



yes
you can
with
Slimming
World

Contact your local Slimming World Consultant and
join a friendly and super-supportive group today!

West End

Hilldene Community Centre,
High Street, West End, SO30 3DS.

TUESDAYS

9.30am or 11.30am or 1.30pm or 3.30pm or 5.30pm or 7pm

Chartwell Green

Townhill Park Community Centre,
Meggeson Avenue, SO18 2FH.

THURSDAYS

4.30pm or 6pm or 7.30pm

Call Kay on 07833 746532

slimmingworld.co.uk

Slimming
WORLD
touching hearts, changing lives

SDS

ROOFING SERVICES LTD



Lead Work • Tiling • Shingling • Slating
High Performance Torch or Felt Systems • Green Roofs
Single Ply Membranes • New Builds • Repairs

PROUD MEMBERS OF:

NFRC
LEADING ROOFING EXCELLENCE

 All aspects of
roofing undertaken

Greens Clearances  Eastleigh - Southampton - Winchester

Environment Agency Licensed Waste Carrier
GDBU108334

Bin Store	Beds
Bungalow	Black Bags
Flat	Carpet
Garage	Chairs
Garden	Fridges/Freezers
House	Furniture
Office	Mattress
Shed	Piano
Shop	Single Items
Store Room	Sofa
Warehouse	Wardrobes
Yard	Wheeie Bin

Telephone :
07979 805181 or 023 80 69 61 87

WWW.GREENSRUBBISH.CO.UK

 Checkatrade.com

BikePro  **SERVICING**

We offer good value for all your bicycle inspection, servicing and maintenance needs.
Collection and drop off service locally and to surrounding areas.
Our aim is to keep you Safe and Green.

~ All Bicycles Catered For ~
Cyclotricity, Electric Bicycle Sales/Dealership

Contact **Stuart** on mobile:
07545 089945
www.bikepro-servicing.co.uk
stuart@bikepro-servicing.co.uk

 **GREENACRES**
LANDSCAPING SERVICES

GARDEN MAINTENANCE - BRICK WALLS - FENCING
HEDGE TRIMMING - GRASS CUTTING - GARDEN CLEARANCE
STUMP GRINDING - LEAF CLEARANCE

~ PATIOS & GARDEN RENOVATIONS ~

EXCELLENT RATES - FRIENDLY SERVICE
NO JOB TOO SMALL - FREE ESTIMATES
REFERENCES AVAILABLE

Contact:- **Steve Brooks**
Tel: (023) 8032 0098 or Mobile: 07810 481458
www.contactgls.co.uk
brooks.greenacres@gmail.com

 Checkatrade.com
Where reputation matters

 **CLEARPATH DRAINAGE**
GO WITH THE FLOW!

FIXED BLOCKED DRAIN PRICES FOR
DOMESTIC CUSTOMERS

0 - 3 MILES £75	3 - 5 MILES £95	5+ MILES £125
--------------------	--------------------	------------------

NO CALL OUT CHARGE

MORE INFO 
077 3937 9967
24/7 EMERGENCY DRAINAGE

clearpathdrainage.co.uk

S G D SOLENT GARAGE DOORS
The Premier Garage Door Specialist

GARAGE DOORS SUPPLIED & FITTED

- Automatic
- Manual
- GRP Doors
- Steel Doors
- Wooden Doors
- Automation to New and Existing Doors
- Maintenance Free Doors
- Up and Over Doors
- Side Hung Doors
- Roller Shutters
- Sectional Doors



SPARES & REPAIR SERVICE

• Springs, Cables, Locks etc. for all Makes

ALL MAJOR MANUFACTURERS
Marley - Hormann - Cardale - Compton
Apex - King Door - Solair
Henderson - Garador - Wessex

All Doors and Fitting Fully Guaranteed - Competitive Pricing
No Obligation Quotations - Excellent After Sales Care

Telephone: **01489 786273**
Mobile: **07500 926558**
Email: **SOLENTGARAGEDOORS@YAHOO.COM**
Unit 7, Bridge Farm Industries,
Botley Rd, Curbridge, SO30 2HB

BROOKSCAPES
email: greenbrooks1969@gmail.com  Checkatrade.com
Where reputation matters

BLOCK PAVING & RESIN DRIVEWAYS

LANDSCAPING SERVICES

- Garden Maintenance
- Grass Cutting
- Hedge Trimming
- Garden Renovation
- Decking
- Fencing
- Patios
- Brick Walling
- No Job Too Small
- Excellent Rates



Also GUTTER CLEANING

CALL PAUL: 01489 789262 or 07526 897458

ALL YOUR HOME COMPUTING PROBLEMS... SORTED

FOR-MATT.COM 

Email at: enquiries@for-matt.com

Confused by all the computer Jargon? I can explain it in plain English!

