for two adults at The White Horse Hotel and Brasserie in Romsey. The 14th-century boutique hotel offers a brasserie and bright, elegant rooms in the heart of the market town just a few yards away from Romsey Abbey.

Tina said: "One of our favourite things about visiting our friends in Andover is our long leisurely Sunday morning walks in the beautiful countryside which are rounded off with lunch in a charming country pub. We are thrilled to have won a stay at the White Horse in Romsey and already have Romsey Abbey, a spot of boutique shopping and, of course, the New Forest on our list of 'must dos'.

Paul Bingham, General Manager of the White Horse Hotel and Brasserie, said: "We are extremely happy for the winner to receive the prize and we look forward to meeting them soon."

The Mayor chose Tina at random from a large number of people who entered the draw. The 2017 edition of the Test Valley

Visitor Guide will be launched at Excursions, an exhibition which promotes travel and tourism in the south of England, at Alexandra Palace, London, on 28 January 2017. The guide is packed with unmissable attractions and events and photos of stunning scenery, and readers will also be able to learn about the borough's fantastic accommodation and eateries.

Visitors and local residents will be able to pick up a copy of the 2017 Test Valley Visitor Guide at Tourist Information Centres and other regional places of interest.



up to
45% OFF
selected
WINDOWS & DOORS

An advertisement for Britannia Windows & Doors. It features a red background on the left with the text 'up to 45% OFF selected WINDOWS & DOORS'. To the right, there is a photograph of a brown wooden door and a yellow house with white window frames.

Britannia Windows
Doors & Conservatories

The logo for Britannia Windows, consisting of the word 'Britannia' in blue, 'Windows' in red, and 'Doors & Conservatories' in blue below it. To the right is a blue square icon with a white cross-like shape inside.

Chandler's Ford 023 80270606

Community News

Abbey United Reformed Church launches community events as part of World War One Research

The Abbey United Reformed Church have been researching the town throughout the four years of the Great War and have so far concentrated their research on the men of Romsey who went to fight. This year sees them look at the impact of the war on the Town's community.

Whilst the Town saw many of their own men leave and head for foreign fields, they also saw an influx of soldiers stationed in training camps surrounding the Town. Many were in the Remount camp situated at Pauncefoot Hill but there were further more camps of men from all over England as well as America, Australia and Canada join in the community. Photos have been discovered of the men marching through the town, interacting with those that have been left behind. Research from Church magazines show us that these men were welcomed in to all areas of the community and some even went as far as filling in roles where gaps had begun to emerge. The magazine also shows how, despite everything that was happening some normality was able to continue with troops filling in so that big community events were able to continue.

The Abbey URC will be recreating some of these events over the next few months and are opening them up for the community to join with them. The first of these events will be a Variety show in the Abbey URC Church Hall. The Hall was acquired by the troops and turned in to a Soldiers Reading and Recreational Room for the four years of the war. Examples have been found of the soldiers joining with the church and community to put in an evening of entertainment. We will be recreating this event on 10th February with tickets now on sale. The church is asking for volunteers to help with the decorating, food and event organisation as well as asking all those in attendance to share their hidden talent with us on the night.

Another of the Great war events was a Summer Fete and we are planning our own version of this in June. The summer fete was not like a fete that we would expect to attend today; it included prizes, games and tea and cake. Once again the event will be open for all to attend and

volunteers are warmly invited to get involved.

The last few months of the project see a different direction for the project but Sarah stated it was an important direction for it to take. "When we started the project we quickly discovered that the Great War affected everyone in very different ways but what always stood out were the big events that everyone got involved with, including the troops that were stationed nearby. However, these events can only work if we are able to recapture the spirit of the time, with everyone getting involved."

Research will continue into the Town's Roll of Honour up until the final exhibition which will be shown as part of the Romsey festival in July. A new website, www.romseyinww1.wordpress.com, has been launched showing the information that has been discovered and will be continued to be updated with information as it is discovered. The website will continue to be accesible when the project closes in July.

The project is also running their own Battlefield trip to France and Belgium. They will be leaving Romsey on 1st April for the town of Arras. A second day will be spent exploring the Somme area visiting sites such as the Lochnagar Crater, Blighty Valley and the Thiepval Memorial to the Missing before travelling on to Ypres. Day three will be spent in and around Messines and Tyne Cot where they will also be visiting the Langemark German Cemetery before spending some free time in Ypres and meeting for the Last Post ceremony at the Menin Gate. On 4th April, on the return home, a few more sites in and around Poperinge will be visited. The trip is being run with Single Step Tours and will include personal stories of some of the Romsey men that have been discovered through the project along with visiting their graves and memorials. Spaces are still available for the trip and for more details please contact Sarah directly.

For more details on any of the events please get in touch with Sarah Stewart directly on 07901 902367 or via email on sarah.stewart.b.a@gmail.com

up to
45% OFF
selected
WINDOWS & DOORS



**Britannia
Windows**
Doors & Conservatories

Chandler's Ford 023 80270606

Forget Me Not Café supports carers and those they care for at Abbotswood Court



ABBOTSWOOD
COURT

If you are family member or professional carer pop along to the Forget Me Not café at Abbotswood Court.

As well as the home made cakes, tea and coffee the Café is somewhere to meet both dementia care professionals and family members who have experienced supporting their loved ones through what can be a misunderstood and sometimes difficult period of their lives.

Members of the team will be able to signpost you to where additional help is available, activities both in the Romsey community and within Abbotswood Court, such as dementia friendly exercise sessions and social groups.

One of the Dementia Friends Champions

at Abbotswood Court can offer Information Sessions to those who would like to understand how dementia can affect people in the Romsey community and what we can all do to better support those who live with dementia.

Sarah has a passion to ensure that everyone is treated as an individual and further develop the atmosphere of person centred care within Abbotswood Court and encourage her care team to achieve the best possible care is provided.

Come along on Friday 27th January from 2pm – 4pm, the Café is open to all family carers and is free of charge.

For more information contact Debbie Holmes on 01794 528700 or debbie.holmes@cinnamoncc.com or www.cinnamoncc.com

“Thank you” from Wellow Methodist Church

GOOD GIFTS: The charity that guarantees your cash goes to exactly what you've bought – so says the money saving expert Martin Lewis.

And from Wellow Methodist Church members, a HUGE THANKYOU to all supporters of their coffee mornings held every 3rd Wednesday in the month. Because of you we were able to raise over £1,000 during 2016 to send to GOOD GIFTS!

100% of this money is used by the charity in helping projects at home and abroad

in many different ways. Browse “Good Gifts” on the web for more information or better still, come and join us at Wellow Methodist Church, Maurys Lane between 11am and 1pm for delicious coffee/tea, home-made cakes and lots of fun and chat.

N.B. We also have a small children's area with toys and books and a “bring and share” book corner for adults and children.

Help us to invest in better futures for all God's world.

**up to
45% OFF**
selected
**WINDOWS
& DOORS**

**Britannia
Windows**
Doors & Conservatories

Chandler's Ford 023 80270606

Community News

Romsey Town Council and Test Valley Arts Foundation give backing to 'Arts & Crafts' Sessions

Greenbuttercup CIC (in association with the Romsey Dementia Action Group) are pleased to announce that they have received grants from Romsey Town Council and Test Valley Arts Foundation (TVAF) enabling them to continue with their monthly fun 'Arts & Crafts' sessions for those living with dementia and their carers.

From January 2017, the sessions cost £3 per person, and this includes instruction and all materials, plus coffee and biscuits. However, anyone who is interested can come along for a free session to meet us and see what we have to offer.

Those attending can enjoy doing a craft of their choice, and are welcome to bring along something of their own to do, if they so wish. No experience is necessary, and each time we will also offer a 'have a go' craft. The next few will be as follows: Friday February 10th 'Decorating Picture Frames'; Friday, March 3rd 'Painting'; Friday, April 7th 'Easter Crafts' and Friday, May 5th 'Romsey Festival' workshop. **Please note that February's session has been changed from the Friday 3rd to Friday 10th.**



So, if you care for someone with dementia, and think they would enjoy participating in these sessions, just come along to the Green Room at the Plaza Theatre in Romsey on the first Friday of the month from 10.30am-12.30pm and have some fun with art. Parking is available behind the theatre and entry is by the side door (up the accessible ramp).

For more information, please contact: Pamela@shadow26.plus.com or call 01794 501605.

Other activity groups for those living with dementia are also available in Romsey - see www.romdag.co.uk for more details.

BOPH Barn Owl Project & Bird Of Prey Hospital

BOPH Barn Owl Project & Bird Of Prey Hospital are a not for profit Charity whose aim is to support and target better understanding of wild Barn Owls and other UK Birds of Prey. Kim Boog-Penman tells us more.


How did it all start?

Pure passion for Birds of Prey. Some years ago, the gift of time opened an opportunity to explore experience to expand knowledge. Learning more about keeping birds of prey led to work with a falconer and study for the LANTRA Award. Birds of Prey formed the subject of a home learning Diploma and volunteering with a huge range of Birds of Prey and Wildlife rehabilitation expanded the practical experience of working with these marvellous birds.

What drove you to set up BOPH?

There is so much news about worldwide wildlife conservation, yet on our own doorstep there is decline. The Barn Owl has for many years experienced fluctuation and environmental struggle. Working with hand reared birds was immense fun yet the reality of decline of species in the UK changed the focus. The Barn Owl Trust in Devon encourages people to get on and support the species in your own area, which is exactly how it started. With some fellow volunteers, we designed, constructed, surveyed and installed over 30 new nest boxes, primarily for Barn Owl, but also Kestrel and Little Owl.

The Barn Owl is a strongly protected species within the law of the Countryside and Wildlife Act. Therefore it was alongside encouragement and support of a BTO



up to
45% OFF
selected
WINDOWS & DOORS



Britannia Windows
Doors & Conservatories

Chandler's Ford 023 80270606

ringer that we now monitor and ring annually. Being an accredited agent with a BTO permit allows me to visit the boxes of wild Barn Owl to assess, maintain and record, albeit the ladder climbing can be very challenging.

How did the Bird of Prey Hospital come about?

Casualties happen and with the help of a nursing background, it fused with research for better rehabilitation procedures to help wild injured or orphaned raptors, who so easily perish or suffer through lack of knowledgeable care. Rehabilitation developed into BOPH Bird of Prey Hospital which is an RSPCA approved site and is also Raptor Rescue Accredited. We rely on help from local Veterinary practices and we look to deliver best practice procedures for rescue and rehabilitation of wild birds of prey with the view to return them back to the wild.

What about the educational aspect?

One of the most enriching elements of BOPH is the opportunity to help educate both children and adults to understand better the needs of our wild species. Wisdom is a young female Barn Owl that was bred to become an Edu-Owl for BOPH. With her help, we visit groups to offer information that will lead to better understanding of why so many wild birds of prey need support. Essentially I am flabbergasted at how much people don't know of our wildlife and its current state. Encouraging youngsters with inquisitive interest is the focus and Wisdom helps the messages remain memorable.

Do you fundraise?

As a voluntary organisation, BOPH fits into a life filled with other 'normal' activity i.e. work as a private nurse carer, support in our design business, assisting with Hippotherapy and a home, 3 dogs and several grown up children who appear from time to time. BOPH has formed with organic growth so far, however we need equipment for the hospital, aviaries need to be carefully constructed especially for wild birds and feed and medical costs can get very expensive. We therefore ask for donations for presentations and talks to help us improve. In an ideal world, a fully equipped dedicated hospital unit is our aim, but day to day running currently exists using recycled resources and the best undisturbed environment we can offer. Today the world is propped up with good causes and charitable organisations, and it has become very hard to raise funds without the resources to do so. In time we hope to fundraise for each improvement, but for



now voluntary effort is the reality and every small gift is greatly appreciated.

A lot of your work is with children - why is it important to engage them with birds of prey?

