Aldershot Town FC 2018–19

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Hello dear reader,

Well just WOW what a summer we are experiencing! I do hope everyone is managing to enjoy it whilst it lasts. We all know how important it is to keep ourselves hydrated, but please remember to fill bowls with water for our animal friends, birds, hedgehogs, foxes & the like.

There are many great fetes & carnivals on just now, so do go out & support your local event, they are great fun for all the family. Do not forget if you run a non profit organisation or event, which you would like advertised, do please get in touch with a view to being included free of charge.

Spreading the word to the community is what we are here for! Enjoy the rest of the Summer!

Heather

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Swimming Pool Gardens

You do need a fairly good sized garden for a pool to sit comfortably in the design of your outdoor space but there are lots of smaller options for smaller gardens. The same golden rule applies, whatever the size of your garden, which is that the pool should not dominate the entire garden and when you decide where to put it, you need to leave adequate space for access to the entire pool.

A well-designed pool should be a pleasing enhancement to the garden so there’s no need to hide it away.

Maintenance of your pool is absolutely key not only to your enjoyment of the feature but how it looks within the garden design. There is nothing that looks saddler than a neglected, empty crumbling and forgotten pool. The two most important maintenance requirements are the chemicals and the energy costs of heating the pool.

A swimming pool garden has to give the impression of an effortless, natural composition yet to get to this end result requires careful planning, meticulous attention to detail and most importantly the ability to maintain a garden. This careful maintenance ensures the garden can develop and grow as planned whilst safeguarding it throughout every season and over the many years, decades and even centuries of its life.

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Events

**Beautiful Butterflies and Magnificent Minibeasts**

*Runs until 1 September*

A summer of fun is planned at Haslemere Museum with an exciting array of events to entertain you and your little ones. Don’t miss the family friendly exhibition ‘Beautiful Butterflies and Magnificent Minibeasts’, where you can find out lots of fascinating facts and discover more about these much-loved creatures. There will be plenty of interactive fun too, including touchable cut out models, dressing up, puzzles, a garden trail and much more. The Museum will also be hosting themed family drop in events and workshops throughout the summer including Wonderful Wire Wood Insects on 7 August, and Build a Minibeast Lego Challenge on 30 August. Museum Explorer workshops run on selected dates throughout the summer holidays and themes range from Investigating Insects to Clay Creations and even making your own breakfast cereal! The sessions run from 10.30am – 12pm and are suitable for children ages 5-11 (book in advance). Other summer delights include a Falconry Display on 8 August where you can experience at close quarters, the beauty of these magnificent birds in flight. There will be a Teddy Bears’ Picnic and Mini Fete on 23 August going on throughout the summer holidays, visit www.haslemereguide.co.uk

**Gifted: Uncovering the Stories behind the Collections**

*Runs until 1 September*

Don’t miss this intriguing exhibition, which uncovers the fascinating stories behind the collectors who gifted their wonderful treasures to the Museum. From taxidermy birds to Ancient Egyptian objects, this is a unique opportunity to see rarely displayed artefacts, and learn more about how they became part of the Museum’s rich and diverse collections. To find out more visit, www.haslemereguide.co.uk

**Frank Brangwyn: The Graphic Art of the First World War**

*Runs from 8 to 29 September*

An exhibition containing a selection of poster designs of the First World War by Frank Brangwyn (1867-1956), revealing scenes of life during the war. A Leicestershire Museum Service Touring Exhibition.

**Historic Haslemere High Street Guided Town Walk**

*Sunday 2 September | 2.30pm Suggested | Donation £2.50 to the Museum | No need to book*

Discover more about Sicklemill, Shottermill and Wey Hill on this guided town walk with local historian Tim Winter. Approximately 2 miles and includes a steep footbridge and hill. To find out more visit, www.haslemereguide.co.uk

**Heritage Open Days**

*Saturday 8 September | 2.00pm - 4.00pm | Free Entry | No need to book | Tea Room open*

To celebrate Heritage Open Days and the Museum’s 130th Anniversary, go along and enjoy a special trail and children’s activities. Visit the Tea Room for tea and cake too!

