

Discount Offers

The following offers of discounts to harbour residents have recently been received.



A recent report published by The Children's Society found that half a million school children in Britain are unhappy. 9% of children aged between eight and fifteen feel low at any given time, and their unhappiness increases dramatically with age, more than tripling by the time they reach fifteen.

The report states that children with low levels of happiness are much less likely to enjoy being at home with their family, feel safe with their friends, like the way they look, or feel positive about the future. They are also more likely to be bullied, have eating disorders and be depressed.

Children and Teenagers often find it difficult to talk about their problems with the people closest to them, for fear of being judged, or because they worry about upsetting them. 'Listening to You' offers a safe environment for young people to explore their problems and find solutions.

Special Offer – Half Price Consultations during February 2012

For further details please contact Tory Macdonald - Tel: 07976-399998 or e-mail: tory@listening-to-you.co.uk, or visit: www.listening-to-you.co.uk

Cook Lewes now delivers every Thursday to regular customers in Sovereign Harbour.



Cook's frozen ready meals are delivered in a freezer van ready to be popped straight into your freezer. So whether you need help with cooking for one or two, family suppers, or entertaining with our drinks party canapés and 'Special Nights In range', COOK's dishes will look and taste just like you made them yourself.

COOK prepares dishes by hand at its Kitchen in Kent, using the same ingredients and techniques that a good cook would use at home, so everything looks and tastes homemade. As proof of its handmade nature, the name of the individual chef who cooked each dish is printed on the packaging. Because COOK's food is blast frozen at -35C all the nutrients and flavour are locked in so every dish tastes freshly made when it's removed from the oven or microwave.

Cooked straight from frozen, COOK dishes keep in the freezer for months – making them the perfect ingredient for stress-free meals.

They offer a wide range of meals for one, two and four including Indian and Thai dishes, casseroles and stews, pies and a large selection of delicious puddings and cakes.

Visit the Lewes store or visit www.cookfood.net to view the full range, or call 01273-483450 for a menu or to place an order.

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Harbour Waterfront hairdresser, "Great Hairdressing" is offering harbour residents free "VIP Discount Cards", which will entitle the holder to a discount of 10% on all treatments. [Click here](#) for more information.

To get your card, just call into the salon, on the upper level of the Waterfront, and mention this article.

Great Hairdressing has other offers and promotions available, visit www.greathairdressing.com for more information.