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Reigate + Dorking

Spring / Summer 2021 | Edition 05

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It's time to BLOOM

It's wonderful to finally embrace the brighter and warmer season, join us and swing open your garden doors, grab a refreshing drink, deck chair and delve in to discover what is at your fingertips over the Spring/Summer months.

During the last six months YLLBB have been busy behind the scenes working on new initiatives to improve our overall marketing offering, in both Print & Digital. We worked closely with award winning design agency, Knibbs Design, to offer our readers a user friendly and more visually inviting website, with an abundance of local need to knows!

We launched our new Business Hub, an online resource to keep businesses accessible 24/7 to you, another way to find what you need locally, complimenting your YLLBB print copy. In December we wanted to support local businesses when their doors were closed with so many beautiful gifts sitting on shelves unseen. So we started "The Perfect Gift Ideas" initiative, this not only highlighted the great

gifts available locally but with each booking we donated 50% of the fee to local Charities, raising a total of £1,020 to date (donated to Renewed Hope and Stripey Stork). We are continuing this throughout the year, so when you need inspiration for the perfect gift, you know where to look locally!

Take a browse at our new website and enjoy more local inspiration.

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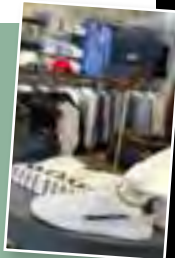
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Ryan Harris who leads the business from his workshop in Redhill has over 28 years experience in working with fine antiques. Ryan also creates beautiful bespoke cupboards to each customer's specification.

Please contact Ryan on 01737 767576 or pop into the workshop for a chat.

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AYEGARDENING

Aye formed Ayegardening in 2009, building on his passion for working outside and his experience of farming and planting in Asia. Combining his vision, endurance and leadership with his wife Susan's client focus, collaborative attitude and people skills they have become an award winning landscape company in Surrey.

They began by providing regular garden maintenance services in Dorking and then expanded to offer landscaping services across Surrey and Greater London as the team grew.

Ayegardening offers a complete landscape service from design services to garden build then through to aftercare and maintenance services.

- Association of Professional Landscapers Member
- Horticultural Trade Association Member
- Theo Paphitis SBS winner
- Trustmark accredited



CLIENT REVIEW: The team did an amazing job of delivering our garden project. The design process was very collaborative, Susan was very flexible and brought lots of good ideas. The team were brilliant, very hard working (through a heat wave!). Most of the work was completed whilst we were on holiday and we came back to a transformed garden that perfectly matched our specification. Susan stayed involved throughout and made is very comfortable that we were in good hands. Highly recommend! Simon Curd

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ARE YOU SURE YOU'RE INSURED?

Make sure your policy is right for you with the help of the experts

When choosing home insurance, more often than not we go for the quickest or cheapest option, perhaps not totally confident but hoping for the best. Whilst this approach might seem like the most convenient at renewal, there's a risk of rushing and not considering the quality of cover on offer at the actual value of our possessions, assuming an 'off-the-shelf' product will provide adequate protection.

In reality, insurance is far from a one-size fits all scenario. Tracey Rooke, Private Client Executive at NFU Mutual, Henfield and Chichester Agency explains more.

"Estimating the value of our homes and contents isn't something we do regularly, and when time is precious, it can be easy to forget or dismiss things. But inaccurately calculating the rebuild cost or the total value of your contents could leave you open to the risk of being underinsured or unable to access the appropriate specialists, and unfortunately, most don't realise this until they come to make a claim."

To be 'underinsured' means that the amount you're covered for is less than the cost of rebuilding, replacing or repairing. For example, if you had a fire at your home and the value of your contents is stated at £70,000, but the actual cost to replace your contents is £150,000, then you're underinsured, and the reality is your policy won't pay more than £70,000, leaving you to pick up the shortfall.

It's particularly important that those who live in larger, higher value homes or have many expensive items - perhaps jewellery and

watches, fine art or collections, or even designer interiors and tech - are mindful that standard insurance may not fully protect them or include features such as agreed values and access to specialist repair/replacement services.

So how can you avoid underinsurance?

