

## Chamber Chat

Issue 14 - Winter 2024





# Mad4Dance help make inspiring Erika's "wish come true"

A 99-year-old dance lover has spoken of her 'excitement and joy' after she teamed up with a professional tutor for a routine based on Madonna's flamboyant 90s disco hit Voque.

Erika Pillman, who lives at Colten Care's Avon Reach home in Mudeford, had a 'wish come true' at a private lesson in the Mad4Dance school in Christchurch with Principal Julie Laming.

The experience was arranged by the Companionship Team at Avon Reach after they learned Erika, a former fashion model born in Germany in 1925, would love to go dancing again.

"Vogue by Madonna was perfect as Erika likes to do lots of poses," said team member Pauline Lawrence. "In the days leading up to the lesson, we discussed what dress she should wear.

"She was undecided at first but then chose one that was just right. She also enjoyed selecting her jewellery and making sure she would feel comfortable in her shoes.

"As we prepared, we all shared in Erika's excitement that what was going to happen would make a wish come true for her. She was smiling so much."

On the day, Erika, Pauline and Erika's daughter Ann travelled by Colten Care minibus to Mad4Dance where they were greeted by Julie and her team.

"The minute I saw Julie the dance teacher I felt at ease," said Erika. "As we started I was able to express myself and feel the freedom of dance. I wanted the teacher to see what I could do. It was amazing to dance in this way."

Julie said: "Erika was so much fun and a complete inspiration to teach and spend time with."

"Erika's strong spirit and appreciation of how dance is so good for the soul was a powerful reminder to all of us. **Thank you**, **Erika**!"

#### **Dates for your diary**

30th November Christmas Light Switch On

Lymington Road, Highcliffe

1st-24th December Christchurch Living Advent Calendar

Various venues

11th December Christchurch Repair Cafe

Saxon Bar

12th December Christmas Jumper Day

Saxon Square, Christchurch

14th December Christmas Market

The Oaks, Lymington Road, Highcliffe

14th December Carols in the Square

Saxon Square, Christchurch

24th December Midnight Mass

Christchurch Priory

24th-26th January Goldilocks & The Three Bears Pantomime

Regent Centre

...something missing? Tell us about your upcoming event and we'll add it to our listings

## Free Carbon Literacy Training for SMEs in BCP





From November 2024, through the UK Shared Prosperity Fund, BCP Council will be providing fully funded Carbon Literacy training for SMEs within Bournemouth, Christchurch and Poole, allowing up to two people per organisation to become certified as Carbon Literate.

The training provides climate education, including what climate change is and what it is caused by, the impacts of climate change on different sectors of society, the potential impacts on SMEs and the action SMEs can take to mitigate against climate change.

The course consists of a day's worth of learning, which can be delivered online or in person over two half days or one whole day, with each attendee submitting an evidence form post-training, committing to an individual action and a group action focused on reducing their carbon impact. If you would like to find out more or sign up to a course, please email Christine Davies-Eyre, Economic Development Officer for Low Carbon, at carbonliteracy@bcpcouncil.gov.uk.

#### **Chamber news**

#### **Airport Visit**

Chamber Secretary Sue Harmon Smith along with Vice President Richard Oswald were invited to take a tour of the industrial estates surrounding Bournemouth International Airport.

Estates manager Harvey Greenman extended the invitation after the Chamber got in touch. The Airport is a crucial part of our local economy, with nearly 4000 employed in the area.

#### **Name Change**

The eagle eyed amongst you will have spotted a small but important change to the Chamber's name. As of September we have reverted to our previous name of Christchurch & District Chamber of Trade and Commerce.

Yes it's a bit of a mouthful but we felt it was important to demonstrate that the Chamber is active in all areas of Christchurch, from the airport to Highcliffe and everywhere in between!

#### **Project Bargates**

We've been engaging with local businesses in an effort to spruce up this main thoroughfare into Christchurch. Initial feedback suggests the road could do with a little TLC. The project is still in the early stages so we can't reveal too much at this stage, but we should have much more news in the next issue of Chamber Chat. If you would like to get involved in whatever capacity, please email richard@pp-printing.co.uk and he'd love to talk to you about it.



#### **Quiz Success**

Chamber President Tim Lloyd put his thinking cap on as he put together a team for the Mayor's Quiz Night at Mudeford Wood Community Centre on November 16.

