

# LOCAL BLACK BOOK

Reigate • Dorking

**CONNECTING** 

LOCAL BUSINESSES

WITH LOCAL PEOPLE

**Edition 07** 

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# Welcome!



Bringing you an abundance of Reigate & Dorking's hidden gems, local essentials and hot spots to enjoy through the seasons.

We are thrilled to bring you the 2022 edition of the Local Black Book, connecting you with your local businesses and sharing the latest of what's on your doorstep.

It's wonderful to see people rekindling their love for getting out and about again, browsing the boutiques, coffee with friends, dining out and parties!

As you turn the pages, we remind you of businesses you are familiar with and welcome some fabulous new ones too,

can you spot them? On page 38 we hope to tantalise your tastebuds with a selection of local Food & Drink offerings and if that's not enough see page 32 to get inspired by our Shopping Hub must haves. We hope this encourages you to visit them both on foot and online and keep supporting local in every way.

As we expand and spread our wings into other areas of Surrey, each area will now receive one edition per year, making the Local Black Book even more special!

A handy keepsake treasure that stays in your home, ready for whenever you need it. Enjoy discovering all the businesses inside, whether you are looking for an electrician or a new hairdo, you will find it here!



Stories

Explore & browse... www.thesurreycircle.co.uk





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VV owned business and our friendly team would be delighted to help you find that perfect 'something' for your home.

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We would like to thank the local community for giving us such a warm welcome to Reigate - and if you are yet to visit us then you can find us on Church Street!





- HOME & GARDEN HOME & GARDEN -

# THE FIG TREE

Nestled in Old King's Head Court, The Fig Tree oozes charm and is filled with beautiful home accessories, handcrafted furniture upholstered in gorgeous fabrics, luxury candles and gifts.



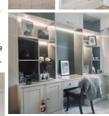
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# The race for space!

With offices in Reigate, Dorking, Horley, Oxted and a new high street office in Leatherhead we are able to give an overview which is fairly indicative of the Surrey region.

The ripple effect of the pandemic created a surge in the market which was guite unexpected. Pent up demand from the previous Brexit years was accelerated by the race for space.

Fast-forward to 2022 and buyer and seller confidence doesn't seem to have been adversely affected by the first base rate rise in more than three years. The number of new buyers registering hasn't curtailed much since the end of lock-down one. Such a significant societal event means that people are still continuing to re-consider their priorities, such as where they want to live and work.

What has changed over the last two years is the availability of new stock. With sustained demand and a lack of properties we have experienced a rise in asking prices.

Our advice, for buyers, ensure you are in the best position possible. If you have a house to sell, having your property under offer before putting in an offer, makes your position more attractive. For a seller, most new properties are selling quickly, which makes it a great time to come to market.

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If you would like specific advice we would be delighted to help.

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Ryan Harris who leads the business, has over 28 years experience in working with fine antiques. Ryan also creates beautiful bespoke carpentry pieces.





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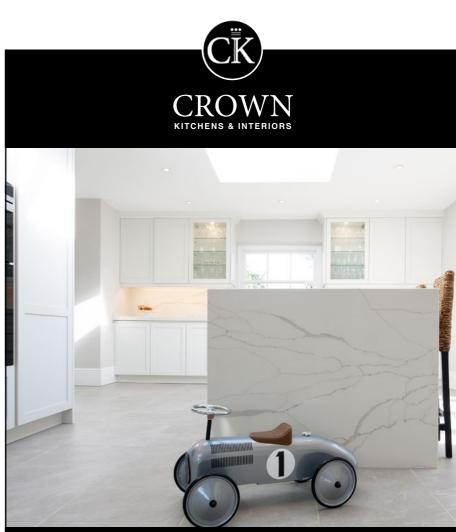
Designing the garden of your dreams with us is a collaborative process. Our client-focused approach means that we work together as one team-with your inspirations, ideas and objectives at the forefront of our planning process. We also work with many local garden designers and are now proud to be an approved Jacksons fencing installer.

