

# the Miller's Tale



## SOMEWHERE TO GO FOR THE YOUTH OF CHANDLERS FORD

### Youth Provision in Chandler's Ford

Do you have, know of, or indeed are, young people aged 11 - 19 years who need or want things to do or places to go? Well, Hampshire County Youth Service in association with other agencies currently provides the following facilities in the Chandler's Ford, Hiltingbury and Eastleigh West Area.

### The Basement Youth Centre (formerly Chandler's Ford Boys Club)

The Basement is a purpose built youth facility which has recently undergone substantial refurbishment and offers the following for young people:

- Sports Hall with provision for indoor football, basketball, volleyball, badminton, etc.
- CD mixing and music lounge.
- IT suite (presently under construction) offering access to computers, printers and scanners.
- TV and video facilities
- Large social area offering seated areas, pool table, arcade games and N64.
- Kitchen/serving area offering a wide range of sweets, hot and cold drinks, crisps and fast food snacks.



- Access to a wide range of outdoor activities including scuba diving and ski-ing.
- Art and craft materials.
- Information and advice.

The Basement is open to young people aged 13-19 years on Mon, Tues, Thurs evenings 7.00 - 9.30pm and for young people aged 11-13 years on Tues, Thurs afternoons 4.00 - 6.30pm.

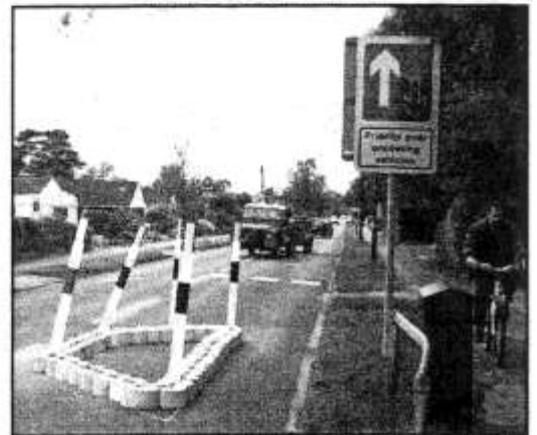
Why not come and pay us a visit!



Look inside this issue for more details on things to do and places to go.

- Street Talk
- Changers Ford Youth Forum

### TRAFFIC CALMING? WHAT DO YOU THINK ABOUT IT?



Love it or loathe it, let someone know about it. We give details inside of who to contact with your thoughts. Why not write to us at the Millers Tale as well. If we get enough feedback then we may produce a special issue to give peoples views a public airing. Don't just seethe in silence let us know if this is just the thing Hiltingbury Road needs to make it safe or do you think these measures are a hazard in themselves? After all these are only a trial and feedback is important to let the planners know if they are getting it right.

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## Mobile Library Service



**This is a service which regularly comes to North Millers Dale that anyone can join and it's FREE! See inside for further details.**

*the Information board*

**what's on at the community hall?**

- Mon: Yellow Dot 8.10am-5.30pm  
 Rainbows 4.30pm-5.30pm  
 Aerobics 8.00pm-9.00pm
- Tue: Yellow Dot 8.10am-5.30pm
- Wed: Yellow Dot 8.10am-5.30pm  
 Brownies 5.30pm-7.00pm
- Thu: Yellow Dot 8.10am-5.30pm  
 Yoga 7.00pm-8.30pm
- Fri: Yellow Dot 8.10am-5.30pm

**HALL BOOKINGS:**

Contact: Mrs Linda Mandley  
 C/o Eastleigh Baptist Church  
 Wells Place, Eastleigh, SO5 5LJ

☎ 023 80 613210

between 9.30am-4.30pm week-days, answer-phone at all other times.

