



IWCV Bulletin Board

Issue 99 - January 2017

The Bulletin Board is a place for IWCV members to advertise personal items for sale, services or other information that could be of interest.

If you have something to share, send details in a brief text including your email address and phone number to tricia.stayte@gmail.com All photos must be sent as separate attachments, not within your body of text, as the editor will do the layout.

Lessons provided by members will be listed in all editions unless otherwise cancelled.

Please inform the editor if you no longer wish to provide lessons, or if your advert is no longer relevant.

Items for sale will be listed for ONE edition ONLY. If you wish to run your advert more than once, you must contact the editor before the next deadline of:

16 January 2017

issue to be published on

1 February 2017

Neither the editor nor any member of the IWCV take any responsibility for the quality/accuracy of the details of items for sale or services offered in this document. Please be aware that it is illegal to use the IWCV distribution list as an advertising tool.

Lessons

French

GET YOUR FRENCH UP TO SCRATCH!

Individual or group tuition by a professional French mother-tongue teacher (mobile): adapted French lessons to give you confidence for everyday conversation – beginner, intermediate or advanced. Please contact Rose-Marie Jouandin 06.70.56.36.98; email rosemarie.jouandin@wanadoo.fr

Bridge

I hold bridge workshops every 2 weeks at a cost of €6.50 per person (€7.50 per lesson for complete beginners). Lessons and workshops will be held in the morning from 9.30 to 12.00. Tea, coffee and cakes provided. Please contact Aurora at aurora.hille@hotmail.com for dates.

German

Please contact Katla Heidrich if you'd like to learn German, or improve what you already know. Tel: 04 94 76 11 32.

Check out **Morton's Saveur d'Ailleurs** a new international food boutique where you can find specialty items: British, Indian, Mexican and Asian. Sarra will welcome you with warm hospitality and will take your special requests. Certainly worth a visit!

Located in Centre Agora to your left as you enter next to Elodie Photo and the Pressing. 04 94 84 91 89



Aerial photography by DRONE gives you surprising perspectives and allow you to show unexpected angles, to enhance a natural area, an architectural design, showing a lifestyle and highlight your property. Certified Drone pilots and holder of MAP 071 of the DGAC (French Civil Aviation) we use high-quality resolution views with quadcopters.

For more information call Francesca Megnet at 06 86 82 23 18 / contact@art-photo-clic.fr / www.art-photo-clic.fr

My name is Blaithe Kennedy, I am a **massage de bien-etre / aromatherapist**, based in Bargemon. I speak English, French and German. To find out more about all my treatments, please consult my website:

www.bestofhands.com

I am a qualified **Clinical Hypnotherapist** and can offer members help with the following issues. Stress reduction, depression, alcohol addiction, nicotine addiction, PTSD, phobias, etc. Steven Thomson. DCH(London) GHR, GQHP. 04 94 76 85 24. Mob 06 61 34 70 70; thomson.john@orange.fr

Aurora Nails

Shellac manicures and pedicures (the shellac lasts for 4 weeks) – €25

Eyebrow tinting and wax shaping – €15

Eyelash tinting – €10

Semi-permanent, waterproof mascara, lasts for 3/4 weeks, ideal for summer & holidays € 37,50

Contact Aurora aurora.hille@hotmail.com

For **massages, lymphatic draining and plantar reflexology**, call Francesca Megnet tel. 04 94 84 74 77 or email francesca@megnet.fr

Lisa Mayer holds **yoga classes** at her home in Fayence on Tuesdays and Wednesdays from 9.30 – 10.30 . She also does Californian (soft, therapeutic) massage. Tel. 04 94 76 26 25 or email fayence82@hotmail.com

Cleaning lady

I can thoroughly recommend Corinne, a trustworthy and very efficient French cleaning lady who will shortly stop working in a Seniors' home to start for herself. Reasonable rates. Call her directly on 06 71 74 54 34 [French spoken) or Wendy Anderson on 06 85 31 31 00

Cancer Support Group

The Cancer Support Group for English Speakers meets on the 1st Wednesday of the month at 15.30 at The Grange in Mouans Sartoux (815 Chemin Gourettes) – the lovely stone building next door to the Maison de Retraite Victoria. It has a separate entrance and parking, but if the parking is full, it is just a short walk from the Casino supermarket.

Visit the website

www.csg06.therivierawoman.com or email cancersupportgroup06@gmail.com

Sarah Legon (04 94 39 08 54) would like to make a special recommendation to IWCV members.

The **Balnea Wellness Programme** – water activities supervised by health professionals who guide you in activities such as aqua bike, aqua gym, swimming and water walking. These are particularly beneficial to those recovering from injuries, suffering arthritis or stiffness. Indulge in our "SPA" massage treatments with essential oils, warm seaweed wrap (detoxifying and remineralizing action) and ozone bath. Treatments are customized according to your needs: detox, slimming cure, muscle toning and strengthening, physical rehabilitation, stress relief and to prevent the effects of advancing age.

Reasonable rates. €15–35 a session or subscriptions for 4+ sessions from €11 –15 a session. Spa: €33–50 per session, less for subscription.

Contact Catherine on 06 84 98 91 11 and visit us at Centre JOANA – RD 562–83440 MONTAUROUX, beside the Caisse d'Epargne near Halles des Vetements.

Other services & recommendations

Do You Need a Good Gardener?

We can thoroughly recommend a young man who has worked for us for several months. His father was a gardener before him. He is willing, young, strong, hard-working, reliable, pleasant and knowledgeable. If you wish to contact him or to know more call Judy Sykes - 04 94 76 00 56 or email lessykes@hotmail.com

Help Offered

Wendy Andersen can assist with French administration and language issues that you may come across such as making accompanying visits to the Mairie, vet, hospital, helping you open a bank account to making phone calls on your behalf. If you have any needs in this direction please contact her on 06 85 31 31 00

Handmade Greetings Cards & Crafts

If you need a personalised greeting card or cards for any other occasion (in English), made-to-order loose cushion covers or re-covered with your own fabric; house, place names and fun signs plus plenty of other interesting gifts and home/travel essentials - please contact Sue Douglas 0494477418 or 0606425771. Check my website www.wix.com/susied/provence-presents (does not work on an Apple - sorry!)



Cleaning Company

We are a fully-registered cleaning company based in Tournettes offering a professional, reliable and 100% trustworthy comprehensive cleaning service for villas and apartments including an ironing and laundry service. We look after many properties in the area and would be happy to supply references at your request. For further information please contact Min Cowling on 06 76 17 63 93

Qualified Technician

My son, Thomas Van Steenbrugge, is a **qualified and certified technician in air conditioning** (cooling and heating), swimming pool heating pumps and hot water boilers. He has 5 years experience and his company is located in Callian. He can help you with all your property repairs, servicing and new fittings.

Free quotations are provided on demand. For more details check his website www.clim-paca.fr Please contact Laure Van Steenbrugge (Peeters) at laure.peeters@aliceadsl.fr

Bed & Breakfast in Seillans

Do you have friends and family coming to stay this summer but no spare bedrooms for them? opened our new bed & breakfast just outside the village of Seillans, and promise to give them a very warm welcome. We have 5 rooms, each with their own terrace overlooking the pool and gardens. Please have a look at the website www.maisondeslavandes.com or call Bronwen on 04 89 73 33 36 or 06 44 79 48 52 - look forward to hearing from you!