



HIGHFIELD RESIDENTS' ASSOCIATION

www.highfieldresidents.org.uk

Newsletter – Spring 2013

Committee 13/14

Chair: Roger Brown
Vice Chair: Jerry Gillen
Minutes Secretary: Jill Baston
Communication Secretary: Caroline Knight
Treasurer: Headley Rossell
Membership Secretary: Nicolla Martin
Planning and Licencing: vacant
Website: Steve Connolly
Social Events: Brian Wakely
Common Sense: Simon Hill

Peggy Augier
Keith Reed
Julia Brooking
Allison Shelly
Roret Blue
Nadine Johnson

CONTENTS

- Chairman's Report
- Roger Brown
- What's happening in the local property market?
- HMO survey
- Improving communication with our Members
- A date for your diaries
- HRA Children's Christmas Party
- Move your body and calm your mind, with a yoga class near you
- Little Carrots©
- The Jack & Will Bakery
- Common Sense
- Lovers' Walk Cycle route
- The Big Issue in Highfield
- The Oakmount Triangle Residents' Association

37th AGM

THURSDAY 18TH APRIL - 7:30pm
HIGHFIELD HOUSE HOTEL

Presiding:

The Right Worshipful Mayor of Southampton,
Councillor Derek Burke

Speaker:

Sarah Clover, Barrister,
Kings Chambers, Birmingham

Sarah is one of the country's leading authorities on Planning & Licensing matters and will review recent Planning decisions and policies affecting the local area.

**To be followed by a social gathering
to include complimentary drinks.**

Please submit any questions at least 2 weeks prior to the meeting by emailing thesecretary@highfieldresidents.org.uk or dropping them in at Highfield News

CHAIRMAN'S REPORT

I am delighted to make this report following my co-option as Chair at the September 2012 meeting of the Committee, following Sue Hartley. The Association should be very grateful to Sue for taking over after Jerry Gillen stepped down. In addition, Caroline Knight has moved from Vice-Chair to Communications Secretary and Jerry has become Vice-Chair. These positions are all to be confirmed at the AGM. The Association should be grateful for all the work these officers do, together with the Treasurer, Headley Rossell, the Minutes Secretary, Jill Baston, the Membership Secretary, Nicolla Martin, and the other members of the Committee and the Street Representatives.

Our main focus continues to be on planning and licensing issues and especially HMOs. Whilst we are not opposed in principle to proposals for multiple occupation, we do want to maintain a balanced community as well as respect for the law. We continue to press Southampton City Council for timely and decisive action, especially to enforce planning decisions. Here we benefit especially from the expertise and advice of our distinguished Counsel, Sarah Clover, who will be with us at the AGM. It is partly through her help that we have had a number of successes in the past year in preventing undesirable developments such as 53 Shaftesbury Avenue and 13 Grosvenor Road.

continued on p2...

...continued from p1

We are also glad to report progress in clearing the Little Common, as mentioned in last year's report. The Committee has also given its broad support for the opening up of Lover's Lane. In this and other matters we work closely with our sister associations in the north of the City. Through Jerry Gillen we have a wider impact through the North Southampton Community Forum and the National Organisation of Residents' Associations. I am delighted that Jerry continues to play a prominent part in

our affairs. We and Highfield continue to benefit hugely from his expertise, commitment and tenacity. We are conscious of the need to revamp and improve our communications. Elsewhere in the Newsletter you will read of an initiative to create an e-mail database so that we can communicate more quickly, effectively and economically with our members. The printed newsletter will continue on a once or twice a year basis, and we will also continue to provide paper documents for those without e-mail.

ROGER BROWN

Since stepping down as Vice-Chancellor of Southampton Solent University in 2007, Roger Brown has been Professor of Higher Education Policy at Liverpool Hope University. He is also a Visiting Professor or equivalent at several other universities including Southampton. He contributes to national and international debates about various aspects of higher education policy. Roger's new book "Everything for Sale?" was published by Routledge in February. The book traces the 'marketisation' of higher education in the UK beginning with the decision of the Thatcher Government in 1979 to remove the subsidy for overseas students' fees. It concludes with the reforms introduced by the current Coalition Government, including the near-trebling of the full-time undergraduate fee. Roger is also Chair of Barton Peveril Sixth Form College and a member of the Sixth Form Colleges Association's National Council.



