

focuspublications

FREE

The

Focus Red Book

A handy reference for all your local services and resources

02



Issue 02 : 21 Sept 2017

Focus Red Book Instructions

Welcome to The Focus Red Book. Your handy guide to local services for Clare and District.

As well as emergency numbers and contacts for transport, leisure and utilities we also include a comprehensive list of local clubs and societies and some useful maps to help you get around the area.

The booklet has been written using clear text and divided into handy sections. Each section is identified by a coloured flash running down the edge of the page. Contacts in each section are listed under an appropriate heading. To find the contact you need first choose the appropriate section from the index on page 3 then turn to the page indicated. From here it is a simple matter of selecting the correct heading and the service you need. Each entry is complete with a telephone number and if appropriate additional information about the service.

The booklet is supported by The Focus Connect Magazine which regularly publishes updates on local services. This will allow you to keep your copy up to date. To help you accomplish this we have added some handy blank areas where you can add your own notes and numbers. If you know of any extra information you think should be included in this booklet please let us know. We can be contacted using the contact information supplied at the back of the book.

This booklet is part of the Focus Connect Range of publications. These include The Focus Connect Magazine, The Focus Website and The Focus_Connect Phone App. All The Focus Connect services are linked allowing all sections of the community, young and old to access important local information. All Focus services are published free of charge.

We hope you will enjoy using your little Red Book.

Disclaimer : During the preparation of this booklet the publishers have made every effort to check the accuracy of the information shown. However mistakes do happen and Focus Publications is not responsible for errors or omissions that may have occurred.

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**The Clare & District Community Directory
A Focus Information Booklet**

Part of The Focus Connect Series

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Emergency Numbers



999 – The main emergency number

This is the emergency number for police, ambulance, fire brigade, coastguard, cliff rescue, mountain rescue, cave rescue, etc. Note the important word 'EMERGENCY'. This number should be used only when urgent attendance by the emergency services is required – for example someone is seriously ill or injured, or a crime is in progress. Calls are free, and 999 can be dialled from a locked mobile phone.

111 – The non-emergency medical number

This is available nationwide and replaces and expands on the former NHS Direct service. Use this for illnesses and minor injuries where life isn't threatened, but you would like some advice on what to do next. Calls are free.

112 – Mobile emergency number

This operates exactly the same as 999 and directs you to exactly the same emergency call centre. The important thing about 112 is that it will work on a mobile phone anywhere in the world. So on your next foreign holiday, you don't need to make a note of the emergency number for the country you visit; you just need 112. Incidentally, a EU requirement is that emergency call centres must provide a translations service. Calls are free and 112 can also be dialled from locked mobile phone.

101 – The non-emergency number for the police

This number will put you through to the police. You should call 101 to report a crime and other concerns that do not require an emergency response. For example if your car is stolen or your property has been damaged.

0800 111 999 – The emergency Gas Services

This number will put you through to the emergency Gas Services. Call this number if you think there is a dangerous gas leak nearby.

Community Support



Utilities

Anglian Water
03457 145 145

British Gas
0800 048 0202

British Telecom
0800 800 150

Electricity (Power Cuts)
105 (New Number)
0800 31 63 105 or

Essex & Suffolk Water
0345 266 0534
0800 032 3415

Floodline
0345 988 1188

Gas (Emergency Services)
0800 111 999

Southern Electric (SSE)
0345 026 2658

Notes

Health

Addenbrooks Hospital
01223 245151

Glemsford Surgery
01787 280484

Guildhall Surgery, Clare
01787 277523

Long Melford Surgery
01787 378226

Stonehall surgery, Clare
01787 278999

West Suffolk Hospital
01284 713000

Security

British Transport Police
0800 40 50 40

Crimestoppers
0800 555 111

Fire & Rescue (Essex)
01376 576000

Fire & Rescue (Suffolk)
01473 260588

Haverhill Police Station
01473 613500

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Community Support



Home & Housing

Havebury Housing
0300 3300 900

Homelessness Help
01284 757178
01473 825757

Planning Applications
01284 763233

Waste Services (Reception)
01284 763233

Care

Disability Resource Centre
(W. Suffolk) **01284 748888**

Drinkline
0300 123 1110

MacMillan Cancer Support
01284 713023
0808 808 00 00

Samaritans (Help Line)
116 123

St Nicholas Hospice Care
01284 766133

Sue Ryder Care, Cavendish
01787 282591

Voluntary Services

Age UK (Advice Line)
01473 359 911

British Heart Foundation
0300 330 3311
01440 703245 (Shop)

