

Two men in a boat aim to make splash in the rowing world Duo set to take on mighty Atlantic

THERE'S now a less than 12 months to go until two family men take on one of the world's toughest challenges to raise £250,000 for Breakthrough Breast Cancer.

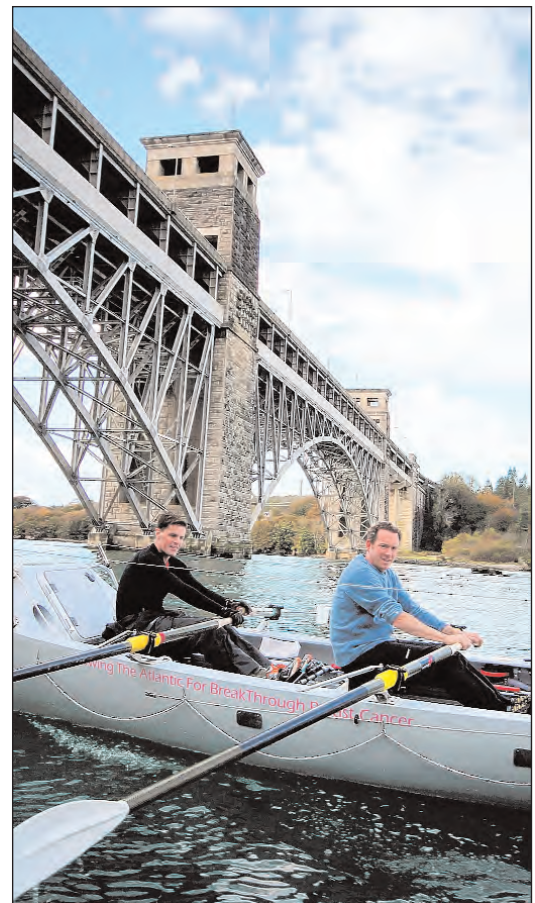
In May 2012 investment manager Nick Rees, from Rowledge, and Ed Curtis announced their long-busting challenge to row across the Atlantic, unaided, in order to raise money and awareness for this pioneering charity following Nick's wife's diagnosis of breast cancer at the age of just 33.

The Talisker Whisky Atlantic Challenge departs on December 2, 2013, and thoughts are already turning to the stark contrast between the comforts of this Christmas versus Christmas 2013 when Nick and Ed will be alone, mid Atlantic, in a 24-foot rowing boat.

Between now and then Nick and Ed will each have to:

- Get up at 6am 260 times.
- Spend 150 hours in the gym.
- Accumulate 60-plus more hours on their Atlantic rowing boat.
- Put on more than seven kilos in weight.
- Plan more than 20 charity fundraising events.

Nick Rees, 36, said: "There is still a lot of work to do over the next 12 months but we've already achieved so much. We've bought a great boat, in fact the boat that won the 2011/12 race, raised more than £19,900 for Breakthrough Breast



Nick Rees and Ed Curtis on a training row.

recently spent three days on the boat in the Menai Strait where we're confident in our ability and the boat.

"We now need to hone our preparation and juggle our two biggest projects - raising as much as possible for Breakthrough Breast Cancer, and attracting sponsors (both big and

small) to help us really deliver a 'breakthrough' in the fight against breast cancer which affects one in eight women at some stage of their lives."

To find out more about Ed and Nick's challenge visit www.breakthroughatlantic.com. To donate £10 text 'ROWASS £10' to 70070.

• I'll do another two gym sessions during the working week, always at 7.30am - I haven't got any energy in the evenings. Both will be focused on core strength and bulking up. On Thursdays I receive a one-hour 'baasting' from my personal trainer, Paul. I need his motivation and will often do circuit training with him as it's harder to do this alone.

• By 8.30am I'm at my desk and eating breakfast - typically a big bowl of porridge or cereal, followed by a high protein shake around 10am. I need to bulk up over the next 12 months from my current 80kgs (12 and a half stone) as I'm likely to lose 20 per cent of my bodyweight during the row.