WHAT'S HAPPENING IN THE LOCAL PROPERTY MARKET?

With continued speculation over the national property market, Lee Turner, Sales Director for Pearsons London Road, gives an insight into the local conditions.

The end of 2012 saw an unusually high level of sales being agreed in the mid to upper sector of the property market and with 2013 well under way there has been a significant upturn in buyer enquiries across all price ranges.

Highfield remains incredibly popular with demand outstripping supply and this continues to be attributable to the numerous benefits and infrastructure the area has to offer.

The local schooling, shopping facilities and ease of access for both commuting and leisure facilities are all features that buyers are highlighting as key factors in making Highfield their chosen area in which to live.

We are currently experiencing significant demand for all property types locally, with some homes having been sold within days of them coming to the market. We are always happy to provide up-to-date advice on marketing and homes values and would welcome the opportunity to be of service if required.

Pearsons 023 8023 3288

HMO SURVEY

We urgently need your help... it is necessary to identify and map all HMOs (Houses of Multiple Occupation) in Highfield if we are to successfully resist further planning applications for the inappropriate conversion of family homes.

Residents are going to be asked to provide the known addresses of HMOs in the roads where they live. We will need you to state why you believe them to be an HMO and to identify the names of landlords or their agents where possible.

It is ultimately hoped to extend this survey throughout the

three northern wards, thus providing a more complete and up to date record than currently exists: it is our belief there are many more than any existing statistic suggests. The City Council estimates a figure of some 7,000 when, for example, a recent Fire Service estimate put the actual number at closer to 12,000!

We aim to conduct this survey once we have our email database up to date so please let us know your up to date email contact details as per the request in the article on page 3.

Jerry Gillen

IMPROVING COMMUNICATION WITH OUR MEMBERS

Currently HRA colour printed newsletters are issued two or three times a year. They are delivered to all residents of Highfield, both members and a large number of non-members, by Tudor Distribution. We are planning to reduce this to once a year, possibly in the spring, in future. In order to speed up and facilitate communication, HRA will issue e-newsletters and all other general information by email as e-bulletins. This will enable members to be kept up to date with current issues, social events and campaigns whenever the need arises. In this way we hope to improve communication and interaction with our members. We are aware that there are a small number of people who do not have access to email. We will do our best to get the main e-bulletins delivered to you whenever possible and within a reasonable period.

Communication by email will also enable HRA to economise on the significant costs of printing and delivering the coloured newsletters, which are increasingly difficult to cover from our very tight budget. Due to the present economic climate it has been difficult to attract sponsors and advertising which did help off-set some of the cost in the past.

We would like to encourage all non- members to join us in this venture as without becoming a member and providing

an email address they may no longer receive information from HRA. Membership is only £3 a year and has many benefits, including discounts on some local restaurants and other local businesses. You will find a membership form on the last page of this newsletter.

The project to create an email database is headed up by Caroline Knight with Nicolla Martin (Membership Secretary) and me in the team. The HRA will be registered for data protection and the web-site will be secure. Email addresses for the database will be taken from those already provided by members to Nicolla. Please contact Caroline via thesecretary@highfieldresidents.org.uk as soon as possible if you:

- are an HRA Member but we do not have your email address
- need to amend your email address
- would like to withdraw your email address and not be included in the email system

If you would like to take out or renew your membership of HRA and be included in the email system with please use the membership form on the last page of this newsletter.

We are very excited about this project and look forward to sharing it with you soon.