**Community Hall Keyholder**

Doreen Lewry

☎ 023 80 268562

**Newsletter team**

**Helen North &**

Charles Lewry: editors

Mary Peterson: features

Debbie Smith: advertising

**Contacts:**

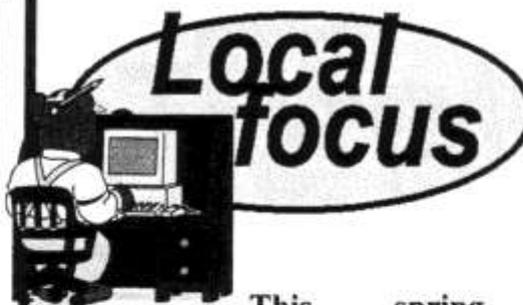
Advertising: 023 80 263705

Articles: 023 80 273771

E-mail [charles@lewry.u-net.com](mailto:charles@lewry.u-net.com)

Or drop articles into:

3 Albury Place  
 North Millers Dale



This spring edition is full of information and events that will hopefully be of interest to every age group, from children to teenagers to adults.

We would like to take this opportunity to welcome any newcomers to the area and hope you will enjoy reading the Millers Tale and joining in with our thriving community.

Congratulations to Colin Davidovitz who has been re-elected as our local councillor. Colin helped to set up the Association and regularly attends our meetings to discuss and inform us of local issues.

The next edition of the newsletter will be in September. All articles for publication should be received by 30<sup>th</sup> August 2000. Please send articles to any member of the newsletter team.

**Tired, Stressed,  
 Feeling under the  
 weather?**

Reflexology could be the answer...

Why not experience for yourself the therapeutic benefits that a Reflexology treatment can bring?

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Contact Debbie Hingley M.B.S.R.

02380 260659

11, Swale Drive

Chandler's Ford

**Letters to the Editor**

14/02/00

Local elections are due in May so NOW is the time to lobby local councillors for things that need to be done in or around North Millers Dale - and remind them that they need our votes!

Alternatively now is the time to extract promises of future action.

How about:

1 Some traffic calming measures on North Millers Dale.

2 Cut back the vegetation on the inside of the bend on North Millers Dale before this year's growth makes visibility even worse. If the council will not do it themselves then they have powers to force the owners to do so.

3 Some double yellow lines on Hursley Rd by Simpkins garage. Simpkins employees and residents of the new flats should park within their curtilage, not use the public highway endangering others.

A resident of North Millers Dale.

**Editor's reply**

The issue of rat running and speed along NMD has been discussed at our meetings and with local councillors. In order to find a suitable solution, we need the viewpoints of residents to address this problem properly. However, the committee may undertake a survey in the future to assess the situation.

Committee members attended the Hiltngbury Local Area Council Meeting on Wednesday 10<sup>th</sup> March 1999, when the problem of cars parked along Hursley Road was discussed. At this meeting councillors agreed to a feasibility study regarding a 'traffic regulation order' restricting parking in Hursley Road at the Pine Road junction. Ed.

**Other messages from residents**

We have received a phone message about the delivery of the newsletter. The newsletter was not pushed all the way through a letterbox, and as the residents were at work this advertised that no one was home. We apologise for this oversight and have informed everyone to push the newsletter through letterboxes properly.

Mr. and Mrs. Skilling have said thank you for an enjoyable afternoon at the Treasure Hunt - but then they did win one of the first prizes!

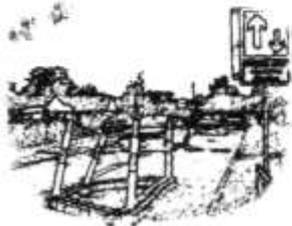
## ANNUAL GENERAL MEETING OF THE NORTH MILLERS DALE COMMUNITY ASSOCIATION

By the Chairman, Malcolm Stainthorpe

The A.G.M. of our Community Association will be held at 8.00 p.m. on June 20th at the North Millers Dale Hall, and I look forward to seeing as many of you there as can attend. I'm pleased to report that all the activities which were held throughout the last year were successful. So thank you to all who came along to the annual barbecue, the treasure hunt, the quiz nights and the children's parties. A big thank you also to the committee members who put in such hard work arranging these events.

The NMDCA receives a lot of encouragement from residents who attend the various events. Although we have a strong friendly core who run the association, fresh ideas and viewpoints are needed. Our committee has lost a few members this year and so we need more volunteers to help with the organisation of activities. We meet roughly once every six weeks and would welcome anyone who wished to come along. Or how about just helping with the occasional tea and coffee making at one of the events, it's the easiest way to get to know your neighbours.