Drinkline
0300 123 1110

Drugs Advisory Service
(Turning Point)
0300 123 0872

Haverhill Citizens Advice
Bureau (CAB)
01440 762194

Haverhill Volunteer Centre
01440 708444

NSPCC Helpline
0808 800 5000

RSPCA
0300 1234 999

Salvation Army Haverhill
01440 705247

St Nicholas Hospice
Haverhill
01440 712992

Community Support



Community Contacts

Births, Deaths & Ceremonies
(Registrar)
0345 607 2060

Customer First
(Adult & Children's services)
080 8800 4005

Disability Resource Centre
01284 748888

Haverhill Recycling Centre
(Via council services)
0345 606 6067

Highways Agency
0300 123 5000

Job Centre Plus
0345 604 3719

Motability UK
(Vehicles for the disabled)
0300 456 4566

Schools & Community Officer
01284 758641

Suffolk Age UK
01473 351234

Suffolk Infolink
(Services & Clubs Information)
01473 265265

Councils

Belchamp St Paul Council
01787 279288

Cavendish Parish Council
01787 280943

Clare Town Council
01787 277559

Forest Heath Council
01638 719000

Glemsford Parish Council
01787 282345

Haverhill Town Council
01440 712858

Hundon Parish Council
01440 786271

Melford Parish Council
01787 378084

Stoke by Clare Council :
Chairman
01787 280943

St Edmundsbury Council
01284 763233

Suffolk County Council
0345 606 6067

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Transport



Planes & Trains

Abellio Greater Anglia
0345 6007245

Cross Country Trains
0844 8110124

Info. Trains National
03457 48 49 50

London Gatwick
0844 892 0322

London Heathrow
0844 335 1801

London Luton
01582 405100

London Southend
01702 588500

London Stansted
0844 335 1803
01582 405100

Norwich Airport
01603 411923

Notes

Buses & Cars

Anglian Buses
01502 711109

Beestons Buses
01473 823243

Coaches National Express
0871 781 8181

General (Traveline)
0871 200 22 33

Local Car Hire Services
Consult The Focus Magazine
for more details of taxis.

CJ Cars
01787 277665

Mae Day Executive Cars
01787 278600

Pride Cars, Haverhill
01440 712600

Star Cabs, Haverhill
01440 712712

Community Transport

CLASP MiniBus
01787 278774

3CT Community Transport
01440 712028

Education



Pre-Schools

Allsorts Baby & Toddler
Group, Clare
01787 277008

Cavendish Pre-School
07766 630887

Clare Bears
01787 277367

Dizzy Ducks, Haverhill
01440 702151

Hartest Pre-School
01284 830860

Hundon Hedgehogs
01440 786638

Little Wonders, Haverhill
01440 710926

Pebbles Foxearth
01787 880675

Notes

Schools

Belchamp St Paul Primary
01787 277222

Cavendish VCP School
01787 280279

Castle Manor Academy
01440 705501

Clare Primary School
01787 277423

Clements Community
Primary School
01440 702946

Glemsford Primary Academy
01787 283200

Hundon Community Primary
School **01440 786217**

New Cangle CP School
01440 702143

Samuel Ward Academy
01440 761511

Stoke College
01787 278141

Stour Valley Community
School **01787 279342**

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Education



Further Education

Haverhill Learning Centre
01440 712177

Sudbury Learning Centre
01787 880619

West Suffolk College
01284 701301

Book Shops

Harris & Harris, Clare
01787 277267

Landers, Long Melford
01787 378957

WH Smith
01787 377814 (Sudbury)
01440 702304 (Haverhill)

