

*The*  
Issue #1

# COAST

Est. 1996  
**foxes**  
Sales & Lettings



*Central Bournemouth, East Cliff, West Cliff, Westbourne,  
Talbot Woods, Meyrick Park, Charminster & Queens Park.*



Welcome to a new local paper for your area.

Hello and welcome to the first issue of **The Coast**, your free local community newspaper aimed at Central Bournemouth and the surrounding areas. In this issue we talk exclusively to TV personality and local celebrity **Celia Sawyer**, about what she's planning for 2017. Celia's daughter **Lili Sawyer** is also one of our writers, so check out her column in the fashion section. We also speak to former Strictly dancer **Erin Boag**, ahead of her tour with dance partner Anton Du Beke and also chat with TV food-critic **Jay Rayner** and singer/songwriter **Jack Savoretti**.

Our particular area of expertise comes in the form of the local property market and we're delighted to present information about the latest availability and property values for our area on pages 40-45.

We, at **Foxes Sales & Lettings**, are really excited about launching **The Coast** and hope you enjoy it as much as we've enjoyed putting it together. We have been based in The Triangle for over 20 years and have built the reputation of their family-run independent agency on honesty and openness, the launch of this newspaper marks a step in connecting further with the local community and our customers alike. We hope it becomes a great source of information for everyone in the area and if you have any feedback or ideas, please feel free to get in touch or pop into our office in The Triangle.

Sit back & enjoy!

**Damon & Steve**  
**Directors**  
**Foxes Sales & Lettings**  
[www.foxes.co.uk](http://www.foxes.co.uk)

01202 299600  
[www.foxes.co.uk](http://www.foxes.co.uk)

Est. 1996  
**foxes**  
Sales & Lettings





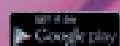
### Creative Nail Talent & Beautiful Art Designs

All the freehand nail art designs you see clients post on our Facebook page, displayed on our website gallery and in the shop window are individually designed by the Tigerlilly nail artist team.

See more nail art on our Facebook page, at [www.tigerlilly.me/gallery](http://www.tigerlilly.me/gallery) or download our App

 **Tigerlilly Nails**

 **App Store**

 **Google play**

 **tigerlilly**  
*award winning nails*

For appointments **01202 751458**

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



# Keep out the cold at Gallone's ice cream parlour



Gallone's ice cream parlour offers more than just 32 flavours of ice cream.

You can also enjoy wonderful waffles, perfect pancakes and delicious hot drinks right in the heart of Bournemouth.



20 Gervis Place, Bournemouth BH1 2AL

follow us on   

[gallonesparlours.com/bournemouth](http://gallonesparlours.com/bournemouth)

## COFFEE FOR A QUID

Present this voucher and get any coffee for only £1.



Valid 12-18 December 2016

## SUPER SCOOP IT

Present this voucher and get an extra scoop free.



Valid 27 Dec - 1 Jan 2017

## FLIP A PANCAKE

Present this voucher and buy one pancake, get one half price.



Valid 9-15 January 2017

## BAMBINO SUNDAE 99p

Present this voucher and get a Bambino sundae for only 99p, normally £2.35.



Valid 23-29 January 2017



# Celia Sawyer Q&A

**The Coast** catches up with interior designer and locally-based TV Personality Celia Sawyer to see what 2017 has in store for her...

**The recent Four Rooms series on Channel 4 is now over, what has been the feedback from it?**

"It's gone so well, and the channel love the show. The audience is saying it's the best series yet, so i'm very pleased. We had the highest viewing figures on *More 4* so it has definitely gone down brilliantly. I really enjoyed the show this time, I did 20 shows, but although it was rather gruelling, I have to listen to fans who like to get to know the dealers, and not have different ones each week, I think this is a mistake, so this time around, *Channel 4* asked me to do all of the 20 shows!"

**Are there plans for another series?**

"We have another 10 coming out soon but it is too early to say yet. TV has a structure and we need to wait for the other 10 shows, and then we will hear."

**What was your highlight of the series?**

"Buying a piece you won't have seen yet by an artist called *Schoony*, entitled *Boy Soldier*. The piece is very emotional but i won't say any more as it will ruin the show when it airs. It is currently sitting in my living room!"

**Do you still have any of the items you brought?**

"I have kept *Boy Soldier* and won't sell it. I sold most of the pieces I bought, but sometimes I just like to buy things to enjoy for a bit. I also bought the *Marilyn chair* for myself which is in the hallway of my house, however I probably will use it in a project in the future as it lends itself to interior design."

"Sometimes I buy things because I love them and I don't care that I don't have a buyer for that piece in mind at the moment. Sometimes, I like to hang onto some items for a while before moving them on or I'll have a specific client in mind when I buy something, who might have a collectibles cabinet of curiosities and I'll know what they'd be prepared to pay and I'll base negotiations on that. If I think I've got a really good deal, I'll go for it."

**What are you plans for 2017 for your media work?**

"Ooh it's all a bit hush hush, we have a few things in the pipeline, one is in USA so it's all very exciting stuff, as soon as I can tell you, **The Coast** will be the first to know!"

**Away from your TV work, how's business? What do you have coming up in 2017?**

"I am designing a private aircraft for a Middle Eastern Royal family member, very exciting, as it is a large aircraft which is an Airbus A340! I have been asked to talk about the future of aviation interiors for *Sir Charles Dunstones* 'Boat' magazine in Kitzbuhel in February, which I am dreading as I hate standing up doing talks as I get more nervous than on TV! I have my home range coming out, and I am in constant chats about new projects, such as a boutique hotel in central London, a jewellery range and a large private mansion for someone on the Forbes rich list so it is all go as usual!"





I'm also currently designing a stunning bath made out of 24 carat Gold and a quarter of a Million crystals, it is unbelievable, and it is for a client. It costs a whopping £100k however I have also designed the Worlds most expensive bath (£1 million) which is going to be widely announced either on one of my new TV shows, or in the national press, but we are still not into the construction phase yet. I am using some of the best British craftsmen to build it!"

**Aircraft Interior**



**You're involved in a lot of charity work. Can you tell us about that?**

"I do tons for the *British Heart Foundation* but I have recently been asked to be a Patron for the *Children's liver disease* charity and I am really excited about that. *Jeffrey Archer* will be attending our function in March at the *Dorchester*, he's fab and we always have a real laugh!"

**Overfloor for a £1M Bath**





# Jack Savoretti

Singer- songwriter, **Jack Savoretti** has had a crazy year – with a successful tour and another one coming up plus a new album out, **Sleep No More**. He found time in his busy schedule to pop into the **Wave 105** studio and speak to **Andy Jackson**.

"It has been a busy year, just when we thought we where going to take a break, we decided to ride the wave as things where going so well." The new album, 'Sleep No More' has been quoted as being dedicated to Jack's wife, actress **Jemma Powell**.

"The album has bought me a lot of brownie points with my wife, that I needed! All my songs are inspired by love, but this is more than a love letter, it's a thank you letter and is inspired but the journey you go through together as a couple. Getting married and having two kids has been a steep learning curve for me, I've experienced lots of things that I wasn't ready for. Only with age you come to realise that. The problem is, when it does happen and you aren't ready for it, you are stubborn and arrogant and think 'I've got this' and its only when you realise how bad it can get you thinking maybe I haven't figured this out!

"It's a big change when you comprehend that the universe has stopped being just about you and starts being about other people. Responsibility is a terrifying thing! Trying to find the balance about what you feel passionate about and what you need to be responsible about is a very difficult line to find – it is usually one or the other. You either give up what you feel passionate about or vice versa and stay selfish. Finding that balance is a daily struggle."

It sounds like it is all go for the singer, how does he find the time to have a family, go on tour and write an entire album?

"It's not easy - I did a show last night, drove home, woke up with the kids took them out to the park and then got in the car and drove to do this interview. You can get it done, it just means there is very little time to do anything else! Which is why I have stopped writing how I used to write. I used to write at home and on the road, they are the two places I fundamentality love to write. Now, these are the two places I now can't write and I stop myself from even attempting it, because if I attempt it I don't get it done properly. I won't finish it and you end up with a load of half baked ideas, so now I just stay away from writing until I DO have that gap and just run to a studio and explode, let it all out!

"The last album was written and recorded in one day and this one not much longer. I have come to learn that you never sing a song the same way you do the first time you sing it. There is something about it, you are learning it, you are exploring it, you are listening to it. You're not fine-tuning it, you're not singing it because that would be great – you're singing it because that is what you are trying to sing. I think there is something really unique about that. We would always capture that in a demo, then spend months and a fine tune trying to recreate that. That is why I now try to write in the studio, so I can capture that moment. Its kind of like holding a lightening rod out and hoping something will strike, when it does I want the tape rolling.

The first single to be released from the album 'When we Where Lovers' has a slightly different feel to the rest of the album, Jack explains just why that is: "It was the first song I wrote for this album. It was one of those reflective moments, remembering what things used to be like before marriage, before the kids. At first I looked at it with melancholy about the 'good old days', when we where free of responsibility, dancing in the rain but then upon thinking that, I realised how much better what we have now is and what we are heading towards is. It was after that recognition, again all part of growing up, I decided to write this album, starting with 'how great we used to be' and then the rest of the album is that journey to appreciating how great we are and how great we are going to be if we get this right. I find that every song I listen to or film I watch is either about people falling in love or breaking up, no one talks about what happens in the middle. So I wanted to write an album about what happens in the middle.

Jack is currently on a tour of the UK with venues including Southampton, Manchester, Newcastle and London.

"The venues getting bigger and bigger, Hammersmith Apollo is the biggest venue on the tour and also my biggest as a headline act. It will be one of those nights that I will have to take a moment to take it all in."

**Jack Savoretti visited**  
**Wave 105**  
**www.wave105.com**



# MAX STONE

**Speaks to Gracie Williams**

More than a year has passed since Max Stone left our screens and departed X Factor. And what a busy year it has been for the singer. Our own *Gracie Williams* caught up with him to find out more about what he's been up to...

"When I left X Factor, I had to figure out where I wanted to go next. I took four months out to do nothing but write music, I wrote about 70 to 80 songs but only 15 ended up being good ones that I was happy with. I've been working so hard since I left the show.

Then the fun began for the singer, "I started working with Grammy Award winning producer, Jazzwad. I went to Kingston in Jamaica and hit Tuff Gong recording studio, which was founded by Bob Marley. It was an incredible time and I met some inspirational people."

Max's first single, *Home* is out now under Metropolis Studios.

"I am really excited about the release of *Home*, it is a campaign song to raise money and awareness for the Shirley Oaks Survivors Association. All proceeds made from the single will go to the foundation, which supports victims of abuse whilst in care in Lambeth Children's Homes in London.

"When my record label suggested supporting the Shirley Oaks Survivors Association, I thought it was an amazing idea, my song helps give the survivors a voice as there has been no justice. The song is about finding your way home and I hope the public can relate and raise money for a worthwhile cause at the same time."

To Max, music is no new thing: "I started singing at about three or four years old and haven't ever stopped. I used to copy my Dad's records, he was a big James Brown fan. I started playing piano at nine years old and since then music has been my release and always makes me feel better, alive."

Speaking of the TV show that sprung him to fame: "X Factor was the most amazing experience. I didn't know how people would react to my music and also me as a person. It was very daunting knowing that there are millions of people watching and judging from home.

"The six-chair challenge was really tough but having 5,000 people encouraging me to get on stage was incredible. I thought 'I can do this!' With the new single out now, and an album to follow in the New Year, 2017 is going to be busy for Max.

"2017 is going to be the year of gigging! Lots and lots of gigs, I plan to play as live as much as possible."

**Max's single "Home" is out to buy or download now.**

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



## Q&amp;A

## ERIN BOAG

Former *Strictly Come Dancing* professional and dance partner of Anton Du Beke, talks to us before arriving in the region early in 2017 with *Anton & Erin Swing Time*.

**You finished on *Strictly* after 10 years after the 2012 series – what have you been up to since?**

I retired from *Strictly* (not from dancing) in 2012, as I was hoping to start a family, which I did... I had my son Ewan and then took 7 weeks off after he was born before getting back on the dance floor. Since then I've been on a lot of tours with Anton and have been involved in a lot of projects, so it's been really busy.

**How had motherhood been? All you expected?**

Motherhood is brilliant. I love every single second of single day.

**As a dancer, how was it getting back into shape after being giving birth?**

Really difficult. I don't know if its being an older mother, but I thought that my body would just snap back into shape, but it didn't happen like that. I had to work really hard every single day and I still do now! Obviously, being a dancer, I'm slim for a women my age, but I really had to work on getting fit again and getting the figure back. In actual fact, because I ended up with a c-section, that made it even worse. I remember not long after giving birth, I remember sitting on the floor and I actually couldn't do a sit-up. I was sit-up queen with a dancers 6-pack and there I was struggling to do one sit-up. I was thinking there's something wrong with me. It wasn't until I spoke to someone about it and they pointed out that the caesarean had cut right through my stomach muscles and asked what did I expect would happen after a procedure like that! I hadn't honestly thought about any of that stuff until afterwards, so I was left with having to work really hard – no pain no gain! To be honest, I'm still working on it now...