Tim organised a Chamber Team of eight for the event, and they put in a decent performance, ending the evening joint top of the leader board.

The contest went to a tie break situation, with the deciding question being "Who was the first person to successfully swim across the English Channel?" (answer below)

If you know the answer, why not join us at the next quiz? Keep an eye on our Facebook page for upcoming events.

Captain Matthew Webb

# President's Notes

**By Tim Lloyd**MD Captain's Club Hotel and President Chamber of Trade







#### **Small Business Saturday**

Saturday 7 December 2024 marks the annual Small Business Saturday, a national campaign encouraging everyone to support small businesses in their area. To mark the occasion, BCP Council's Economic Development (ED) team is shining a spotlight on its 'Support Local' initiative with a social media campaign running from 2 to 13 December.

You can view the campaign on all of BCP Council's social media channels including Facebook, LinkedIn, Instagram and X. You can also subscribe to the 'business news and information' newsletter via bcpcouncil.gov.uk/newssignup

The ED team have been distributing Support Local stickers across BCP. Local high street retailers and hospitality venues are now proudly showing off the sticker in their shop windows – keep a look out for them!

The campaign is funded by the UK Shared Prosperity Fund.

Can you believe that Christmas is upon us, and we will soon be welcoming in 2025. It is great to see Christmas in full swing both in Christchurch and Highcliffe and thanks in Christchurch must go to the **Thomas Tripp** group of companies who are the major sponsors of Christmas in Christchurch, including the lovely tree that sits proud outside of the old town hall.

Please use your time to browse our shops across the district and source your Christmas presents locally and enjoy food and drink offerings from an array of hospitality options available. Every one of them deserve your support.

Looking back, it has been a difficult year for business with a general election, tax raising budgets and the prospect of higher wages and increased employers' National Insurance from April. It is with this in mind that the Chamber is reintroducing training that will support members and cover a range of interesting subjects. The Chamber has conducted research into what training businesses would like to see and because of this a training calendar will be produced early in the new year and the good news is all courses will be heavily subsidised by the Chamber.

As President it has always been my intention to expand the role of the Chamber to support all areas of Christchurch and I am delighted to tell you that we, as an executive committee, have reintroduced our original title and will be known, once again, as the **Christchurch and District Chamber of Trade and Commerce**. We have developed a strong working relationship with **Highcliffe and Walkford Parish Council** which will be expanded in 2025 as we support their Christmas initiatives. The same can be said with Christchurch Town Council, BCP council and the Christchurch BID as we know that working together in partnership can deliver results. We are hoping to take small steps into introducing links with the Royal Horticulture Society (RHS) so we can enter the Britain in Bloom competition.

I can also announce the launch of **Project Bargates** where we are putting together a group of volunteers to make this approach road into Christchurch town centre an attractive offering including new planted planters, repairs to lamp post and improved bus stops. Several shops and businesses are keen to improve their facades and with a lick of paint this will be a great start. Of course, we know that there is a need to police this change and make sure any work carried out is maintained in the future, but we are confident that by working together we can make this happen.

We have two new members of our Executive Committee and I am very happy to introduce you to **Rhiannon Stevenson**, Wills and Tax Executive at Frettens Solicitors, and **Karen Goldingay**, MD at the Cliffhanger Restaurant in Highcliffe both of whom will bring new skills to the Executive and, with Karen a high profile member of the business community in Highcliffe, help us to bridge that gap.

In terms of engaging with the community and charity we are very pleased to welcome both Christchurch and Highcliffe Rotary Clubs as new members of the Chamber.

On a personal note, I wish you all an incredibly happy Christmas, but please be kind, spare a thought and do something special for a person or persons less fortunate than yourself. As a Chamber we are supporting the brilliant work of the **Christchurch Food Bank.** 

## Hello from Christchurch BID!

Who can believe we are almost at the end of another year, and what a year it has been in Christchurch! So many wonderful events have been enjoyed and the best news is December is packed with festive fun for everyone to experience.

Many of you will have received our "Christmas in Christchurch" fold out leaflet through your doors recently detailing the many events that Christchurch has on offer this Christmas, but in case you missed it, here's a rundown of not to be missed dates or your diaries......