Notes

Libraries

Clare Library
01787 277702

Glemsford Library
01787 281803

Haverhill Library
01440 702638

Keddington Library
01440 703449

Lavenham Library
01787 247729

Long Melford Library
01787 377525

Mobile Library
01473 263838

Sudbury Library
01787 242570

Resources

Haverhill Community
Resource Unit
01440 712659

Suffolk County Council
School Admissions
0345 600 0981

Leisure



Arts Centres

Apex Venue, Bury St Eds.
01284 758000

Haverhill Arts Centre
01440 714140

The Quay Theatre, Sudbury
01787 374745

West Suffolk Arts Centre
07882 891022

Keep Fit Centres

Feel Good Fitness, Haverhill
01440 760977

Haverhill Leisure Centre
01440 702548

Kid City, Haverhill
01440 702548

Real Bodies, Haverhill
01440 760905

The Gainsborough, Clare
01787 279009

The Kingfisher, Sudbury
01787 375656

Zest Health & Fitness, Sudbury
01787 828373

Cinemas

Abbeygate Cinema, Bury
01284 754477

Cineworld, Bury
0871 200 2000

Cineworld, Haverhill
0871 200 2000

Haverhill Arts Centre Cinema
01440 714140

Golf Clubs

Clare Park Lake
01787 278693

Haverhill Golf Club
01440 761951

Stately Homes

Ickworth House (NT), Horringer
01284 735270

Kentwell Hall, Long Melford
01787 310207

Lavenham Guildhall (NT)
01787 247646

Melford Hall (NT), Long Mel.
01787 379228

Leisure



Pubs & Inns

The 5 Bells, Cavendish
01787 280070

The Angel, Glemsford
01787 281559

The Barnadiston Arms
01440 703145

The Bell Hotel, Clare
01787 277741

Black Lion, Glemsford
01787 280684

The Black Lion Hotel,
Long Melford
01787 312356

The Bull, Cavendish
01787 280245

The Bull Hotel, Melford
01787 378494

The Cock, Clare
01787 277391

The Cock, Glemsford
01787 280544

The Cock & Bell, Melford
01787 379807

Pubs & Inns

The Compasses, Stansfield
01284 789263

The George, Cavendish
01787 280248

The Globe, Clare
01787 278122

Half Moon,
Belchamp St Paul
01787 277402

The Hare Inn, Melford
01787 310379

The Lion, Stoke-by-Clare
01787 277571

The White Horse, Ridgewell
01440 785532

Melford Swan
01787 464545

The Pinkuah Arms, Pentlow
01787 280857

The Plough Hotel
Hundon
01440 786789

Leisure



Pubs & Inns

The Queens Head
Hawkedon
01284 789218

The Red Lion, Belchamp
Otten
01787 278301

The Red Lion, Birdbrook
01440 766971

The Rose & Crown
Hundon
01440 786261

The Swan, Clare
01787 278280

Wongs Cherry Tree,
Glemsford
01787 282282

Wine Outlets

Baythorne Hall, Wine
01440 785680

Jug and Bottle, Clare
01787 278433

Nethergate Wines
01284 852110

Food & Drink

Amin's Indian Takeaway
Ridgewell
01440 788977

Cafe Clare
01787 278148

Clare Chip Shop
01787 277285

Honey Hill Cafe, Clare
01787 278332

Melford Valley Indian Rest.
01787 310079

Mughal Knight, Clare
01787 279314

Number 1 Deli, Clare
01787 278932

Scutchers, Melford
01787 310200

Sugongha Indian, Yeldham
01787 237601

The Old Moot House
Castle Hedingham
01787 460342

Tuckermans, Clare
01787 278351

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Clubs & Societies

The following list details some of the many clubs and societies to be found in an around Clare. Where possible contact numbers are also given. Headings that are dark blue and underlined also have websites.

Amateur Dramatic Society (CADS)

Michelle Allen 01787 278997

Clare Amateur Dramatic Society has for the last 79 years been providing entertainment to Clare and surrounding villages. CADS performs an annual Pantomime. Throughout the year they also perform Comedies, Murder Mysteries and Serious Plays

Ancient House Museum

Peggy Smith 01787 277572

26 High Street, Clare, Suffolk. CO10 8NY
April to September Thurs, Fri, Sun 2pm - 5pm Sat & Bank Hols
11.30m - 5pm

Art Club (Clare)

Carol Goodchild 01787 279076

Meetings held in The Bell Hotel Market Hill Clare at 7.30 p.m.
4th Tuesday of each month

Beavers/Clubs/Scouts (Clare)

Caroline Drew 01787 237787

The Scout Hut, Clare Country Park, Maltings Lane, Clare, Suffolk

Belchamp & District Tennis Club (Adult & Junior)

Barbara Stewart 01787 277198

Two hard courts available. A friendly, social club and new members are always welcome. Club nights are Tuesday and Friday evenings from 5pm during the season, which starts at the beginning of April. Membership entitles members to play at other times through the year.

