

Before you buy a used car, check the wheels. All six of them.

The ones at all four corners, obviously. Check the tyre treads and rims for wear. Plus the spare wheel, of course. And a worn steering wheel can betray the true age of a car.

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Feminine wives help with tough guy job

by Lauren Margrave

BOUNCERS are stereotyped as being merciless balding body builders who like nothing better than making clubbers' lives a misery.

Luckily, Charly Flower, from Godalming, is proof that stereotypes can be wrong and that in fact there are some nice bouncers out there.

Firstly Charly is a 49-year-old female, who unlike her male counterparts does not simply resort to physical force to remove punters but instead uses her womanly instincts to assess the situation before she acts.

Charly, from Godalming, guarded her first night club door in London six years ago. As a keen kick boxer and an advocate for female self-defence, Charly believed that by becoming a bouncer, it would give her the perfect opportunity to put her skills to the test.

About two-and-a-half years ago Charly decided to transfer her career to venues nearer home and did a six-month stint at night club Time in Guildford.

"Becoming a bouncer was

a great way for me to try out various techniques that I had learnt and apply them to real situations to see if they actually worked," said Charly.

"I found that I could control a lot of situations using my feminine resources.

"I am not saying I did not get involved on a physical level - I have had my fair amount of scraps, but I could also do a whole range of other things that are not usually present in a male bouncer."

She added: "I wanted to see how far I could go in a predominantly male world and my intuition and softer approach through talking to people proved to be a lot more effective."

Clubbers at London venues are packed in like sardines, but instead of barging her way across the dance floor to get to the other side, Charley just asked people politely and touched them lightly on the shoulder to get them to move.

"This was a much better approach. Touching them gently on the shoulder is exactly the way people would expect a bouncer not to act, so it got their attention without hardly any effort."

Charly admits that being

female meant she was rarely regarded as an equal but that over time she usually managed to earn the respect of her male colleagues.

Comparing the nightlife in London to that of Surrey, Charly said: "London is a metropolis, a huge black hole, but saying that you do get the same things happening in Surrey, just not to the same degree."

"In Guildford, the clubs and bars do not tend to be as bad but over the last year I have noticed a definite rise in crime, specifically in the exchange of drugs, as they are more readily available."

Charly suggests the reason for the rise in crime levels is a result of young people today having fewer and fewer boundaries.

She added: "They are not taught by their parents and the stage where they are installed with values seems to be absent from a lot of young people's lives. They also have access to more resources like mobile phones, the internet, drugs and guns."

Her time in the security industry has also taught Charly a lot about herself and helped her in establishing her



Charly Flower put her skills to the test as a bouncer.

own defence technique that she now teaches to students.

"I really enjoyed being a bouncer," adds Charly. "You learn a lot about yourself in these kind of situations specifically about the way you handle fear."

"There are so many people that sit around and question what they would do in a

certain scenario but a lot of the situations they are talking about I have been in, so I know how I would react."

"Because of this I have been able to perfect my technique for teaching personal training to women."

To find out more about her classes visit www.thecharlyflowertechnique.com

The Professionals



Advertising Feature

Yummi Scrummi

GET "yummi and feel scrummi" with these top tips for a happy and healthy lifestyle.

■ Exercise. A hot date, a summer holiday, a wedding. Whatever the occasion, exercise will shape, tone and sculpt curves in all the right places as well as injecting life and energy into your body.

■ Nutrition. Healthy eating and keeping hydrated will boost energy levels and give us glowing hair, skin and nails.

■ Sleep. We all need our beauty sleep and eight hours a day should do the trick. Not only will you wake feeling refreshed and revitalised, but you'll be ready to take on the day ahead.

■ Fresh air. Instead of driving why not walk?

■ Get outside. Feel the wind

in your hair, take deep breaths and blow the cobwebs away.

■ Me time. In between work, seeing friends, being a girlfriend, wife, mother, even grandmother, make sure you get some important "me time".

■ Smile. Smiley people appear more confident, light up the room and can even change moods of others!

Yummi Scrummi is the new name in personal training, deep massage and nutritional advice specifically for women.

Call Philly on 0777 151 3232, e-mail: philly@yummi-scrummi.co.uk or visit www.yummi-scrummi.co.uk

Lucks Yard Clinic

STRESS is a word which is so familiar to many of us. It affects us all in many different ways.

It can be experienced physically, emotionally, psychologically, socially and even at a spiritual level.

We may feel "out of sorts", not really knowing why. Stress can express itself as irritation, anxiety feeling low or you may be aware of physical changes in your body such as racing heart, quick breathing and sweating.

The level of stress experienced varies according to the demands which are placed upon you at any one time and how you think and feel about them.

At times some stress can be helpful to help us perform well and get a job done. On the other hand, when the demands placed upon you are greater than your ability to deal with a situation you may feel under a lot of pressure and unable to make decisions.

If you are under too much stress, you may feel unable to cope with simple every day tasks and issues that would not previously have caused difficulties.

Stress may influence behaviours such as overeating, smoking, drinking, and so on.

If you experience physical symptoms it is important in the first instance to seek the advice of your GP.

When stress goes on for a long time you can become exhausted and the impact on your life and relationships can be significant. Helen, a qualified nurse and clinical hypnotherapist, offers a stress management programme to help you return to a calm and balanced state.

This programme is an excellent way of helping you learn skills for life using strategies of relaxation and self-hypnosis, to change unwanted behaviours and deal with emotional pressures in a safe and protected way. It is specifically tailored to your individual needs.