**Tea and Talk: The Discovery of New to Science Minerals**

*Tuesday 18 September | 2.30pm | Members FREE | Non Members £3 | Includes tea and biscuits | No need to book*

Looking for something different to do? Then why not go along and enjoy the Museum’s informal talks for adults with tea and biscuits. Join John Beterton as he gives a short historical account of his discovery of two new to science minerals from Cornwall.

**Creative Wellbeing Workshops - Autumn Beauty**

*Tuesday 25 September | 2.30pm-4.30pm or 7.00pm-9.00pm | Members £5 | Non Members £8 | Book in Advance*

Want to learn something new and create your very own artwork? Then why not go along to the Museum and enjoy a creative wellbeing workshop. Facilitated by professional local artist Diana Burch, the workshops focus on wellbeing and are a fun way to take some time out of your busy day to day life. Taking inspiration from the natural world both in the Museum’s collections and all around us, use natural materials to create wonderful artwork.

**130th Anniversary Talk - Museum Patron Jeremy Hunt**

*Friday 28 September | 7.00pm | Members £10 | Non Members £12 | Includes welcome drink | Book in Advance*

Join Museum patron Right Honourable Jeremy Hunt as he gives a talk for the Museum’s 130th anniversary celebrations.

Contact Heather at thehaslemereguide@gmail.com www.haslemereguide.co.uk
Anxiety
Richard Morley, Psychotherapist

The world around us is changing at ever increasing speeds. Jobs, Brexit, relationships, social media, weather patterns, news reporting. This provides opportunities but is also a key component in the relentless rise of anxiety worldwide.

Often though, stress is caused – not by these external events, but by our own perceptions – the need to be perfect, belief in our own vulnerabilities, unrealistic expectations, which we cannot possibly attain.

Most people’s anxiety has two main components. 1. Overestimating the risks we face. 2. Underestimating our abilities to manage these risks. In reality, if a situation does arise, we deal with it. The anticipation is often far worse than the actuality.

Learning how to better assess and manage risk goes a long way to reducing anxiety. Beginning to trust in our own ability to do this allows us to face an uncertain world more confidently.

Lewis Hamilton doesn’t know what he might face during a Grand Prix, yet he trusts himself to deal with whatever comes up.

A client, Julian, was so nervous about the unpredictability of driving on the M3 that he avoided it completely – which fueled his fear. Avoidance always does. In hypnosis he was taught how to feel calm and trust his own ability to handle any difficulties that might arise. He now regularly drives on the M3.

Many clients are anxious about public speaking yet go on to enjoy making that wedding speech.

Trusting oneself to handle change, relationships, new jobs, travel, involves learning new skills. We can all do this. You can too.

Richard Morley is an established clinical hypnotherapist and EMDR practitioner. He is a tutor at the London College of Clinical Hypnosis and a full member of the British Society of Clinical Hypnosis. He is one of only a few certificated Neuro Linguistic Programming (NLP) and Health Practitioners in the UK, and a master practitioner and trainer of NLP. He is a certified practitioner of Applied Neuroscience and a practitioner for the National Smoking Cessation Institute. He has helped thousands of people change their lives for the better.

Sessions with Richard can be booked through reception at Castle Street Clinic Guildford on 01483 300400, at Stricklands Dental Fitness Centre, Haslemere on 01428 654923, at Healthflex, Haslemere on 01428 642577 or direct with him on 0845 6066089. His website is at www.hypnonlp.co.uk.
Grayshott Folk Club
August/September Events

Grayshott Folk Club presents: THE CHURCHFITTERS + Ellie Fountain

Friday 31st August 2018 @ 7.30pm
At: Grayshott Village Hall, Headley Road, Grayshott, Nr. HINDHEAD, Surrey GU26 6TZ

Our old favourites The Churchfitters, will be stopping off at Grayshott as they travel from their adopted base in Brittany, France, to play at Mike Harding’s Folk Weekend Gathering, in Settle, Yorkshire. This time around, The Churchfitters will be performing their Summer Show for us—their last two visits were to perform their “Christmas Cracker”.