**So is your fitness regime back to how it used to be?**

Yeah... I hit the gym a lot, I'm a very active person and I do watch what I eat, even though I love chocolate. Obviously I dance and I train and I like to stay in shape, but it's also my job. So, I have to maintain my figure, I have no choice really.

**You obviously have fond memories of *Strictly* – out of your celebrity partners, who was your favourite to dance with?**

I haven't got one favourite, I know it's a dull answer, but I had ten wonderful partners, ten different personalities, lots of different backgrounds and they were all wonderful in their own way. So many great laughs too. Julian Clary as the sort of camp queen; was great fun and a really lovely man. I had partners like Colin Jackson the Olympic athlete and Austin Healy. People like them are also trained to be fit and quick, but they're also so mentally strong and focused. I never had a dull year and they were all wonderful partners to be lucky enough to dance with.

**What can the audience expect when they turn up to see your new show for 2017, *Anton and Erin Swing Time*?**

You can expect to see glitz and glamour, beautiful music, we have an orchestra that comes on tour with us and a wonderful singer, Lance Ellington, who's one of the singers on *Strictly Come Dancing* and we have six other, very professional and talented Theatre dancers with Anton and I. We have beautiful costumes, live music and the result is a whole evening of dance and fun and you go away feeling great.

**Anton Du Beke & Erin Boag's spectacular new show, 'Swing Time' tours in 2017**  
Sat 11 March - BOURNEMOUTH Pavilion,  
Sun 12 March - SOUTHAMPTON Mayflower  
[www.raymondgubbay.co.uk](http://www.raymondgubbay.co.uk)





# Jay Rayner

By Gracey Williams



Award-winning restaurant critic and Masterchef judge Jay Rayner spoke to **The Coast** before his new one-man show *The Ten (Food) Commandments* at Lighthouse, Poole's Centre for the Arts on 3 November.

Speaking with the legendary journalist, author, performer who also adds musician to his well-rounded repertoire, is an enlightening experience. Rayner's zealous yet tongue and cheek attitude towards food and its impact on society is reflected in his latest project.

"The original Ten Commandments have very little to offer when it comes to the complex business of how and what we eat. There is a lot of finger wagging in the food industry, so I felt there was a need for a culinary Moses (me) to take lead to the edible Promised Land. The show is a rye look at food and drink culture - thou shalt always eat with thy hands, why thou should most definitely worship leftovers, and why thou must celebrate the stinkiest of foods."

"The audience can expect a rollicking good night of great entertainment - the first half of the show is stand up where I use visuals to allow the build up of stories and jokes, the second half of the show is a two way interaction with the audience, whom I ask to send in their questions and topics via a hashtag."

For someone who has had a very prestigious career, including a front page on the Guardian at just 23, Rayner has worked for media outlets such as The Guardian, BBC and Channel 4. He speaks of the freedom a one-man show has afforded:

"The best part of doing a one-man show is that you do not have to rely on anyone else, it is a hire wire performance and it suits my control freak tendencies. I love performing and get a kick out of the live audiences - it is all gravy (pun INTENDED!)"

"I am not ashamed to say that The Ten (Food) Commandments is littered with cheap gags and stupid jokes - I think we should all embrace the stupid joke!"

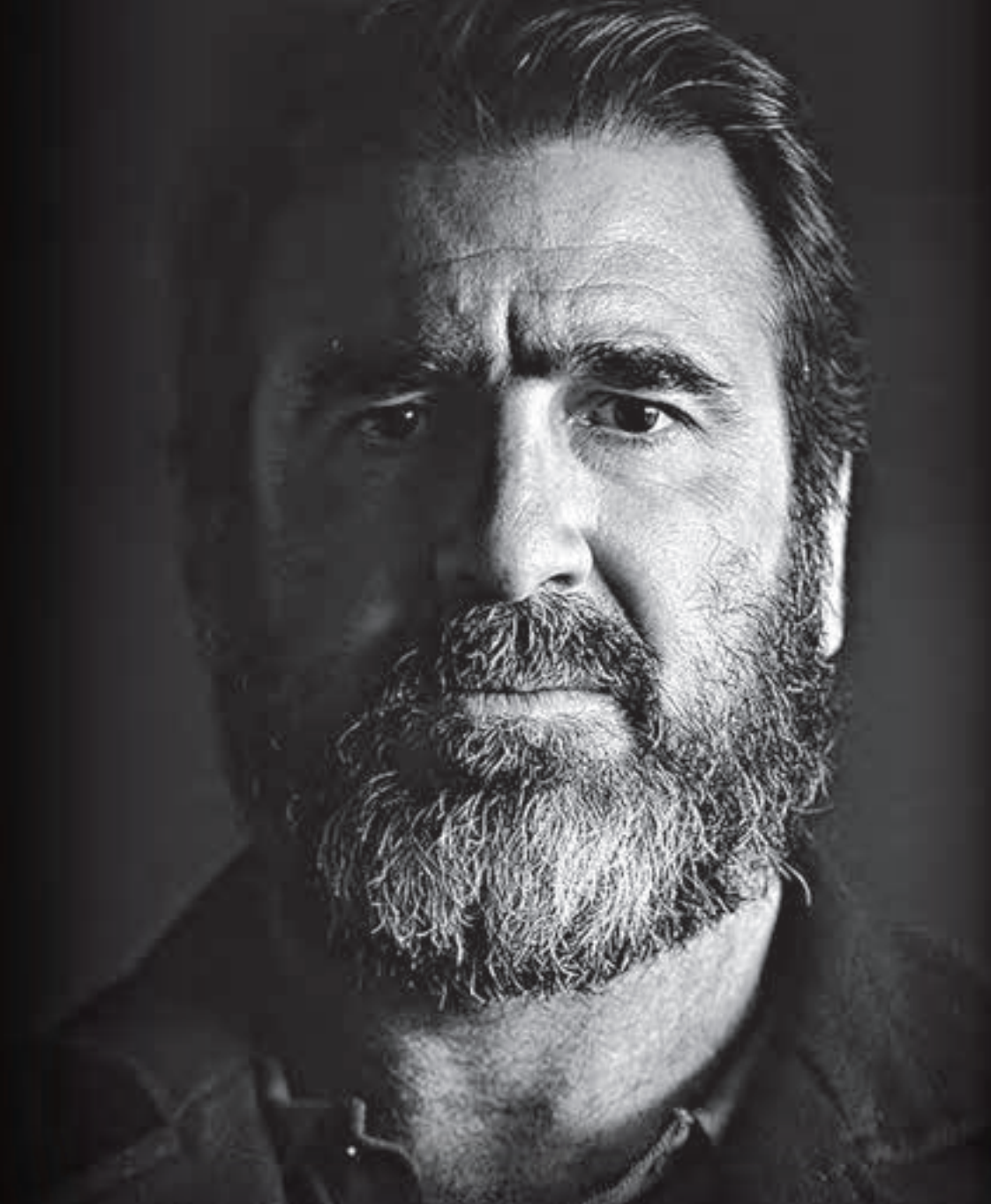
Rayner has affection for Dorset, having spent many holidays as a child in Studland, staying at the Knowle House Hotel.

"Dorset was a place where my love for eating out first began back in the 1970's. As a family we would holiday every year at the same hotel. The food was very good and the entire stay seemed to revolve around it, particularly the Friday night buffet which featured an impressive salmon, of which we would all take photos!"

It is hard to resist asking Rayner a few foodies questions, he lists spare ribs as his food heaven partly for the joy of eating them with hands. His food hell is baked beans;

"I hate the texture, the taste, everything about baked beans!"





TERRY & FREDA BAKER OF A1 SPORTING SPEAKERS IN ASSOCIATION WITH ICONS.COM PRESENT

# CANTONA

AN EVENING WITH ERIC CANTONA

**21 FEBRUARY 2017**

BIC, BOURNEMOUTH, [BHLIVETICKETS.CO.UK](http://bhlivetickets.co.uk)

BOX OFFICE: 0844 576 3000 GROUP BOOKINGS: 01202 055561

**22, 23 & 26 FEBRUARY 2017**

THE LOWRY, SALFORD QUAYS, [THELOWRY.COM](http://thelowry.com)

BOX OFFICE: 0843 208 6010 GROUP BOOKINGS: 0843 208 6003

**24 FEBRUARY 2017**

LONDON PALLADIUM, LONDON, [RUTLIVE.CO.UK](http://rutlive.co.uk)

BOX OFFICE: 0844 412 4657

STANDARD & VIP TICKETS AVAILABLE FROM BOX OFFICE  
VVIP TICKETS MEET ERIC, SIGNED POSTER, PHOTO WITH HIM & FRONT ROW SEATS  
AVAILABLE FROM [WWW.A1SPORTINGMEMORABILIA.CO.UK](http://WWW.A1SPORTINGMEMORABILIA.CO.UK) OR CALL 07866454714



**THE LOWRY**  
ART & ENTERTAINMENT

**bhlivetickets**

**A1** SportingSpeakers  
the leading agency for sport celebrity speakers

**ICONS.com**  
SIGNED BY THE WORLD'S BEST

**LONDON  
PALLADIUM**



# These savings turn into happy smiles the moment you turn the key.

## i10 S 1.0

From £7,995 OTR\*  
Including £1,000  
customer saving



## i20 S 1.2 5dr

From £9,995 OTR\*  
Including £1,000  
customer saving



## Test drive the possibilities

### Westover Hyundai – Poole

573 Wallisdown Road,  
Poole, Dorset BH12 5BA  
01202 974178

### Westover Hyundai – Salisbury

114 Wilton Road,  
Salisbury, Wiltshire SP2 7JZ  
01722 448693

[westovergroup.co.uk/hyundai](http://westovergroup.co.uk/hyundai)



Fuel consumption in MPG (l/100km) for Hyundai range: Urban 18.0 (15.7) – 80.7 (3.5), Extra Urban 32.8 (8.6) – 94.2 (3.0), Combined 25.2 (11.2) – 88.3 (3.2), CO2 Emissions 261 – 84g/km. Fuel consumption: figures shown are based on official EU test figures. These are to be used as a guide for comparative purposes and may not reflect all driving results. \*Models shown: i10 S 1.0 at £7,995 OTR (including £1,000 customer saving) in solid paint at no extra cost and i20 S 1.2 5dr at £9,995 OTR (including £1,000 customer saving) in solid paint at no extra cost. On the road (OTR) prices shown include customer saving discounts where applicable, VAT where applicable, delivery, vehicle first registration fee, number plates and 12 month's Road Fund Licence. All offers and savings are subject to availability, while stocks last and are only available to private retail customers on new cars purchased and registered in the UK (excluding Channel Islands or Isle of Man) between 1st October 2016 and 31st January 2017 inclusive, sourced through Hyundai Motor UK Ltd or its authorised dealers. Offers are not available for customers under the Hyundai Affinity Programme. 5 Year Warranty terms and exclusions apply. Please see [www.hyundai.co.uk](http://www.hyundai.co.uk) or ask your local dealer.



# David Walliams and friend

**Little Britain's David Walliams returns to sketch comedy (with help from some familiar faces) and tell us why...**

## Q&A

**Why were you eager to return to sketch comedy with Walliams & Friend?**

I wanted to reconnect with something purely comic. This show has no agenda - it's just there to make you laugh. It's rather old-fashioned in that way, like The Two Ronnies.

**Why do you think sketch shows remain popular?**

A sketch show is a great way of doing comedy, because it is constantly reinventing itself. If you don't like one sketch, another one will be along in a minute. People often try to write off sketch shows and say that they're finished, but they are a perfectly valid way of doing comedy. You can also cover a lot of ground doing sketches. You can do everything from spoofs to relationship comedy.

**Were you anxious to make a show that does not replicate your huge sketch show hit, Little Britain?**

Yes. The big thing for me was to be different from Little Britain. On that show, we didn't do historical sketches or spoofs. Little Britain had a very strong idea of its own identity. I didn't want Walliams & Friend to be like a spin-off of that. I wanted it to be very much its own thing.

**What is the advantage of having a different guest star every week?**

It means the show can reinvent itself week to week. It feels very fresh and never gets boring. In other sketch shows, there are a lot of reasons why you end up doing the same characters every week. You need at least a hundred sketches for a series, and that's very hard. But if you're writing for specific people, you can constantly reinvent the show.

**In addition to your guest stars, you are featuring some old-school celebrities such as Bob Carolgees and Spit The Dog in the sketches, aren't you?**

Yes. I loved working with them all. For instance, it was great filming with the Chuckle Brothers. They're so talented. They're natural clowns. They're very hard workers, too. They come prepared with lots of ideas and really deliver. I'd love to work with them more. It would be great to have them on set every day because they're such fun!

**Could you please talk us through the qualities of your six guest stars in this series?**

Firstly Jack Whitehall. He's so, so funny. In fact, he is too funny. He needs to be stopped! He made me feel really old when he told me, "I used to love watching Little Britain when I was at school". "I'm sorry, how old are you?" He's still in his 20s. It's absurd!

**What about Meera Syal?**

She is fantastic. She is very nice, very intelligent and brilliantly funny. Having been in Goodness Gracious Me she's a wonderful sketch performer. But she's also a really good serious actor - she's been in dramas such as Broadchurch before. So she's got a lot of gravitas - unlike me! She is excellent with scripts, and very committed to everything. Meera and I also had the delight of doing a sketch with Jeanette Rankie!

