

Business news



Learn to put on the pressure to ease stress

AN ancient, simple and pain free method of healing will offer a new outlook to the people of Elmbridge.

Janetta Bensouilah is a Cobham-based acupuncturist and aromatherapy author and has teamed up with Claygate-based aromatherapist and former opera singer Debbie Davies, to teach people how to use acupressure massage with their friends and family.

Janetta said the ancient healing system was at everyone's fingertips, but all that was

needed was a basic knowledge of how and where to find the pressure points and how to apply pressure to get them to do their job.

"Acupressure is fast gaining a reputation for its effectiveness and simplicity, with modern research showing it can treat many common problems, including travel sickness and pregnancy nausea, migraines and headaches," she said.

"And with the summer exam season coming up, what better way to calm your children's

exam nerves than giving them a quick and simple acupressure treatment?"

"It will be a fun and practical day and the cost includes a delicious lunch."

The class will be held on Tuesday May 15 between 9.30am and 3.30pm at St Andrews Church Gate Centre, Cobham.

For more details and prices, visit www.satovita.com, email janetta@satovita.com, or call 01932 867491.

Jazz and funk are like gold dust for Junk

by Adam Zacharias

A FLEDGLING music label is grooming the stars of tomorrow from its headquarters in Cobham.

Bob Gwilliam and Vikki Meagher founded The Junk Label — so called because its primary genres are jazz and funk — in November 2005.

The duo had always joked about starting a record company when they were colleagues at their previous workplace.

Vikki had a wealth of experience in sales and marketing; Bob had experience in IT and management; and they were both musicians who wanted to somehow break into the industry.

Vikki said: "I used to play a lot of basketball, and our coach would say: 'You will always miss 100% of the shots you don't take'."

"If you have a dream or a passion that motivates you to undertake anything, you should follow it. The worst you can do is fail but no one can say you didn't try."

The label is run alongside another venture for Vikki and Bob — a marketing consultancy business that helps fund their various projects.

The Junk Label currently has three acts on its books.



Chichino, a self-proclaimed "21st-century retro chic" four-piece from Leeds, was the company's first signing.

Inspired by acid jazz, soul and funk legends such as Jamiroquai, Stevie Wonder, James Brown and Sister Sledge, the band is already progressing at a dizzying pace.

Sultry frontwoman Lady

Miss Narelle and her boys are in the process of recording their debut album, and are also preparing to release their second single *It Could Happen To You*, in May.

Another bright young hope for the future is Aiden Jaye, a 17-year-old R&B singer. Aiden is currently recording a three-track demo, and working with

the same producer who helped *X-Factor* winner Leona Lewis early in her career.

Vikki and Bob's roles as directors of the company mean they take a very hands-on approach to their artists, which involves taking responsibility for booking studios, finding film crews, writing storyboards, artwork, distribution

deals, arranging dance remixes of artists' songs and numerous other tasks.

The label's most recent signing, The Fallen, are a prodigious outfit — every member is 15 years old, and the band has been playing together since the lads were just 12.

At the moment, they are preparing to shoot their first music video, as Vikki creates the storyboard outline.

"It is a totally creative environment," Vikki said.

"There are no rules in terms of marketing, and we can try all sorts to raise the profile of the label and, more importantly, our artists."

She added that The Junk Label is proud of its independent status, and that she and Bob would never want it to be "swallowed up" by one of the major record companies.

At present, however, The Junk Label is more than happy with developing its artists, in the hope that they will leave a mark on the music industry and catapult both themselves and the label on to bigger and brighter things.

"It's all about creating a buzz," Vikki said. "Once it gets going, it grows exponentially — then the artist can rise above the radar and get noticed by major record companies."

To find out more about The Junk Label and its artists, visit www.thejunklabel.com

Food & drink



Events catering, Bombay-style

THE Bombay Bicycle Club, one of the UK's leading restaurant chains that has an outlet in Weybridge, has launched a new catering and events service to provide its food for special events.

The dedicated events team can look after all aspects of the event and offer solutions tailored to meet specific requirements — from the simplest affair to the more exotic.

As always the chefs will cook each dish to order and hosts can either select from the suggested menus or create their own.

For £13 per head, for example, a menu could include popadoms with a selection of dips, homemade mini onion bhajees, murgh masala, mixed vegetable curry, chadni chowk — spicy lamb cubes cooked with rogan tomatoes — and pilau rice.

For those who are looking for an alternative to wine, the Bombay Bicycle Club can create a range of cocktails for

the event — try a Thandai Martini, a two-layered drink with Kahlua coffee liqueur and a layer of condensed milk and vodka infused with almonds, cardamom, fennel, rosewater, peppercorns, saffron, watermelon and poppy seeds, served chilled and garnished with cinnamon.

The full-time team can also look after other aspects of the event from staffing to crockery and even organising the cloakroom.

The original Bombay Bicycle Club was a stylish gathering place on the Indian sub-continent where colonial officers would take trips and country picnics, always with delicious food.

As in the Kava Khanna (tea houses), it was a place to catch up on local gossip and the events of the Raj.

For more information about the Bombay Bicycle Club events service, visit www.thebombaybicycleclub.com or call 0845 456 7048.



Enjoy some Sicilian wines at Carluccio's in Esher.

A taste of Italian vino

FROM now until June 3, Carluccio's Caffè in Esher is hosting its annual Festa Del Vino, with weekly in-store tastings and the chance to win a trip to Sicily.

