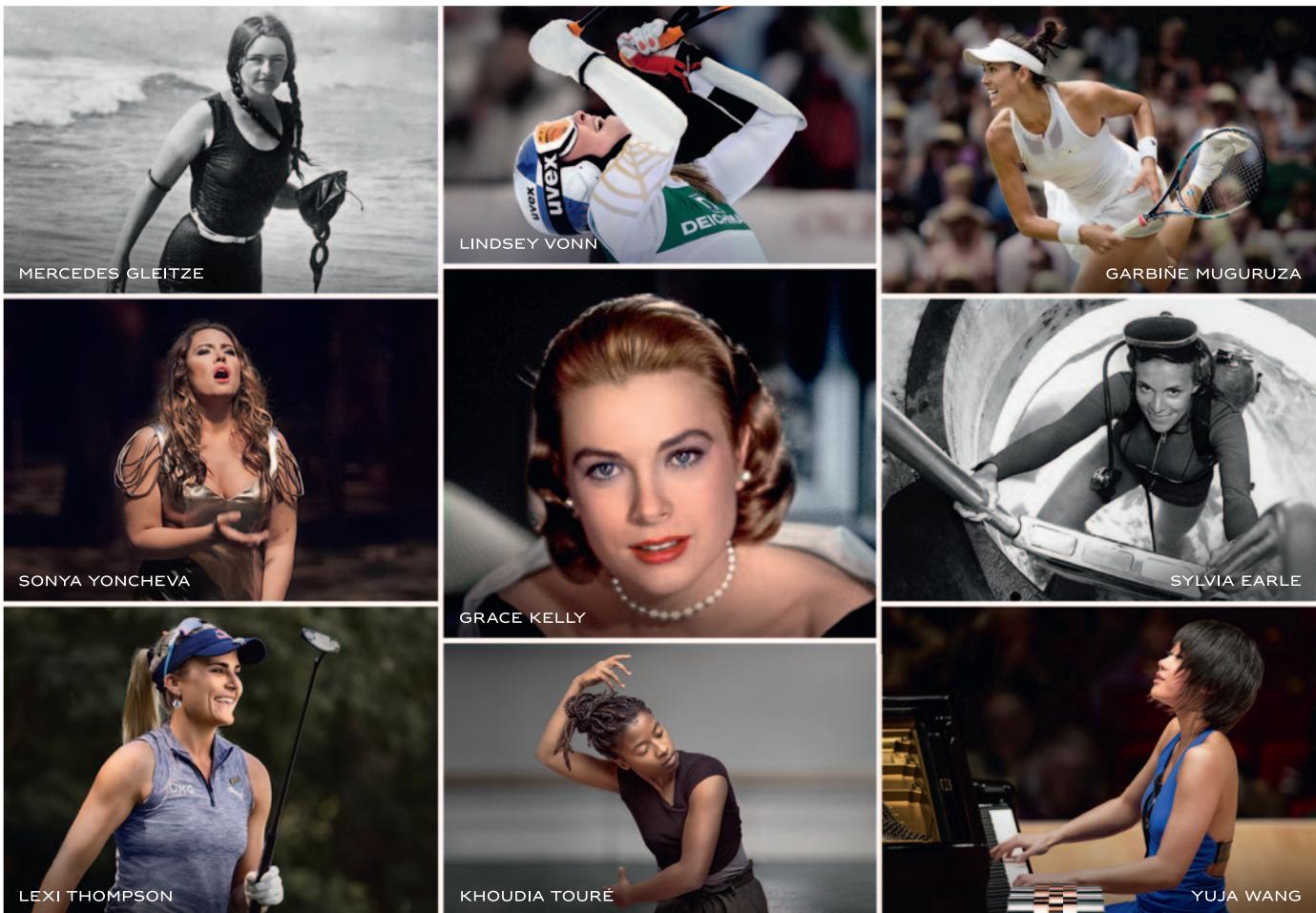




ISSUE 9 | APR/MAY 2023



Hello spring!



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## "CLASSIC"?

**"A classic timepiece, designed for a lady."** This is how some may describe our Oyster Perpetual Lady-Datejust. Maybe they're right. Since the early 20th Century, Rolex has designed and crafted watches suited for all women's wrists, with the same standard of excellence as for all the models that have built its legend. Always pursuing a higher standard. So, if "classic" means perpetuating tradition while combining elegance and precision, grace and resistance, beauty and performance, it is indeed a classic timepiece, designed for a lady.

**The Lady-Datejust.**

#Perpetual



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# GLOSSY MAGAZINE

## Hello, spring!

Glossy Magazine HQ is thrilled to welcome the arrival of spring! The sun is shining and even though it's still a bit nippy outside, the longer and lighter nights give us all a glimmer of hope for warmer days ahead.

As the weather starts to improve, it's the perfect time to step outside and embrace the great outdoors. Whether it's a leisurely stroll in a local park or a more adventurous hike through the countryside, there's nothing like the feeling of the sun on your face and the wind on your back. Check out Oliver Chesher's Outdoors column on page 16, for some inspiration.

And let's not forget the simple pleasures in life, like enjoying a drink outside a local café bar. After months of being cooped up inside, it's a joy to sit outside in the sunshine, watching the world go by while sipping your favourite tipple and supporting our local businesses.

This month, we are giving you the chance to win two tickets to REW!ND Festival, taking place in August at Capesthorne Hall. This popular music festival is the perfect way to relive the '80s' and enjoy a weekend of retro fun.

To be in with a chance of winning, all you need to do is enter our competition on page 3 and be sure to follow us on social media for updates on this and future competitions. Good luck!

Glossy's Meeting of Minds has lots of networking events planned throughout the year, so if you'd like to get involved, please email salim@glossymagazine.co.uk and see our recent, fabulous event at Piccolino Hale on pages 42 and 43.

In this issue, we've curated a range of content that celebrates the spirit of spring. From fashion and beauty and health and wellness to delicious food and travel. So, sit back, relax and enjoy our latest issue.



GLOSSY MAGAZINE  
istockphoto.com

## Beverley



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## COMPETITIONS and OFFERS

Win two tickets to REW!ND at Capesthorne Hall in August



# REW!ND

NORTH, 4–6 AUG, CAPESTHORNE HALL



◆ WIN ◆

## REWIND NORTH IS BACK... AND WE'VE GOT A PAIR OF TICKETS TO GIVE AWAY!

The hugely popular festival returns to Capesthorne Hall from the 4-6th August and as well as an incredible musical line-up, there'll be food, drink, fairground rides and lots of fun for all the family on offer. Saturday is hosted by Jenny Powell and headliners are Erasure's Andy Bell, Nick Heyward and Toyah. Sunday's host is The Doctor from Doctor and the Medics and headline act Squeeze will be joined by Go West and Brother Beyond. Other acts performing during the August weekend include Nik Kershaw, The Farm, Earth Wind & Fire by Al McKay, UB40, Heatwave and The Jam, to name a few!

To be in with a chance of winning,  
simply answer the following question:

**Rewind Festival 2023 takes place at?**

- A. Capesthorne Hall   B. Wythenshawe Hall   C. Manchester Town Hall

For tickets, click [north.rewindfestival.com](http://north.rewindfestival.com)



Email your answer, along with your name, address and daytime contact number to [winner@glossymagazine.co.uk](mailto:winner@glossymagazine.co.uk) adding Rewind Competition in the subject box. Or send your answer and your daytime contact details on a postcard to Rewind Competition, Glossy Magazine, 5 The Stables, Parrs Wood Entertainment Centre, Wilmslow Road, Manchester M20 5PG.

The competition closes on 31st May 2023. For full T&Cs, please visit [www.glossymagazine.co.uk](http://www.glossymagazine.co.uk) Good luck!

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Bigstockphoto.com  
istockphoto.com  
Press Loft  
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[gustorestaurants.uk.com](http://gustorestaurants.uk.com)

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*Looking after you.*



# KP Aesthetics Speaks on : Cosmetic Surgery!



As we age, our skin starts to lose its elasticity, and we begin to notice wrinkles, fine lines, and sagging skin. While there are several ways to address these concerns, the most common ones are surgical and non-surgical procedures.

In this article, we will compare some of the most popular surgical and non-surgical procedures, including Blepharoplasty vs Morpheus8, Face Lift vs Radio Frequency Micro Needling and Thread Lifts, Liposuction vs Cristal Pro Fat Freezing, and Rhinoplasty vs non-surgical Rhinoplasty using Dermal Filler.

## Blepharoplasty vs Morpheus8

Blepharoplasty is a surgical procedure that involves removing excess skin and fat from the eyelids to give a more youthful and refreshed look. This procedure is suitable for women who have sagging eyelids or bags under their eyes.

On the other hand, Morpheus8 is a non-surgical procedure that uses radio-frequency energy and micro-needling to tighten the skin around the eyes.



Morpheus8 treatment at KP Aesthetics.  
Image credit: Kirsty Bate Photography.

This treatment stimulates collagen production and can improve the appearance of fine lines, wrinkles, and sagging skin.

Both Blepharoplasty and Morpheus8 can help to rejuvenate the eye area. However, Blepharoplasty provides more dramatic results but requires more recovery time and has potential risks such as scarring, infection, and vision changes. Morpheus8 is a safer option with minimal downtime but may require multiple sessions to achieve the desired results.

## Face Lift vs Radio Frequency Micro Needling and Thread Lifts

Facelift is a surgical procedure that involves tightening the facial skin and muscles to reduce wrinkles, sagging skin, and other signs of aging. This procedure is suitable for women who have significant signs of aging in their face and neck area.

On the other hand, Radio Frequency Micro Needling and Thread Lifts are non-surgical procedures that can improve the appearance of fine lines, wrinkles, and sagging skin. Radio Frequency Micro Needling uses heat to stimulate collagen production, while Thread Lifts lift and tighten the skin by inserting threads under the skin.

Facelift provides more significant results and can last up to 10 years, while Radio Frequency Micro Needling and Thread Lifts offer less dramatic results but require less recovery time and have fewer potential risks.

# KPN Surgical Suite | Opening Spring 2023

## Rhinoplasty vs non-surgical Rhinoplasty using Dermal Filler

Rhinoplasty is a surgical procedure that involves reshaping the nose to improve its appearance or function. This procedure is suitable for people who have a crooked, hump, or bulbous nose.

On the other hand, non-surgical Rhinoplasty using Dermal Filler is a non-surgical procedure that uses injectable fillers to reshape the nose.

## Liposuction vs Cristal Pro Fat Freezing

Liposuction is a surgical procedure that involves removing fat from specific areas of the body, such as the abdomen, thighs, and buttocks. This procedure is suitable for women who have excess fat in these areas despite diet and exercise.

On the other hand, Cristal Pro Fat Freezing is a non-surgical procedure that uses cold temperatures to freeze and destroy fat cells. This treatment is suitable for people who have small pockets of fat in specific areas of the body, such as the chin, arms, and thighs.

Liposuction provides more dramatic results, but it requires a longer recovery time and has more potential risks, such as bleeding, infection, and blood clots.

Cristal Pro Fat Freezing has a shorter recovery time, but it may require multiple sessions to achieve the desired results.



Fat Freezing treatment at KP Aesthetics with Cristal Pro.  
Image credit: Kirsty Bate Photography



Consultations at KP Aesthetics and KPN Surgical  
Image Credit: Kirsty Bate Photography

**Combining surgical and non-surgical procedures can offer several benefits** to patients seeking cosmetic treatments. The following are some advantages of combining surgical and non-surgical procedures:

**Comprehensive Results:** For example, a patient may undergo a facelift to address sagging skin and wrinkles in the lower face and neck, and then complement the results with non-surgical injectable 'tweakments' to address lines and wrinkles in the upper face.

**Improved Efficacy:** We can combine laser resurfacing in conjunction with a surgical treatment to address uneven skin tone, texture, and reduce the appearance of scars.

**Personalised Treatment Plan:** We can address your unique concerns and goals, rather than providing a one-size-fits-all approach.

**Long-Lasting Results:** Combining surgical and non-surgical treatments can offer long-lasting results with maintaining skin health, collagen production and skin rejuvenating treatments.

Scan the QR code to visit KPN Surgical website and discover an exclusive offer for Glossy Magazine readers.





Diane Von Furstenberg Gladys reversible tulle top, £275,  
[harveynichols.com](http://harveynichols.com)

Pink and orange dress, £85,  
[oliverbonas.com](http://oliverbonas.com)

Adrianna Papell Stardust  
one-shoulder maxi dress, £199,  
[johnlewis.com](http://johnlewis.com)



Diane Von Furstenberg reversible tulle midi skirt,  
£295,  
[harveynichols.com](http://harveynichols.com)



JW Anderson Bumper Tube high heel ankle boots, £615, [hervia.com](http://hervia.com)

Rick Owens Claudia Bustier, £720, [hervia.com](http://hervia.com)

# Dress to impress

Key pieces to take you through the season

We love an impulse buy, but how many times do we get that fabulous top or pair of trousers home only to discover they don't really go with anything?