Life today is excessively challenged with material lust and technological advancement. If we don't encourage and engage the kids with a passion for our biodiversity, then we lose in the long run. Enjoying what we have today and preserving it is vital and children need to be offered encouragement to find their way to realise passion. It is a natural ingredient, they are the hope for the future conservation of all species.

What is the most important thing that working with birds of prey has taught you?

Simple...Birds of Prey can never be manipulated to be anything but themselves. Though we have domesticated so many other species, birds are hard wired to exist and survive, they don't need us and don't indulge us. But if we are extremely respectful and immensely careful, we can work with them, earn their trust and share a little of this precious relationship that is like no other. With Birds of Prey, we cannot force a relationship - we must earn it. I guess it is as natural a relationship with the wild that one can experience. They teach us so much.

Is there a particular bird you would like to work with in the future? Why?

Vultures! They are incredible creatures. Without them, the world will be altered, empty and disease ridden. These really are the workforce of nature at its very best and seeing them at work in the wild is wonderful. Watching them fit into the pecking order of life is so natural and we should all take time to learn more about them. Not just a bird, but an extremely efficient and vital clean up team and we are losing them faster than you can blink. Every effort should be made to encourage awareness of this range of birds, before it is too late.

You can follow and support more of Kim's work with BOPH here: facebook.com/bophampshire and www.boph.org

up to
45% OFF
selected
WINDOWS & DOORS

Britannia Windows
Doors & Conservatories

Chandler's Ford 023 80270606

WARMER · QUIETER · SAFER · LOCAL

45%
UP TO OFF
selected

**WINDOWS
& DOORS**



Limited time offer

**Buy TODAY with
NOTHING to pay
until 2018***

Just £99 deposit!
19.9% APR Representative

023 8027 0606
britanniawindows.co.uk

Britannia
Windows
Doors & Conservatories



Happy Kitchens

make your kitchen a happy kitchen

Romsey & Wellow readers **save 20%**
by quoting this advert



Transform your kitchen in days at
under half the cost of a fully fitted kitchen



Less time | less hassle | less cost

- Pay no VAT this month
- Change as much or as little as you'd like
- Free no obligation quotation
- We can even colour match your existing units

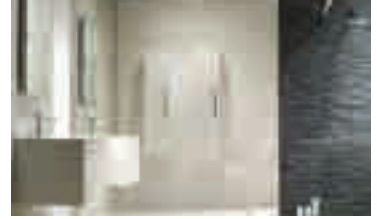
T: 023 92 986465

M: 07590 398921

E: info@happykitchens.uk

www.happykitchens.uk

From Inspiration to Installation



Transform your kitchen and bathroom

Space Kitchens and Bathrooms are pleased to offer a unique service tailored to suit your individual need. Whether you are looking for a complete package with supply and fit from our team of professional and highly skilled fitters, or simply supply only, we are happy to help.

Kitchens

- ✓ Kitchen Designer
- ✓ Kitchen Supplier
- ✓ Kitchen Installer
- ✓ Made to any size and colour
- ✓ Building work
- ✓ Kitchen make overs
- ✓ Work top changes

Bathrooms

- ✓ Bathroom Designer
- ✓ Bathroom Supplier
- ✓ Bathroom Fitter
- ✓ Furniture made to any size & colour
- ✓ Wet Rooms
- ✓ Plumbing
- ✓ Tiling



Checkatrade.com

For a great deal on a stunning kitchen or bathroom visit our showroom in Ower.
Open monday to friday 10am - 5pm. Saturday 10am - 2pm.

For more info please give us a call on 02380 812 078.
Unit 2, Shelley Farm, Shelley Lane, Ower, Hampshire, SO51 6AS.

Tel 02380 812 078

www.spacekandb.co.uk

Widenet



Computer Services Ltd

Support agents for John Lewis

- Repairs & System Optimisation
- Virus/Malware Removal • PC & Mac
- Help with Setup of Smart Phones & Tablets
- Home Networks • Business Support
- Laptop Screen Replacements

Call now on **01794 521100**

Crown House, 28 Winchester Road, Romsey, SO51 8AA
Well Equipped Workshop with Car Parking

www.widenet.co.uk

Roofing Services

Flat Roofs, Tiled Roofs, Repairs, Fascias, Soffits & Guttering
Full Roof Surveys, Condition Reports & Roof Leak Investigations

- Full 24 Hour call out service
- Repairs undertaken to existing roof coverings
- Insurance works including Trace & Access covered
- All Access requirements organised
- Chimney repairs undertaken. Asbestos Removal
- All fascia, soffit & rain water goods supplied & fitted
- All work fully guaranteed
- Fully insured company to both domestic & commercial clients
- No obligation estimates supplied



A Complete Roofing Service from a friendly & reliable company

Email: admin@cproofing.org.uk

Tel: **02380 739259**

Mob: **07809 116605**



SECTIONAL & BRICK GARAGE REPAIRS

We repair & refurbish **ALL** styles of Sectional & Brick Garages

**SPECIALISTS IN THE SAFE REMOVAL & REPLACEMENT OF
CORRUGATED ASBESTOS FIBRE ROOFING**



NO NEED TO EMPTY THE GARAGE

- Replace existing Asbestos Roofs with Anti Condensation Galvanised Steel
- All Asbestos roofs & garages are disposed of by **Certified Asbestos Removers**
- Replace Windows, Doors, Fascia boards & gutterings (uPVC)
- Replace Damaged Concrete Sections
- Seal all Joints, Asphalt Floor, Seal Perimeter
- Replace Garage Doors

For **FREE NO OBLIGATION** Survey & Quotation

Freephone 0800 917 9550

View our comprehensive website at:

www.vsfltd.com

National Advice & Sales Office:
Gail House, Hudcar Lane, Bury BL9 6EX



Proud to support

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Registered Charity Number: 261017

**For your 10% Romsey & Wellow Gazette
discount Quote Ref: ROM8**

Crocodilla

Driveway Gates, Garage Doors, Awnings, Verandas, Glassrooms & more!

Welcome to **Crocodilla Ltd**, your premier garage door, awning, veranda and glassroom company for sales, service and installation for more than 5 years. We offer a full line of new top-quality products, and are fully dedicated to high finishing standards and customer satisfaction. At Crocodilla all staff are committed to giving first-rate service and providing quality workmanship. Our technicians are courteous, efficient and extremely skilled in their fields. Whether you are in need of a broken spring, roller, or cable repair; a new garage door opener; or a brand-new garage door, Crocodilla Ltd guarantees you a prompt, friendly and honest service at unbeatable prices. No job is too big or too small.






Crocodilla Ltd is a family run business based just outside the town of Romsey in the beautiful Test Valley. Offering a complete range of produce, we provide a huge range of driveway & pedestrian gates which can be both manual and automated. We are the distributors for the beautiful range of Weenor awnings and covered structures. In addition, we design and manufacture a huge range of steel garden products.

Visit www.weenor.com to view the full range of products available.

Crocodilla Ltd have followed a simple, yet effective, formula for success since the day we first opened for business in 2000, "If you treat people like family and give them a fair price, you'll always be in business."



GARAGE DOORS

-  Roller Doors
-  Sectional Doors
-  Vertical Roller Doors



A garage door from Crocodilla comes with peace of mind, knowing that an extremely skilled specialist engineering firm has installed your rolling garage door – and are there to maintain it, service it and repair it if damaged. When we say 'extremely skilled' we understate ever so slightly!

Activate your garage door by the single touch of button – perfect for those cold or rainy day!

SAFE, SECURE, STYLISH & AUTOMATED,
WITH PEACE OF MIND!
THERE'S NO BETTER VALUE



CONTACT US NOW!

Tel: 01794 367286 or 01794 367603

Hill View Road, Michelmarsh, Romsey Hampshire, SO51 0NN



GATES

We provide a huge range of high quality gates including – **Metal Drive Way Gates, Electric Gates, Entrance Gates.**

All our made-to-measure gates are available with automation systems which in themselves can be basic or state of the art, making the perfect electric gate tailored to you. We can provide remote controls, gate stopping sensors even gate activation alarms if required.

We supply you with a full service from site survey if necessary, through design to installation. We provide a detailed info sheet to help you provide us with the details for your gates measurements. The measurement info sheet will also draw your attention to the layout of the ground which may influence the type and swing direction of the gate.

You may want to consider – swing or sliding? Automation? Accessories?

We are able to provide you with a wide variety of modern and traditional designs for your driveway gates – including full panel, half panel or closed panel. Visit our website to view our full range and for more information – www.crocodilla.co.uk.



VERANDAS, PATIO ROOFS and GLASSROOMS

Our range of verandas or patio roofs provide a stylish covered area to enjoy throughout all seasons. The UK is no stranger to wet weather and a veranda provides you with the perfect environment to enjoy the fresh air when it clouds over and threatens to drizzle! No need to take your newspaper and cup of tea back indoors... Stay where you are and enjoy!



The Veranda can be taken that step further. We have won design awards for what they call the 'Glasoase' or the Glass House, which takes the Veranda and adds superbly engineered sliding and folding glass panels that create uninterrupted views and a completely sheltered environment. Similar to, but not quite a conservatory but a glorious environment for the family and visitors which will enhance any home.

LUXURY AWNINGS

We provide a full and detailed range of awnings meaning that we can tailor for everyone and their specific tastes or requirements.



- Open awnings
- Full cassette awnings
- Semi cassette awnings
- Free standing awnings
- Window awnings
- Conservatory awnings



NINNIM ENGINEERING

Our engineering services include:

- Steel Fabrication – Structural & Architectural
- Sheet metalwork
- Site Work & Erection
- Laser Proofing
- CNC Punching & Folding
- Design and Build project for Domestic or Commercial construction
- Stockholders



Visit www.lkninnim.co.uk for more information about our services.

We also provide a full range of awning brackets, outdoor heaters, portable lifters, creative structures and garden products. For more information please visit our website at www.crocodilla.com. Or give us a call for details and quotations.

LIBERTY KITCHENS & BATHROOMS

COMPLETE DESIGN AND INSTALLATION

Call the experts



NEW BATHROOM DISPLAY IN OUR SHOWROOM

- Fitted Bathrooms
- Fitted Cloakrooms
- Wall and Floor Tiling
- Building Work
- Plastering
- Painting and Decorating
- FULL PROJECT MANAGEMENT THROUGHOUT

023 8042 8500 www.kitchens-southampton.co.uk



Showroom at: 29 Salisbury Road Arcade | Totton | Southampton | SO40 3HX



Your feelings...my words
www.perfectverse.co.uk

Grandmother's Diet

It was such a busy weekend and as usual, I played host,
We had Grandmother to lunch and so I cooked a Sunday roast,
She loaded up her plate; she piled as much on as she could,
Seven roast potatoes and a huge great Yorkshire pud.

She finished up the stuffing and she had a glass of wine,
And then she had another, she declared it was "divine,"
Once the plates were cleared it was then time for the dessert,
She said "I love your apple crumble; a small portion just won't hurt."

She took the largest portion, piled cream high upon her plate,
And through muffled mouthfuls, said to me "My Dear, this tastes just great,
I'll have a second helping, just to finish up that cream,"
And then we heard a noise; her trousers ripping at the seam.

She said "I just don't understand, I hardly eat at all,
I'm careful with my food, and all my portions are so small,
I think I know the cause, I think it must be my new Bosch,
All my clothes, just lately, seem to shrink whilst in the wash..."

Commission a Bespoke Verse for any occasion.

©Jan Jack's Perfect Verse 2010 • www.perfectverse.co.uk



Book now for Valentine's Day

Serving Exceptional Thai Cuisine
Lunch & Dinner, Seven Days a Week

High St, Broughton, Stockbridge, Hampshire SO20 8AA

www.greyhoundinnbroughton.co.uk

greyhound@thaiinns.co.uk

01794 301 992

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 24 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 Romsey &

Wellow 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!

