

• WHAT'S ON • CHARITY • PROPERTY FOR SALE • HOLIDAYS

## The He-ART of the Community in Hartlepool

**H**artlepool Art Studio is a haven and exploration of creativity, enthusing art therapy with community spirit. The studio has become a sanctuary for members, and it is dedicated to providing a social experience available for all members of the community. With the overwhelming isolating feeling that mental health illnesses can contain, places like the Artrium Studio provide a vital social experience necessary for therapeutic treatment.

The studio also welcomes and supports members who have both physical difficulties and learning disabilities/difficulties. Providing support and helping members engage with each other as well as their own feelings through the creativeness of art, the Artrium Studio is dedicated to bringing people together.

"We encourage everybody to get involved and we make a conscious effort to create opportunities for everyone to be included and explore the benefits of being engaged with the community and art," said Kathryn Hall, Project Lead.

The studio maintains an all-

inclusive approach and is in fact available for everyone over the age of 18. The Artrium Studio gives back to its community and connects people regardless of art ability, age, and disability, encouraging everyone to be involved and learn a new skill which helps to deliver independence, confidence and a sense of achievement to its members and also gives them the chance to gain accredited qualifications.

The studio also provides evening sessions for people who work, to make art therapy even more inclusive and available for all of the community. "There is no appointment needed!" Kathryn continued, "We offer two free sessions for visitors to make sure they have found the right place for them before signing up."

A great aspect of the charity's work is the Artrium Gallery which was set up by Hartlepool Art Studio Ltd in 2014. The gallery showcases all the works produced by its members and

opens its doors to the public, to enjoy and view the art. It also provides members with a great sense of achievement in having their artistic creations displayed. Through its growth in popularity, the gallery now not only displays members' artworks, but it also exhibits and sells artwork from local artists.

For any further information please see the details below.

T 01429 867775  
www.theartrium.org.uk

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Flexible training provider

Featuring a wide variety of companies from across the UK and Sent via email to 100,000 UK Consumers Aged 18 +.

## Editors comments

Hello & welcome to Leisure Solutions UK!

The team at Solutions UK has been working extremely hard to bring you an issue that is full of innovative and exhilarating companies and we are very excited to share their success and achievements with you.

Firstly, we would like to focus on the work of The Artrium who this month features on our front cover!

Secondly, we are featuring Awesome Technology on page 15 and SPA Training who provide the best quality training for a variety of groups and organisations.

I hope you enjoy reading this issue of Leisure Solutions as much as we have enjoyed bringing it to you. Happy reading and we hope to see you for the next edition!

**Ian Hayward**

**Editor**

Leisure **SOLUTIONS** UK

For all advertising & sales enquiries  
please contact Ian Hayward  
0121 241 8788



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**App Store**

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## Retirement News

### Peaceful, stylish living at Chilton Park



**C**hilton Park is an exclusive residential park homes development, situated on the edge of the idyllic market town of Bridgwater in Somerset.

The park offers the perfect location for peaceful and relaxing retirement/semi-retirement living, with a rich selection of attractions nearby. "We're 15 minutes' walk from the town centre," explained Tony Fry, Park Manager. "This means there is easy access to supermarkets, doctors, vets and dentists, as well as the park maintaining a country feel thanks to its excellent location with plenty of beautiful scenery, walks and beaches nearby."

Indeed, Chilton Park has the best of both worlds, with a range of amenities nearby as well as being in easy reach of the picturesque Quantock Hills and the stunning scenery of Exmoor. Residents can also make use of nearby golf courses and there are the Chilton



**Pickering's Parks**

Lakes for fishing enthusiasts. For lovers of the coast, there are the beaches of nearby Burnham-on-Sea or Minehead, with Chilton Park being only 15 minutes away from the coast.

Residents can also enjoy a brand new leisure centre just across the road from the park, featuring a gym, exercise classes, sports hall, swimming pool and much more.

"These are beautiful homes based in the heart of Somerset, and the park should be finished by the end of next year. We have 45 homes at the moment, most of which have been sold, and there will be 60 homes completed by September 2020. Since

I took over in February 2018, I've done my best to implement more rapid changes to ensure the park is finished, meaning each time people come to have a look at the homes, there is something new to see."

Specialising in Omar park homes, Britain's premier park home and holiday lodge manufacturer, Chilton Park features properties in sizes ranging from 40' x 20' to 50' x 20', with most featuring two bedrooms with en-suite bathrooms.

If you would like to find out more information on Chilton Park's full range of properties and their features, head to the website or get in touch using the contact details below.

**T 01278 426005**

**M 07858 404593**

**sales@chiltonpark.co.uk**

**www.chiltonpark.co.uk**

## Chilton Park

*A new residential Park Home development in the  
West Country for the semi-retired and retired.*



**An Ideal Location for Fishing, Golf, Walking  
and countless Leisure Activities.**

**Only a short journey to Bridgwater Splendid  
High Street Shopping Facilities.**

Chilton Park is situated in a secure and convenient location that is never more than a short distance away from the diverse pleasures of the west country and surrounding country's abundant riches of leisure and social pursuits.

For further information please contact us at:

**Chilton Park, Chilton Trinity, Bridgwater Somerset, TA6 3JW**

**Tel: 01278 426005 | Mobile: 07858 404593**

**Email: sales@chiltonpark.co.uk | Web: www.chiltonpark.co.uk**



## Le Tonkinios Varnish & Flexidisc Sander & Grinder

The Flexidisc Sanding system has been on the market for 30 years yet still remains one of the most versatile.

The Flexidisc is a system based on an exciting 5" disc sander attachment which securely fits in your drill. A highly efficient flexible shaft eliminates vibration and gives full control when presented full face to the job surface, enabling fantastic finishes.

The fast rotation gets sanding completed in a fraction of the time compared to conventional sanders. This multi-purpose tool converts into a super-fine finishing sander, bench grinder, sharpener, partial angle grinder, polish applicator and polisher.

The 'slap-on peel-off' Velcro type discs are coated in a super-tough material called Corundum. The re-usable discs do the work of 100 conventional discs and can cope with a wide range of materials from soft plaster to iron. Because they generate little heat, they can even sand G.R.P. and old paint without melting the material.



Using the 'slap-on' system, polish is easily applied using the foam sponge, whilst a polishing cap completes the job. DA & BE Murkin are also the sole importers of Le Tonkinios Varnish, manufactured the traditional way, using Linseed oil, Tung oil & natural resins.

Slower drying, it shows no brushmarks and easily sinks into the timber. As such, it moves with the timber and doesn't crack or peel.

**Contact**  
**T +44 (0)1628 629892**  
**mail@letonkinoisvarnish.uk**  
**www.letonkinoisvarnish.uk**

## LE TONKINOIS VARNISH

LE TONKINOIS VARNISH IS A NATURAL OIL BASED YACHT VARNISH, USING A CHINESE FORMULA DATING BACK TWO OR THREE CENTURIES. AND WHAT A FORMULA!

IT REMOVES YOUR BRUSH-MARKS, BRINGS OUT THE NATURAL BEAUTY OF THE TIMBER, DOESN'T CRACK OR FLAKE OFF, AND IS PERMANENT SIMPLY ADD A FURTHER COAT EVERY FEW YEARS.

Telephone 01628 629892  
 mail@letonkinoisvarnish.uk  
 www.letonkinoisvarnish.co.uk



## Hop Aboard and Be a Part of This Railway's Journey

Do you want to own your own railway? Well, after over 30 years of dedicated service, love and care that has been invested into the railway, Bob Haddock the owner of Hayling Seaside Railway, has decided it's time for his ownership of his beloved tracks must come to an end. "I have been working hard for 30 years and now it's time for someone else to carry on the legacy." Bob Haddock.

Determined to find the right owner for the railway, Bob is looking for an owner with the same passion, love and enthusiasm for the railway. Bringing a new fresh perspective, ideas and zest for life of the railway, Bob wants to find an owner who will care for the railway just as much as he and his team of dedicated volunteers have.

Hayling Seaside Railway was established in 1988 by owner, Bob Haddock. Offering visitors a picturesque traditional journey aboard its trains, Hayling Seaside Railway has been a popular tourist attraction helped and ran by a dedicated team of volunteers. Taking passengers on the 2ft gauge railway from sunny Beachlands, through the bustling Mengham Road to Eastoke Corner, the railway offers passengers the opportunity to take in the breath taking ocean views as it runs through the seafront, as well as rarely seen sights of the Isle of Wight.

"The railway is a lot of fun with a reasonable return on money," Bob continued, "It brings so much happiness for visitors and the local area. It's a great investment in preserving a bit of history and letting more families experience it."

Hayling Seaside Railway offers potential buyers



a chance to invest their money, with a turnover of around £60,000 pa and a net profit of £20,000 pa. Included with the purchase of the railway is a substantial amount of assets including locomotives, carriages, track and a brand new station/depot. All assets including buildings, track and rolling stock will belong to the owner.