**How about Miranda Richardson?**

She is an incredibly classy actress. She is iconic to the nation because of Blackadder Two. Although it is now 30 years ago, her performance as Queenie is still emblazoned on our imagination. She has done comed before, with French and Saunders. She is a brilliant and incredibly committed performer. Because she's such a great actress, everything she does is believable.

**And Harry Enfield?**

I've always been in awe of him. He is one of my absolute favourite comedians. I love him when I was growing up. When he did Stavros and Loadsamoney on Saturday Live it was so fresh. It's an incredible thing when someone who is your comedy hero treats you as an equal. I never lose that sense of wonder when I meet my comedy heroes.



Image Credit: BBC/King Bert/Ray Burmiston



# Richard O'Brien

## Q&A

**What has given The Rocky Horror Show such huge appeal?**

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

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

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

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

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

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

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

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

BECAUSE IT MAKES YOU LAUGH.

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

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

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

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

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

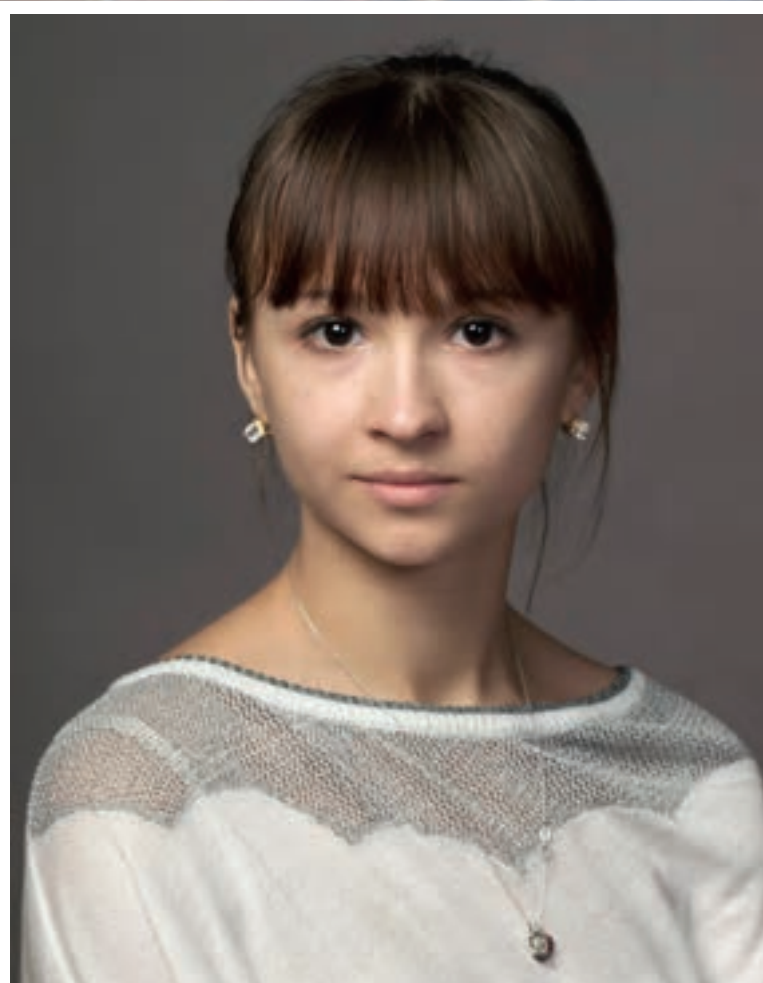
I AM THE LUCKIEST PERSON ON THE PLANET. I SHALL BE HAPPY AS LONG AS I CAN KEEP SINGING.

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

BECAUSE IT SWINGS.



# Russia's acclaimed ballet Company returns to Bournemouth



*The Russian State Ballet of Siberia* returns in Bournemouth in 2017 for a three show spectacular. It is the Company's 15th UK tour and features exquisite performances of three of world's most popular ballets; *Swan Lake*, *The Nutcracker* and *Coppélia*.

Formed in 1981, The Russian State Ballet of Siberia has become established as one of Russia's leading ballet companies, under the artistic directorship of Sergei Bobrov. The company comprises 40 dancers and 30 musicians.

Commenting on the tour, Sergei Bobrov said 'It is always a pleasure to bring the unique traditions of Russian Ballet to British audiences. Touring with a full company of dancers as well as highly skilled musicians is always exciting; for me, it is very special to have the power of a symphony orchestra bringing the choreography to life on stage.'

**Anna Fedosova (pictured left), 22, the Principal Dancer in the Russian State Ballet of Siberia...**

**At what age did you start dancing and when did you join the Russian State Ballet of Siberia?**

I started dancing at the age of 10 when I went to ballet school. I joined the Russian State Ballet of Siberia two years ago after graduating from the ballet school.

**What does your working day consist of?**

I get up at 8AM, get myself ready for the work, have a little breakfast and go to theatre. At theatre I start training for about one hour and then my rehearsals start. I have a break in the middle of the day and then again rehearsals.

**Have you toured the UK before – if so how many times and what do you like about British culture?**

I toured once in UK and I liked to be in England very much. I do not know much about British culture but everything I have seen was very advanced and versatile.

**Will you be performing in all the ballets on the tour and do you have a particularly favourite role and if so why?**

My favorite is *Swan Lake*, because this is the most beautiful and the most elegant role for ballerina, every little ballet girl dreams to dance this character in her career.

**How long does it take you to prepare for a performance and do you have a specific warm-up and warm-down procedure before and after each performance?**

Normally I need half an hour to warm myself up before going on stage and I do warm up in my special way, flexing and stretching legs and arms. I also need to keep my muscles warm between rehearsals and between show acts and for that I use wool warmers and sweaters.

**What is the highlight of your career so far?**

I think this is my role of Odile in *Swan Lake*, everyone says that I am the best.

**Any useful advice you can give to young ballet dancers here in the UK?**

I wish to all young ballet dancers to fall in love with dancing, with everything you do on stage and then the audience will definitely fall in love with you.

**Bournemouth Pavilion Theatre**

**20 February Coppélia 7.30pm**

**21 February The Nutcracker 7.30pm**

**22 February Swan Lake 2.30pm & 7.30pm**





# WESSEX TRAILERS



- TRAILER SALES
- TRAILER PARTS & SPARES (*next day delivery*)
- TRAILER SERVICE & REPAIRS
- TRAILER HIRE

**01929 462534**

WADDOCK CROSS, DORCHESTER, DORSET DT2 8QY  
[www.wessex-trailers.co.uk](http://www.wessex-trailers.co.uk)



Interested in  
Montessori childcare  
and education?

**We offer  
Montessori Early  
Years Teacher  
Training courses**

**Full and Part Time**

Our courses are suitable for  
adults of all ages wishing to  
qualify in Early Years Education.

Financial assistance may be  
available on application.

**Enrol now for  
January 2017**

**01202 780 010**

81 Lansdowne Road  
Bournemouth, BH1 1RP

[info@bournemouthmontessori.co.uk](mailto:info@bournemouthmontessori.co.uk)

**BOURNEMOUTH  
MONTESSORI  
CENTRE**  
*a love of learning for life*

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



*Juice*  
**PLUS+**

**DO YOU WANT TO LOOK GOOD, FEEL GREAT, TONE UP & GET HEALTHY?**

## BENEFITS OF JUICE PLUS

- Increased Energy
- Boost Immune System
- Better Digestion
- Helps Weight Loss
- Decrease Allergies
- Healthier Skin, Hair & Nails
- Helps With Sleep & Improves Fatigue
- Reduce Risk of Chronic Disease
- Reduces Colds & Flu
- Improves Pregnancy
- Improves Overall General Health



**100% natural ingredients & safe for children and ladies during pregnancy**

**Contact Melba For More Information & FREE samples on  
T: 07908181653**

[www.juiceplus.co.uk/mn92503](http://www.juiceplus.co.uk/mn92503)



# TAKE A BUTCHERS AT THE BUTCHER'S DOG

By Neil Armstrong, Publisher of The Coast

## New Wimborne bar opens with strong connections to Poole & Ashley Cross

A long time in the making, but well worth the wait; *The Butcher's Dog* has opened its doors recently in East Street, Wimborne. The bar offers premium beers, real-ales and a wide selection of wines & spirits, served in a warm, welcoming and unique atmosphere, all under the watchful and experienced eye of erstwhile local publican John Hewitson.

Formerly the 'guvner' at the *Bermuda Triangle* in Parr Street, Ashley Cross and beer magician at *The Cruel Sea* in Penn Hill, John's new venture has been on the cards for many years, but has now come to fruition, bringing a new and unique experience to Wimborne.

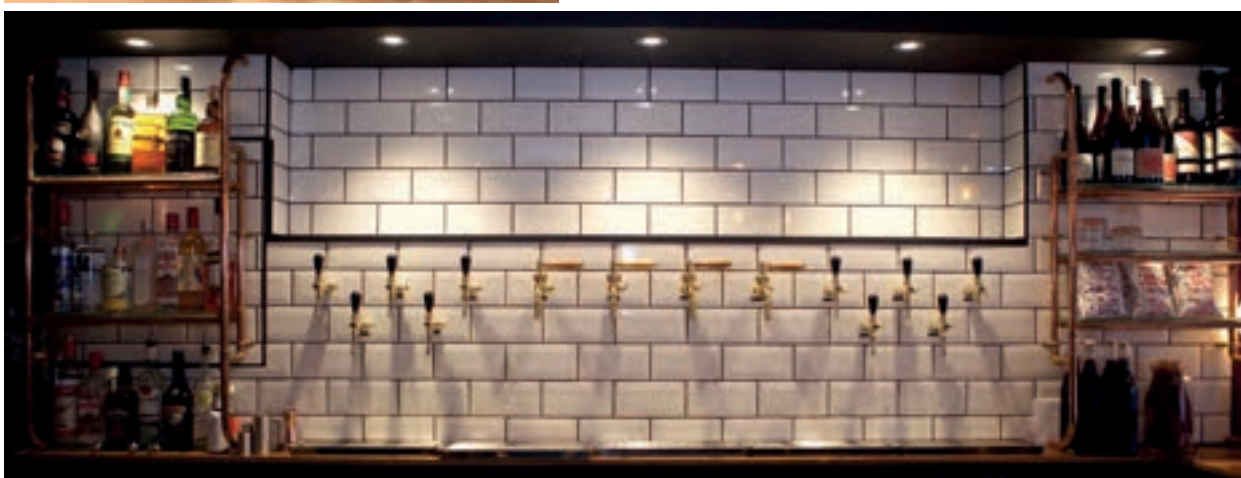
The beer menu, which changes on a regular basis, reads like a who's who of great beers from much loved and respected brewers, while the 'take-away' bottle bar offers a cornucopia of some of the World's finest bottled lagers, beers and ciders.

If beer is not your bag, *The Butcher's Dog* has sourced a lovely, local organic range of wines and offers an impressive list of high-quality spirits to warm the cockles as we head into Winter. They'll even make you a cocktail if you ask them nicely; the Bloody Mary is highly recommended!

If you drink in and around the Ashley Cross area, you're more than likely to know John and perhaps understand his contribution to the popularity of the local pub scene.

If you don't know John, or if you haven't sampled the delights of *The Butcher's Dog*, then you're best advised to plan a trip to Wimborne and indulge yourself in the arrival of this happy establishment, which treats its customers with the same high-level of care and consideration as its shows to its cellar.

If you enjoy the experience, tell people about it! This is an independent and local venue, owned and run by a local family, trying their very best to please. I'm happy to say they're succeeding!



**The Butcher's Dog**  
6 East Street, Wimborne Minster  
Follow: @butchersdogdorset  
Call: 01202 848648



# Could Boaty McBoatface be coming to Charminster?

The paint is dry and the doors are officially open to Charminster's new independent coffee lounge. Word of mouth has spread fast and it's already firmly home to those in the know.

In fact, the owners have even let their discerning customers decide on a favourite name for the establishment. Voting is free via [www.name-our-bar.co.uk](http://www.name-our-bar.co.uk) with a prize draw in January for lucky winners who could win a luxury holiday, AFC Bournemouth and Bournemouth 7s tickets, plus much more. The frontrunner at the moment is **Boaty McBoatface** and they're placing their faith in democracy!

Whether it's cocktails with the girls, lunch with the kids or coffee with the in-laws, the new all day coffee lounge in Charminster is appealing to everyone.

Situated in a prime spot on Charminster Road, the recently opened venue has undergone a massive refurbishment. Providing something fresh and exciting to the bustling suburb.

With a quirky interior and effortless shabby chic design, you could be forgiven for thinking that you were in trendy Shoreditch or Camden with its bohemian, relaxed feel. You can easily while away the hours here, turning day into night. The unnamed venue offers cracking coffee, an eclectic food menu and a bar serving colourful cocktails accompanied by live music, DJ's and comedy nights.

It's already proving a big draw in the area with its irresistible coffee and cakes. From 10am customers can chill-out on comfy sofas and tuck into freshly baked croissants, chocolate brownies, flapjacks, muffins, scones, loaf cake, squidgy meringue, fruit tart or hot pudding. The chefs also offer a selection of home-made treats every day.

By 5pm the action shifts to the lovingly stocked bar and the talented mixologists stimulating your senses with all manner of freshly created cocktails. Love oysters and champagne? There are special nights dedicated to these two most decadent culinary delicacies.