Helen applies her knowl-

edge, skills, experience and expertise and incorporates the skills and techniques of mindfulness meditation, neuro-linguistic programming (NLP), cognitive behaviour therapy (CBT), emotional freedom technique (EFT) and eyes movement desensitisation reprocessing (EDMR) where these might be helpful.

The latter is particularly helpful in supporting those with post traumatic stress. Helen supports clients aged five upwards; she is also a Journey Practitioner and HypnoBirthing® Practitioner and is CRB checked.

For more details see the advertisement below.

The Refectory

THE Refectory in Milford reopened before Christmas having had a facelift and a change of management.

The all-new Bluebeckers at the Refectory now offers good wholesome food and a great selection of drinks, served by a friendly team in relaxed surroundings.

The refurbishment has been carried out to a superb standard bringing a perfectly balanced combination of old and new with many of the original features restored.

The bar is fully stocked with a whole host of beers, a range of wines by the glass, and coffees, making it the perfect place to call in for a drink with friends or colleagues.

The food on the menu runs from the traditional to the contemporary, from whole-some pies, fresh fish, mouth-watering pastas and salads, to legendary spare ribs, steak burgers and a packed specials board.

All the dishes are prepared by skilled chefs with a passion for food. The emphasis truly is on quality, wholesome food served by a friendly team in beautiful surroundings.



Enjoy a meal or a drink at Bluebeckers at The Refectory on the Old Portsmouth Road at Milford, near Godalming.

The Refectory is not just a place to go for a meal, there is also a relaxing and comfortable bar area, traditional pub games, cosy seating, and a range of bar snacks.

The children's menu is crammed full of wholesome dishes including secret recipe cottage pie, real cod fillet fish fingers, and chicken salad wraps, as well as a smaller por-

tion of the famous and very popular Bluebeckers spare ribs.

Almost all of the dishes come with a choice vegetables, salad or baked beans, and a jacket potato, mashed potato or fries. With a selection of children's dishes in two sizes, there's plenty of choice for older children too.

The Refectory is now taking bookings for Valentine's Day.

Bluebeckers at The Refectory, is on the Old Portsmouth Road at Milford, near Godalming. For more details, call 01483 413820 or visit the website at www.bluebeckers.co.uk

and paninis fresh in store every morning and you can have your own creation made fresh in front of you from the wide choice of ingredients available like salmon, prawns, cream cheese, piri piri chicken, chicken tikka, tuna and brie.

For those who have a sweeter tooth, indulge yourself with some hot chocolate cake with cream, carrot cake or one of the many muffins and pastries.

As well as award-winning coffee, there is a wide range of hot chocolates, herbal teas, freezers and milkshakes.

So come up to the food court in the Friary shopping centre take a break and relax with Coffee Republic.

Coffee Republic

COFFEE Republic has opened in the food court of the Friary shopping centre, Guildford.

Why not come in for breakfast and have a hot bacon briolette or ham and cheese croissant freshly baked every morning or pop in for lunch and try a toastie or soup with your drink?

The deli staff also make all their sandwiches, baguettes

Our products carry a lifetime guarantee in respect of faulty materials and workmanship - children deserve the very best!

Our range is manufactured by Quality Products International (Europe) Ltd. For more information on our products, EN13138 and "phthalate friendly", contact QPI Europe e-mail: sales@qpieurope.co.uk or call us on: 01252 316626 or visit www.qpieurope.co.uk

Re-Nu Kitchens

ARE you tired of looking day in, day out at your kitchen but can't face the mess, trauma and expense of a total refit?

We all want value for our hard earned money and hate waste, so why rip out your existing kitchen if the basic units are OK, but the doors are damaged or worn, or are the wrong colour?

Re-Nu Kitchens, a local family-run business, could provide the answer. Re-Nu can completely change a worn out kitchen to make it look brand new by replacing the doors with new doors from its extensive range, made to measure and fitted by craftsmen.

Relative to ripping out your entire kitchen, the Re-Nu method is very quick, involves an absolute minimum of mess and disruption, and costs about 50% of the cost of a totally new kitchen. You don't even have to visit a showroom because a Re-Nu surveyor visits you with an extensive range of samples so you can see what your "new" kitchen will look like in the comfort of your own home.

In addition to doors, Re-Nu can fit new work-tops, light pelmets, cornices, skirting boards, gallery units, sinks and appliances; in fact everything necessary to re-model and tailor your kitchen to your exact requirements. A satisfied customer commented: "I would never believe that by having new doors and drawer fronts that my kitchen would look so different."

For more details or a survey and quotation, call freephone 0800 195 8641, or visit www.re-nukitchens.co.uk.

QPI (Europe) Ltd

QUALITY Products International (Europe) Ltd is a local company based in Aldershot.

It sells swimming products and has customers worldwide. With experience and heritage spanning over 35 years we are at the forefront of modern product development.

Our product portfolio includes swim seats, arm-bands, swim rings and swim trainer jackets - all of which have been tested by accredited bodies and are proven to fully comply with EN13138.

Our swimming products are phthalate friendly and comply (and indeed exceed) with new EU legislations on phthalates (dated January 2007).

Phthalates are reprotoxic substances found in some plasticizers and those at risk to consumers are, DEHP: bis (2-ethylhexyl) phthalate, DBP: dibutyl phthalate, BBP: benzyl butyl phthalate, DIMP: diisobutyl phthalate, DIDP: diisodecyl phthalate, DNOP: dioctyl phthalate. All the above phthalates have been removed and so making our inflatables safer for both carer and child to enjoy.

This brings our swimming products up to a similar standard to "Food Grade" PVC used in baby-feeding products. Look out for the phthalate friendly logo on the floaties® packaging.

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Right: take a break and relax with Coffee Republic at the Friary shopping centre.



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