To help you avoid such fashion faux pas, we've assembled the perfect wardrobe for the season, one you can mix and match to achieve optimum effect.

Even if you can't afford the fabulous Rick Owens bustier and DVF co-ords, there are dupes out there that can give you the same kind of look.

We've a lot of love for the DVF top and skirt as they are reversible, so they are a fantastic investment and you'll get lots of different looks from them. Wear the top with your favourite pair of trousers, or the skirt with the bustier and boots for a sexy party outfit.

And for an edgy look for day or night, add the JW Anderson ankle boots to the girlie Oliver Bonas little number or From My Mother's Garden fit and flare dress. We also adore the versatility of the Adrianna Papell maxi dress, which would add fabulousness to a number of occasions and won't break the bank!

Finally, a cute little bag will always give you value for money. Gucci? Yes, please! But any cute cross-body will be both funky and functional. **Time to party!**



GG Marmont super mini cross-body bag, £875, [harveynichols.com](http://harveynichols.com)



Fit and flare dress, £149, [frommymothersgarden.co.uk](http://frommymothersgarden.co.uk)



# WE LOVE...

## Baby Sensory Hanging Toy Set

designed to stimulate baby. Like all Etta Loves products, each pattern is designed to support baby's visual and cognitive development.

**£22 from [etta loves.com](http://etta loves.com)**



## Danish-made dinnerware from Dantoy

made from recyclable bioplastic. The set consists of seven parts in fine, natural colours. Recommended from 0+ months.

**Dantoy Tiny BioBased Dinner Gift Set, £18, [coolshop.co.uk](http://coolshop.co.uk)**



## The Pornstar Martini Cocktail Kit

(aka the passion fruit martini) is the perfect present for cocktail lovers. Loved by customers, this luxury cocktail gift contains everything needed to make the world's favourite cocktail. Comes with ingredients for FOUR cocktails, a cocktail shaker and a recipe card. Why send flowers or chocolates when you can send cocktails?

**£43, [thecocktailsociety.uk](http://thecocktailsociety.uk)**



## Ditch the disposables

Mnched's travel cutlery set is the perfect companion for anyone who needs to eat on the go, whether you're at work, outdoors or having a picnic in the park.

Sleek design, lightweight construction and available in six designs.

**The Mnched Travel Cutlery & Straw Set, £27, [mnched.com](http://mnched.com)**



## Colmar Originals

presents a colourful and versatile collection, designed for everyday use and to adapt to different climates and landscapes. A wide range not only of jackets, but also of sweatshirts, t-shirts, swimsuits and accessories for a suitcase full of summer-coloured and lightweight garments, ready to go for any kind of vacation.

**Casual Lightweight Jacket with Logo, £225, [colmar.com](http://colmar.com)**



## Easter Egg Floral Garland

**£12, [Dunelm](http://dunelm.com)**

## Easter Afternoon Tea Hamper

**£160, Harvey Nichols**



By Beverley Uddin-Khandakar

# JUSTYOUROUTFIT

justyouroutfit is a growing Manchester-based fashion brand, founded in 2018. We are obsessed with delivering the hottest styles and celebrity trends at the most affordable prices. Whether you're looking for a dress for next Saturday night, the classic tee and jeans combo, or an entire wardrobe glow up, we've got you covered.



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**g**

**Jojoba Bead Cleanser** is a creamy velvet cleanser infused with jojoba beads and natural plant enzymes to gently exfoliate without irritation, keeping skin clear and hydrated throughout the day, £22.95, [thejojobacompany.co.uk](http://thejojobacompany.co.uk)



Salon strength, ultra-nourishing cream that melts into very dry skin, making it hydrated, soft, supple and comfortable. **Katherine Daniels Dry Skin Rich Cream**, £53, [janescrivner.com](http://janescrivner.com)



**Sisley's Les Eaux Revere d'Hubert** has a two-sided, two-toned scent of geranium. A powerful aromatic base packed with green energy, which has a frosty opening peppered with green notes that warms on contact with the skin. The top notes open with the freshness of shiso leaves, green betolina and mint. At its heart, Egyptian geranium diffuses its benevolent rosy, floral power. The base, a paring of patchouli with a mossy accord. £130 for 100ml, £81 for 50ml. Launches 10th April. [sisley-paris.co.uk](http://sisley-paris.co.uk)



**Serge Lutens Tubéreuse Criminelle EDP** from the Gratté Ciel or 'Skyscraper Collection'. The shape of the bottle is inspired by the New York skyline. Delicate hues of tuberose and jasmine are corrupted by the smoky note of nutmeg, complicating the perfume with a daring edge, £260 for 100ml, [lookfantastic.com](http://lookfantastic.com)

## BEAUTY BOX

By Beverley Uddin-Khandakar



**COSRX Low pH Good Morning Gel Cleanser** contains ingredients that refine the skin's texture as well as clarifying and removing impurities from the complexion, £14, Boots.



**COSRX AHA7 Whitehead Power Liquid** uses 7% glycolic acid to help exfoliate the skin whilst targeting whitehead spots, £21.95, [beautybay.com](http://beautybay.com)



**Embryolisse Lashes & Brows Booster** stimulates growth for visible results after 28 days, £24.99, Sephora UK



Jump into a steamy shower with **Fenjal's Classic Shower Oil**, relax in unparalleled comfort with **Fenjal's Classic Bath Bubbles**, or enjoy a moment of me-time with the brand's iconic **Crème Bath Oil**, from £3.50, available at Boots and [fenjal.co.uk](http://fenjal.co.uk)

**Phyto Blanc Targeted Dark Spot Corrector** helps to reduce the size and intensity of any marks from 15 days of use, whether they are caused by age, UV rays or imperfections, £126, [sisley-paris.co.uk](http://sisley-paris.co.uk)



Cheshire's multi award-winning Carden Park Hotel has launched its very own in-house product range, consisting of a shampoo, conditioner, body wash, hand wash and hand lotion, plus an additional oud diffuser. Available from **The Spa at Carden** and to buy from the spa shop, from £17, [cardenpark.co.uk](http://cardenpark.co.uk)

**l'Eau d'Issey** is a pure and fresh scent. At the top floats a duo of flowers: the lotus and the rose. The heart develops a light sensuality, combining a bouquet of lilies and fresh flowers, while the precious wood base concludes the scent trail brilliantly, £88 for 100ml, [theparfumeshop.com](http://theparfumeshop.com)





# Ever wondered WHY you have broken, chipped or worn-down teeth?

Over time, a lot of us experience a broken tooth or chipped filling, see our teeth become more and more worn down. Often, we just put it down to a fact of life or one of those things that 'just happens'.

When it could be something else altogether – more and more people are suffering from bruxism. Bruxism is excessive teeth grinding or jaw clenching and can be done when awake or more commonly, when you are asleep. In fact, studies show that it's a habit that affects around 8-10% of the population but goes undiagnosed a lot of the time.

#### Symptoms include:

- Face, neck and shoulder pain
- A painful/clicking jaw, which can lead to a condition called temporomandibular disorder (TMD)
- Worn-down or broken teeth, which can lead to increased sensitivity

- and loss of teeth and fillings
- Headaches and earache
- Disturbed sleep.

#### Common causes of bruxism:

It is often linked to:

- Stress and anxiety – these are the most common causes of teeth grinding
- Sleep problems, such as snoring and sleep apnoea
- Taking certain medicines, including a type of antidepressant known as selective serotonin reuptake inhibitors (SSRIs)
- Genetics – even though not proven, if your parents grind, you are more likely to do it too

**Any of the above sound familiar?**

**M20 Dental are here to help...  
with FREE consultations**

The highly experienced Dr Arminder Hare has a special interest in treating patients with bruxism and offers FREE consultations to discuss what your treatment options are and how M20 Dental can help to prevent any further damage and wear to your teeth long term. He can also offer advice and options on restoring any damage that has already occurred, helping you achieve that perfect smile once again.

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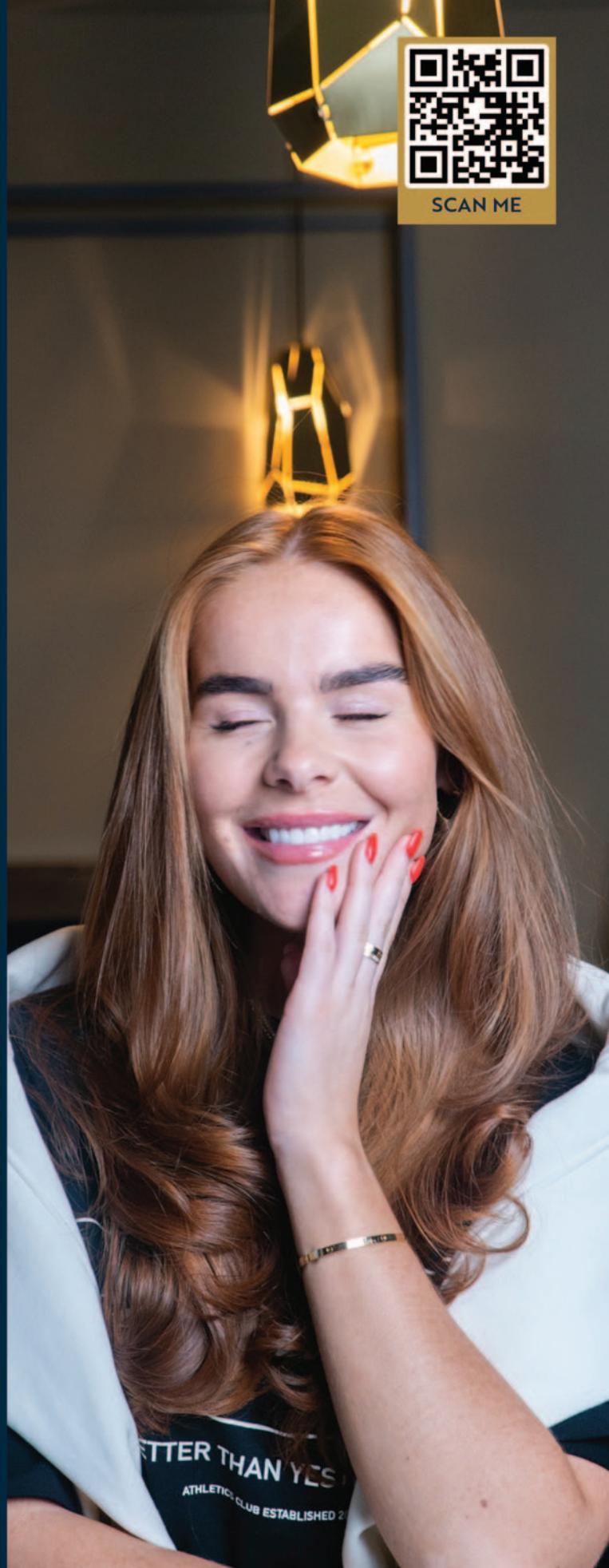
SS23 TREND

# The Perfect Summer Smile

Dreaming of that perfect summer smile this year? Look no further than Kissdental!

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# WINDY SEASON

As spring comes upon us, I'm forever looking for new ways to entertain and teach my kids in the outdoors, I'm always interested in the endless variety of free or cheap ideas that come from nature.



Days out in the beautiful English countryside have their unique rewards whatever the season and perhaps one of the greatest gifts of this time of year is the wind. Don't get me wrong, winter is of course the windiest season – but I'm talking about what I'd describe to the children as 'nice wind'. As we enter the spring months of the year, the sun's angle relative to the surface of the earth increases, allowing more direct exposure to the ground causing warm air to rise. When this warm air rises, air rushes in to 'fill' in where it left, causing greater surface winds.

Here are some ideas for easy ways to enjoy the spring breezes:

1.

**Plan ahead.** There are loads of powerful weather apps that can give us more accurate forecasts than previous generations could ever dream of. As someone that lives outdoors as much as humanly possible, I love poring over weather conditions to make sure I'm ready for anything.

2.

**Camp out.** Even if only on your back lawn – there's something about a night wind flapping a tent that can absolutely hypnotise you for the best night's sleep ever.

3.

**Fly a kite.** Watch out for power lines, of course! But at parks or beaches, this is an activity that even the tiniest children can enjoy once they get the hang of it. Even in some of Cheshire's busiest suburbs, there's still open parklands with enough space to get aloft.

4.

**Sail a toy boat.** This was one of my favourite holiday games as a kid: racing a cheap wooden sailboat across the boating lakes that can be found at most seaside towns. A lovely one within day tripping distance is at Southport in Merseyside.

5.

