



Wendy Metcalfe and Rachel Cole toast their efforts

## Pair taking big steps to help causes

TWO Hampshire women hiked 100km across country to help two charities.

Rachel Cole, from Chartwell Green, and Wendy Crichton, from Southampton, completed the London 2 Brighton Challenge in 26 hours, 49 minutes and 32 seconds.

The friends had set off from the Old Deer park in Richmond and finished on Brighton Racecourse thanks to plenty of refuelling along the way - including pick 'n' mix sweets and a bacon roll to keep them going.

Rachel was walking for the Southampton-based youth counselling and support service No Limits and Wendy was stepping out for Moving Mountains Trust, an organisation which helps communities in east Africa, Nepal and Borneo. They both raised over £500.

## Shocking results of fraud study

NEW research has revealed that one in nine people in the South East, including Hampshire, have been a victim of fraud.

The survey by insolvency trade body, R3, showed that 11 per cent of people say they have been a victim of fraud either by an individual or company over the last 12 months.

People 25 to 34 years old are most likely to report being a victim of fraud, with 16 per cent experiencing fraud in the last year. Fraud victims in this age group say that they lost an average of £1,408 each.

The figures which looked at residents' loss of money over the last 12 months as a result of fraud committed against them, were in line with the national average.

## Outdoor wildlife activities for the family

THERE are lots of family-orientated wildlife activities going on at the Testwood Lakes nature reserve in Brunel Road near Totton.

From 10.30am to noon dads

can take their two to five-year-old children along to explore the woodlands and meadows at the reserve.

They will be able to play games, follow trails, hear sto-

ries and discover some of the area's wildlife.

Then from 2pm to 4pm there will be a wildlife watch event for families and youngsters that will feature a range

of outdoor activities for children aged five to 15.

There is a suggested donation of £3 per person for each of the sessions. For more information call 02380 667929.

## CHARITY EVENT WILL BE ONE OF BIGGEST EVER HELD IN CITY



Yoga teacher Laura Fisher

# Giant yoga class to be mass fundraiser

**ONE of Southampton's biggest-ever mass yoga classes is being launched in aid of victims of the Nepal earthquake.**

More than 100 people will roll out their mats for the mass event at Oasis Academy Lord's Hill tomorrow.

Yoga for Nepal is being led by Southampton-based instructor Laura Fisher.

She is aiming to raise over £2,000 for charities working to support the disaster effort.

As previously reported in More than 7,500 people have died and thousands more injured since the 7.8-magni-

**Maxwell Kusi-Obodum**



tude quake struck on April 25, bringing down buildings and triggering avalanches in the Himalayas, leaving more than 200 climbers stranded on Everest.

Dozens more were killed and injured in a second 7.3-magnitude quake on May 12.

Organisations and charities from Hampshire are among those supporting the huge rescue mission, initially searching for survivors and bodies and now distributing desperately-

needed food and medical supplies.

Laura, 30, said: "People in Nepal are renowned for a sense of peace and love and kindness and when tragedy strikes they need our love back.

"So many times you see these things in the news and think 'what can I do to help?' and this is a way of

**"This is the perfect chance to show support for Nepal"**

doing something.

"This is the perfect chance to show support for Nepal and experience the joy of yoga."

The event, which is open to all abilities, runs from 11am-12.30pm and all funds will go to the DEC Nepal Earthquake Appeal.

Spaces are still available for those wishing to take part and there is a £20 suggested donation. Contact [laura@laurafisheryoga.co.uk](mailto:laura@laurafisheryoga.co.uk) or visiting [www.laurafisheryoga.co.uk/blog](http://www.laurafisheryoga.co.uk/blog) to book a space.

The event will be followed by a Yogi Style Bake Sale with energy balls, green juice, raw chocolate and vegan brownies on the menu.

## Application for new buildings to house firms

SEVEN new buildings could be built to house emerging Hampshire businesses.

Tidebank UK Ltd has applied to build the two-storey industrial and commercial units on the Daedalus Park at Lee-on-the-Solent.

The former MoD site is now part of a Solent Local Enterprise Partnership (LEP) business zone aimed at providing homes for local firms and create hundreds of jobs.

If planning permission for the new buildings, which include car parking, is approved then the new units would be built and marketed for firms to occupy.

Tidebank says it had already had interest in some of the buildings. A decision on the planning application is due from Gosport Borough Council by August 12.

## Girls get taste for techie jobs

SCHOOLGIRLS from 16 Hampshire schools are set to explore careers in technology as a development laboratory opens its doors for four days.

IBM in Hursley is set to host Think.IT for 160 Year 8 girls to encourage them to continue studies in science, technology, engineering, maths and IT.

The company will offer insight into what working for them entails by dividing the girls into teams to work on a project to invent a new product. The schools involved include: Kings' in Winchester, Hampshire Collegiate School, Ringwood School, The Mountbatten School, New Forest Academy, Woodlands Community College, Hounsdown School and Thornden School.

## Store hopes to sell alcohol

THE owners of a convenience store in Southampton have applied for a licence to sell alcohol.

A bid has gone in to the city council for Martin McColl Ltd store in the Lords Hill District Centre to be able to supply booze.

The owners want it to have licensable hours of 6am to 11pm, seven days a week.

The application is currently being considered.

Anyone wanting to make representation can do so by writing to Licensing Team, Southampton & Eastleigh Licensing Partnership, Southampton City Council, PO Box 1767, Southampton SO18 9LA by June 12.

## Duo sought over Post Office cash theft

POLICE investigating a Post Office theft of almost £1,000 in cash are eager to speak to this man captured on CCTV. Officers believe he

and an accomplice may be able to help following the distraction theft at Witts Hill Post Office.

At around 1pm staff reported that they were

distracted by customers asking questions about banking. Shortly afterwards, staff discovered that £400 and 480Euros in cash were missing.

The men are described as Asian and aged in their 30's.

Anyone with information should call police on 101.