• The working day is devoted to my job at Absolute Return Partners. We are a small company and my role is varied. I have overall responsibility for business development but I also sit on the company's management and investment committees. I'm typically talking to institutional clients, marketing our products and services as well as managing the business day to day. Priorities vary depending on time of year or the latest 'highest priority'.

• I try to be done by 6pm and dash home to see my kids (Alice, six and Thomas, four) before they go to bed. If the traffic's not too bad we'll read a story together before lights out. Then it's downstairs to catch up with my wife, Ellen, over supper before turning

attention to our rowing project. This really encompasses two aspects (1) planning fundraising events for Breakthrough Breast Cancer over the next 12 months and (2) organising meetings with potential corporate sponsors and contacts who are interested in the rowing project (we need £75,000 to get to the start line in addition to our charity fundraising).

• Weekends are family time devoted to getting the kids active outdoors, walking our dog, keeping up with friends and family - and roping them all into the Breakthrough Atlantic team!

Nick Rees and Ed Curtis leave La Gomera in the Canary Islands on December 2, 2013, and aim to arrive in English Harbour, Antigua, by the end of January 2014. During the journey they will travel in a 24-foot rowing boat, unaided, rowing in shifts of two hours on, two hours off, 24 hours a day.

• For more information or to donate to their cause, Breakthrough Breast Cancer, visit the website www.breakthroughatlantic.com.

Ex-Herald reporter mixes with the rich and famous

IN this article, originally written for The Farnhamian, former Farnham Herald reporter MICHAEL PRENTICE tells of meetings with famous people that stick out most in his memory.

Prentice, an Old Boy of Farnham Grammar School, worked as an apprentice journalist at The Herald from 1954 to 1958, learning from legendary Herald news editor LT Pope.

At one time Prentice covered Aldershot Football Club in friendly competition with Guy Bellamy, also an Old Boy of the grammar school, who worked for the Surrey & Hants News.

Later he travelled the world as a foreign correspondent for Reuters, covering the Nixon White House and Middle East peace efforts among many things.

Then he settled in the Canadian capital of Ottawa, where he worked for two years for the Ottawa Journal and 24 years for the Ottawa Citizen. He still lives in Ottawa, writing occasional freelance articles for Ottawas publications.



Michael Prentice

HAROLD LARWOOD: BODYLINE HERO

I met the great English cricketer twice when I visited Australia on holidays to watch England play cricket. Fifty five years before my first trip Down Under, Larwood destroyed Australia in the Bodyline Test series of 1932-33. Afterwards he surprisingly retired to the country where the cricket establishment had considered his lethal bowling to be unfair.

I knew Larwood lived in Sydney, and there was only one 'Larwood H' in the phone book.

"There's someone to see you, Harold," his wife called out to him after I rang the doorbell of the couple's modest bungalow. This was in 1988, and Larwood was in his mid-80s.

He invited me to sit on a sofa, and proudly said that was where Len Hutton and Fred Trueman sat when the two great Yorkshire cricketers had visited him while on tour with England years earlier.

I was just there as a lifelong cricket fan, awed to be in the presence of the great man, and I didn't mention Bodyline. I asked him about the time he was out, caught, when two short of a century against Australia at the Sydney

Cricket Ground. "Silly shot," he replied.

While we chatted, his wife interrupted to say the Australian Cricket Board was on the phone, inviting Larwood to a big dinner celebrating Australia's 200th birthday.

"Tell them, sorry, but the answer's no," Larwood said, seemingly without giving it any thought. I sensed he was too shy to go.

The second time I called at Larwood's home was in 1992, three years before he died aged 90. It was the morning of the day England defeated South Africa in a World Cup semi-final at the Sydney Cricket Ground, a short bus ride from Larwood's home.

This time Larwood answered the door, and came outside to chat. On the spur of the moment I invited him to accompany me to the game later that day. "No, people would recognise me," he said. "No, they won't," I replied in my usual argumentative way. Then he said: "Anyway, I couldn't see because I'm nearly blind." I could not argue with that, and headed off alone to the match. But what a story it would have been if Harold Larwood had come with me.

