

Fond memories of Cilla...

A Hampshire couple have paid tribute to Cilla Black, who died suddenly at the weekend.

Caroline Dean from Highcliffe was watching Tim Saunders from Weymouth when he appeared as a contestant on Blind Date in 2001.

"I remember Cilla putting her hand on Tim and saying 'there is a girl out there for you Chuck but God knows where'," recalls Caroline. "I thought 'will there be someone out there for me?'"

A few weeks later Caroline was at a placement at a school in Weymouth as part of her teacher training when she decided to go dancing at the Corn Exchange in Dorchester.

"I started dancing with Tim and thought 'I recognise you'."

The couple, who now live near Southampton, were married in Bulgaria in 2009 and now have two daughters Harriett (4) and Heidi (2). The couple also work together, running a company which represents professional artists and craftspeople.

Tim Saunders attended Clayesmore School in Iwerne Minster where Beatles manager Brian Epstein also attended. It was Brian who found Cilla

Black. Before the selection interview

for the show in Bournemouth Tim crashed his Mazda Xedos and arrived at the interview concussed. "They obviously liked the crazy fool that appeared before them and a few weeks later I received a letter inviting me onto the show as a stand in," recalls Tim.

Half an hour before the show number 3 still had not turned up and so Tim was invited to take his place.

"One of the questions I was asked by Leigh, the picker from Scotland, was 'When I have a sore chest what would you recommend for it?'"

"My cheeky reply was 'My grandfather always recommends Vick but I'm afraid he isn't here tonight so you'll have to make do with me!'"

"That seemed to clinch it and I was picked. We went for a weekend to The Hague, which in the middle of February was pretty chilly. On our return Leigh took a dislike to me and things took a depressing turn especially when she called me 'a country bumpkin'. I was at an all time low and decided to throw myself into mo'jive dancing in Dorchester. I thank Cilla for the experience and for helping me find Caroline."

Tim adds: "I did let Cilla know my news a couple of years ago and she was happy for me."



Photo courtesy: Fern Norfolk Visuals

Worried about falling? Help is at hand!

East Hampshire District Council along with Southern Health NHS Foundation Trust and Hampshire County Council are working together with various other partners to provide two free events for anyone worried about their balance or falling over.

The events will take place in Petersfield at the Taro Leisure Centre on 14 August, and in Alton on 3 September at Alton Sports Centre, and will provide information and advice on how to prevent falls and improve strength, balance and confidence.

As part of the event you will also be able to register to take part in a Guinness World Record Attempt. Taking place on 1 October in Andover, Hampshire people will attempt the world record for a seated exercise class, giving them the chance to be a record breaker without leaving their chair!

Falls are a serious and growing problem affecting one in three adults over the age of 65 and costing the NHS approximately £2 billion per year. Hip fractures are the most serious injury following a fall and affect 60,000 fallers per year. Evidence shows that specific exercise programmes to improve strength and balance can reduce the risk of falls by up to 55 per cent and also reduce the severity of injury following a fall.

Adi Phillips, falls prevention coordinator for Southern Health NHS Foundation Trust, said: "Physical activity is essential in older age to help reduce frailty, prevent falls and increase mobility and independence. Active people are more likely to have better mood, be less anxious, have better memory, sleep better and have more social contacts. That is why it's so important that we continue to stay active as we age and these events and our World Record Attempt will hopefully inspire more people to keep fit as they get older."

Experts will be on hand to provide you with valuable information on:

- Steady and Strong Exercise Classes (faster sessions)



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