The business is freehold and holds a seven year lease with Havant Borough Council, covering the ground that the railway runs through. The lease has been recently renewed and will automatically renew every seven years, the rent cost per year is £4,400.

A great opportunity to carry on a legacy and share the railway with people for years to come, to find out any more information please see the details featured below.

[www.haylingrailway.com](http://www.haylingrailway.com)

## Days Out

## Hayling Seaside Railway



*The Friendly Little Train*

On Hampshire's Treasured Island

The Hayling Seaside Railway runs the one mile between the popular funfair at Beachlands and Eastoke Corner with its shops, pubs and cafes. Running through areas of rare seaside plants and beside Hayling's renowned "Blue Flag" beaches, the railway also boasts some of the best views of the Isle of Wight.



### Operating Dates

We will be open every Wednesday, Saturday & Sunday in 2019, plus every day during Hampshire School Holidays.

1st train from Eastoke (PO11 9HL) is at 10:40.

1st train from Beachlands (PO11 0AG) is at 11:00

### Fares

Family Return (2 adults & 2 children aged 3-15): £9.00

Adult Return (16+): £4.00

Adult Single (16+): £3.00

Concession Return: £3.00

Concession Single: £2.00

For other times of the trains on the day please call

07775 696912

[@haylingrailway](https://www.facebook.com/haylingrailway)

[www.haylingrailway.com](http://www.haylingrailway.com)





# Modern and Charming Holiday Cottage

Cornwall has long been a popular UK holiday destination, thanks to its wild coastlines and breathtaking beaches. With a history steeped in mining, fishing, and farming, it is full of charming coastal villages that provide an idyllic retreat from the rush of everyday life.

One such village is Sennen Cove on Cornwall's west coast. Whilst being a popular destination, it manages to avoid being overcrowded with tourists, unlike other destinations in the area. Retaining the ambiance of an old fishing village, it hosts a little harbour with its own fleet of fishing boats and has one of Cornwall's best stretches of golden sand. Whitesands beach is a popular spot with surfers and has its own local surfing club, and Sennen Cove beach and Gwenver beach are perfect for families and surfers alike. The ancient cove was once said to have been frequented by mermaids; these may have really been dolphins, which can still be seen in the crystal clear waters close to the coastline.

Nestled in this traditional Cornish village is Surf Cottage, an 18th-century former fisherman's cottage just two minutes' walk to Sennen Cove beach, half a mile from Land's End, and eight miles from Penzance. This fantastic property boasts a number of return customers, and it is easy to see why. With a garden which overlooks the beautiful coastline, the cottage is granite-built and is surrounded by high stone walls. The spacious living and dining area has stunning views of the coast and headlands, with a TV, DVD and CD player and a dining table that seats six. There are three large bedrooms which comfortably sleep five people, including a double room with an en-suite, a twin room with a wash basin, and a third room with a large single bed. There is also an extra power shower downstairs, along with a WC and hand basin.



The surrounding area boasts plenty of little shops and cafés, pubs, galleries and a selection of excellent restaurants for evenings out. If you fancy a meal at home, however, Surf Cottage has a well-equipped kitchen to satisfy all of your culinary needs during your time away, as well as WiFi access and private parking. During the winter, you can be sure to stay cosy and warm in front of the open fire, and in the summer you can enjoy a meal or barbeque on the stone terrace whilst soaking up the Cornish sun and dazzling sea views.

As well as being close to local shops, Surf Cottage has easy access to walks along the South West Coast Path, as well as being a short distance from a number of popular attractions including the Geevor Tin Mine, the Minack Theatre, St. Michael's Mount, the Levant Tin Mine, Tate St. Ives, and the Barbara Hepworth Museum.

A modernised and renovated property, Surf Cottage still manages to retain its traditional charm, and offers self-catering accommodation all year round. If you would like to take advantage of its stunning location and amenities, contact Cathy by using the details below.

**Please contact Cathy on  
Tel: 07979 241 421**

# Dream Holidays in Sussex and Madeira

Madreia Dream Holidays and Sussex Apartments are a range of holiday apartments and homes, provided by Richard Harris and Elaine, which offer a varied selection of property sizes and locations for a perfect holiday getaway in the UK and Portugal.

"We offer high standard, self-catering properties. All the properties are well equipped with all the amenities and we provide everything you would need and we make sure they are welcoming and comfortable." Richard Harris

In terms of the Sussex Apartments, Richard and Elaine provide properties in Eastbourne and Brighton. The Eastbourne property is located in Sovereign Harbour South Eastbourne, offering two bedrooms and bathrooms, sleeping up to five people. "Our Eastbourne property is right by the Harbour," Richard continued, "and offers perfect views from the property's balcony, overlooking all the boats." The property is close to the beach and provides ample amounts of local restaurants and shops to explore.

The Brighton property is a penthouse balcony apartment located on the seafront. Offering the perfect UK holiday escape, the property provides three bedrooms and sleeps between six to eight people. Engulfed in the vibrant surroundings of Brighton, the location offers something for everyone. From seaside days and family outings, to restaurants and a lively nightlife – Brighton is the perfect mix of an all-encompassing family getaway.

Situated on the island of Madeira, Richard and Elaine own three self-catering properties located at the heart of the main town in Funchal. Madeira is a charming holiday destination offering a plethora of activities for all ages. Some of the best features of Madeira include levada walks, waterfalls, sandy beaches and beautiful landscapes.



The first property Richard and Elaine purchased in Madeira was Quinta Elena in 2006. A beautiful villa, Quinta Elena is a spacious holiday villa offering four bedrooms and sleeping six to eight people. Elegantly attired, Quinta Elena maintains a traditional style with a modernised touch. Tranquil and picturesque, Quinta Elena provides an abundance of dream holiday aspects including views from its balcony of the town and a selection of restaurants, shops and coffee shops all nearby.

The other two properties in Madeira are; a luxury apartment that sleeps four people and a budget apartment that sleeps one. The luxury apartment is a modern apartment. Light and spacious, it makes the perfect holiday base to relax and enjoy Madeira. Providing a balcony to soak up those sunny rays and a swimming pool to immerse in, the luxury apartment is exactly that – luxury!

Available all year long, there is plenty to choose from and new places waiting to be explored at Richard and Elaine's properties. A new addition to the properties, recently Elaine has purchased a new holiday apartment in Rottingdean, Brighton.

**For any more information please see the details below.  
T 01273 302516  
www.madeiradreamholidays.com  
www.sussexapartments.co.uk**

## Plan an Autumn Break

### Surfs Cottage, Sennen Cove

Granite built 16th Century Fisherman's Cottage, with surrounding high stone walls and mature garden overlooking stunning Sennen Beach and headland views. Just 2 minutes walk from Sennen sea shore. This small private home consists of 3 bedrooms, 1 en-suite. The large living and dining area overlooks the beach and headland.

A peaceful and tranquil cottage where you can enjoy a glass or two of wine on the lawn or stone terraced patios in the summer or the same in front of the large open fire in winter.

Set in beautiful surroundings with easy access to local shops as well as places such as St. Ives, Truro, Falmouth and Penzance. If you enjoy the many beaches, surfing and cliff top walks then this is for you with the added attraction of private parking.

Surf Cottage in Sennen Cove some 20 minutes' walk from Lands' End was one of the original buildings in Sennen Cove and was once a small thatched cottage surrounded by its own strawberry fields.



**For more information and to book please contact**

**Email: cbksec@hotmail.co.uk or Tel: 07979 241 421**

CARTE DE LA GUYENNE.

### DETACHED TRADITIONAL CHARENTAISE HOUSE

Near Mirambeau 17150,  
5 minutes from A10

Comfortable home and exciting project with huge possibilities!  
Sympathetically renovated traditional Charentaise house of 250 Sq mtrs surrounded by vineyards with stunning views in a tranquil location, 4 large reception rooms, large kitchen, 3 double bedrooms en-suite cloakroom, utility room and 2 large terraces, one with a 7 seat hot tub and the other totally sheltered with all day sun.

A comfortable and spacious house of character and class with many of its original features. Fully double glazed and insulated windows and insulated security shutters which makes this property very economical to run.

Additionally the substantial outbuildings of 350 sq mtrs would make a perfect renovation project with endless possibilities across the 1,700 square metre property which includes a very spacious interior, 6 to 8 car garage and large open barn - total plot size for the two properties is 3,300 sq mtrs.

The property is close to many attractions to keep one occupied including local supermarkets and the World's Best Wine – right on your doorstep!

