

Running club

BEAUMONT RUNNING Club celebrates its 25th anniversary in 2009 and is marking the occasion with a Spring recruiting drive.

Spokesman Andy Burnett said: "In credit crunch times running is a popular way to get fit. Whether it is to run a marathon for a charity, to prepare for Race for Life, to lose a bit of weight or just to exercise regularly, running is an enjoyable, affordable hobby. Whatever their pace, the club welcomes men and women runners of all ages and abilities, from beginners to elite athletes."

Training nights are on Mondays and Thursdays. In early spring the club meets at New Park Leisure Centre, but soon after the clocks go forward it moves to Bradgate Park, which offers an attractive variety of training routes.

Andy said: "More and more people turn up for Beaumont R C's training groups over the summer. However it does help to get some early spring preparation in first. So the club recommends an early visit to New Park Leisure Centre. Please call first, so that the club can fit you into the most suitable group for you."

Contact Carol Fossard on 0116 2364131, Andy Burnett on 07765 405794, or visit www.beaumontrc.co.uk.

New advice service

A NEW service aims to provide you with advice and practical support when claiming benefits or getting access to services.

Mary Hill is a legally qualified, trained mediator and welfare rights professional

She said: "I offer a diverse service from benefit checks, claiming and representation at tribunals to negotiation with companies and councils,

preparing wills and making insurance claims. I know there are some excellent free advice services around, but some people find them difficult to access and may need help in a hurry. My aim is to bring a professional friendly service to the door of the elderly, disabled, carers and their families and to help them make savings where possible and claim all of their entitlements".

Until recently Mary was employed as the Staff Welfare Officer at the University of Leices-



Pic: Mary Hill (right) offers a diverse service

ter and friends and family would often call for advice on legal matters. "After a particularly busy week my husband was so fed up with the phone ringing he said you should start an advice service, so I did some market research and discovered there was a place for a confidential advice and practical support service visiting folks in their own homes tackling the sorts of problems that worry them most."

Mary Hill can be contacted on 07868 449 223.

The Vegetable Gardener

Specializing in growing herbs, fruit and vegetables in YOUR garden for you to pick when YOU need them.

Sowing, watering / feeding and weeding the beds so you don't have to!

Also cultivating vegetable gardens for schools, hotels and restaurants.

Raised beds built to suit your needs. Lawn, border, hedge pruning and general maintenance also undertaken.

Call Mark on 01509 813401
www.thevegetablegardener.org.uk



Tim May Services

Property Maintenance
Repairs and Alterations

Carpentry • Joinery
Kitchens • Bathrooms
Painting • Decorating
Tiling • Laminate
Flooring • Decking

Competitive Rates
Call for a FREE no obligation quotation

0116 2374127
www.timmayservices.co.uk

MARY HILL LLB (HONS)

Confidential Advice and Practical Support for the elderly, disabled, carers and families

- Practical assistance with Problem Paperwork
- Frustrating Forms • Red Tape • Bewildering Benefits
- Negotiation & Representation • Mediation
- Wills, Probate, Insurance Claims

**GIVE ME A CALL,
I CAN HELP YOU SORT IT ALL!**

0786 844 9223



BIRSTALL POST OFFICE

There's more to us
than just
selling stamps!

We can do the following:

- Issue Road Tax
 - National Lottery
 - Walk in Euro/Dollar Currency
 - Passport checking
 - Travel, Car & Home Insurance
 - Bill Payments
 - International Calling Cards
 - Savings Accounts
- And MUCH, MUCH MORE!**

Over the counter
EUROS or DOLLARS currency
plus
EURO or DOLLAR Travellers Cheques
We also issue Travel Money Cards

**OPEN till 5.30pm Mon - Fri
OPEN till 7pm Saturday!**

3 Hannah Parade,

Stonehill Ave, Birstall, Leicester LE4 4JE
Visit us at www.birstallpostoffice.co.uk