The Community House, Gages road, Belchamp St.Paul, Sudbury Essex/Suffolk
Border CO10 7DX

Book Club

Clare Library 01787 277702

Meet the 1st Wednesday of the month at Clare Library, 14:30

Bowls Club (Cavendish)

Annette Wiliamot 01787 282817

Cavendish Bowls Club Situated behind the Bull Inn. The Bowling Season starts in April until the end of September. The club has two teams in three leagues. They play friendly matches with other clubs and hold internal competitions Wednesday Evening from April, 6pm – 8pm, bowls can be provided for learners learning, just bring flat shoes.

Bowls Club (Clare)

Roy Sutton 01787 278546

Meet at 'The Clare Social Club' during the summertime. New members and spectators welcome. Clare Social Club, Station Road, Clare, Suffolk

Bowls Club, (Stoke by Clare)

Kate Dodd 01787 278240

Brownies, Clare (7-10yrs)

Marie Rampling 01787 376239

For 7 10 year ld girls. Meets every Tuesday evening at 5.30pm to 7pm. Meetings held at Clare Baptist Church Hall, High Street, Clare

Carpet Bowls (Clare)

Dave Cutmore 01787 278658

Members meet every Wednesday evening from 7.30pm until 10.00pm from mid-September until mid April Meet at The old School, Community Centre, Callis Street, Clare

Cavendish Horticultural Society

Isobel Clark 01787 280648

Organizers of The Summer Show on the 3rd Saturday of July and The Autumn Show on the 1st Saturday in November. New members & visitors always welcome. Meetings with guest speakers held on the first Wednesday in the month at Old School Community Centre

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Clare in Bloom

Nickie Carpenter 01787 278275

Clare Bridge Club

Sarah Farr 01284 386444

Jenny Morley 01787 882783

Successful club that averages 12 tables every Monday evening (including Bank Holidays). They play friendly duplicate bridge. Visitors welcome (please telephone first to arrange a partner for those without one). Meetings at:, Old School Community Centre, Callis Street, Clare, Suffolk. Meets every Monday evening starting at 7.00 for 7.15pm (inc. most Bank Holidays)

Clare Chess Club

Dave Cutmore 01787 278658

Clare First Responders

Contact 07710 340640

The First Responders an active group providing emergency help to residents of Clare and the surrounding areas. A rota has been established whereby First Responder volunteers are on standby to answer requests for assistance from the Ambulance Service

Clare Guides

Sue Herring 01787 277360

Meet on Tuesday evenings from 7.00 to 8.30pm
Held at Clare Baptist Church Hall, High Street, Clare, Suffolk

Clare Seekers

Trudi Nicoll 01440 785407

A friendly social club for the visually impaired : Second Tuesday of every month. Meetings held at Clare Community Centre

Clare Society

Anna Moore 01787 278445

Society dedicated to the protection of Clare and its history

Clare Social Club

Contact 01787 277056

C.L.A.S.P.

Christine Little 01787 277743

CLASP is a charity founded to provide help for people in need, whatever the cause. They provide transport for the elderly as well as a senior lunch club on Wednesdays at Clare Community Centre.

Clare Community Association (CCA)

Contact 01787 278352

Clare Country Park

Clare Castle Country Park is a community owned open-space created around the ruins of a Norman Castle. It was once the home of Clare railway station.

Contact 07470 279363

Combined Halls of Clare (CHOC)

Contact 07500 642001

The Combined Halls of Clare are two community venues (Clare Town Hall & The Old School) in the heart of the historic market town of Clare, Suffolk. They offer extensive facilities (including public wi-fi at both sites) and can host events both small and large.

Craft Group (Clare Ladies)

Marion Dyson 01787 278221

A friendly craft club that meets on fourth Thursday at 7.30pm at Clare Baptist Church Hall.

Cricket Club (Cavendish)

Alasdair North 01787 282661

Cricket Club (Hundon)

Contact 07973 658284

Senior and junior teams available

Cricket Club (Melford)

Contact 01787 373063

Long Melford and District C.C. founded in 1855 and reformed in 1954 is a friendly and well-run club situated on the Suffolk/ Essex border in a picturesque village setting. The Club fields four senior teams, a number of youth and Kwik-Cricket teams and actively encourages younger members to training sessions.

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Cricket Club (Stansfield)

Robin Sharp 01359 271456

An informal and friendly club playing competitive cricket (around 14 games a season) but with the emphasis on enjoyment. The aim is to provide a convivial afternoon of village cricket in the English countryside, for players and spectators alike. At home matches, serving probably the best cricket teas in Suffolk if not the World. New members invited and very welcome.