The **Big Elf Hunt** is back! The Christchurch BID Team have been out and about delivering lots of cheeky elves to businesses across the town. If you spot an elf with a golden flag, ask the business for a golden ticket, fill this in and post it into Santa's Postbox at the Regent Centre on the High Street. All golden tickets will be entered into a prize draw where one lucky winner will receive over £100 worth of gifts in time for Christmas. The Big Elf Hunt runs from the 23rd November until the 20th December 2024. If you are a town centre based business and would like an Elf please get in touch via hello@christchurchbid.co.uk and we will do our best to get one to you if we have any available.

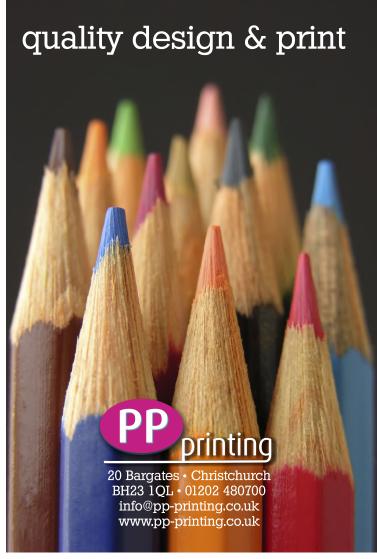
If you are a local Christchurch business then don't miss the chance to join us for Christmas Jumper Day in Saxon Square on the 12th December from 11.30am until 1.30pm. It will be a great opportunity to enjoy a mince pie and a glass of mulled wine (alcohol free) with your team, and help raise money for Save The Children. Local Christchurch business, **Pro2Col Ltd** organise the event and have their sights set on beating last year's donation target - lets all come together and help them smash it!

New for 2024! We would love for as many people as possible to join us for "Carols in the Square" (in Saxon Square) on the 14th December from 4.30pm where we will really be getting in the festive spirit! Accompanied and led by the infamous Baptist Church Band (famed for their Beers and Carols events!) be ready to sing along to all your Christmas Carol favourites, enjoy a mince pie and mulled wine and really get in the swing of Christmas in Christchurch.

We hope that you are able to join in with all the festive fun on offer and we would like to take this opportunity to wish a very **Merry Christmas** to you all from the Christchurch BID Team.

For more information and event news, follow us on social media @christchurchbid

Louise Berkhauer BID Operations Manager





## Christmas Wreath Competition

It is that time of year again, when we anticipate the Festive Season and making shops & businesses look even more attractive to encourage valuable footfall.

Over the last few years, we have had a brilliant response to the Christmas Wreath Competition in Christchurch and so the Chamber is not only organising it again this year but has expanded it to Highcliffe. It is so easy to enter as it is open to every business who has a door or window on to the street for the public to admire the Wreaths!

From mid-November, the Chamber will pop round and photograph every Wreath – or you can send a photo to us – and we will load them on to the Chamber Facebook page for the Christchurch ones and the Love Highcliffe Facebook page for theirs. All the businesses have to do is to encourage customers and clients to Like the post carrying the photo of their Christmas Wreath. Then in mid-December judges will go round and choose a Winner, taking into account all the Facebook Likes. The prizes for the businesses are amazing!

In **Christchurch** the winner will receive £120 Captains Club Voucher and a bottle of Taittinger Champagne; with the runner up will receiving £80 Captains Club Voucher and a bottle of Midas Prosecco.

Whilst in **Highcliffe** the winner will receive 2 tickets for the Christmas Tribute Night at the Cliffhanger on Wednesday 11<sup>th</sup> December for Frankie Valli, together with a three-course dinner, to a value of £110 and the runner-up will receive a voucher for £75 for The Oaks, Highcliffe.

And to encourage your clients to vote for you, one of them will be chosen randomly and will receive a £50 Captains Club Voucher and a bottle of Midas Prosecco! So well worth asking them to vote!

So make Christchurch and Highcliffe really special this Christmas and have the chance to win amazing prizes! If you have any questions or would like to submit the photo of your Christmas Wreath to me, please email Sue Harmon-Smith, the Chamber Secretary at sueharmonsmith@gmail.com

Wreaths pictured - from top to bottom;

Think Print, High Street, Christchurch
Dixon Stewart LLP, Lymington Road, Highcliffe
Captain's Club Hotel & Spa, Wick Lane, Christchurch
Star Boutique, Lymington Road, Highcliffe
Venture, Bargates, Christchurch



# Free HR advice from local HR Consultants for SMEs BCP Council

# In partnership with This research project is in collaboration with the BIT and CIPD. THE BEHAVIOURAL INSIGHTS TEAM Funded by UK Government

### Have you renewed your **Chamber Membership**?

The Christchurch Chamber of Trade and Commerce is a non-profit organisation and relies on the subscription of it's members, as well as sponsorships.

