

Author keen to rebuild our links with nature

A HORSELL author has just released her new book, *Conversations on The Lost Connection with Nature*.

Monique Parker is a naturopathic nutritional therapist with a private practice in the town, passionate about nature and especially the effects it has on our life, health and wellbeing.

In her book, Monique addresses why it is so important to be tuned into nature, and why it is so worrying that more and more people seem to be disconnected from it.

"*Conversations on The Lost Connection with Nature* is about the importance of nature and the need for reconnection," Monique said.

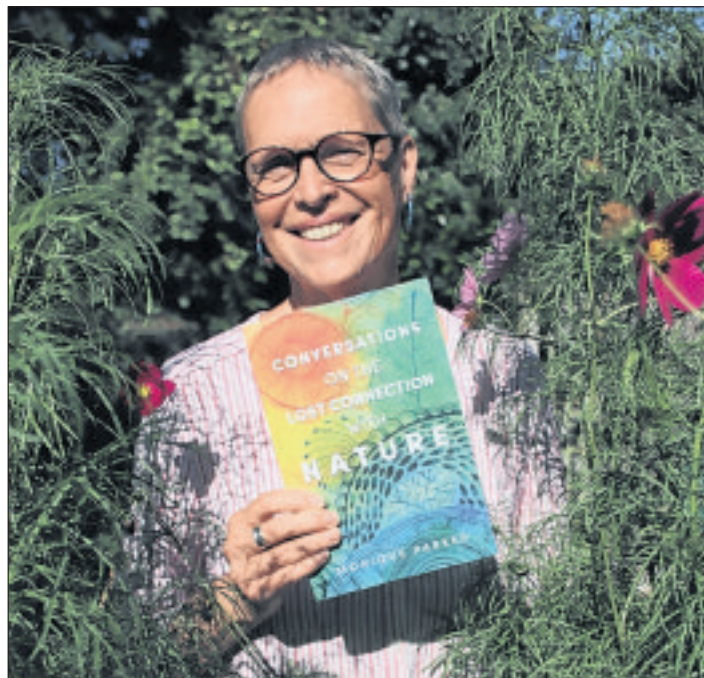
"Readers will discover the links between nature and health, between nature and nutrition, the disconnection from nature and how to

reconnect with nature. The book also contains conversations with 27 inspirational people, all strongly connected with nature, through either profession or personality.

"It makes compelling reading emphasising the imperative of preserving the environment and the natural value it provides."

Among the interviewees are Andrew Halstead, chairman of the Goldsworth Park Allotments Society, Mel Hemmings, who ran Bare + Fair, the zero waste and refill shop in the Peacocks, and Susan Adams, an acupuncturist and Chinese herbalist from Old Woking.

Conversations on The Lost Connection with Nature is available on Amazon or, to support a local business, from Apples & Pears gift shop on Horsell High Street at £17.99.



Monique with her book, which examines in depth our relationship with nature

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Lifelong dream comes true for radio star Lee

BY **GEORGE RAE**
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A TEENAGER is celebrating the broadcast of his first show with Surrey Hills Radio.

Lee Roake, 17, has an extremely rare genetic condition called WAGR Syndrome, which has led to him being registered blind.

"To have my own show has been a dream since I was very young," Lee said.

"I started last month and the others will follow on the fourth Saturday of each month, so the next is set for October 28 from 6pm to 8pm.

"The first one went really well - I was buzzing afterwards. It's great for Surrey Hills Radio to give me this opportunity and they were brilliant at making everything as accessible as possible.

"It all came about when I received the Coronation Champions Award in May because Sight For Surrey had nominated me for all the volunteering I do for charity.

"This award was given to 500 people in the UK and nearly 5,000 people were nominated.

"Jon Andrews invited me for an interview about the award on Surrey Hills Radio, then one day the Surrey Hills Radio manager contacted me to say they would like to have an informal chat.

"When I went along they offered my own radio show after five minutes of talking to them!

"I choose whatever I want to do on my own show and I even get to choose the guest. We are just going to have some fun,



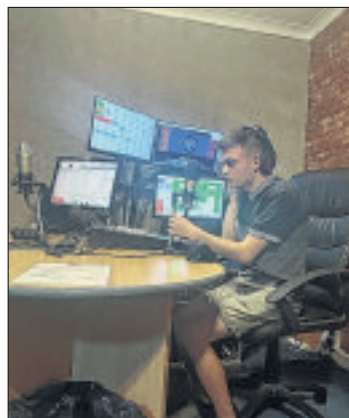
Lee Roake enjoying his first show with Surrey Hills Radio

some banter and chat, including talking to some interesting guests and the best music."

Lee, who lives in Chersey, is no stranger to the pages of the *News & Mail*.

He recently smashed his fundraising target when he competed in his first triathlon, raising more than £1,100 for the Royal Society for Blind Children by taking part in Superhero Tri - part of the disability sports programme Superhero Series - at Dorney Lake near Windsor.

He chose the society as the beneficiary because he attends its college for the visually impaired, Dorton in Orpington.



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