Fire Fighters – Retained

Duty Officer 01473 588888

Firestation at Station road, near Clare Country Park

Flower Club

Susan Webb 01787 277351

Meet on 1st Thursday of each month at 7.30pm Clare Baptist Church Hall, High Street, Clare, Suffolk

Football Club (Clare Lions)

Tony Shepherd 01787 278516

Youth football club with 4 teams. Under 9s, Under 10s, Under 11s and Under 12s. The four managers have FA Coaching qualifications and hold regular training sessions at Clare Playing Fields throughout the year, either on a weekday evening or Saturday mornings. Youngsters from age 5 years to 12 years old are welcome to attend training and may even make the regular teams. The coaching for all children is free.

Football Club (Stoke by Clare)

Edwin Smith 01787 279101

Playing in the Treadfirst Sudbury and District League.

Footpath Strollers

Barbara Peck, 01787 277464

Meet once a fortnight on alternate Mondays at 10.00 for those who enjoy gentle walks in and around Clare

Friday Clubs Clare (children)

Sue Cumber 01787 277008

Junior Club (1 - 3) 6 -7pm, Senior Club (4 - 6) 7.15-8.15pm and Youth Club (7+) 8.30-9.30pm. Meet on Fridays in Clare Baptist Church Hall. Also toddlers group (babies and under-4s) Tuesday mornings during term-time 9.30 to 11.15

Garden Club (See Clare Horticultural Society)

Olive Smith *01787 277082*

Historical Society (Clare)

Richard Smith *01787 277249*

Meets 1st Friday of each month at 7.30pm (October to May)
Meetings at The Old School Community Centre.

Horticultural Society (Clare)

Olive Smith *01787 277082*

Organizers of The Summer Show on 3rd Saturday of July and The Autumn Show on 1st Saturday of November New members welcome. Meetings with guest speakers on first Wednesday in month at Care old School

Clare Library

Regular Events & Activities coffee available

Storytime 4-11yrs, every Tuesday 15:15-15:45

Baby Bounce/Tot Rock, songs, rhymes & movement every Friday 10:15-10:45

Book group, 1st Wednesday of the month 14:30

Scrabble Group 2nd & 4th Wednesday of the month 14:30

Mah Jong every Friday 15:30-17:00.

Craft for children every Sunday 12:00 – 15:00.

No need to book, just turn up.

Other Events – Please book in advance

Introduction on how to use an iPad and your Smart phone/Tablet/Laptop

Saturdays 10:00-12:00 - 1-hour time slot - free

Cine Clair Film Night – Last Thursday of each Month - £5

Look out for the special one of community events - Free

Karla Greenwood *01787 277702*

Ladies Craft Club

Marion Dyson *01787 278221*

Pentlow Film Club

Isobel Clark *01787 280648*

Professional Business Association (PROBUS)

Malcolm Smith *01787 277370*

Meetings held 1st Thursday of month - lunch meeting at 12noon and 3rd

Thursday of month - coffee meeting at 10.30am. Meetings held at The Bell Hotel,

Clare Contact The Hotel for more information.

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Railway Society

John Russell, 01787 237084

Meetings every third Monday in the month at 8.00pm at Clare Social Club, station Road. It is open to all members of the Community who have an interest in railway matters, both historical, modelling or modern. They generally show films or videos at each meeting and also offer trips to preserved railways in East Anglia.

Rotary Club (Haverhill & District)

Chris Briggs 07831 102633

Meetings at Haverhill Golf Club, Coupals Road, Haverhill

Royal British Legion (Women's section)

Contact 01787 278947

Stoke by Clare Tennis

Robin Lock 01787 278649

A sociable, tennis club offering great value in a picturesque setting with two astro tennis courts for all who live in the village and surrounding area. Everything from fun, beginners, mature players, kids coaching, up to competitive league matches. Coaching available. Club mix-ins Thursday 17:30 and Sundays 10:00

Stour Valley Karate Club

*Geoff Price 07925 966 497
01787 282703*

The Club, has classes in Clare and at Stoke College for juniors (ages 7-11 years) on Wednesdays and Thursdays and for senior to adults (12 years to adults) on Thursdays and Sundays. If you want to try karate training or wish to get back into martial arts then contact the club for more information.