**Tire them out.** It's a fact that windy days make children particularly energetic, so challenge them to chase bubbles, dandelion clocks or just each other. Perhaps it's the exhilaration of running extra fast with the wind at your back, but it's infectious.

6.

**Cloud watching.** Observe the clouds moving across the sky. This is a great activity to promote mindfulness and really concentrate on one thing, paying attention to details that normally go unnoticed – the speed, shape and diversity of the clouds as they cross your field of vision.

7.

**Layer up.** Of course, we northerners are straight into our shorts at the first sign of sun, but sun plus wind can still equal hypothermia if you're really out in the wilds and not properly prepared.

8.

**Leave no trace.** A principle that every outdoor enthusiast must share, it's particularly challenging when the wind is up. It's great to recycle plastic or paper into windmills, sailboats, kites or windsocks – but it's also all too easy for your handiwork to be whipped away to who knows where.

# BLACKSTONE SOLICITORS

## The Secrets Of Negotiating A Commercial Lease

*Jane Courtney, head of commercial property and partner at Blackstone Solicitors, discusses the things you need to be aware of when negotiating a commercial lease.*

### What Are "Heads Of Terms"?

Heads of Terms are basically a list of items agreed in principle between the landlord and the tenant during the negotiation stage and prior to the grant of a lease. They form the basis of the terms to be included and help with the focus and structure for the drafting of the legal documents moving forward.

### Should you ask for a long or short lease?

It is important that the term of the lease meets your commercial interests. If you are a newly established business, you should consider whether entering into a long lease is going to be beneficial bearing in mind the possible uncertainty of your cash flow and business success. A shorter term may be more suitable whilst you establish yourself in the market and area in which the premises are situated.

### Rent

You need to know the actual amount of rent you will have to pay and when it will be payable. The rent may also be the subject of VAT so check with the landlord or agent. In addition, you will also have to pay a contribution towards the landlord's buildings insurance and any service charge as well as your own utility costs and business rates. A landlord may require as additional security for a rent deposit to be paid. This usually equates to between three to six months' rent together with any VAT if applicable. This would be used if you failed to pay the rent or other costs due under the lease. Ask if the rent deposit is returnable to you after a period of time.

### Rent reviews

Depending upon the length of the lease, the landlord may require that the rent is reviewed. If you want a long-term lease then you will have to expect the rent will be reviewed. You could seek to agree stepped rent increases at the offset with the landlord so that the amount of rent payable will be known. Alternatively, you would need to agree a shorter term without a rent review.

### Can I ask for a rent-free period?

If you need to carry out works to fit out the premises before you can get the business up and running, you should consider asking for a rent-free period. This will allow you some time to do the works and start trading without the worry of having to pay rent when you have not yet been able to open and generate any income for the business.

### How secure is my tenancy?

A commercial lease can either be protected by or excluded from the security of tenure provisions in the Landlord and Tenant Act 1954. You need to find out from the offset whether or not the lease is protected. If it is protected, you will have a right to renew the lease when the term expires, unless the landlord can rely upon one of the grounds set out in the above Act for refusing to grant a new lease. If the lease is 'contracted out' of the Act, you must vacate the premises on the expiry of the term.

### Can I have a break clause in the lease?

A break clause allows a tenant to terminate the lease prior to its expiry date. Such a clause may be beneficial to you as it gives flex-

ability as well as some reassurance in the event your business is not going well and you need to get out of the lease earlier. If a landlord is prepared to allow a break clause this will be subject to certain conditions such as ensuring that the rent and any other monies due have been paid up to date and that none of the terms of the lease have been breached

### Service Charge

If the premises forms part of a building a service charge is likely to apply. The landlord will carry out certain services including repairing and maintaining the building and any common parts used by more than one tenant.

### Repairing Obligations

In a commercial lease a landlord will typically require the tenant to put and keep the premises in good repair and condition throughout the term. It is particularly important, especially if the premises have been occupied before by a previous tenant, that you seek to limit your repairing obligations by reference to a photographic schedule of condition. This is a record of the state the premises were in when you first take up occupation. You would then only be required to put or keep the premises in the condition it was in at the start as evidenced by the schedule.

### Sub letting or assigning the lease

Landlord's consent will be required, and this will often be subject to conditions. Assignment or sub-letting of part only of a premises is rarely permitted so you need to consider this if you were wanting to be able to share occupation during the term.

It is essential that you fully understand what you are entering into before signing a commercial lease. Blackstone Solicitors have a wealth of knowledge and experience in this regard. If you require any advice and assistance on commercial leases please contact Jane Courtney on 0161 929 0121 or by email to [jane@blackstonesolicitorsltd.co.uk](mailto:jane@blackstonesolicitorsltd.co.uk).

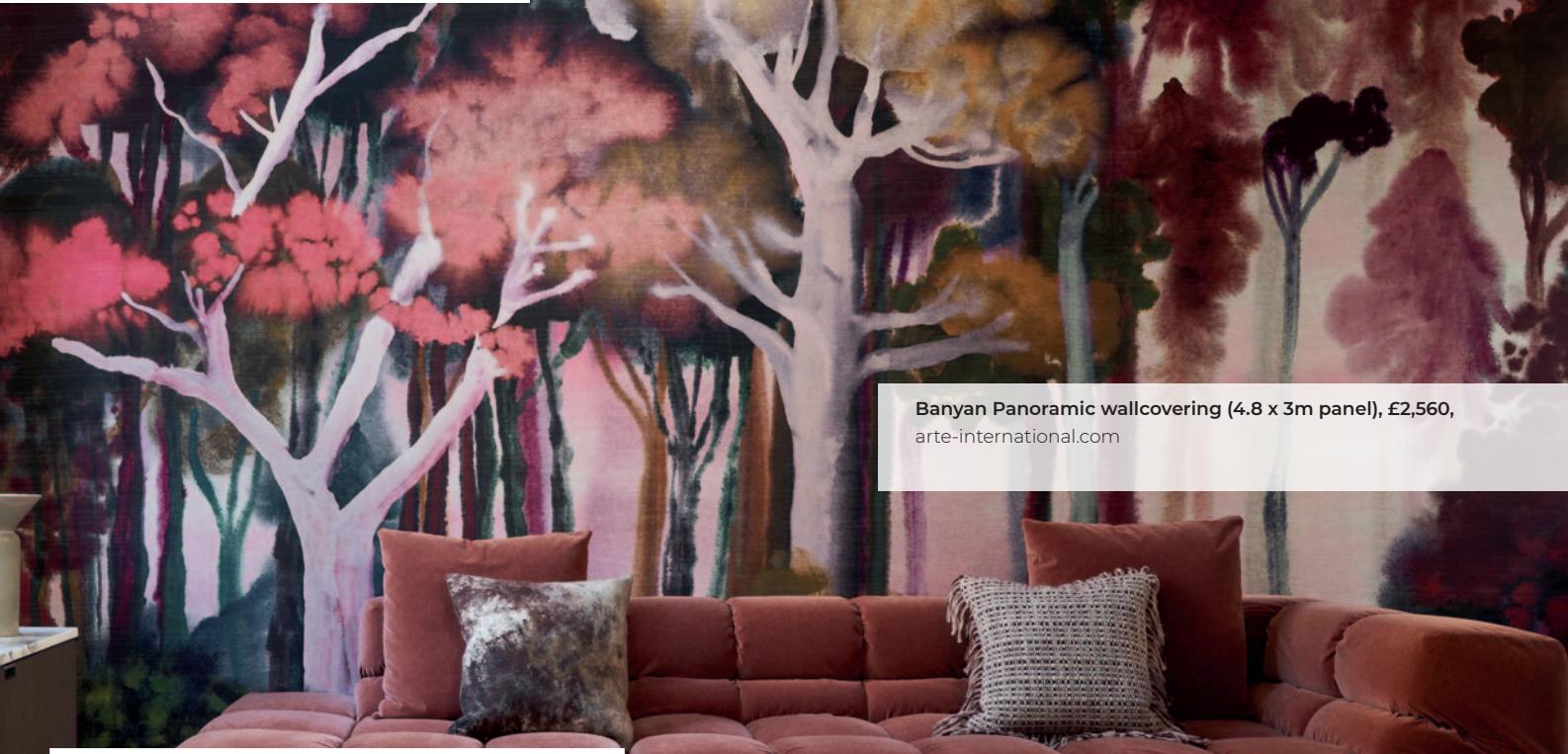


For legal advice contact us on: 0161 929 0121  
E: [info@blackstonesolicitorsltd.co.uk](mailto:info@blackstonesolicitorsltd.co.uk) | [BlackstoneSolicitorsLtd.co.uk](http://BlackstoneSolicitorsLtd.co.uk)

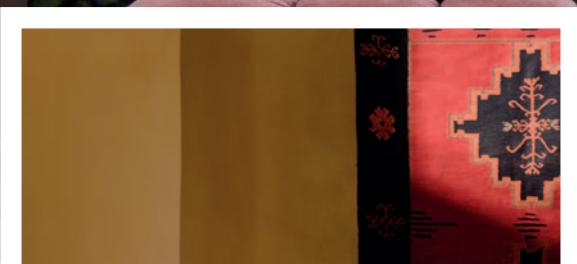


Londyn round antique bronze Wall clock, £159, rowenhomes.com

Tigress velvet cushion, £85, avalanadesign.co.uk



Banyan Panoramic wallcovering (4.8 x 3m panel), £2,560, arte-international.com



MindTheGap Finland club chair in Pyramidenspitze woven fabric, £2,600, Yarasa cocoa & Yadigari red wool kilim rugs, £1,870 each, mindtheg.uk



Chinese ceramic stools, £200, rajtentclub.com





House of Hommes Miró center table, £3,945, [hommes.studio](http://hommes.studio)



Druggist tall vase, £280, [jonathanadler.com](http://jonathanadler.com)



Rita Does Jazz multicoloured & pink velvet lampshade, £150, [themonkeypuzzletree.com](http://themonkeypuzzletree.com)

# Take it to the limit

Maximalism isn't just a design aesthetic, it's a mindset



MindTheGap Senna sofa in green Royal Garden velvet, £5,900, [mindtheg.uk](http://mindtheg.uk)

As the name suggests, maximalism is the complete antithesis to minimalism. Forget all-white rooms and clean lines, maximalism embraces the daring use of colours, patterns and layering to create an interior look that will be endlessly versatile.

Key ways to take it to the max are to feature the wildest wallcoverings, coolest colours and the most fantastic furniture. Add some deliciously wacky ornaments and sumptuous, soft furnishings and you'll almost be there. It's all about a vibe that pays homage to excess, so don't hold back.

Maximalism is all about luxury too, so make investment buys rather than trying to achieve this look on the cheap and if you can't afford everything new, mix in flea market and auction finds. This is the perfect interiors story for those who love scouring antique stores and shopping for rugs in the souks of Marrakech. But also remember, you're not living in a museum. For this aesthetic to work, you need to ensure you understand there's a fine line between great design and clutter.



1

## Mykonos, Greece

Once famous for its parties and 24-hour lifestyle, Mykonos is now all grown up. The island is a glamorous spot, with superyachts and high-end boutiques in easy reach wherever you go, though its hedonistic personality still shows through at its many cabana-filled beach clubs, where international DJs line up to play.

One of the newest places to soak up the early summer breeze is Zuma Mykonos. The much-loved Japanese restaurant opened its first day-to-night destination last year. There's a sleek infinity pool and floating pool beds as well as a restaurant serving Zuma's signature izakaya menu. Just next door is Cavo Tagoo, one of the island's first-established luxury hotels and still one of the best. For a more intimate place to rest your head, opt for the romantic Bill&Coo Suites and Lounge, not far from Mykonos Town, or their Bill&Coo Villas for even more seclusion and privacy.



2

## Istanbul, Turkey

Unlike any other city, with one half on the European continent and the other in Asia, a visit to Istanbul promises a multicultural experience like no other.

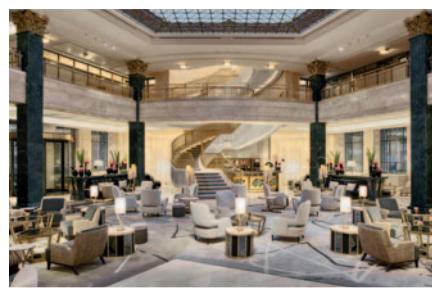
Whilst chic neighbourhoods like Kadikoy and Arnavutköy are increasingly on the radar, there is no better place to stay than in the heart of the old city when trying to avoid the crowds in the early summer months.

With views over the Hagia Sophia and the Blue Mosque, Four Seasons Hotel Istanbul at Sultanahmet is a must-visit. The hotel is a portal to the city's history, having been a prison at the turn of the 20th century, and, after a beautiful redesign last year, is firmly one of the best places to stay in the city. Enjoy the sunset on the hotel's rooftop terrace before jumping onto its river shuttle to take in the city views the best way possible – straight from the Bosphorus River.