With the Christmas party season upon us, the venue is also proud to be part of the Heineken 'Drink Responsibly' campaign. As such they have a large selection of non and low alcoholic beers, wines and ciders available. Charminster has seen a surge in family-friendly destinations in the past year and this one is a welcome addition, not least for its thoughtful decor, fantastic food and ambience.



## NEW BAR IN CHARMINSTER NOW OPEN

Formerly known as  
*Peppercorns*



A brand 'NEW' All Day Coffee Lounge, Family Friendly Eatery & Live Music Bar  
is now open at 29-31 Charminster Road, Charminster, Bournemouth

01202 554511

• Suggest a name • Register your vote • Fantastic prizes for the winners  
[www.name-our-bar.co.uk](http://www.name-our-bar.co.uk) [f /nameourbarcharminster](https://www.facebook.com/nameourbarcharminster)



## Hidden Bournemouth: Seaside resort uncovers very vegan vibe

With 1 November being World Vegan Day, and all of November being World Vegan Month, the UK's premier destination is letting visitors and residents into a secret... It may come as a surprise to many, but Bournemouth is giving even the likes of Brighton a run for its money when it comes to its vegan offering – with a number of speciality restaurants and dishes on the menu throughout the town.

When most people think of Bournemouth, they think of the seaside and why wouldn't you when there's seven miles of golden sand to enjoy? But the seaside town has many other things to offer its holiday-makers and locals alike, and as part of a new campaign to uncover the gems of hidden Bournemouth, the South Coast resort is promoting a very vegan vibe.

Veganism has gone crazy in Bournemouth with over 30 restaurants, cafés and eateries having menus and options devoted to their vegan customers. There are also three purely vegan only restaurants/cafés: Mad Cucumber, Amala Conscious Food and Sweet Greens, and a vegan only food store in the town centre, Sunrise Organics.

This means that even the most dedicated of vegans can enjoy a trip to Bournemouth without the worry of finding some delicious and interesting food, and could even dine out every night for a whole month without having to visit the same eatery twice.

In recent months there has been a swathe of new venues opening in Bournemouth that incorporate a great vegan range, even putting larger cities to shame, which is great for those with eco-diets looking for staycations within the UK. Since the beginning of summer 2016 alone six new places with eclectic vegan offerings have opened: Ojo Rojo (Mexican), Steam (cream teas), Skinny Kitchen (fitness inspired healthy eating), Velo Domestique (cycle café), Yo Sushi (sushi) and The Stable (Pizzeria).

Beth Buckle, Assistant Manager of The Stable, Bournemouth said: "Our vegan offering is going down a real treat in Bournemouth – and Lizzie from Dorset Vegan organises monthly meet-ups at our restaurant, which is growing very popular very quickly.

"As a long-term vegan myself I am very proud to offer starters, nibbles and mains to vegan customers. We also supply soy milk so our vegan diners can finish off with a coffee or hot chocolate! "Our head chef and our vegan chef are experimenting with vegan desserts because of the number of vegan clients we have here. And, for World Vegan Day we'll be offering a free vegan brownie with every vegan pizza bought!"

Dorset Vegan will also be celebrating World Vegan Month by hosting Bournemouth Vegan Fair on 6 November at the Pavilion, for a day of indulgence, inspiration and information.

Excitingly, there is yet another new addition coming to Bournemouth's vegan offering this winter – Pause Café. A vegan and vegetarian café, it has a very special (and currently top secret) aspect to it, that owner Jaya De Costa is currently keeping well under her hat, but will be making public mid-November.

And what sort of seaside resort would Bournemouth be if it couldn't offer a range of scrumptious ice creams? We have three ice-cream parlours offering vegan options, Gallones, Lollipop and Giggi Gelateria, and for 'milkshakes', Shakeaway.



#hiddenbournemouth  
#veganbournemouth  
[bournemouth.co.uk/vegan](http://bournemouth.co.uk/vegan)



## Ice cream parlour serves delicious desserts in the heart of Bournemouth

The legendary ice cream producer that is Gallone's has come to Bournemouth! For over 100 years Gallone's has been producing ice cream in the UK; treating customers to delicious ice cream dishes and other mouth-watering desserts and it has now firmly established its ice cream parlour in the heart of Bournemouth town centre.

Ice cream is a favourite all year round treat and Gallone's know how to create the right flavours of delicious ice cream using their original and exciting recipes. You can of course choose from a range of traditional flavours including the classic vanilla, strawberry and chocolate but at Gallone's ice cream parlour you can allow your taste buds to explore different flavours of ice cream flavours such as apple pie, peanut butter, funky monkey and chocolate fudge brownie!

Gallone's ice cream parlour also offers a tasty range of ice cream sundaes which come in a choice of four sizes to suit your appetite. You can choose from thirty-two flavours to create the perfect ice cream sundae, including its all the chocolates sundae, which is a deliciously tempting combination of home-made chocolate fudge brownies and rocky road slab cake, cookies and cream and rocky road ice cream, whipped cream, chocolate buttons and chocolate sauce topped with a flake!

As well as an extensive range of delicious ice cream flavours, you can also tuck into tasty pancakes, waffles and other gorgeous desserts such as warm apple pie and freshly made cookies! You can of course add ice cream to all Gallone's dessert dishes along with sauce, whipped cream and a range of other tasty toppings! Gallone's also serve hot and cold drinks with creamy hot chocolate, flavoured lattes and cappuccinos as well as its specially blended delicious coffee. All of which can be offered as a take-out option. Rob Marsden, owner, said.

"We were delighted to open our parlour in Bournemouth. We've had a great welcome from the locals already and hope that we can offer another attraction for the town centre. We can offer a great, warm and friendly welcome as well as delicious ice cream, desserts and drinks at really affordable prices.

"The kids, and adults, just love our ice cream parties and some of the flavours they have made already are really wacky – mango and toffee being one of the latest. What better way to celebrate a special event with your own special ice cream flavour!" When planning a celebration for your children or for adults, Gallone's offers the perfect option with their brilliant ice cream party factory! Parties at Gallone's last about two hours and the time will fly by whilst guests enjoy creating their dream ice cream sundae and creating their own flavoured ice cream to take home.

Being located in central Bournemouth makes Gallone's the ideal social hot spot! Meet with friends and family to enjoy delicious ice cream and hot desserts and drinks in a relaxed and friendly atmosphere. Don't forget to keep an eye on the Gallone's Bournemouth Facebook and Twitter for regular offers, events and special tasting sessions.

**Gallone's ice cream parlour can be found at 20 Gervis Place, Bournemouth, BH1 2AL and can be contacted for party bookings and general enquiries on 01202 989090**



## Talbot Heath School welcomes new Junior Head

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

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

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

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

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

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





## ERIC CANTONA COMING TO THE UK FOR SIX SHOWS IN FEBRUARY



Terry and Freda with Eric.

Vvip and Vip ticket info visit [www.a1sportingmemorabilia.co.uk](http://www.a1sportingmemorabilia.co.uk)

The most popular player in Premier League history is coming to a theatre near you this February.

Terry and Freda Baker of *A1 Sporting Speakers* in Christchurch with the help of *Icons.com* have, after years of planning, pulled off one of the most popular coups of all time.

ERIC the KING is coming to meet his millions of fans. He kicks off in Terry and Freda's hometown of Bournemouth, with the first show is at the *Bournemouth international Centre*. Tickets are available from just £35! There are two very special opportunities. A VIP ticket at £200, which includes having your photograph taken with Eric before the show and a seat in the front few rows.

There is also an exclusive VVIP experience priced at £1000, which is available to only 30 people, to attend a champagne reception with Eric, a front row seat, a large signed photograph of Mr Cantana and your photograph professionally taken with him, framed and available to take home on the night. The other shows are at *The Lowry* in Manchester on Feb 22nd, 23rd and 26th and the *London Palladium* on Feb 24th, with a dinner show at the Midland Hotel on Feb 25th, which has already sold out!

Eric is generally considered to be Sir Alex Fergusons master signing. He provided the missing link that transformed Manchester United into the best team of the Premier League to date, and in doing so became the most popular United player of all-time. Fans will be queuing round the block too see these first ever Cantona shows, which are bound to be star-studded, with many other celebrities coming to see him.

To secure a ticket, call Freda on **07866 454714**. The first five customers to purchase £1000 tickets will receive a framed, signed Sir Alex Ferguson photograph to put with the Eric Cantona signed photo, that is part of the ticket price. The retail value of the two items alone is £549. Add that to front row seats, a champagne reception and meeting Eric himself and the select few are in for one of the most memorable nights ever.

## Festive fun beside the sea as big wheel comes to Bournemouth

In an exciting new addition to Bournemouth's Christmas line-up, from Thursday 8 December visitors and residents will be able to experience panoramic views of the resort's award-winning seafront as a big wheel arrives in Pier Approach for the festive period, along with an interactive screen, enchanted Christmas tree walkway and Santa's post box.

The wheel, which features 23 gondolas and stands at 35m tall, will add to the town's festive appeal with its clean white appearance and magical lighting.

Priced at £5 for adults and £4 for children, the big wheel will be in Bournemouth's re-landscaped Pier Approach area from 8 December 2016 – 7 January 2017 and will run from 10am – 10pm daily. Bournemouth residents will also be entitled to 50p off the ticket price with proof of a BH postcode. Also adding to the seasonal spirit, from Monday 12 December, there will be an enchanted spiral walkway in Pier Approach lined with 68 Christmas trees and leading to Santa's post box where children can post letters to the North Pole.

The wheel and walkway come courtesy of Bournemouth's Coastal BID whose members have rallied together to bring a new experience to the seafront for 2016.

Stefan Krause, Coastal BID Manager, enthused: "After the successful Christmas Celebration launch event on the seafront, I can't wait to see these seasonal attractions in the same location, adding more bright sparkles to the festive skyline and attracting more visitors to our beloved coastal destination, Bournemouth!"

Meanwhile, the Christmas offer continues in the gardens and town centre until 3 January 2017 thanks to Bournemouth's Town Centre BID.

Steve Hughes, Town Centre BID Manager, said: "Bournemouth is putting on a real show this Christmas. In the town centre we have a bigger and better ice rink, illuminated gardens, Nutcracker Trail and our popular Snow Globe still to come. With our great shops, bars and restaurants, as well as free parking on late night shopping Thursdays and Sundays, Bournemouth is the place to be."



For more information, go to [bournemouth.co.uk/christmas](http://bournemouth.co.uk/christmas)





From windows to conservatories, from bi-folds to composite doors, kitchens to building maintenance; we are the leaders in our field



19 Ashley Road  
Poole, Dorset  
BH14 9BS  
Tel 01202 718713  
[www.clabo.co.uk](http://www.clabo.co.uk)

**ClaBo.**  
Glazing & Building





# Sending money overseas?

## Don't let the banks take a bite of your savings!



Quote 'CD savings' when you register and transfer £10,000 for a **£25 Amazon voucher!**

\*For full terms and conditions visit [currenciesdirect.com/cdsavings](http://currenciesdirect.com/cdsavings)

Contact us for a free quote:  
 T +44 (0) 20 7847 9740  
 E [cdsavings@currenciesdirect.com](mailto:cdsavings@currenciesdirect.com)  
 W [currenciesdirect.com](http://currenciesdirect.com)

# Improving life's comfort and wellbeing

My name is Graham Johnston and I am a qualified and registered foot health practitioner. I'm on the Alliance Accredited Register of Foot Health Practitioners which is accredited by the Professional Standards Authority. I provide a mobile foot care service to Bournemouth and surrounding areas.



To give your feet the great feel good factor each treatment will include a mini foot massage with luxury foot care moisturiser for silky smooth feet.

Nails do tend to grow out of shape if left for some time, here at the foot care practice this can be soon remedied by redressing the shape of the nails.

First cutting the nail to the required shape and then follow the natural line of the nail by shaping the contours with a soft stone burr in the handpiece of the drill, this will also extract any dust that is generated, and finally filing the nail to create a smooth surface

Because toe nails grow at different rates from one person to the next, it is best practice to have your toenails attended to every 6 - 8 weeks to keep them in good shape.

Toenails that are neglected will in time protrude on the internal toe box of the shoe, creating pressure points on the apex of the toes involved, which can lead to foot discomfort when walking.

It seems that a lot of people neglect their feet when it comes to caring for them and only attending to them when they begin to hurt. At all other times they are forgotten about, for all the good work they do during your busy day's schedule.



## Treatments

- Nails Cut Shaped and filed
- Hard skin and callus
- Corns Removed
- Thickened Nails Reduced

**Graham Johnston DipFHP(Dist)MPSPract**  
**Your Local Foot Health Practitioner**  
[www.thefootcarepractice.co.uk](http://www.thefootcarepractice.co.uk)  
[graham@thefootcarepractice.co.uk](mailto:graham@thefootcarepractice.co.uk)  
 Tel: 01202 300022

# FOR THE LAST TIME

Available from [bobalooobooks.co.uk](http://bobalooobooks.co.uk)

Also available from [amazon.co.uk](http://amazon.co.uk)



IN BB  
FICTION



Having trouble  
with  
these?