MUHAMMAD ALI: THE GREATEST

It was my most fabulous assignment, covering the 'Rumble in the Jungle', the world heavyweight boxing title fight between Muhammad Ali and George Foreman in 1974 in the heart of Africa, the former Belgian Congo.

I sat in the front row at ringside, and was on the phone for three hours in a single call to the Reuters bureau in New York. Goodness knows how much the phone call cost, but it was probably at least a thousand pounds.

During those three hours I dictated pre-fight 'colour', round-by-round commentary, and wrap-up stories and interviews after Ali ran Foreman ragged and knocked out the fearsome champ in the eighth round to recapture the heavyweight title. (I had back-up - another Reuters correspondent was there to do the post-fight dressing-room interviews while I was dictating how Ali had stunned the boxing world.)

I got the assignment because I could write about boxing and spoke French (which was widely used in this part of Africa).

For two weeks before the fight,

we of the world's press hobnobbed with entourage of the two fighters. Angelo Dundee, Ali's manager, bought me oysters at dinner one night - fresh oysters in the middle of Africa!

My fondest memory is of the interview I had with Ali in the departure lounge of the Kinshasa airport a few hours after the fight. I was one of only two reporters there, the other being a radio reporter for an American news agency, who kindly gave me the tape of my interview.

Ali was thoughtful and quiet-spoken as he answered my questions about his future plans.

But then I asked him about complaints from his opponent's camp that the referee had counted Foreman out too quickly. Ali was - or pretended to be - indignant.

He said if Foreman had risen before the count of 10, he (Ali) would have knocked him down again. And then Ali launched into his 'I-am-the-Greatest' routine, with me as his willing sidekick, enthusiastically agreeing with him.

He put on a show just for me, which was almost as good as it would have been if I'd persuaded Harold Larwood to accompany me to the Sydney Cricket Ground.

THE QUEEN, AND THE SPORT OF KINGS

Plenty of people meet the Queen. But I doubt many people get such candour from her as I did.

The occasion was a state visit to Canada in 1977. On such visits, the Queen gives a cocktail party for journalists covering the tour. I had recently emigrated to Canada and was covering the visit for the Ottawa Journal, where I worked for two years.

Chris Cobb, my Manchester-born friend, was also covering the tour for the Journal. Together we edged our way up to the Queen, and engaged her in conversation.

The Queen seemed to recognise, and be comfortable with, Cobb's strong Manchester accent. We got on famously with small talk. Then I remembered that one of the Queen's treasured race horses had been narrowly beaten in Europe's big horse race, the Prix de l'Arc de Triomphe in Paris. That set her off, and she went on at length about how unlucky the horse had been not to win.

Eventually, security men gently nudged Chris and me in the back, urging us to move aside so others could have a word with the Queen.

The ground rule of such events was (and I believe still is) that reporters don't report what the Queen tells them. But, as we left the cocktail party, we considered headlines for a story that I never wrote - until now.

We decided ours would be: **QUEEN CLAIMS SHE WAS ROBBED IN PARIS.**

'KARSH OF OTTAWA'

He was probably the best known portrait photographer in history, and his most famous photo was a shot of Winston Churchill in defiant mood on a visit to Ottawa during World War II. Professionally, he did not use his first name. He was just 'Karsh of Ottawa'. Karsh was born in Armenia, but Ottawa was his adopted home and where he lived much of his life.

I met him in 1977, soon after I moved to Ottawa, while researching a lifestyles article on people and their pets. It turned out that Karsh's beloved pet dog had died a few years earlier, and he and his wife had felt too devastated to replace the animal.

Karsh asked if he could be in the story anyway, so he could talk about how much his dead pet meant to him. Of course I agreed. He was a lovely, gentle man, who greeted me warmly every time we met.

Karsh gave me a major scoop. Towards the end of his life he invited me to fly from Ottawa to Boston, where he was then living, for what he said would be his final interview.