“
**Cloudy2Clear
GUARANTEE All
Customers That An
Average Quote Will
Take No Longer
Than 20 MINS!!!**
”



STEAMED UP DOUBLE GLAZING? Don't Replace The Frames... Just The Panes!

Cloudy2Clear Are A...



**Which?
Trusted
Trader**

All Glazing Backed By Our

**25 YEAR
GUARANTEE**



Priority Freephone

0800 61 21 118

www.cloudy2clear.com

Broken Or Damaged Windows? Faulty Locks, Handles, Hinges?



Romsey Rotavating

~ ALL AREAS COVERED ~

Paddock Topping
/ Rotovating / Rolling

Chain Harrowing
with small tractor

Hedge Cutting

Allotments Also Rotovated

Fully Insured • Free Quotes

**01794 501772 or
07712 069544**

The best UK comedy here in Basingstoke

Adam Bloom * Jeff Innocent * Tom Wrigglesworth*
Paul Tonkinson * Mike Gunn



"The perfect comedy gig" ADAM BLOOM
"What a fabulous atmosphere" ZOE LYONS

2017

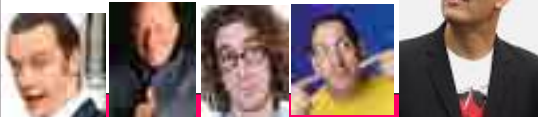
Thursday 9 Feb
Thursday 9 March
Thursday 13 April
Thursday 11 May
Thursday 8 June
Thursday 13 July

Jan Jack's

Laughter-House

Basingstoke Comedy Club

RED LION HOTEL
Red Lion Lane,
Basingstoke
01256 328525



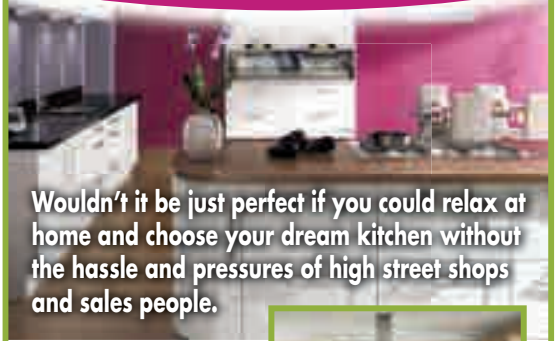
Tickets from Red Lion Hotel reception or
buy online

www.laughter-house.co.uk

Proud to bring the best stand up comedy to Basingstoke since 2007

Bringing the Heart of Your Home into Your home

Quality • Convenience • Choice • Service



Wouldn't it be just perfect if you could relax at home and choose your dream kitchen without the hassle and pressures of high street shops and sales people.



Well at last there is a solution and it's here right on your doorstep!

At Ashmore Kitchens, we come to you, complete with a vast selection of fitted kitchens and fittings that you can peruse at your leisure and in the comfort of your home. When you have selected your bespoke kitchen we then design, supply and install all the necessary component parts of your kitchen, including plumbing and electrical supply.

If it's time to renew your tired old kitchen, then we can help make a world of difference, that won't cost you the earth. We are a small independent family owned business without the huge overheads of multi-national companies with their expensive showrooms and commission based salesmen.

We work with you to make your dream kitchen a reality and make the experience a pleasure not a chore.



Professionally installing quality kitchens for over 25 years

www.ashmorekitchens.co.uk

Call us on **023 8036 1464**

or **07955 003 439**



ENHANCE THE VALUE AND BEAUTY OF YOUR HOME WITH REAL TIMBER

Timber Windows of Horndean install hand made, fully finished timber casement windows, sash windows and doors throughout Hampshire and neighbouring areas. Whether your home is a country cottage, a Georgian townhouse, a modern semi or a converted barn, we have a range of traditional and contemporary timber windows and doors that will complement it perfectly.

Our products do not stick, warp or twist, require very little maintenance, offer modern standards of security and significant energy savings.

Our showroom in Horndean provides the perfect environment to see and experience the quality of our range first hand.

TEL: 02392 570340

sales@timberwindows-horndean.co.uk

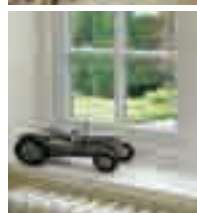
www.timberwindows-horndean.co.uk

VISIT OUR SHOWROOM

2 Highcroft Industrial Estate,

Enterprise Road, Horndean. PO8 0BT

Also available: Aluminium, Timber Alternatives and PVC Product



Building our success one roof at a time

**Call today for FREE Advice
Or a no Obligation Estimate**

**02381 222670
07766 545250**

Info@mdroofline.com

- Tile & Slate Re-Roofs
- Small Roof repairs
- Leadwork
- Moss Removal
- Chimney
- Chimney Cows

- GRP Flat Roofing
- Torch-on Felt System
- EPDM Rubber Covers
- Polycarbonate Roofing
- UPVC Fascia, Soffit, Guttering
- Conservatory Repairs

For more information on our services & products
Visit us at www.mdroofline.co.uk



NEED A NEW CAR KEY?

Whether it's a spare key for your car or a replacement for one that's lost, we stock keys and remotes for most cars and vans. Give us a call.

WE STOCK KEYS AND REMOTES FOR MOST CARS AND VANS

Most cars may have several keys programmed to the immobiliser and you only have one of them, when we supply and program a key to your new car, we can usually erase all the old keys and only program back the keys that you now own for your own peace of mind.



We provide a while-you-wait service for most car keys (although some may take longer than others) and can also supply transponder chips, pin codes, security codes and Renault key cards.

Opening times Monday to Friday 8.30am to 5pm
Saturdays 9am to 1pm (appointment only)



Autotechnix Southampton Ltd
63 Alexandra Road, Shirley, Southampton SO15 5DH

023 8048 5707

www.autotechnix.co.uk



Alfa | Audi | BMW | Chevrolet | Citroen | Daewoo | Fiat | Ford | Honda | Hyundai | Kia
Land Rover | Mazda | Mercedes | Mitsubishi | Nissan | Peugeot | Renault | Rover & MG
Saab | Seat | Skoda | Smart Car | Subaru | Toyota | Vauxhall | Volkswagen | Volvo



BritishRedCross

Registered Charity Number: 220949

Romsey & District Local Office: For all enquiries
Red Cross Centre, 10 Greatwell Drive, Romsey
(opposite Nightingale Surgery)
01794 513202 – 24 hour answer phone

Romsey Medical Loan

Open 10.30am to 12.30pm – Monday to Friday.
Enquiries: 01794 513202 – 24 hour answerphone.

General Information: 0845 054 7222



**Volunteers wanted
to fund raise in your local area**

Contact Wendy on 02380 730843
or email north.baddesley.fundraising@hotmail.com

**Autumn Fayre
Our Fayre in October raised £858.**

Thanks to all our volunteers
for all their hard work.

**Unwanted gifts are always welcome
towards our fundraising.
Contact Wendy on 02380 730843.**



We will
beat any
written
quote!



**Flooring/Carpet Specialist
Home Improvements**

07799 008 153 / 01794 511957
www.taurushampshire.co.uk
info@taurushampshire.co.uk



Visit the Showroom: Unit 4, Truffles,
Sherfield English, SO51 6FU

LOCKSMITH



- No call out fee
- Emergency lock & door opening
- Specialist in uPVC door & lock problems
- Any type of locks supplied & fitted
- All work is fully insured & guaranteed



Contact Eddie on:



07887 407319 or 023 8045 3539
e.davies@lockitsecurity.co.uk www.lockitsecurity.co.uk

Expert Service for all Domestic Gas Appliances

Installation, Maintenance and Cover Plans

Our Services include:

- Homeowner Cover Plans | Annual Servicing
- Fault Finding & Repair | Installation of New Systems
- Landlord Safety Inspections | Small Plumbing Jobs
- Free, No Obligations Quotes | Boiler installations

Qualified to work on natural gas and LPG

0% Finance Available

Full details and terms and conditions can be found on our website

Contact us:

T: 02380 283161 M: 07717 848522

E: gtec@gas-technique.co.uk W: www.gas-technique.co.uk



**GAS
TECHNIQUE**

Gas Heating Specialists of The New Forest

Winter SALE



HUGE SAVINGS IN-STORE & ONLINE - FIRST COME FIRST SERVED

25% OFF...
PARKER
KNOLL

Parker Knoll

25% OFF...
GPLAN

G

25% OFF...
STRESSLESS

Stressless

20% OFF...
SKOVBY

skovby

25% OFF...
VISPRING

VISPRING
Luxury Beds - London 1961

25% OFF...
SOMNUS

SOMNUS

50% OFF
HAMPSHIRE
COLLECTION

NEW
peter
GREEN
Hampshire Collection

25% OFF
STOCK CARPET
+ FREE UNDERLAY

ASK IN STORE FOR DETAILS

THE STORE THAT BRANDS LOVE



Chandlers Ford Store
Exit Junction 13 M3 direction Chandlers Ford Railway station;
find Peter Green next to station on School Lane, SO53 4DG

023 8026 9011
petergreen.co.uk

INTEREST FREE
CREDIT AVAILABLE*

*ask in store for details

Set up your virtual office anytime, anywhere.

Simply visit yourvirtualbase.co.uk and within minutes you can set up a virtual office, support services and gain access to a wider business community.



yourvirtualbase.co.uk

We believe that a virtual office should not be just about an address but about access to a wider business community. With 32 locations and three great packages to choose from, you can provide your business with the perfect base.

CHOOSE FROM OUR THREE GREAT PACKAGES

Virtual Office STARTER

The best option for any business looking just for a professional business address.

Virtual Office PLUS

For businesses requiring a dedicated address and telephone number.

Virtual Office PRO

For businesses requiring a dedicated address, telephone number and call answering

* Terms and conditions apply and are available online at yourvirtualbase.co.uk

Contact us today

01794 329851

 hello@yourvirtualbase.co.uk

 YOURVIRTUALBASE

yourvirtualbase.co.uk

Premier Way, Abbey Park Industrial Estate, Romsey, SO51 9AQ

To advertise contact Angela on mobile: 07846-985065
or email: angela@theromseyandwellowgazette.co.uk

Service with a Smile



In this issue we explore the importance of SPACE in a safe driving plan. Speed and 'Speed Limits' are easy to measure both on our cars' speedometers, and on the laser measurement camera equipment used to enforce the motoring laws relating to maximum speeds. However, while adhering to the laws relating to speed is generally a good idea if you value your driving licence it won't, in itself, ensure you are driving safely. It is quite possible to drive within the speed limit and yet be compromising safety by being too close to other vehicles or pedestrians. A short journey along any busy motorway graphically highlights this point, which is perhaps why rear-end-shunts account for 75% of all collisions. The

collisions which delay our journeys every day, and sometimes far worse.

While speed can be checked by a quick glance at the speedometer, safe space/distance is more difficult to assess. As a very rough guide, on an open road, if you can clearly read the number plate of the car in front you are probably too close, so drop back and apply the Highway Code's rule 126. This recommends allowing at least a two-second gap between you and the vehicle in front on roads carrying faster moving traffic. Note when the car in front passes a fixed marker point such as a road sign or tree, and count "one thousand and, two thousand"; if you reach the marker before you finish counting, drop back and try again. When the roads are wet or cold following distances should be doubled from 2 to 4 seconds, as tyres' adhesion is greatly reduced.