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# An all-inclusive offer for total peace of mind in Reigate

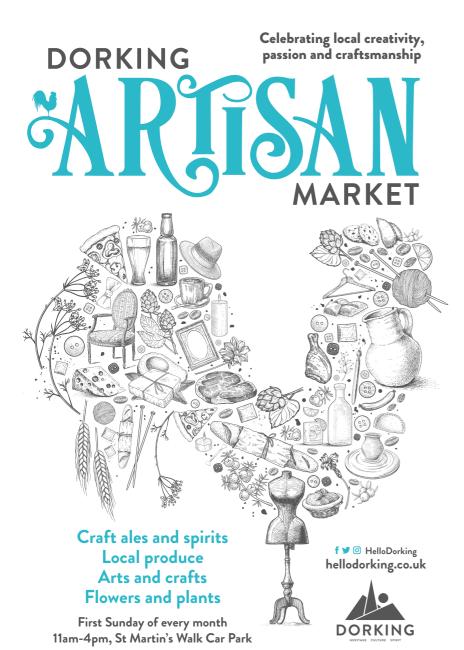
Signature at Reigate Grange offers assisted living, specialist dementia care and 24-hour nursing. The purpose built home combines beautiful interior design, five-star amenities, a landscaped garden, fine dining and the highest level of care and service. Residents can choose from en-suite studio or one-bedroom apartments and enjoy a fantastic range of facilities including a cinema, café, restaurant, private dining room, a hair salon and spa bathrooms offering a totally holistic experience.

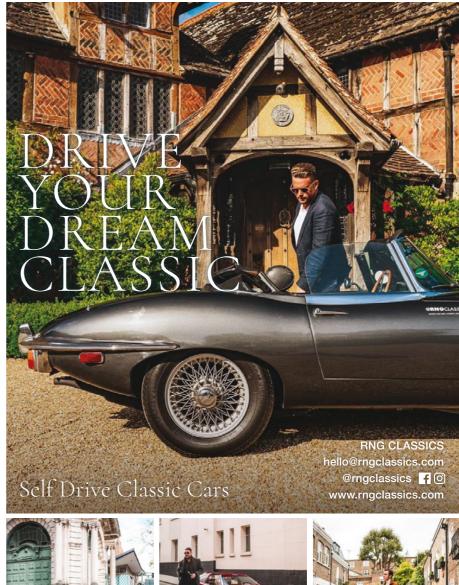
Residents who move to the home with the all-inclusive incentive will benefit from a wide range of lifestyle extras, all included in the weekly fee for the duration of their stay. This includes weekly hairdressing, nail treatments and six weekly professional health services such as chiropody, Residents and their families do not have to worry about any additional costs, giving the utmost peace of mind.



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For most of us, there will come a time when our loved one or family member requires care. It is often a difficult and daunting time, however, when the warning signs are spotted earlier, early prevention measures can be put in place to support your loved one to remain living in the comfort of their own home for as long as possible. Here are the common signs that may indicate time to consider care.

# They are struggling to maintain their personal hygiene

A change in appearance or body odour may be a sign that your loved one needs support with their personal care. There are different reasons why someone may be struggling to maintain their usual personal hygiene standards; they no longer have the physical capabilities; their mental health issues are

impacting their personal care routine, or they have simply forgotten to wash and clean themselves daily.

# Changes in their weight

If there is a 10% difference or more in body weight, this can be a sign that there is a problem. They may not be eating enough and losing weight as a result. This could be caused by difficulty preparing meals, feelings of loneliness or isolation impacting their appetite or forgetting to eat at mealtimes. Visiting them during mealtimes will give you a good indication of their eating habits.

# Physical and mental changes

Physical changes can include bruises or bumps from falls, weight changes, changes in personal hygiene or all the above. Whilst mental changes can include mood swings,

withdrawal from social situations, or displaying new behaviours that seem out of character. Mental health problems can be experienced by people of all ages, so it is important to check in with your loved ones regularly to understand how they are feeling.

# • They are no longer able to perform daily tasks

Another key sign that your loved one may need care is that they are unable to carry out daily tasks. You might notice that their house is becoming very untidy. If they struggle with things such as making a cup of tea, showering, getting dressed or preparing meals, they could benefit from the support of a homecare plan.

# Memory loss

Memory loss is typically associated with dementia. Although it can be a symptom of dementia, that is not always the case. If you are worried your loved one has dementia, it is best to seek advice from your GP. When treated early, people that are living with dementia can be supported to maintain their independence for longer.