Joining the Christchurch Chamber of Trade and Commerce is a great way to become part of the Christchurch business community. It will enable you to raise the profile of your business and network with like-minded business owners. You will be able to post you business details on this site, attend our events, contribute to our newsletter and become involved with the issues that affect us all in Christchurch.

Your subscription is likely to be tax-deductible – so what have you to lose?

\*If you are BID levy payer, Chamber membership is covered as part of your annual levy. To opt in, simply email info@christchurchchamber.co.uk

#### **Membership** rates

£35 for companies with up to 5 employees; £65 for 6 to 25; £100 for 26 to 99 employees and £250 for over 100 employees"

#### **Payments**

Bank Transfer: 52-21-34 25914006 Cheques payable to Christchurch Chamber

BCP Council's Economic Development team have secured an opportunity for local businesses to participate in a research project by the Chartered Institute of Personnel and Development (CIPD) and the Behavioural Insight Team (BIT).



The project will provide your business with fully funded HR support as a part of the research. The bespoke consultancy valued at up to £800 can transform your business by helping you:

- · hire the right people
- · reduce staff turnover
- · increase productivity
- · avoid legal non-compliance.

#### To apply your business must:

- be a Small to medium-sized enterprise (SME) with 5 to 249 employees
- · have its sole or main place of business in Bournemouth, Christchurch, or Poole

Not all businesses that sign up will be chosen to participate in the research however, by completing the registration you will:

- · receive a £30 Amazon voucher for registering to take part
- receive a £40 Amazon voucher, as well as an entry to the £10,000 prize draw, for completing the follow-up survey

Your participation will help inform how CIPD and the Behavioural Insight Team should best support businesses like yours across the UK To register please email - <a href="mailto:HRSupportPilot@bcpcouncil.gov.uk">HRSupportPilot@bcpcouncil.gov.uk</a> and a link will be provided or, scan the QR code to the right

#### Testimonials from the previous project

'An important step in the right direction...fewer mistakes and less fixing to do afterwards' -

Tom, Hospitality Firm General Manager

'Surpassed expectations, definitely has had more of an impact than hoped for' -

Alice, Packing Business
Manager Director

Taught me so much about HR that I never knew and I'm sure that there are hundreds of thousands of businesses around England which are just the same'

- James, Photography Studio Owner-Manager

#### How do I get started in commercial property?

Whether you're looking to buy commercial property as an investment or to expand your business, there are some things you need to be aware of before getting started.

Despite the many benefits you may see as a result of purchasing commercial property, there are also risks. So, we would always recommend speaking to an accountant or financial advisor before making any big decisions. An advisor can also help you decide whether its more beneficial to buy as an individual or as a company.

In terms of funding, you could get a commercial mortgage. This is very similar to a residential mortgage, as it needs to be repaid (plus interest) to the lender. However, mortgage rates for commercial properties are usually higher, as they are seen as a higher risk for lenders. Find out more about commercial mortgages, the rates and how to get one here. You could also use a bridging loan to fund your purchase. Find out more here.

Next, you'll need to assess the additional costs. VAT, for example, can be payable if the seller has elected to tax the property. You should ask whether this is the case when viewing the property, so you know in advance. Furthermore, Stamp Duty Land Tax (SDLT) will be another outgoing you need to consider. Find out more about stamp duty rates, and the exemptions, here.

Lastly, you'll need a professional commercial property solicitor on your side to help with the legalities of the purchase. At Frettens, we would be happy to help you with this. Call us on <u>01202 499255</u> for a <u>free initial chat</u> where we can give you a quote and discuss costs.





#### Tell us your news

Chamber Chat is all about Christchurch businesses small and large. If you are a Member of the Christchurch Chamber of Trade & Commerce and have business news you are happy to share, please do tell us.

If you are a new member and want to tell the rest of us about your business, then we look forward to hearing from you. Remember, Christchurch Chamber covers the whole of the old Borough and we welcome members from Hurn to Highcliffe and all places in between.