€255,000

For more information on the property and surrounding area please contact  
Brian Furzer on +33 62536 3065 or email on brianfurzer@hotmail.com

DEPT DE LA CHARENTE





*A Quiet Haven at Lavender Cottage*

## A tranquil piece of paradise at Lavender Cottage.

**P**Peace, comfort, and brilliance. If you are looking for somewhere to restore your batteries and revive your mind, we can provide the perfect home from home at Lavender Cottage. Located in Moelfre, in the North West of Wales, you will find our cosy lilac-walled cottage. We are ideal for family getaways, sleeping up to six people, as well as any pets you may wish to bring along with you.

The cottage consists of three bedrooms, and in the space, you will also find a modern kitchen, a beautiful bathroom, a luxurious lounge area, and a wonderful conservatory. Through the conservatory area, you will discover our self-contained back garden. This has plenty of space for any dogs to explore, consisting of two patio areas with lots of seating, as well as a big gas barbeque, which is ideal for the summer months. There is also opportunity to use part of the garage if required, with sufficient space to park.

A holiday cottage would not be complete without a great view, and from the property it is possible to see the surrounding sea. As a coastal holiday cottage, you can take in these splendid sea views from the upstairs roof garden, and breathe in that fresh air all year round.

We do everything in our power to accommodate our guests to have everything you could ask for. This includes lots of cooking equipment, as we recommend making use of the nearby shops, where you will find ample local produce to serve up your own meals. Enjoy the soft furnishings and various seating areas, whether indoors or outdoors.

We wish you the best stay possible at Lavender Cottage and hope you will come back again for another peaceful week in Anglesey.

3 Bedroom Holiday Cottage

Lavender Cottage, where the lilac walls give it the name, and the rest is unwritten and ready for you to fill it with family tales and new memories. It boasts brilliant views of the Irish Sea, and three bedrooms including a double, twin and single room. Additionally



offering a guest bed, there is enough room for a total of six people. There are heaters for cold weather, and all equipment you could ask for, whether a high chair or a travel cot.

The property features a full-sized curved bathtub and an electric shower, within a modern bathroom. It also has a tall electric towel radiator and underfloor heating to keep your cosy and relaxed.

The lounge area has ample space for you – family, friends, and furry pets all welcome. It has two sofas and a large TV set with plenty of DVDs to choose from. There's plenty of entertainment available at the Lavender Cottage, including books, games, and Wi-Fi access. For the colder months, there's also an electric fire, displaying a cosy log-effect.

It features an open dining area, joined onto the kitchen, as well as an accessible garden area, where you can eat out in summer months as you enjoy the sea view. There's plenty for the house chef to do, with a ceramic hob cooker, microwave, coffee machine, and a food processor. In addition, there are all the essential items, including a dishwasher, fridge-freeze, and washing machine.

On hot days with warm evenings, you can relax in the open conservatory and garden, with plenty of plants and shrubs to enjoy. There's also an upstairs roof garden, which is the perfect setting for outdoor dining, with the best views of the sea.



FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE, CALL OR EMAIL US

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

01248 410295 | [info@gooddealmarketing.co.uk](mailto:info@gooddealmarketing.co.uk)



## Escape to the beautiful Cornish countryside at Castle Holiday Park



**N**estled snugly on the outskirts of St Columb, Cornwall, is Castle Holiday Park. Established during the 1980s, the park has dedicated some 30 years to offering a quiet reprieve from the relentless bustle of city living, and an alternative to other similar sites that come packed with arcades, bingo nights and noise.

10 miles from Newquay, and encircled by moors, beaches and woodland, the Park is a hive for wildlife. Rabbits regularly visit the park, along with an impressive list of birds and other creatures that only add to the park's beauty and character.

There is also a castle on site, which was refurbished several years ago and now resembles more of a French Chateau. What's more, visitors now have the option to stay inside it with four holiday flats available.

The site's facilities are excellent, with an onsite child's play area and heated indoor swimming pool,

as well as a laundry room with washing machine and tumble dryer and a shower and toilet block. The site also houses a selection of six birth static caravans, which let at £550 per week, and it is unlikely you'll find such a low priced caravan, with such up to date facilities, in such a wondrous area for a price as reasonable as this elsewhere.

The surrounding environment is bursting with activities; from nature trails to theme parks, the South West Coast has something for everyone, and Castle Holiday Park acts as an ideal base from which to explore the local attractions. For over three decades the Park has been bringing joy to families and holidaymakers in its own, delicately subtle way, and will surely continue to do so for decades to come. To book a visit, see the details below.

**T 01726 890420**  
**[www.castleholidaypark.co.uk](http://www.castleholidaypark.co.uk)**



*Looking for a home in the South West?*

Castle Holiday Park is a family run site in a sylvan setting, located in the heart of Cornwall.

The holiday park is a unique development offering modern caravans with gorgeous surroundings.

Much attention has been given to the arrangement of the site to preserve the rural mood and take maximum advantage of the pretty grounds. Castle Holiday Park was constructed alongside Goss Moor – an ancient heath and natural habitat for a variety of wildlife.

Castle Holiday Park is the perfect location for exploring Cornwall. Freedom to pursue your own interests is what caravan holidays are all about. Without the restrictions of a hotel and without set times for meals, you are truly able to unwind and relax, enjoying a carefree do-as-you-please vacation. We have a number of holiday homes for sale and to let, so take a look around and feel free to get in touch.

7 Miles of nature paths, cycle paths and is an idyllic location.

To make a booking, please visit the above site or get in touch by calling 01726 890420 or emailing [enquiries@castleholidaypark.co.uk](mailto:enquiries@castleholidaypark.co.uk)

**[www.castlecaravanpark.co.uk](http://www.castlecaravanpark.co.uk)**

**HOLIDAY HOMES FOR SALE AND TO LET**

### Chalet Blanc Châtel. Luxury Alpine Holidays

Just 90 minutes from Geneva airport by complimentary transfer, Chalet Blanc is ideally located to make the most of its beautiful surroundings and the vast Portes du Soleil ski domain. Far enough from Châtel centre to enjoy uninterrupted views and true peace and tranquillity but close enough to get to any of the lift stations and the town centre in only a few minutes; Chalet Blanc offers our guests the best of both worlds.

Five large, all en-suite bedrooms can sleep up to 14 guests in luxurious comfort whilst the enormous lounge with its roaring log fire, deep and comfy sofas and state of the art media system allows our guests the chance to find a quiet corner if they wish or to share a glass or two around the fire with friends and family.

There is a brand new hot-tub on the terrace with amazing views down the valley plus a sauna inside to help soothe away aching muscles after a hard day on the slopes. Our attention to detail will leave you wanting for nothing as our chefs serve you pre-dinner canapés with cocktails and champagne followed by a delicious gourmet 4-course dinner. Every other aspect of your holiday will be expertly taken care of by the team leaving you to enjoy the full potential of a holiday at Chalet Blanc.

Call: +33 6 76 37 40 91  
Email: [info@chalet-blanc.co.uk](mailto:info@chalet-blanc.co.uk)  
[www.chalet-blanc.co.uk](http://www.chalet-blanc.co.uk)  
Chalet Blanc, Suvay  
La Chapelle-D'Abondance, Rhone-Alpes, France

### Brighton & Eastbourne Holiday apartments to rent.

**19a Metropole Court, Penthouse Balcony Apartment, The Sunset Apartment.**  
Central seafront location  
This is a luxury 3 bedroom penthouse balcony apartment with two bathrooms and two balconies and sits on top of the Metropole Hotel right on the seafront. The views to the West of Brighton are stunning.

There is car parking under the Metropole Hotel at £8 per day.  
There is alternative car parking that is cheaper nearby.

---

**16 San Juan Court in Sovereign Harbour South, Eastbourne**  
Stunning sea and harbour views  
Lovely luxury two bedroom/two bathroom balcony apartment with views right over the sea and outer harbour towards Pevensey, Bexhill and Hastings.

There is a secure under building dedicated car space available for small/medium cars.

Our Address:  
Kipling Cottage, Rottingdean, Sussex, BN2 7HA  
0044 (0) 1273 302516 (UK)  
0044 (0) 7956 662457 (UK mobile)  
**[www.sussexapartments.co.uk](http://www.sussexapartments.co.uk)**





**River Dane**  
HOLIDAY PARK

Located on the outskirts of Congleton in the picturesque village of Somerford, River Dane Holiday Park lies peacefully within the Daneside Country Park. Open 12 months of the year, this beautiful site offers spectacular views of the Cheshire countryside and is an ideal base from which to explore the many attractions of Cheshire, Lancashire and North Wales.

River Dane Holiday Park, a spacious holiday home site, extends to approximately of 17.5 acres of parkland. It is open all year round, with no age restrictions and is both family and pet friendly – there are dogs, cats, owls and even sheep in the paddock. This makes River Dane the ideal holiday home for both planned holiday retreats and spur of the moment visits to relax and enjoy the tranquil surroundings.

