

The Specialists choice a Courier advertising feature



Are you in pain?

PAIN is a terrible thing. Desperate for help, finding it hard to sleep, feel like nobody understands? Well don't panic. That's what Osteopathic Consultancy hears all the time.

Pain can be greatly variable, from a dull ache to a hot stabbing pain or irritating pins and needles. It all affects your quality of life. Osteopathic Consultancy specialises in dealing with pain.

Many people who visit believe they are the exception and that Osteopathic Consultancy won't be able to help them. Osteopath Alex Watson said: "Pain, for example back pain, can start as a twinge or an irritation, and then become more life-changing as time goes on. Our free clinical consultation is designed to allow people access to an osteopath with no obligation to stay."

"You don't have to be treated if you don't want to be, and we are clinically obliged to send you in the right direction if we feel treatment isn't applicable."



"We put our money where our mouths are as we know we can help most people."

Osteopathic Consultancy has male and female osteopaths and offers evening appointments. It guarantees to offer an appointment the same day or the next as the osteopaths know pain does not wait.

They are still running their free clinical consultation. If you wish to stay for examination and treatment you are more than welcome but under no obligation. Call now on 01276 708954.

End of tenancy cleaning

APRIL Fresh offers a full range of cleaning services, has been cleaning homes for nine years and is well known in the area for offering a first class, professional service.

It is recommended by letting management and inventory companies and its end of tenancy service offers a guarantee that if it does not meet the inventory's standard of what it has cleaned it will return free of charge.

The company's housework service is very flexible for its clients. It believes that every family's home is unique and tailors the cleaning specification to meet individual needs.

Clients like that April Fresh has years of experience and offers reliability and peace of mind.

April Fresh offers a professional full range of



cleaning services at prices more affordable than you may think. The team will be happy to discuss your cleaning requirements. Call 01252 516566 or email info@aprilfresh.co.uk.

Family open weekend at Pine Ridge Golf Club

PINE Ridge Golf Club in Frimley is staging an open weekend on Saturday April 5 and Sunday April 6, featuring a host of free fun and games for all the family.

Golfers of all ages and abilities are invited to this leading club, where there will be free tuition, driving range balls and use of golf clubs throughout the two days.

There is no need to book. Simply turn up between 10am and 4pm and the club will look after you.

Visitors can also win prizes in putting and chipping competitions, compete to hit the longest drive with the Vector swing monitor, enjoy a barbecue and grab a bargain in the golf shop sale.

All the latest golfing equipment will be available to try out under the expert guidance of the team of professionals.

From 2pm both days there will be half-price golf on the 18-hole course, ranked among the UK's top ten public courses for quality and value.

To keep children entertained there will be an inflatable slide.

General manager Patrick Dawson said: "This is a

weekend dedicated to the enjoyment of golf and we're looking forward to welcoming lots of new faces through our doors. We have wonderful facilities here at Pine Ridge and this is a great opportunity to come along and enjoy them in a relaxed and fun atmosphere, for free."

To find out more about the Pine Ridge Golf Club open weekend call 01276 675444.

Pine Ridge boasts a challenging 18-hole par 72 course, ranked among the UK's top ten public courses for quality and value, a floodlit driving range, a Crown Golf teaching academy, equipment hire, a golf shop and a tenpin bowling centre. In addition there is a restaurant and bar and function facilities perfect for conferences and special occasions.

The club is part of the Crown Golf group, the UK's largest golf course owner with 33 properties in its portfolio and more than 50 courses.

With pride in customer service and innovation, it aims to provide an outstanding gold experience for its members and visitors, tailor-made to suit the lifestyles and needs of a wide range of golfers.

Kitchen design

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. They should take all measurements to create a scale drawing, 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 the team have 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.

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 your new kitchen or bathroom then please visit the showroom or call 01252 836600.

Top value storage

AT your local independent self-storage unit, U Store Sandhurst, there are no hidden catches.

For less than the price of a pint or a good cup of coffee you can store with U Store.

To rent a 5ft by 8ft storage container costs from £2.50 a day. For 75p a week you can insure contents up to the value of £1,000. And there is a whopping 25% discount on packaging during April.

So don't delay, head their way. U Store Sandhurst is at 3 Vulcan Way, Sandhurst, Berkshire GU47 9DB. Call 01252 877777.



DON'T BE APRIL FOOLED BY THE BIG BOYS GIMMICKS

U STORE SANDHURST SELF STORAGE

So don't delay and head our way
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Email: info@aprilfresh.co.uk

Osteopathic Consultancy

IN PAIN? NEED HELP?

Specialists in the treatment of pain:

- Lower back, neck and spinal pain
- Sports injuries to cranial osteopathy
- Pregnancy related back pain
- Aches and pains or Strains and sprains
- Shoulder, arm, hip, knee, leg pains and problems
- The pain of arthritis
- General aches & pains

FREE CLINICAL CONSULTATION!

3 Milden Close, Frimley Green
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