**Tel: 01202300022**  
**[www.thefootcarepractice.co.uk](http://www.thefootcarepractice.co.uk)**

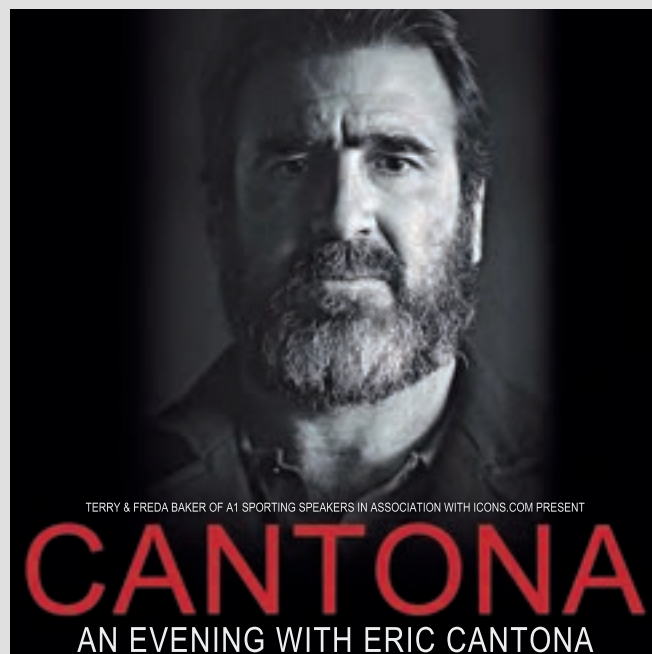


Graham Johnston  
DipFHP(Dist)MPSPract  
Foot Health Practitioner

Routine care for your feet Make your Appointment Today, See you soon!



# WIN!



## 2 Tickets to An Evening with Eric Cantona

In association with **A1 Sporting Speakers**, **The Coast** is excited to be able to offer one lucky winner a pair of tickets to **'An Evening With Eric Cantona'**. The event, one of only 6 UK dates, takes place at **Bournemouth BIC on 21 February 2017** and we have two tickets up for grabs...

Who knows what to expect when the mercurial Eric Cantona takes to the stage? Cantona is widely credited as being the catalyst for Manchester United's changing status in the early years of the Premier League. He was – and remains – the United fans favourite of the modern era and they still sing his name at every game – enjoying near legendary status among the Old Trafford faithful. Star quality and controversy followed him throughout his career and he will be here to talk about those heady days when he led United to four Premier League titles in five seasons.

In order to stand a chance of winning this great prize, all you have to do is answer the following question correctly and be lucky enough to be drawn at random from the correct entries.

### The Question

Before Eric Cantona arrived at Manchester United, which other British football team did he play for?

- A** - Sunderland
- B** - Leeds United
- C** - Southampton

### To Enter

Send your choice of **A**, **B** or **C**, along with your name, phone number and postal address to us via email. Put **Cantona Compo** as the subject line, and send your entry to **thecoast@cre8ivewisdom.com**

One winner will be drawn from correct entries on **January 31st 2017**. If you are lucky enough to win, we'll call you and arrange for the tickets to be sent to you. **Good Luck!**

**www.a1sportingmemorabilia.co.uk**



What's better than a nice slice of lasagne on an autumnal day, how about healthy lasagne? *Team Lunch'd* set about the challenge of creating a truly healthy lasagne option, no gluten, no dairy but all the taste. And we think we've cracked it! We managed to create a dairy and wheat free béchamel sauce, together with gluten free pasta - plus a cheat that saves time in the 'layering' of normal lasagne. My hardcore meaty customers love this veggie Lasagne, the careful combo of Quorn and red lentils mean you won't miss the meat. And served with a quinoa, smoked beetroot & watercress salad with feta, it's a real winner with a dash of sweet chilli sauce!

### Ingredients

#### The Ragu

- 1 onion - diced
- 1 stick of celery - chopped
- 1 carrot - diced
- 1 bulb garlic - crushed
- 1 jar passata
- 2 tins chopped tomatoes
- 1 cup of red lentils -
- 1 small bag of mince Quorn
- 1 teaspoon of Worcestershire sauce
- 1 fresh/dried oregano

#### The Bechamel

- 1 tablespoon mustard
- 75 grams Buckwheat flour which is g/f
- 1.25 pints soya milk
- 50g olive spread
- 2 bay leaf
- pinch nutmeg
- Black pepper & sea salt
- Grate of Parmesan

#### Pasta sheets

- 2 packs gluten free pasta sheets
- (you won't miss the difference)

### The directions

#### step 1

Pre heat the oven gas mark 4

#### step 2 - The sauce

Make a traditional soffrito by dicing then sauteeing the onions with the celery and carrot - as they brown add the crushed garlic, then add the bag of minced Quorn, add the cooked lentils (simmer for 5 mins before adding) and keep stirring so the lentils don't stick to the pan - sprinkle the oregano then add both the chopped toms and the jar of passata - add cup of water, stir, then lower and leave to simmer for 20 mins stirring regularly.

#### step 3 - The Béchamel:

To make a totally delicious dairy free & gluten free white sauce, here's what you need to do. Melt the olive spread on a low heat, take off then whisk in buckwheat flour until its sticky. Slowly add the milk until creamy consistency, add the mustard, bayleaf and a good seasoning of pepper.

#### step 4 - The twist:

So this little time saving trick also stops the béchamel getting too sticky - just pour your béchamel into your ragu, it will give it a creamy consistency. Then start layering with the ragu mix, then pasta sheets then repeat until you have reached the top of the tray.

#### In the oven or Ready to bake'

Cover with foil (important so the dish cooks out the pasta) properly and oven cook for approx 35 mins on gas mark 4 - take off foil and crisp up for an additional 8 mins, sprinkling with parmesan if you're doing dairy!

We serve our *Lunch'd* lasagne with a quinoa, smoked beetroot and watercress and feta salad with sweet chilli sauce on the side - really works well.

Don't have time to make this? Let us deliver it for you **www.lunchd.co.uk**



## Dorset Blind Association raises £9000 with its Masquerade Ball

Dorset Blind Association, a charity providing services, support and advice to blind and partially sighted people in Dorset, held its 2nd annual Masquerade Ball.

The event took place on Saturday 12th November at *The Cumberland Hotel*, Bournemouth with 100 attendees raising over £9,000 for the charity.

The charity's Annual Ball was well attended by their local supporters, corporate supporters and visually impaired members. Sam Frears, actor and son of BAFTA award-winning director Stephen Frears, attended the evening once again. The blind actor who has worked with countless stars, has been involved with Dorset Blind Association for many years, after losing his sight at a very young age.

The event was sponsored by Blue Sky Financial Planning; a local firm that has offered continuous support to the charity's ongoing work. Guests embraced the style of the evening, wearing their finest suits, posh frocks and dazzling masks.



**White & Sons**  
Asphalt & Tarmacadam Specialists

*We offer a free no obligation quotation, so please feel free to give us a call or send us an email*

01202 877481 - 07710 083 560  
[whiteandsonstarmac@yahoo.com](mailto:whiteandsonstarmac@yahoo.com)





# Winter Trends

by resident style guru, Xanthe Grace

I love the incremental changes of fashion. It's amazing how stealthily certain shapes, styles and accessories, that at first seemed

wrong, can slowly over a few seasons seem somehow right. However there is nothing better than being on the cusp of the new season and taking that first trip to the shops to see what lies ahead of us for the season. It is fascinating to see what the fashion designers and creatives have come up with us to wear and also what is being brought back from the past.

I was lucky enough to be in Mallorca in August this year. I have noticed on previous trips to France in the summer that our European cousins are very prompt at getting their A/W clothes in the stores. I find it completely disorientating to be walking around in shorts and t-shirts in the baking Mediterranean heat looking at coats, boots and wooly jumpers. You do wonder who is paying the slightest bit of attention to this. However that is the way of it, and it gave me my first insight into what is going to be huge Autumn/ Winter 2016. So I headed into Palma and had a wander around the vast Zara emporium. It is enormous and was stocked full of this season's offerings with the prices tantalizingly cheaper than at home.

I was immediately struck by how prevalent military style was. This is thrilling for me as it is one of my favourite trends of all time.

I fell for this stunning jacket (A) UK price £119 (€99 Mallorca). The detail on it is intricate and it has a luxurious feel to it.

Mango also has its military inspired range and this jacket (B) retails at a similar price point of £99.



(A)



(B)

This stunning navy J Crew coat (C) is £365 and is a wool and cashmere blend. However if you want to invest in the ultimate coat this elegant Burberry coat (D) retails at £1500.



(C)



(D)

Go faster stripes on trousers can be a bit of a marmite fashion moment, is it postman chic or just chic. I personally love it and several retailers are featuring it this season

These black wide legged trousers (E) with a red side stripe were also from Zara and retail at £59.99.

The ASOS version is a skinny trouser (F) and they are £24.



(E)



(F)





(G)



(H)

Whistles side strip trousers (G) have a sporty look and these are for sale at £120.

Metallic is everywhere this autumn, so if you want to channel your glam rock look then these Zara boots (H) are perfect at £59.99.

If you fancy something more sparkly for the upcoming party season, these sock boots (I) also from Zara are £39.99.



(I)



(J)

There are also lots of bags in metallic colours and my favourite is this Aspinal tote £250 (J).

Duvet coats have never really gone away, however they are making a big impression this season so my trusty North Face will be making an appearance for the 10th year running. This navy blue duvet coat with a tie belt to cinch in the waist is £89 (K) at Mango. This black faux fur collar coat is from Reiss £229 (L). However if you fancy blowing the budget then this Moncler duvet coat (M) is £1185 but it will last for years and earn you high style marks.



(K)

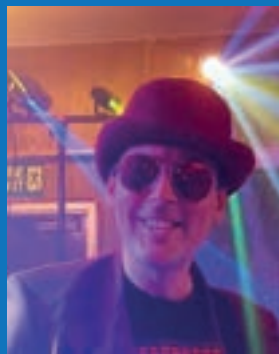


(L)



(M)





# Men's Fashion

by Male Fashion Correspondent,  
**John Kirk**

Active wear is the focus for clothing Weird Fish at the start of 2017. For wanting to work off any unwanted calories consumed during the festive period, the Weird Fish "Active Weekend" menswear range offers practical clothing solutions for outdoor pursuits.

The range features relaxed and easy-going clothes, designed to give that forever weekend feeling. Weird Fish believe in affordable, well-made clothes that instantly become feel-good favourites, and the active wear menswear collection includes lightweight fleeces and outdoor cargo pants to sports bags, T-shirts and retro baseball caps.

The Byss full zip Windstopper Tech Macaroni™ is available for £95 (A) and this new Macaroni™ style offers a lightweight fabric with a fine windstopper lining. Another style in Weird Fish's iconic Macaroni™ fabric range is the Siren Active Macaroni (B). This lightweight and breathable version of the brand's classic fabric is ideal for getting active without over-heating, and is available for £40.

When exploring the outdoors, whether trekking up a mountain or walking a coastal path, the Europa outdoor cargo pants (C), at £45, are the perfect trousers to add to an active outfit and are available in colours biscuit and navy.

For those wanting to show off their more energetic side, the Downhill Racing t-shirt (D) at £20 and Retro Bones baseball cap (E) at £10 are the ideal garments for those looking to participate in a more active lifestyle.

To finish off the active look, clothing can be paired with the Gears Barrel bag (F) at £60 which is a handy sports bag for all your kit, whatever the activity.

Inspired by its love of the coast and the great outdoors, the brand, which was established back in 1993, produces instantly recognisable clothing. The active wear collection is available to buy nationally from Weird Fish retail stores and online. There are 12 branded stores and stockists include Debenhams, Cotswold Outdoor, Haskins and Blacks Leisure.



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





# Teen Scene

by Teenage Fashion Correspondent,  
*Lili Sawyer*

Elevated sportswear is back, and hoodies are everywhere this season thanks to the new "it" brand Vetements, and it's oversized rock n roll sweatshirts. This sport luxe had been spotted on every celebrity from *Kylie Jenner* to *Justin Bieber*, but a similar look is easily achievable for a fraction of the cost.

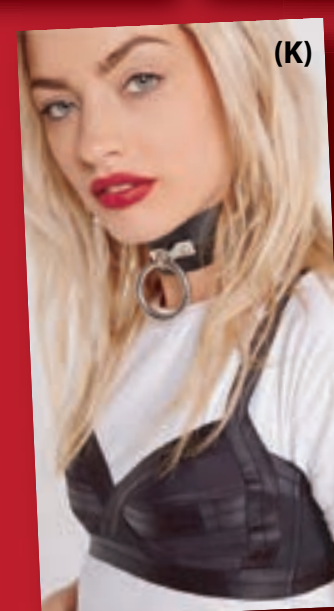
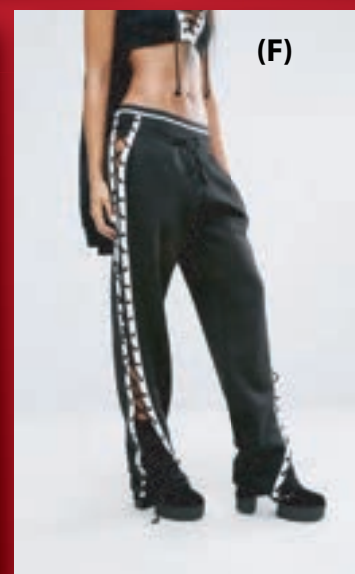
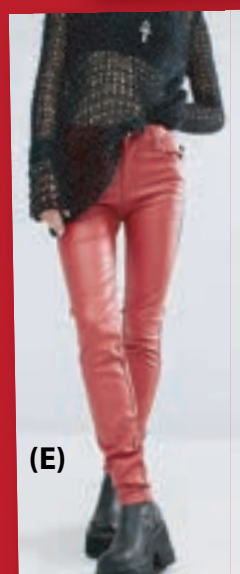
This hoodie from Topshop (A. £28) holds the perfect balance between comfort and style, as its cropped raw hem and hardcode font add an edgy look that take your outfit from slob to chic.

