

Award tops busy first year for Wash House micro pub

A MICRO pub in a converted launderette has won an accolade from the Campaign for Real Ale (CAMRA) less than a year after opening.

The Wash House on Milford High Street was named runner up cider pub of the year by CAMRA's South Hampshire Branch.

Former Estate Agent Duncan Broomfield (pictured left with Phil King of CAMRA) turned the former launderette into a small micro pub after spotting a gap in the market.

He told the A&T: "We have had an absolutely amazing first few months — we are very busy on Fridays and Saturdays and we are now being much busier throughout the week. Our clientele is a complete mix of locals and tourists — which is great for us."

Customers can choose from an ever-changing selection of real ciders such as Orchard Pig Navel Gazer, Reveller, Snails Bank Rhubarb and Vanilla and Dorset Dabinett. The pub is currently offering a strawberry cider produced using fruit grown near Lymington.

Duncan (41) said: "We are always rotating our selection — so far I think we have stocked



around 60 different beers and ales and around 15 ciders. Everything comes from micro-breweries and where possible we try and support local producers."

Current offerings include ales from Vibrant Forest and Dancing Cows distilleries which are both located in Lymington.

"We try to make this pub a focal point for the community, nothing pretentious, and with a laid-back atmosphere", said Duncan. "It is also important to us to stock products from within a 40 to 50-mile radius and avoid mainstream brands so we can offer uniqueness and variety to our customers."

The pub does not sell its own food but works in conjunction with La Perle restaurant over the road to offer a range of burgers, nachos and sharing platters. Customers are also welcome to bring takeaways from elsewhere in the village to eat at the Wash House.

The award was voted for by local CAMRA members in recognition of the pub's consistent range, quality and knowledge of real ciders.

CAMRA South Hampshire Chairman Deric Payne said "It is very important that members



score their beer every time they visit a pub or club, as those scores ultimately will decide if they can be included in the Good Beer Guide.

"There is nothing better than a nice pint or two of beautifully conditioned real ale or good quality cider, and we wholeheartedly support those pubs that demonstrate that same aim. The Wash House thoroughly deserve to win this award. Well done to Duncan and his staff."

For more information see thewashhousebar.co.uk

Snap happy caravan travels to events



A VINTAGE caravan that has been converted into a fun photo booth is now being offered for hire to create colourful memories of a wide range of events.

Zoe and Lucy Patey rented Betsy the caravan for their own wedding reception last year and were so taken by her they bought her themselves.

Lucy (pictured right with Jean and Zoe) told the A&T: "She was an absolute hit, we loved her so much that when the chance popped up to buy her, we didn't hesitate!"

The photo booth has now become a family venture as the couple are running her with the help of Lucy's mum Jean Patey.

"All three of us have worked in five-star hospitality over the years, Zoe doing event and wedding management, Jean silver service hospitality for numerous high-profile guests, including the Princess

Royal, and I have worked in management for Jumeirah Hotels in Dubai," said Lucy.

"As a result of our backgrounds and experience we all love working with clients and guests, providing an exceptional memorable service. Running entertainment for events is so much fun and really rewarding when you see people using Betsy and enjoying themselves."

She added: "Inside, Betsy is full of fabulous props for the photos — there's definitely something for all ages and events."

"We cater for various events: weddings, birthday parties, proms, baby showers, corporate events and Christmas parties, for which we provide festive themed props, even mini festivals."

For more information email hello@betsybooth.co.uk or visit www.betsybooth.co.uk

Greener ferries

A MARINE scientist has joined Wightlink as its first environmental officer to help improve the level of sustainability within the business

Nicola Craig will focus on how to make its operations as environmentally-friendly as possible, building on initiatives such as installing electric vehicle charging points, reducing plastics and encouraging customers to use reusable coffee cups.

Nicola, who is a keen Solent dinghy sailor, has a degree in marine environmental science from the University of Portsmouth and has experience in teaching laboratories assisting further education students.