## Who is most likely to need care?

As adults age, it is more likely that they may need some additional support. Older adults may require help with day-to-day tasks, or they may need some companionship and a friendly face to share a cuppa.

## Having the care conversation

Having a conversation with your loved one about care can be daunting, but it is important that you speak openly so you can discuss the options available together.

# What type of care services are there?

There are lots of different types of care services. The level of care that is required will depend on the individual needs of your loved one. Typically, when the signs that someone needs care are identified early on, people can be supported to remain in their own homes with the help of quality homecare services.

# At Right at Home Reigate and Crawley our services cover but are not limited to:

- Personal Care
- Companionship & Support
- Dementia Care
- Elderly Care
- Live-In Care
- Respite Care
- Hospital to Home Care

How can we help you or your loved one? Our team at Right at Home Reigate and Crawley can support you and your loved one to develop a unique and personalised care plan that meets their needs and supports them to live a fulfilled life from the comfort of their own home. Our team can visit at home from as little as one hour to 24 hours a day, all dependent on your wishes.

If you think your loved one may need support or for more information on our homecare services, please contact a member of our friendly team.











www.rightathome.co.uk/reigatecrawley



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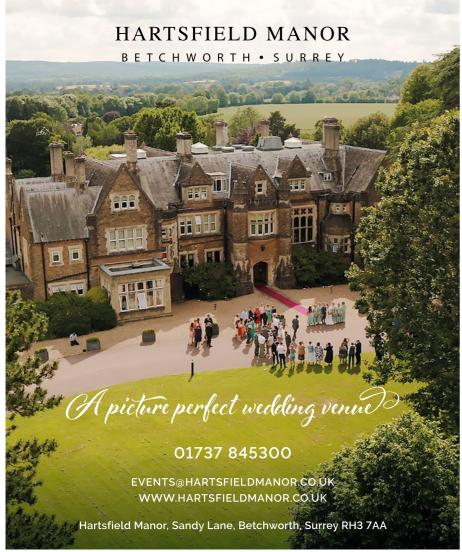
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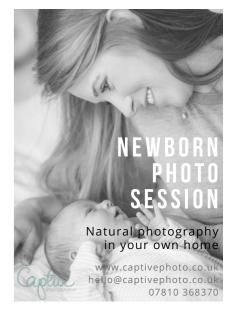
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# **CAPTIVE PHOTOGRAPHY**









LIFESTYLE & HEALTH LIFESTYLE & HEALTH -

# Staying true to yourself



Hopefully through previous editions you are getting to know me a little now. I am back to share my thoughts with you again, which I hope you find both resonant and helpful.

Just as we begin to step out of the pandemic, it's hard to ignore the fact that we are heading towards yet more global, political and economic uncertainties, which invariably are going to affect us all personally in some way - some more than others.

But yet again, it's a sobering reminder for the simple fact that life doesn't go according to plan - the way we expect it to. Sometimes I wonder if that is what exacerbates the perceived problems we must face - we are always expecting, always striving, always living in the future, or wishing for a different past or embody an impatience and restlessness for things to be different right now. Somehow in the process of all that unease, we tend to forget that in order for things to be different we have to accept exactly where we are and who we appear to be at this exact point we find ourselves. At such times, acceptance, and kindness

for ourselves seem to go astray - actually when we need it most. We desert ourselves often in our own need and then turn around and wonder why the world around us feels harsh, lonely or unkind at times. What do I mean by that?

## Perhaps you...

- · don't trust your instincts and place your decisions in the hands of others, believing yourself to be ill placed in making a 'good' decision?
- are a people pleaser seeking that validation from others as opposed to yourself and neglect your own needs in the process?
- are constantly striving for some high and unrealistic notions of perfection that you may have for yourself?
- push uncomfortable feelings away either through avoiding them with distraction

or perhaps using substances, drugs, alcohol, food or social media to numb your association to the discomfort - a kind of 'checking out' of 'real' life?

 constantly criticise, judge and undermine your own efforts, value or self worth because you don't meet your own high standards?

If you recognise any of these, you will know that living this way is a constant challenge, with feeling compromised a lot of the time and generally uncomfortable with many situations, which makes for an anxious and stressful existence. I want you to know that help is on hand with me. As a Therapeutic Coach and Mentor, I have helped literally hundreds of children, teens and adults, to foster and nurture a different understanding of themselves. I've worked alongside them to empower them to curb their greatest 'bad habit' of all - self abandonment.