## Madrid, Spain

The capital of Spain is contending now with the likes of Barcelona and Seville for sunny city breaks, thanks in part to the arrival of a few trusty hotels, including The Edition, Mandarin Oriental and Four Seasons.



There's no better time than the present to book a trip. This year marks the 50th anniversary of Pablo Picasso's death and his masterpieces line the walls of the Reina Sofia art museum. There will be plenty of special exhibitions in Madrid to mark the occasion, including The Padro Museum, which intersperses works by Picasso with paintings by El Greco, one of the artists that influenced him the most, and La Casa Encendida which showcases a review of the final decade of the artist's work.

Stay at Four Seasons Hotel Madrid, a work of art in itself, and the perfect extension to an art-filled escape. Sumptuous rooms and suites lay within the seven historical buildings that make up the hotel, which houses over 1,500 pieces of art throughout its corridors and lounges.



3



## Beat the crowds

### for an early dose of summer sun

High summer in Europe brings with it gorgeous temperatures and endless sunshine days, but some of our favourite destinations are even more blissful during the balmy weeks just after spring. Leave the crowds behind with a jaunt to one of these classic European spots, or indeed, seek your sunshine further afield with a more tropical itinerary.



4



## Rome, Italy

From famous monuments to luxury shopping, Rome has something to suit all tastes. Late spring and early summer in Rome mean one thing – escaping the crowds of tourists and stifling city heatwaves. Roam the ancient streets and you'll feel a light breeze, fresh yet balmy temperatures and, best of all, no queues for your favourite spots in the Eternal City.

Stop by the Colosseum for a taste of the 'golden era', throw a coin into the Fontana di Trevi, stroll through the Forum, and top it all off with one of the best aperitivos in Rome at Cielo, a showstopper rooftop bar at Hotel de la Ville, a Rocco Forte Hotel.

The De La Ville is also prime property to call home during your trip to Rome. The 18th-Century palazzo sits at the top of the Spanish Steps, located just 5 minutes' walk from the famed Villa Borghese and Borghese Gardens.





# The woof guide to The Rutland Arms Hotel in Bakewell

It's one of the most dog-friendly places around and I love, love, love it!



I have to tell the truth, or should that be woof? This is not the first time I have been to The Rutland Arms Hotel in Bakewell. In fact, it is my most favourite place to take the humans to. I haven't, however, been able to sample the kind of treatment dogs get when they stay over. I mean, the staff – helmed by Jamie the manager – are brilliant and always pick me up and ruffle my fur whenever they see me and there is a big jar of treats and water by the main entrance for any doggy who comes to visit, but I was keen to see how furry friends are treated as overnight guests.

The Rutland is a 17th-century inn that was taken over by The Coaching Inn Group about three years ago and it has had loads of character injected back into it thanks to

Words Peppa Pooch | Images Paul Morgans

their interior design team. Jane Austen, who is reputed to have finished Pride and Prejudice while staying here in the early 1800s, wouldn't recognise it. Everywhere is really cosy and all areas, except the posh restaurant, welcome pooches, which means we are not just confined to sitting outside; although, as the weather gets better, it is also a brilliant place to watch everyone who goes by.

In our comfy room across the road in the old stables, I found a note from the staff welcoming me to the hotel and also a bowl, a treat, a ball and poop bags. The humans loved the big, modern bathroom and the squishy beds, plus the fact that on a very cold spring day, it was really toasty. Although I wasn't allowed in the restaurant, there were many other areas to choose from, including the coffee shop and the lounge at the front of the hotel, however, I love the bar. Maybe it's the smell of beer or the fact the humans always seem happy there, but it's just great. I enjoy sitting on a Harris Tweed-covered chair, gazing at the bar glittering with bottles. Tom the barman is always friendly and gives me cuddles, which makes me feel even more welcome.

Seated at a table by the window of the room, which I'd describe as country pub

meets French bistro (not that I've ever been to a French bistro), the humans enjoyed a starter of soft-shelled crab, which they explained was something like a goujon served with mayo, all crispy unctuous coating plumply bursting with white meat, while heritage beets, fennel, goat's cheese and honey turned out to be a winning combination of different coloured beets – some sweet and some pickled – ramped up with dollops of creamy goat's cheese.

For mains, a perfectly cooked, medium-rare, 8-oz rump steak served with skinny fries and glazed carrots was hailed as delicious, while a dish of spinach gnocchi, squash and ricotta got the thumbs up too. And yes, the humans did make room for desserts – an indulgent white chocolate crème brûlée and an apple, pear and ginger oat crumble served with ice cream. Both oh so naughty but absolutely delicious.

Of course, the Rutland Arms didn't forget me. I received a huge plate of my very favourite food. Sausages. "I did tell them she was a small dog," said Adam, who served us. They hadn't listened. And you know what? I didn't mind!

**Pepper was a guest at the Rutland Arms Hotel in Bakewell**

[rutlandarmsbakewell.co.uk](http://rutlandarmsbakewell.co.uk)



# POSTCARD

# from Andalucía

## Girls just want to have fun

I love dancing. Always have. Always will. So, when a good friend of ours, a brilliant DJ back in his 20s, told us he'd been asked to play a set down at one of the trendy beach clubs on the coast, I was in. Old-school jazz, funk and soul classics, this was a night not to be missed. A chance to dance to the music I love and relive my misspent youth. Plus, our mate was putting us on the guest list, which meant the bouncers might actually let me in. Result.

So, last Friday night, we rocked up. As had 100 others. An international crowd, all out for a good time. It felt so good to be back in a dance club, like coming home. And as soon as that first track played...



coloured pills being openly passed around at the bar. Plus, some suspicious white powder residue found in the men's toilets. But, sadly for their arrest targets, these were not the dancing-with-molly drug deals the police had hoped for. You see, one thing you should know about many of us who move to the Costas: we might be young at heart, but we are no longer young of body. And the old-school jazz, funk and soul classics theme seemed to have appealed to a certain age demographic. I reckon the average age on that dance floor was 50, give or take a decade.

Earth Wind & Fire's September, if I remember correctly... we were up. Dance floor packed for the next five hours. And when The Brothers Johnson Stomp and Cheryl Lynn's Got to Be Real came on, I was in my absolute element.

Unfortunately, three hours in, things took an ugly turn. The police rocked up, armed and looking mighty fierce. Apparently, the hotel manager had witnessed what he thought were a couple of drug deals going down. Little white pills exchanging hands out on the terrace. Pretty round

Thankfully, once statements had been given, the police discovered the little white pills were in fact anti-inflammatories. Well, knees and hips had taken quite the battering. The pretty round coloured pills? Indigestion tablets. Well, jumping around after eating all the Tapa Station's paella was playing havoc with acid reflux. And the highly suspicious white powder residue? Yep, trails of rehydration sachets as people desperately tried to keep leg cramps at bay.

Did we let this police raid wreck our night? No, sir. A few of us ladies even tried to persuade the young officers to stay. Well, Spanish policemen are so good looking, it would have been madness not to. But even without them, we danced 'til dawn and headed home shiny, happy, smiling people. Alas, the next day, not so shiny, happy or smiling. Backs locked up. Knees on fire. Tinnitus raging. But you know what, it was worth it. I think...

Right, must dash. Need to get some ice packs round to Julie's. Hips still traumatised from Oops Up Side Your Head...



## Postcards from Andalucía, Lady Muck Style

By Catherine Saunders / Read more at [www.ladymuck.style](http://www.ladymuck.style)

“

**It's not an exaggeration to say Ruth has changed my life. She is the first person that truly listened to my story and explained everything in a way that makes sense. Working with Ruth is priceless.**

CHRIS HOPSON

# Goodbye, gut pain. Hello, Mi Vida Inner Health!

**Did you know that nearly half of the UK population experiences digestive discomfort at any one time?**

The impact of these issues on day-to-day living can be monumental. If this sounds all too familiar, Ruth Tansey, Founder of Mi Vida Inner Health and its hugely successful Transform Your Gut programme, can help. Having lost 20 years of her life to poor gut health and endured a costly and stressful merry-go-round of failed diagnoses and treatments, certified nutritionist and wellbeing coach Ruth is passionate about helping others start living freely and pain-free again.

**Tell us about your own experiences, Ruth...**  
From the age of 15, I suffered with irritable bowel syndrome. It was horrendously uncomfortable; I was in pain all the time. I was in and out of hospital and constantly at the doctors.

Twenty years passed, I was still no closer to a proper diagnosis or controlling my symptoms. The stress of searching for answers only worsened my condition.

I had huge responsibilities in my job, so had to keep trying more and more treatments just to get through the day.

#### **How did you finally heal?**

My GP told me there was nothing more he could do. Everything appeared 'normal' and every avenue had been explored. I decided to take control and do my own research. I resigned from my job and started training to be a nutritional

therapist. I discovered innovative ways of testing and natural treatments; it turned my health around and now I'm able to help others too.

#### **Why is gut health so important?**

When your microbiome (the micro-organisms in your gut that stimulate the immune system, break down toxins and synthesize certain vitamins and amino acids) are out of balance, it causes awful

**SIX**

surprising effects of  
gut troubles

**Skin rashes / Hair loss**  
**Extreme fatigue**  
**Low mood / Hay fever**  
**Joint pain**

reactions in the body. Your gut is your epicentre; every single cell and organ in our body needs nutrients from the food we eat to perform optimally, keep us well and stave off disease.

**Tell us more about your programmes...**

The first step is booking a free health check (online or in person); an initial chat to discuss symptoms and next steps. The programmes are tailor-made to each individual. Getting to the root cause is my priority and I do this using gold-standard tests, including comprehensive stool analysis. My self-healing programmes can include changes in diet (food as medicine), science-based nutraceuticals (natural medicines), colonic and wellness coaching (think yoga, mindfulness, meditation and walks in nature).

Programme duration varies, from three to nine months, and I also have a network of professional partners to whom I can refer clients who need additional support outside of the clinic.

**How successful are the programmes proving?**

Since opening the clinic in 2011, I now have clients from all across the country and the feedback has been amazing. People can be sceptical at first, often their journey so far has been frustrating and expensive. They take part in a programme and witness these incredible revelations: quite quickly, they feel like a completely different person!

I offer aftercare too – I always stay in touch. My clients really do become friends.

**You're also about to publish a self-help book, IBS is it really!? Transform your Gut, tell us more...**

Gut issues ruled so much of my life, I don't want this to happen to anyone else. The book gives the reader the tools to identify what's going on, ways to help themselves and get results. It's packed full of recipes too; lots of flavours, lots of plants! People with gut problems limit their food repertoire, too scared to eat certain things. This book and its recipes will change all that.

## Say YES to Ruth's chocolate & banana pancakes

\*Gluten, dairy & yeast free / low FODMAP\*

**Ingredients:**

- 2 large eggs
- 1 rounded tbsp raw cocoa powder
- 1 unripe banana
- Pinch of Himalayan fine salt
- Coconut oil

**Method:**

- Blend everything to a smooth paste
- Heat 1 tsp coconut oil in frying pan
- Add a small amount of batter. When bubbles form, flip & cook on the other side
- Serve with berries of your choice, add nut butter for extra protein.

## Ruth's top five

**self-help tips**

**1.**

**Breathe**

Before each meal, focus on your breath. Breathe in for three, out for six (or, if that feels too much, try breathing in for two and out for four). This aids digestion – less stress and strain on the stomach, small intestine and colon.

**2.**

**Chew**

Chew each mouthful of food at least 20 times! Digestion starts in the mouth. The more work we do chewing, the easier it is for the entire system to digest, absorb and assimilate those vital nutrients required to keep our bodies and gut working effectively.

**3.**

**Eat mindfully**

Sit at a table and fully focus on and engage in eating. When we become truly present and engaged in the art of eating, we experience a calmer, more centred digestive system.

**4.**

**NEVER overeat**

Eating super quick or sneaking in that extra slice or mouthful, only to feel horribly bloated and uncomfortable afterwards? It really is the worst thing you can do (instead, follow tip 3).

**5.**

**Don't drink with a meal**

Drink 30 minutes before or two hours (one hour minimum) after. Go for water, fresh veg juice or herbal teas – this can inhibit the digestive enzymes required to breakdown food being diluted.

## BOOK YOUR FREE CONSULTATION

online at [transformyourgut.co.uk](http://transformyourgut.co.uk), call 07712 620909 or email [info@transformyourgut.co.uk](mailto:info@transformyourgut.co.uk)

Ruth's book **IBS is it really!? Transform your gut** is due to be published in April by Author House.