Tracey Rooke shares some tips:

- Go through each room and account for anything you would need to replace in event of a claim - include things like soft furnishings, curtains and furniture, as well as the more obvious high-value items like technology
- Estimate the cost as if you had to buy new rather than the price you paid
- Consider whether the value has changed for any items such as antiques or art collections
- Don't forget items in storage, in a safe or at the bank
- Check your policy for any set limits for valuables and single items such as jewellery
- Review your cover regularly and if you're unsure, talk things through with a professional.

To find out more about NFU Mutual and our bespoke home insurance for high-value homes and contents, contact - Tracey Rooke, Private Client Executive, Henfield and Chichester Agency on 01273 492239 or email tracey_rooke@nfumutual.co.uk



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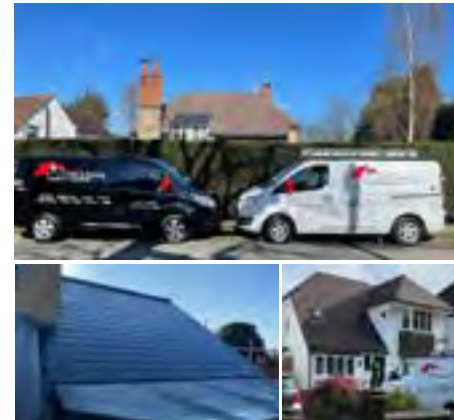
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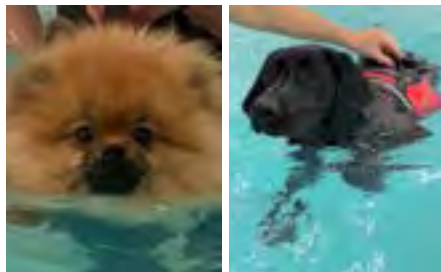
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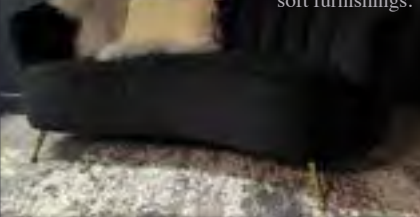


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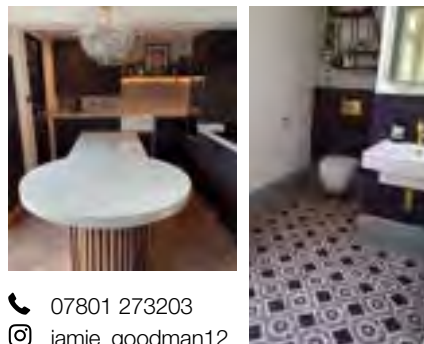
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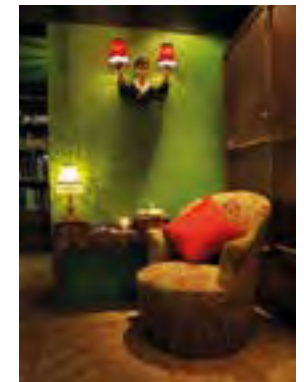
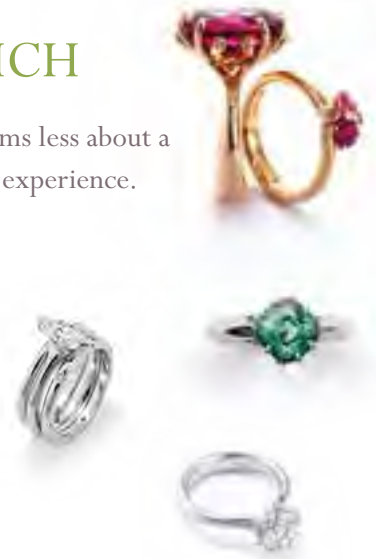
A visit to Jon Dibben's shop and workshop seems less about a purchase, and more about a uniquely personal experience.

Recognised in the UK jewellery world and one of the first workshops to use Fairtrade gold, Jon and his small team at Smithbrook Kilns, near Cranleigh, have been handcrafting his distinctive designs for over thirty years. But, behind the accolades, they are also very down-to-earth, friendly people.

Walking into their shop is like being welcomed into a comfortable living room, apart from being immediately surrounded by cases of glinting treasure - each piece having come from the intriguing workshop next door.