If you, or anyone in your family would like to invest in my help and support, I offer a FREE 15 minute discovery call to help you find out how the tailored individual and familial therapeutic coaching and mentoring programmes I offer, can help you:

Child Spotlight, Grown-Up Spotlight, Parental Focus, Family Harmony.

Opening our eyes to her true self has been truly enlightening and positive. You have set us on a road to discovery and recovery! It's not always easy but we are so much clearer on our understanding than we've ever been. For that I can't thank you enough! Parent to 8-year-old (Reigate)



Whenever you are ready to find calm, clarity, perspective and happiness, I'm here to listen and be of service.

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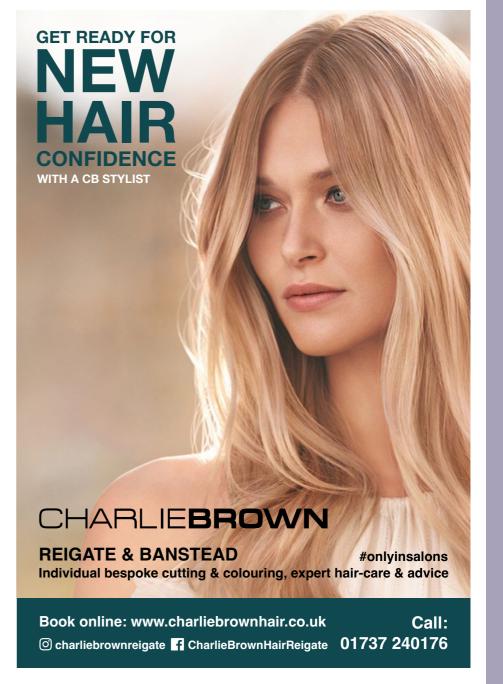
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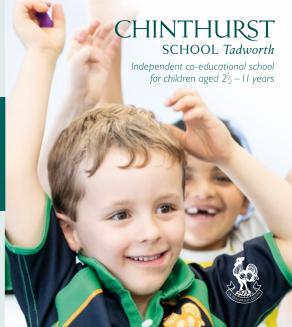
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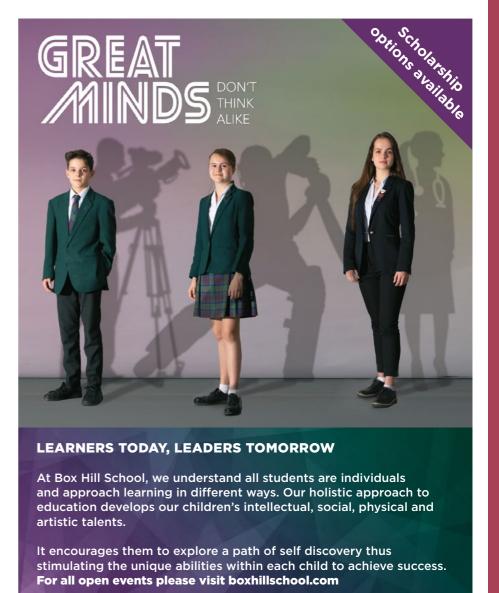
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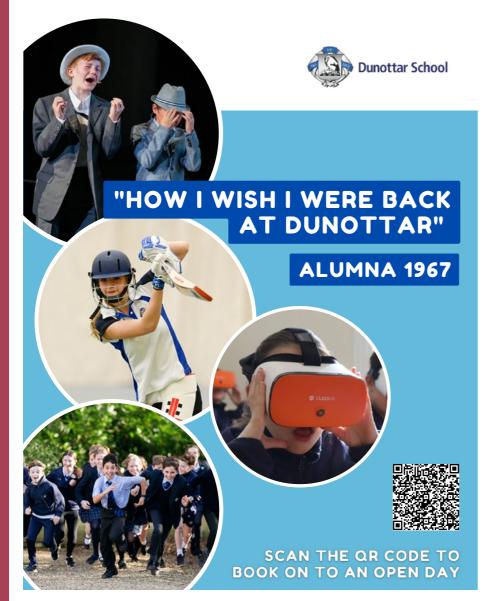
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