If you're not a fan of the cropped silhouette try this up cycled splice hoodie from ASOS (B. £30, I recommend getting it oversized), this neutral unisex hoodie which goes with practically everything you own from Zara (C. £22.99), or for a more girly aesthetic, this ruffle sweatshirt from ASOS (D. £32).

Hoodies can be hard as worn the wrong way; can look effortless (and not in a good way), so try upgrading your bottoms to ensure the look is completed. Leather trousers are a great way to do this, and create a juxtaposing texture between comfort and luxury.

These red faux leather trousers from ASOS (E. £55) are great for a pop of colour. Not a fan of the leather look? Just upgrade your sweatpants with a new shape or unexpected detailing. I'm currently loving Rihanna's new collaboration with Puma for her Fenty x Puma line, especially these lace up sweatpants (F. £110.00, come in black or white), or for the more budgeted buyer, these mustard wide leg sport trousers from Zara (G. £22.99).

Shoes should (thankfully) be kept casual and comfortable, so dig out your old Chuck Taylors, or get yourself a new pair from Converse at Office (H. £47.99).



Left to right: Raf Simmons AW16, Vetements AW16

Raf Simmons has also made a splash this season, with his new go big or go home collection, featuring XL everything, from t-shirts to trousers, shirts to sweaters, but by far his biggest hit is the supersized puffer jacket.

For this look, think Ghost busters Stay Puft monster, and the Michelin Man. To add a touch of glam to our outfit, try this metallic puffer jacket from Zara (I. £59.99), tied in with this hard wear choker from Misguided (J. £12.00), or for something a little softer, try a bucket hat, like this two in one reversible one from Ellesse (K. £25.00).





# *Naked's* *Christmas* *Scratch Card* *Giveaway* *1000's of prizes*

*Two Days in Barcelona*  
*Designer Handbags (Bottletop)*  
*Dorset Chilli Hampers*  
*Kates Dairy Free*  
*Christmas Cupcakes*  
*Bags of Coffee*  
*Naked Hoodies & Baseball Caps*  
*Cool Mugs*  
*Free Coffees*  
*Meal Deals*

*Scan the QR code*  
*below to download*  
*the APP & start*  
*winning!!!*







**Become a preferred supplier to one of the world's largest business communities without discounting.**

**Guaranteed Customers. Interest Free Credit Facility.**

### **Immediate contracts to place**



- Hotels & Restaurants
- Beauty Salons & Hairdressers
- Media (Magazines & Newspapers)
- Call Answering Service
- Residential Full House Rewire
- Digital & Litho Print Work
- Signage (Shop Fascias, Van Livery Vehicle Graphics, Labels & Stickers)
- Workwear (Branded Polo, T-Shirts jumpers & Hi-Vis Jackets etc)
- Motor Garage (Servicing & MOT's)
- Auto Bodyshop (Repairs & retouch)

**To secure these contracts for your business call Ben on 0333 366 1022**

**BBXUK**  
BUSINESS BANK EXCHANGE

**CALL US TO ARRANGE A FREE, NO OBLIGATION  
LOCAL MEETING TO SEE HOW YOU CAN BENEFIT  
FROM BEING PART OF THE BBX COMMUNITY**

**0333 400 2014**

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



## IMAGINE HALF A MILLION PEOPLE READING ABOUT YOUR BUSINESS

by Neil Armstrong, Publisher of The Coast

You're reading this article and so are several thousand other people, who have had the local paper put through their door. This is one local paper, with a 32,000 print-run. The industry average for readers per copy of a FREE local paper that goes through the door means that actually, you are one of 160,000 individuals reading this article.



If we then add into the mix, that this same article appears in all EIGHT of our local papers (the rest have 12,000 copies printed and distributed), the numbers start to build nicely.

We have **The Green** for Ashley Cross, Whitecliff & Parkstone, **The Quay** for Poole, Baiter, Longfleet & Oakdale, **The Hill** for Penn Hill, Alder Hills & Branksome; **The Grove** for Southbourne & Tuckton, **The Minster** for Wimborne, **The Quays** for Christchurch & Mudeford and **The Manor** for Boscombe, Pokesdown & Littledown.

So, seven of our publications have a 12,000 print-run every two-months and our Bournemouth paper has a print-run of 32,000. If we add everything up that this same article appears in within a two month window, that's 116,000 copies, with an average of 5 people per copy reading it. The total readership is therefore 580,000 every two months or 290,000 people every month that this message will reach.

Imagine that many people seeing your advert, reading about your service or learning about what your business has to offer. Imagine the impact that this sort of coverage could have on your business, over time.

But hang-on a moment... it's expensive to advertise isn't it? Well, it's not cheap, but I think you'll find that it's extraordinarily cost-effective.

If we take an example of a small advert for a tradesman. Perhaps an advert the size of a business card. How much would it cost to print 116,000 business cards? Well, the cheapest online estimates would put several thousand pounds on that price. Then, how long would it take to give out those 116,000 business cards to potential customers? How much time and effort would that cost?

However, reaching 116,000 with your message and contact details in all of our local papers over a two-month period would only cost around £500 + VAT. A bigger impact, such as a quarter page advert to reach the same 116,000 households and over half a million pairs of eyes would work out to no more than £800 + VAT. It's a no-brainer isn't it?

Advertising in your local paper is the most impactful and most cost-effective form of marketing you can do. The cost is low, the risk is minimal and the opportunities are endless. So, stop imagining the impact of this sort of coverage on your business and instead, embrace it.

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

## PRESIDENTS COLUMN



### Peter Matthews President of the Bournemouth Chamber of Trade & Commerce

Peter Matthews looks back over a productive year of changes and achievements for the chamber...

The aim of *Bournemouth Chamber of Trade and Commerce (BCTC)* is to support businesses in the area helping them thrive and grow. Our area is an exciting combination of coastal and town-based industries which present unique challenges and opportunities. Over the last 12 months, BCTC has worked tirelessly to embrace both.

We started the year with a total overhaul of the BCTC website. As the go-to destination for news and information for our existing members and those considering joining us, it was essential that our online presence reflected our forward-looking and progressive ethos. Our new user-friendly site, with its bright, clear design, is generating much more traffic and we've received lots of positive feedback.

Our website is not the only part of our organisation that has had a bit of a revamp! We took a new and energised approach to networking. Our new *BH Banter About 'showcasing events'* are certainly something to talk about! We held our first one in September attracting 50 business people from across the region. Our November event, attended by more than 70, took place at *Bournemouth Hospital* with enlightening talks by two of the hospital's urology consultants and a meeting with the latest addition to the team – the *DaVinci Surgical Robot*, the only one of its kind in Dorset. Our first *BH Banter About* of 2017 will be on 9th January at the Barclays Eaglelabs in Westbourne. This new approach has proved so popular that it has encouraged us to take a look at our long-established *Beales Breakfast Meetings*. There'll be some changes in store for next year!

Very importantly, we've been very active and vocal in our support for the continuation of the area's two BIDs (Business Improvement Districts): Bournemouth Coastal BID and Bournemouth Town Centre BID - the next BID runs from 2017-2022. The BIDs bring businesses together to find innovative ways of increasing the number of visitors to the region, engaging the community and reanimating the local coastal villages and the town centre. They help make Bournemouth a better place to work, rest and play!

Now, talking about 'play'... You know the old saying 'All work and no play...' well, the BCTC is anything but dull. We work hard but we know how to enjoy ourselves too. Our sold-out *Winter Wonderland Ball* in December is testament to that and a wonderful opportunity to look back and celebrate the work and successes of *Bournemouth Chamber of Trade and Commerce* and its members. It's the last event of a year in which BCTC celebrated its 100th anniversary. Quite an achievement! We're now looking forward to 2017 and the start of another 100 years' working on behalf of our local businesses and the communities they serve.

[www.bournemouthchamber.org.uk](http://www.bournemouthchamber.org.uk)



## FRANCESCO GROUP'S AMY SULTAN WINS BRONZE AT UK TRENDVISION FINALS IN LONDON



Legendary London venue, The Roundhouse in Camden, once again provided the spectacular setting for the annual UK & Ireland Final of the Wella Professionals TrendVision Award 2016.

Held on Monday 10th October the event was hosted by TV star Claudia Winkleman and showcased some of the UK and Ireland's most impressive hairdressing talent.

Amy Sultan from Francesco Group's Ringwood salon scooped a Creative Vision Bronze Award at this prestigious event.

To reach the UK & Ireland Final, Amy first entered a photographic competition back in March, before competing against hundreds of others at Regional Heats. This year's final saw Amy and 24 of the UK and Ireland's most talented stylists battle it out to take home the award.

More than 800 of the hairdressing industries finest gathered for an evening of pure entertainment, creativity and hair fashion, culminating with the unveiling of the TrendVision Award 2016 UK & Ireland Winners. The worthy winners partied into the early hours with entertainment by music legend, Fleur East.

Amy commented, "I am so delighted to have won this award. It was a really exciting competition to be apart of and it's great to be apart of the winning Francesco Group team."

Francesco Group picked up a total of three awards on the night, with colleagues James Earnshaw from Francesco Group's Birmingham Academy winning a Silver Award for the Creative Vision category and Elizabeth Austin from Francesco Group's Telford salon winning a Silver Award for the Colour Vision category.

## Bournemouth business breaks barrier to growth with help from GetSet for Growth

Inside Out business owners, Ronnie Bird and Marnie Thomas, always knew that being employed wasn't for them. After many years of working together as carers and sharing the dream of owning their own business, they spotted a demand in their local community for a professional cleaning and gardening service. Hearing about local a start-up initiative, Outset, they jumped at the opportunity to get support with setting up their new venture.

Once up and running, the business quickly grew from strength to strength and they expanded their range of services to include servicing offices, private properties and local estate agents. However, it soon became clear that they needed to build their team in order to cope with demand and would need to better manage their business finances in order to do so. This is where scale-up growth experts, and Outset's partner service, GetSet for Growth, came in.

Helping ambitious businesses break their growth barriers is what this award-winning service does. From attending a range of tailored workshops through to hands on 1:1 advice and coaching, GetSet for Growth gives businesses access to experienced advisors; most of whom are entrepreneurs themselves.

Working with Business Finance Advisor, Mike Slaughter, Marnie and Ronnie were able to gain the skills and knowledge they needed to achieve their growth potential; and take control of Inside Out's financial planning and forecasting.

Since receiving support from GetSet for Growth, Inside Out has increased their turnover by over 80%. This has enabled them to expand their team and take on two full-time employees and increase their geographical coverage from just the local area.



"I would absolutely recommend GetSet for Growth to other ambitious businesses! They are amenable, supportive and encouraging; everything we needed to get on track for successful business and to achieve our business growth goals."

Inside Out is one of over 3,900 UK businesses around the country that have already benefitted from GetSet's support. As a result of this support, over 700 new jobs have been created and safeguarded, 114 of which are based in the Bournemouth area alone.

The future is looking brighter than ever for Inside Out, as they recently took on the challenge of cleaning 120 halls of residence and 12 communal kitchens at Bournemouth University; managing to complete their contract within just 3 weeks. Marnie and Ronnie plan to further expand the business by taking on additional staff members and eventually becoming a national public limited company (PLC).

With teams working with businesses in Bournemouth and across the region, if you think your business would benefit from finance and marketing support, register with GetSet for Growth today.

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



# Charity Survivors Swap Life's Luxuries for Bare Basics

Survivors of the Castaway Challenge, organised by Dorset charity *Diverse Abilities* and sponsored by *Cre8ive Wisdom*, returned to their home comforts after spending five days surviving and living off the land.

The event saw five men and two women stranded at a secret location on the south coast, in aid of the disability charity, raising £5,000, which will make a huge difference to children and adults that *Diverse Abilities* supports.

The challenge began with a bonding night kindly supported by *The Sandbanks Hotel*. The group of castaways then headed to the 'secret beach location' the following day on boats, kindly sponsored and supplied by *Powerboat Training UK* and *Poole Boat Hire*.

The castaways swapped life's luxuries for bare basics and were occupied from dusk until dawn with a variety of fun activities and challenges, including learning valuable survival techniques, building a natural shelter, fire lighting techniques, sea life-raft survival skills training, navigating by the stars, water purification, sea fishing and much more.

Sharon Wells, events fundraiser at *Diverse Abilities*, said: "Everyone thoroughly enjoyed the challenge and had lots of fun. The participants did really well and spirits remained very high. Everyone bonded well as a team and there were lots of laughs along the way."

Survivor Gordon Bush: "I am happy to have raised £640 for this fantastic charity who will put the money to good use improving the day to day life of many people with disabilities. I would also say that the world around us is fabulous and too many of us (few guiltier than me) take the time to truly appreciate it."