Rosie Short is a multi-instrumentalist (Flute, Saxophone, Banjo, Percussion, etc.) with a warm and mellow voice (think Annie Lennox in full flow). She owns any stage she is on and is one of the most relaxed and assured performers anywhere.

Chris Short is Rosie’s brother and he is a feverishly-fast Fiddle player, who also plays Mandolin and a Musical Saw (that’s Saw, as in slicing up bits of Wood).......He also sings great backing vocals.

Then we have Boris—the French Connection. Part Bass player, part crackpot, Boris Lebret invents and makes musical instruments out of scrap metal. Witness him playing his Hubcap Bass and his Tin Pot Bouzouki. You never know what he’ll come up with next and you simply can’t take your eyes off him. The fourth and newest member of the band is Margaux Scherer, who grew up in the Juras region of France, where she first saw The Churchfitters play aged just nine years old. Little did she know that 16 years later, she would be bundled into the back of their van, never to be released. She has only herself to blame as her exquisite drumming is second to none in France and too good to resist.

Together, The Churchfitters create a high energy show that always leaves audiences cheering and that’s why we keep inviting them back to Grayshott.

Hope & Social are a big variety band with their own Horn section. They are the band who created the biggest impact and produced the most positive feedback from our audience last season when they played for us on 13th October 2017. This 8-piece from Leeds are on a mission to make the World a better place and to solve all our problems by playing music. Their gigs are a life experience as well as a musical event and unlike most bands, they don’t set themselves apart from the audience but instead encourage their audiences to get involved in their gigs in as many ways as possible. Indeed, for some of the time they are the audience.....Hope & Social are terrific musicians; energetic and full of passion for what they do. They also embrace a whole range of styles in what they play; Rock, Pop, Big Band and maybe even a little Folk...... Their favourite quote is: “Hope and Social, it doesn’t even really matter if you like their music, you’ll just leave happier than when you arrived”.

Originaly from Fleet in Hampshire, Martha has wowed our audiences several times before. She is a great singer/songwriter/guitarist with great prospects. Martha supported Hope & Social when they played for us last October. Our audience enjoyed listening to her and the band were also mightily impressed. It seemed rude not to ask her back!

Contact Heather at thehaslemereguide@gmail.com

Grayshott Folk Club - “keeping it live and keeping it local”
www.grayshott.com/folk  www.grayshottfolkclub.co.uk
After an executor was found personally liable for an Inheritance Tax bill in excess of £300,000

Christine Hanson asks ‘Who would be an Executor’?

Role of the Executor

The role of Executor is defined as the person named in a will to distribute a deceased person’s property. Payment of debts and expenses will need to be settled once Probate has been granted before any monies are distributed to beneficiaries. It can involve a huge amount of time, work and responsibility so it is always sensible to give the matter a lot of thought before you agree to undertake the role.

What is Probate?

When we talk about ‘probate’ we usually mean the legal and financial process involved in dealing with the assets (property, money and possessions) of a person who has died. This requires the assets to be collated and valued, debts to be paid, including taxes such as Inheritance Tax, and finally distributing the estate to the beneficiaries. It can be a lengthy process involving several stages.

The role of an Executor should not be underestimated. Executors are accountable to the beneficiaries of the estate for their actions whilst dealing with the assets and can be held personally and financially responsible for a loss suffered by the estate. It can be an extremely onerous role. The recent case of Harris v HMRC [2018] TC06448 has highlighted the importance of Executors and Administrators (those appointed where there is no will) with the necessary guidance and support to perform their role correctly and efficiently and hopefully also reduce the stresses involved.