Please see  
website for  
offers

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# Sending shockwaves to the penis



Professor Vijay Sangar, Consultant  
Urological Surgeon and Professor of Urology



Mr Arie Parnham, Consultant  
Urological Surgeon

**Erectile dysfunction (ED) is the inability to get or maintain an erection to have sexual intercourse. Although it is more common in older men, around 25% of men under the age of 40 are affected by ED.**



If you are suffering with ED, it could be caused by several different reasons. These can include:

- **Problems with blood flow to the penis**
- **Diabetes causing nerve damage**
- **Prostate problems.**

In many cases, ED cannot be cured, however, symptoms can be managed by using oral medication, such as Viagra or Cialis. It always helps to maintain a healthy and active lifestyle, with a balanced diet to ensure that your weight stays at a healthy level. Reducing habits such as smoking and drinking alcohol can also help minimise the risk of developing ED.

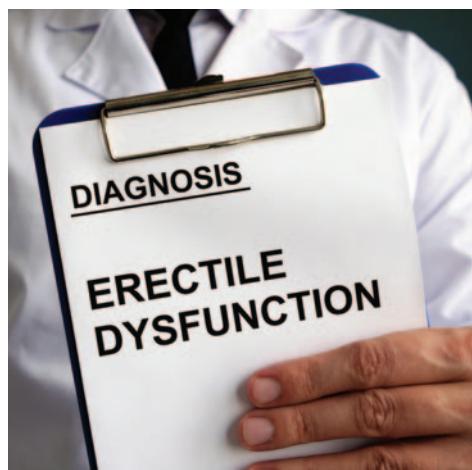
Many men with ED have this problem due to a reduction of blood flow into the penis. Previous research has shown sufferers of heart disease benefit from low-intensity shockwaves to the heart, over a period of time, to help promote the growth of new blood vessels, which can prevent further heart problems. This research has been extrapolated to help find a treatment for ED patients.

ED1000 therapy involves having low-intensity shockwaves to the penis. The process is nine weeks long and uses the shockwaves to help increase the number of blood vessels and therefore, improve the flow of blood to the penis. The treatment consists of two 20-minute treatments a week for three weeks, then a three-week break followed by a further two treatments a week for three weeks. The relatively pain-free treatment is given at an outpatient clinic while the patient is awake and does not affect any day-to-day activities.

Research has shown that the effects of ED1000 can last for up to two years. This treatment helps to increase the number of men who benefit from the use of medications such as Viagra, therefore, resulting in a better patient satisfaction rate. Medical trials have shown that ED1000 therapy can help two thirds of men achieve better erections with medications like Viagra. Although the therapy is primarily for patients with vascular-related ED, it has also been used to treat patients with ED problems related to diabetes.

Urology Clinics Manchester is currently the only clinic in the Northwest of England that offers ED1000 therapy. Please contact us to find out more. Often patients will come to us with a referral from their GP, however, we also welcome self-referrals. If you have never seen a specialist about your ED, we can offer a full consultation with the appropriate tests as needed prior to receiving the ED1000 therapy.

Please note that the ED1000 therapy is given at the discretion of the specialist. A consultation with us does not guarantee that ED1000 is the right treatment plan for you.



**Find out more at  
[urologyclinics.co.uk](http://urologyclinics.co.uk)**

Contact Urology Clinics Manchester  
e: [info@urologyclinics.co.uk](mailto:info@urologyclinics.co.uk)



## Innovative knee osteoarthritis injection: getting you moving again

The OrthTeam Centre is leading the way in the region by offering patients with knee osteoarthritis Arthrosamid®, which is a pioneering non-surgical treatment to get you back to the life you love!

One in five people over 45 in the UK are affected by knee osteoarthritis, which is a long-term condition that worsens over time, causing pain and decreased mobility. It is most common in the knee joint, where it wears away the shock-absorbing cartilage and causes the bones to rub together. As a result the joint becomes stiff, swollen and painful.

### What is Arthrosamid®?

Arthrosamid® is a safe, single-dose, non-biodegradable hydrogel that is injected into the knee to cushion the joint without surgery. Unlike other alternative treatments, it increases lubrication to provide cushioning,

which relieves pain and soreness, improving a patient's quality of life.

Key benefits include:

- Only one injection required
- Sustained pain relief
- Improved flexibility and movement.

### Who is suitable for Arthrosamid®?

At the OrthTeam Centre, you will have an initial consultation with one of our knee surgeons, where you will be assessed to determine your suitability for the treatment. If Arthrosamid® is recommended, the procedure will be undertaken by one of our MSK radiologists.

### How it's performed

Your knee will be thoroughly cleaned and you'll then be given a local anaesthetic to numb the area before Arthrosamid® is administered. The injection will be

performed with the help of an ultrasound. It is an outpatient treatment and usually takes 20 to 30 minutes.

Mr Bilal Barkatali, a consultant specialist knee surgeon at the OrthTeam Centre, says: "We're delighted to be one of the first providers in the region offering this groundbreaking, minimally invasive treatment to patients suffering from knee osteoarthritis."

"The pain and lack of mobility caused by the condition can hugely impact daily activities, with Arthrosamid® a life-changing option for many patients, including those not suitable for surgery or deemed too young for a knee replacement, as it's a safe, non-degrading hydrogel in a single injection, which can provide sustained pain relief—getting you back moving again!"

For more information on Arthrosamid® or to book a consultation, please visit

[orthteamcentre.co.uk](http://orthteamcentre.co.uk) or call 0161 447 6888 |  @OrthT  OrthTeamCentre

 @orthteamcentre  company/orthteam

**A ground-breaking new clinic is now open at the**



# Cheshire Wellness Centre

Cheshire Wellness Centre founder Bob Baker knows all too well what it's like to struggle with an addiction but have no idea where to turn to for help.



Read  
John Wilkinson's  
**Ask the Expert**  
column on  
page 44

That's why he's proud to announce the opening of a revolutionary new addiction clinic at the centre, delivering an eight-week programme that incorporates several therapies to create a combined pathway to wellness..

#### **Powered by personal experience**

"I understand what it's like to feel desperate and confused, not knowing where to turn or what help to ask for," says Bob, who found himself suffering from anxiety, depression and alcohol addiction following a difficult period in his personal life. "It taught me that it doesn't matter who you are, it can strike at any time."

Bob's experience also taught him that, whilst there are many different treatment options out there, few places exist that can take you on "your whole journey."

The whole journey is now delivered by Bob's clinic; helping clients resolve problematic drug or alcohol use by combining biopsychosocial interventions (i.e., those that consider biological, psychological and social factors) and addressing the underlining emotional cause using powerful Rapid Transformational Therapy®.

#### **Resolving problematic drug or alcohol use**

The first step in the programme is a consultation with addiction specialist John Wilkinson BSc, MSc, AP APM, who is registered with Addiction Professionals (the sector's regulatory body). John, who has spent over 24 years working in the drug and alcohol treatment sector, leads the programme and clients work with him throughout, exploring many areas, including substance specific, psychosocial education, harm minimisation, motivational enhancement, functional assessment, lifestyle change, relapse prevention and relationship support. Together with John, clients will negotiate and implement psychological and practical solutions, thereby regaining control, managing cravings and building resilience.

"Our work will seek to empower those struggling to reclaim back their best life," says John. "We work from a position that everybody can make and maintain changes to their relationship with alcohol and other drugs; learning how to independently manage this themselves."

#### **RTT® – addressing the root cause**

A key part of the programme is Rapid Transformational Therapy® – a combination of the most beneficial aspects of hypnotherapy, cognitive behavioural therapy

(CBT), neuro-linguistic programming (NLP) and psychotherapy. Most of our behaviours and habits are driven by the subconscious brain and RTT®'s power is in accessing the subconscious brain through regression, identifying the root cause of a client's addiction issue and freeing them from difficult experiences and emotions. As such, the results of the therapy – led by RTT® practitioner and medical consultant Dr Shyra Raj – can be rapid, highly effective and permanent.

"We address the root cause by eliminating it and reframing the negative belief into a more positive, empowering one," explains Dr Raj. "It is my fundamental belief that everybody can sustain change, irrespective of how stuck or hopeless they may feel."

#### **Addressing both body and mind**

The final piece of the dynamic treatment jigsaw is that of nutritional support. Led by nutritional therapist Dr Amanda Ellwood, this includes rebuilding nutritional deficiencies (supported by regular functional bloodwork) and the creation of a food and lifestyle programme 'for life', which covers many vital aspects, such as diet, sleep, exercise and stress management strategies. All three strands come together to deliver a comprehensive and successful package; an all-together different programme that Bob himself wishes he'd had access to.

#### **Achieve great things**

Bob urges anyone dealing with addiction issues, or who has a loved one in need of support, to get in touch. Bob will be your first point of contact. Remember, he's been there and offers the warmest welcome and guidance. "Together, we can achieve great things," smiles Bob. "Yes, it can be challenging, but you'll be supported like a family member every step of the way."

## **Make that call**

Call Bob on 01925 752682 or email [info@cheshirewellnesscentre.co.uk](mailto:info@cheshirewellnesscentre.co.uk)

For latest news, follow on Instagram @cheshirewellnesscentre

**Find out more at [cheshirewellnesscentre.co.uk](http://cheshirewellnesscentre.co.uk)**

The Barn, Lymm Marina, Warrington Lane WA13 0SW



Belong Admiral Nurse, Bridget Lawler with B's Café guests.



## New Didsbury dementia café welcomes first guests

A new café offering a warm and welcoming space for those living with dementia, and their loved ones, has opened in Didsbury, south Manchester and is serving as a valuable support network for all local people

Hosted by Belong Morris Feinmann, the dementia specialist primarily caring for the Jewish community, B's Café gives guests the opportunity to enjoy a range of experiences while accessing support and forming new friendships at the regular sessions. The programme includes arts and crafts workshops, pet therapy, specialist exercise classes and visits from musical performers.

Also on hand are Belong Admiral Nurses (a dedicated dementia nurse service available through the organisation's partnership with charity Dementia UK), offering advice and the confidence to help individuals and

their loved ones manage a future living with dementia. Angela Luckett, Religious and Cultural Coordinator at Belong Morris Feinmann, explained more about the new venture: "Dementia affects not only the person living with it but also their family and friends, who are often their carers too. We understand the challenges they can face, sometimes on their own, and that's why we've launched B's Café, to give a helping hand and a support network, which we know is vitally important to have."

The dementia café is open to everyone, including non-residents. Speaking of the

inaugural gathering, one guest said: "My husband is living with dementia and he was fully engaged, saying how marvellous the afternoon was – to hear him say this aloud means so much to me."

Angela continued: "B's Café is named after our inspirational colleague Belinda Jones, who is sadly no longer with us after losing a two-year battle with cancer. She helped shape our values, including being compassionate, and this extends outside our village to the wider community. Her legacy lives on and we know how much something like this would mean to her and her family."

### B's Café

takes place at Belong Morris Feinmann, Palatine Road, Didsbury, Manchester M20 2UW.

For more information or to book a place at the next session, contact Angela Luckett by calling 0161 804 4200.



# Ask the OrthTeam

Here our leading musculoskeletal (MSK) experts answer your questions

Mr Bilal Barkatali



Dr Rebecca Robinson



Mr Adam Hoad-Reddick



The OrthTeam are a group of highly skilled consultants based at the multi-million-pound OrthTeam Centre in Didsbury, Manchester. The facility offers patients world-class expertise combined with state-of-the-art diagnostics

I suffer from knee osteoarthritis, but don't want surgery, if possible – what are the alternative options?

Arthrosamid® is a safe, single-dose, non-biodegradable hydrogel that is injected into the knee to cushion the joint without surgery. Unlike other treatments, it increases lubrication to provide cushioning, which relieves pain and soreness, improving a patient's quality of life. Key benefits include: only one injection required, sustained pain relief and improved flexibility and movement.

At the OrthTeam Centre, you will have an initial consultation with one of our knee surgeons, where you will be assessed to determine your suitability for the treatment. If Arthrosamid® is recommended, the procedure will be undertaken by one of our MSK radiologists. It is an outpatient treatment that takes 20 to 30 minutes.

Mr Bilal Barkatali, OrthTeam Consultant Knee Surgeon

I enjoy regular exercise, however, around my period I often feel too exhausted – why is this and how can I counteract it?

Getting to know your body around your menstrual cycle is important for every active female. Using a tracker can help you to recognise the symptoms and also optimise training through your whole cycle. Menstrual cycle symptoms are very individual. For some people, premenstrual symptoms can show as fatigue, while others may experience increased bloating or joint aches. For fatigue symptoms, modify activity that week. Add in exercise that is lower impact, but beneficial for your recovery, such as yoga or Pilates. Movement helps, even if you feel tired. Get good quality sleep, stay hydrated and try to have good fats and complex carbohydrates in your diet during this phase. You can undertake intense exercise, but focus more around lower intensity endurance - think top-speed, high-intensity work.

Dr Rebecca Robinson, OrthTeam Consultant in Sport and Exercise Medicine

After a run, I get twinges in my groin – is this normal or should I see someone?

