



ACTION: FITNESS SCHEME EXTENDS ITS WORK TO IMPROVE LIFESTYLES

Healthy dose of extra cash

by CATHY BUSS

HEALTH CORRESPONDENT

More cash has been poured into a fitness scheme to help people change to healthier lifestyles.

Fit Active Buddies (Fab), in Braunstone, has been given £82,000 from the Government to carry on its work.

Thanks to the money, an extra 45 people from New Parks, Beaumont Leys and Braunstone will be helped to take more exercise and improve their diet.

Rob Melling, Fab team leader, said: "This isn't about weight chasing, it is about raising activity levels and improving health.

"Our mentors work with people on a one-to-one basis.

"They will go with them to a gym and we are always at the end of a phone if they want to talk anything through."

The aim of the programme is to give people help to take regular exercise and to give advice on healthy eating.

Mentors visit people in their homes to talk through the best way to make the changes.

Once on the scheme, which in-



PICTURE: CHRIS GORDON / 167927-1

CHALLENGE: Members of the Calorie Killers enjoy a workout in Braunstone, billing themselves as Fit Active Buddies

volves 12 weeks of individual help, there is subsidised entry to a leisure centre.

There are three groups which offer sessions on exercise and nutrition.

Calorie Killers is aimed at men, Fit Chicks at women and,

for youngsters, there is Teenage Lifestyle Club.

Paul Young, of Mowmacre, is a few weeks into the scheme.

The 43-year-old has been out of work for more than seven years and hopes a change in lifestyle will boost his confidence and

help him find a job. He said: "I knew I couldn't go on as I was.

"I ended up sitting watching daytime TV and eating - and eating all the wrong things, such as sausages, burgers, bacon, crisps and cakes."

He said he was already seeing

changes. Thanks to the subsidy, Paul said he could now afford to go to the gym at Beaumont Leys leisure centre three times a week.

Calorie Killers is teaching him how to change his diet and he is buying more fruit.

COMMUNITY NEWS

Abbey staff celebrate winning tourism award

EAST NORTON: Launde Abbey staff are celebrating after being awarded Silver in the East Midlands Tourism Enjoy England Excellence Awards for the Best Tourism Experience category.

The award comes as a further boost for the Abbey, which has just embarked on a major refurbishment project.

Its Georgian Stable block will benefit from all en suite accommodation from next March.

Launde Abbey's warden, the Rev Tim Blewett, said on receiving the award: "The awards recognise excellence in the field of tourism.

"We were delighted to be nominated in this category, which applauds attention to detail and concern for the visitors' wellbeing and enjoyment."

DESFORD: An exhibition by Desford and Peckleton Art Club is to be held as part of the annual craft fair at Desford Village Hall, on Saturday November 24 and Sunday, November 25.

The fair runs from 10am to 4pm each day.

As well as original crafts on show, there will be lunches and refreshments.

Admission is free, with profits from a raffle going to village hall funds.

ADVERTISING FEATURE

Choosing the right dentist

AS WE all know, a good dentist is hard to find. And if you do find one taking on new patients, there are no hard and fast rules as to how to spot a good one - it's normally a case of word of mouth.

If it's a few positive pointers you need, then a dental practice with seven highly-trained dentists, newly-expanded facilities, an impressive service repertoire and a rapidly-growing patient database provides an excellent starting point.

Add to this competitive pricing, interest-free payments on certain treatments and Saturday appointments, and your search is over.

With five surgeries and a highly-coveted reputation, Lavender Road Dental Practice, in Lavender Road, Leicester, is the place to go.

The combination of state-of-the-art facilities and its standing as a training centre means that the Lavender Road experience reaches far beyond maintenance - there is much more on offer here than a humdrum filling or routine check-up.

Instead, think of it as your passport to a radiant smile, either through sensible, professional advice, or the application of the clinic's various hi-tech cosmetic proced-



SMILING THROUGH: The team at Lavender Road Dental practice

ures - it's little wonder that the practice regularly takes on referrals from other dentists.

The technical skills of the practice's dentists collectively cover a broad spectrum of treatments to help create the perfect smile you've only been able to imagine until now.

If you've lost a few teeth over the years, the resultant

shrinking of the jaw can dramatically age you.

But did you know that at Lavender Dental Practice, you can roll back the years by opting for implants?

Because they are anchored in the jaw, either individually or as a full arch, the jawbone remains the same size and the results last a lifetime.

What's more, you'll never

have to endure uncomfortable, cumbersome dentures again.

And how many other dentists do you know with their own on-site laboratory with the result that dentures can be made up or repaired in considerably less time than you would normally have to wait at most high street dentists?

Also, did you know the prac-

tice is believed to be the first in Leicestershire to install a CT scanner?

Lavender Road Dental Practice offers competitive prices.

For example, the clinic is believed to be one of the few in the country which offers a free consultation for patients considering implants, compared to a high charge elsewhere.

And if you need a treatment in excess of £500, the available interest-free payment plan means you have peace of mind.

At Lavender Road Dental Practice, all staff take patient health very seriously. That is why the practice has a separate sterilisation room to ensure conditions are as sterile as is humanly possible.

Lavender Road Dental Practice also offers an emergency service for existing and non-registered patients. That's why they aim to cure any toothache on the same day you contact them.

But why wait until then to pay a visit? The practice is open from Monday to Friday, from 8.15am to 7.30pm and on Saturdays, from 8.15am to 12.30pm.

Call to register or make an appointment today on 0116 222 1880. Alternatively, visit: www.lavenderroad.co.uk

giving you back
your smile

Lavender Road Dental Practice is based in the heart of the Midlands, providing personal and superior dental care for all our patients.

Our dental services include;
Emergency service offered to existing & non-registered patients.

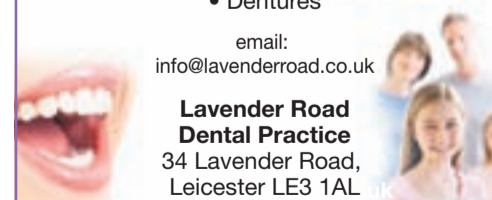
- CT Scanning
- On-site laboratory for a quick turn-round & repairs
- On-site Denturologist (experienced in cosmetic and problematic dentures)
- Interest-free payment system for expensive treatments.

Treatments:

- General Dentistry
- Implants • Orthodontics
- Sedation • Tooth Whitening
- Periodontal Treatment
- Crown and Bridge Work
- Cosmetic Dentistry
- Dentures

email:
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Your comfort
is our main concern



For further information please contact us on
Telephone 0116 222 1880
www.lavenderroad.co.uk

Opening times: 8.15am - 7.30pm Mon-Fri • 8.15am - 12.30pm Sat