To find out more regarding **Diverse Abilities** please visit [www.diverseabilities.org.uk](http://www.diverseabilities.org.uk) or call **01202 718266**.

## Your Go To Lawyer offers a fresh approach to your legal needs

When you think about it, shouldn't your legal affairs be addressed like your medical affairs? They are both critical to your wellbeing after all! Well now it can be with your *Go To Lawyer*.

Ian Morris, the man behind this exciting new concept of dealing with your legal matters, is available for a no obligation initial chat about the issue you have and then if you both agree he will advise you for a fixed fee where possible. No nasty surprises when the bill comes in and, where appropriate, payment plans are an option. From simple Wills right through to complex litigation, Ian can advise you at a time and place to suit you, even out of normal hours when it just has to be done. This fresh new approach is particularly well suited to matrimonial engagements where with over thirty years of experience Ian often has refreshingly effective ideas on how to get to the right resolution.

On the business front, more and more of us are starting our own businesses. There are often simple legal documents that should be in place to protect you, the business owner, from issues with suppliers or customers. Many new business owners put these protections on the "to do" list because they just do not want to take time off to visit their local solicitor or they perceive them as being too expensive. Your *Go To Lawyer* (who by the way comes to you!) has come up with straightforward packages to help these business owners. Packages start with sole trader set-up documents such as terms and conditions, letters of engagement and employee regulation. There are even 'retained advice' solutions for bigger or more complex private companies.

Turning to personal law, do we need a fresh approach to our personal relationships and, in particular, marriage (and here we are using the term in the wider sense to include cohabiting couples)? It is probably the case that most, if not all, of us enter into a relationship with a lot of hope and enthusiasm – things can go wrong though for one reason or another.



Ian can advise you on Civil Partnerships, Pre-Nuptial and Cohabitation Agreements, Separation and if all else fails, on Divorce, Ancillary relief (*financial matters*), Children Act matters, and Injunction Orders, Wills and Lasting Powers of Attorney.

So, don't delay. Whether you have a business issue which you would like to talk through, are at the start of a case, or are already some way down the road (and are dissatisfied with your current representation), or have a personal or relationship issue, contact us now on **01202 941 496** for a no-obligation discussion about how we can help you.



A fresh approach to law...  
your **Go To Lawyer** comes to you...

Family law  
Business law  
Dispute Resolution

No stuffy legal chambers  
Open and Transparent fee structure  
Fixed-fee representation  
No hidden extras  
Your **Go To Lawyer**, Ian Morris, comes to you

**GO**

[Gotolawyer247.co.uk](http://Gotolawyer247.co.uk)

Book a home visit today at  
[enquiries@gotolawyer247.co.uk](mailto:enquiries@gotolawyer247.co.uk)

**01202 941 496**



# Pure Networking - the place to be...

Pure Networking, founded just over a year ago by Dion McCarthy, a solicitor at Turners, is already well established and liked in the Bournemouth area.

The event, described as "an exclusive networking event in Bournemouth for energetic and dynamic business owners and professionals to socialise and do business", is this and a lot more.

Behind the scenes is a core team of local businesses, each bringing their own unique set of skills to the table. Their function is to act as Ambassadors, welcoming new members and promoting and connecting the group within their own industries which includes Law, Accountancy, IT, PR, Property, Marketing and Finance to name just a few. The Pure Networking team's strength and experience ensures that every single attendee feels confident, comfortable and welcome.

Pure Networking started as an evening event which still runs to this day every third Wednesday of the month at the Canvas Loft Bar from 6pm. This is informal networking with a strong social theme, giving attendees the opportunity to get to know one another and their respective businesses. Ticket prices are only £15 per person which includes two drinks and light snacks during the evening.

Later in 2016 Pure Networking introduced breakfast networking events for those who like an early start. These start at 7:30am, every first Wednesday of the month, with both open networking and structured "pod talks", which give everyone the opportunity to introduce their business with a short "elevator pitch" within pods of 8-12 people each.

The venue, Hilton's Sky Bar, offers a bright and professional environment, further encouraging those who visit to come back time and time again. All this is only £15 per person.

Finally, Pure Networking recently introduced "late lunch" Friday networking in collaboration with Koh Thai in Bournemouth. This event will launch on the 6th of January 2017, starting at 1.30pm. Again, only £15 per person.

All three events offer printed agendas, attendee lists, name badges and a guarantee that you will meet many positive and like-minded local business owners and professionals. They are a great opportunity to find out what other businesses are up to in your area and to learn from collective experience as well as generate new business opportunities.

At a recent event, Dion McCarthy said, "Our networking events are casual and down-to-earth. The social setting promotes natural relationships – from which business flows."

**www.PureNetworking.com**



Founder Dion McCarthy (centre)



**BBXUK**  
BUSINESS BANK EXCHANGE

Become a preferred supplier to one of the world's largest business communities without discounting.

Guaranteed Customers. Interest Free Credit Facility.

**0333 400 2014**

**www.bbxuk.com**





## *The Palladio Door Collection*

Stunning styles & designs in *fabulous colours* to compliment your home

# origin

DOORS AND WINDOWS

*Beautifully crafted* and expertly executed door system which is made from a *premium grade aluminium*.



# R9

*Style, class and performance* that is yet to be matched.



**HIGHFIELD**  
GLAZING & BUILDING INNOVATIONS

**CERTASS**

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

Call now for a free quote  
**01202 744419**

67 Richmond Road, Lower Parkstone, Poole. BH14 0BU



# More than just a tennis club

## THE WEST HANTS CLUB

FITNESS . RACKETS . HEALTH

Many people think of tennis when they think of *The West Hants Club*. Yes, there are 21 tennis courts and our history is steeped in impressive tennis achievements BUT we also boast a first class gym, over 60 weekly fitness classes, a swimming pool, an Ofsted registered crèche and a vibrant social scene.

As thoughts turn to Christmas, the club is gearing up for a month of festivities. A *Robbie Williams tribute act* on 2nd December kick starts the festivities and a *Boogie Wonderland New Year's Eve party* will welcome in 2017. In between, there is a Christmas Party night, a soul evening courtesy of Ray Foster, and many more things including a long list of fun events for our youngest members.

The *West Hants Club* is a members-only club\* but there are several membership categories to suit all lifestyles including a "social membership" which would give you access to all of the above and more.

To help keep you in tip top condition for the busy Christmas season (and beyond!) we have both off-peak and peak memberships available, with reduced fees for those aged under 28. There is a wealth of experience and knowledge within the *West Hants team* if you need some pointers to where you can make improvements in the gym or on the court. Plus there are no membership tie-ins, just a simple monthly contract.

Nestled in the heart of Talbot Woods, the club is within easy reach no matter where you are in Bournemouth and Poole. The Membership Team are always on hand to offer you a tour of the Club so if you haven't been before, then this is a great time to come along for a visit.

**To arrange a tour, simply email [info@westhants.co.uk](mailto:info@westhants.co.uk).**

**To keep up to date with all our events and promotions please visit [www.westhants.co.uk](http://www.westhants.co.uk) or find us on Facebook.**

**We look forward to welcoming you to the Club soon.**

\* Some events are open to non-members. Please check the website for more information.



## Your Body. Our Specialism.

Amanda had a mastectomy in October 2015 and is thankful to be cleared of cancer. Amanda had treatment of Myofascial Release and Massage Therapy to mobilise her wound and minimise her scar. Amanda credits Susie and Nicky at **bwt** with her return to tip top condition!

The largest team of Specialist Physiotherapists working closely with Consultants in the South... you can trust us to help.

**Private Healthcare Specialists in Ashley Cross,  
The West Hants Club & Christchurch.  
OPEN MONDAY TO SATURDAY**

**bwt**  
physio

**01202 749514  
[www.bwtphysio.co.uk](http://www.bwtphysio.co.uk)**



**Advertise with us  
from just £180 + VAT**



**Reach 32,000 local homes  
with your message**

**CALL NEIL ON  
01202 064 560 TO BOOK**



*This Christmas*

**GIVE HER A GIFT  
SHE'LL REMEMBER!**

Luxury top to toe	<b>£148.00</b>
Fabulous Facials	from <b>£48.00</b>
Relaxing Aromatherapy	from <b>£45.00</b>
Spa Treatments & Body Wraps	from <b>£68.00</b>
Luxury Manicure	<b>£26.00</b>

Waxing, Pedicure, ...and many,  
many more.....

**Be Different and give her a  
Marguerite Thorpe Gift Voucher'**

**Marguerite Thorpe  
Health & Beauty Centre**

40 Sea Road, Bournemouth, BH5 1BQ

**01202 309690**

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

*Pamper  
her with*

Free Car  
Parking

Bournemouth's  
Gateway  
to Beauty



# BLOCK PAVING & MACADAM SURFACING

T.P.SHERWOOD

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



**Before**



**After**



**Before**



**After**

**Block Paving - Tarmacadam - fencing - Sealing  
Drainage - Patios - Brickwork - Gardens - Artificial Lawns**

**Tel: 01202 386296 / 07703 495992**

**Email: [trevor@tpsherwoodsurfacing.co.uk](mailto:trevor@tpsherwoodsurfacing.co.uk)**



# LOOK AT ALL THE FOX WE GIVE

Foxes will donate **£100** for every house sold or nw fully managed let to Round Table Children's Wish.

● **100% SERVICE**

● **1% FEE\***

\*terms and conditions apply



Foxes Sales & Lettings, 2 Poole Hill,  
Bournemouth, Dorset, BH2 5PS

Sales & lettings 01202 299 600  
Block Management 01202 299 099

[hello@foxes.co.uk](mailto:hello@foxes.co.uk)  
[www.foxes.co.uk](http://www.foxes.co.uk)

## FOXES PARTNERSHIP WITH ROUND TABLE CHILDREN'S WISH

In October Foxes announced their Partnership with Round Table Children's Wish Charity. As of the 4th October Foxes Sales & Lettings have been donating £100 to the charity for every house sold as well as £100 for every new fully managed rental they take on.

Round Table Children's Wish is dedicated to granting handcrafted wishes for children and young people with life threatening illnesses. Based out of Bournemouth the charity helps children locally as well as around the country. Every wish they grant is that of the child's choosing – it could be a trip, meeting a well-known person or even an item that is something that only seems like a dream to have! Whatever the wish, they will do what they can to make it happen.

Foxes Sales & Lettings chose to team up with this particular charity as they share very similar core values and they wanted to work with a charity that involved helping children, given the Directors are doting fathers themselves.

Foxes have a long standing history in working with charity, but this move marks a step in forging a longer term commitment to helping the community. Karen Winchcombe, Director of Round Table Children's Wish commented, "We are really looking forward to working with Foxes Sales & Lettings. They identify with our values as a charity and want to do what they can to support the children we grant wishes too. As a local business, they are keen to give something back to the community and their support will have a real and positive impact on the lives of the families we work with".

Foxes Sales & Lettings plan to display their fund raising progress in their office in the Triangle, so if you are passing, feel free to pop in and have a look at how it's going. Alongside the donations, Foxes Sales & Lettings plan to put on a number of fundraising events through-out the year.

Foxes Sales & Lettings have already run a successful Charity Valuation week where they have donated £5 for every single property valuation taken out, regardless of whether they then went on to market the property. Following the success of this event, they plan to run the same through-out the entire month of January.

You can subscribe to the charity newsletter or make a donation by going to their website [www.rtcw.org](http://www.rtcw.org)

Run for a **SMALL** charity  
make a **BIG** difference



For further information contact us on:

Call 01202 514515  
Email [info@rtcw.org](mailto:info@rtcw.org)  
Visit [www.rtcw.org](http://www.rtcw.org)

Make wishes come true  
for children with life-  
threatening illnesses



Round Table Children's Wish is a Registered Charity in England & Wales (1060225).

**01202 299600**  
**[www.foxes.co.uk](http://www.foxes.co.uk)**



## MONTY'S CORNER

### ASK MONTY

Monty isn't just a dapper tweed-wearing handsome Fox; he is also a wealth of knowledge when it comes to the world of property. He is on hand to dispense hints and tips on house sales and property rentals to would-be smart Foxes and Vixens in his fortnightly House Column. This issue, Vicky from Queens Park asks, "How reliable are online property value estimations? I recently put an offer in on a house but the online valuation estimated the house at £20,000 below what I have just offered!"

### DEAR VICKY,

We all like to use the property websites to see what our property may have increased in value since we bought it or what rental income we could expect to see if we began letting out our home. So I don't blame you for having a little look to see how your offer measures up. The thing to remember is how these websites reach the estimate. The last sold price is taken, information readily available from the Land Registry, and then this is multiplied by the average increase/ decrease of other properties in the area. This then churns out an estimate of what the property could be worth based on minimal information. This is very different to the actual value of the house, which ultimately lies in what someone is willing to pay.

Foxes Sales & Lettings do not use these estimates as a tool to value property; rather they favour local knowledge, experience in the market as well as looking at very recently sold like-for-like properties in the area or same road. Before they visit each property they spend time researching the property and compile bespoke printed data on sold prices and comparable properties, which they then take to discuss with the potential vendor and leave with them to look through in their own time. Ultimately, every property is as individual as the home-owners themselves and the value of which cannot be predicted by an online system.