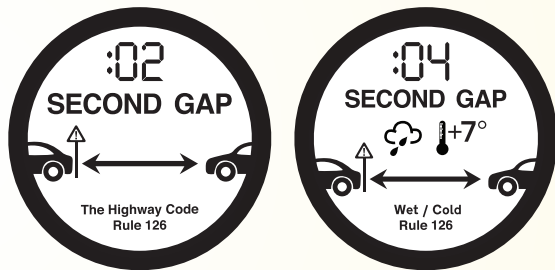
On motorways and some dual carriageways the white marker posts along the side of the carriageway are set 100

full workshop facilities	❖ 10% DISCOUNT WITH THIS VOUCHER ❖	Air Con Re-gas £49.99
mot testing petrol/diesel	NORTH BADDESLEY	
all makes and models serviced	SERVICE CENTRE ✂	
free local collection and delivery	107 ROWNHAMS LANE, NORTH BADDESLEY	
free fitting of tyres, exhausts and batteries	Call the Service Centre:	
free bodywork repair quotes	023 8073 2842	
courtesy car available	BOOK MOT AND SERVICE AT	
	www.kingslakecars.co.uk	
	Incorporating KINGSLAKE CARS	
	QUALITY USED CARS AT AFFORDABLE PRICES	
	023 8073 0122	
	visit our website for full details: www.kingslakecars.co.uk	
	FULL TRADE FACILITIES	

metres apart, giving a good indication of the 96 metres safe stopping distance from 70mph on dry roads recommended by the Highway Code. Reflect on this on your next motorway journey. While you can't control the following distance of the person behind you, maintaining this safe space in front of you is the best way to enhance your own safety and those ahead of you.

If we all made this simple commitment to our fellow commuters each day, rear-end-shunts would no longer account for 75% of collisions, and our journeys to-&-from work would be both safer and quicker!

Cut out these Project Pictogram graphics and stick them in your car as a daily reminder of safe following distance as you practice this driver behaviour habit over the next month.



The Institute of Advanced Motorists' Southampton Group offers free introductory sessions for those looking to improve their safe driving or wanting to progress to a full Advanced Driving Course, contact Rob Kelley on 07890 674126 or training@iam-southampton.org



Units 11 & 12
Wynford Industrial Park
Romsey, SO51 0PW



MOT & Full Garage Services
We are pleased to announce that we are the only garage in the Romsey area who can offer the award winning EDT Automotive Engine Decontamination Treatment.
Clean right to the heart of your car.
Tel: 01794 367852



MOT only £40 with this advert.

ROMSEY CAR BODY REPAIRS



- Unbeatable quality, value & service •
- Courtesy Cars to keep you on the road •

www.romseycarbodyrepairs.co.uk

ROMSEY GARAGE SERVICES AT VEHICLE SOLUTIONS

Servicing from £59 • Trade Labour Rates
Aircon Re-Gas £49.99 • MOTs arranged

www.romseygarageservices.co.uk

Vehicle Solutions, Budds Lane, Romsey, SO51 0HA
Telephone 01794 511999

ROMSEY FAST FIT

ALL TYPES OF VEHICLES

Lee Wolfe

01794 519777

romsey.fast-fit@btconnect.com

- MOT
- BIKE MOT
- TYRES & EXHAUSTS
- SERVICING & REPAIRS
- AIR CON
- BATTERIES
- BODY REPAIRS
- WHEEL ALIGNMENT
- COURTESY CAR AVAILABLE



ROMSEY MOTOR FACTORS

New range of Valeting products available



An extensive selection of Accessories:

• Tools	• Paints	• Batteries
• Wiper Blades	• Service Items	• Filters
• Plugs	• Oil	• Brake Components
	• Number Plates	

Large Range of Cleaning Products and much, much more
PLUS EXPERT & FRIENDLY ADVICE FROM OUR EXPERIENCED STAFF
Telephone 01794 830755 • Unit 4, Budds Lane, Romsey
Plenty of Free Parking



Open: Mon-Fri 8am-5.30pm, Sat 8.30am-1pm



- * MOT'S WHILE YOU WAIT
- * SERVICE AND REPAIR
- * ALL MAKES AND MODELS
- * CITROEN AND PEUGEOT SPECIALISTS
- * PEUGEOT TRAINED MASTER TECHNICIAN
- * AIR CONDITIONING
- * DIAGNOSTIC
- * CLUTCHES
- * LOCAL COLLECTION AND DELIVERY
- * FREE COURTESY CAR

BELBINS GARAGE

CARS & LIGHT COMMERCIAL VEHICLES



Unit 4
Belbins Business Park
Cupernham Lane
Romsey SO51 7JF

Tel: 01794 516999

Email: belbinsgarage@btconnect.com

Wills at the ready!

Our team at Bells can offer a quick turnaround for the preparation of your will.

Contact us today.

So you have taken the bit between your teeth and made that all important decision to draft your will. You have picked up the telephone to make that vital appointment to discuss your estate. Calamity! You cannot get a prompt appointment. There is no availability save when you need to be at work or outside of times you can get holiday. Worse, the appointment you can make is two weeks away! Having leapt over the first hurdle and made the decision to make a will you want to get the ball rolling and have a draft in your hand as soon as possible. Our aim is to take your instructions at a time convenient to you and turnaround your will quickly.

At Bells we understand that you want to get matters in hand swiftly and sign on that all important dotted line. We can offer

Saturday and late night appointments upon request and in some circumstances we can also provide same day wills. You need only ask!

If you are unsure what should go in your will or who should be administering your estate you can bring up any questions with your solicitor for guidance.

Bells Solicitors can offer advice in Private Client, Property and Matrimonial Matters. The office opens six days a week Monday – Friday 9am – 5pm and Saturday 9am – 12pm (Saturdays by appointment only) and home and hospital appointments can be arranged where appropriate. If you are worried about your Will, why not arrange a consultation? Our professional service is right on your doorstep.

Bells SOLICITORS
of Romsey

Tel: 01794 513328
or email bells@bells-romsey-solicitors.co.uk

Bells

SOLICITORS
of Romsey

The complete legal service for private and business clients

- Matrimonial & Family
- Residential Conveyancing
- Landlord & Tenant
- Wills, Trusts & Probate
- Commercial Conveyancing
- Elderly Client

Contact us with your enquiry

01794 513328



A long established firm with a wealth of knowledge ready to give you a helping hand

5 Market Place ◦ Romsey ◦ Hampshire ◦ SO51 8XF

www.bells-romsey-solicitors.co.uk

From a simple door swap to a full replacement kitchen...

Just give us a call...



Have you always wanted the kitchen of your dreams, but can't quite justify paying the expensive price tag that comes with it? Now you can by just swapping the doors and worktops.

- Trusted reputation
- Huge choice of worktops, doors, appliances, sinks & taps
- 50% deposit balance on completion

DREAM DOORS[®]

NEW LIFE FOR OLD KITCHENS

Call Sean or Katie for a **FREE** quote on
02381 280123 or 02380 274413

Visit our Showroom: 8 Falkland Court, Falkland Road, Chandlers Ford,
Eastleigh, SO53 3GA - **FREE PARKING**

Proud members of



www.dreamdoors.co.uk

Find us on



New Change4Life campaign encourages parents to 'Be Food Smart'

Public Health England's (PHE) new Change4Life campaign shows that children are consuming half the daily recommended sugar intake before the morning school bell.

Children in England consume more than 11g of sugar at breakfast time alone, almost 3 sugar cubes. The recommended daily maximum is no more than 5 cubes of sugar for 4 to 6 year olds and no more than 6 cubes for 7 to 10 year olds per day. By the end of the day children have consumed more than 3 times these recommendations.

A survey conducted for PHE's Change4Life campaign found that parents are unsure what makes up a healthy breakfast for their children. It found that of those parents whose child was consuming the equivalent of 3 or more sugar cubes in their breakfast, over 8 in 10 parents (84%) considered their child's breakfast as healthy.

Some of the main sources of sugar at breakfast time include sugary cereals, drinks and spreads. Away from the breakfast table children are also consuming too much sugar, saturated fat and salt in items such as confectionery, biscuits, muffins, pastries and soft drinks. These all contribute to an unhealthy diet.

PHE's new Change4Life campaign urges parents to Be Food Smart and take more control of their children's diets. A new Be Food Smart app has been developed to highlight just how much sugar, saturated fat and salt can be found in everyday food and drink that their children consume.

The free app helps and encourages families to choose healthier options and works by scanning the barcode of products allowing parents to compare brands, and features food detective activities for children and mini missions the whole family can enjoy.

Dr Alison Tedstone, chief nutritionist, Public Health England, said: "Children have far too much sugar, and a lot of it is before their first lesson of the day. It's crucial for children to have a healthy breakfast, but we know the mornings



**FUN, FAST, FITNESS
FINALLY!**

A 30-minute workout on the Curves strength training and cardio circuit will help you look and feel amazing. We also offer a fully personalized weight loss solution that includes customizable meal plans along with the total support of our coaches to help, teach or just inspire.

Join now
and get
50% OFF
+ **30 DAYS FREE**

**Curves Romsey
Station Approach
Romsey
SO51 8DU**

**www.curvesromsey.com
01794 516646**

Curves®

30-MINUTE FITNESS AND WEIGHT LOSS CENTRE DESIGNED ESPECIALLY FOR WOMEN. TO FIND A LOCATION, VISIT **CURVES.CO.UK**

*Offer based on first visit enrolment, minimum 12 month direct debit programme. New members only. Not valid with any other offer. Valid only at participating locations. © 2016 Curves International, Inc.

in a busy household can be fraught.

That's why we've developed our Be Food Smart App, taking some of the pressure off parents and helping them to choose healthier food and drink options for their children."

The campaign also helps parents identify the health harms of children eating and drinking too much sugar, saturated fat and salt, including becoming overweight or obese and developing tooth decay.

Recent reports show that childhood obesity in England has reached alarming rates. More than 1 in 5 children start primary school overweight or obese, rising to more than a third by the time they leave.

Commenting on the latest research findings, Sara Stanner, Science Director at the British Nutrition Foundation said: "When analysing a number of breakfasts from families across England, we were concerned to see the high amount of free sugars and low amount of fibre in many of these.

We know a healthy breakfast can make an important contribution to children's vitamin and mineral intakes and its consumption has been linked to many positive health outcomes. There are plenty of healthier options available so we need campaigns like Change4Life to help busy parents make the right choices for their families."

Tackling obesity is everyone's responsibility, not just parents. PHE is currently working with retailers, food manufacturers and other organisations in the food industry to reduce the amount of sugar by 20% contained in products children consume. Eight in 10 parents (81%) surveyed support this action and believe food manufacturers have a responsibility to reduce sugar in their products.

Download the new free Be Food Smart app from the iTunes Store or Google Play to get hints and tips to cut down the amount of total sugar, saturated fat and salt in your family's diet.

Sarah Stokes

MSSCh Dip Pod Med MBChA
Member of the British Chiropractic & Podiatry Association

Medical Pedicures

*For hard skin & corns, or just to be pampered,
for a home visit call on*

07941 090363

(answerphone)

Appointments available Monday - Thursday
9.30am - 4.30pm



HAMPSHIRE MOBILITY SERVICES



- Stannah approved dealer
- Over 25 year's experience
- Competitively priced Stannah stairlifts. **We will beat any 'like-for-like' stairlift quote**
- 2 year warranty and servicing on all new Stannah Straight and curved stairlifts
- Re-conditioned stairlifts installed from £900.00
- Free no obligation quotes
- Servicing and repairs to all makes and models of stairlifts
- Local Independent business with a family friendly service

Come in and try a stairlift before you buy in our large and spacious showroom in Romsey town centre.

Home visits on request.

Stannah
AUTHORISED DEALER



Call us on
01794 515602



Abbey Walk, Church Street,
Romsey, Hampshire, S051 8JQ

www.hampshiremobilityservices.co.uk

Controlling – controlled – being in control?

Many of us grow up being told not to be controlled. Not to let others get away with things. At meetings we see the power struggles... We are judged on how we perform. Even in family relationships we can often name the people who are controlling and can see the effect on someone who feels continuously controlled.