As well as being widely distributed electronically and on social media, this issue of Chamber Chat is being physically delivered free to businesses across Christchurch, Highcliffe, Somerford, Mudeford, Burton, Barrack Road, Fairmile and up to the airport. Its printing is paid for by its adverts—with any surplus funds going towards the Chambers future's activities.

If you would like to advertise in future editions, contact Sue Harmon-Smith on sueharmonsmith@gmail.com.Not only will you be supporting the Chamber, your advert will reach a targeted local business audience.

If you have a contribution you would like to make to the next edition, then contact me on andrew.barfield@gervis.co.uk.

#### Andy Barfield, Editor

Disclaimer. Whilst every care has been taken to ensure this publication is accurate, neither Christchurch Chamber of Trade and Commerce nor its editorial contributors and printers can accept, and hereby disclaim, any liability for any loss or damage caused by errors or omissions resulting from negligence, accident or any other cause. The views contained in the articles are not necessarily the official policy of Christchurch Chamber of Trade and Commerce and they do not officially endorse any advertising material included within this publication.

#### **Advertising Rates**

Front or Back Cover – ¼ page portrait -£120 as sole advert

Inside on left or right – ½ page - £150

Inside on left or right – ¼ page – £80

Inside on left or right - 1/8 page - £45

We also offer the option on each edition for one company to sponsor the printing of the newsletter for £250 for which they will receive a full page which we would ask it to be ½ page advert and ½ editorial.

Deadlines will be advised once your advert is booked but is usually a few days before publication.

#### **Specifications**

1/4 page - - 95mm x 138mm 1/8 page - 65mm x 95mm Please supply your artwork as a high resolution PDF to richard@pp-printing.co.uk

### Book your ad for our next issue (February 2025)

Copy deadline
22 February
email
richard@pp-printing.co.uk

## Bridge Health & Wellbeing welcomes new Reformer Pilates teachers



 $Family-run\,clinic\,Bridge\,Health\,\&\,Wellbeing\,\,is\,delighted\,to\,welcome\,two\,new\,Pilates\,teachers\,to\,its\,wellbeing\,\,studio\,team.$ 

Robyn Chambers is a dedicated Pilates teacher who is passionate about movement and helping others achieve their fitness goals. An internationally competitive rower in South Africa and America, she discovered the incredible benefits of Pilates for enhancing her own sporting performance. This personal experience inspired her to qualify as a Pilates teacher. Robyn is now a Pilates Foundation and matwork teacher, and is qualified with Body Control Pilates for reformer.

Ceri Mak has been teaching Pilates for over 15 years. She trained with the Pilates Foundation and went on to specialise in spring-loaded apparatus with Body Control. Ceri's knowledge of the Pilates movement is profound and varied. The holistic nature of Ceri's teaching style has seen her study and be inspired by other movement disciplines including Bones for Life (based on Feldenkrais), Qi Gong, physiotherapy and biomechanics. She recently qualified in Postgraduate antenatal and postnatal Pilates.

Both Robyn and Ceri will be teaching group Reformer Pilates classes. Bridge Health & Wellbeing is one of only a few venues in Dorset offering group Reformer Pilates classes and individual sessions.

Louise O'Connell, co-founder and lead Pilates teacher at Bridge Health & Wellbeing, said, "We are delighted to welcome Robyn and Ceri to our team. Both are highly experienced in matwork and Reformer Pilates. Their knowledge of movement is fantastic and varied, and they have a wonderful manner and teaching style with fits with our family ethos.

We can now offer even more Pilates Reformer sessions for our clients, with a range of group classes and individual sessions for beginners as well as those with more experience with this fantastic piece of apparatus. Reformer Pilates delivers a full-body workout, challenging your entire body to develop great awareness and coordination."

Whether you need help with pain or an injury or just want to stay fit and healthy, come and join them for the journey. Book your appointment now at <a href="https://www.bridgehw.com">www.bridgehw.com</a> or call 01202 473800 to speak to their friendly team of wellbeing experts.



### Record amount raised by Carnival



At the Christchurch Carnival celebration evening at Christchurch Sailing Club on Thursday 10th October, everyone was feeling jubilant as a record breaking £6,511 was handed out.

