

FITNESS 4 U!

www.fitness4uonline.co.uk

Group Exercise Classes
(Aerobics, On The Ball,
Dancercise, Body Conditioning)

**One to One Personal
Training**

Online Personal Training

Kids/Teen Fitness

Nutrition advice

For more information contact
Emma (B.A (Hons) sac dip)

07725194093

or visit the website

Sam Macleod

Consultancy Services for Small Businesses

RANGE OF SERVICES AVAILABLE:

General BookKeeping

Assistance, Advice, Training.

Systems Reviews

Examination of existing systems.

Flowcharting as required.

Identification of Key Controls.

Suggestions for improving systems.

VAT D.I.Y Builders Scheme

Claims completion service.

Self Assessment of Income Tax

Help in setting up appropriate records.

Assistance in completing Tax Returns.

Assistance with Tax correspondence.

Emergency Cover

Cashier/Bookkeeper services for short term cover.

VAT Returns

General assistance with VAT.

Completion of Returns. Checking Assessments.

Correspondence

Help in drafting letters / replies when dealing
with Revenue Departments.

Tel: 01469 530772

P. F. Rose (Plantech)

ALL TYPES OF PLAN DRAWING

Planning & Building Regulation Service
Ideas * Advice * Sketch Plans *
Structural Plans

Over 30 years of Building Experience
For Free Quotation Contact Peter Rose

01469 530951

Stock's Chimney Brush Vacuum Sweep

Mr J Braithwaite

All areas covered
Very reasonable rates

Tel. 01469 575737

Gander Advertising Rates

For inclusion in all four issues (The year runs from August to August and we prefer to have all advertisers synchronised in this system to save on administration and costs.

Ad size	Cost	Dimensions (mm)
1/2 page	£105	127 x 180 (DxW)
1/4 page	£60	127 x 87
1/8 page	£40	60.5 x 87
small box	£25	60.5 x 40.5

Payment must be received prior to inclusion.
Public Service Announcements and Charity Appeals are included free of charge up to a maximum 1/4 page.

If you are not one of our regular advertisers but would like to advertise in the Gander in the next issue, please contact either
Mark Russell on 01469 532009 or
Nicola Jones on 07772 519421.

Advertising in the Gander
really does work