

# Ask a Specialist Times

## Chef specials at Planet Spice

PLANET Spice can be found in the heart of Tunsgate, in Guildford.

It is well situated for local businesses at lunchtime, an evening snack before going out, or just a quiet meal.

Planet Spice opened more than three and half years ago and has proved to be a popular choice with its extensive menu and chef specialities.

The menu offers the classic favourite dishes or that something a little bit different on the Planet Spice specialities list.

The restaurant is running a special offer from Sunday to Thursday where customers can enjoy a four-course meal for £9.95.

Or if you would prefer to pop down at lunchtime, Planet Spice

offers a starter and a main course for £6.95.

You can choose from an onion bhaji or samosa (meat or vegetable) and for the main there is the choice of tikka biriani, chicken bhuna or lamb dopiaza with plain or pilau rice.

The lunchtime special is available seven days a week including bank holidays.

There are large car parks close by or after 6pm you can park in Tunsgate itself.

The owners, Ali and Jay, welcome you to enjoy the taste of India in the cool surroundings of Planet Spice.

For further information and reservations call 01483 306222 or 569444.



Ali and Jay, owners of Planet Spice in Tunsgate.

## Course puts girls in the driving seat

MOTOR vehicle training specialists Motor Industry Training (MIT) have announced the start of a free training course designed specifically for females. It will be held in the evenings at their training centre in West Byfleet. The course is designed to help girls who would like to know more about the basic maintenance of their vehicles.

Amber Lainchbury of Sunbury said: "I am looking forward to improving my knowledge of car maintenance. This will boost my confidence when I take my Focus in to be repaired. Often I feel at the mercy of the garage and never

know when I'm being ripped off."

Imagine the following scenario: It's late at night and you're driving home in the dark. You're alone. The rain is pouring down, the wipers can barely keep the rain off the windscreen and you just want to get home safely. Suddenly there's a loud bang and you realise you have a flat tyre. Help! You're in the middle of nowhere; your mobile has no reception... What are you going to do? Lucky you went on that four-week course run by MIT wasn't it!

The course is free, paid for by the government. Motor Industry Training is running the course over

four weeks, one evening per week. The first one will be in August. The only criteria are that you are female and aged 16 or over. For the guys and girls wanting to build a career working with cars, MIT also offers a selection of apprenticeship programmes in all areas of the motor trade.

To promote this course and its other motor vehicle apprenticeship courses for young people, MIT is holding an open evening on Thursday, June 28 between 5.30pm and 7.30pm.

For more information, call MIT on 0845 430 9009 or visit [www.motorindustrytraining.com](http://www.motorindustrytraining.com)





**PLANET SPICE**  
INDIAN RESTAURANT



**Sunday to Thursday**  
**4 Course Meal for £9.95**  
per person

**Lunch Special**  
7 days a week

**20% Discount**  
on collection orders

**FREE HOME DELIVERY**  
within 3 miles radius

12 noon - 2.30pm & 6.00pm - 11.30pm. Including Bank Holidays

20 Tunsgate, Guildford, Surrey GU1 3QS  
**Tel: 01483 306222 / 569444**

## Taster day offers chance to try complementary therapy

WHAT'S wrong with complementary therapies? They can be so expensive.

What's the answer? Make them free! Many people now recognise complementary therapies play an

important role within healthcare, but while the NHS is free, the osteopath or reflexologist costs money.

To make it easier to know if complementary health care is for you, The Holistic Centre in Godalming is running a free taster day to give the opportunity to experience some of the many therapies that it has to offer.

During the day on June 30 between 10am and 4.30pm the therapies on offer will be: osteopathy, yoga, sports

massage, reflexology, pregnancy yoga, acupuncture, tarot card readings, remedial massage, stress management and post-natal yoga.

Speaking about the day, centre manager Carl Hancock said: "We understand that much of what we offer can seem confusing because of the diversity of our range, but also that the best way to resolve this confusion is to give the opportunity to try some of the therapies we offer - hence the taster day."

The free taster day is popular so pre-booking is recommended.

Call the centre on 01483 418103 or visit [www.holisticcentre.co.uk](http://www.holisticcentre.co.uk)

# FREE

## Taster Day

Yoga  
Osteopathy  
Reflexology  
Acupuncture  
Post-Natal Yoga  
Sports Massage  
Pregnancy Yoga  
Remedial Massage  
Stress Management  
Tarot Card Readings

Saturday 30th June 2007  
10am - 4.30pm

Call for advanced bookings

**The Holistic Centre**  
Wiggins Yard, Bridge Street, Godalming, Surrey GU7 1HW

**01483 418103**  
[www.holisticcentre.co.uk](http://www.holisticcentre.co.uk)

 **MOTOR INDUSTRY TRAINING** 

**The Specialist Provider of**  
**Apprenticeships in the Motor Trade**

**Open Evening Thursday 28th June 2007**  
**5:30 - 8:30pm**

*"Officially one of the best Training Providers in the country" (ALI 2006)*

**For more information call us on 0845 430 9009**  
**[www.motorindustrytraining.com](http://www.motorindustrytraining.com)**

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