Get in touch with River Dane  
☎ 01260 291 486  
✉ [sales@riverdaneholidaypark.co.uk](mailto:sales@riverdaneholidaypark.co.uk)  
📍 Hawthorn Ln, Congleton, CW12 4SL





[www.hill-brothers.com/parks/river-dane](http://www.hill-brothers.com/parks/river-dane)

## The Perfect Historic Market Town Getaway

**B**ridgnorth is a stunningly unusual historical market town situated in the River Severn Valley. The town is separated into two halves by the valley and linked by an original and still working vernacular railway built in 1892 offering stunning views of the town and its surroundings.

Located just a short walk away from the town centre, Pine Tree Lodge consists of two beautifully realised and stunningly converted out buildings ideal for couples and small families; or larger families booking both lodges together.

Located down a single track lane in a very quiet semi-rural village adjacent to horse paddocks; both cottages have parking for two cars and their own private patio areas, and Darren loves to kick-start guests breaks by providing a complimentary bottle of wine plus a bottle of milk, with tea and coffee ready to refresh any long journeys to this wonderful retreat.

No 1 Pine Tree Lodge is a former garage and workshop converted into a quaint 1 bedroom cottage. It is the larger of the 2 cottages, so has a sofa bed to accommodate a 3rd person should it be required, and the interior decor and furnishings are finished in a 'shabby chic' style creating a cosy home from home environment.

No 2 Pine Tree Lodge is a former workshop and log store that has recently been converted into a 1 bedroom cottage. The interior decor and furnishings are tastefully finished in a blend of old and new creating a restful



environment, and is ideal for couples wanting a relaxing break away from it all – a travel cot can also be provided for a baby or toddler should there be a need.



Both lodges come with all the 'mod-cons' such as a TV, radio, dishwasher, fridge/freezer, microwave, free broadband Wi-Fi and so much more to make you feel comfortable and relaxed during your time; whether for a night or a week.

For a minor charge dogs are also welcome making this the ideal retreat for ramblers, walkers, lovers of historic towns, or people who'd like a base allowing them to visit even more activities and places that wait nearby.

For more information on these stunningly relaxing holiday homes and to book your next getaway with Pine Tree Lodge visit the website below or contact Darren directly using the following details.

**Contact**  
T +44 (0)7773 888501  
✉ [info@pinetree lodgebridgnorth.co.uk](mailto:info@pinetree lodgebridgnorth.co.uk)  
[www.pinetree lodgebridgnorth.co.uk](http://www.pinetree lodgebridgnorth.co.uk)



**RUTLAND FARM PARK**

**VOTED 2019 WINNERS RUTLAND & LEICESTERSHIRE BEST FAMILY ATTRACTION**

Rutland Farm Park is a small, family-owned, working farm located in Rutland – England's smallest County.

The Farm Park has been in the family for five generations. On 10th September 2017 the Farm Park was once again reopened to the public having been closed since 2001.

We've got a range of friendly animals for you to see, from rabbits and guinea pigs, to sheep, horses and alpacas. Come and see some of the rare breeds as well.

We are focused on the conservation of these breeds, which no longer get the love and attention that they once used to. We want to change that.

You can also come and meet some of the animals that we have taken in and become a new home for.





Please contact 01572 722122  
[enquiries@rutlandfarmpark.co.uk](mailto:enquiries@rutlandfarmpark.co.uk)  
[www.rutlandfarmpark.co.uk](http://www.rutlandfarmpark.co.uk)




**Pine Tree Lodge**  
Bridgnorth

Pine Tree Lodge, Next to Fairview  
Old Mill Lane, Oldbury  
Bridgnorth, Shropshire, WV16 5EQ

**Bridgnorth Holiday Cottages : Self Catering Accommodation**

Two Bridgnorth holiday cottages that are the perfect self-catering holiday let for visitors to enjoy the historic market town of Bridgnorth, Shropshire and surrounding areas.

Pine Tree Lodge is a tastefully converted out building which now houses 2 semi-detached 1 bedroom Bridgnorth holiday cottages, No 1 & No 2. The Lodge is located down a single track lane in a very quiet semi rural village adjacent to horse paddocks. But it is less than a mile walk from the centre of the Bridgnorth and only 1/2 mile from The Severn Valley Railway. Both cottages have parking for two cars and their own private patio areas. A complimentary bottle of wine plus a bottle of milk, tea and coffee always await our guests to kick start their holiday.

The cottages are perfect for couples wanting to get away from it all. No 1 also has a sofa bed to accommodate a third person. Or reserve both cottages for the extended family or friends to come along too.

Dogs are also welcome (£5 per dog per night) and as well as the town walks, there are some nice country walks from the door. One of which passes Britains largest working water wheel at Daniels Mill only a quarter of a mile away, set in a wood beneath one of the Severn Valley Railway's viaducts then follows the River Severn in to town (approx 1 mile).

For more information please get in touch.  
Call Us On 07773 888501 or email us at [info@pinetree lodgebridgnorth.co.uk](mailto:info@pinetree lodgebridgnorth.co.uk)  
[www.pinetree lodgebridgnorth.co.uk](http://www.pinetree lodgebridgnorth.co.uk)







## A fun-filled day out!

Located in the beautiful county of Rutland, Rutland Farm Park is a family run farm that offers guests a fun day out in the East Midlands.

The farm is located within the idyllic British countryside, situated on the remaining Noel estate that dates back to the Victorian era. Because of the property's age, the farm features a selection of Victorian farm buildings and structures, in addition to a range of exotic plants and blossoms, including rare Himalayan flowers and bamboo.

After a long closure that was caused by the infamous foot-and-mouth crisis in 2001, the farm re-opened last year due to popular demand. The farm's owners, the Ball family, wanted to welcome guests back onto their premises to encourage wildlife conservation and educate groups on the natural world.

The Ball family work hard to conserve rare species of livestock, preserving an array of unusual and endangered poultry and cattle. The family encourage visitors to ask questions about the animals and interact with breeds to learn and develop their knowledge on conservation. A member of staff will always be on hand to answer any questions and delve deeper into the breed's history, making it the ideal location for schools to learn and have fun.

The Farm is home to a flock of Lincoln Longwool sheep, a breed that has been reared since medieval times and produces 35lbs of wool in only one clipping. The farm is also home to one of the largest Friesian Holstein bullocks in the world, towering above guests at an impressive height of 7ft. In addition to these fantastic beasts, the farm also houses a host of farmyard animals, including: ducks, geese, goats, pigs, alpacas, llamas and much more.



Once guests have explored the farmyard, they can enjoy a drink and a bite to eat in the farm's Tea Room. The Tea Room is available to guests of the farm and to the general public, allowing everyone to enjoy a beverage and take in the gorgeous country scenery. The Tea Room can also accommodate groups of all sizes as the farm has generous on-site parking and plenty of indoor and outdoor tables.

It is important to note that all of the Tea Room's food is freshly prepared and caters to a variety of dietary requirements. This includes, but is not limited to: homemade cakes, ice creams, milkshakes, hot and cold drinks, baked potatoes and sandwiches. The Tea Room also organises a variety of events and occasions where the menu will change accordingly.

For any more information on the farm, or if you would like to view the farm's opening times, visit their website listed below. Alternatively, if you would like to book a table at the Tea Room or have any other specific enquires, telephone Rutland Farm Park on the number below.

**T: +44 (0) 1572 722 122.**

**E: [enquiries@rutlandfarmpark.co.uk](mailto:enquiries@rutlandfarmpark.co.uk)**

**W: [www.rutlandfarmpark.co.uk](http://www.rutlandfarmpark.co.uk)**

**Facebook: [www.facebook.com/rutlandfarmpark](http://www.facebook.com/rutlandfarmpark)**

## RUTLAND FARM PARK



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Come and see some of the rare breeds as well. We are focused on the conservation of these breeds, which no longer get the love and attention that they once used to. We want to change that.

You can also come and meet some of the animals that we have taken in and become a new home for.

Please contact **01572 722122**

**[enquiries@rutlandfarmpark.co.uk](mailto:enquiries@rutlandfarmpark.co.uk)**

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## Welcome to The Saddle Club

Civil Wedding's, & Wedding Reception's Birthday & Anniversaries, Company & Office Parties  
The Saddle Club is truly one of Wirral's best kept secrets, tucked away at the top of Roman Road, Prenton.  
The Saddle Club boasts a wide selection of refreshments, Traditional Real Ale, Cask Marked, a large beer garden, live televised sport and a weekly entertainment.  
We are a Private Members Club (public welcome) with 2 Bars and a beautiful beer garden.  
We look forward to welcoming you to The Saddle Club, Wirral.