There could be various different causes for these twinges, including a hernia, a muscle injury or a hip-related issue. I would recommend having things checked, either by your GP or by a sports physiotherapist in the first instance. Provided the pain settles soon following running, it is unlikely to be anything too serious, any significant pain or limp requires more urgent investigation. With regards to the hip, we often see early arthritis presenting with pain after activity, other causes include tears of the labrum, which is the soft tissue seal around the joint.

Mr Adam Hoad-Reddick, OrthTeam Consultant Hip and Knee Surgeon



If you have an MSK problem that you would like advice on, simply email [info@glossymagazine.co.uk](mailto:info@glossymagazine.co.uk) with your questions

To book a consultation with an expert or for more information, please visit

[orthteamcentre.co.uk](http://orthteamcentre.co.uk) or call 0161 447 6888 | [@OrthT](https://twitter.com/OrthT) [OrthTeamCentre](https://facebook.com/OrthTeamCentre)

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# Build it Together Campaign

How you can sponsor a bedroom for St Ann's Hospice



**St Ann's Hospice's Build It Together campaign is raising the final £2 million needed to build their brand-new hospice in Heald Green, replacing their current Victorian building, which is in urgent need of replacement as it needs continual and costly repairs.**

This will see their current hospice in Heald Green replaced with a purpose-built facility costing over £22m in total, which includes buying the land next door to their existing hospice site.

Unlike their more modern hospice in Little Hulton, the Heald Green site has very few private bedrooms for patients and very limited outdoor space. The new hospice will house a 27-bed inpatient unit, including individual ensuite rooms and access to private outdoor terraces, meaning patients and their loved ones can have the privacy they deserve at this important time.

The development will also feature modern outpatient and day therapy services, dedicated bereavement and family support spaces, all surrounded by beautiful, landscaped gardens.

Anne-Marie Wynne, Head of Fundraising and Capital Campaign, says: "We are taking care to build our new hospice into the existing landscape – meaning there will be much bigger gardens and lovely mature trees surrounding the hospice building. A suitable environment is such an important part of our patients feeling

comfortable at the end of their life and that is why we at St Ann's are working so hard to make the new hospice a reality."

The Build It Together campaign, which launched in June 2022, has already raised more than £500,000 and they are urging people across Greater Manchester and Cheshire to get involved. Anne-Marie says: "Our hospice has helped so many people in the Greater Manchester and Cheshire communities for over 50 years and we want this to continue for another 50 and beyond. But this can only happen with a new purpose-built hospice, without this, there is a real risk we may need to close.

"Sponsoring a bedroom is a great way to donate to our Build It Together campaign and will make a real difference. You or your company could sponsor one of our individual ensuite bedrooms to give our patients the privacy they so deserve."



Privacy is one of the many important things their new hospice will bring to their patients. The plans include 21 private rooms – all with individual outdoor terraces – for patients living at the end of life and their families to spend vital moments together.

The rooms will allow both patients and families to say what they want to say without the worry of being overheard – a place for families to share their thoughts and feelings and relax in a private space. Conversations with medical, clinical and complementary staff will also benefit from the private spaces. The larger rooms with inbuilt medical equipment will allow easier and more comfortable movement for their patients.

The importance of private rooms for their patients is undeniable and was underlined by Brian Smith. Brian was a patient at their inpatient unit at Heald Green and died there in August 2022. He said the new hospice with individual bedrooms would make a huge difference for inpatients.

Once, he could not avoid overhearing a difficult bedside conversation between a fellow patient and his wife at the current Heald Green site. Brian, who was from Stockport, said: "I'm in a ward with four people and we're separated by curtains. It means I can't see what's happening, but I can hear it and when some guy is talking to his wife about going home to die, I'm there and don't want to be invading his privacy and listening to that."

"I want him to have his own room, so he can go outside on a patio terrace and maybe have a glass of wine while having that conversation."

Sponsoring a bedroom at St Ann's new hospice is £50,000. This will allow them to build and kit out an individual bedroom with comfortable and specialist furniture.

**To discuss sponsoring a bedroom, contact their Head of Fundraising and Capital Campaign, Anne-Marie Wynne at [awynne@sah.org.uk](mailto:awynne@sah.org.uk)**



For more information about the Build It Together Appeal, visit

**[www.sah.org.uk/newhospice](http://www.sah.org.uk/newhospice)**

## Glossy goes to Hotel Gotham

As you step inside, you travel back in time and instantly realise this is no ordinary hotel.

We're greeted by Mario, the general manager responsible for directing all the action, and pull up a luxurious chair to find out more about his role, what makes the hotel so special and the brand-new delights it has in store...

### A cinematic stay

Hotel Gotham strikes a wonderfully imposing figure at the top of Manchester's King Street. A stay is not a stay at Gotham, it's a multi-sensory experience – a cinematic series of moments played out on a neoclassical stage, complete with faithfully restored 1930s fittings and dressed in ultra-plush furnishings. Think bellboys and secret rooms, seventh-floor champagne cocktails mixed with city views not even Hollywood could recreate. The golden age of travel meets the theatricality of a blockbuster movie; all wrapped in a velvet blanket of Mancunian spirit and warmth.

**Mario – the face of Hotel Gotham**

Much like his place of work, General Manager Mario Ovsenjak is endlessly charismatic and fun. After leading a series of hotels in the capital, he moved to Manchester in 2016. He adores both the city ("it's so friendly and open, it's incredible") and his job.

"Gotham is an amazing place to be," he smiles. "No two days and no two guests are the same. The team and I's role is to deliver a memory-making rather than functional stay. From the moment someone makes a reservation, we want to know how we can make it extra special for them."

**A special-occasion destination**

From its opulent suites, Martini butler room service and Bentley Flying Spur for hire, to its two AA Rosette-winning Honey Restaurant and the guests and members-only Club Brass VIP lounge – everything about Hotel Gotham is wonderfully extra.

"We tailor-make each Gotham offering to impress every guest," explains Mario. "Gotham is a special-occasion destination; an experience rather than a hotel. Your stay will be a story you want to share with friends. You're never going to forget your stay, for sure. This is true for overnight stays or if you become a member, but equally, the same can be said if you are reserving a table for a romantic meal, holding a private event with us or attending one of our live music events."

Mario reveals that it's his team – handpicked not only for what's on their CV but the ambition and personality they can bring to the table – who are the true stars of the Gotham stage and make the magic possible.

**And the winner for Best Boutique Hotel is...**  
Mario says that whilst it's difficult to pinpoint any one Gotham career highlight to date ("there are so many amazing moments"), last year, when Hotel Gotham (which opened in 2015) was named Best Boutique Hotel in North-West Europe at the Luxury Hotel Awards 2022 is up there with the best of days:

"It was our 20th award," smiles Mario. "I was fortunate enough go to Turkey to collect it. We have a little trophy to show, a hotels version of the Oscar, if you like! It was an amazing worldwide event and I was so happy to represent my hotel and the team."

**Top-secret entertainment**

We make our descent to Gotham's basement, a secret room is revealed – the old Midland Bank vaults and cash-counting room (original safes still in place), now a plush space for private and ticketed events.

Featuring a Cognac-filled safe and a full-size pool-come-dining table and swathed in indulgent 1930s jazz and Great Gatsby vibes, the all-new GILT Club plays host to everything from live music and movie screenings to board meetings and luxury, private dining experiences for up to 20 guests, which come with a private chef and a sommelier.

"The GILT Club opened up late last year and it's been a huge success," says Mario, "so now, we're expanding the different activities and events we showcase there – music, comedy and even crochet! It's all to add more interest and quirkiness!"

Many of the GILT events are hosted by Mario himself. To attend an event, and perhaps spend the evening with Gotham's leading man, dining at the 'Captain's Table', booking is easy online at [hotelgotham.co.uk](http://hotelgotham.co.uk)

**What happens in Gotham...**

Moments before we exit the towering glamour of Gotham, we tell Mario it's little wonder the hotel is an A-list favourite.

Mario laughs:

"Oh, I'm not fazed by celebrities. They are just like you and me, looking to be treated well and seeking a bit of peace and quiet."

And before we can ask him who, why and when...

"We have a very strict policy... what happens at Hotel Gotham stays at Hotel Gotham! No name-dropping allowed!"

**HOTEL GOTHAM**

100 King Street, Manchester M2 4WU / 0161 413 0000

Get social on Instagram @hotelgotham

By Lisa Symonds

**FORTHCOMING****GILT CLUB HIGHLIGHTS:****Gilty Giggles Comedy Night**

**Thursday 20th April**

A truly hilarious evening of award-winning comedy, hosted by the brilliant Freddy Quinnie and featuring performances from Tom Taylor, Danny McLoughlin and Mick Ferry. Top laughs served alongside a finger-food platter.

**Afternoon Tease with**

**The Globe Girls**

**Saturday 8th April to Sunday**

**7th May**

The UK's finest and most decorated drag act, The Globe Girls, descend on Gotham to deliver a performance you'll never forget. Enjoy alongside a complimentary glass of bubbles and the hotel's award-winning afternoon tea.

**Sunday Jazz & Soul Sessions**

**Now until Sunday 28th May**

This series sees the sensational Smooth Edge Music bring atmospheric and feel-good jazz tunes to the room. Sit back and enjoy whilst sipping on exquisite cocktails and indulging a grazing platter.

**Big Band Party Nights**

**Now until Friday 30th June**

Welcome to secret world of speakeasy, the intoxicating sounds of jazz and swing performed by the hotel's resident NQBB 14-piece big band. Prosecco and a sharing platter feature on the Gatsby-esque menu.

\*\*\*\*

**Gotham for hire**

Why not hire the GILT Club for your own event? To chat about bespoke packages, get in touch via the number below or email the cast and crew at [events@hotelgotham.co.uk](mailto:events@hotelgotham.co.uk)

\*\*\*\*

**FREE FIZZ FOR GLOSSY READERS**

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# The Stock Market Grill Stock Exchange Hotel

Taste ★★★★★ | Value ★★★★★ | Service ★★★★★★ | Atmosphere ★★★★ | Variety ★★★★



Discover baroque splendour at Manchester's newest dining spot. The restaurant at the Stock Exchange Hotel, the luxury destination in the city centre, opened as Stock Market Grill last month under the helm of esteemed sibling team Joe and Daniel Schofield. They are joined by James Brandwood, wine expert and 20-year hospitality industry veteran. This much-lauded trio have already had proven success with venues such as Schofield's Bar, Atomeca and Sterling.

Set in the Edwardian baroque splendour of this listed building, once the city's financial hub, the Stock Market Grill will be at the heart of the Stock Exchange Hotel, a luxurious, warm and inviting place to unwind and entertain.

With head chef Joshua Reed-Cooper in charge (previously at The French with

Simon Rogan and with Sam Buckley at Where the Light Gets In and at Michelin-starred Mana), Stock Market Grill offers an all-day menu replete with elevated 'British Brasserie' classics using the highest-quality local ingredients.

Serving traditional favourites, exceptionally executed by Reed-Cooper, the launch menu includes oysters with mignonette; tranche of brill with borderlaise and grilled onion; ex-dairy rib-eye with brown butter jus; and lemon and blood orange tart with clotted cream.

**"I'm really excited to be working with Joe, Daniel and James again on the launch of Stock Market Grill," says Gary Neville, owner of the Stock Exchange Hotel. "I know they will bring another world-class brand to the Stock Exchange Hotel and to our city."**

**The Stock Market Grill / Stock Exchange Hotel / M2 1DW**

## Piccolino Hale

Taste ★★★★★ | Value ★★★★ | Service ★★★★★ | Atmosphere ★★★★ | Variety ★★★★★



Surrounded by Cheshire countryside but still only a 10-minute drive from Manchester city centre, Hale is without question one of Cheshire's most desired locations, providing the perfect balance of village life and city style. Hale has a vibrant village centre with an excellent selection of bars and restaurants, including one of the area's best Italian

restaurants, Piccolino. Piccolino, an authentic Italian restaurant, is a proud fixture of the Hale dining scene. Ideally situated on Ashley Road in a central village location, it boasts an open kitchen and year-round outside terrace with a fully retractable roof for the ultimate al fresco dining experience, rain or shine!

Join us on Wednesday 14th June at 6.30pm for a wine tasting event with our Head Sommelier, Dario Barbato. Sample and learn about some of the finest wines in our collection, which will be perfectly paired with our delicious canapés. There will be an opportunity to buy the tasting wines on the night with a one-off 50% discount.

Tickets are £37.50 and include a glass of Prosecco Primo on arrival. The masterclass begins at 7pm and includes five wines paired with five canapés. Then, why not continue the fun and stay for dinner afterwards?