Nadine Johnson

OFFERS FOR MEMBERS

Ceno's Restaurant & Wine Bar	8055 4400
10% loyalty discount off food & drinks, when taken together (cannot be used in conjunction with any other offer)	
Gandhi's Restaurant	8055 3121
10% off food and drink, any day of the week	
Kohinoor Indian Restaurant	8058 2770
Kuti's, Oxford Street	8022 1585
Noorani, Fair Oak	8060 1901
The Pier Thai Restaurant	8033 9211
20% discount, on mid week, non anniversary days	
Sara's Thai Cuisine, 273 Portswood Road	8067 6063
10% off all meals, including Takeaway	
Mango Thai Tapas	8067 9977
10% on food.	
Portswood Computers	8058 3001
10% discount	
Innervision	8055 5165
10% discount	
Highfield House Hotel	8055 4223
10% off published prices	
Lucy's Cakes	07796 953952
10% off	
Jack and Will Bakery	8058 4772
10% discount	
Sheila Tomlinson Yoga	07963 338923
First lesson free	

All the above offers are conditional upon production of a current HRA membership card at the time.

A DATE FOR YOUR DIARIES

HRA Hog Roast
Saturday 29th June 7-11pm

Residents' Gardens
£12.50 per head

Further details and booking form will be emailed.



SPECIALIST CLEANING SERVICES Residential and Commercial
Ladderless and Chemical-Free*

WINDOW CLEANING up to 65 feet (6 floors)
our other services include: **Conservatory, Soffits, Gutters and Fascia Cleaning, Yacht Cleaning and Carpet Cleaning**

All quotes are FREE

Phone: 02380 456601 Mobile: 07983 559930
email: enquiries@osmowash.com www.osmowash.com

* Chemical Free: We use 'Pure O'™ water purification. Laboratory grade pure water removes the dirt quickly and efficiently without the use of any chemicals or detergents, drying to a spotless finish that lasts longer. Environmentally friendly with Perfect Results

HRA CHILDREN'S CHRISTMAS PARTY

The HRA Children's Christmas Party was a success with 41 children attending who brought with them around 25 parents. The original date had to be changed so that it didn't clash with the Highfield School Christmas Fete. In a change from previous years the entertainer was 'Professor Potty'. There were dancing contests and magic tricks.



MOVE YOUR BODY AND CALM YOUR MIND, WITH A YOGA CLASS NEAR YOU

Do you ever feel tired, tense and stressed out? Do you have aches, pains or stiffness in your back or joints? Or do you simply want to keep moving to maintain your flexibility and well-being?

Then why not try yoga? Yoga offers an all-round body, mind and spirit workout.

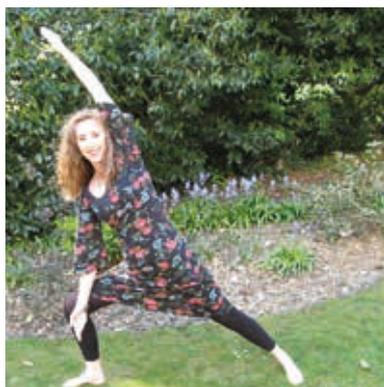
And did you know that there are weekly yoga classes on a Wednesday taking place nearby in Avenue St Andrew's United Reformed Church with local yoga teacher Stella Tomlinson?

But if you're thinking "I can't do yoga, I'm not very flexible" then fear not, as you don't have to be flexible or in tip-top condition to enjoy the benefits of yoga.

Yoga helps to improve your flexibility and posture by encouraging you to move your body differently – to stretch, bend and twist in ways which you may not do every day. This helps you to release postural habits, to strengthen and tone your muscles and to ease out tight or stiff joints. It improves your circulation, benefiting your body, while also improving your ability to concentrate and increase energy levels.

Breathing and meditation reduce stress, calm a busy mind and ensure more oxygen is drawn into and circulates around your body, benefiting your body's tissues and organs. And the guided relaxation, which ends each class, helps you to relax and let go completely and feel rejuvenated.