### Wedding Packages

The perfect bespoke wedding venue. A beautiful family run club. We can provide everything under one roof.  
Wedding ceremony inc. civil partnerships, Wedding breakfasts, disco and entertainment.  
With fantastic photo opportunities.  
The Saddle Club have a fantastic full wedding package for 2019 call us on 0151 608 0881 for further details.  
1. This is totally unique to The Saddle Club, we are the only Venue in England to perform a civil ceremony, over the Anvil.  
2. The Full Wedding Package & Evening Reception. Also available as a Twilight package  
3. Wedding Package & Evening Reception. Also available as a Twilight package

### LET THE FUN BEGIN

#### Parties & Functions

With 2 bars and outside garden area the Saddle Club is the perfect venue to host your wedding reception, engagement party, birthday party, christening, baby shower, ect we can accommodate all functions.

Week day hire £50.00

Week night hire £60.00

Saturday day hire £60.00

Sunday day hire £75.00

Friday, Saturday night hire £150.00

All day room hire available POA.

DJ £150.00 + karaoke if requested no extra cost. Own DJ available, live bands ok.  
Full Room dressing and decoration is available.  
Catering starts from £6.00 per head see menus, own catering is available.  
2 bars with a 2am license Friday and Saturdays.

Tel: 01516 080 881

www.saddle-club.co.uk

# The Saddle Club

## The Best Premium Venue in Wirral

When it comes to picturesque, traditional settings nothing compares to the quaint, stunning views of Wirral's best kept secret- The Saddle Club. Radiating beauty from its 500 year old building and surrounding garden landscape, The Saddle Club is rich in history and was originally part of Lower Farm- which is featured within the Domesday Book in Preston.

The Saddle Club is based in Wirral, perfectly situated between Liverpool and North Wales The Saddle Club has been opening its doors and welcoming visitors and locals for many years. Although being a member's only club, The Saddle Club is also open to the public and due to its member only status, it is able to stay open far longer than most pubs. In terms of rooms, The Saddle Club maintains a variety of room options including: five separate areas, a main members bar, snug, function room/ bar/lounge area and garden. With a strong stance on preserving its original attire, The Saddle Club features a selection of traditional decorative elements including black beams with white daub walls to produce the 'Olde Worlde' feel.

One of the most unique experiences that The Saddle Club offers is Anvil Wedding Ceremonies. Offering a civil ceremony over a blacksmiths anvil, The Saddle Club is the only venue in England to offer the traditional ceremony. "The venue itself is stunning; the wealth of beauty and history at The Saddle Club is just amazing. We are the only venue in England to offer the traditional anvil ceremony and we are one of the world's premium LGBTQ wedding venues." Paul Swift.

In keeping with its 'Olde Worlde' style, The Saddle Club also provides three types of wedding packages for its customers, featuring classic traditional options such as hog roasts, a vintage



gift and card post box and an old style candy cart. The Saddle Club designs its wedding packages to be affordable, unique and classic.

The Saddle Club is available for a variety of events and is able to facilitate parties, celebrations, wakes and funerals. Proving to be the perfect party host, The Saddle Club offers its customers a selection of party options to enhance any event, including: catering, DJ, karaoke, decorations and two fully stocked bars with a serving license until 2am. With affordable prices starting from week day hire at only £50, The Saddle Club is accessible for most budgets.

"There is something for everyone," Paul stated, "we offer room hires and weddings and also provide a fully stocked bar for locals and visitors with sports regularly on the TV." Being involved in supporting the community is important to The Saddle Club, and the venue regularly hosts charity events such as quiz nights and raffles, with a free of charge room hire to support them and the community.

**For any more information, please see the details featured below.**

T 0151 608 0881

www.saddle-club.co.uk



# Mamma Scoop

WELCOME TO

## Mamma Scoop

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TRICYCLE SERVICE

*Ice cream Mamas way!*

If you're looking for an Italian ice cream treat for your guests – what could be better than traditional style gelato served by Mamma Scoop from a vintage inspired tricycle.

Mamma Scoop ensures all tastes are catered for. With a fantastic selection of sorbets and over twenty flavours of gelato including Mint Choc Chip and Tutti Frutti to modern day favourites such as Eaton Mess and Cookies.

This family inspired business hails from Sicily where some of the best, most tastiest Gelati originated many moons ago. It is perhaps fitting that Mamma Scoop's vintage style service evokes that feeling of a bygone era and offers a taste that has delighted ice cream lovers for generations...

*Just like Mamas!*

*Get in touch with us*

07869 143250 01375 372215 | contact@mammascop.co.uk



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## Welcome to Bubble Bar

A unique mobile bar, in an elegantly restored caravan, available to hire whatever the purpose. From our unique and lovingly converted 1963 Stephens & West caravan, we serve the finest Gin & Tonics, Cocktails, Prosecco and a wide variety of craft, local and international drinks. We take care of all the ins and outs so you and your guests can get on with simply enjoying yourselves.

We bring the party to you, wherever and however you want it. Bubble Bar is a distinctive and adaptable alternative to hiring out a permanent bar, whether enhancing the magic of a summer wedding, or providing your business partners a much needed respite from the office. Bubble Bar is flexible, and we are available to you and your event at various levels of hire.

Please contact us to discuss your booking or to talk about possibilities for your event. All of our hire packages are flexible and customisable depending on your needs and preferences.

07496194102

bubblebarcaravan@gmail.com

www.bubble-bar.co.uk





Start your gin-credible journey at the Refectory Bar

Serving up some of the finest cocktails in the South West, The Refectory Bar offers a chic environment to unwind and refresh after a long day. Based in the heart of Black Friar's Distillery, the home of the renowned Plymouth Gin, the Refectory Bar is steeped in history and prides itself on its exceptional cocktail menu.

"Our cocktails are what set us apart," explained Joshua Stewart, Head Bartender. "We push both modern recipes and old classics, all of course using our famous Plymouth Gin. Our signature cocktail is the Marguerite, a variation of the dry martini, as well as the classic gin martinis and the best gin and tonics around!"

This enviable range of cocktail recipes is complemented by the stunning interior of the cocktail lounge. Indeed, the Refectory Bar's stylish surroundings make it a hit with a huge range of customers from around the world.

What's more, the Black Friar's building dates back to the early 1400s, with the Refectory Bar being the most intact part of the establishment boasting a fine hull-shaped timber roof built in 1431. It is one of the oldest buildings in Plymouth, and visitors can discover the history of the Black Friar's Distillery with behind-the-scenes distillery tours to get an introduction to the centuries old Plymouth Gin distillation process.

The tour includes a short tutored tasting of Plymouth Gin Original and Plymouth Sloe Gin, the perfect introduction to the distillery's unique blend of exotic botanicals. Then, at the end of the tour, guests can choose between a complimentary miniature of Plymouth Gin to



take home, or head to the Refectory Bar for a delicious Plymouth Gin and tonic.

As well as this, the Refectory Bar hosts music nights every Thursday, with two talented blues guitarists alternating performances each week. "We also host different music nights depending on the time of year. For instance, we've got a pianist coming in for Valentine's Day next month," said Joshua.

The Refectory Bar gladly welcomes groups, and recommends booking in advance for Fridays and Saturdays to avoid disappointment. "It's not a standing bar, we offer table service, so we want to make sure everyone has the best experience during their visit. Definitely pre-book if you're coming in a group as it gets very busy!"

In 2020, Plymouth will be celebrating the Mayflower 400, a year-long commemoration marking the 400th anniversary of the Mayflower's voyage. It is thought that the ship's crew stayed at the building that is now the Refectory Bar before setting sail from Plymouth, so the bar will be introducing a special drinks menu to celebrate this historical event.

If tasting the delicious cocktails wasn't enough, guests can now also learn how to make the Refectory Bar's signature martinis in a Martini Masterclass, where you learn about the history of the drink and try different styles, before having a go at making one yourself.

If you would like to find out more information, head to the website or get in touch using the contact details below.

T 01752 828951  
www.plymouthgin.com/en-EN



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The Refectory bar is situated in the iconic Plymouth Gin distillery where the team create bespoke hand crafted cocktails using the wonderful Plymouth Gin.

Live Blues slide Guitarist every Thursday night from 8pm

Booking is advisable on Friday's and Saturdays in the Refectory Bar

Available for private room hire of the Refectory Bar and Secret Bar (LPO)

A new addition to the Plymouth Gin distillery is the Martini masterclass experience. A masterclass in learning everything there is about Martini's, from how to order one to making the drink yourself.

Tours of the Plymouth Gin distillery are also available from the Plymouth Gin shop.

Any further information please email or call us

The Refectory Bar, Black Friars Distillery,  
60 Southside Street, Plymouth | PL1 2LQ  
[www.plymouthdistillery.com/refectory-bar](http://www.plymouthdistillery.com/refectory-bar)

Weddings & Events



Woodland Weddings



Boveys Down Farm is a quiet, rural retreat located in the tranquil surroundings of the Devonian Countryside.

Ideal for Woodland Weddings, Glorious Glamping (March to September) and year round camping. Situated in the heart of East Devon Area of Outstanding Natural Beauty the farm offers campers and visitors alike a relaxing break enhanced by the breath taking views of the Farway Valley.