Please come along to the A.G.M. and give us your support. If you want to help or just to find out more then please contact Malcolm Stainthorpe 80 265662



### Report on the Chandlers Ford and Hiltingbury Local Area Committee Meeting at The Dovetail Centre 24<sup>th</sup> May

With local feelings running high over the traffic calming measures this turned out to be a packed meeting with standing room only. One local resident handed over a petition with

more than eight hundred signatures against the present scheme. Some of our local councillors spoke about the trial with a variety of views expressed.

- Councillor Smith suggested that if these measures are not adopted then it will take two to three years before an alternative scheme could be put in place.
- Councillor Davidovitz said that the build outs did not contribute to road safety and had already been the cause of two accidents. His suggestion was controlled pedestrian crossings, in particular near the school.
- Councillor Olson said that the surveyors should consider the alternatives of a roundabout at Kingsway, a pelican crossing at the school, rumble strips at Lakewood and speed cameras. He was against a Hiltingbury cycleway on the grounds of inadequate road width and danger to pedestrians if on the pavement.
- Councillor Caldwell suggested a 20mph zone for the Hiltingbury area.
- Councillor Lambert thought that the addition of floral adornments to the build outs might make them more acceptable.

A show of hands demonstrated that the majority of those present were against the present trials.

#### **Traffic Calming:**

If you wish to express an opinion re the traffic calming trials in **Hiltingbury Road** and **Hocombe Road** then please contact:

**Mr Richard Stocks**  
**Hampshire County Council**  
**The Castle**  
**Winchester SO23 8UD**  
**Tel: 01962 845202**  
**Fax: 01962 847055**

who would be pleased to receive your comments.

**BRIAN AND SUZETTE MATTHEWS**

Welcome you to

### **THE PRECINCT GIFT CENTRE**

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#### Letters to the Editor

16/5/00 *The new traffic calming islands in Hiltingbury Road are on trial to make the road safer but I believe they are in effect making the road less safe! I think it is only a matter of time before they become the cause of a head-on collision. I have twice seen frustrated motorists accelerating to get round the obstruction before an oncoming car gets there causing the other car to have to brake heavily. In addition they constitute yet another distraction resulting in less concentration on the real hazards of school children and parked and manoeuvring cars around the shops. I think that traffic calming is important for Hiltingbury Road but not these islands. I believe that speed ramps would slow down traffic better and in a manner that would not unnecessarily impede the flow in a dangerous fashion.*

*User of Hiltingbury Road.*

**LOCAL TRAFFIC ISSUES**

# Kids Corner



J	T	H	U	R	D	L	E	S	S
O	S	T	S	E	V	P	N	R	K
G	S	N	U	R	E	O	P	E	C
G	T	R	O	P	H	Y	M	L	A
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D	L	R	A	L	A	E	S	P	I
A	V	R	A	O	H	C	L	L	M
T	E	H	C	C	U	T	A	O	E
S	R	L	O	S	E	P	A	N	P



## Street Talk Mobile Detached Youth Project

This project makes contact with young people as individuals or groups at the areas around Chandler's Ford where they choose to meet.

Relationships are formed and work undertaken with young people to enable them to address issues for themselves or just to have someone they can talk to or even confide in.

The mini-bus used for this project is red and can be identified by the Street Talk logo on either side. Young people can sit in the mini-bus to talk to the detached team, listen to music or access the wide range of information leaflets carried on board.

The project operates within the Chandler's Ford, Hiltingbury and Eastleigh West Area, Mon-Thurs evenings 7.00 - 10.00pm.

If you see us and need us then flag us down, if not we may see you around!

- |           |           |            |            |
|-----------|-----------|------------|------------|
| ATHLETES  | COACH     | DISCUS     | TRAIN      |
| GOLD      | HIGH JUMP | HURDLES    | TROPHY     |
| JOGGING   | LAP       | LONG JUMP  | TUG-OF-WAR |
| MARATHONS | MEDALS    | POLE VAULT | VESTS      |
| RACE      | RELAY     | RUNS       | TRACKS     |
| SHOT PUT  | SILVER    | SPRINT     |            |
| STADIUM   | TIME      |            |            |

THE REMAINING LETTERS SPELL OUT A WORD ASSOCIATED WITH ATHLETICS

## Chandler's Ford Youth Forum

The Chandler's Ford Youth Forum is a group of young people aged 11 years and up who meet to discuss issues affecting young people in Chandler's Ford and the wider community, possible solutions to resolving them and what they can do themselves to effect such changes or enable others to do so.