To sample the calming effects of yoga, try this



Steve Brown mysteriously disappeared before Father Christmas arrived – the children were delighted with the visit. Many thanks go to Keith Reed who organised the party, to Bea and her family who helped on the day, Alison Shelly and Phil Banyard for their contribution and to Father Christmas of course.

simple breathing meditation:

1. Sit comfortably, with your spine upright.
2. Close your eyes and, for a few breaths, notice your breath as it comes in and out of your body.
3. Follow the passage of your breath with your awareness, moving inwards down to your lungs and outwards back up and out.
4. Now begin to extend this flow of awareness through your body. As you breathe in, take your awareness all the way down through your body to the ground beneath you. And as you breathe out, bring your awareness back up through your body. Try not to change your breathing in any way, just allow your awareness to move up and down through your body as your breath comes in and out.
5. Repeat this a few more times, until you feel a calm steadiness wash all over you.
6. To finish, allow your awareness to rise through the body and become aware of your body in contact with your clothes in your sitting position, then allow your breath to return to normal and begin to notice the sounds in the room.
7. Sit for a few moments and notice how much calmer your mind and body feel.

Stella teaches Dru Yoga, a flowing and therapeutic style of yoga, which is great for beginners and suitable for all ages and levels of fitness and ability.

Classes take place on a Wednesday evening at Avenue St Andrew's Church, on The Avenue: 6-7pm Relaxation & Meditation (£6) and 7.30 – 9pm Dru Yoga (£8).

As a special offer for HRA members, your first class is free! Find out more or contact Stella via www.livingyogawithstella.com, email livingyogawithstella@gmail.com or call / text on 07963 338923.

Stella Tomlinson

LITTLE CARROTS©



Hello! My name is Elena Vorobeva. I moved to Highfield with my husband and family almost 4 years ago. My eldest son, Maxim, goes to Highfield Primary school. This introduced us to many other families and we have made lots of friends. My family and I now feel ourselves to be part of a very lively Highfield Community.



I am a chemist with a PhD in bio-organic chemistry and used to work at Southampton Medical School. When my younger son, Gleb, was born I decided to take a maternity break and at the same time to take advantage of my other interests. The idea for "Carrot Tunes" came when I was looking for a music class for my younger son. I have a good background in music, as I am a graduate of a Russian music school and have sung in various choirs, including currently the Southampton Philharmonic.

My second passion (next to science) is teaching and since I am an experienced teacher I decided to offer classes in music to 1 to 5 year old children.

At "Carrot Tunes" I try to go beyond traditional sing-alongs and action songs by introducing the kids to a variety of percussion instruments, and help them to learn music by listening to fragments of famous musical pieces to let them develop their sense of rhythm, and their own perception

and ideas about music. The classes also involve musical games and theatrical moments with puppets and other materials. Each session is themed, so songs and activities are linked by a single idea. The classes are run at the Highfield Church Centre on Wednesdays mornings.

As well as "Carrot Tunes", I also run an art and craft club "Crafty Carrots" for the Highfield School infant's department and for all kids of infant school age at the Highfield Church Centre on Monday evenings. I also organized several Russian-speaking educational groups.

Eventually I hope to fuse all these groups into an Early Learning and After School Education Centre, to be called "Little Carrots". Such centres are popular in Russia, where they traditionally include various clubs for kids of different ages and might include music, drawing, chess, games, modelling, foreign language, drama, science, and rhetoric. But the next step will be to establish a new toddler group "3 Carrots". Group sessions will be based on various games, activities and songs, to help toddlers learn about colours, shapes, distance, space and time. We have such a group for the local Russian speaking community. This is very popular and I would like to make it available to everyone. Eventually I want to organise activities for the junior school age group, where every child can find an activity to enjoy, learn new things and share with their friends.

I am more than happy to hear from everyone who is interested in what we do. You can contact me at LittleCarrots@btinternet.com or on 07961230405
Elena Vorobeva – founder of "Little Carrots"

THE JACK & WILL BAKERY

Following a career in the London Recruitment market spanning 10 years, my husband and I decided to relocate back to Southampton where we both grew up. After the total renovation of an old student let back into a family home, our first little boy Jack was born and with more time at home, and in my lovely big new kitchen, I soon discovered a passion for baking. Trying as many new recipes as I could find, I soon became the person that my friends and family turned to to provide celebration cakes for all occasions; which I loved. There is definitely an expectation by friends and neighbours that if they drop in for coffee there will also be fresh cake to go with it. Not such a bad reputation to have.