Kicking off the evening, Samba Panache brought the sounds of the Brazilian carnival to guests as they enjoyed the riverside surroundings of Christchurch Sailing Club who are celebrating their 150th anniversary this year.

Opening the evening, chair of Christchurch Carnival Committee, Viv Charrett thanked sponsors who made the event possible. She said "We are incredibly grateful to every single one of our sponsors. It costs in the region of £14,000 to stage the three day event" which took place from Friday 9th to Sunday 11th August 2024. "A special thanks needs to go to Christchurch BID and Christchurch Charitable Trust for their generous donation this year, support on this level gives us an enormous confidence boost and makes us want to achieve even more."

"We had an incredible amount of talented local performers who joined us this year. This was evident in the huge numbers of spectators, young and old, singing and dancing all day and all night." said Steve Neilson entertainment lead for Christchurch Carnival

The highlight of the night was the **charity cheque presentations**.

The Listening Ear, who are based in Bargates, provide counselling and mental health support to children and young people aged 5-19 in schools across BCP. They have been awarded £1,913.

Hengistbury Head Outdoors, were another beneficiary of donations raised. HHO mission is to sympathetically rejuvenate the former site, creating a sustainable, innovative yet tranquil space for the whole community use.

"We are so grateful to have been chosen as one of the charities this year. It was a real joy to be so involved across the whole of the Carnival weekend and to have that opportunity to share our ambitions more widely across our local community." said Becs Vince, HHO Director. HHO received a cheque for £1,890

The final charity cheque of the evening was awarded to Pink Champagne Breast Cancer Survivors Dragon Boat Team who train up and down the river every Saturday morning.

"Pink Champagne did a fantastic job of fully embracing the spirit of carnival and got heavily involved with this years event" said Fi Herbage, Christchurch Carnival "We are delighted to be handing them a cheque for £2,708"

Next year's Carnival weekend will take place from Friday 15th - Sunday 17th August 2025.



### Christchurch fitness club shortlisted for national award

www.captainsclubhotel.com

Urban Health & Fitness in Christchurch has been shortlisted from hundreds of entries by the National Fitness Awards.

Celebrating excellence and achievement across the entire fitness industry, Urban is highlighted in two categories: Group Exercise Gym of the Year and the Customer Service Award.

Urban's Fitness Manager, Danielle Rollinson, said: "Urban has been recognised because we offer a wide range of unique classes from Gentle Fit to Yoga, Pilates, Circuits and Strength Training. We devise classes to suit the needs of our members, delivered by our amazing team of instructors. Being a small independent gym serving the local community, customer service is at the heart of what we do, with a fully-staffed facility and a passionate team ready to guide members to all our services."

The National Fitness Awards are highly anticipated every year and the winners are celebrated for their dedication and contribution to the industry as well as showcasing best practice.

The Urban Team now keenly await the Awards Ceremony taking place at the end of November.

For more information please contact: <a href="mailto:heather@urbanhealthfitness.com">heather@urbanhealthfitness.com</a> 01202 914848



## Understanding Defribrillators

During my Years as a First Aid Trainer, it has become apparent that not enough people have the correct understanding of Defibrillators. Their main concern is that they will do it wrong or hurt someone. So that's why I wanted to write this article in the hope that we can change people views and knowledge

#### Anyone can use a defibrillator. You do not need training, and it will only work on someone that needs it.

"It is estimated that a 1000 lives could be saved every year in England if members of the public receive information and feel confidant to use a Defibrillator." (Resus Council UK)

Defibrillators in the Public are completely safe and once you turn it on, it will give clear step-by-step voice instructions. The pads have pictures on to show where to place them on the body and It will only shock someone who is in VF (Ventricular Fibrillation) this is where your heart is in a life threatening irregular heartbeat.

They work as follows:

**Step 1:** Press the button to switch on the defibrillator it will start to talk to you and give clear Instructions

**Step 2:** Remove the person's clothing above the waist. You may have to shave a Hairy Chest as the Pads need to be skin to skin contact. If they are wearing a Bra this may need to be cut off if it has wire running through it. If the person is wet you need to dry the area . This may feel uncomfortable to do but you must remember they are not breathing and need our help.

Defibrillator Packs should have a Razor, Shears(scissors), Face cloth, a pair of gloves and a Face shield.