The Swallows Res Barn, Restaurant and Bar is open for large or small gatherings all year round and is fully licensed for Civil Weddings etc.

We are perfectly located; a secluded location yet not more than 15 minutes from all you will need: the beach, the shops and local attractions so we've got your wedding or holiday covered.

Fully licensed for marriages and civil partnerships ceremonies  
For more detailed information or a free no obligation, consultation, please contact Pamela on  
T: 01404 871480 | E: email [info@sweetlands.co.uk](mailto:info@sweetlands.co.uk)  
Or visit [www.boveysdownfarm.co.uk](http://www.boveysdownfarm.co.uk)



## The Shed – Your Welcoming, Friendly Local Pub

**Situated in the quiet surroundings of Lode, near Cambridge, The Shed is a vibrant country style pub and restaurant offering visitors and locals a chance to catch up with friends and family in a warm and welcoming atmosphere.**

"The pub has a country style vibe but is also very modern. Three years ago the pub was renovated and has a lot of new modern features." Sarah Sturgess.

The renovation of the pub has really optimised its space and provides a contemporary, spacious and inviting atmosphere with features such as a bar area, pool room and a large separate room upstairs. "We have a very large upstairs space which caters for up to 70 people." Sarah explained, "The room is available for hire and we can cater for wedding receptions and similar events such as baby showers and birthdays."

With a selection of mouth-watering food and drink available, The Shed provides a delicious menu of food created by its talented chef and offers a wide range of drinks including wines, cask ales and draught beers. "We are a pub and restaurant," Sarah stated, "We provide locally brewed beer and good pub food."

The Shed maintains a variety of offers available for its customers to enjoy with friends and family. "On Tuesday we offer a 'Buy one get one free' burger night and on Wednesday we have a 'Buy one get one free' steak night." Sarah said.



Providing something for everyone within their warm, cosy pub; The Shed is a great place to visit for food, drinks and fun. "We have happy hours from Tuesday – Saturday." Sarah shared, "within these hours our drink prices start from just £2.20 a pint!"

Another offer that you won't want to miss, The Shed hosts regular quiz nights which is a particular favourite among locals and families, available every other month.

**For any more information, please see the details below.**  
**T 0122 381 2425**  
**W [www.the-shed-pub.co.uk](http://www.the-shed-pub.co.uk)**

## Expert catering services based in Swansea

If you're looking for high quality and flexible catering services for your event, the expert team at Justin's Catering is here to help. Established in June 2018, the company was born out of Owner Justin Hayward's impressive breadth of experience in the catering industry. He has worked for various food service companies for over 25 years, including nine and a half years as the Assistant Food and Beverage Manager at the prestigious Machynys Peninsula Golf and Country Club.

"We cater for all events and dietary needs, and adapt our menus to suit any taste or budget," Justin explained. "As well as our hot and cold buffets, we specialise in Hog Roasts, and have now expanded our machinery to include other meat roasts, such as lamb, beef and chicken."

Indeed, whether it's an anniversary, birthday, wedding, corporate party or any other celebratory event, Justin's Catering is guaranteed to provide only the highest quality foods and services to ensure your guests are kept happy and their stomachs are kept full. The company provides all plates and napkins, as well as a tea and coffee service if needed, and indulgent dessert and fruit platters for those with a sweet tooth.

As well as this mobile catering service, Justin's Catering took over The Mill Tearooms at the Gower Heritage Centre last year, offering delicious and locally sourced home cooked food. Guests can enjoy cream teas, Sunday lunches, and Gower Ale, cider and a range of confectionary.

Thanks to the success of Justin's Catering, Justin



is continuing to expand his offering with another recently established business. "I set up an additional business this year, called Hayward & Holding Caterers, offering bespoke menus and tailor made packages to suit any customer's event."

With a Five Star Food Hygiene rating from the Food Standards Agency and exceptional levels of experience, Justin's Catering is Swansea's number one choice for any catering needs. If you would like to find out more information, head to the website or Facebook pages and get in touch using the contact details below to get your free quote.

**T 01792 371425**  
**M 07897 201230**  
**[justin.jcltd@gmail.com](mailto:justin.jcltd@gmail.com)**  
**[www.justinscateringltd.co.uk](http://www.justinscateringltd.co.uk)**  
**Facebook: @justinscateringltd @haywardholding @themilltearoom**

**Monday Closed**  
**Tues - Sat**  
**12 - 2:30pm**  
**&**  
**6 - 9pm**  
**Wednesday**  
**Pensioners Day**  
**12 - 2:30pm**  
**Tuesday**  
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**[info@the-shed-pub.co.uk](mailto:info@the-shed-pub.co.uk)**  
**45 Lode Road,**  
**Lode, Cambridge**  
**CB25 9ET**  
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## THE SHED

Situated in the historic village of Lode on the outskirts of Cambridge, our distinguished bar and restaurant is a perfect location to meet, eat and drink with friends and family.

We have an excellent selection of carefully selected wines, cask ales and draught beers which are served all day.

Our talented chef has seasonal, local produce delivered every day, where every meal is freshly prepared daily. All of our food is freshly made on site.

From field to fork - The Shed rears its own rare breed cattle & pigs also using eggs from their free range chickens. When these become available they will be on our menu along with ingredients sourced from local suppliers whenever possible.

So, if it is a special occasion or you just fancy relaxing with some great food & drink we will be happy to welcome you to The Shed.

We look forward to seeing you soon....

To make a reservation please contact us on;  
**☎ 01223 812425**  
**✉ [reserve@the-shed-pub.co.uk](mailto:reserve@the-shed-pub.co.uk)**

**[www.the-shed-pub.co.uk](http://www.the-shed-pub.co.uk)**

## Al Forno

Italian Kitchen  
 Est. 2017  
 01539 634040  
 kate\_saunders\_128@hotmail.com  
[www.alfornoitaliankitchen.co.uk](http://www.alfornoitaliankitchen.co.uk)

Al Forno Italian Kitchen is a family run business in the picturesque town of Sedbergh, situated in Yorkshire Dales National Park. A busy town famous for walking, books and the stunning Howgill fells. We are open Tuesday to Sunday evenings and lunchtimes Saturday & Sunday, so why not come in and find out just how good our food is? We also have some great daily specials to try, and a selection of hot and cold beverages.

Walk-ins are welcome, but you may need to book during busy periods. We can accommodate groups and parties, and a takeaway service is also available.

For the best traditional Italian cuisine in Cumbria, make it AlForno Italian Kitchen.

Coming soon, our brand new cocktails & smoothies menus.

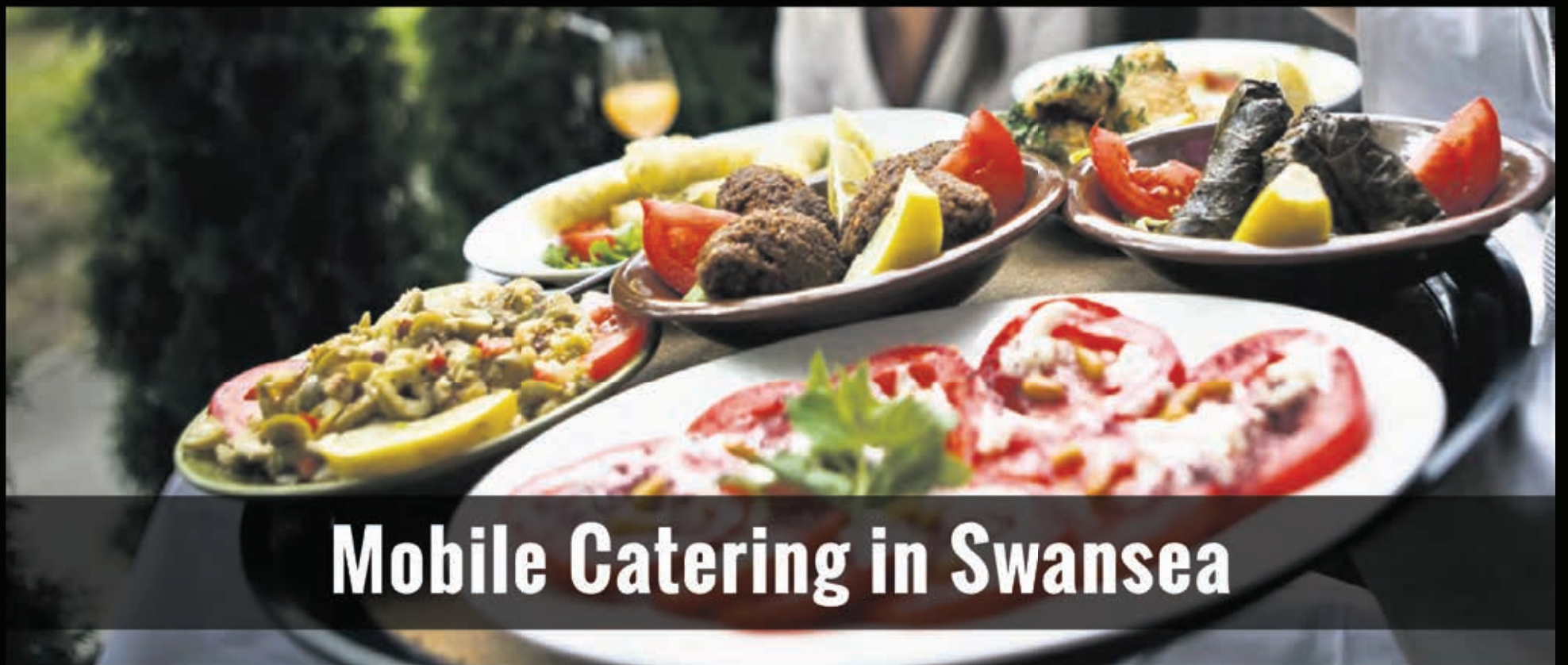
30 Main Street, Sedbergh, Cumbria, LA10 5BL