- Fault Finding
- Tablet and Phone Setup
- Virus removal
- Network and Wifi Support
- Printer Setup
- Software installation
- Remote Assistance Software
- No Callout Charge & No VAT

Free Advice Available 9am to 9pm
Mon-Sat (Inc Surrounding Areas) ON

- Hedge end Area 01489 662012
- Winchester Area 01962 360017
- Southampton Area 02380 012017
- Fareham Area 01329 690417
- Portsmouth Area 02393 990085
- Mobile/WhatsApp 07833 323992

GREENACRES
GARDEN
MAINTENANCE

Grass Cutting
Hedge Trimming
General Tidying
Leaf Clearance
Lawn Scarifying

For a 'one off' job
or regular visits
contact Steve:
02380 320098
07810 481458

 Checkatrade.com
Where reputation matters

Mark & Janet Vaughan
M.C.F.H.P. M.A.F.H.P.
Foot Health Professionals

- Nail Trimming
- Callus / Corn Removal
- Fungal/Thickened Nails
- Ingrown Nail Care
- Diabetic Foot Care

Home based Clinic in
West End or
we can visit you - £29.

023 8046 6226
07890 830148

MR Gutter Vac

Gutter vacuum clean (camera viewing available)

Roof moss removal
Conservatory, fascia cleaning
Property maintenance
Free estimate, just ask.



Matt Roberts
Tel: 023 8046 6942 Email: m-roberts27@sky.com
Mob: 07771 550359 www.mr-guttercleaning.co.uk

W.G.S. TREE SERVICES

Mobile: 07810 044420 / 01489 311993

ALL ASPECTS OF
TREE WORK - HEDGE WORK
SITE CLEARANCE - LOGS & KINDLING
FULLY INSURED (Public Liability up to £10,000,000)
Find us on the web at: www.wgskindling.co.uk

 City of Guilds NPTC
Checkatrade.com
F LAMBS
Instagram Facebook LinkedIn
wgskindling@gmail.com

GasRatedLtd

Gas Safe registered local company
specialising in the following services:

- Boiler replacement / Central heating systems
- Cookers, fires, water heaters
- Bottled gas (LPG) • Unvented hot water systems
- Plumbing & repairs • Landlord certificates

Reduce your gas usage - have you considered:-
High Efficiency Condensing Boilers? Full Power Flushing?
Thermostatic Radiator Valves?

Please contact us on
07985 885352 or 023 8115 7916

We endeavour to provide same day service for emergencies and breakdowns when required

We Clean Ovens

...so you don't have to!

Call us today to have your cooking appliances sparkling, using our own eco friendly products.



- Range & Aga Specialists
- Ovens & Hobs
- Extractor Hoods
- Microwave Ovens
- Traditional Stoves

oven
oven valeting service
Local | National | Affordable


TRUSTIST 5.0/5.0

Call TODAY for LOCAL Service **023 8218 0318**
oven.co.uk/oven_cleaning/eastleigh

WOODFIELD WINDOWS

Which? Trusted trader iwa.biz FENSA Registered Company


WE SUPPLY AND FIT THE HIGHEST QUALITY: • WINDOWS • DOORS • BI-FOLDS • CONSERVATORIES
WE ARE BASED IN PARK GATE AND OPERATE IN HAMPSHIRE AND THE SURROUNDING AREAS



SPECIAL OFFER: 12.5% O.A.P DISCOUNT ON OUR RANGE OF WINDOWS AND DOORS

THE WOODFIELD CHALLENGE:
WE GUARANTEE TO BEAT ANY PRICE FOR LIKE FOR LIKE WINDOWS AND DOORS
NO SALES PRESSURE
VISIT OUR SHOWROOM, CALL WITH YOUR OWN WINDOW MEASUREMENTS OR ARRANGE A NO-PRESSURE HOME VISIT TO GET YOUR FREE, NO OBLIGATION INSTANT QUOTE.

