

ChatterisSCENE

July 2023

your local directory

Inside this month

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Richard Woodward

Wills & Probate. 30 years experience.
Home visits. Request a brochure.

p7

TRS Haulage

Light haulage and removals. Call or
email to discuss requirements.

p12

Neptune Softwash

Effective, low pressure exterior
cleaning. Free quotes available.

p14

Fenland Spirit Services

Lawn mower sales, servicing and
repairs. Contact details inside.

p15

JSL Electrical

All electrical works undertaken.
Free quotes provided.

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Aerial & Television Services

Aerial & Telephone Services (P13)

Animal Bedding & Feed Stockists

Rollins Farm & Country Store (P13)

Car Servicing & RepairsWarman Wheels (P5)
Wheels Automotive (P16)**Clubs/Groups/Events**Care Network (P19)
Chatteris Running Club (P18)
Chatteris Tennis Club (P14)**Decorators**

CCS Decoration (P15)

Design & Print

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Education

Eastern Colleges (P12)

Electricians

JSL Electrical (P15)

Estate Agents

Ellis Winters (P1)

Furnishing, Interior Design & Textiles

Denise Jackson Interiors (P18)

Garden Maintenance & SuppliesBrooker Boys Fencing (P3)
Colourfence (P8)
Fenland Spirit Services (P14)
Four Seasons Tree Services (P7)
March Patio Centre (P9)**Health & Beauty**Chatteris Osteopaths (P20)
Clearer Hearing (P16)
Core Factor Pilates (P14)
Footprince (P5)
Instant Mobility (P13)
Michelle Cobb Counselling (P9)
Sutton Mobile Earcare Service (P14)**Haulage Services**

TRS Light Haulage (P7)

Home Improvements

Lakeside Water (P7)

Legal Advice

Richard Woodward & Associates (P5)

Property ServicesNeptune Softwash Solutions (P12)
QPS Dry Lining & Plastering (P3)**Plumbing & Heating**Anglia Oil Tanks (P9)
Melton Heating & Plumbing (P5)
Peacock Plumbing & Heating (P16)**Retail**

Reeds (P2)

SecurityGeneris Security (P12)
The Cambridgeshire Bobby Scheme (P18)**Training Services**

Fenland First Aid (P4)

Windows & Doors

The Window & Door Business (P10/11)

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We have survived and grown in what is a very competitive market due to the amount of repeat business we retain.

We intend to be your go to supplier for all first aid training for the foreseeable future.

TESTIMONIALS FROM LEARNERS ON OUR COURSES:

"Practical lessons found it easy to learn"

"I enjoyed that it didn't feel rushed, all practical work was checked, it was fun"

"I particularly liked learning why the body reacts the way it does"

"Great trainers and super friendly"

"Enjoyed the course and appreciated being asked if I needed any extra explanations as this was my first time"

TESTIMONIAL FROM A CORPORATE CLIENT:

"I just wanted to thank you and trainers for the first aid training provided this and last week, I have had really positive feedback from the attendees. We will certainly use you again in the future for first aid training and recommend to our partners."

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 - **EPFA Emergency paediatric First Aid (6 hours)**
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- **FAWR First aid at Work Requalification (12 hours)**
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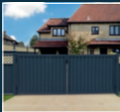
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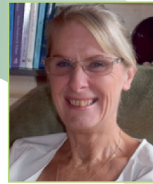


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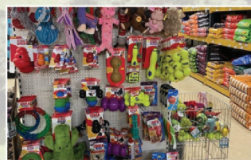
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If you're a runner or interested in starting to run, we are always looking to recruit new members. Nothing is more motivating than having other people to run with!

Currently sessions are on Wednesday & Thursday evening from 7:15pm
You are welcome to join us for up to four free sessions before signing up as a member

For more details or to contact us:



facebook.com/ChatterisRunningClub
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www.chatterisrunningclub.co.uk
chatterisrc@gmail.com

TOP TIPS TO KEEP BURGLARS AT BAY THIS SPRING

Spring is a busy time for burglars who are on the lookout for vulnerable outbuildings to break into. Here are some tips from the *Cambridgeshire Bobby Scheme* to help you protect your outside space:

- Cover windows so burglars can't see what's inside.
- If using a padlock, make sure it's of good quality, ideally with a hardened shackle.
- Consider PIR security lighting that will be activated by movement, as this will attract attention.
- Consider a stand-alone shed alarm.
- Keep bikes locked up together inside a shed and/or secured to an immovable object.
- Mark high-value property with Smart Water or similar permanent security marking system.
- Garden gates should be lockable on the inside and unreachable from the other side.
- Add trellis to fence panels as it is too weak to climb on.
- Check for any vulnerabilities in perimeter fencing and repair.
- For an additional level of security, video doorbell systems can often be extended with additional cameras in a rear garden, or stand-alone cameras that work in conjunction with wi-fi and a smart device, that would alert you to any potential intruder even when away from home.



01480 413311

info@thebobbyscheme.org

www.thebobbyscheme.org

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Volunteering is a wonderful thing to do, it makes a huge difference to those you support and gives a positive boost to your own wellbeing as well!

Our volunteers enable us to deliver high quality and reliable services, through short term intervention that promotes independence, wellbeing, and reconnection with the community for local residents. We are currently recruiting volunteers in your area, to support local residents.

The positive impact volunteering has on our client's lives is clear...

"I will be forever grateful for you and all the volunteers. It takes a special kind of person to help and care about total strangers."

"A very big thank you for going over and above in helping me when I needed it most"

"Absolute life savers. Not sure what I would have done without your help - well you can't live without shopping and my volunteer is lovely."

Whether you have a lot or only a little time to offer, and are over 18 years of age, there will be something to suit with the flexible Care Network Cambridgeshire Volunteer roles.



We do not require set day/s or hours each week, unless that works better for you.

Volunteers complete a simple application process, provide two references, and after an appropriate DBS check will be offered an induction session.

After training you will have a named Coordinator, further training opportunities, social events, ongoing support and be reimbursed for any agreed out of pocket expenses!

Would you like to become part of the Care Network Team? For more information, please get in touch.

Call Tina, Volunteering Co-Ordinator on 01223 869892

Visit our web page <https://care-network.org.uk>

Email: volunteering@care-network.org.uk

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Do you suffer from heel pain?



Plantar fasciitis is a condition causing pain in the underside of the heel which can also radiate into the arch of the foot. This condition is surprisingly common and can affect anyone!

Do these sound familiar?

- ✓ Pain in the underside of the heel
- ✓ Pain in the arch of the foot
- ✓ Pain is often worse first thing in the morning
- ✓ Pain is aggravated by activities involving running, walking or standing
- ✓ Pain is worse when wearing flat or hard-soled shoes

How we can help:

Here at Chatteris Osteopaths we offer the latest in **shockwave therapy**, a proven and effective treatment for Plantar fasciitis.

**20%
OFF**

Bring in this advert or quote 'Scene Magazine April 2023' to receive 20% off a course of shockwave therapy for Plantar Fasciitis. (Offer valid until 31st May 2023)



chatterisosteopaths

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Email: info@chatterisosteopaths.co.uk