In that unbelievably difficult period where so many Mums make the decision to return to work or not, I was chatting to a good friend who owns her own company and she encouraged me to pursue my new found passion for baking professionally in order that I could gain more balance between work and raising a young family. She set the challenge and commissioned me to provide her clients with some delectable Christmas Brownies as a way of testing the market and also to see how I felt about moving my baking hobby on to something more. Never one to pass up a challenge, The Jack & Jill Bakery was born in December 2009 and has been providing a range of bespoke baked goods and celebration cakes since then. Needless to say, I didn't return to my old day job.

What followed was a blur of late night and early morning baking, liaising with suppliers, daily trips to the post office to despatch mail-order deliveries, always a quick

dash to the supermarket to re-stock random ingredients that I had forgotten, learning how to do basic bookkeeping (I had always worked for large corporates where this was all done for me) and so on. So this is where life changed.

Whereas once I would have classed myself as all about business, I can now say that I am far more artistic than I ever realised and love nothing more than liaising with my clients to provide a bespoke designed celebration cake. The reward

is hearing the 'WOW' when they first see their cake and enjoying the pleasures of being a stay-at-home mum.

We now have another beautiful little boy, Will, and so think it is time to change the company name to reflect that. As of 1st February 2013 my business is called The Jack and Will Bakery. So with a new logo complete and a new website on the way, my business is growing from strength the strength and still provides me with the flexibility to look after my children as well. Since that first Christmas of orders, I have never looked back!

10% discount offered to all HRA members with a valid membership card.

Contact details: Caroline Lansbury, The Jack & Will Bakery
Mobile: 07811 344238 T: 023 80584772



COMMON SENSE

Following further work by volunteers and the Common maintenance team last autumn the Little Common is now much more open. Long views under large trees from the Oakmount Avenue end looking northwards towards the central grassed area have been restored, visually and physically re-connecting the two. The centuries-old path through the trees to directly opposite the path to Oakmount Ave has become re-established after 20 years of impenetrability. There is also now a glimpse southwards through the trees from Highfield Avenue towards the central area. Highfield Road as a pedestrian and cycle route feels less intimidating, as does the Little Common itself which again has informal surveillance from those passing along the road, who also have a more pleasant open aspect with a wooded backdrop to enjoy. We have heard nothing other than praise expressed for the restoration of openness.

Further work includes completion of the originally planned removal of some remaining 20-25 year-old holly, laurel and juvenile forest trees, which would in time reduce openness. The professional tree work is being funded by last year's successful community grant application, backed up by volunteer working parties and the Common maintenance team.

Strengthening of parts of the roadside bank to prevent encroachment by vehicles, using suitable sub-soil, will hopefully be completed by the Spring. Any remaining stumps of the hawthorn hedge can then be removed to prevent further regrowth and establish a grassy bank over which there will be open views along the length of Highfield Road. Please note that unsolicited deposit of topsoil or other material is not allowed because of the risk of introducing seeds and roots of non-native species or other contamination.

The bank was to have been strengthened by laying turf walls by hand. That would have taken some considerable time. Also the funds from the University for turfs would not have been sufficient to complete all the sections that need strengthening. The use of subsoil now means that funding can be diverted to a much needed extension of the gravel path at both ends of the well used Carriage Drive, which



can be very muddy even in much less severe conditions than this winter. This will benefit students and other users of the pedestrian link between the University and The Avenue underpass.

The last of the 2012/13 working parties took place on mid March, but there will be others next winter 2013/14. If you are not on the emailing list to be notified of dates please let me know your email and/or phone contact details. Simon Hill mail@southamptoncommon.org or 023 8055 5394.

