



The Specialists choice a Courier advertising feature

My turn on the rollercoaster!



"A HOLIDAY in France was the last straw for me," said satisfied SureSlim customer Claire.

"I was nearly 18 stone, had high blood pressure and was on medication. My joints ached, I got short of breath just walking around and sweat just poured off me in the heat.

"My family and I went to a theme park and my husband and kids were so excited planning which rides they would go on. I used to say I didn't like the rides but inside I felt really sad because I so wanted to join in. But as always I'd stand at the side looking after the coats and bags with a smile on my face pretending I wasn't bothered that I couldn't fit in the seats.

"I decided that after Christmas 2006 I would join SureSlim. I'd seen the adverts in the local paper and gone on the internet and read all about it and how they devise a diet especially for you on the results of a blood test, medical history and food preferences.

"On January 11 last year I had my first consultation and blood was taken. Two weeks later I was given my results and diet sheets that my consultant talked me through.

"I started my diet the very next day. Within a week I lost an amazing 10lb. After the first month I noticed how much energy I had and how much better I felt.

"As the weeks went by more and more people would comment how well I looked. My hair was shiny, my skin glowing and the weight just dropped off, 10lb or more a month. After four months I went to see my doctor. He took my blood pressure and was amazed to see it was normal. I went back six weeks later and he was happy to take me off my medication.

"Last August we went back to France and the theme park, only this time I wasn't the bag lady. The kids were struggling to keep up with me.

"I've reached my goal and have lost ten inches from my bust and 11 inches from my waist, and now I understand how to control my weight.

"I feel very proud of what I have achieved and my family are so proud of me too."

For further information call now on 01483 511311.



Family-run tiling and flat roof specialist

D P Chambers is a local family-run tiling and flat roof specialist providing a friendly, reliable and professional service to its customers.

From small repairs to major renewal all aspects of roofing are taken care of with quality workmanship, including guttering, slating, tiling, UPVC fascias and soffits, flat roofs, lead work and chimneys.

Work is guaranteed, there is an emergency call-out service including storm repairs, and estimates and advice are free. Call 01252 332281 or 07960 077170.



Spring clean your oven

IS your oven in need of a spring clean this year? Call in Ovenclean Surrey and Hants, specialist in cleaning domestic ovens, hobs, microwaves and extractors.

Trained technicians can deal with all types of domestic oven, using the latest equipment and non-caustic cleaning technology to remove heavy grease and burnt-on carbon deposits that are the natural result of constant use.

There is no chemical smell during or after the cleaning process and the end result is an immaculate oven at an extremely competitive price.

One satisfied customer was Mrs Johnson of Camberley.

She saw the advertisement for Ovenclean in the paper and decided to give it a try.

She said: "They were excellent, my oven looked like new. I would recommend them to anyone."

To take advantage of the special spring promotion call Ovenclean Surrey and Hants on 01252 668358.



Quality kitchen and bathroom designs

THE design of your new kitchen and picking the right company are crucial in achieving the right results.

It can sometimes seem daunting with so many options and companies to choose from.

If you decide not to go down the DIY route you will need a specialist kitchen company.

This is a company that will come to your home to start the design process. Its staff should take all measurements to create a scale drawing, and possibly some pictures of existing fittings.

They will make notes of all your needs. This is your first chance to state specific requirements for your kitchen.

Key points are: How do you want to cook? Do you require a seating area? Do you require any existing appliances incorporated into the new design?

Some companies will try to design, price and sell you a kitchen all in the same evening. This approach rarely works.

A great deal of thought, attention to detail, care and consideration are required in designing your perfect kitchen. This is hardly possible all in one evening.

CKS believes it offers the perfect service, offering expert advice in a friendly, unhurried manner, free of charge.

Once its team has your brief and the required measurements they will return to the showroom where the appropriate time and consideration will be taken in designing your new kitchen.

When the designs are ready you will be invited back to the showroom, where CKS will discuss the design and various options that may be available to you.

At this stage you will be given a written quotation as well as copies of your drawings.

You will also be given the opportunity to take away samples to view in your home, after which CKS will await your instructions.

If you decide to go ahead and purchase a kitchen or bathroom from CKS, your designer will then guide you through the whole process.

This will include helping you choose all the finishing touches at the showroom.

They will then personally oversee all ordering and the managing of CKS's own directly employed fitters.



Storage containers from £2.50 a day and 25% off all packaging in April

U STORE Sandhurst Self-Storage has a completely flexible and cost-effective self-storage solution whatever your storage requirements, whether you have decided to de-clutter your home, office, garage, shed or workshop.

Would-be landlords, did you know it is far easier to rent out your house unfurnished? At present houses are more likely to be rented than bought. Secure that tenant sooner by putting your house contents into storage now.

If you are selling your house, secure a quick sale by putting your possessions into storage. Be prepared to temporarily move in with family or friends or rent while looking for your new home, if you haven't yet found one. As a cash buyer you will have more bargaining power.

Need somewhere to store your motorbike and accessories securely? Store with a friend or two and share the cost.

U Store Sandhurst offers personal and business users a storage solution they can control.

The space rented will be self-contained in a secure gated compound with 24-hour access key fob entry and will be protected by a state of the art security system.

To book or reserve your space visit Unit 3 Vulcan Way, Sandhurst, Berkshire GU46 9DB or call 01252 877777 now.



They will continue to manage your job throughout the installation and thereafter if you need any after sales support. CKS believes that by having one person overseeing each installation it can offer the perfect service to its customers.

If you would like a friendly, informal discussion regarding the possibilities for your new kitchen or bathroom please visit the showroom or call 01252 836600.

Little Knocks
Vehicle SWAPIT Repair Centre
"The SMART way of thinking"

"Call the Experts for Unbeatable Service & Save ££££'s on all those Little Knocks!"

Scratches & Scrapes
Bumper Scuffs
Paintless Dent Removal

Plus: Alloy Wheels, Interior repairs
Colour Coding & Mirror backs

0118 977 6001
www.LittleKnocks.com
Unit 2 Avenue Works - Eastheath Avenue - Wokingham - RG41 2PR

D. P. CHAMBERS
Roofing Contractors

- FLAT ROOF SPECIALISTS
- Tile and Slate roofing • Soffits
- Insurance work welcome
- Free estimates and advice

Telephone: 01252 332281 Mobile: 07960 077170

DON'T BE APRIL FOOLED BY THE BIG BOYS GIMMICKS

U STORE
SELF STORAGE

So don't delay and head our way

WE SAY DON'T THROW AWAY U STORE FOR ANOTHER DAY

Tel: 01252 877777
Unit 3 | Vulcan Way
Sandhurst | GU47 9DB

DIRTY OVEN!!
DOMESTIC OVEN CLEANING
by the UK's leading oven cleaning company

OVENCLEAN

Over 25,000 satisfied clients
Non-caustic; Fresh solution everytime. All types of ovens, hobs, extractors and microwaves cleaned.

PHONE 01252 668358
www.ovenclean.com