Both those who feel they have to be in the controlling position and also the person who feels controlled struggle. The person who is seen as controlling can often be exhausted in that role, often disliked and criticised. The person who feels controlled also feels exhausted and silenced, working hard to please but often resentful and angry. So there really are no winners here. The person who is perceived to be controlling often struggles with anxiety through trying to keep on top of things. The person who feels controlled could feel silenced and despairing. This can often also be played out within couple relationships resulting in relationships breaking down and children perhaps picking up unhelpful patterns of behaviour.

For good mental health we need to feel we are in control. We need to learn the tools to help us to be in control, rather than be controlled or forever feeling we need to be

controlling situations and people in order to feel on top of things.

If you feel that you would like to explore how you have become caught up in a struggle to assert yourself and to be heard by others, perhaps taking some time to talk to an experienced counsellor could help change some of the patterns that you have inadvertently become caught up in.

To book an appointment please look up our website

www.wingscounselling.com or contact us on 01794 329278 or 07946 400257

WINGS

Psychotherapy & Counselling
Centre for Cognitive Analytic Therapy
Eating Disorder Clinic
Depression Clinic

Wings offers a confidential and supportive counselling service in Romsey with experienced and accredited professionals who can help you to make sense of what you may be struggling with. We offer individual, couple or family counselling for any of the following issues:

- Anxiety
- Stress
- Obsessive Compulsive Disorders
- Low mood and Depression
- Relationship Issues
- Post-Traumatic Stress Disorder
- Bereavement and Loss
- Work based Issues
- Life Changes and Transitions
- Postnatal Depression

Wings is also a leading Specialist Service helping with Eating Issues including Emotional Eating and Eating Disorders.

To book an initial appointment or to talk over what you feel might suit you best please contact us.

Telephone: 01794 329 278

Mobile: 07946 400 257

Email: info@wingscounselling.com

www.wingscounselling.com

How to fix a slow metabolism, and how do you know if you have one? Do you find it a real struggle to lose weight, despite what you feel are your best efforts? Then perhaps it's time to take a closer look at what you are currently doing. A slow metabolism is governed by many factors, including genetics, lifestyle, diet and hormones. What are the factors that influence metabolism?

Undereating - undereating throughout the day and then bingeing in the evening, can be a big contributing factor in holding onto weight as well as gaining weight. This is because of something called homeostatis, which is the body's ability to adapt to changes. Therefore, the less food you give it, the less it needs. A bit like the less income you have coming in, the more you have to turn down the thermostat and turn off appliances. What's the answer? Eating immediately on rising and then at regular 2-3 hour intervals throughout the day. Choose protein from both animal and plant-based sources. Plenty of fresh fruit and vegetables and healthy fats. Eating frequently means in small amounts and from natural foods which are automatically less fattening.

Eating the wrong foods - processed, pre-packaged supermarket ready meals, such as chocolates, biscuits and generally most processed food in wrappers, with a very long list of ingredients, most of which can't be pronounced. These foods are convenient and give a sugar boost of the wrong kind. Unfortunately, they are addictive and like all habits, need to be broken with a change of lifestyle, which is often very difficult to implement and then maintain. What's the answer? Stop eating for convenience and eat for your own health and well-being. Stop not being bothered to take the time and trouble to get up 10 minutes earlier and prepare your own fresh food.

Fluctuating between good and bad habits - spending more days eating and living in a way that is harmful to health and hoping that a few days of healthy eating and workouts will fix the problem. but when it becomes more 'bad days' than good days, the 'good days' won't be enough to shift the balance. What's the answer? If you are unable to sustain a new healthy lifestyle, then you are making too big a step in one go or making changes that will never be a part of who you are in the long-term. Simply start with one or two small foods or habits to remove permanently.

Low activity lifestyle - if you have a sedentary job and lifestyle, then your daily energy requirement will be very low, therefore you may not particularly overeat, but won't have the calorie requirement of an active person. What's the answer? Find reasons to move about the house or office or to run errands of any kind. The more you can build movement into your day, the better it is for you... and always take the stairs!

Genetics - body types vary an awful lot among human beings and so does individual metabolism. There will always be people who have a higher calorie requirement, but often that is because of their lifestyle and habits, as well as genetic

predisposition. What's the answer? Take a close look at your family's lifestyle. If both parents are overweight, then it is unlikely to be just the genetic factor, when there are the two separate families from which they come.

Under active thyroid - this is a minefield of an area as well as a personal battle of my own. Many people are diagnosed as having an under active thyroid, however, for the purposes of weight-loss and fitness, it is often, yet not always a contributing factor. This means that before failure to lose weight is pointed solely at an under active thyroid, a full dietary analysis and fitness testing should be done. If someone with underactive thyroid has a poor diet and poor fitness and strength levels, then that needs to be addressed. What's the answer? It is particularly important for the thyroid sufferer to eat a very wholesome diet as this supports the thyroid and liver in metabolic function. Having a stronger and fitter body will also combat the tiredness and cold that they feel. When these things are corrected and there is still an issue with weight that refuses to shift or in fact is increasing, that is the time to insist on further thyroid testing.

To read the full article go to:
<http://surinderspersonaltraining.com/how-to-fix-a-slow-metabolism/>

Surinder Bellamy is a personal trainer & life and performance coach based near Wellow and also covering Salisbury, Romsey and Totton areas. For personal achievement goals: fitness, weight-loss, nutrition, stress, pre/post natal, lifestyle/behavioural and wedding/holiday goals, she can be contacted by telephone on 07763 823699.

Private personal training & life coaching

One-to-one personal and dedicated attention for physical or lifestyle goals. 4, 8, 12+ week plans (see the results in just one month!)

"The results have been brilliant. After five weeks I had lost 14lbs, and by week eight I was up to 19lbs lost." Jayne, Wellow, July 2015 private client (now strong, fit and 39lbs lighter)

"I started on day one at 18st 5lb, fully committed with set goals. After 4 weeks with Surinder I weighed 17st 6lb and after 8 weeks weighed in at 16st 7lb." Kit, August 2015 private client (now 43lbs total weight loss)

See full testimonials on my website

Email & Phone options Programmes

Initial one-to-one session (as with private and group training), thereafter by email and phone. Contact for details.

Training from home? Get a **FREE** strength training programme, giving you the guidance to get started yourself: <http://surinderspersonaltraining.com/free/>

NEW: My online Indian 3-Course Cookery Course for **weight-loss** is now ready at £129. Learn how to make delicious, nutritious Indian food for weight-loss: Introductory offer 40% Off until end March 2017. Use code ppwlnirwg at checkout. <http://purepunjabi.thinkific.com/courses/the-weight-loss-north-indian-3-course-meal>

FREE: If you are trying to eat less meat then my food business has a free guide to pulses: <http://purepunjabi.thinkific.com/courses/the-pure-punjabi-guide-to-pulses>

Call Surinder on 07763 823699 with any questions
or email surinderspersonaltraining@gmail.com
www.surinderspersonaltraining.com

Areas covered: Romsey, Wellow, Totton, New Forest & surrounding areas.

Could I benefit from Deep Tissue Massage?

With the shorter days, muddy fields and slippery footpaths, many of us have been a bit more housebound than we would like over the last few months, resulting in a slow but inevitable build-up of muscle and joint stiffness. Whilst the spring and a promise of sunshine and outdoor activity are still a few months off, a professional deep tissue massage may be able to help get you moving in the interim. You might wonder whether a deep tissue massage or sports massage would be appropriate for you, as you may associate it with having a sports injury or being utilised by athletes participating in intense sports. The truth is that whether you are a top sportsperson or a parent balancing the daily demands of work, home and family life, having a deep tissue or sports massage has numerous benefits for your health and well-being. Here are a few:

- **Improved muscle circulation** - when deeper pressure is applied through the muscles the pores in the tissue membrane are stimulated and allow fresh nutrients and oxygen through. This also allows waste products (think Lactic acid which often gives us that cramp-muscle feeling) to be removed - the result, you will feel lighter and more energised.
- **Improved muscle stretch** - our muscles are surrounded by a connective tissue membrane called fascia. This can be likened to the insulation you see on an electric cable. Due to everyday repetitive tasks such as driving or housework, or conversely sitting about too much - (we are all guilty at some point!) -

fascia can become tight or bunched up, restricting the muscle beneath. Deep massage stretches the muscle fibres and fascia lengthways as well as sideways enabling the release of any tension and resulting in improved muscle function.

- **Reducing scar tissue** - scar tissue is produced naturally by the body following any injury, strain or trauma, big or small. It can adhere to ligaments and tendons as well as our muscles. Think lime scale building up around a tap. If left unchecked, especially when our activity levels are low, it can restrict our muscle range of movement causing discomfort, pain and possible further injury down the line, especially when we pick up that spade and head to the allotment for the first time in months!
- **Pain reduction** - as mentioned earlier, waste products accumulating in tight, stiff muscles can cause discomfort and pain. Deep tissue and sports massage not only improves blood flow thus flushing out these irritable chemicals, but also stimulates endorphin release - our bodies natural opiate 'painkillers'. Result: better function, pain reduction and of course, better mood.
- **Relaxation** - whilst a deeper massage may not necessarily allow you to nod off, it will certainly allow you to relax. Heat is produced in the muscles during a massage and together with the magic of human touch a level of relaxation will be achieved. This will certainly be felt in

the muscles in the days following the treatment.

Our clients are varied, ranging from top athletes who participate on a national level, to everyday moms and dads who suffer with the aches, pains and headaches of daily life. Deep tissue or sports massage will without doubt increase flexibility and improve muscle strength and function, but you don't have to be an athlete desperate to PB (personal best) on your next 5K run to enjoy the benefits. You could be on the school run, or thawing out from the wet winter! Just bring yourself in and give it a try. **Anna Wills - Deep Tissue / Sports Massage Therapist.**

Anna Wills (MFHT)- Deep Tissue / Sports Massage Therapist - is an Associate at the Romsey Chiropractic Clinic, and can be contacted on 01794 519330 - www.romseychiropracticclinic.co.uk

Romsey Chiropractic Clinic

Alex Dimopoulos

BSc. (SA) M.Chiro (SA) DC (UK)

& Associates

*Member of the British Chiropractic Association
Registered with the General Chiropractic Council*

For treatment of:

Back Pain • Neck Pain
Headaches • Shoulder Pain
Knee Pain • Ankle Injuries
Sports Injuries

On-site Sports Massage

01794 519330

3 Abbey Walk • Church Street
Romsey • Hampshire • SO51 8BT

www.romseychiropracticclinic.co.uk

EASY FREE
PARKING

A to B Mobility

SALES SERVICE
HIRE REPAIRS

Our **SPACIOUS** showroom displays an **EXTENSIVE** range for you to see and try in comfort

If you are unable to visit us, we will come to you



- Scooters (New & Used)
- Power chairs
- Walking aids
- Wheel chairs
- Bathroom aids
- Rise & recline chairs
- Grab rails
- Household & kitchen aids



**GOOD USED
SCOOTERS ALWAYS IN STOCK**

A to B Mobility, Unit 31, Basepoint Business Centre, Abbey Park Industrial Estate, Premier Way, Romsey SO51 9DF
Tel: 01794 522 555 or **Mobile: 07909 522 990** office@atobmobility.com www.atobmobility.com

To advertise contact Angela on mobile: 07846-985065
or email: angela@theromseyandwellowgazette.co.uk

Who ya gonna call?.....

So you're out in the garden getting it ready for Spring, or maybe you've attended a wedding and was a little over zealous doing the 'funky chicken'. Whatever it is, you're in pain. You know it's not an illness - no need to trouble your GP. But who do you call? Chiropractor? Physio? Osteopath? It's not easy to know, or even where to start to look for the answer.