'I love beautiful gemstones,' says Jon. 'In fact I'm a bit of a hoarder. But it also means our customers can look through them for inspiration.'

Talking to the team, what comes across, along with the combined decades of knowledge and expertise, is an obvious passion for jewellery, and genuine, painstaking care, both within the making process and in helping customers to navigate their hopes and ideas.



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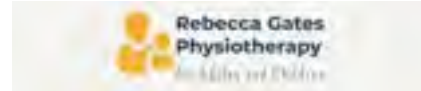
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Please get in touch for more details.

☎ 07802 801154

📷 hannah_robbie_PT

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🌐 www.hrpersonaltraining.com



Comfortable Care at Home

Meeting Your Care Needs during Pandemic Right at Home Reigate & Crawley continues to flourish and provides award winning care to their clients.

Right at Home is a national homecare provider. Care Quality Commission (CQC) rated the service as overall 'Good' and 'Outstanding' in Responsive category. From small beginnings in 2016, Right at Home has established a solid foundation to expand the business across Surrey and Sussex with our growing team; offering more care services to clients in need of help and support so they can continue to stay in the home that holds cherished memories.

We are now delighted to have moved to a new visible shop front location in the heart of Redhill in March 2021. We also provide care at home in other locations such as Reigate, Dorking, Oxted, Horley and Crawley.

Our caregivers and office team continue to focus on quality care for our clients while adhering to the latest infection control protocols. Weekly home COVID tests and vaccinations for all our staff give our clients and their families peace of mind when we visit.

How can we help you or your loved one?

Our care services are tailored to meet the individual needs of clients, and your choice of care is available as and when you need it. Right at Home can visit you, or your loved one, at home from as little as one hour to 24-hours a day, all dependent on your wishes.

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HALLS**

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How's Life Treating You?

By Therapeutic Coach & Mentor

VIDYA BELLUR FROM VIVID OUTCOMES

If the experience of home-schooling has taught us anything it is that we are first and foremost parents. That's certainly how our children see us. They don't see us conventionally as their teachers, although in many ways we may feel ourselves to be their educators.

Our primary purpose as parents is to provide unconditional love, support and a sense of safety and security to our children which can be relied upon. Just as families need teachers, we can need an independent professional for emotional challenges.

At times, our children may struggle, be it with friendships, adjusting to differences in school life, experiencing loss and grief or understanding their independence, to name just a few. As a parent you may observe changes as a result. Perhaps they are seeming more challenging, increasingly angry, quieter than their usual self, moody, agitated and irritable, anxious? Perhaps you are noticing a shift in their communication and it feels attributable to more than just growing up.

If so, why not ask them if they would like to talk to someone like me? The advantage is: I'm not their parent. I'm not their educator. I'm not their friend. Instead, I am someone independent that they can be with and talk to. I am completely impartial. I hold a trusting space which feels safe for them to explore the situation and learn tools to help themselves gain self-esteem and emotional

intelligence. They can then walk through those major challenges in their life with confidence, using techniques which enable them to find their equilibrium and be happy.

Bringing this option into a young person's life can be incredibly empowering, both now and in the future. A real gift to know it is good to reach out for extra help at any time in their life and know they are not alone.

I also offer therapeutic coaching to adults. As we assess the impact of 2020 on ourselves and our families it is helpful to recognise that juggling the responsibilities of parenting, work, home and supporting the rest of the family from the young to the old, emotionally, physically or financially can be exceptionally demanding. We can sometimes feel overwhelmed because of this load and as a result, in a bid to cope, we may not always behave in ways which help us, our family or our work. We may feel at some level, that we're supposed to just manage somehow. You may be noticing you have become more 'shouty', you feel angry and agitated, anxious or depressed. Perhaps you're doing too much of one thing and not enough of another, for example drinking,

eating or shopping online - more than feels appropriate and lacking in motivation to carry out self care. A coach and mentor like me can really help you to get some clarity and lighten the load. The advantage is: I'm not your partner. I'm not a colleague. I'm not a friend. Instead, I am an impartial, non-judgemental confidante who can help you to set goals and make changes which will positively impact you all round, in all those aspects of your life which are important to you.