**Please call the number below or email [Lucy.Allen@piccolinorestaurants.com](mailto:Lucy.Allen@piccolinorestaurants.com) to book the event.**

**214/215 Ashley Road, Hale, Cheshire, WA15 9SN T: 0161 928 9500 | E: [Hale@piccolinorestaurants.com](mailto:Hale@piccolinorestaurants.com)**

**[piccolinorestaurants.com](http://piccolinorestaurants.com) / [@piccolinohale](https://www.instagram.com/piccolinohale/) [f](https://www.facebook.com/Piccolino.Hale) Piccolino.Hale**

**Food editor, stylist and author Angela Boggiano and her photographer husband, Craig Robertson, owners of At The Kitchen in Cheadle Hulme, share some tasty and healthy ideas for what to serve to your guests as a little bite or nibble over drinks or as a casual starter to dinner.**

These are a little bit healthier than the usual canapes and yet just as tasty.

## Smoky carrot houmous with roasted harissa tomatoes

This is a super tasty yet easy houmous, which is delicious served as an appetizer on crunchy rye crackers with the roasted tomatoes and harissa juices spooned on top.



Serves 15

### For the houmous:

- 600g carrots
- 2 tbsp olive oil
- 2 tsp cumin seeds
- 1tsp salt
- 240g chickpeas
- Juice & zest of 1 lemon
- 2 garlic cloves
- 1 tbsp tahini
- 2 tsp harissa
- 30g toasted flaked almonds

### For the tomatoes:

- 300g cherry tomatoes
- 1 tbsp olive oil
- 1 tsp harissa

1. Preheat the oven to 20°C/fan 180°C/gas 6. Top and tail the carrots and cut in half lengthways. Place in a roasting tin and

drizzle over the olive oil and sprinkle on the cumin seeds and salt. Toss everything together well. Place in the oven and roast for an hour until softened but not charred.

2. For the harissa tomatoes, place the cherry tomatoes in a separate baking tray with the oil and harissa. Toss together well and roast for 20 minutes until softened and charred.

3. Once the carrots are cooked, place in a food processor with the chickpeas, lemon juice and zest, garlic, tahini and harissa, blitz until a smooth consistency, adding a little water if too thick.

4. Spread the houmous onto crackers, toasted focaccia or ciabatta bread, top with a cherry tomato and drizzle with some of the juices from the tomato roasting tin.

## Whipped feta, apple and honey toasts

Salty and creamy whipped feta is delicious spread onto toasted bread and topped with a slice of apple and a drizzle of honey for that perfect salty-sweet bite.

Serves 15

- 200g feta cheese
- 150g Greek yoghurt
- Juice 1 lemon
- 1 tbsp extra-virgin olive oil
- 3 apples, sliced thinly, skin on
- Honey for drizzling

1. In a food processor, blitz together the feta, yogurt, lemon juice and the extra-virgin olive oil. Season well with black pepper (you probably won't need salt due to the saltiness of the cheese).

2. Spread the whipped feta onto toasted focaccia or sourdough and top with a slice of apple and a drizzle of honey.





Serves 15

#### For the falafel:

- 100g carrot, grated
- 1 x 400g can chickpeas, rinsed & drained
- 3 spring onions, thinly sliced
- 1 green chilli, deseeded & diced
- 1 garlic clove, crushed
- Grated zest of 1 lemon
- Handful of coriander, finely chopped
- 1 tsp cumin seeds

- 30g plain flour
- ½ tsp baking powder
- Sunflower oil for frying

#### For the tzatziki:

- 150g Greek yoghurt
- ¼ cucumber, diced
- 1 garlic clove, crushed
- A few sprigs of mint & dill, chopped
- 6 pitta breads

#### To make the tzatziki:

Mix all the ingredients together in a bowl, adding salt to taste. Cover and chill in the fridge while you make the falafel.

#### To make the falafels:

1. Squeeze any excess moisture out of the carrot and pat dry with kitchen paper. Blitz in a food processor with the chickpeas, spring onions, chilli, garlic, lemon zest, coriander, flour, baking powder, cumin seeds and seasoning.
2. Divide the mixture into 15 equal-sized

portions and, using your hands, roll each one into a small ball.

**3.** Half-fill a medium saucepan with oil and heat gently. Test the oil is ready by adding a small piece of bread to the oil and when it sizzles and turns golden, the oil is ready. Fry the falafel for 4-5 minutes, turning them occasionally, until crisp and golden brown. Remove and drain on kitchen paper.

**4.** Preheat the oven to 200°C/fan 180°C/gas 6. Open up the pitta breads, then cut into triangles to create tortilla shaped triangles (this can be done easily using a pair of scissors). Place the pitta triangles on a baking tray and drizzle with a little oil and place in the oven to bake for 6-7 minutes until toasted and golden.

To serve, spoon a teaspoon of the tzatziki onto a pitta triangle and then top with a falafel.

## Carrot cake flapjack bites

Serves 16

- 200g rolled oats
- 150g soft pitted dates
- 6 tbsp maple syrup
- 1 large carrot, grated
- 1 apple, grated
- 2 tbsp desiccated coconut
- 50g pumpkin seeds
- ½ tsp cinnamon
- 75g butter, melted
- 60g dark chocolate

**1.** Preheat the oven to 200°C/fan 180°C/gas 6. Line a 20cm baking tray with parchment paper.

**2.** Place half of the oats into a food processor and blitz until you have a coarse

flour, then tip in with the remaining oats in a large mixing bowl.

**3.** Put the dates into the food processor with the maple syrup and 4 tbsp of water and blitz until it's a thick syrup. Spoon into the bowl with the oats. Add the carrots and apple along with the coconut, pumpkin seeds, cinnamon and melted butter. Mix everything together well.

**4.** Spoon into the baking tray, smoothing over the top with the back of a spoon, and bake for 40-45 minutes until golden brown. Allow to cool in the tray.

**5.** Melt the dark chocolate and use to drizzle over the top of the flapjack. Cut into even-sized squares and serve.



At the Kitchen / 5 Warren Road / Cheadle Hulme / Cheadle SK8 5AA  
0161 282 2050

## 20 Stories Spinningfields

Taste ★★★★ | Value ★★★★ | Service ★★★★ | Atmosphere ★★★★ | Variety ★★★★



Ever wondered what an aerial view of Manchester's skyline would look like whilst enjoying a fine dining experience? Well, stop wondering and take a trip to 20 Stories, like we did.

We sampled the five-course tasting menu with a wine pairing chosen especially by the in-house sommelier. Upon being seated at a window-side table with a

magnificent view of Manchester by twilight, we were greeted with a glass of fizz and an amuse-bouche from our server for the evening.

The sommelier then talked us through our first white wine of the night, which paired fantastically with the hamachi ceviche topped with avocado, jalapeno and lemon verbena, each flavour complementing the

next. The evening continued with celeriac cannelloni, pickled vegetables and a nduja foam, matched with a hearty red to take some of the heat out of the spicy dish. For our main, we had cod with a bacon jam and the creamiest mash we'd ever tasted, paired with another crisp white wine before cleansing our palates with a citrus, grapefruit and blood orange consommé.

After a short break, dessert was delivered in the form of rich and tasty pineapple, teriyaki and white chocolate pastry. We left feeling very satisfied and well looked after by the incredibly attentive staff.

**If you're interested decadent dining whilst you fix your eyes on a five-star view of Manchester, be sure to visit 20 Stories for dinner and a cocktail or two. Tasting menus and wine pairings are available Monday to Thursday from 5:30pm and must be booked in advance.**

**20 Stories / 1 Hardman Square, Manchester M3 3EB / 0161 204 3333**

## Folk West Didsbury



FOLK, in West Didsbury, is an independent neighbourhood bar owned by four mates with a love for fresh seasonal produce, great coffee, beers, cocktails, wine and wonderful staff. With a new Sunday menu that is available every Sunday from 1pm until 8pm, FOLK. is the perfect weekend

destination for families, friends, couples and everyone in between to spend a wholesome day with good food and good company. Championing seasonal produce, FOLK.'s Sunday roast menu features roast beef and roast chicken as well as pan roast sea bass and a vegan mushroom, cranberry

and pistachio Wellington. And if you're dining with the family, the Little FOLK menu offers a smaller portion for kids. Each roast comes with seasonal veg, roast potatoes, proper gravy and Yorkshire puddings. Fantastic sides on offer at a cost of just £6 each, include cider and honey glazed pigs in blankets, Tunworth cauliflower cheese and smoked butter and wholegrain mustard mash, and there's a great selection of small plates too for those who fancy something less traditional.

And if you still have room for pudding, FOLK. have a new dessert menu featuring the popular 'milk and cookies' as well as a selection of ice creams.

**FOLK. Didsbury neighbourhood bar and restaurant is open daily until late. To find out more and to book a table, please visit [folkdidsbury.co.uk](http://folkdidsbury.co.uk).**

169-171 Burton Road, Manchester M20 2LN

**FOLK / Didsbury / [@folkdidsbury /](http://www.folkdidsbury.co.uk)**

# Food Sorcery:

Vietnamese Cooking Class review  
with Harley Young



Upon entering the kitchen, the Food Sorcery team took our names with a warm smile and provided us with a complimentary drink – we opted for a can of Punk IPA, but prosecco, wine and other beers were also available to choose from within the ticket price.

We took a seat in the dining area at a large table with other attendees ready to get their cook on. As guests began to arrive, the Food Sorcery team brought out Vietnamese prawn crackers to nibble on as we got to know the people we'd be spending the evening with.

Once we'd munched our way through our appetiser, it was time to get our aprons on, wash our hands and start our Vietnamese cooking journey with chef Chorchaba as our guide.

First, Chorchaba showed us how to make bánh xèo; a crispy kind of pancake filled with shrimp, pork and bean sprouts, along with a tasty dipping sauce (nuoc mâm).

Every few steps, Chorchaba let the group go back to their stations and get to grips with the recipe, assisting anyone who got stuck along the way.

Next up, it was time to make Vietnamese chicken curry, complemented with Chorchaba's own special curry powder mix (which she kindly let us take home a portion of). My partner and I took turns keeping an eye on our deliciously fragrant curry, adding ingredients as it simmered away. As the chicken and veg began to cook, it was time to lower the heat and add in the coconut milk to make it creamier.

Once our curry had reduced a little, the sous chefs brought us a well-presented portion of rice each and it was time to plate up, garnish crispy shallots and take our seats back at the dining table and enjoy.

It was love at first bite as we tucked into our well-balanced Vietnamese chicken curry, savouring every morsel and washing it down with a refreshing glass of wine. Whilst we waited for dessert to be served, we discussed how pleasant an experience it had all been.

The team's warm welcomes, plus tips and tricks from Chorchaba, and the way that

the menu was chosen to meet and satisfy every attendee at every level – it came together perfectly to make a memorable evening at somewhere that we could see ourselves returning to.

Dessert came in the form of a lemon posset and was a delightfully refreshing palate cleanser; the perfect end to an evening of bold flavours and one that we enjoyed at our leisure as the Food Sorcery team washed up for us.

In fact, we were so immersed in the dining experience, that we almost forgot that we'd just cooked most of the meal.



**Food Sorcery runs classes covering a range of cuisines including Thai, Italian and French. Classes are held in Didsbury and Deansgate and are priced at £160 per pair, which includes a welcome drink, starter, main, dessert and recipes.**



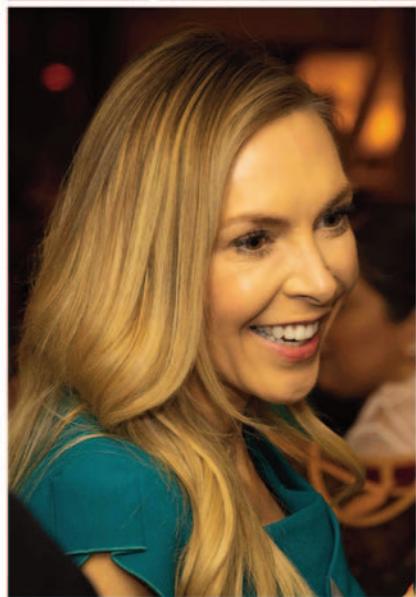


## MEETING of MINDS

The latest **Glossy Magazine** Meeting of Minds took place at Piccolino's Hale, attracting over 50 businesses to the event. Connections were made, friendships created, and business challenges and problems solved.

Speakers included Vikki Allen from AO Arena  
Bob Baker from Cheshire Wellness Centre  
and Anne-Marie Wynne from St. Ann's Hospice

Photography: Matt Priestley [www.mattpriestley.co.uk](http://www.mattpriestley.co.uk)



With more Meeting of Minds events planned around Manchester and Cheshire, drop us a line at [info@glossymagazine.co.uk](mailto:info@glossymagazine.co.uk) and find out how you too can get involved.