1. MEASURE THE INSIDE HEIGHT AND THE WIDTH
2. CALL OUR TEAM NOW FOR YOUR FREE QUOTE: **01489 278 897**




The Woodfield WINDOW DOCTOR

OUR REPAIR SERVICES INCLUDE:

- ANY WINDOW & DOOR REPAIRS
- ALL TYPES OF GLAZING REPAIRS
- REPLACE CONDENSATION FILLED GLASS
- FIX WINDOWS & DOORS NOT SHUTTING
- REPLACE FAULTY HINGES AND HANDLES
- KITCHEN & BATHROOM SPLASHBACKS
- LOCK REPLACEMENT SERVICES
- CAT FLAPS FITTED

ELIMINATE HORRIBLE GLASS CONDENSATION
CALL **01489 278 897** NOW FOR YOUR FREE NO OBLIGATION QUOTE

BEFORE VS AFTER



VISIT US AT: WWW.WOODFIELDWINDOWS.COM/HAMPSHIRE

CREST

**WINDOWS, CONSERVATORIES,
FASCIAS & SOFFITS**



◆ Over 20 years experience

◆ Local installations

◆ 90% of work from
recommendations



◆ Friendly, no - pressure advice



◆ Get more for
your money
from Crest

01489 787148

02392 637312

Help keep your family warm and safe

Checkatrade.com
Where reputation matters



Green Countryside cover all aspects of:
tree work - hedge cutting/removal - tree surveys - tree planting
overgrown garden clearance - woodland management

Fully insured
& qualified

Please contact:
dave@greencountryside.com
07738 660972
www.greencountryside.com

Green waste
carrier



- Hampshire's Leading Surfacing & Paving Experts -

**Asphalt / Tarmacadam - Block Paving
Gravel Driveways - Drop Kerbs - Vehicle Crossings**

*Fully Qualified Professional NRSWA Approved Team
15 Years Experience - All Work Fully Guaranteed*

**20% Discount
on New Tarmac
Driveways !**

02381 550 207

07366 600419

resurfacingcontractorsltd@gmail.com
www.resurfacingcontractors.co.uk

Russell Hobin Garden Maintenance Services

Lawn Mowing ✓ Hedge Cutting ✓

General Garden Care ✓

Fully Insured - Established 1994



Mob: 07709 254501 Email: russ.hobin@hotmail.com

Edward's Conservatory & Gutter Cleaning

Fascia/Soffit & Window Cleaning

Gutters Cleared / Downpipes Unblocked

Conservatory Roofs Valeted (in/out)

Gutter Camera Inspections

**** Please check out my 5* REVIEWS on Google ****

SPECIAL OFFER £120 Gutters Cleared & Fascias-
Soffits Cleaned (4 bed house)

**Call/text Ed on
01489 881408 - 07984 037474**

www.edwardsguttercleaning.co.uk

Carol Russell
RSHom. SDSHom. IIHHT. IHBC.

**Hedge End
Clinic**

**Have you or your family any health issues
which need addressing?**

Why not try Homeopathy, a system of natural
medicine that is used extensively world wide.
It is: **SAFE, EFFECTIVE, ETHICAL, BESPOKE,**
and can be used alongside medication.

Homeopathy can treat any age & deals with
the **PERSON** with the illness not just the illness!



For a free 15 min chat please contact me : 07840 882028

www.thefamilyhomeopath.co.uk f search: Carol Russell Holistic Therapy

FAST RELIABLE PROFESSIONAL

**INTERLOCK
LOCKSMITHS LTD**

02381 661013

07887 512272

- ◀ ANY & ALL LOCK TYPES OPENED
- ◀ LOCKS REPAIRED OR REPLACED
- ◀ uPVC LOCK SPECIALIST
- ◀ HIGHLY EXPERIENCED
- ◀ NO CALL OUT FEE
- ◀ FRIENDLY & LOCAL



Proud members of
Checkatrade.com
Where reputation matters

www.interlocklocksmiths.com