For the festival, Carluccio's has teamed up with the award-winning Sicilian producer Planeta.

The café will be the first in the UK to showcase the family-owned producer's portfolio of 11 renowned small batch wines, as well as its extra virgin olive oil.

During the Festa Del Vino, the entire Planeta portfolio will be available to buy from

Carluccio's dedicated food shop, with in-store tastings of different selected wines each week.

Also, between 7pm and 8pm on Wednesday May 16, visitors will get the chance to taste all the wines within the Planeta range, with Carluccio's very own wine expert.

You might find yourself sipping on a lush Chardonnay packed with ripe Sicilian fruit, a juicy Merlot or a spicy Syrah — the wines which first made a name for the Planeta family.

For a real flavour of Sicily, customers will also be able to

buy wines made with local Sicilian grapes — Nero D'Avola, Frappato, Fiano and Greciano. These can be bought in an Assaggio di Planeta (three-bottle box) or a Selezione di Planeta (12-bottle box).

There is also the chance to win a spring break for two to sunny Sicily, home of Planeta Wines, simply by picking up an entry form from the café.

Carluccio's can be found at 57-59 High Street in Esher.

For more information, call 01372 467 459 or visit www.carluccios.com to browse the virtual shop.

Company briefing

■ BUPA's St George's Nursing Home in Cobham is developing a sensory garden this year for residents and relatives to enjoy.

The home is calling on green-fingered volunteers to roll up their sleeves and help create a garden specifically designed to stimulate the senses.

For the sixth year running BUPA is working in partnership with Thrive.

Kim Pierpoint, Thrive's training and education manager, said: "Sensory gardens can be enjoyed by everybody. We are encouraging BUPA's care homes to be creative and develop gardens using sculptures, running water and plants with bold shapes, strong scents and bright

colours to stimulate all the senses.

Nicole Humphreys, BUPA's community affairs manager, said: "BUPA works in more than 350 locations around the country, developing long term partnerships with local community groups.

"For the last five years BUPA has teamed up with national disability and gardening charity Thrive and over 250 groups to create stunning sensory gardens at 229 care homes across the country.

"We hope people will be as eager to get involved this year. Gardening is a great way to exercise, keep fit and healthy and can be a good way to socialise."

Thrive is a national charity

that makes use of gardening to change the lives of people with a disability. Thrive's varied activities focus on championing the benefits of gardening to individuals and organisations, as well as teaching techniques and practical applications so that anybody with a disability can take part and enjoy this outdoor activity.

More than 21,000 people every week attend formal garden projects where they are engaged in therapeutic gardening programmes.

Garden enthusiasts who would like to help St George's to develop the sensory garden can contact the BUPA care home by e-mail at StGeorgeSALL@BUPA.com or call 01932 868111.

All About Us...



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Classic and stylish clothing at Looking Good



HAVE you found it difficult to find suitable classic but fashionable clothing right for your age group?

Well, Looking Good is able to solve your problem.

Established for more than 25 years, Looking Good is an independent, family-run clothing business, supplying senior ladies with fashions that are so difficult to find in high street shops.

There really is something for everyone. The spring/summer collection is available now and features dresses by hard to find designers such as Norman Linton, Richard Stump, Grazia, Habella, suits and separates by Finnkarella, Grazia and Poppy and nightdresses and cotton underwear by Slenderella and Bretelles.

Customers can request a brochure and shop by post or visit the store in Woking where they will find masses of dresses (including petite styles), suits and separates with clearance rails and plenty of bargains. Sizes range from 10 to 30 with an efficient shortening service if required.

Whether you shop by post, in person or through the website you will receive a professional and personal service, which is both caring and efficient.

Should you require advice on size or selection, staff are there to help and provide a first class customer service — and that is really important to everyone at Looking Good. Find Looking Good at Unit 10 Monument Way West, Boundary Road, Woking, with free customer parking, between 10am and 4pm Monday to Friday or call 01483 763237.

Visit www.lookinggood-online.co.uk.

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Take a new look at flooring

NEW Look Flooring Ltd's recently opened shop in Byfleet Village opposite the green has more than 3,000 samples on display.

In a short space of time it has built up a first class reputation for professional advice and high-quality workmanship.

It offers a wide range of carpets, vinyls, laminates and engineered wood flooring to suit almost every need and pocket.

The service is a complete one and includes advice on the type and quality of flooring within budget, measuring and planning to minimise waste and, once the sale is complete,

the delivery, uplift and disposal of old materials. Moving furniture and easing of doors can be arranged, if required, before fitting.

With more than 20 years' experience in flooring, and experienced fitters carrying out the work, customers can have confidence in the service and be assured that all work is guaranteed.

Any insurance work undertaken would be carried out to the customer's instruction and satisfaction and New Look Flooring Ltd is happy to deal with either the insurance company or the customer, whichever is preferred.

Diana Williams, who lives in Byfleet village and is the proprietor of The Hair & Nail Corridor, has recently had her bedroom carpeted by New Look Flooring Ltd and has no hesitation in recommending the company.

She said: "New Look Flooring Ltd, being a small company that really cared, was very professional, offered very good value for money, was on time and left the house absolutely spotless."

Call Ray on 01932 400300 for more information, e-mail on newlookflooring.ltd@ntlbusiness.com or visit the showroom at 96 High Road, Byfleet.