About the same time, he turned down an interview request from the highly-rated CBS 60 Minutes TV program in the United States. He wanted his last interview to be with a newspaper in his beloved Ottawa, he explained.

After the interview, Karsh - together with his wife and his assistant - took me for a lunch of lobster salad in one of Boston's poshest hotels. I had just one regret: For some reason Karsh would not allow me to record our interview. My note-taking is awful, and I felt my interview did not do him justice. But Karsh seemed to like it anyway. Or he was too much of a gentleman to say otherwise. He died in 2002, aged 93.

A LIFE IN THE DAY

• SIX am, the alarm rings and I'm in the car by 6.15am having thrown on some gym kit and grabbed my pre-packed bag. The rest of the family are still sleeping although it isn't long before my wife will hear the pitter-patter of little feet. Lenny, our dog, doesn't stir as I tiptoe outside, trying not to trip over the milk bottles on the doorstep.

• It's about an hour's drive to Richmond where I work but depending on the weather and how I feel I may park in Twickenham and run the last 4kms to the office. I like to blow the cobwebs away on this short jog and it means I'm already warmed up for the gym.

• I open up our office, grab a water bottle and towel and am training in the gym next door by 7.30am. I try to mix it up as much as possible in order to fend off boredom. Early in the week I'll try to do an aerobic session. This is typically on a rowing machine for between 40 to 60 minutes. I used to hate these 'instruments of torture' having never previously lasted on for more than five minutes. However, as 2012 has progressed, and our Atlantic trip has become a reality, I've realised that rowing is about getting into a rhythm; not trying to pull as hard as you can for just a couple of minutes. Instead I sit at a steady stroke rate of 24 strokes per minute, aiming to travel just over seven km in 30 minutes and 14kms in an hour. I'm knackered by the end of it!

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Your feet can tell you everything you need to know about what's happening

WHAT do Victoria Beckham's feet say about her?

Farnham-based feet reading expert Anne Scardarella can read personalities and what's happening in people's lives by looking at their feet.

Looking at Victoria's feet, she says "Her big toe reveals what strong visualising skills she has - no doubt useful when designing her collections.

"Her little toes say she wants to fit in and cares what people think of her.

"Her bunions mean she is doing a lot for others and not enough for herself. Also her tendons are visible - large toe tendons mean lots of self control and setting high standards for yourself!"

Anne can tell by a person's feet what they're feeling, whether they're happy and what the future holds.

"Imperfections make the reading

more interesting. People may be embarrassed if they have corns or bunions, for example, but this can reveal so much about a person's character. Feet reading is great fun," she said.

"It can also be used to identify an emotion that is causing lumps and bumps on the feet and by doing so, the person starts to think how to rectify the situation.

"Feet do change. If your emotions change, so will your feet. A verruca, for example, can indicate a deep-seated problem. Feet reading can get to the heart of our soul!"

For example, the big toe represents "thoughts and ideas"; the second toe shows emotion; the third toe is work life or what we do on a daily basis and the fourth is private life. "If something is up with this toe it can indicate personal life problems," said Anne.

The little toes are about how we are thinking of moving forward and

what's coming next for us.

"The top of the toe is what we are happy to show and share with the world, but underneath the foot shows us what's really going on.

"Hard skin below the little toe can mean you are shouldering a lot of responsibility or that responsibility has been dumped on you. A corn relates to a specific problem and how it's impacting on that area of your life, depending on where it is on the foot."

The choice of nail varnish is very telling too, she added. "Green nail varnish means wanting to attract more harmony and calm. This person tends to see the best in everyone, but if the choice is bright red, this shows ambition."

The cost of a feet reading session is £40. Anne also organises feet reading parties for up to eight people at £20 per person.

For more information, visit www.feetreading.co.uk



Anne Scardarella

What's On in and around Farnham

Every Wednesday
Alcoholics Anonymous meet every night of the week. 0845 7647555.
Farnham Castle Keep. Visits can be made, free of charge, weekdays from 9am until 5pm and weekends from 10am until 4pm (closed December 23 until February 1).