If you would like further advice about acting as an Executor, or Probate then please contact Christine Hanson at Couchman Hanson Solicitors on 01428 71189

Christine Hanson
Couchman Hanson Solicitors
Chiltee Manor, Haslemere Road, Liphook GU30 7AZ
christine@couchmanhanson.co.uk
www.couchmanhanson.co.uk
01428 722189
Haslemere Happenings
Summer 2018

Welcome to the latest edition of Haslemere Town Council’s newsletter. I do hope that you find it useful and informative. If you have any feedback or would like an item covered in a future edition please contact me using the contact details above.

Lisa O’Sullivan
Town Clerk

Haslemere’s New Mayor

Councillor David Round joined the Town Council in May 2015 to represent Haslemere North & Grayswood ward, has been elected Town Mayor to serve for the year 2018/19. David first moved to Haslemere in 1972 working mainly in the City designing and implementing investment management systems before retiring in 2004. David is married to Melanie Odell herself a former town mayor.

David as well as being a Town and Borough councillor is a volunteer for other local activities, including the Haslemere Health Group and Sport Haslemere. His hobbies are photography, classical music, travelling and recently the ever-absorbing subject of parking in Haslemere. His chosen charities for his mayoral year are the Autism Horizon Project at the Haslemere Museum and the Haslemere Penny Ha’penny Trust.

Inspector Donaldson Day

On the last Sunday in July, a group of people gather around the Haslemere Town Hall to remember police Inspector Donaldson who was murdered in the execution of his duty in Haslemere in July 1855. This short commemoration service was instigated by Mr Jeff Harwood of Godalming in Surrey who has successfully and the accompanying walks for all ages and abilities. This year the programme of walks will take place from Friday 28th September to Sunday 30th September and whether you are a serious rambler or a gentle amble, it really does offer something for everyone. All walks are free to attend and are led by knowledgeable walk leaders to guide people along the route with some designed for families. Booking for all walks is available is essential and number are limited so early booking is recommended to avoid disappointment. More information, including the details of all the walks is available from www.haslemere.com/vic/events

The Hunter Centre

at the Marjorie Gray Hall [supported by the Town Council]

The Hunter Centre was established in 2017 and is a charity established to support those living with dementia in Haslemere and the surrounding areas. No county boundaries exist and everyone is welcome who feels they could benefit from being in a small friendly community which understands the problems associated with dementia. The day care facility operates from 10am until 4pm from The Marjorie Gray Hall, Graywood Road, Haslemere GU27 2BW and initially was opened on Monday, Wednesday and Friday but due to its great success on 5th April 2018 the opening was extended to include Thursdays.

If you would like to attend or be involved with the centre in any way, please contact manager@thehuntercentre.co.uk for more information.

Haslemere Penny Ha’Penny Trust

This charity is for Haslemere and the surrounding villages only and is the initiative of Haslemere Town Council. Grants are available to any local community group on a matched funding basis so if you are part of an organisation that requires funding please go to www.thehpht.org.uk for information and an application form. In the past year, a total of £5,770 has been awarded.

Haslemere Walking Festival

Haslemere is proud to be hosting its fourth Walking Festival and will once again be offering a collection of varied and rewarding walks for all ages and abilities. This year the programme of walks will take place from Friday 28th September to Sunday 30th September and whether you are a serious rambler or a gentle amble, it really does offer something for everyone.

WWI Commemorations

In 2017 the Council provided a grant towards the replacement of the flag pole at St Christopher’s Church, Wey Hill and will be supporting other community events to mark the 100 year anniversary of the end of the Great War. The Town Council is also refurbishing the war memorials within its boundaries and has a project in hand to remember individually each Haslemere serviceman whose name is recorded on the war memorials. A commemorative bench is to be installed at the Haslemere War Memorial Recreation Ground just off Scotland’s Lane.

