



7 December 2010

## **Saxon Square Shopping Centre takes the stress out of Christmas**

To ensure shoppers in Christchurch enjoy a stress-free Christmas shopping experience, Saxon Square Shopping Centre will be kicking off their Christmas activities with a stress-free shopping event this Saturday.

Between 10am and 2pm on Saturday 11<sup>th</sup> December, Saxon Square Shopping Centre's little elves will be offering an extra pair of hands. As well as free mince pies and Christmas carols from the Salvation Army, there will be free head, shoulder and hand massages available at The Bay Tree Health Store, and helpers to carry your bags to the car.

Heart FM's Christmas entertainment team will also be at the Centre, offering shoppers the chance to win instant vouchers to spend at the Centre's stores. Gift advisors will also be on hand in stores to help customers find that perfect gift for tricky family members.

Bryan Taylor, Centre Manager at Saxon Square Shopping Centre comments: "We know that Christmas shopping can be stressful so we wanted to make our visitors' shopping experience as hassle free as possible. Our little helpers and beauty therapists will help shoppers take it easy to ensure and enjoyable shopping experience."

Saxon Square Shopping Centre offers a mix of stores to shoppers, from independent food, gift and well-being stores to high-street chains. Stores are open seven days a week. From 18<sup>th</sup> December to 24<sup>th</sup> December, shoppers can enjoy free parking, between 10am to 7pm.

### **Box out**

#### **Stress facts**

- 7 out of 10 people view Christmas shopping as one of the most stressful situations.\*\*
- Heart rates increase by an average of 10 per cent during Christmas shopping.\*\*

#### **Top Tips from Saxon Square Shopping Centre to make Christmas shopping less stressful:**

- Do your homework: Make a list and plan which shops you need to go into for which gift/person
- Set a realistic budget so you don't go overboard and create more stress when the bills come in
- Shop in the evenings to free up time on the weekend for your family
- Arrange to meet a friend to break up the trip and relax
- Reward yourself after shopping. A massage is the perfect way to de-stress.

**- ENDS -**

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**Notes to Editors**

\*Study conducted by MoneySupermarket.com / University of East London. Published 20 November 2008.