SPOTLIGHT ON BADCOX - LOCAL, INDEPENDENT, UNIQUE...

It's Frome's hidden gem - and there's more on offer than you might think. If you haven't visited the Badcox part of town for some time, you might be surprised about the range of businesses on offer.

The 'top end of town' is full of surprises offering a butchers, a bakers and, although there are no candlestick makers, there are great gift and antique shops, superb take aways, an estate agents, an independent living centre, a barbers shop and nail technician, an award-winning cafe, a leading design and graphics business and a therapist specialising in back, neck and shoulder pain. The area has also recently seen the welcome 're-opening' of the Artisan pub and restaurant, formerly the Olive Tree.

"People can often forget about this part of town but it's well worth a visit," said Alan Balura, from antiques shop, Cobwebs. "There are some fantastic shops and businesses here and you will be sure of a warm welcome.

"There's a real community spirit and it's a great place to shop with easy parking.

"There are a lot of towns who don't have a butchers and a bakers; we've got both. You can find the best coffee in town at Meadowside Farm Cafe, and if you are looking for Christmas gifts, you have got a great chance to find something unique."

The shops and businesses on offer are like an A-Z and here is a special *Frome Times* spotlight on what you will find...

Since 1996, **OAKVILLE CARE CENTRE** has been leading the way in mobility and well-being products offering everything you need to help you live an independent life including wheelchairs and walkers, as well as aids for daily living, nursing, comfort and bathing. But that is only part of the story. Oakville also have an excellent range of natural skincare products that do not contain any of the harsh ingredients found in many products today. They also have a great range of Christmas gifts including microwaveable cuddly toys, slippers and bath oils and salts.

COBWEBS sell a wide range of items from period furniture, deco, retro, shabby chic, lighting, ceramics - everything including the kitchen sink! Featured on BBC's *Antiques Road Trip*, owners Alan and Wendy are spreading their Web even further, selling on the World Wide Web. Celebrity antique expert Anita Manning spent three hours in the shop and went away with one of its more unusual items - a vintage 1950s battery driven teddy bear.

PULLIN ROSE is a small family-run property lettings business that has grown quickly through recommendations. With over 26 years' industry experience, Richard and Rosie Pullin have built a thriving property business, attracting glowing recommendations. They are themselves landlords, so understand the balancing act between good tenants and rental income.

At **THE ARTISAN** we believe a good pub is an easy place to be, whether you're with family, a group of friends enjoying conversation or sat in a snug on your own with the paper and a nice pint or a glass of wine and a book. The space and atmosphere must be comfortable and welcoming, the team hospitable and knowledgeable and the food and drink should be varied, affordable, treated with care and respect to ensure perfection every time and above all else be satisfying – our vision is to create exactly this at The Artisan in Frome.

If you're looking for a great cup of coffee, snack or freshly prepared, home produced meals while you're shopping, look no further than Badcox's very own award-winning **MEADOWSIDE FARM CAFE**. It offers great locally produced food in a relaxed and friendly environment and was recently awarded a gold award in the prestigious Taste of the West competition. They produce simple yet delicious food and their tranquil garden area is perfect for relaxing with a cup of tea and slice of homemade cake. Alongside the café, Meadowside Farm also provides catering for outside events and buffets as well as sandwich platters for businesses meetings.

NAILS BY SHARIKA has returned to Frome to provide customers with over 16 years' experience in the nail industry. A commitment to using high quality products ensures that your nails will look fantastic and be in good health, whether you are having a manicure, pedicure, nail enhancements or a gel polish. With the party season approaching Sharika and her daughter, Stephanie Kyra, can give you the sparkle you are looking for!

PETER SCRUBY THERAPIES provides professional, effective and caring treatments, such as shiatsu, acupressure, deep tissue massage, Indian head massage, pelvic alignment. Using these treatments, Peter is able to connect with many different conditions such as stress and anxiety, whilst specialising in caring for back pain and musculo-skeletal complaints. Peter can treat you at his clinic in Badcox, or can visit you at home or at your place of work.

At **ANTIQUES & COUNTRY LIVING** you will find an extensive range of lovely gifts and home accessories - something for all the family and prices start from under £5. There is also a wonderful selection of old and new furniture, accessories and home furnishings and they also have a large selection of antique chandeliers and lighting. Their window displays are well worth a visit to Badcox alone!

Family butchers **CAYFORDS**, who have been established for over 100 years, offer all your Christmas meats together with locally-reared lamb, beef and pork, local free range poultry, award-winning burgers, sausages, pasties, pies and cooked meats. They have developed an excellent reputation in the Frome area, based on a commitment to quality, value and customer satisfaction.

PIZZA FOLK pride themselves on bringing Frome the tastiest home-made pizzas around. All their dough is made fresh on the day and each pizza is prepared and cooked to order, so you know you're getting the finest quality pizzas in town! They also offer extremely tasty home-made pasta dishes and jacket potatoes stuffed with delicious fillings.

Established in 1992, **COMPUGRAPHIC DESIGN** is now more than just a sign company. They offer everything for local businesses and organisations including stickers, full colour banners, flyers and business cards, T-shirt printing, window graphics, pavement signs, shop signs, vehicle graphics, wall graphics and canvas...from design to installation. Whether you need some graphics for your van or a new shop front design, their team will handle every aspect of your project from sign and graphic design through to manufacture and installation.

KING FISHER is a 'great local chippy' with the added benefit of an extensive Chinese take-away menu as well. Their chips are, according to one on-line review, 'fresh, fluffy and properly cooked'; the portions are good-sized, and the fish is always fresh. While on the Chinese side of things, their prawn curry is 'highly recommended' with a menu that's 'really tasty and hits the spot'.

If it's a haircut you're after, again Badcox won't disappoint. **THE BADCOX BARBERS SHOP** offers traditional and modern gents' and boys' styling with no appointments necessary. Open six days a week, the shop has been trading for over 16 years now. It's run by Steve, who owns the shop and his son, Oliver, with the help of Ben, so feel free and pop in!

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