Every School Day
Hale Breakfast and After School Club for children 5 - 11. Details 077186 77221
Rowledge After School Club. All children aged 4 to 11. Details 01252 792346

Every Sunday
Farnham Juggling Club. Alton Sports Centre. 7.30pm. www.farnhamjugglingclub.co.uk
Farnham Runners meet 9-30am and Weds 7pm at Bourne Green. Details 07929 202967
Rowhill Field Centre open 2 - 4.30pm. Volunteers needed. 01252 319749
Farnham Roller Hockey Club. Children 7 - 14 years. Sports Centre. Details 01252 723208

Every Monday
Term time Fun With Music 10am Crondall Church Room and 21 Firgrove Hill. 01252 717173
The Farnham Brass Band practices at The Institute, Tilford. 7.45pm. 668813.
Dance at Farnham Maltings from 6 - 7 pm. Adults beginners to intermediate. 781461
American Line Dancing practice. The Memorial Hall. 7.30 - 8.30pm. 716438.
Bell-ringing practice at St Mary's, Frensham. 7.30-9pm. 01252 792485.
Jazz Dance at Farnham Maltings. 01252 341982
Tap Dance. The Maltings 2 - 8pm 781461
Red Cross First Aid Group. Red Cross Hall, Stoke Hills. 8pm. 07876 212524, 01252 715501 or call in.
Yoga classes. Term time. URC Hall, South Street. 8 - 9.30pm. 01252 790616
Rushmoor Oddfellows Male Voice Choir. 725161
Pilates. Bourne Hall 7.30pm. 07887 727467
Pilates 5 - 6pm, 6-30 - 7.30pm Phyllis Tuckwell Hospice 07887 570935

Jackstraws women's Morris side. Details 01252 327832 or 01252 628190
Meditation & Healing Group. Morning or evening. Elstead. 07930 882586
Haslemere & Waverley Alzheimer's Society. Drop in day. Cobgates Care Home, Falkner Road. 10am - 3.30pm. 01428 642055
Rowledge Badminton Club play in Village Hall. Ring 01252 625612
Knowledge Painting Workshop. Term time. Rowledge Hall. 7pm. 01252 793363

Every Monday and Wednesday
Sing & Sign. Babies 7 - 18 mths. Farnham Baptist Church 10-15, Weds 5pm Farnham Hall 10-15 Term time only. Booking essential.
Farnham Amateur Operatic Society. Mems at the Methodist Church, Farnham, Weds at URC, South Street. 7.30pm. www.faos.org.uk

Monday, Wednesday, Thursday, Saturday, Sunday
Farnham Ramblers. 01252 735966

Every Monday and Thursday
Thai Boxing. 07949 326655

Every Tuesday
Gentle Exercise Class. Badshot Lea. 01483 722883
Blackwater Valley Conservation Volunteers meet at 10am. Call 01252 331353
The Mozart Guitar Players. 01483 515852
St Andrew's Church, Farnham, bell ringing practice from 7.45 - 9.15pm
Vivaldi Singers (Chamber Choir) URC, South Street. 7.45 - 9.30pm. 01252 713519
The Girls' Brigade. Term time. 01252 725338
Term time Fun With Music for young children. 01252 723406.
The Lydian Singers. 01252 722817.
Shotokan Karate Club. 07932 123246
Hampshire Borders (Aldershot) Carers. 373204
Salsa-Sam's Dance Club. www.salsasam.com
Farnham Rock Choir. 01252 734364
Farnham Scottish Country Dancing Club. Memorial Hall. 8pm. 01252 845187
In The Pink Fitness keep fit classes. Call 01428 717241 (places by booking only).
Waverley Walks for Health. 01483 523392
Ex Libris Creative Writing. Farnham Library. exlibriswriters@yahoo.co.uk
Wrecclesham Community Centre. Greenfield Road. 10 - 12 am.
Baby Bounce & Rhyme. For 0 - 18 mths. Farnham Library. 11 am. 01252 716021
Sing Together! Singing group for dementia sufferers and carers/family. Baptist Church. 01252 656066
Salsa Classes (term time) Six Bells pub 8-30pm. info@salsatogether.com
Farnham Weiside Rotary Club. 01252 718214
Exercise with Shintaido Bojutsu (long staff). Farnham Maltings. 8pm. El. 01252 728078
Frensham Pond Model Yacht Group. Social and good racing. 11 am. Details 01420 83555.