Sharing one parent and child's experience with me:

Child "She drastically helped me change my life and my outlook on it. Since the first session, I knew that she would be the one to help me, just from how well she listened to what I had to say and how she helped me understand that how I was feeling was ok and that I have it within me to change things."

Parent "Remembering the day that we first came to see Vidya and knowing instantly how much I warmed to her, I wanted my son to feel the same - listened to - properly listened and heard. And most of all understood and helped. As a mother you expect that you will be the person that your child confides in and comes to when they have a problem and want to talk. But from my own experience as much as you can love your parents, sometimes they are not the ones you need. He was lost, confused, full of self doubt and anxiety. After sessions with Vidya, he is more confident in his ability to articulate his feelings and importantly talks through his emotions."



I offer both individual and familial therapeutic coaching and mentoring services. Why not book a free 15 minute discovery call to find out how I can help you and your family to find calm, clarity, perspective and happiness.

- Clinical Hypnotherapy
- Emotional Freedom Tapping
- Mindset Coaching
- Mindfulness Training
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✉ info@vividoutcomes.co.uk

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Old Reigatian RFC is the perfect setting for your function. The vaulted ceiling clubhouse, surrounding grounds and outstanding views make any event special.



Private Functions

With exclusive venue hire we can host a range of private functions, all tailored to your needs. Charity fundraiser? Birthday celebration? Awards evening? Proms night? We have the space which is right for you.

Weddings

The hire period for a wedding is two days, so you can set-up and ensure things are perfect for your special day. Our in-house caterer and event co-ordinator are also on hand to assist with your planning.



Meetings and Events

Team building event? Training day? Company meeting? ORRFC is a unique corporate venue for some time away from the office. Settings can be configured to meet your individual needs.

Of course we can't forget the rugby. We have a team for everyone, from the moment your child starts reception through to being a Vets team player. Or just become a social member and enjoy our facilities for a catch up with friends. **Visit oldreigatianrfc.com to find out team contact details.**



events@oldreigatianrfc.com for more information

THE SOCIAL TABLE

The Social Table offer a range of private chef and event catering services. From delivered afternoon teas on our elegant high tea stands to 5 course tasting menus featuring local produce and carefully selected wines, we can tailor any menu to your needs.

Launched during the 2nd lockdown of 2020 The Social Table was started by Richard Skinner after being made redundant from his role as group executive chef for a boutique contract caterer. Richard's experience varies from 3 Michelin star hotels in Paris to Mercedes f1 and loves cooking with local, seasonal produce.

Our Services

- **Bespoke private dining**
- **Afternoon teas**
- **Garden parties / Events / Weddings**



THE
SOCIAL
TABLE



- ✉ richard@thesocialtable.co.uk
- 📷 [the_social_table_uk](https://www.instagram.com/the_social_table_uk)
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✉ contact@rockhillbrotherscoffee.co.uk
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☎ 01737 210460
 ✉ shop@canakin.co.uk
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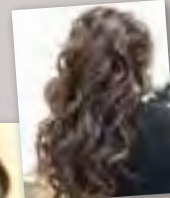


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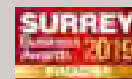
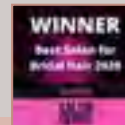
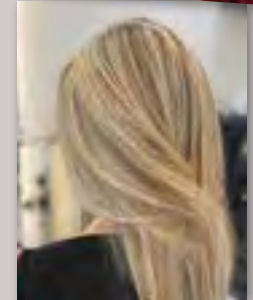
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Tiny feet in Surrey

And then there were three. In November 2019 I gave birth to my third baby Matilda. She slotted right into our chaotic life of playdates, soft-play and school runs.

Then, just like that the world stopped. And just like yours my life became grounded. Unlike much of the world my job as mummy was one of the few roles which wasn't furloughed. In fact extra roles were added! I was to become a teacher, playmate, chief bottom wiper and the keeper of all snacks. A few days in I realised that I had one of two choices. Sink or swim. So decided that I would try to swim and I would find a way to show my three babies all the beautiful things that were on our doorstep.