Amenity Space

In 2017, Haslemere Town Council took over the maintenance of key open spaces within the town from Waverley Borough Council for a trial period of 12 months as it was considered that they could be maintained to a higher standard by the Town Council at no additional costs to our residents. This was very successful and the Town Council received many positive comments from the community and the agreement as been extended for a further year. The green areas concerned are St Christopher’s Green, Town Meadow, land adjacent to Weydown Road car park and Clements Corner. The Town Council are regularly reviewing with Waverley Borough Council if there are other areas of amenity space which could be better maintained by the Town Council.

Council Meetings

Members of the public are always welcome to attend Council meetings. Look out for Agendas posted on the Town noticeboards and on the Town Council’s website. All meetings are held in the Council Chamber in the Town Hall. Forthcoming meetings are as follows:

- Thursday 16th August, 7pm – Planning & Highways
- Thursday 23rd August, 7pm – Amenities
- Thursday 6th September, 7pm – Grants
- Thursday 13th September, 7pm – Planning & Highways
- Thursday 27th September, 7pm – Full Council

Haslemere Town Council Councillors 2017-2019

All can be contacted through the Town Hall (01428 654305) or at email addresses below. Their details can also be found at www.haslemereetc.org/councillors.

Crichmehere Ward

Penny Bradley penny Bradley@haslemereetc.org
Ged Hall ged.hall@haslemereetc.org
Libby Piper libby.piper@haslemereetc.org

Haslemere South Ward

Sahran Abeyesundara sahran.abeyesundara@haslemereetc.org
Nikki Barton nikki.barton@haslemereetc.org
Nicholas Rodgers nicholas.rogers@haslemereetc.org

Haslemere North & Grayswood Ward

Melanie Odell melanie.odell@haslemereetc.org
Liindz Peel liindz.peel@haslemereetc.org
David Round david.round@haslemereetc.org

Hindhead Ward

Jean Arrick jean.arrick@haslemereetc.org
Malcolm Carter malcolm.carter@haslemereetc.org
Brigitte Hewett brigitte.hewett@haslemereetc.org
Michael Dover michael.dover@haslemereetc.org
Alex Ford alex.ford@haslemereetc.org

Shottermill Ward

Pat Blades pat.blades@haslemereetc.org
Jim Edwards jim.edwards@haslemereetc.org
William King william.king@haslemereetc.org

Haslemere Town Council, High Street, Haslemere GU27 2HG
For further information contact Lisa O’Sullivan, Town Clerk
Town clerk@haslemereetc.org 01428 654305 www.haslemereetc.org
Office hours: Monday, Wednesday, Friday, 10.00am-3.00 pm
The Haslemere Beer Festival
7th – 8th September

Returning for its twelfth year on Friday 7th and Saturday 8th September, Haslemere Beer Festival celebrates Real Ale, Cider & Perry and this year has a Gin Bar at the Saturday sessions chucked in for good measure! The Festival is very popular, people come from across the South East and beyond to the great venue, Haslemere Hall in Bridge Road close to Haslemere Station.

Over 50 great real ales, ciders, and perries, a wide range of live music and delicious local food have proved a winning formula that pulls in the crowds, many sessions have sold out in the past. Several breweries have used the festival to launch new beers and it’s hoped this will be the case again this year.

We are excited to be including a Gin Bar exclusively for our Saturday sessions featuring local producers from Surrey, Hampshire and West Sussex where possible.

Friday evening from 7pm to 11pm features a selection of great local bands. Saturday lunchtime between midday and 4pm has a more laid-back atmosphere and Saturday evening concentrates on music to dance to and has a great party atmosphere!

The festival is again very fortunate to have the support of many local businesses with principal sponsors this year including Met Therm Windows. More sponsors are welcome with packages available to suit every budget.

The beer festival supports local charities and this year the main one is The Prostate Project. Charities that have been supported in previous years include Action for A-T, Haslemere Hall, SERV, Round Table Children’s Wish and Juvenile Diabetes Research Foundation, JDRF and The Prostate Project.