Every Tuesday & Wednesday
11th Farnham Cup Socius. 01420 488103
Term time Fun With Music 01252 717173
Solitaire Social Club. Venues vary. 01252 512900, or www.solitaire-socialclub.org.uk
Free Pool. The Plough, West St. 12 - 10 pm.

Every Tuesday and Thursday
Term time only. Under 5s Club. 9.45 am. Memorial Hall, West Street, Farnham.
Yoga. Tues evenings, Thurs afternoons. The Bourne. 01252 722341

Tuesdays, Wednesdays, Thursdays, Fridays
West Street Pottery pottery classes. 01483 417756

Tuesday and Friday
229 Farnham. Squadron Air Training Corps. Tel Centre. 01252 721710.
Farnham Weiside Rotary Club. Farnham Sports Centre. Dogflad Way, OY50. 1.30 to 4pm

First Tuesday of every month
Barley Group. The Barley Room, The Maltings. 10am - noon. 01428 715394
Tuesday Focus. Friendly ladies group meeting at Weybourne Village Hall, Weybourne, Farnham at 7.45pm. Varied programme includes speakers, theatre trips and outings. 01252 325471

Remembering The Great War. Bush Hotel 8pm. 01252 716981

Every Wednesday
Aldershot & Farnham Camera Club, Hale Institute - next meeting: January 9, 2013. secretary@afccweb.net or www.afccweb.net
Farnham & District Model Railway Club, Greenfield Road Tennis Club evenings 6-2.30pm Riverside. Sunday club afternoons at 2.30pm. Thames Valley Ski Club Alpine Ski Centre, Aldershot. 8pm. 07041 527177.
Meditation and Healing Circle, Farnham College, from 7.30.
Workshops for all instruments. Farnham Maltings. 7-9pm. Also Thursdays. Details 01252 793757
The Territorial Army. TA Centre. 01252 716236
Farnham & Bourne Choral Soc. 01252 792479
Rhythm 'n' Rock Line Dancers. 01252 793055
Farnham Wednesday afternoon Bridge Club. Reasonable standard. 01252 711620
Weybourne Sequence Dance Club. 01252 69536
Quiz Night. The Wheatsheaf, West St. 8pm
Term time Fun with Music 10am Dickins Room, Boundstone, 1.30pm 21 Firgrove Hill. 723406.
One-to-one Healing. Memorial Hall, Sandy Lane, Church Crookham. 01252 723450
Farnham Castle. Open 2 - 4pm. 721194
Adult Literacy Group. 7 - 9 pm. free. Helen Arkell Dyslexia Centre 01252 792400
Drawing & Painting Classes. All abilities. Elstead URC. 2 - 4pm. 01252 702911
Shintaido Class. Details 01252 728078
Singing for Peace. Heather Golding. St Andrew's. 11.30am - 12.15pm. www.hualanaya.com
Body-Tone 9.30 - 10.30am, pilates 10.30 - 11.30am. Weydon Christian Centre. 07887 570935
NCT Bumps and Babies Drop-In Group. Weybourne Village Hall. 1.30 - 3pm. £1 donation.

Most Wednesdays
Film Wednesdays at Farnham Maltings.

Wednesdays and Fridays
T'ai Chi. Farnham Methodist Church Hall, South Street. Details 07971 478725
Songs from the Heart. Heather Golding & Ian Byss. St Andrew's. Weds 11.30am, Fri 5.30pm.

First Wednesday of each month
Farnham Humanists informal pub evening at 8pm for a chat and a drink in a local inn. Details 01252 726684.