The Forum receives adult support when required from the Youth Service and Eastleigh Youth Action, while The Local Area Committee provides financial support.

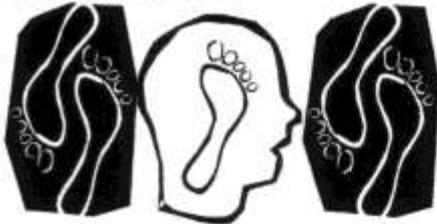
The Forum meet every two weeks usually at The Dovetail Centre, Chandler's Ford Methodist Church. Times may vary but if you wish to attend the next meeting then you can contact Darryl Sheppard on 023 80271993 (office) or 07930 305998 (mobile).

All the projects are teamed and supervised by full and part-time Youth Workers who are both trained and Police checked and they look forward to meeting new faces both young people and parents/ persons with legal responsibility alike.

For further information or discussion on any of the projects listed contact Darryl Sheppard, full-time Youth Worker, Chandler's Ford Area on the numbers listed previously

## What is Reflexology? A therapy explained

Reflexology is a safe, effective and relaxing treatment which involves applying pressure to points on the feet or hands to help prevent and treat all kinds of mental, physical and emotional problems by rebalancing the body's energy levels. Known as the 'Ancient answer to modern ailments' reflexology has a long history, originally practised in ancient Egypt, India, China, among primitive African tribes and Native American Indians.



In the early 20th Century an American ear, nose and throat

specialist became interested in zone therapy. He found that by applying pressure to the feet and hands of the patients they were relieved of pain during operations. A physiotherapist named Eunice Ingham used these techniques on her patients and noticed that they healed much faster. She renamed this reflexology and, in 1935, she mapped out the reflex zones of the feet as charts that are still used today.

Brother and sister Tony Porter and Ann Gillanders were among the first to introduce reflexology to Britain having trained under Eunice Ingham's nephew Dwight Byers. Together they set up the British School of Reflexology which is one of the largest training schools in Great Britain.

Applying pressure to points on the feet - or hands - appears to stimulate the body to reach a point of balance or 'homeostasis'. By easing tension, relieving congestion, improving circulation and eliminating toxins, reflexology encourages the body to heal itself. There are thousands of nerve endings on the sole of each foot which when stimulated can send messages along the pathways of the nervous system to all areas of the body and brain.

During a treatment the reflexology practitioner uses a finger and thumb technique to apply pressure to these nerve endings thereby encouraging the circulation and lymphatic systems to transport nutrients more efficiently around the body. The whole area of both feet is manipulated in this way. This is a pleasant, relaxing sensation, but if you feel pain or tenderness in a certain area, that is an indication of a blockage or imbalance in the corresponding organ. The practitioner will pay extra attention to these areas of tenderness in order to release the blocked energy. To complete the treatment the feet are gently massaged to give a general boost.



*Debbie Hingley is a qualified Reflexology Practitioner, a registered member of the British School of Reflexology and has been practising in the Chandler's Ford area since 1995.*

# IMAGE

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## GET AN IMAGE

## The Novice Lacemaker's Tale

By Liz Stainthorpe

The tale begins one Christmas when my husband bought me a Lacemaking kit. I had seen lacemaking at many of the Craft Fairs I've visited over the years and, even though I knit and sew, had decided it needed more patience than I possess. However, now that I was the owner of a very complicated looking set I plunged into the world of bobbins, spangling, (I thought spangles were coloured square sweets I ate as a child), prickings and pillows.