We also support community projects and this year are assisting Haslemere Community Rugby Club with their new player recruitment initiative.

Simon Labrow, one of the organisers said “I’m delighted that we are celebrating our twelfth year an amazing achievement having grown from an initial mad idea between a couple of friends! We have always specialised in beers from Surrey, Sussex and Hampshire and some specials from further afield. This years’ list of beers is the best ever, our cellar man Jay Seldon has really excelled himself! I am also excited we are including a Gin Bar for the Saturday sessions. The festival looks to support local brewers, create a great atmosphere which brings the local community together and to raise money for charity.”

Limited numbers of tickets are available and some sessions sell out in advance so buy them now from Haslemere Hall Box Office in Bridge Road, by phone on 01428 642161 or via the website www.haslemerehall.co.uk.

More information can be found at www.haslemerebeerfestival.co.uk or via Facebook or Twitter @HaslemereBeer or contact us by emailing simon@haslemerebeerfestival.co.uk.

01428 642161 info@haslemerebeerfestival.co.uk

Downsize your dish

Smaller plates may be a key to weight loss. Several years ago, a food psychologist called Brian Wasink gathered a group of 85 food and nutrition experts. He gave each of them a small bowl or a large bowl and a small scoop or a large scoop. Then he asked them all to serve themselves a ‘portion’ of ice cream. Now these were people who knew about nutrition, yet they scooped 31% more than the average serving size into the large bowl and 15% more from the large scoop.

Studies at the University of Pennsylvania conducted similar experiments hypothesising that giving student subjects a smaller scoop would mean they would take more than one, but most of the students took only one scoop regardless of size.

So, what can those of us who want to shed a few pounds take from this? Swap your 10 inch / 25cm dinner plate for an 8 inch / 20 cm one and put fattening foods like gravy or salad dressings into small bowls with small spoons. Put salad stuff and vegetables in a big bowl with a large serving spoon and then tuck in.

Downsize with science!
Play sport to be fit or, be fit to play sport?
Tel: 01428 642577    Email: enquiries@healthflex.co.uk

An interesting question which you might ask yourself, particularly if you suddenly get drafted into the works football/netball team and then subsequently find yourself in one of our medical establishments being told something that is painfully obvious in more ways than one.

Martin Dyer, physiotherapist from Healthflex Haslemere says: “There are several ways for people to train for their particular sport not only to prevent injury but also to enhance their performance/enjoyment. They need to make sure that their body has training that is specifically related to their particular sport. It may not require hours sweating away in the local den of lycra and bulging biceps but possibly 10-15 minutes of specific exercising at home.”

One of the first things to try and do is analyse your particular sport – does it require good balance and/or posture? Does it require short bursts of speed? Do you need to keep going for long periods with little rest? Do you need to concentrate? Or do you need combinations of the above. Once you know the particular demands of your sport, you can then plan your training around them. Sometimes this is a difficult exercise and you are best speaking to somebody with expertise in that particular discipline.

The important thing to remember is that probably the worst thing you can do to your body is to sit in an office all week and then pitch up and go for it without any preparation. You must be fit to play your sport and not the other way around. Once fit, your activity will retain and improve your fitness and then you only have to worry about the others! A knee to the groin hurts, fit or not.

Martin’s particular areas of interest lie in golf and tennis. All golfers know that in order to play better, they need to probably hit the ball a bit further and consistently a bit straighter. They will go to great lengths and expense buying equipment which reputedly can help them do this. Yet they ignore possibly the most important bit of equipment, themselves! You can train your body to be fitter for golf, to maintain better posture during the swing. Martin also mentions that he works in close liaison with local golf professionals. “Whilst I can help an individual with the above factors, they will also benefit from having technical input at the same time from their local pro. Whilst I have a working knowledge of golf, it is not my area of expertise and best left to those who know,” says Martin. Martin has also been a physiotherapist attending the players at Wimbledon Tennis Championships for the past 20 years and went on to say: “With regard to tennis the same things apply as they do to golf, you need to train your body to be sport specific if you want to perform at your best.”