You say the online valuation is lower than what you have just offered, but the online valuation cannot tell you what renovations or decoration has been done since the last sold date. New windows, driveways, landscaping, extensions etc may have dramatically driven up the price of your soon to be home. You must have been happy with the property when you viewed and keen to put in an offer you felt was reasonable for the property before seeing the online estimate, I would keep this in mind and Good Luck in getting your offer accepted!

*Monty*



### COMPETITION TIME

BRING A COLOURED-IN MONTY TO OUR OFFICE TO BE IN WITH A CHANCE TO WIN 2 FREE TICKETS TO THE BOURNEMOUTH CYANTIST ESCAPE ROOMS AND YOUR VERY OWN MONTY FOX!



**CYANTIST**





## MEET NICK SALES MANAGER

I've lived and worked in Bournemouth all my life and started my career in estate agency around 10 years ago.

Since then, I've worked for a number of local agencies, dealing with all types of properties and learning a great deal about lettings, property management and conveyancing, as well as sales.

The last decade has seen a wide variety of market conditions, so having to work in both boom and bust economies means you have to adapt to make the most of the situation at that time.

Ultimately, I like to think this has made me a better agent. I pride myself on offering honest and straight-forward advice, so if you have any queries on current market conditions, or the services offered by Foxes, please feel free to give me a call on 01202 299600



Sign up here to receive our regular property newsletter, The Inquisitive Fox. [Foxes.co.uk/fox](http://Foxes.co.uk/fox)

## WHO ARE FOXES SALES & LETTINGS

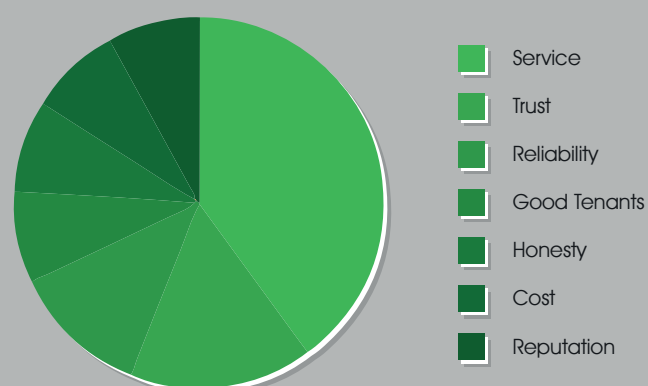


### LOOKING FOR SOMETHING DIFFERENT?

At Foxes, we always take the time to find out what a property means to you. Whether it's an ideal investment or a dream family home, we recognise what's important. As established independent agents that have been trading for over 20 years, we focus on providing a professional yet personal service from a team you can rely on. If you're ready to start your next venture into property, you can have complete confidence that you are being represented by a credible and reliable team that will support you all the way.



### MOST IMPORTANT FACTORS WHEN CHOOSING AN AGENT



We asked attendees at the 2016 Bournemouth & Poole Landlord Exhibition what the most important factors were when choosing an agent – Service came out clearly on top – this is something we have always acknowledged and continuously strive to improve.

**01202 299600**  
**www.foxes.co.uk**



# FINDING AN INVESTMENT PROPERTY

One of the questions we get asked most regularly is how to identify the best property to buy with the view to renting it out as an investment. This will obviously be very much dependant on your budget - but there are a few key things to bear in mind.



## TYPE OF PROPERTY

Studio, Flat or House? Have a look to see what is currently on the market in your area to rent - ask your agent for average times to fill a vacant property based on type. A house may attract families which can result in a more long-term rental. Flats, however, are usually a lower initial outlay.

*Your aim is to avoid your investment being empty for any long period of time.*



## LOCATION

Location is really important to potential tenants. Where you choose to buy your investment property can determine the quality of tenant you end up attracting. Desirable areas may include places with a selection of shops and restaurants, good schools or easy transport links.

*Look for a desirable area*

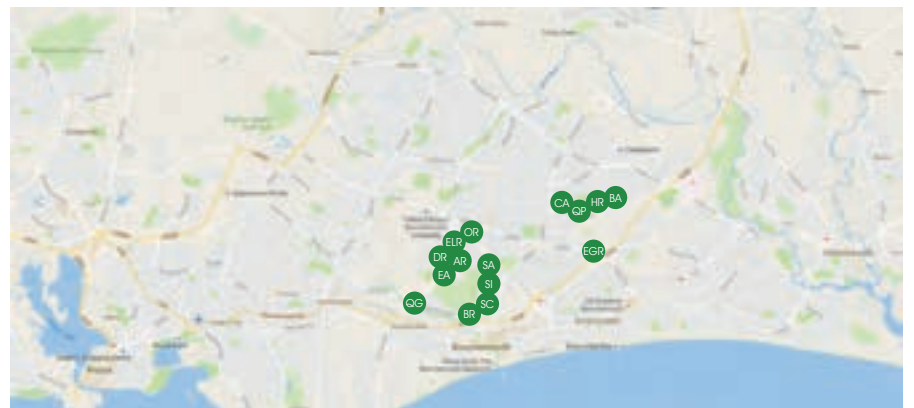
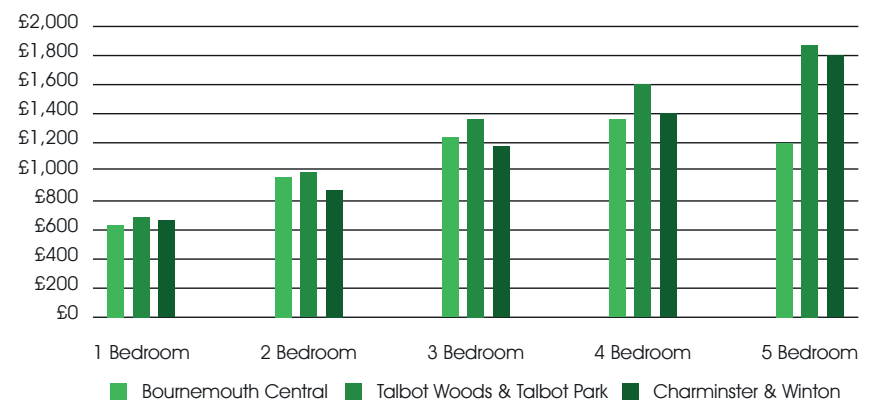


## POTENTIAL RETURN

You will need to calculate the potential return on your investment based on rental income less any mortgage or management payments. You will also need to set aside a percentage of return for repairs and upkeep. We recommend 10% of your rental income to cover any wear and tear costs.

Take advice from the experts. With any investment venture, your agent should be on hand to advise and guide you - Foxes Sales & Lettings can provide a full through-service from purchase to renting so the process can be very straightforward and your investment can be filled with paying tenants as soon as you complete.

## AVERAGE MONTHLY RENT BY AREA



BH2 MOST EXPENSIVE ROADS	AVG SELLING PRICE	MAP
Queens Gardens	£471,525	QG
St Ives Gardens	£406,924	SI
St Augustins Road	£381,425	SA
Silchester Close	£361,593	SC
Braidley Road	£325,494	BR

BH3 MOST EXPENSIVE ROADS	AVG SELLING PRICE	MAP
Oban Road	£831,012	OR
Elgin Road	£807,519	ELR
Dunkeld Road	£784,339	DR
Alyth Road	£765,002	AR
East Avenue	£735,266	EA

BH8 MOST EXPENSIVE ROADS	AVG SELLING PRICE	MAP
Broad Avenue	£568,387	BA
Queens Park Avenue	£554,343	QP
Hadden Road	£535,343	HR
Egerton Road	£517,504	EGR
Cecil Avenue	£506,477	CA





## QUEENS PARK AVENUE, QUEENS PARK - £525,000

- Directly Opposite Golf Course
- Four Double Bedrooms
- Rear Garden with Patio and Lawn Areas
- Electronically Gated Driveway
- Off Road Parking for Several Vehicles
- No Forward Chain

Modern house situated directly opposite and overlooking the renowned Queens Park golf course. Lounge, dining room, kitchen with island, study and cloakroom to the ground floor and four double bedrooms (two of which have en suite shower rooms) and bathroom to the first floor. Further features of this stunning family home include a garage, electronically gated driveway providing off road parking for several vehicles and a tiered garden with patio and lawn areas. No forward chain.



## PARR STREET, ASHLEY CROSS - £320,000

Rare opportunity to acquire a character property in the heart of Ashley Cross. This two bedroom home with the addition of a loft room offers plenty of unique features and has a lovely feel to it. There is a delightfully secluded courtyard garden overlooked by a balcony from the master bedroom. Needs to be viewed to be truly appreciated.

01202 299600  
[www.foxes.co.uk](http://www.foxes.co.uk)





## ADMIRALS WALK, WESTCLIFF - £225,000

Beautifully decorated two double bedroom split-level apartment with 24 hour porter service. Prime cliff top position just a short walk from the sandy beaches below. Share of freehold, balcony and off road parking for two vehicles.



## DEAN PARK MANSIONS, DEAN PARK - £895.00 PER CALENDAR MONTH

Move in for Christmas. A Wonderful spacious two bedroom unfurnished flat situated in the popular Dean Park. A great location within walking distance to the town centre. An excellent property for tenants looking to be positioned close to town but far enough away to enjoy the peace and quiet. Available for immediate occupation.



**Only**  
**Foxes Sales & Lettings**  
can exclusively market  
your property for sale  
or rent in **the Coast**,  
delivered direct  
to **30,000** properties  
in your local area.



# EXPOSURE



*Fábio Delgado and Ben Jacomb attend the Diverse Abilities charity Gala at the Lighthouse on November 26th 2016.*



*Ingrid Bergman and Olya Clapcott attend the Diverse Abilities charity Gala at the Lighthouse on November 26th 2016.*



*Cyber Secure Business Team with the Mayor of Poole, Cllr Xena Dion and Stuart Head, Head of Fleet Sales of Sandown Mercedes Group*



*Bournemouth Panto thespian and former X Factor contestant Rhydian Roberts meets Castle Point's Bill Riddle*



*Andrew Start and Jenny Brown at the Andrew David Associates Wine Tasting event In Wimborne*



*Alistair Britton, Robert Dunford & Simon Dawson at the Crosstrees Launch Event*



*Anne Martin, Loran Cannie, Beate Braban and Irene Whittle at the Joseph Ribkoff fashion event at Irené of Broadstone.*



*Lisa Winston and Jo Shackell at the Joseph Ribkoff fashion event at Irené of Broadstone.*

**GAIN EXPOSURE FOR YOUR BUSINESS WITH  
PROFESSIONAL MARKETING EXPERTISE**

**T : 01202 064 560**

**E : [info@cre8ivewisdom.com](mailto:info@cre8ivewisdom.com)**

**[cre8ivewisdom.com](http://cre8ivewisdom.com)**

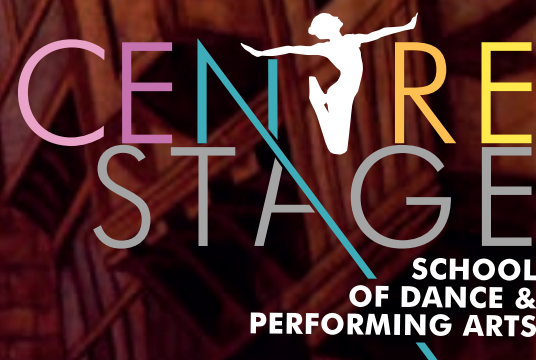
**CW CRE8IVE  
WISDOM**

STRATEGIC MARKETING | BRANDING | DESIGN | WEB DEVELOPMENT



# Christmas

## with Centre Stage



SIGN UP NOW

Give your child something really exciting and unique this Christmas – sign them up to Centre Stage for the New Year!

All children have the ability to shine, but what is the best way to build their confidence and fulfil their potential?

Centre Stage School of Dance and performing Arts, based in Parkstone, is proud to be known for exactly that – inspiring its students to become confident, creative and talented performers.

The school offers a broad spectrum of classes with a focus on developing confidence and enjoyment. No experience is required, just a desire to meet new people and have fun!

As an outstanding OFSTED registered school, Centre Stage can also accept Childcare Vouchers for payment of fees.

This Christmas, we are offering a huge 20% off all classes for the first term of 2017 when you quote 'The Green' and sign up by 6th January 2017.

If you would like to 'try before you buy', the school offers a taster lesson in all classes free of charge – just contact the school to arrange.

We look forward to welcoming you to Centre Stage.

[www.centrestagedance.org](http://www.centrestagedance.org)  
[enquiries@centrestagedance.org](mailto:enquiries@centrestagedance.org)

PRINCIPAL: ZOË MATHER BA (HONS) FIRST CLASS RAD:CBTS (RTS), AISTD:RTS (ADV), AAC1

© 2016 Centre Stage

01202 733 231





# PURE NETWORKING

A SOCIAL EVENT  
FOR ENERGETIC AND  
DYNAMIC BUSINESS  
OWNERS AND  
PROFESSIONALS



PUREHQ



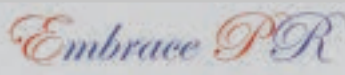
@PURE\_HQ



PURE-NETWORKING

INFO@PURENETWORKING.COM WWW.PURENETWORKING.COM

HOSTED BY:



benningtongreen