**Step 3:** Peel off the sticky pads and attach them to the person's bare skin. Put one pad on each side of the chest as shown on the Pads and the picture on the defibrillator.

**Step 4:** Once you have attached the pads, stop CPR and do not touch the person. The defibrillator will then check the person's heart rhythm looking for VF (Ventricular Fibrillation)

**Step 5:** If the defibrillator finds VF (Ventricular Fibrillation) it will either tell you to press the button to shock them or if it's an automatic defibrillator it will shock the person without you needing to do anything. Stay clear of the Person when they are being shocked. It may say no shock advised. Either way if the Patient does not respond and start breathing again, we continue CPR.

Every 2 Minutes the Defibrillator will reanalyse. We keep doing CPR until the patient starts breathing or the Ambulance Service/First responder arrives and takes over.

There are many Defibrillators in our Area I have listed a few of them that a lovely lady sent me after cycling round the local area to find where they were. So, there will be some that are not on this list.

- Mudeford Lifeboat Station
- The Noisy Lobster Avon Beach
- Mudeford Woods Community Centre
- Stanpit Sports and social Club
- Friars Cliff Café, Steamer Point
- The Methodist Church, Lymington Road Highcliffe
- Greystones Community Centre
- Highcliffe Golf Club, Lymington Road
- Football Hut, Smugglers Lane North
- High Cross Church, Somerford
- St Joseph's Catholic Church, Purewell
- The Regent Theatre, Christchurch
- Christchurch Baptist Church, Bargates
- Waitrose, Christchurch
- The Druitt Hall, Christchurch
- Christchurch Harbour Hotel, in the office
- The Captains Club, in the office

If they are in locked a Box you gain access by contacting 999 and give them the code on the box and they will then give you the code to access it.

Always remember to call 999 who will stay on the line and support you.

If you want more information or want to book onto a First Aid course, please do not hesitate to contact me on enquiries1stresponse@hotmail.com

Jo-1st Response Training



From the archives Who said no stalgia was a thing of the past? President Tim Lloyd was sorting through some papers when he came across these items from 2001, when he was President first time round, and 2004. We found them fascinating and hope you do as well! If you have any similar items from years gone by please send them to richard@pp-printing.co.uk, we

would love to share them with our readers.



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## Businesses urged to sign up to scheme to halve employees' bus

fare

Morebus is working with BCP Council and businesses to encourage more workers to opt for sustainable transport.

The Poole-based bus operator is introducing a special 'Commuter Club', which offers employees of participating companies discounted bus travel across the region.

A normal bus ticket is currently £2, but membership would see that halved to £1 per journey.

"According to Fuel Genie, Bournemouth, Christchurch and Poole is the third most congested area of the UK - surpassed only by Edinburgh and London," said Morebus head of communications, Nikki Honer.

"With the knowledge that just one fully loaded double decker bus has the potential to take up to 75 cars of the road, we're determined to help ease the traffic here.

"During the last year we have invested around £16.25m in 55 new double decker buses for our fleet, replacing single deckers, to provide more room for passengers.

"We are encouraging employees of local businesses to leave their cars at home and travel with us instead."

The Commuter Club is partly funded through BCP Council from the government's Bus Service Improvement Plan (BSIP).

Employers can sign up to the scheme, which involves a "modest" annual membership fee depending on the number of employees at the company.

"In return, workers will benefit from £1 bus tickets, which can be bought in bundles of 20," Nikki added.

"Initially up to five bundles can be purchased with further bundles offering a saving of 20 per cent on full-priced tickets.

"These multi-trip bundles can be used as single tickets at any time within Morebus' zone A, which reflects the BCP boundary and are valid for 12 months.

"With more people now working part-time or within a hybrid working week, we expect this initiative to be well-received by all those who work for participating companies.

"The obvious advantages are, of course, cheaper commuting costs - but also the health benefits of taking extra exercise by walking before or after the bus trip.

"We're looking forward to working with local businesses and to welcoming more people on-board through our new Commuter Club over the coming months."

For those who are not members of Morebus' commuter club, the £2 fare cap for single journeys, part of the Government's Help for Households initiative, is still in place until at least December 31.



1st response training

### Accredited training to get professionally qualified

1st Response Training provides a professional yet friendly approach to all of your First Aid, Fire Safety and Mental Health training needs.











Contact 07467149690 enquiries1stresponse@hotmail.com