Martin can be contacted at Healthflex Haslemere. If you would like more information on any of the above services provided at Healthflex or, would like to make an appointment, please call them on 01428 642577 or visit them at: www.healthflex.co.uk

You can also follow Healthflex on Facebook and Twitter.
English Perfected

English Perfected is an independent language school in Liphook that welcomes teenagers from across Europe who want to improve their English. Our students stay with an English host family for 2 weeks and attend lessons in Liphook three mornings per week. The rest of the time they participate in family life and enjoy get-togethers with other students and host families.

Students from different countries forge friendships and speak to each other in English. They make dramatic progress while having a lovely holiday. It is a formula that really works and the bulk of our students come back year after year to stay with the same family.

Our success relies on the commitment of our lovely host families who have a genuine interest in the well-being of our students and provide a caring and comfortable environment for the duration of their stay. Host families tell us that it is a hugely rewarding experience and they maintain regular contact with their students after they go home.

If this is something you might like to do, please call Philippa for a chat on 07713 107366 or email philippa@englishperfected.co.uk

"Hosting has been an amazing experience for me and my family. We have become friends with two families: one in Vienna and one in Lille and have been out to visit them both. My children have really enjoyed having other children to play with in the holidays and have learned a lot about other cultures. I can thoroughly recommend it!!"

WANTED

Lovely families in the local area to host European students aged (12-16) during holidays

£330 per student per week
Contact Philippa for more details
M: 07713 107366
E: philippa@englishperfected.co.uk

YOUR ADVERT HERE
From £20 + VAT
Contact Heather on thehaslemereguide@gmail.com

Haslemere U3A Events

Monday 3rd September 2018, 1.30 - 3.30 pm at Haslemere Hall
ENROLMENT DAY
This is when old and new Members choose and sign up for the U3A Groups, for the coming year. These cover a wide variety of subjects, with no exams, and not all the Groups are academic. They include ukulele players, dancers, petanque, rambling, pilates, lunch groups and wine appreciation. New Groups will include Computing, Greek and a weekly two-hour Art Class on Thursday mornings, led by Gina from Grayswood, an inspiring and popular art teacher with almost 30 years experience, designed for both beginners and improvers and using a wide variety of mediums – unusually for the U3A, this class will involve a fee of £15 per session, payable termly in advance. Membership enquiries to Clare Fripp on 01428 643561 or email membership1@haslemere-u3a.org.uk.

Find more information on exciting activities for retirees at www.haslemere-u3a.org.uk.

Potato Salad
Makes: 4 Preparation: 15 mins Cooking time: 15 mins plus cooling time

A beautiful version of this classic dish

Method
Boil the potatoes in salted water for 15-20 minutes until tender.

While the potatoes are boiling place the Dijon mustard and the red wine vinegar into a bowl and whisk them together, then whisk in the oils.

When the potatoes are cooked cut the smaller ones in half and the larger ones into quarters. Pour over the dressing, mix well and leave to cool.

Mix the remaining ingredients with the mayonnaise but reserve a few of the herbs for garnish.

When the potatoes are cool, drain off any surplus vinegar dressing then toss them in the mayonnaise.

Serve garnished with the reserved herbs.

Ingredients:

- 600g waxy potatoes
- 1/2 tsp Dijon mustard
- 1 tbsp red wine vinegar
- 2 tbsp vegetable oil
- 1 tbsp extra virgin olive oil
- 115g good quality mayonnaise
- 1 tsp wholegrain mustard
- 3 spring onions - sliced thinly
- Small bunch chives - finely chopped
- Small bunch mint - finely chopped
A child’s development and learning can be hindered by undiagnosed or uncorrected sight defects, so early and regular eye examinations are essential to give them the best chance of succeeding in their education.