Firstly, let's look at how they are similar to understand where all the confusion comes from:

1. They all treat musculoskeletal pain (joints, muscles and bones)
2. They are all manual therapies with a high level of 'hands-on' treatment including massage, joint movement and manipulation
3. They are all trained to a high level of knowledge of human anatomy and physiology

Now let's look at how they differ. Here's a basic guide to who's who.

Osteopath

Osteopathy, the oldest of the three professions, is an alternative therapy that concentrates on the musculoskeletal system. Generally, osteopaths work from the viewpoint that all body systems are interconnected and that the body is self-healing; therefore the role of the osteopath is to restore muscular imbalances and joint dysfunctions to allow the body to heal itself.

Osteopathy is not available on the NHS.

Chiropractor

Chiropractic concentrates on the neuro-musculoskeletal systems (including ligaments as well as joints muscles and bones) and is especially affiliated with, but not limited to, the spine.

Chiropractors believe that by treating joint dysfunctions (particularly those of the spine), unbalanced and traumatised muscles, and correcting postural issues it will enhance the functioning of the nervous, immune, and musculoskeletal system. Thus, the body's innate healing processes are enhanced and body can recover from injury.

Cases that chiropractors assess and treat can be caused by sports injuries, accidents, stress, inactivity, poor posture, illness and everyday wear and tear.

Chiropractors use specific manipulations, mobilisations, and soft tissue techniques to free joints in the spine or other areas of the body that are not moving properly, and restore normal muscular function. They will also give patients advice on exercise, self-help, diet, posture and lifestyle. Chiropractic is also not available on the NHS.

Physiotherapist

Physios are broader in their areas of treatment and include geriatric, cardiovascular and respiratory, rehabilitation and general orthopaedics for musculoskeletal conditions.

Their work is generally 60% hands-on with the rest of treatment aided by techniques like manipulation, mobilisation, observation, rehabilitation and exercise programmes, as well as electrotherapy techniques such as ultrasound.

Physiotherapy is the only of the three disciplines that is available widely on the NHS.


So as a general rule:

- If you are confident that you have pulled a muscle, it's the physio, sports, or remedial therapist you want to call.
- If it feels more like a trapped nerve or an inflamed joint; a chiropractor or osteopath may be your best bet....

But how do you know if it is a trapped nerve or inflamed joint? Nick Richmond from The Chiros Clinic suggests following these simple exercises to ascertain what the problem may be. You may look silly doing them, but they are quite informative!

- If, when you put your thumb in your mouth and blow very hard without letting any air out, you get an increase in pain, the likelihood is you have a trapped nerve.
- If, when you sit in a chair and extend your leg and lean forward, your pain increases, you possibly have a trapped nerve, inflamed lumbar joint or sacro-iliac joint.
- If, when you lie on your back, keeping your legs straight and then lift a leg, you get a pain in your back, then you could either have a disc problem, trapped nerve or an inflamed joint.
- If you put your chin to your chest and get pain between your shoulders this could be an inflamed thoracic vertebral joint.

As all of these disciplines overlap, calling any one of them is a good step to recovery. The Chiros Clinic in Andover has chiropractors and an osteopath, who all use very gentle techniques. The Chiros Clinic also has a very good working relationship with a local physiotherapy clinic as well as offering pilates classes for muscular rehabilitation, strength and conditioning.




THE CHIROS CLINIC
Chiropractic & Physical Therapy

Nick Richmond
DC MMCA MCC

James Harrison
LL.B (Hons) MChiro MMCA

www.chirosclinic.com
01264 324924
3 Church Close, Andover, SP10 1DP

Also offering:
• Osteopathy
• Nutrition
• Allergy Testing
• Sports Therapy
• Hypnotherapy
• Homeopathy
• Counselling



What a difference a day makes

Transform your conservatory in less than a day with our insulated roof panels



Before



After

**2 FREE
PANELS
THIS
MONTH**

*Quote Ref
YLR0217

**Warmer in winter. Cooler in summer. Quieter in bad weather.
Usable all year. 10 year Guarantee.**

For more information call:

Southampton: **02381 8001378**

Winchester: **01962 370016**

www.greenspaceconservatories.co.uk



We have told all of our friends how delighted we are and have enjoyed using our conservatory daily. It has made it usable and comfortable whatever the weather! Thank you so much.
Mrs Dorothy Harvey, Hook.

*Orders placed by end of February 2017.

Applies to orders over 8 panels. Smaller orders receive calculated discount. Not valid for use with any other offer.

To advertise contact Angela on mobile: 07846-985065
or email: angela@theromseyandwellowgazette.co.uk

Hampshire and Isle Of Wight Air Ambulance wins award



Hampshire and Isle of Wight Air Ambulance has won an Air Ambulance Award of Excellence for its highly successful 'Be a 999 Hero' Education programme.

The 'Be a 999 Hero' education programme is designed to teach young people about how to respond in an emergency and to highlight the importance of the Air Ambulance and other emergency services. The programme has been

popular with school children aged 5 - 11, and since its launch in October 2015, the charity has delivered its life saving message to over 20,000 children in schools, clubs and nurseries across Hampshire and the Isle of Wight.

At the forefront of the campaign there are five super hero characters, inspired by the charity's team of paramedics, doctors and pilots. The characters are featured on a new website (www.hiowaa.org/skyheroes56) specifically designed for young people, so that they can access vital safety information, fundraising ideas, games and a news page of activity from across the region. In addition, primary schools benefit from a 30 minute interactive presentation for pupils in class or assembly, plus a surprise visit from one of the charity's three new mascots; Pilot Paws, Teddy Medic and Heroceptor.

Alex Lochrane, CEO of Hampshire and Isle of Wight Air

'It was a wonderful experience for the children and you made it such fun for them. The role play was a particular hit and they have continued to set up 'rescue helicopters' in their own play.'
St Bernadette Primary, YR.



Heroceptor

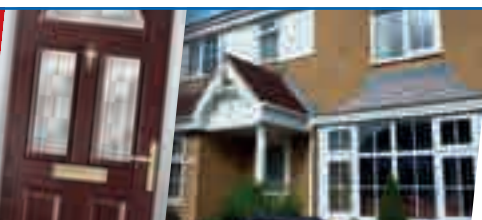


Pat the Paramedic



Teddy Medic

up to
45% OFF
selected
WINDOWS & DOORS



Britannia Windows
Doors & Conservatories
Chandler's Ford 023 80270606

Ambulance, commented; 'No one wants to see their child put in the position of having to make a 999 call, but equipping our children with the necessary skills could save a life.

Since launching the 'Be a 999 Hero' campaign, the Hampshire IOW Air Ambulance have been alerted to at least one incident where a child has helped to save a life, simply by making a 999 call at the appropriate time and in the right way. They recognise the importance of educating the 999 Heroes of the future and I have to say achieving this alongside providing an emergency service is truly remarkable. It is easy to see why they have won their recent award and show the real difference they are making to people's lives with this programme.

Does your child know how to dial the Emergency Services on a locked phone? Or what to expect when making a 999 call? Can they remember your own address and phone number? These are some of the questions that Hampshire and Isle of Wight Air Ambulance will be asking primary school children in their drive to educate young people about how to respond in an emergency and to highlight the importance of the Air Ambulance and other emergency services.

Would you like a presentation at your school or nursery next year? If so, please email joanna@hiowaa.org



'It was such fun having the air ambulance talk today, thank you so much. The pupils were confident in recalling all the important information, including vital safety facts. They then applied this in their writing, creating a diary entry of a day in the life of a paramedic or pretended witnessing an accident.'

Highfield Primary

up to
45% OFF
selected
WINDOWS & DOORS

Britannia Windows
Doors & Conservatories

Chandler's Ford 023 80270606

To advertise contact Angela on mobile: 07846-985065 or email: angela@theromseyandwellowgazette.co.uk

Education News

The map below shows the areas that we have visited in the last year.



Hampshire and Isle of Wight Air Ambulance flies seven days a week and attends an average of two to three missions a day, many of them life saving. The charity receives no government, statutory or national lottery funding for routine operations, and is entirely dependent on donations received from members of the public, companies and grantmaking bodies to keep the Air Ambulance flying and saving lives.

'It was an inspirational presentation and an assembly that many charity promoters would learn a great deal from. Your delivery was spot on for the children; humorous, organised, visually appealing and with great crowd control!'

Prince's Mead School



'We are so happy our children have had the opportunity to learn not only about the amazing work you do but also about calling 999. It's such a valuable lesson for them to learn. We would certainly recommend you to all of the local schools and nurseries.'

Woodlands Preschool



up to
45% OFF
selected
WINDOWS & DOORS



**Britannia
Windows**
Doors & Conservatories



Chandler's Ford 023 80270606



A. H. Cheater Ltd

Funeral Directors

Family run Funeral Directors

*Serving Romsey and district for over 100 years,
and through three generations of the Peace family*

122 The Hundred, Romsey
www.ahcheater.co.uk Email: peace@ahcheater.co.uk

Tel: 01794 513393

Personal attention from
Simon & Michael Peace, Giles Sadd and Graham Lusty

Private Chapels of Rest
24 Hour Service



Monumental Masonry Consultants
Pre-payment plans available



N.H.P (ROMSEY) LTD

HEATING SERVICES, PLUMBING & PROPERTY MAINTENANCE



WINTER SPECIAL 10% OFF ALL BOILER SERVICING

- | | |
|--------------------------|--------------------------------|
| ✓ Gas Servicing | ✓ Boilers Repaired & Installed |
| ✓ Landlord Certificates | ✓ Oil & LPG Boiler Servicing |
| ✓ All Plumbing Works | ✓ Handyman Service |
| ✓ Bathroom Installations | ✓ Property Maintenance |
| ✓ Disabled Wet Rooms | ✓ Painting & Decorating |



Telephone: 01794 523678
info@nhpromsey.co.uk • www.nhpromsey.co.uk
Tadburn Offices, Romsey, SO51 5HS



Printing

Quality printing, just one of your ingredients for successful marketing communications.

For **fresh advice** on how we can add flavour to your marketing and communications call **01403 216 120**.



Enabling you to communicate your messages through print

Foundry Press, Unit A, Foundry Lane, Horsham, West Sussex RH13 5PX
t: 01403 216 120 f: 01403 242 700 info@foundry-press.co.uk

www.foundry-press.co.uk

Memorials

Fully polished Granites



Grey Granite
24" high £250 inc VAT

Black & Colours
30" high from
£399 inc VAT

www.thememorials.co.uk

Prices include
installation anywhere
in England and Wales

Memorials refurbished and inscriptions added

Please ring for brochure & prices

Peter Thomas 023 8029 3197

or write to: 217 Woodlands Road,

Woodlands, Hants. SO40 7GJ



RGR Memorials Limited



Nigel Isaac

Property Maintenance

**HOME AND BUSINESS
PROPERTY MAINTENANCE,
REPAIR AND IMPROVEMENT**

Experience:

- **25 years experience in modern and historic buildings (Engineering background)**
- **Quality workmanship at sensible prices**
- **Fully insured, reliable and trustworthy**
- **Numerous references from happy clients**

For You:

- **Internal and external painting and staining (thorough preparation, tried and tested products)**
- **Gutters, fascias, soffits cleaning/repair/replacement UPVC/wood**
- **Flat roof repairs/replacement**
- **Repointing, plastering, plumbing, carpentry and joinery**
- **Fencing, patios, hard/soft landscaping**
- **Summerhouses, sheds, gazebos, pergolas etc**
- **Handyman jobs**

*If your requirement is not listed,
please contact me to enquire!*

Contacts: Mobile: **07919 026505**
Landline: **01794 341633**
Email: **nigelisaac@hotmail.co.uk**

Romsey CBT

Private, confidential and personal therapy in Romsey town.