Every Thursday
EXTEND - exercise for over-50s. Memorial Hall, West Street. 2.30 - 3.30pm. 01252 725664
Term time Fun with Music for children 10 am Dickins Room, Boundstone, and 21 Firgrove Hill, Farnham 1.30pm. 723406
Ballet, Modern, Tap and Irish dancing. Hale (Institute) Village Hall. 4pm - 8 pm. Also Fridays & Saturdays. 01428 684948
Waverley Singers. 7.30pm. South Farnham School. 01256 882334
Carillon Singers mixed-voice choir rehearse St George's Hall, Badshot Lea. 7.45 - 9.45pm. 01428 604219 or 01252 329678.
Yoga 10 - 11.30 am and 7.30 - 9 pm Hale Institute Hall, Wings Road. 01252 322834
Farnborough & Dist MS Support & Therapy Group. Meet for lunch most Thursdays. Farnborough Community Centre, Meudon Avenue. 10.30 am - 1.30pm. 01252 875119, 01252 616451, 07922 076176 or www.msupport.org.uk
Tango dance lessons. Maltings Arts Centre, Farnham 8 - 10pm. Bookings 01252 745444
Yoga. St Martin's Hall, Lower Bourne. 1.45 - 3.15pm. 01252 722341
Pilates. 10 - 11 am, Frensham. Pilates 6.30 - 7.30pm, Elstead. 07887 570935, gill@fitfor-life.com
Quiz night. Cherry Tree, Rowledge.
The Fellowship of the Pen is a group of writers and poets who meet in the afternoons to

discuss our work, enter competitions and generally have a good time. We welcome beginners or experienced writers. Garden Room, Farnham Museum. Details 01252 668863 or derek.keen@ntworld.com

Every other Thursday
Farnham & District Museum Society, United Reformed Church hall, Victoria Road, Farnham. Sep to May. 7.45pm. 01252 315711

Every Thursday and Friday
Border Boxing Club. Adults and boys from 11 years. Hale Institute, Wings Road, Upper Hale. 6.30 - 8 pm. 01252 793055

Every Thursday and Saturday (Apr - Oct)
Frensham Pond Sailability. Sailing for the Disabled. Frensham Pond 9 am - 1pm. 01252 850089 or www.sailfrensham.org.uk

Every Friday
Farnham Country Market. Home baking, preserves, eggs, honey and crafts. United Reformed Church Hall, South Street. 9.30 - 11 am.
Bells Piece Horticulture & produce market. Plants, seasonal produce/cut flowers, eggs, jams, chutneys, homemade cakes. 9.30 - 12 noon Farnham Maltings car park.
Farnham Toy Library, Hale Village Hall term time toddler group/toy and party hire. 10 - 11.30 am. www.farnhamtoylibrary.co.uk
Aerobic exercise for everyone. Farnham Centre, 25 West Street. 10.30 - 12 noon.
Walks for Beginners. The Blackwater Valley Countryside Partnership, Aldershot Park car park, Guildford Road, Aldershot. 01252 331353
Knitwits. Free knitting group from 1 - 3 pm at the Chantry. Details 01252 718001
Storytime. For young children. Farnham Library. 11 am.
First Friday of each month
Surrey Border Film & Video Makers. 7.45pm in the St Joan's Centre, 19 Tilford Road. Farnham. www.surreyborder.org.uk

Open Mic Night. Cellar Bar, The Maltings 8 - 10.45pm. £3. 07795 017988, keydates_eventmanagement@yahoo.co.uk

Fourth Friday of each month
West Surrey Family History Society, Leverton Hall, Wrecclesham. 8pm. (Exc Aug and Dec.)

Every Saturday
Swimming for the Disabled, Farnham Sports Centre. 9 - 10 am. 01252 793135
ShowShack Theatre School. 01252 792014.
6.30 Club for people of all ages who live alone. The Indigo Cafe, Lower Bourne. 2 - 4 pm. New members welcome.