**tripadvisor**



# Justin's

— CATERING LTD —



## Mobile Catering in Swansea

Our owner Justin Hayward has been in catering for the last 25 years. We cater for all types of events, small or large, high-end functions including birthdays, weddings and christenings.

Throughout Justin's experience, he has worked at the Machynys Peninsula Golf & Country Club as an assistant food and beverage manager for over 9 and a half years. We also specialise in hog roasts catering and serve a 25-mile radius from Swansea.

- Anniversary Parties • Barbecues • Birthday Parties • Buffets
- Christening Parties • Christmas Parties • Corporate Events
- Mobile Catering • Outside Catering • Parties • Wedding Catering

At Justin's Catering Ltd, we offer personalised catering services to suit your preferences and budget. No matter what type of event you have planned, we have the experience to handle your dining needs. From snacks to complete meals, we can do it all.

For a free quote on our catering services, give us a call today.



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**[www.justinscateringltd.co.uk](http://www.justinscateringltd.co.uk)**



# Unmatched Traditional English Fish and Chips Restaurant

Leisure Solutions is extremely privileged to present the Mermaid Fish Bar with their 42 Years of Excellence profile.

Situated in Leeds, West Yorkshire, the restaurant was initially established in the 1970s and has since progressed through the generations under the careful management of the Lodge family. Now, the restaurant is renowned as one of Britain's finest food eateries, having built up a strong reputation for their high quality, traditional fish and chips over the years.

The newly refurbished high quality fish & chip restaurant is located on the Britannia Road in Morley and has been recognised for its environmental efforts; its produce is ethically sourced and caught in line with the Conservation Society's sustainable fishing policies.

Now celebrating their 42nd anniversary in business, the team at the Mermaid Fish Restaurant is proud of its achievements and aims to continue to serve the public with high quality food for many more years to come.

In addition to their conventional fish and chips meals, the restaurant has an extensive menu with something suitable made in mind for everyone - including a senior's menu, children's menu and vegetarian dishes as well as everything from soups and starters to lighter bites, fried main courses, side orders, chef mains, desserts and homemade desserts and senior citizen specials.

To wash these mouth-watering meals down, the restaurant also serves a wide range of drinks, including beers and lagers, bottled beers and ciders, spirits and aperitifs, liqueurs, mixers, white wines, red wines, soft drinks, tea, coffee and many more.

The Senior Citizens specials are specifically designed with older customers in mind, taking on board their feedback and advice. Starters include breaded mushrooms in lightly seasoned breadcrumb with salad garnish and garlic dip, the home-made soup of the day, smoked haddock and prawn fishcake and more.

One of the most scintillating main courses is the lasagne, made with quality minced steak, tomato sauce, white sauce and pasta sheets topped with cheddar and mozzarella cheese.



Particularly popular foods are the breaded mushrooms, which are deliciously seasoned and served with a salad garnish & garlic dip, smoked haddock & prawn fishcakes and chicken Milanese (chicken breast wrapped in Parma ham accompanied with a creamy tomato, basil & mushroom based sauce).

There is also, of course, the Mermaid's famous fish & chips – customers can choose either Icelandic cod or haddock, both of which are cooked to perfection. Specific dishes of interest are the Cod Loin, lightly drizzled with lemon juice and served with fresh spinach, raisins & pine nuts, and the Basque-style chef special, which comes with mushrooms, red onions, peppers, tomatoes and olives.

We spoke to Sue Lodge who currently runs the Mermaid Fish Bar and asked her how she felt about achieving 42 years of excellence, to which she said, "It's always nice to be acknowledged for good service and for our fantastic food offerings. It's a true testament for everything we have achieved and for all the hard-work we have put into our restaurant to provide our customers with nothing but the best fish and chips in the area."

We also asked Sue what differentiates the company from other fish and chips restaurants, to which she explained, "Because we only compensate fish and chips, no one can beat our quality. We specialise purely in fish and chips for a reason and this speciality has paid off for us, as we are recognised by customers as the best local chippy in the area."

To meet with contemporary customer demands, the Mermaid Fish Restaurant can guarantee their consumers that they also source the finest quality fish produce available in Yorkshire. What's more, the restaurant has undergone numerous refurbishments with a state of the art frying range, specialist cooking equipment and is under the food management of a highly skilled and professional head chef, who has travelled to Reykjavik to further his experience by working in Iceland's most famous seafood restaurant.

As if the food wasn't good enough, all the fish at the Mermaid Fish Restaurant is ethically sourced and they are proud supporters of sustainable fishing policies, keeping in line with the Marine Conservation Society. On top of that, they also source the finest quality produce from Yorkshire.

So, whether you fancy dining in or taking-out, the Mermaid Fish Bar is the perfect eatery ideal for catching up with friends or dining out with your family. Offering an array of fresh fish and other highly acclaimed dishes, you are sure to have an unforgettable experience in The Mermaid Fish Restaurant's relaxed and friendly atmosphere.

**T +44 (0)113 253 5376**

**[www.themermaidfishrestaurant.co.uk](http://www.themermaidfishrestaurant.co.uk)**



## The Mermaid Fish Restaurant

Why not visit our restaurant to experience the beauty and simplicity of fresh fish, cooked to perfection.

Try our famous fish and chips – choose either Icelandic cod or haddock, served with chunky chips and tartare sauce, or try one of our many additions to the new menu, cooked just as you like it.

At The Mermaid we only serve fish that is ethically sourced and we are proud to support sustainable fishing policies in line with the Marine Conservation Society, bringing you the freshest seafood with minimal impact on the environment.

Senior Citizens Menu available 7 days  
Kids Eat Free on Thursday (T's&C's apply)  
Coach Party Bookings Welcome

Gift Vouchers are available and can be used in the Restaurant or Takeaway

The mermaid only sells responsibly sourced fish from pristine waters

Tel 0113 2535376 | [admin@themermaidfishrestaurant.co.uk](mailto:admin@themermaidfishrestaurant.co.uk)  
[www.themermaidfishrestaurant.co.uk](http://www.themermaidfishrestaurant.co.uk)  
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### Flexible Training Provider



**S**PA Training was first established in 1995 and provides a range of training courses delivered by its network of over 300 trainers. Providing the most efficient training and advice, SPA Training delivers courses including: Food Safety, Health and Safety, First Aid, Personal Licence, Manual Handling, Risk Assessment, Fire Safety, COSHH and HACCP.

Delivering their training throughout the whole of the UK, SPA Training provides customers with the best quality training for a variety of groups and organisations including hotels, restaurants, pubs, schools and many more...

One of the most important courses for many establishments and companies is the First Aid training course. With new legislation coming into effect for schools and the law requiring a certified first aider within every workplace, many schools and companies are seeking effective, accredited training in First Aid. SPA Training provides employers with peace of mind that their employees are receiving the best quality training to achieve and maintain their first aid skills, ensuring that they are compliant to the required first aid skillset and

achieve the right qualifications needed within the work place.

"I think one of our main unique training features is our flexibility, as we provide a trainer who comes to the customer and delivers the training on-site at their premises. This has also allowed us to be extremely flexible in terms of working around the customer; we can deliver the training on days and times which work best for them." Jules.

All of the courses are provided by trainers with an approachable, patient and friendly teaching technique. The trainers are fully qualified in their specific fields and have years of experience in training, therefore they are fully equipped to provide the most effective, compliant and engaging training possible.

The courses that the trainers deliver are fully certified by recognised, well-established awarding bodies including Highfield Awarding Body for Compliance and Quasafe Awards. SPA Training also provides its own accredited courses.