Select website for full details : <http://www.svkc.co.uk>

Treble C Clare Community Choir

Jenny Catton 01787 277585

Treble C meets up on the 1st and 3rd Mondays of each month at the United Reformed Church, Nethergate Street, Clare. You are welcome to go along for a try out without obligation.

Women's Institute

Sheila Burry 01787 277229

Meetings held on the second Thursday of each month at 7.30pm at:
The Old School Community Centre.

Please note names and numbers in the Clubs & Societies list are liable to change. Watch your Focus Magazine for updates.



Local Churches

Ashen, St Augustine of Canterbury
01440 731687

Belchamp St Paul, St Andrew
01787 269385

Cavendish Church, St Mary the Virgin
01787 278482

Cavendish United Reformed Church
01787 277326

Clare Baptist Church
01787 277874

Clare St Peter & St Paul Parish Church
01787 278482

Clare Priory Chapel
01787 277326

Clare United Reformed Church
01787 277874

Glemsford Methodist Church
01787 372738

Glemsford St Mary
01787 282164

Hundon All Saints Church
01787 278482

Melford, Holy Trinity Church
01787 310845

Pentlow, St George & St Gregory
01787 277850

Stoke by Clare, St John the Baptist
01787 278482

Wixoe Church, St Leonard
01787 278482