If you live in Surrey then you have no end of opportunities to discover hidden gems. I had to put away my fear of packing for every eventuality and stick with the basics. A sling for the baby and a rucksack. I packed ice cold bottles of water (and the odd G&T) in the summer and big flasks of hot choc in the winter. You can't go wrong if you've got these few essentials. Fullers in Dorking stock everything you need for outdoor adventures.

One of the first hidden gems that we found was Redlands wood. You can find it between Dorking and Leith Hill. There are little lay-bys dotted along the country road to Coldharbour and the views do not disappoint! We also spent time exploring different routes up to Leith hill avoiding the busy car parks and more popular trails. We often enjoyed home-cooked treats from Tanhouse farm shop on our adventures.

What next?


I don't know where this summer will take us but I hope we will have the opportunity to continue our adventures while supporting local businesses. Fruit picking at Garson's Farm will be top of our list along with picnics at our favourite National Trust properties such as Polesdon Lacey and Hatchlands park. Bocketts Farm is high on the children's summer bucket list too!


One thing I know for sure is that I am so grateful to live in an area that


has given myself and my family the opportunity to make the most beautiful memories.



By The Guilty Mummy

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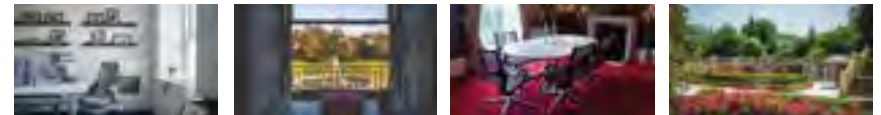
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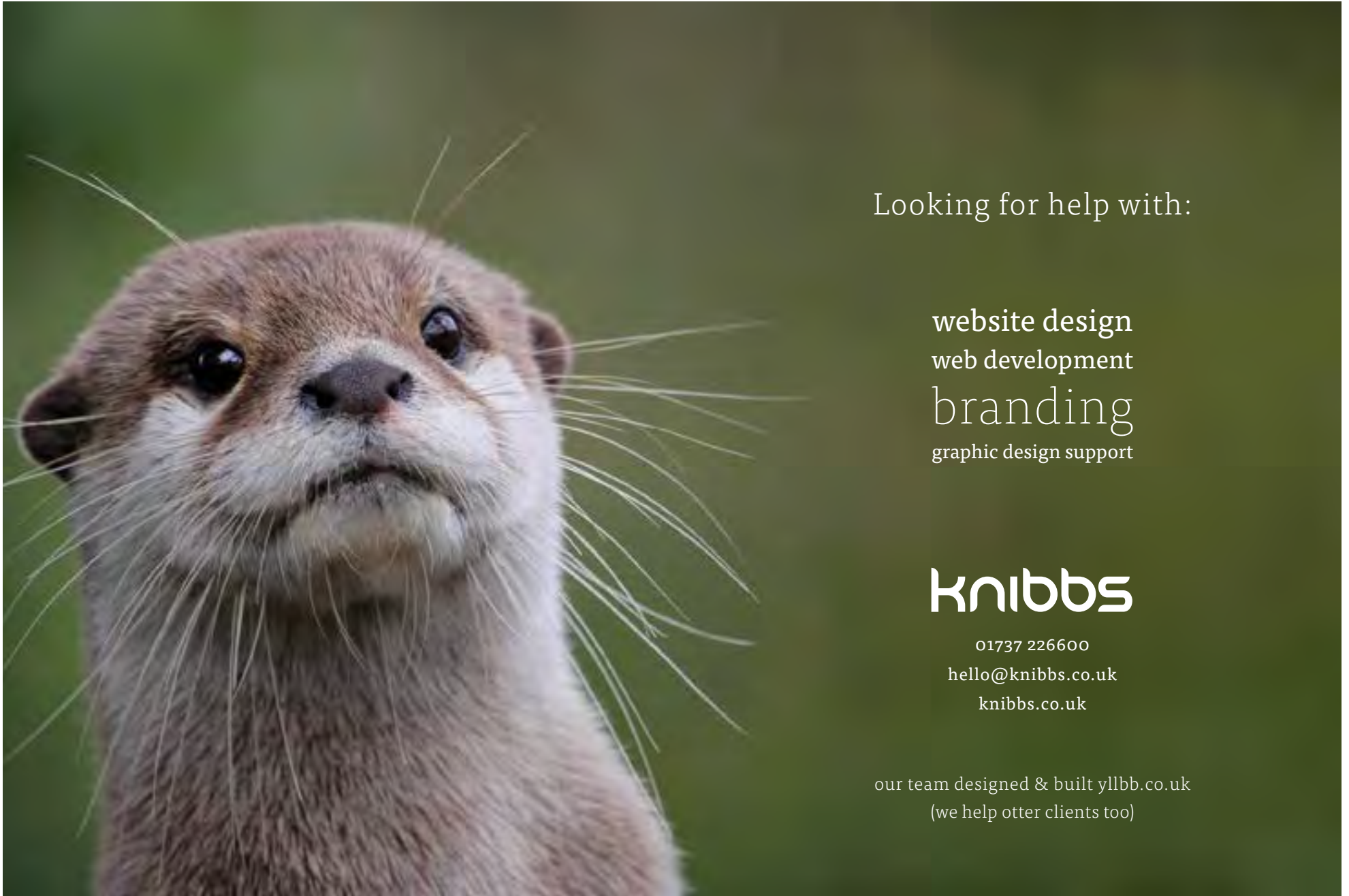
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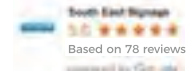
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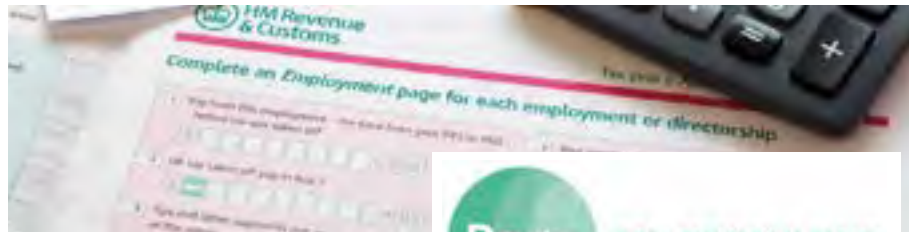
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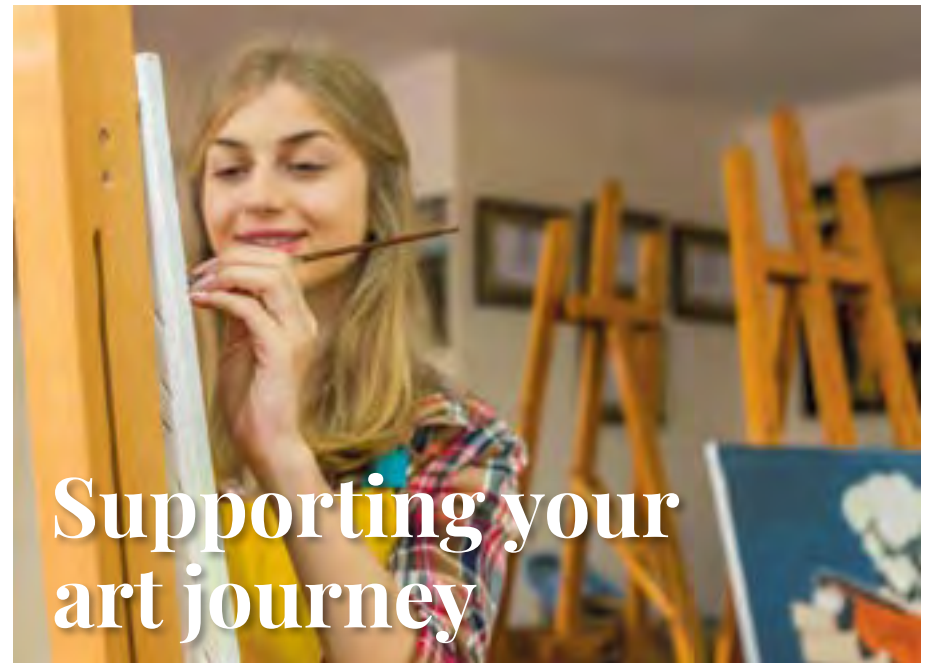
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