Every other Saturday
Children's Cultural Workshops. Indigo Cafe, Lower Bourne. 11 am. Free. 01252 718874

Every Saturday and Sunday
Forestry Adventure, Alice Holt Woodland Park. Daily during school holidays. £5 per session 01256 781829

Second and Fourth Saturday
The Coffee Pot. St Andrew's Church, Farnham. 10 am - 12 noon offering free coffee, tea and squash. Also homemade cakes, good quality second-hand books and Tradecraft goods and play area. Tower tours to see a magnificent view of Farnham.

January 10, 2013
Boja and the Sea of Cortes. Lee Morgan. Rowhill Nature Reserve Society, Field Centre, Cranmore Lane, Aldershot. 7.30pm. 01252 319749

January 16
A Future for Frensham Common. Steve Webster. Farnham Society illustrated lecture. St Joan's Hall, Tilford Road. 8 pm. Members £2, non-members £5, students £1.50 pay at door, inc refreshments from 7.30pm. 01252 702449

January 17
Vision Workshop. Indigo Cafe, Lower Bourne. 7 - 9 pm. 0789 4082520 or www.jacqueline-nees.com
Lifemasterystudyinstitute.com
Entries to Chris Whitty on 01252 899224

HELPLINES
FARNHAM CHEMISTS HOURS
New Year's Day, Tuesday, January 1, 2013 - Boots Pharmacy, 2/3 Station Place, Farncombe Street, FARNCOMBE. 01483 416115. 12 noon - 1 pm.
Sainsbury's Pharmacy, Water Lane, Farnham: Mon - Fri 8 am - 9 pm, Saturday 8 am - 8 pm, Sunday 10 am - 4 pm.
Bourne Pharmacy, 46 Frensham Road, Lower Bourne, Farnham: Mon - Fri 9 am - 6.30 pm. Sat 9 am - 1 pm.
Heath End Pharmacy, 103 Farnborough Road, Heath End, Farnham: Mon - Fri 9 am - 6.30 pm.
J A Hainstock Ltd, Farnham Hospital, Hale Road, Farnham: Mon - Fri: 8.30 am - 7 pm.
Lalys Chemist, 4a Downing Street, Farnham: Mon - Fri 5.30 - 6.30 pm.
Boots the Chemists, The Borough, Farnham: Mon - Sat 9 am - 5.30 pm, Sun 10 am - 4 pm.
Vaughan James, 113a West Street, Farnham: Mon - Sat 9 am - 5.30 pm.
NO SERVICE ON SUNDAYS.

GAS EMERGENCIES
SMELL GAS? CALL FREE 0800 111 999
EMERGENCY DENTAL SERVICE
BURYFIELDS CLINIC, LAWN ROAD, GUILDFORD
Monday - Thursday 8.30 am - 4.45 pm, Friday 8.30 am - 4.15 pm. There is no longer a "walk in" service - telephone access only. Call Surrey Dental Helpline 0845 2712040 or NHS Direct 0845 46 47
BASINGSTOKE & NORTH HANTS FHS
Emergency Dental sessions every Saturday and Sunday and Bank Holidays from 9 - 10.30am at Bramblys Drive, off Winchester Road, Basingstoke. 01256 355095
HOSPITAL CASUALTY SERVICE
Hours of opening of Hospital Casualty Departments in the area
FRIMLEY PARK HOSPITAL; BASINGSTOKE & DISTRICT HOSPITAL; ROYAL HAMPSHIRE COUNTY HOSPITAL, WINCHESTER; RYAL SURREY COUNTY HOSPITAL, GUILDFORD
All 24-hour service
HASLEMERE HOSPITAL
9 am - 5 pm (Monday to Friday)
ALZHEIMER'S SOCIETY, HASLEMERE & WAVERLEY BRANCH
For information or advice contact Day Centre 01428 642055 (24 hour answerphone), 01428 648460

SAMARITANS
(Befriending the suicidal) 08457 909090 (National number)
CITIZENS' ADVICE BUREAU
Alton: 7 Cross and Pillory Lane, Alton. 0844 4111306
Bordon: Forest Community Centre, Pinehill Road. 084