For individual therapy by an experienced, qualified and fully accredited member of the British Association for Behavioural and Cognitive Psychotherapies (BABCP). I have more than twenty years experience successfully helping people with a wide range of mental health issues including:

- Depression
- Anxiety
- Panic
- Phobias
- Obsessive Compulsive Disorders
- Post-Traumatic Stress Disorders
- Childhood trauma
- Bipolar Disorders
- Relationship or Interpersonal Difficulties
- Adjustment Disorders

You can get in touch with me using

Email: anne@romsey-cbt.co.uk, Telephone: 07773 520682

www.romsey-cbt.co.uk

This month's Walk:

Walking along the fringe of the New Forest

by Malcolm Price

This walk starts at the White Hart Inn, Old Romsey Road, Cadnam, SO40 2NP (photo 1). Just off the end of the M27 before it melds into the A31. It takes in a full variety of terrain over the distance of 5 miles plus, skirting the boundaries of the New Forest.

The outing should take between 90 and 100 minutes for the regular walker, depending on how many 'selfies' are taken with the New Forest animals.

Leaving the car park we turn left along the path that borders the main road, the A31, for some 600 metres, up to and passing the Chanteclerc Restaurant, where we turn left again down the side road. This road has an embankment protecting the residents from the M27 traffic noise and has no designated footpath for a distance of around 500 metres. At this point we come to a T junction in the road and turn left once again, going under the motorway bridge, then in just 80 metres we turn right on the opposite side of the road up a signposted path along a gravel track that leads us into Copythorne Common (photo 2).



In a short while up this track we cross a gate and must turn right up the grassy rise that soon becomes a well used path. Following this path through trees and heather we keep the hum of the motorway traffic muted as the woodland sounds dominate. There are yellow marker arrows periodically around this section which slowly loops left across a moorland area (the Common) and eventually, after about a kilometre, meets a gate that takes us across the latter end of the gravel track that we left some time earlier as we entered Copythorne Common.

We cross this track and continue to

Photo 1



Photo 2





follow the path and yellow marker arrows round the Common, in Winter some of this area can be damp and boggy, but once it meets a fresh gate, taking us onto a tarmac road, we have left the damp behind for the moment.

We have entered the village of Newbridge and by turning left down the road we can take in the houses and gardens of this typical Forest location. After 600 metres traversing the tarmac we meet a T junction in the road, now turn right towards Nomansland and once across the bridge we are now in the formal boundary of the New Forest and the status as a National Park. Then just a short while after entering the Park we climb slightly and turn left along a forest road that turns us back towards Cadnam. Along the way we pass farms and more than likely, a few grazing ponies, cattle and donkeys (photo 3).

After almost a kilometre the fields suddenly open out expansively on the left hand side, with a few cottages on the left hand edge and a footpath sign at 45 degrees to the road in the far left hedge (photo 4). This footpath is our next destination, taking us through the gate, and two further gates, across grassy fields which are fenced to protect grazing cattle from roaming away.

The last of these gates takes us into a small woodland and across a narrow concrete bridge that spans the upper reaches of the River Blackwater, then the path continues to trace the route of the river for another 800 metres. By now the sound of the M27 is once again evident as we walk beside the East Bound Carriageway. This path finally drops

down and veers sharp left to take us under the motorway for 100 metres. There is firm gravel underfoot and a handrail on the right but it is very gloomy inside, even on a bright day and could require a torch to light your way to the other side.

Emerging once again into the full daylight we turn left, once again mirroring the M27 above us, but now returning on the opposite bank. In approximately 400 metres we pass through a gate, turn right keeping to the left hand edge of the field to another gate that takes us out to a gravel road, which gives access to some local houses.

As we work our way along this road we can see the A31 main road up ahead, as we rejoin this and turn right, walking along the path to the White Hart Inn and hopefully some refreshment as due reward.

Essential items for walking anytime:

- High visibility clothing, vest or sash are ideal. Be seen at all times.
- Robust footwear, walking boots, good sturdy trainers – normal house shoes not recommended. The footpath can be muddy after rain, but is easily navigated.
- A torch (for gloomy days), mobile phone and a whistle (personal protection and safety).
- For dog walkers – take a supply of poop scoop bags.

G.E.HARDING & SONS LTD Inc BOILERCARE

COMMITTED TO CUSTOMER CARE & SERVICE

- Boiler Servicing, Breakdowns and Repairs
- Landlord Certificates
- All Plumbing work
- FREE QUOTATION on Boiler Replacement & Central Heating Installation
- Worcester Bosch accredited installer
- 7 year Guarantee on Worcester Boiler new Installation
- Fully Qualified Gas Safe & ISO9001 Accredited Company

Tel: 02380 382830

Mob: 07917 816380

Email: info@geharding.co.uk



12887

**Worcester • Vaillant • Glowworm • Baxi
Potterton • Ariston • Chaffoteaux**

Friendly Handyman

For all your household needs

*From putting up that shelf
to painting & decorating or even
installing a new kitchen or bathroom –
don't hesitate give us a call for a free quote!*



Call us on
07857 246082

ROMSEY STUMP GRINDING, LANDSCAPING & TREE SURGERY

- Topping • Pruning & Felling
- Hedge Trimming • Turfing
and All Garden Work
- Logs • Fencing • Patios
• Mulch/Oak Chip
- Old Sheds Taken Down
• Rubbish Clearance
- Patios Jet Washed
- General Building
Works Undertaken



- **NPTC Registered**
- **Fully Insured**
- **Free Quotes**

**01794 501772
or 07712 069544**

Lockerley Stone & Masonry

01794 340101

A life well remembered lives on.

Memorials Renovations Showroom



Lockerley Stone & Masonry
Unit 20
Horse Fair Business Centre
East Tytberley Road
Lockerley NOTT

www.lockerleystone.co.uk



natraj

Indian Restaurant - Romsey

- 120 covers restaurant on two floors
- **Private functions catered for:**
Birthday parties, Corporate bookings, Christenings, Retirement parties
- **Buffet available for groups of 12 or more, from £14.95pp**
- **Take away with up to 30% discount**

View our menu and book your table online at
www.natrajbalti.co.uk

Broadwater Road (Stirling Walk), Romsey, Hampshire, SO51 8GD

01794 519923



Guttering & Roofing Specialist

- New Roofs • Guttering • Flat Roofing • Re-pointing
• Under Tile Felt Replacement
- Specialising in PVCU Cleaning • General Repairs
- Lead Work • UPVC Replacement • Facias & Soffits
• Roof Tile Renovations & Moss Removal

**FREE
QUOTES**

**15
YEAR
GUARANTEE**

Local members of
Checkatrade.com
Where reputation matters

www.globalroofcare.co.uk

PHONE: 02380 089009 • MOBILE: 07774 034824

Wessex House, Upper Market Street, Eastleigh SO50 9FD

Classified Ads

CLEANING SERVICES

COVERING HAMPSHIRE AND WILTSHIRE

Commercial & Domestic Oven Cleaning



OVEN SPICK 'N SPAN

We also clean:

- BBQs
- Agas
- Microwaves
- Hobs
- Extractor Hoods

We use eco friendly products
We are fully insured

Call us for a free quotation on
01722 500644 or 07554 971770
info@ovenspickspan.co.uk

All Fresh
Carpet & Upholstery Cleaning

We Specialise in the Professional, Fast Dry
Cleaning of Carpets, Floor Rugs, Fabric
Upholstery, Leather & Seals

100% Satisfaction is Guaranteed

Please call us to arrange a free inspection

01794 743 403
0800 779 3393

www.all-fresh-cleaning.co.uk

PROPERTY SERVICES

M.W.PLUMBING and DRAIN SERVICES



Water regulated certified
24 hr call out
No Job too small
Free Estimates
Fully Insured
Competitive Rates

Call Malcolm on
02380 669744 or 07926 723799

Superior Decorating Services

- ◆ Interior Decorating
- ◆ Interior Plastering
- ◆ UPVC Soffit, Fascia, Guttering Replacement
- ◆ Exterior Decorating including:- Garden Fencing, Sheds, Decking etc
- ◆ Clean and Professional
- ◆ Fully Insured
- ◆ Free Friendly Advice and Quotations
- ◆ No Job Too Small

Contact:- Steve Sheath
01794 323935
07920 257977
sdsdecorating@btinternet.com

Richard Goodridge

Fully Qualified Electrician
Part P Registered 17th Edition

- All Types of Domestic Electrics Undertaken
- Honest, Reliable & Competitive Pricing



Office: **01794 840008**
Mobile: **07720 247142**
rich@rgelectrix.co.uk
www.rgelectrix.co.uk

RG Electrix

MISCELLANEOUS

RECRUITING NOW

I am looking for 5 working partners, to work part time from home without compromising current work or family commitments.

If you have supervisory, managerial, sales, marketing, recruitment or self employed background and you wish to achieve an extraordinary lifestyle call me NOW.

For more information and an informal chat call Vicki on **07501 433922**

www.facebook.com/snowglobals

Start small, build big.

Join our team now and see your life develop

NO JOB TOO SMALL

From hanging shelves to having an extension –
Gardening services to grouting –
One off jobs to ongoing maintenance

References available on request

Hourly rates and price work (whatever suits)

Local, experienced, Romsey family man offering good quality and fairly priced property maintenance.

M Neilson Services

Please contact Mark on
01794 524498 • 07769 333682
mark.neilson@rocketmail.com

SOUTHAMPTON CRUISE CONERGE

023 8098 3000

Southampton's No 1 Cruise Travel Agency

CANARIES, PORTUGAL & SPAIN DEAL From Southampton P&O Cruises Azura 4 Jun 2017 (12 nights) Fares from £999pp	FRANCE & SPAIN OFFER From Southampton P&O Cruises Britannia 16 Jul 2017 (6 nights) Fares from £549pp
ULTRA LUXURY INCLUSIVE MED TASTER Silversea Silver Spirit 08 November 2017 (7 Nights) 3 Nts in 4* Hotel Rome 4 Nt cruise Suite fm £1595pp	SAVE ON CRUISE EXTRAS Car to Port, Cruise Excursions, Insurance and Car Parking up to 60% cheaper than the cruise lines All Ships all dates.

Subject to availability, T&Cs apply

The QE2 Mile, 160 High Street, Southampton SO14 2BT



D&D Plumbing Services

- Free estimates.
- Good, reliable and local.
- Qualified and fully insured.
- All aspects of plumbing.
- Taps, radiators, pipe alterations.
- Bathroom suites, shower installations.
- Heating controls, cylinder replacement.
- Roof tanks, float valves.
- Outside taps.
- Central heating overhauls.
- Kitchen sink replacement.
- Washing machine and dish washer fitting.
- Traps and waste pipe fitting and adjustment.
- No job to small or too big.

Call Dave on: **01794 501686 / 07793 592045**
Email: **davedennis11@msn.com**



Advertise in the Gazette Mini Ads section for

£35 per month
or **£90**

for 3 months
+ vat.

We offer great prices on leaflet printing and distribution



Elford Sheds



THE RIGHT CHOICE FOR SERVICE AND VALUE

Quality timber buildings made to your specifications

All types of Building including: Sheds & Workshops • Summerhouses & Gazebos • Play Houses • Garages
• Tool Todies & Potting Sheds • Home Offices • Solar Sheds • Pool Houses • Swimming Pool Pump Rooms
• Pool Changing Rooms • Timber Conservatories • Dog Kennels • Beach Huts

Why Choose Us?

We are a family run business that has been designing and erecting Timber Buildings for over 26 years. We can design and construct any timber building to your specification.