The first step to making lace is choosing a pattern. These can be found in books but are not as readily available as knitting patterns. A copy is made of the pattern either by tracing or photocopying or scanning into a P.C. (I knew I'd find a good use for that

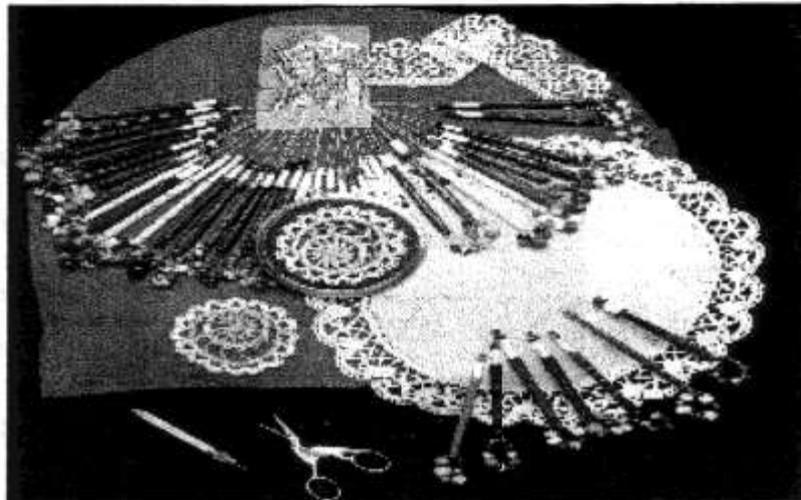
computer). Next I make a pricking with a tool called a pricker, this could be as simple as a needle embedded in a cork. I place my pattern on a cork tile and prick out the holes. The pattern is then placed on the pillow and held in place with pins. The pillow is not as it sounds somewhere to lay your weary head at the end of a hard day, but the base for the actual process of making the lace. The next step is to wind thread onto the bobbins. As in knitting

the thickness and size of the lace depends on the thickness of thread used. Bobbins are made from many different materials including plastic, wood, bone and glass. They come in different shapes and sizes depending often on the type of lace being made. The types of bobbins I use are spangled. This means they have glass beads strung on wire hanging from the end of the bobbin. The beads weigh the bobbin down during the lacemaking process to aid in keeping tension even throughout.

One of the most fascinating aspects of lacemaking for me has been building up my collection of bobbins.

Lace is actually made by suspending the thread from pins in the pricking and making stitches by weaving the bobbins and securing with pins. As with knitting and sewing there are many different stitches to use to get a variety of effects.

This all sounds very complicated and to the beginner can seem very daunting, but as with most things practice makes familiar if not perfect. I have now joined a lacemaking class at Itchen College in Bitterne and am thoroughly enjoying not only learning and improving my "skills" but also meeting other people who enjoy this fascinating hobby. It has also opened up new avenues for obtaining lacemaking equipment, which I found difficult beforehand. I even hope to join the Lacemaking Circle in the near future.



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### TREASURE HUNT

Do you know how many houses there are in Kelmscott Gardens? Or can you find a bus ticket in a hurry? These were some of the problems to be solved at our May Day Treasure Hunt. It was a lovely sunny afternoon and over fifty grandparents, parents and children raced around the streets and woodlands of North Millers Dale, looking for items to collect and clues to solve. Thank you to the Doctors Surgery who kindly displayed a dinosaur in their window for us. Back at the hall, participants received a welcome cup of tea or coffee served with hot cross buns, whilst the children received squash and a bag of sweets. We had three winning teams who scored 35 points out of a possible 36. Well done to the Skilling, the Cunningham and the Humphries families, who all received Easter eggs as prizes.

As we had such a successful and enjoyable afternoon Vic Pidea has offered to organise this event again next year – thank you Vic!



## SUMMER BBQ

This years BBQ will take place in July, starting at Midday on the green in front of the Hiltingbury Farmhouse.  
Events we hope to include are:



And specially for the millennium, a FANCY DRESS COMPETITION for ALL ages. There will be prizes for each of the four age groups: 5 and under, 6-11 years, 12-16 years and over 16's. Start designing your millennium costume now!

The Summer BBQ is the biggest event organised by the NMDCA committee. For the past two years the BBQ has been very successful and we have been blessed with good weather - Hopefully this will be true again this year. The committee needs volunteers to help on the day. If you feel you could spare one or two hours to serve refreshments or help on one of the stalls, please contact Doreen Lewry 80 268562

The Inquizitor Quiz Team, Phil and Bernice Heller will be well known to many of you as we have run quizzes at both Hiltingbury and Thornden School for many years.