She said: "I look forward to working with colleagues at Wightlink to make a positive impact on environmental matters by developing our policies and strategies."



Nicola will take responsibility for the company's sustainable procurement policy involving Island suppliers and service providers when possible. She will also co-ordinate all aspects of pollution control, waste management, recycling, conservation and renewable energy projects.

"We all have a growing focus on protecting the maritime environment," said the ferry operator's chief executive Keith Greenfield. "This appointment shows Wightlink is determined to lead the way as a sustainable company that operates in a responsible, environmentally-friendly way."

New branch for plumbing store



said: "I worked for a national plumbing business for 10 years and haven't looked back since I left to join Gasbits.

"I'd much rather make money for two guys who work really hard and treat their staff and customers right than a national where you are seen as a number."

Gasbits joined The IPG, a membership group for plumbing, heating and bathroom specialists, in June 2017, which has opened up new business opportunities.

Ross said: "We have definitely benefited from being part of The IPG, as we have access to better deals with suppliers and contacts that go beyond our own networks. The support they give to independent businesses in our sector has made a positive difference."

Pictured (l-r) are Karen Collier, Ross Pavey and business development manager Marcus Oldbury.

For more information see www.gasbits.com

Summer Camps 2018

available to Book Now

We are delighted to offer a range of courses for children from Year R to Year 11 over four weeks during the summer holidays:

WEEK 1 (23-27 Jul) • **WEEK 2** (30 Jul-3 Aug) • **WEEK 3** (20-24 Aug) • **WEEK 4** (28-31 Aug)

Courses include: animation, art, bushcraft, dance, design and make, drama, fencing, fun with fabrics, history, jewellery making, junk modelling, KNEX, a variety of sports, mindfulness, music, nature quest, robotics, and sailing.

Some courses offer half day options and all courses are fully supervised by qualified staff (including during break times).

For more information and to book please visit:
ballardschool.co.uk/summer-camps

FAMILY OPEN MORNING

Saturday 16th June (9.30am-12.00noon)

ballardschool.co.uk 01425 626900 Fernhill Lane, New Milton BH25 5SU

Ballard School Ltd exists for the education of children. Registered Charity No. 307328

Course to calm body and mind

STRESS management courses have been launched by a health and well-being centre in Lymington.

The Natural Health Hub, which opened just off the town's High Street last year, has started the three-part programme to help people combat the pressures of everyday life.

The fact-filled course offers practical support and advice on everything from relaxation techniques, meditation and mindfulness, to dietary advice and supplements to calm the body and mind.

Eight members of the Health Hub team will provide strategies to adjust mindsets so those who take part feel less overwhelmed by stress and achieve a better work-life balance.

"Research shows 74% of people have felt overwhelmed and couldn't cope in the past year," says Sue Leach, owner of The Hub.

"Our team has a lot of expertise on different ways to



lighten the load, and our stress course will pool our knowledge so people will gain a full spectrum of practical ways to ride stress better."

She explained some people may have a hormonal imbalance preventing them coping, or they might learn a mindfulness technique that allows them to slow down their adrenaline and feel less stressed, or an aromatherapy blend that will enable them to unwind so they sleep better.

"It's all about finding the day-

to-day techniques and down-to-earth self-help that suit you and will all join up to make you feel more robust.

"Stress affects our energy and seriously compromises our health — we are passionate about people managing stress drug-free."

The course will run on three consecutive Thursday evenings: 21st June, 28th June and 5th July, from 7-8.30pm, and costs £75.

Ten per cent of proceeds will go to The Hub's chosen charity, Friends of Ray of Hope, which supports families living in Ugandan slums.

The Health Hub offers a wide range of therapies and treatments including Reiki, aromatherapy, acupuncture, massage, food intolerance testing and yoga classes.

For more information, pop in to The Natural Health Hub at 87b High Street, down the passageway between Halifax and the Dogs' Trust, or visit www.TheNaturalHealthHub.co.uk