- Shed repair service available from re-felts to new panels
- Fencing, decking, bases & tree surgery also undertaken
- 20 year Guarantee



www.elfordsheds.co.uk OPEN 6 DAYS A WEEK
TO AVOID DISAPPOINTMENT CALL FIRST TO CONFIRM OPENING HOURS
The Yard, Botley Road, North Baddesley, Southampton, SO52 9DP
01794 523388 • FREEPHONE 0800 644 6334



Climbersway Tree Care

Your local tree specialist

FREE QUOTATIONS

- Reductions/thinning
- Hedge cutting
- Tree removals/dismantles
- Stump grinding
- Fully insured to 10 million
- Site clearance
- Tree reports undertaken
- Bracing/planting



Arb approved contractor

Office: 023 8036 1062 **Mobile: 07541563769**
www.climberswaytreecare.co.uk info@climberswaytreecare.co.uk



Hampshire County Council approved



CHAS accredited company



Fully NPTC qualified workers



Members of ISA tree association



To advertise contact Angela on mobile: 07846-985065 or email: angela@theromseyandwellowgazette.co.uk

WHAT'S ON

in your Area

FEBRUARY

- 1st** **ALFRED THE GREAT AND THE VIKING ATTACKS ON WESSEX** - The warfare of Saxon England that led to the victory at Edington by Stephen Whelan Part of our First Wednesday in the Month Series of Talks. Venue King John's House. Time 10.30am. Price £2. Contact 01794 512200
- 1st-20th** **ZERO NINE** - A group of Hampshire and Wiltshire based textile artists who are returning to the Gardens following their successful exhibition in 2015. Venue Sir Harold Hillier Gardens. Times 10am - 4pm. Free Entry to the Exhibition. Contact 01794 369318
- 4th** **BINGO, RACE & QUIZ NIGHT FOR MAYOR'S CHARITY APPEAL** - Have a fun packed night, supporting Romsey Young Carers and 3rd Romsey Scouts, 2 great organisations helping local young people. All monies raised will be matched, so please help if you can, if you cannot attend you can always sponsor a horse as we have 40 to sell, £5 each you can name your horse, if you win you get £20.00. Venue Crosfield Hall. Time 7pm. Price £10 to include a Fish & Chip Supper. Bring your own drink. Contact Katie Brooks 07515 550095 (after 5.30pm)
- 10th** **ROMSEY TOWN COUNCIL AND TEST VALLEY ARTS FOUNDATION 'ARTS & CRAFTS' SESSIONS** - Find out more page 14
- 11th** **ROMSEY ABBEY AND TRENCH 1 ARCHAEOLOGY** are hosting a Saxon Family Day - Dig for Saxon artefacts, hear a story around the fire, see LTVAS latest exhibition, and much more. Visit the Abbey to explore the church's Saxon secrets and hear a smelly Saxon story. Venue King John's House. Price Family admission to KJH £9, entrance to Abbey free, some activities carry a small surcharge for resources. 10.30am - 3.30pm.
- 17th** **KAST OFF KINKS** - Former members of the legendary band 'The Kinks', get back together to re-live the good times. Venue Plaza Theatre. Time 7.30pm. Price £19 Concessions £17. Contact 01794 523054
- 18th** **SHOCC DANCES:** English Ceilidh in the South: Steamchicken with Sheena Masson - a lively, energetic, and upbeat version of English barn or country dancing, suitable for all ages . Venue Cuckoo Bushes HallThe HiltHiltingbury Recreation Ground. Time Doors open at 19:15 for a 19:30 start. Dances finish at 23:00. Price £12 Student: £10 Child at school (18 and under): £8. Family: at least one adult and two children: £8 per person. Contact 07765 820919

18th-26th SCRIBBLES AND SKETCHES AT MOTTISFONT -
 Discover your inner artist on this creative activity trail packed with things to make, draw and do, inspired by Mottisfont's Rex Whistler exhibition.
 Venue Mottisfont.
 For more information, please contact 01794 340757 or visit the website: www.nationaltrust.org.uk

22nd CHANDLER'S FORD ART GROUP:
 Kirsten White Local Scene - Watercolour.
 Venu Community Centre, Hursley Road, Chandler's Ford.
 Time 7.30pm.
 Visitors welcome £5 fee.
 Contact 02380 270631 email gill@gillandroy.com.

The Romsey Abbey Baby and Toddler Group meet in the Abbey Church Rooms on Wednesdays from 9.30am to 11am during term time. These sessions are free but donations gratefully received.
The Ampfield Market (Established 2000) The Ampfield Market is now celebrating it's 16th successful year. The Market is always on the first Saturday of the month excluding January, February, July and August which are holiday months. It takes place in Ampfield Village Hall between 10am and 12 noon. Parking and admission are free. There are many top quality food and craft tables to browse, delicious fresh coffee and homemade cakes are served all morning. All the funds raised support the Village Hall and all the help we receive is voluntary. The last Market in 2016 is on December 3rd. The Market returns again on March 4th 2017. Our Market has a great reputation and we look forward to welcoming you soon. If you would like to rent a table for a morning, please call Julie (02380 254587) for more information.
The Catch Up Cafe' and IT Support Service - Ampfield Village Hall The Catch Up Cafe' takes place in the new Ampfield Village Hall annexe every Thursday morning between 9.30am and 11.30am. Delicious fresh coffee, a selection of home made cakes and a warm welcome awaits you! We provide a warm, friendly venue to meet friends and keep in touch during the grey winter months. All the proceeds of our Cafe' support the Village Hall and all the help is voluntary. Our customers can now enjoy free WiFi. The IT Support Service runs along side the Cafe' on Thursday mornings. If you would like some expert help or advice for your Tablet, Laptop, phone or PC then come along to the Committee Room. This Service is free but a donation to Village Hall Funds would be most welcome For more information, please call Julie on 02380 254 587
Every Tuesday Evening Wellow Village Hall - 8.15pm-10.15pm - More players needed call Ena on 01794 323264. Come and join us.
Community Coffee Morning - Thursdays 10.30am-12.00pm Free Homemade cakes & coffee at Abbotswood Court, Minchin Road, Romsey SO51 0BL Enjoy a chat with residents, old friends and neighbours.
Forget me not Café - Venue Abbotswood Court. Time 2.30pm -4pm. Contact 01794 528700. Last Thursday every month.
Dementia Friends Information Session - Venue Abbotswood Court. Time 4pm -5pm. Contact 01794 528700. Last Thursday every month.
Knit And Natter Club at West Wellow village hall on Friday afternoons 2pm-4pm Anyone can come along. It is £2.00 per meeting to include cake, biscuits, tea or coffee.
Coffee mornings Wellow Methodist Church - held every 3rd Wednesday of each month, 11am-1pm
Romsey Companions - Alternate Mondays, 1.30pm-3.30pm - Crosfield Hall, Broadwater Road, Romsey, SO51 8GL
Romsey Tuesday Luncheon Club - Every Tuesday, 11am-1pm - Age Concern Centre, 24 Linden Road, Romsey, SO51 8DB
Romsey Weekend Club (name tbc - it may be changing) Every Saturday, 10.30am-12.30pm. Age Concern Hall, 24 Linden Road, Romsey, SO51 8DB
Friday Coffee Stop 10.00am - 12.00 noon each Friday - at Romsey Methodist Church, The Hundred, Romsey.
Romsey Quaker Meeting on the second Sunday of every month at 10:45 at Carers Together, 9 Love Lane, Romsey. All welcome. More information: alisonperks@phonecoop.coop
Wellow Ladies Badminton Club - Every Tuesday Evening Wellow Village Hall, 8.15pm - 10.15pm. More players needed, call Ena on 01794 323264... Come and join us!



TO HAVE YOUR EVENT LISTED IN THE DIARY DATES SECTION PLEASE PROVIDE DETAILS BY E-MAIL: angela@thegazettes.co.uk, tracey@mlgpublishing.co.uk

your local Magazines

E: tracey@mlgpublishing.co.uk
M: 07775 927161

Andover & North Hampshire Gazette
Forest Edge Gazette • Romsey & Wellow Gazette
Test Valley Gazette • Winchester Gazette



A5 135gsm double sided full gloss leaflets

QTY 5,000 @ £185.00

QTY 10,000 @ £215.00

QTY 20,000 @ £240.00



**Price
includes
delivery!!**



Leaflet Distribution

Other paper sizes and prices on request,
e.g. 170gsm and card

starts from **£25^{+vat} per 1000**

Call Malcolm on **07765 931615**



- Bumper scuffs and scratches
- Accidental damage
- Split plastic body works
- Dents
- Alloy wheels

Quality, mobile
repairs at a fraction
of traditional body
shop costs.

Call Angus or Natalie on

01794 367303

or 07903 365956

to arrange for your free estimate

**Bumper Scuffs
Workshop
Special Offer
from £99**

Workshop now at
**Manor Nurseries,
Timsbury, Hants. SO51 0NB**

Think BMW, think Bartley!



- FIXED PRICE SERVICING
- LASER 4 WHEEL ALIGNMENT
- AIR CONDITIONING SERVICE & REPAIRS
- FREE COURTESY CARS
- WHILE-YOU-WAIT APPOINTMENTS AVAILABLE
- BMW QUALIFIED TECHNICIANS
- WARRANTY WORK
- MOTs ARRANGED
- DIAGNOSTICS

BARTLEY

023 8066 1499

INDEPENDENT BMW & MINI SPECIALISTS

23-24 New Forest Enterprise Centre,
Rushington Business Park,
Chapel Lane, Southampton, SO40 9LA

www.bartleyuk.com

info@bartleyuk.com

 @BartleyGarageSO40



SHUTTERS

THE TALK OF THE TOWN

Love Shutters Sale ends 14th February

At The Great Shutter Company their largest sale of the year takes place over January and February and is run in conjunction with the shutter manufacturer. This means the best prices of the year.

Wish you all the best for 2017.

Michael Schnuppe, owner of The Great Shutter Company, says "Customers often forget that lead times are 8-9 weeks on these custom made plantation shutters. If you order towards the end of the promotional period your shutters will be installed in time for Spring which means you get to benefit from them both Spring and Summer. Order now and you won't be wishing in June that you had ordered earlier in the year."



Shutters are great for controlling light. Ask Mrs Harmer from Chandlers's Ford whose large box bay made her living room unbearably hot during the summer but also cold in the winter.

"I would just like to say how thrilled I am with the shutters you fitted for me a week ago. They have exceeded my expectations in every way. Not only do they look nice but being able to regulate the light/sun in so many

variations is great. After dark the room is definitely warmer and I notice some reduction in traffic noise. People I don't even know have stopped me to say how much they suit the style of the bungalow, and who fitted them. So full marks all round!"

The Great Shutter Co. Ltd can be reached via their website www.thegreatshutterco.co.uk or on 01962 7108007.

THE GREAT SHUTTER^{CO}

JANUARY SALE

25% OFF

love shutters

BOOK A **FREE**, HOME DESIGN CONSULTATION AND GET EXPERT, NO OBLIGATION ADVICE WHILST ENJOYING OUR BIGGEST SAVINGS OF THE YEAR.

*Orders must be placed by 14th February

THE GREAT SHUTTER CO.
T 01962 710807

Email: hi@thegreatshutterco.co.uk
Web: www.thegreatshutterco.co.uk



feefo^{co}
Product Rating:
100%
Service Rating:
100%

SYDENHAMS
LANDSCAPE DESIGN & MAINTENANCE

Building • Landscaping • DIY



**FREE GARDEN
PLANNING
SERVICE**

**SOUTHAMPTON
02380 865046**

**Rushington Business Park, Chapel Lane
Totton SO40 9AH
www.sydenhams.co.uk | sales.southampton@sydenhams.co.uk**



ABBOTSWOOD COURT

You are warmly invited to our

FORGET-ME-NOT CAFÉ



Open
House
event

LAST FRIDAY
OF THE MONTH
2.00–4.00PM



Come along to Abbotswood Court Care Home for our **support group for carers**. There will be relaxed talks and time to chat with members of our **dementia care team** for **advice**, particularly for people supporting those living with dementia. **Everyone is welcome!**

For further details, contact Debbie:

Tel: 01794 528 700 Debbie.Holmes@cinnamoncc.com

Abbotswood Court Care Home, Minchin Road, Romsey, SO51 0BL