Being Millers Dale residents, we have been pleased to present our General Knowledge quizzes on behalf of the North Millers Dale Community Association over the past year. The last quiz that we ran in February was very well attended.

The success of the quizzes, and the success of the NMIDCA has been such that Inquizitor Quizzes intends to run a regular quiz evening during the Autumn and Spring to provide you with an interesting and stimulating night out during the darker evenings.

It is our intention to run these Quiz evenings on one Saturday evening in September, October and November with a break in December, and recommence in January, February and March.

Those of you who know our quizzes will know that they are reasonably competitive, but lighthearted as well. Our quiz evenings include all types of questions and are run on a team basis, so that no one is made to feel small or be made fun of because they do not know an answer,

The objective is to run the quiz to find a team winner on the night. However if there is sufficient interest, we shall keep track of any regular competitors scores to find an overall winner of the three quizzes before Christmas, and a separate competition for the three quizzes to be run over the period January to March.

Teams will be limited to no more than 5 members per team. The numbers of teams will unfortunately have to be restricted because of space constraints in the North Millers Dale Community Centre, and realistically we can accommodate no more than 40 people per evening.

These evenings are part of the overall plan to ensure the Community Hall is used for the benefit and enjoyment of Millers Dale residents, and we hope that you will see this as a regular night out with your friends and neighbours.

Cost will be £2.50 per team member, and as is normal with our quiz nights, you are able to bring your own food and drink to assist the old grey matter to work (or not as the case may be)

Please contact Phil and Bernice Heller on 02380 265407 if you are interested in becoming a regular participant in these quizzes.

Participation will be on a first come and registered basis due to the popularity of the quizzes.

Question: Which TV gameshow host flew the plane, which took the Duke and Duchess of Kent on honeymoon (he was later identified after his death as being the father of Paula Yates.)



## Mobile Library Service

### The Service

Welcome to your mobile library. This vehicle is one of a large fleet of mobile libraries which operates throughout Hampshire. They complement the services we offer in our town and village libraries.

### Membership

Anyone can join the library and it's FREE! All we ask is that adults should provide proof of identity and address and that children's applications are signed by a parent or other adult who will agree to be responsible for all material borrowed.

### Stock

There is a surprisingly wide range of material available on your mobile library. We have books for adults and for

children including the youngest. There are books in large print and talking books. If you cannot find what you want, ask the staff for assistance.

### Borrowing Books

Books are loaned for three or four weeks depending on the timetable of visits. They may be renewed except when requested by another borrower. On some mobile libraries books will be stamped with the date of the next visit instead of the date due.

We do ask that books which are borrowed from the mobile library should be returned to it, in order to keep our records accurate. In exceptional circumstances they may be returned to another library — staff will always be pleased to help you with any difficulties.

### Reserving Books

You can reserve any book or talking book for a fee. We are also happy to take requests for

information on a particular subject.

### Information Services

Hampshire County Library has a very extensive network of reference and information centres, which covers local history resources as well. The staff on your mobile library will be pleased to tell you about the services available in your area. If you are unable to get to one of these centres please tell the staff as they may be able to obtain the information you need.

### Breakdowns and vehicle maintenance

Breakdowns or bad weather may mean the cancellation of your mobile library service at short notice. Should this happen, we will make every effort to let you know.

Suspension of the service for vehicle maintenance will always be advertised as far in advance as possible.

### Mobile routes and information

The local stops made by your mobile library are listed on the back of this leaflet with the telephone number of the library at which it is based.

### Information about Hampshire County Council

Staff will be happy to find out about other services for you, or you can telephone the County Council Information Centre on 01962 870500.

### Mobile14 Route7 2000

N. Millers Dale Hiltonbury Farmhouse 3:30-4:30

On the following dates:

15 May	4 Sept
12 June	18 Sept
26 June	2 Oct
10 July	16 Oct
24 July	30 Oct
7 August	13 Nov
21 August	27 Nov
	11 Dec

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page 2 for details

**THE NEXT FULL EDITION OF THE MILLERS TALE SHOULD BE OUT EARLY IN SEPTEMBER. PLEASE SUBMIT ANY ITEMS FOR INCLUSION TO US BY THE END OF AUGUST.**

# BodySound

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