

Your reporter



Lucy Golding
Bucks reporter
01628 678273
lucyg@baylismedia.co.uk

More bedrooms

MARLOW: The Hand and Flowers has taken on property in the High Street to be converted into guest rooms. The two Michelin star restaurant, run by Tom Kerridge, hopes the house will be ready by the spring for guests following an increase in demand for accommodation. The house, next door to The Slug and Lettuce pub and Zizzi, will be designed in a similar boutique style to The Hand and Flowers' other four rooms located in two cottages a 30-second walk from the West Street restaurant.

Diary

TODAY (Thursday): Late Night Shopping Event, High Street, Marlow, 4-9pm.
Open Mic, O'Donoghues, Spittal Street, Marlow, 8.30-11pm.
Saturday: Music from Frank Black Junior, Royal British Legion, Common Road, Flackwell Heath, 8pm.
Arts, Crafts, Gifts and Treasures fair, All Saints Church Hall, The Causeway, 10.30am-4.30pm, free entry.
Cookie & The Bluejays, Royal British Legion, Station Approach, Marlow, 7pm, visit www.rblmarlow.co.uk
Marlow Antiques and Vintage Fayre, Liston Hall, Chapel Street, Marlow, 9am-4pm.
Sunday: Festive Family Sunday Lunch and Kids' Christmas Party, Crowne Plaza, Fieldhouse Lane, Marlow, noon-4pm, £19.95 per adult, £9.95 per child (3-12 years

old), under 3s free, enquiries@cpmarlow.co.uk to book.
Christmas wreath-making workshop, Marlow Bottom Preschool, Marlow Bottom, 2-5pm, call Joanne Caldwell on 07887 926711 to book a space.
Christmas raffle draw and music, Royal British Legion, Common Road, Flackwell Heath, noon.
Monday: Marlow Ukulele Group, Cross Keys, Spittal Street, Marlow, 7.30pm, visit www.marlowuke.co.uk
Cinema at Clayton's, Oxford Road, Marlow, 7.30pm, visit www.claytonsmarlow.com/cinema
Tuesday: Quiz Night, Prince of Wales, Mill Road, Marlow, 8.30pm.
Wednesday: NCT Bumps and Babes Cafe, Court Garden Cafe, Higginson Park, Marlow, 10am-noon.

High Sheriff officially opens children's new play area

WOUBURN: A new play area worth £40,000 has been unveiled at a village primary school. Pupils at The Meadows School, in School Lane, celebrated the completion of the facility at an opening ceremony held on Wednesday, November 27. The ribbon was cut by the High Sheriff of Buckinghamshire, Sir Stuart Hampson. The play area, which boasts new equipment and a soft play surface, was built with money donated from the school's PTA, The Louis Baylis Trust (Maidenhead Advertiser), Marlow-based software company SAP and Bourne End and Wooburn Parish Council. Headteacher Brendan Aspell said: "Last year's successful fundraising by the PTA, along with generous grants from several organisations, helped us reach the final total. He added: "Without their support this project would still just be a dream."



NOT MUCH ROOM ON THESE TOADSTOOLS: The High Sheriff of Buckinghamshire, Sir Stuart Hampson, with children in the new playground. Ref:118428-16

Campaigning for massage on NHS

Marlow: Call for power of touch in healing to be recognised

A CAMPAIGN for massage therapy to be prescribed on the NHS has been launched by a mum and businesswoman.

By Lucy Golding
lucyg@baylismedia.co.uk

Commons debate. "We need to create a cultural shift that recognises the crucial importance of touch for our mental and physical wellbeing and embrace the professional role of the massage therapist as a catalyst for the release of stress, tension and stimulated good health" said Gill, who celebrated the 21st anniversary of Essentials for Health this year. She added: "The amount of momentum it had got in this space of time is incredible, I am very confident." Two years ago Gill adopted a son, now five, who she says is a key inspiration behind her work. The entrepreneur is also a passionate advocate for child and baby massage, something she believes is imperative for bonding. Gill decided to set up Essential for Health in her late 20s after being stranded for nine days in the Kenyan Jungle when

The Pro-touch 'manifesto' is the brainchild of massage school founder Gill Tree, who runs Essentials for Health based in Dukes Place, Marlow. The manifesto hopes to emphasise the vital role massage has in reducing the symptoms of diseases and disorders including cancer, heart conditions, stroke and irritable bowel syndrome. Research also shows that massage can reduce absenteeism at work, raise the self esteem of the sick and mentally ill as well as for the elderly. Gill, who lives in The Ridgeway, hopes the initiative will boost the massage industry and is gaining support from practitioners, professional bodies and charities. The manifesto has recently been backed by the Federation of Holistic Therapists (FHT) as well as MP David Tredinnick, who will be working with the 51-year-old to spread the word to increase petition signatures with the aim to spark a House of

'We need a cultural shift that recognises importance'

Speed Read

A MASSAGE school owner is embarking on a campaign to have the therapy prescribed on the NHS. Gill Tree's 'Pro-touch Society' manifesto promotes the power of massage to reduce symptoms of illness including cancer and heart conditions.



DETERMINED: Gill Tree, above, is hoping to get massage prescribed on the NHS.

Cheers for academy dancers

MARLOW: A cheerleading squad has scooped 12 trophies at national competition.

The Kobika Starlites, who train at the Redgrave Sports Centre in Wycombe Road, won six first place awards, two seconds, two thirds and two fifths at the UK Cheerleading Association's Winter Championships on the weekend of November 24 and 25. The championships, held in Manchester, were attended by more than 1,000 competitors from across the UK who showcased their stunt, dance, tumbling and performance skills. Jo Sarnowski, the mother of a squad member, said: "We are all very proud to be supporting the Starlites, they all showed great determination and team spirit throughout the whole day."

Head coach Katie Cobie added: "The UKCA do an amazing job of hosting these national championships. "The whole squad has worked incredibly hard and I am so proud of them all."

The squad helped with the warm-up for runners at Marlow's annual Santa's Fun Run on Sunday. Visit www.kobikastarlites.com

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'Proposed building not in keeping with surrounding area'

BOURNE END: Controversial plans for 25 retirement apartments and a convenience store to be built in the village have been rejected. Wycombe district councillors voted against the application, planned for the land between Parade Court and Oakfield Road, on Tuesday, November 26, which was submitted by

McCarthy & Stone. The development, which would see a Sainsbury's Local next to the flats, sparked objections from residents who raised concern over its 'not in-keeping design' and potential for parking problems. Chairman of the residents' association Jim Penfold slammed its contemporary look.

He said: "It was a totally ridiculous idea. I am extremely pleased because it was wrong for the village." He added that villagers are not against the accommodation itself but would like to see a more traditional design. A spokesman for McCarthy & Stone said: "We're disappointed that even though officers recom-

mended our proposals for approval it was refused by the planning committee." The application followed a lengthy consultation with villagers. The company is now considering whether to appeal. In a reason for refusal statement, Wycombe District Council said: "The design fails to integrate with the immediate area."