LOVERS' WALK CYCLE ROUTE

SCC is pursuing improvement of Lovers' Walk from Burgess Road to Westwood Road as one of the most heavily used cycle routes in the City. Some sections are already very congested and the path inadequate with broken and muddy edges. Yet significant widening could change the character of the path and impact on the ecology and environment of The Common. SCC is planning to hold a preliminary 'drop-in' exhibition and consultation event on 9th and 10th April at 4pm –8pm in the cafe area at the University Avenue Campus. These consultation arrangements will be confirmed in a separate letter from SCC.

Issues in drawing up a scheme include:

- Congestion and safety on the heavily used section of path shared with pedestrians from Burgess Road to the Highfield Avenue crossing;
- Directing cyclists onto the appropriate route(s);
- Cyclist safety on Highfield Road

- Improving the severely substandard shared route outside nos 1-5 Highfield Road;
- Whether and how Lovers' Walk from the north end of Oakmount Avenue southwards should be made into a safe and lawful shared pedestrian/cycle route;
- How to make the route feel safer without reducing vegetation that muffles traffic noise;
- How the Lovers' Walk route connects to the wider cycle network and city centre.

The project officer, Robert Stanley, is liaising with local groups, residents and police, and with ecological and tree specialists. Let Robert know any ideas/concerns you have as soon as possible after the preliminary consultation. He will then take them into account in formulating final options and further consultation in the summer. He can be contacted at robert.stanley@southampton.gov.uk. Make sure you inform the HRA of your email address (see item on page3) if you want to be kept informed of progress.

THE BIG ISSUE IN HIGHFIELD



Doug Batley will be a familiar face to shoppers at Waitrose as that is his pitch for selling the Big Issue. Doug is friendly, intelligent and articulate and I am sure that I was not alone in wondering how he came to be homeless. With his permission I will tell you his story: Doug comes from Manchester where he worked on a building site (he holds a City and Guilds Qualification in Carpentry)

had his own flat and lived a pretty normal life. He was working on a building site when a pallet full of concrete blocks fell twelve storeys and crushed one of Doug's workmates. Just seconds before this happened Doug was standing with his friend talking to him and by chance someone called to him from the site office; as he stepped away the accident happened killing his friend instantly. Doug was extremely traumatised by the incident and was unable to return to work. He subsequently lost his income, his girlfriend and his home. He was treated unsuccessfully for Post-Traumatic Stress and he took to the streets. He decided to come to Southampton as he has had a lifelong interest in boats and would like to take a course in boat-building when he can afford to. However when he first arrived in Southampton three years ago he was sleeping rough in multi-storey car parks and other places where it was possible to escape from the worst of the weather.

He decided to try selling the Big Issue: the Big Issue gives first timers a number of free copies which they sell and with the money they make they return and buy more. Someone likened it to begging but it is definitely not - it is working and making a profit from that work. The Big Issue licences its sellers and allocates pitches, they have to pay for their

own bibs etc. The magazine comes out every Monday and sellers have to go to a central point and buy the issues they want to sell. This involves carrying heavy bundles of magazines some distance. However with hard work and determination it is possible to make a living. Doug has managed to find private lodgings where he has access to a workshop. He has saved up and bought carpentry tools and is going to start picture-framing. He goes kayaking with his landlady so is getting onto the water to indulge his passion. He thought that he had found a full time job managing a shop but sadly that didn't materialise so for the moment he is continuing to sell the Big Issue but he hopes to be able to give that up and support himself with his picture-framing and perhaps manage to get onto a boatbuilding course.

I attended the Hay Winter Festival in December where I was lucky enough to meet John Bird, who founded the Big Issue, with financial help and inspiration from Gordon Roddick. At the end of John's talk he was asked if he had any success stories to tell from the Big Issue and he had a couple but they mostly concerned keeping people away from crime and reuniting them with lost family. I desperately wanted to tell him about Doug and how he has used the Big Issue to get himself from being homeless to being in private accommodation and aiming to get back to working using the skills he possesses. John Bird was really delighted to hear of Doug's success and send him his congratulations and best wishes. He said that he was pleased that Doug had used the Big Issue as a way of earning a living and getting off the streets.

So next time you see Doug outside Waitrose remember he is working to better his conditions and he does so in all weathers with a smile on his face. By buying a copy of the magazine from him you are helping him in his ambition to get back to using his skills and even realising his ambition to learn boat-building.