**For any more information or to contact them directly, please see the featured details below.**

**Contact:**  
**T 03333 207136**  
**www.spatraininguk.com**



## Technology News

### Shaping the future of dentistry



**F**ounded in 2012 by Don Babbs, Awesome Technology is the amalgamation of extensive aerospace, automotive and metrology experience dedicated to writing engineering software which is globally distributed and globally renowned.

Dealing primarily with digital dentistry, Awesome Technology develops printing and scanning machinery and design software. With 3D printing becoming increasingly more available and utilised, the need for transparent and coherent software grows. Awesome Technology aims to integrate the most creative of software with the most up to date industrial processes.

The recent introduction of non-proprietary resins is shifting the possibilities of 3D printing within the dentistry industry. The resin turns hard when exposed to UV light, meaning it can be moulded to any shape making the possibilities of 3D printing endless. Gray resin, for example, is designed to make finishing easy. Gray resin parts will be ready to paint, and aren't warm or cool but completely neutral. Surgical Guide Resin is biocompatible, and is printed with the utmost precision, thus ideal for use in guided implant surgeries.

The company's MoonRay technology comes available in a family of models, each one adapted to fit a variety of applications. It is an all in one

wireless desktop DLP 3D printer that boasts the capacity to deliver unrivalled accuracy, durability and notable speed. The system includes advanced hardware, software and materials, and is ideal for generating quick and precise mouth models and potential additions such as bridges and caps.

The device's ease of use mirrors the cleverly simplistic designs that Awesome Technology attributes to all of its work. Simply add the STL model and allow the software to automatically build the fine supports required, and start printing. The MoonRay can be used to print multiple models at once, maximising workflow and rendering the printing process more economical.

Wherever an aspect of the digital dentistry industry can be enhanced, Awesome Technology is dedicated to making that improvement. Breathing life into new ideas, and producing prototypes and concept models, Awesome Technology is ahead of its game and is integral to revolutionising the ways in which we care for our teeth.

**For more information please contact;**

**T 01242 370453**  
**don@awesometechnology.eu**  
**www.awesometechnology.eu**  
**www.moonray.awesometechnology.eu**

### GLW Engineering & Construction Ltd

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Established 1992



GLW Engineering based in March is a well established metal fabrication company operating in March, East Anglia. Generally our customers come from the Norfolk, Cambridgeshire, Lincolnshire and Suffolk areas. On larger scale projects we operate on a national basis.

Our wide range of metal fabrication services mean we can make virtually anything in metal that you want and in any quantity.

Past examples of our work can be found on our portfolio section and includes metal work on: Metal Railings, Canopies, Steel Staircases, Bicycle park, Silos and bins, Steel Gates, Grilles, Trolleys, Benches, Steel building framework, Handrails, Balustrades

Much of our steel fabrications work is custom built and we offer a first class design service if you require or we can work to your specifications.

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## Home Improvements News

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**[joseph.dimension@icloud.com](mailto:joseph.dimension@icloud.com)**







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"Lost Souls Sanctuary have used Tim Dunton for internal transport since 2015.  
We use Tim because he is consistently reliable, very reasonably priced and above all he is wonderful with the dogs he transports and they always arrive in a calm state.  
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**Anne Lewis, Lost Souls Sanctuary**

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Latest News

# ANCIENT FAMILY ROOTS

For All Our Grandfathers:  
First Ever Family Lineage from 4026 BC to 2008 AD

This is an ideal present for those who like true humorous and sometimes tragic stories of a family, who's members shaped the course of history. It is a very large book of 548 pages that not only give an historical, international, national, and local account of their lives and the environment in which they lived but a true account of family life of fun and tragedy.

Said by a publisher: 'it is a very valuable book that will be used by families, students and professionals for many years to come'. Although our family through no fault of their own became destitute and struggled to survive as other family branches succeeded as royalty, lords of the manor or of high profile. Many years have passed since we as children waited in a blacked out room huddled together for warmth with baited breath to hear stories told by our parents during those long wartime nights past down by many generations of our family; we realised we would have to put into print these fascinating stories of the past for you to enjoy and others yet to come together with the dramatic account our own life and times; sometimes humorous, some tragic.

Due to the exciting facts we discovered researching numerous manuscripts, books, and the bible to our amazement we were constructing a family tree that started from the beginning of time leading to the plain of Shinar with Noah's three sons.

For more information please get in touch on;

**01234 306 520**  
**[david.baxter4@ntlworld.com](mailto:david.baxter4@ntlworld.com)**

### FOR ALL OUR GRANDFATHERS

A RESEARCH OF OUR FAMILY HISTORY FROM 4026 BC TO 2007 AD.



A BOOK FOR ALL THE FAMILY BY DAVID BAXTER AND NORMA HART

## So good they named her twice

**B**ased out of Leatherhead, Surrey, Palma Palmer is a life coach, public and motivational speaker, and confidence transformation coach. Driven by a passion for effecting positive change in people's lives and building up people's confidence so they can effect this change themselves, Palma is both well-endowed with experience and a genuine desire to help.

Like many, if not all of Palma's clients, she herself was subjected to a traumatic event in her life which was to have a huge impact on her. Staying true to her spirit, however, Palma did not let this trauma take over her life and rather has allowed the traumatic event to push her to help others more and more fervently than ever. At the very core of what Palma does is a genuine and intense desire to better the lives of others and make people happy. It's that simple.

I had the pleasure of speaking to Palma, who explained to me that being selfless and giving 100% to affirming positive change in people's lives is what she's always been passionate about. Indeed, Palma has been in the business of life coaching and confidence transformation coaching for over 25 years and it is a fair statement she has amassed a real knack for getting the best out of people, and if I said I wasn't motivated after our conversation, I'd be lying.

Though Palma has been honing her craft for over 25 years, it is only been over the past two years she has taken the leap of faith, starting her own business and never looking back. Palma is proud to offer the following services to clients of all ages and backgrounds: Confidence Focus, Business and Personal Goals, Empowering and Transformation, and Customer Excellence and Upselling. The Confidence Focus course, centred on Inspiration, Motivation and Clarity is on a 1:1 basis and is comprised of five sessions. Business and Personal Goals is comprised of ten sessions and gives instant inspiration and motivation, while Empowering and Transformation and Customer Excellence and Upselling are both one day workshops.

Palma is a big believer in action, in taking action to make positive change in one's own life, and not just talking about making changes. All that Palma asks from clients is 100% commitment. Combine that with Palma's powerful and inspirational coaching, and the client is almost guaranteed to see results.

To view Palma's range of services – online, face to face, and over the phone – visit her website or get in contact using the details below.

**Contact**  
**M 07919 947 590**  
**[palmaesteem@outlook.com](mailto:palmaesteem@outlook.com)**  
**[www.palmapalmer.com](http://www.palmapalmer.com)**





# Palma Palmer

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**For more details contact:**

**Palma Palmer - 0791 994 7590**

**hello@palmapalmer.com**

**www.palmapalmer.com**





# JAYNE MARSHALL

## VOCAL COACHING

Jayne Marshall is a dedicated and talented Tutor and cares equally for all her Students and Pupils.

She has the ability not only to discover voices where people hadn't quite realised the natural voice that already existed within them, but to engage in further producing the sound they already have into something quite extraordinary with time, patience and skill.

Jayne's structuring process for all her students has proved itself time and time again in order that they may accomplish a much better and easier passage of speaking and singing without causing any tiredness or exhaustion. To be able to project our voice and communicate in an unconstrained and totally effortless manner is one of the best gifts we can bestow upon ourselves, no matter which professional path we are following.....so why hesitate?....And as an added bonus should various and unusual vocal disorders present themselves such as Thyroid Dysfunction, Tongue Displacement, a Slight Stammer, etc. Jayne is well informed in vocal therapy and recovery.

Throughout her Tutoring Career, Jayne has received many and various testimonials from her Students and we thought it nice to include one for you here... It reads:  
*"Jayne is kind, nurturing, strong, passionate, insightful, creative, experienced, methodical, anecdotal, humorous and wise, you can be assured all her receive the utmost quality of teaching available. A bold claim perhaps but the knowledge Jayne has imparted and also the skills she has nurtured from me, with immense care and attention to detail is amazing. Jayne invigorates her students even at the inevitable Low Ebbs on their journey of discovering their Voices - The Voice being a Totally Personal Instrument. I know Jayne is able to guide anyone towards their desired goal from speech to singing and drama with kindness, and unrelenting passion and works tirelessly for us all, leading to the highs of singing and speaking freely with abandon. Jayne will always make you smile and who doesn't want a teacher like that."*

Jayne also draws on her own experience as a professional singer and actress and knows only too well how important preparation and physical strength are necessary requirements for success.

**She urges you....Go Forth...Make Contact....Follow your Heart....Enjoy...and most of all....Succeed.**

Please visit **[www.easyvocals.co.uk](http://www.easyvocals.co.uk)** or contact Jayne on **0208 399 9543** or **07773 018829**