Rapid visual development takes place between birth and 3-4 years of age. Many visual defects such as long-sight (hyperopia), short-sight (myopia), a turning eye (strabismus) or a rugby ball-shaped eye (astigmatism) can be inherited.

Most visual problems are treated better if they are diagnosed early on. It’s not necessary to wait until a child can read the letters on a conventional chart before taking them for an eye examination. Special picture charts and tests can be used and it’s quite possible to take certain measurements without any interaction from the child at all.

Doctors, health visitors and some school nurses will carry out rudimentary vision checks, but only an optometrist will be able to provide a comprehensive accurate assessment.

Here are some signs to look out for but it’s important to say that some children show no signs of anything being wrong at all, yet they may still have a serious underlying vision defect.

- Frequent eye rubbing
- Dark circles under the eyes
- Obvious discomfort in bright sunshine
- Watery eyes
- One eye larger than the other
- One or both eyes turning inwards or outwards, even if it’s only sometimes
- A white pupil visible in family photos, particularly where flash has been used
- Holding books very close
- Aversion to reading
- Sitting right next to the TV
- Red-rimmed eyes, or sore-looking eyelids
- Excessive blinking
- Short attention span for close-up tasks
- Poor eye-hand co-ordination

It might sound obvious but choose an optometrist who likes children (not all of them do!) and who puts them at ease. When you go into the practice there should be children’s books or possibly a toy or two available to keep them occupied while they wait. A child-friendly optometrist will understand if your toddler wants to run around the room periodically or alternatively doesn’t want to engage at all. If your child has special needs such as autism or anxiety and needs to visit the practice to see the room and meet the staff before attending for an appointment this should be an option. Choose someone you feel comfortable with and your child will probably feel comfortable too.

Your child’s sight is precious. Book and eye examination today.
The thing which put me off acquiring a puppy, despite the wide-blue pleading eyes of my daughter, was the thought of housetraining. I’d stumbled through toilet-training my three toddlers and frankly the experience broke me, so I did not relish the thought of starting again with the equivalent of a four-legged toddler!

But eventually those wide blue eyes worked their magic and Frodo the insanely cute Cockerpoo joined our family. If I’d known how much easier housetraining a puppy is compared with housetraining a small human I would now be running a dog shelter rather than a bed, breakfast and chauffeur service for preteens. Puppies are primed to please, unlike toddlers!

Housetraining is all about the three ‘Rs’: Routine, Relief, Reward. But first you must accept that pooing and peeing is normal dog behaviour. Don’t ever punish a pup for peeing or pooing in the wrong place, that will just teach him that you are not to be trusted and to be more creative in his hiding place next time he has to go! It’s up to you to teach him where you want him to answer his calls of nature.

Dogs are more likely to want to relieve themselves at certain times: after sleeping, eating or playing generally, so routinely take the puppy into the garden after each of these activities and wait until he pees or poos. As soon as he finishes give him a little treat. The important thing is to stay with your puppy until he’s relieved himself, so you know he’s done his business and can praise him and give him a treat at the right time.

Dogs have their own ‘behavioural language’ that signify they might need the toilet, such as sniffing at the door, circling or staring at you. If you find it difficult to read the clues and he makes a mistake, don’t punish, just be more vigilant next time or simply set an alarm and let him out every hour or so, rewarding appropriate toilet behaviour.

Night time is the most difficult time and requires the most work. For the first few nights you’ll probably have to get up and let him out a couple of times. Say bed him down at 10pm, then let him out at 1am and 4am, getting up at 7am...obviously alter the times to suit you. Once he’s got the hang of it, drop one of the night time trips, then as his bladder control improves drop the other one.

Frodo housetrained within a fortnight and was night trained in roughly the same amount of time though we had one or two little accidents during that period. Friends have suggested their dogs were housetrained in shorter or longer periods so clearly there is a variation of ‘normal’.

Good luck.
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