Caroline Knight

THE OAKMOUNT TRIANGLE RESIDENTS' ASSOCIATION

Nestled within the HRA area there is another residents' association that represents the triangular pattern of streets that are Blenheim Avenue, Leigh Road, Oakmount Avenue and Westbourne Crescent together with 19 Brookvale Road and the short strip of houses (No's 1-5) on Highfield Road that face the Common and have only pedestrian access. The Residents' Association (OTRA) is only concerned with the Triangle and its immediate area, but it does work together with HRA on areas of common interest.

The Triangle has been a Conservation Area since 2008. This is in recognition of the distinct character of the original houses that date from about 1910 and were built to a common design by John Smith. The Council has the responsibility for building control and specifically to monitor the maintenance or enhancement of the character of the frontages of the original houses. As part of the Conservation Area Management Plan OTRA makes an Annual Report to the Council summarising developments and raising issues of concern.

OTRA has a main committee that runs the organisation

and has elected members. There is also a separate Conservation Group that looks after the Annual Report plus Street Representatives. Membership is open to all who live within the OTRA area and there is no subscription fee. In addition to conservation issues we also hold and support social events. There have been a series of Street Parties organised by Triangle residents together with Plant and Book Sales and Quiz Evenings. The organisation is only as strong as its membership and is always looking for new members including any who want to join either the Main Committee or the Conservation Group. It is not a large time commitment and a is good way to get to know people within the area.

We are having our **AGM** on the evening of **Friday 26th April** in the concourse of the Avenue Hall (St Andrew's) immediately south of Westwood Road. This will be an American Supper and meeting. So please do come along and get involved. We can be easily found on our website otra.org.uk or Google Oakmount Triangle Residents Association, alternatively contact the Chair, John Marshall, via email (jeam@noc.soton.ac.uk).

Springtime 2013 at Ceno!

Spring has finally sprung and we've got some great offers to put a spring in your step! *

- * All HRA members receive an ongoing 10% discount when dining out at the restaurant* making eating out at Ceno even more delicious.
- * Relax on Sundays at Ceno with our fantastic set menu served from 12 noon - 10pm. Our Sunday roast is sensational and includes all the trimmings.
- * Treat your Mum this Mother's Day with with a delicious 3 course lunch on Sunday 10th March and book early for a cracking good Easter with all the family at Ceno.

*This offer is only valid on production of a valid HRA membership card. 10% discount will be applied to your restaurant bill.

Visit our website for more details www.cenorestaurant.com
For reservations call 023 8055 4400
119, Highfield Lane, Southampton SO17 1AQ | info@cenorestaurant.com

ceno*
DRINK | DINE | UNWIND

PEARSONS

Est. 1900

Supporting your local community



Whether you are buying, selling, letting or renting, contact Pearsons Estate Agents for specialist advice in the Highfield area

58 & 60 London Road
Southampton, SO15 2AH

www.pearsons.com

Tel: 023 8023 3288

MEMBERSHIP APPLICATION FORM

I/We would like to join/renew membership of the Highfield Residents' Association and enclose the subscription of £3.00 (One subscription covers all members of the household)

Name(s) of adults _____

Email _____

Postcode (please include) _____ Date _____

Address _____

Tel No. _____

I enclose my membership fee of and a voluntary donation of Thank you!

This form, together with the subscription, should be sent to Membership Secretary, 5 Marlborough House, 2A Oakmount Ave, SO17 1BX (if by hand, before mid-day); or can be dropped into Highfield News; or can be brought to any HRA social event or meeting. Cheques should be made payable to Highfield Residents' Association. Please do not send cash through the post as it may get lost.

Newsletter Team: Jerry Gillen and Caroline Knight. Assistance from David Bothwell and Stephen Ashfield. Contributions welcome. Please send to thesecretary@highfieldresidents.co.uk in Microsoft Word format. The views expressed in this newsletter are not necessarily the views of Highfield Residents' Association or its members.