

ASK A SPECIALIST

ST advertising feature

You can be dazzling for the party season

THE party season is here and there's no time of year that's easier to pile on weight.

Slimming World has created a pre-Christmas plan to help everyone plan for a glamorous, crackling festive party season.

If you're counting down to the Christmas party season and starting to think about getting into your little black dress, there's no need to go it alone!

In just four weeks with Slimming World, you can expect a healthy weight loss of 8lbs – that's over half a stone to get you dazzling for the festive season.

In fact, members in the newly opened Farncombe group in just four weeks have lost a total of 195lb which works out an average of 8lb per person.

With work parties, family get-togethers, nights out and a tendency to skip your regular exercise routine, the average person can easily gain 5lb over the festive period. But don't worry; help is at hand in local groups.

Local Slimming World consultant and weight loss expert Debbie Sampson said: "As Christmas approaches, many of us abandon all thoughts of starting to lose weight and give up all hope of slipping into our favourite little black dress in time for the party season."

"The important thing to remember about Christmas is that it only occurs once every 12 months. It's what you do on a day-to-day basis that makes the most difference to your weight."

"Have a good time and try and

relax without worrying that you might lose control. Indulge in your favourite foods if you want to.

"If you're craving a food don't deny yourself as this can lead to even stronger cravings and you can end up eating even more than you initially planned."

Why not join your local group and start that healthy weight loss today.

For your nearest group log on to www.slimming-world.com, call 0870 330 7733 or refer to the advert in this feature. A warm and friendly welcome awaits you.

Slimming World is the largest and most advanced slimming organisation in the UK. Margaret Miles-Bramwell founded the company in 1969 and there are now more than 5,500 groups held weekly nationwide via a network of 2,500 Slimming World trained Consultants.

Some 250,000 members attend Slimming World every week and achieve outstanding success:

Members lose 17,857 stones every week; 2,551 stones every day, over 106 stones every hour, that's one stone 10 lbs lost every minute of every day with Slimming World.

Slimming World's healthy eating plan, Food Optimising, and the principles behind Slimming World's philosophy are based on a deep understanding of the challenges faced by overweight people. Slimming World integrates practical, up-to-date dietary advice with a highly developed support system.



Ready for the party season thanks to Slimming World.

Swish world at The Fascia Place

THE range of products available in PVC and PVCu from the Fascia Place is really quite amazing.

Most people believe windows and doors are only available in white, but with modern manufacturing processes there are a multitude of colours that make preparation and repainting a thing of the past.

The company can also supply fencing, cladding, verandas and balconies with laminate flooring. Welcome to the neat, clean world of Swish PVC boards where dirt, grime and rot are banished.

Your home is under constant attack from the elements and there is nowhere more difficult to get at with a paint brush than the boarding around your roof.

Swish cellular PVC Roofline boards never need painting and never rot, maintaining their good looks for years.

The Fascia Place offers the latest in security combined with style. Sekura is a whole new generation of windows and doors.

The firm's head office is in Camberley at 26 Doman Road, York Town Industrial Estate. Telephone 01276 65498 for more information.

The Guildford branch can be found at Unit D, Woodbridge Park Estate, Woodbridge Road. Find out more by calling 01483 301666.

Learn to play golf at Puttenham

ARE you thinking of taking up golf? Or looking for something different to give for Christmas?

Then call or visit the Puttenham Golf Club professional's shop, open seven days a week, direct telephone 01483 810277.

Puttenham's head professional, Dean Lintott, and his assistant Robert Morton are offering a special half hour "golf taster" session for only £12.50 to anyone who mentions this editorial and purchases a lesson voucher from the shop before Friday, December 21, 2007.

The lesson can be booked for any time up until June 30, 2008, so it would make an ideal Christmas present.

Dean and Robert also offer a number of lesson packages for golfers of all ages and abilities and have the facility to video your golf swing so you can analyse all your faults!

The practice range at Puttenham includes an 18-hole putting green and a three-hole academy course, ideal for beginners or juniors, and is available for use by members and green fee visitors as well as anyone being coached by the club's professionals.

On Saturdays between noon and 1pm, Robert and Dean run a very popular junior golf academy which covers all aspects of the game and is open to both members and non-members alike; you just have to be under 18 years of age and book in advance.

The professional's shop at Puttenham is part of the Foremost

Group and stocks a wide range of golf equipment, clothing and shoes for men and ladies at competitive prices from all the top brand names including Nike, Adidas, Mizuno, Cobra and Titleist.

In addition, Puttenham can offer a special club "custom fitting" so you can get a set especially made for you.

One of the oldest golf clubs in Surrey, Puttenham nestles in the picturesque foothills of the Hog's Back on the B3000, only 10 minutes from the centres of Guildford, Godalming or Farnham and within easy reach of London and Heathrow Airport.

The gently undulating course, with its predominantly sandy soil, is dry underfoot and drains quickly in the wettest of weather for excellent playing conditions all year round.

Puttenham is a very friendly golf club with 600 full playing members of all ages.

A spokesperson said: "We have a strong junior section, reduced fees for those up to the age of 29 and a limited number of membership vacancies currently available."

"We also offer a number of good value Golf Society packages for 18, 27 or 36 holes as well as some special Winter Warmers, so there is bound to be one to suit you."

"Visit our website www.puttenham-golfclub.co.uk or contact Gary Simmons, Julie Matthews or Jackie Beveridge on 01483 810498 for more information."

PUTTENHAM GOLF CLUB

- Superb 18-Hole Members' Club
- Practice Range and Putting Green
- PGA Coaches & Pro Shop
- Friendly Atmosphere
- Delicious, Home-Cooked Food
- 10 minutes from Guildford
- Good Value Golf Society Packages

Why join anywhere else?
Limited Memberships available
Book a weekday green fee, mention this advertisement and receive a 50% discount

01483 810498
www.puttenhamgolfclub.co.uk

The Fascia Place Ltd

Quality Suppliers At Factory Prices!

- * Fascia, Soffit, Cladding *
- * Guttering (All Styles & Colours) *
- * Polycarbonate Cutting Service *
- * Supply Only Or Fully Installed *

01276 65498

www.thefasciaplace.com

slimming?

yes
you can!



Slimming World – full of surprises

A world of smiles is waiting for you here:

NEW CONSULTANT
TUESDAY
 Burham - 7pm
 Sutherland Memorial Park
 (Opposite Sainsbury)
 Sarah 01483 224194

MONDAY
 Bellfields - 5:30pm and 7pm
 St Peters Church Hall
 Sharon 07785 263031

TUESDAY
 Farncombe - 7pm
 Loseley Fields Children's Centre
 Debbie 01483 548692

WEDNESDAY
 Stoughton - 10am
 Emmanuel Church
 Tracey 01483 760118

WEDNESDAY
 Cranleigh - 5:30pm & 7pm
 St Nicolas School
 (Opposite Glebelands)
 Sandra 01483 416695

Park Barn - 7pm
 St Clares Church Centre
 Sharon 07785 263031

THURSDAY
 Milford - 5:15pm & 7pm
 Rodborough School
 Debbie 01483 548692

Merrow - 7pm
 Bushy Hill Junior School
 Sandra 01483 416695

08700 75 46 66

www.slimmingworld.com

Slimming
WORLD

discover the amazing you