Useful Local Web Sites

BBC Suffolk
(for news, travel etc)
www.bbc.co.uk/suffolk

Suffolk County Council
<https://www.suffolk.gov.uk/>

Essex County Council
www.essexcc.gov.uk/

Suffolk Infolink
infolink.suffolk.gov.uk/

Clare Focus
www.focuspublications.net

Clare Town Council
www.clare-suffolk.co.uk/

Clare UK
www.clare-uk.com

Haverhill UK
www.haverhill-uk.com

Street Maps



Key to Map Icons



Shop



Drinks/Food



Sport



Church

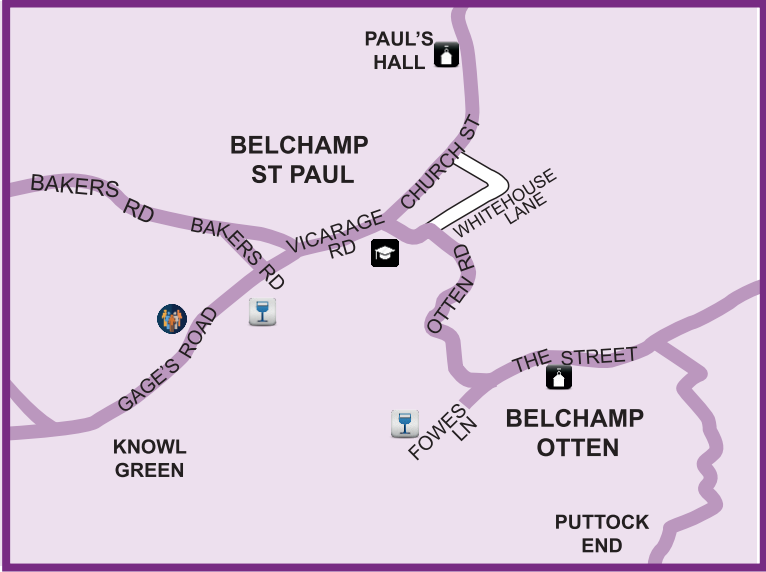


School

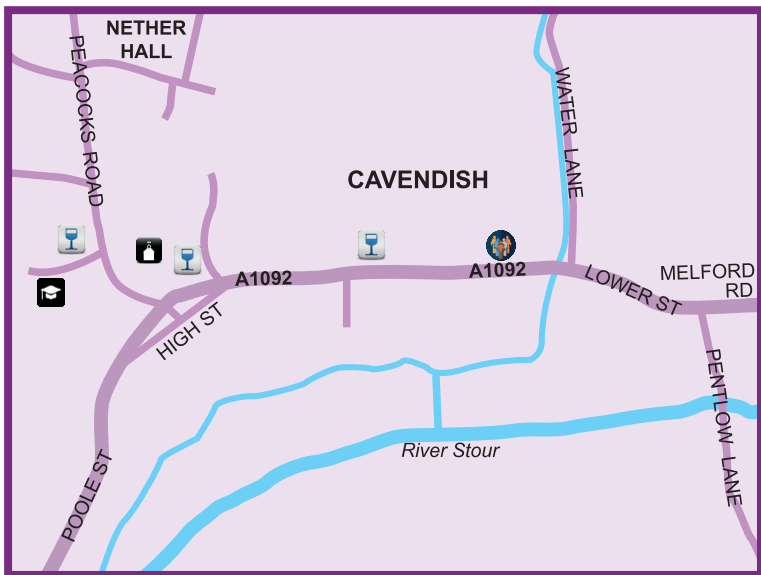


Village Hall

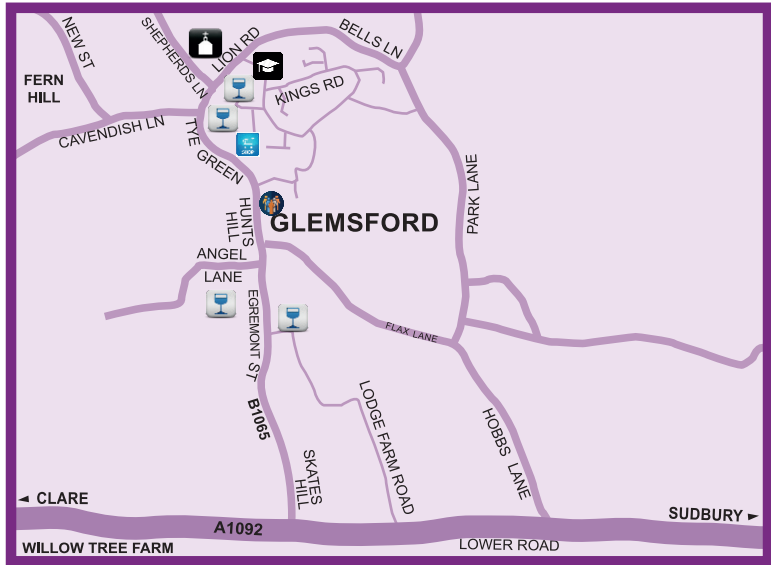
Belchamp St Paul



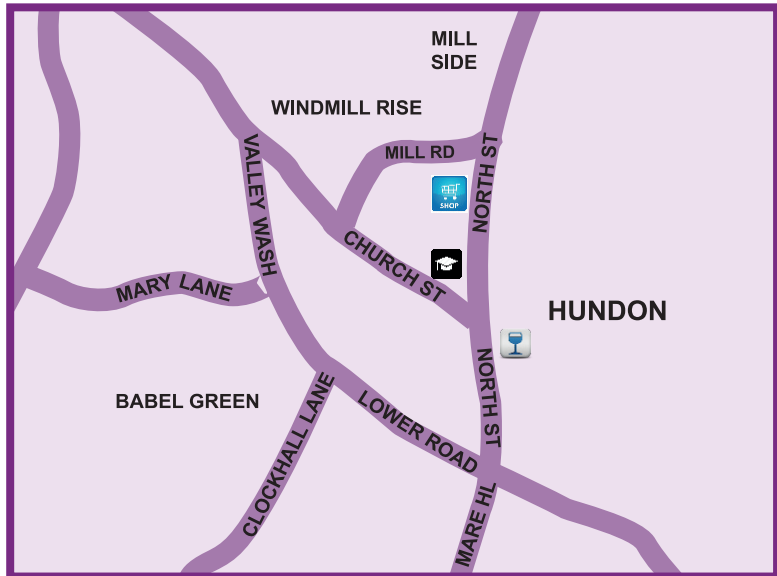
Cavendish



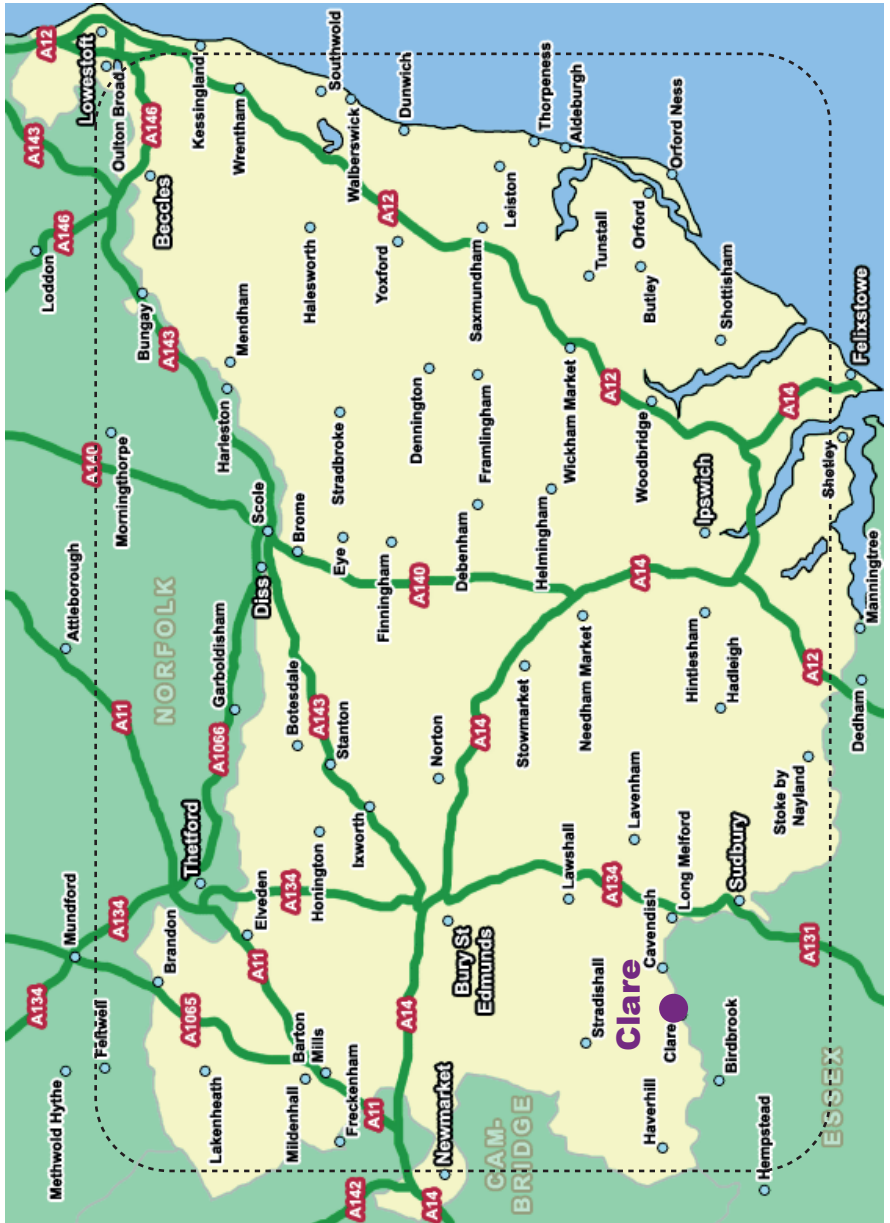
Glemsford



Hundon



Map of Suffolk





Tel: 01787 278327 Web: www.focuspublications.net Email: editor@clarefocus.org



Focus Publications prints and distributes a community magazine in South West Suffolk:

The Focus Connect Magazine

The Focus Connect magazine is printed in full colour on gloss art paper. The magazine contains local information on leisure and trade as well as articles, features and news. The Focus is delivered door-to-door across the region and is published quarterly.

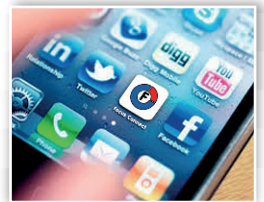
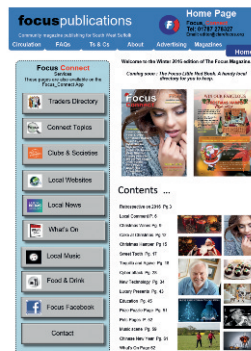
The Focus Magazine publishes 3,750 copies and delivers to the villages of: Ashen, Belchamp St Paul, Clare, Cavendish, Hundon, Long Melford, Poslingford, Glemsford, Kedington, Lavenham, Stansfield, Stoke-by-Clare, and Wixoe.

Copies are also distributed to shops and clubs throughout the area.

Over 90% of the copies are delivered door-to-door ensuring a guaranteed circulation and a potential readership of over 10,000

Focus Publications is a member of The Focus Connect service that links residents to important information in the Community

As well as publishing a quality paper magazine, Focus Publications also publishes Internet and Android App versions of the magazine. Readers can view all the pages of the magazine using high quality page-turning software. This additional service is supplied free and ensures the magazine can be enjoyed by readers outside the area.



Focus Internet And Android App Focus_Connect2

All adverts in the Focus Connect Magazine also appear on the Focus Web Page and Android App **Free of Charge**. This ensures your advert is available with modern and traditional forms of communication.

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