

## Get a taste of reflexology

**IPSWICH:** Free reflexology taster sessions are being held next week for male swimmers and gym-goers at Crown Pools.

The ten-minute taster sessions, run by local reflexologist Susan Dyer, are to celebrate World Reflexology Week (September 24 - 30).

They will be held next Wednesday, September 26, between 10am and 4pm.

For further information or to book an appointment, call Susan Dyer on 07779 266710.

## Take a run for poppy appeal

**SUFFOLK:** Take a run around the forest to support the Royal British Legion's Poppy Appeal.

Rendlesham Forest is one of 12 national venues for the second annual Poppy Run on Sunday, October 28, which invites people to run, jog, or walk round the 5km route.

Enter online at [www.poppy-run.com](http://www.poppy-run.com) or call 01394 444652.

Volunteers are also wanted to help out on the day. Call Sarah Shinnie on 01394 444652.

# Beauty salon wins top business award

BY LAUREN EVERITT

lauren.everitt@archant.co.uk

**IPSWICH:** A beauty salon is today celebrating after winning a top independent business award.

Image Beauty Salon was crowned Favourite Independent for 2012 in the Ipswich Central competition which recognised local businesses.

People were asked to vote for their favourite business and explain why in the contest which was run as part of The Ipswich Star's I Love Ipswich campaign.

Around 900 votes were cast in one week for 50 different businesses.

One of the judges, Brigit Parker, from the Eastern Enterprise Hub, said: "Image have recently celebrated their tenth anniversary and they continue to go from strength to strength."

"They scored highly in each category, and we all admired the team spirit that exists there."

Image owner Sue Carter said: "We're delighted to have won. We've invested considerably in the town by expanding our business because we feel passionately about helping to drive it forward. Thanks to all of our loyal customers for voting for us."



**SCOOPING PRIZE:** Image Beauty Salon was crowned Favourite Independent for 2012 in an Ipswich Central competition.

Picture: CONTRIBUTED

Judges visited the top five businesses – Pickwicks Coffee and Tea House, Image Beauty Salon, The Tea Boutique, More Than Memorable Cheeses and Craftability.

The judges marked the finalists on friendliness of staff, customer service, staff knowledge, individuality, quality of environment and overall customer

experience. More Than Memorable Cheeses was commended for its "fantastic product range" and "sound and thorough product knowledge from all staff", while Craftability was noted for its customer service.

Pickwick was commended by the panel for its friendly atmosphere and extensive tea and coffee options.

## In brief

### Paint bid for grassroots sports clubs

**IPSWICH:** A paint company is supporting grassroots teams by offering a lick of paint to brighten up their facilities.

As part of its Colouring the Community campaign, Dulux Decorator Centres wants people to nominate local sports teams to receive the paint donation. Each successful team will be given £400 to spend on paint at the Dulux store in Hadleigh Road. Visit [www.duluxdecoratorcentre.co.uk/community/index.jsp](http://www.duluxdecoratorcentre.co.uk/community/index.jsp) to enter the competition.

### Church forum set to restart with police talk

**IPSWICH:** Join members of a town centre church for the restart of popular lunchtime talks. The Thursday Forum will restart at Christ Church in Tacket Street on October 4.

The talk on the Suffolk Constabulary will run from 1.10pm to 1.45pm. Light lunches are available from noon to 1pm.

# IPSWICH STAR SMALL ADS

Have you got furniture, children's toys, or home appliances for sale?

You can still place your FREE ADS online at [www.ipswichstar.co.uk](http://www.ipswichstar.co.uk) using promo code: FREEADSUFFOLK (This is for items £100 or less) or you can call 01473 233233 to place your advert for as little as £2 per day