# Ask the Expert

## John Wilkinson BSc., MSc., AP APM

Drug and Alcohol Change Therapist

Whilst completing my undergraduate degree in psychology, I worked for my local arrest referral scheme and then went on to work with an NHS substance misuse service. I completed an MSc in forensic psychology and now work in community and in-patient mental health care for the NHS and in private practice at the Cheshire Wellness Centre.



### I think I'm drinking too much, what should I do?

Firstly, seeking professional assistance is essential to help manage associated risks and develop a treatment plan. This initially may be a GP, who might carry out some health checks and provide details of where you can seek further support. People may have achieved periods of abstinence previously, but this is not the same experience each time.

### I'm prescribed medication and I'm really struggling to come off them. Would you be able to help?

Yes, I have often assisted people who are in this position. I would work with anyone who is experiencing difficulties with alcohol, prescribed or non-prescribed drugs. I will work with people under 18 years old, but this will need to be with the consent and some involvement of parents.

### If I approach you to assist me with problematic alcohol/drug use, what can I expect?

The process will initially start with a free 30-minute consultation, which I feel is important to establish confidence in me, my approach and ability to provide

effective help. We will need to complete some essential admin and an assessment. We will then negotiate and implement your solutions. My approach is to help a person find the missing psychological pieces of the jigsaw, master emotional self-regulation and provide some accountability, then guide them through the change process. I will provide the knowledge and teach skills to allow for successful long-term self-management.

See page 29 announcing the opening of a revolutionary new addiction clinic at Cheshire Wellness.

## Matthew Copping

Matthew Copping is the Head of Stockport Grammar Junior School (SGJS). He has been a teacher for 27 years and has worked across the state and independent sector. Matthew is in his third year at Stockport Grammar Junior School and has been a headteacher for eighteen years.



### What does a great curriculum for primary age children look like?

The first few years of a child's education are so crucial in creating those important foundations for future learning. Providing a rich, stimulating curriculum that encourages children to develop curiosity, resilience and a joy of learning is key. Our newly built nursery provides a fantastic environment, encouraging both indoor and outdoor learning opportunities. Offering children a myriad of opportunities

beyond the classroom helps to ensure a varied and rich curriculum.

### When can children join SGJS?

Although our main entry points are nursery and reception, we add an additional class from Year 3, creating capacity for a further 22 children. Moving to SGJS in Year 3 means that children have time to become familiar with the school and staff, making the transition to the senior school a seamless process.

### What are the favourite aspects of your job?

I started training to be a teacher over thirty years ago – I chose teaching as I love the inquisitiveness and enthusiasm of children. Every day, having the opportunity to talk to children in lessons, during break times and in assembly reminds me of why I chose this career.

# Ask the Expert

## Helen Broadley

Helen Broadley is principal of the senior division at The King's School in Macclesfield. Helen has been principal since 2015 and prior to that, taught biology at King's and in other local independent and state schools. Helen is also the Senior Designated Safeguarding Lead (DSL) at King's and leads the pupil wellbeing programme at the school.



**What are your favourite aspects of your job?**  
The pupils, they bring so much energy and joy. A highlight of my day is lunchtime when the school comes together in the refectory. My best work is done in this one hour, catching up with news and building relationships and connections with pupils and staff alike. Working with young people is hugely rewarding, you can make a significant and long-lasting impact on their lives.

**How is pupil wellbeing promoted at King's?**  
We aim for proactivity above and beyond reactivity. The pastoral team is highly

skilled and trained in all areas of pastoral care and we are constantly updating our knowledge and training and we strive to work in close partnership with our parents. In school, we promote wellbeing through assemblies, form tutor programmes, peer mentoring and workshops. Strong communication systems are crucial, so everyone is fully informed and able to spot those early warning signs. We offer parental workshops, which are delivered in partnership with local charities, Cheshire Police and experts, on topics such as emotional wellbeing, self-harm, bereavement and loss, social media and sexuality.

**How can parents support their teenage children?** Listen to them and try not to pass judgement. Stay connected and show an interest in their lives without controlling it. Teenagers need to feel that they are in the driving seat and as a parent, we should be in the passenger seat, offering direction and guidance. Teenagers are going to make mistakes, and mistakes are stepping stones to valuable learning experiences. There is a wealth of support out there for young people, don't be afraid to seek it out.

## Jacob Didcock

Jacob Didcock is the Fitness & Wellbeing Manager of Nuffield Health Didsbury. Jacob has over 15 years' experience as a fitness professional. He has developed a specialist interest in working with individuals needing support with injury rehabilitation, pain management and sports performance and has been able to achieve credible results to a diverse range of clients.



**What are the benefits of hiring a personal trainer?**

Personal trainers work closely with individuals to establish their health and fitness goals. Hiring a fitness professional means they will create a bespoke exercise programme for you based on your personal goals, and while under their supervision, you will learn how to perform exercises properly to reduce risk of injury. Using a personal trainer will help assess and celebrate your progress towards achieving your goals while providing accountability and additional nutritional, behavioural, and lifestyle management advice.

**How does exercise support mental wellbeing?**

By being active and performing physical activity, our bodies release a handful of chemicals throughout our body and brain. Some of these chemicals, including dopamine and endorphins, are the body's natural feel-good hormones and are helpful in reducing stress and sensations of pain. Exercise also regulates mood and alleviates depressive symptoms. Research now suggests that exercise can serve as an effective complement to antidepressants, and even walking for an hour a day can help to reduce the risk of major depression.

**How much physical activity should I be aiming to do?**

You should aim for 150 minutes a week and you can add to this by attending a regular exercise class or take part in an activity that promotes any form physical movement. Being physically active doesn't have to include having a gym membership or running marathons, however, it's important to create a routine that is consistent and to find an activity that you enjoy and which includes moderate and vigorous aerobic activity as well as some muscle strengthening activities.



**The Chancellor of  
the University of Manchester...**

**Nazir Afzal OBE**

# Appointed last August and installed in October, 60-year-old Nazir Afzal OBE is Manchester University's first chancellor of Muslim-Asian origin. With an abundance of strings to his bow, the Birmingham-born lawyer presents students with an inspirational, broad-sweeping role model



A long-term consultant on law enforcement worldwide, Nazir was national advisor to the Welsh Government and holds membership of both the Independent Press Standards Organisation and Google Innovation's counter extremism advisory board. He's Chair of Hopwood Hall College, the Catholic Safeguarding Standards Agency and the London Fire Brigade's Culture Review and a trustee of the Association of the Safeguarding Partnership and the World of Women Foundation and an ambassador for the Holocaust Education Centre.

Nazir's personal pledge to making a difference and his innate thirst for justice are influenced by childhood experiences of racism. His chosen career in law made sense.

Father-of-four Nazir came north in 2011 after 22 years in London; Manchester is now home. As the North West's chief crown prosecutor till 2015, his team achieved hundreds of thousands of convictions, including those of the notorious Rochdale sex grooming gangs, murderer Dale Cregan and television presenter Stuart Hall.

Nazir will not be pigeonholed nor silenced. Immediately after the Manchester Arena bombing in May 2017, he left his prestigious job as chief of the Association

of Police and Crime Commissioners. This freed him to voice his own views. Outspoken and fearless, this chancellor, whose defense of the vulnerable, whose abhorrence of violence against women, whose multi-ethnic insights and media presence render him ageless, stimulates the younger generations.

Above all, for Nazir, education holds a profound significance. Third child of seven in a Pashtun immigrant family, he was the first ever to attend school. Not until his Birmingham University graduation had his late parents entered a university building.

Nazir is "blown away" by those around him, intent upon increasing the university's communal engagement and looking forward to planning next year's bicentenary celebrations.

#### **What are the chancellor's duties?**

"I hold the university's most senior post and as ceremonial head, I preside over graduations and am the university's first ambassador here and abroad. We were the first university to be established in an UK industrial city, we are the UK's largest on one site and Manchester's biggest employer."

#### **Any details?**

"We have 13,000 staff, 44,000 students and host UK's largest medical school. We boast 25 Nobel prize winners, including, in 1979, the UK's first black professor, Sir Arthur Lewis. Our Faculty of Biology, Medicine and Health is larger than all Cambridge University."

#### **Your reaction to your post?**

"Daily, I walk past where Rutherford split the atom and am constantly struck by the enormity of this institution's worldwide contribution – past and present. For example,

there's current research into the use of smell for identifying dementia and it was here, in 2004, that graphene – the thinnest material known to man – was rediscovered. We boast celebrity academics Professors Brian Cox and Jean Winterton and just associating with people like this makes me feel intelligent too!"

#### **Does this working environment differ from your others?**

"Previously, I had to encourage colleagues to engage with the outside world, but here, involvement with religious communities, with travellers and, in fact, with everyone is expected."

#### **Your aims?**

"I want Manchester's citizens to see the value this global institution brings to our daily existence and that its research is recognised as improving everyone's lives. Its teaching produces the stars of tomorrow. Its social responsibility ensures the world is a better place."

#### **And the University's bicentenary in 2024?**

"This university is globally, nationally, regionally and locally respected. None of us will be here to experience the next centenary, so this bicentenary is a massive opportunity to acknowledge the impact of this university on each of our lives. It's important to celebrate in style, so long as we are humble enough to appreciate its journey. For the numerous events to mark the occasion, we are reaching out to our 600,000 former students and everyone interested, asking them to contact us this year and the next. Manchester University graduates hold positions of responsibility, influence and power all over the world. We want them to rejoin us in any way possible. Details will follow – just contact us."

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**The Chancellor** Manchester University, Oxford Road, Manchester M13 9PL  
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mgs\_1515 The Manchester Grammar School

# Education News



## Pupils at The Manchester Grammar School (MGS) have been highly successful in securing offers for the Universities of Cambridge and Oxford.

30 pupils have received offers from Cambridge and Oxford, placing MGS in a very select group of top academic schools nationally. Pupils have received offers to study a very wide range of courses, including Earth Sciences, Archaeology and Anthropology, Russian, Chemistry, Mathematics, Law, Economics and Human, Social and Political Sciences.

School Captain Zach studies English, History, Mathematics and Philosophy and has an offer to read History at Trinity College, Cambridge. Zach commented: "I'm very excited to have received an offer to study at Cambridge University next year. I have always loved stories of the past and I am looking forward to continuing my academic exploration at university – especially debating

and refining my ideas with the fellows and tutors – diving into all the societies and grasping all the opportunities that will be on offer. I couldn't have done it without the incredible support of my history teachers (Mr Strother and Mrs Carter), Head of History Mr Hern and the entire department as well as the MGS Sixth Form team.

"I'm immensely grateful for their patience and generosity of time in answering my many questions and reading drafts and redrafts of my application."

He added: "I'm also incredibly proud of everyone in Year 13 for having gone through the stressful UCAS admissions process. Huge congratulations to everyone who received an offer, Oxbridge or otherwise,

and good luck to all as we head off to an exciting next stage in education or work, here or abroad. All that's left to do is to work hard and meet our offers! The shift to university life is going to be both thrilling and challenging. Yet, I will always remember fondly my time as a part of the MGS community and the lifelong friends, qualities and outlook I have gained from my time at the school. During our final months before exams, I'm able to reflect on my MGS experience as one that has set me up for an exciting (and hopefully successful) future."

Well done to all pupils and we wish them the very best of luck in their upcoming examinations!

## The Grange School

Children at The Grange School make exceptional progress and this is achieved through combining a tailored curriculum with outstanding pastoral care and a wide variety of enrichment activities.

Our purpose is to prepare children for life, and it is the warm, caring and thoughtful relationships that we develop with every

child and their families that guarantees their success. We firmly believe that young people learn from everything that they experience in school: from their studies and their involvement in activities outside the classroom to their interests and hobbies and their relationships with their peers and teaching staff.



If you would like to arrange a visit to The Grange School, then call the school's friendly Admissions Team on 01606 539039 or email [admissions@grange.org.uk](mailto:admissions@grange.org.uk).



# King's

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## The King's School's netballers hit the heights in the Cheshire County Championship Netball Finals, winning both the U18 and the U13 titles, whilst the U12s made it all the way to the finals.

The superb U13 team put together some fast-paced, strategically intelligent performances to win the final against The Grange by an astonishing 16-1 margin, having previously beaten Lymm, Upton, Fallibroome and Bishop Heber and then Wilmslow 12-5 in the semi-final.

Melanie Stephens, King's U13 netball coach, said: "It was a strong, all-round performance built on clinical finishing, wonderful feeds from the centre court players and impressive play from defenders. The girls also had an impressive run to reach the semi-finals of the National Independent Schools Cup. It is

the second successive year this group has won the county title and they will no doubt continue to contend for national honours as they progress through the school years."

This latest county trophy will be added to that of the King's U18 netball squad, who also won their County Championship, beating Wilmslow 11-5 in the final. The Cheshire Cup final marked the end of the season and the end of the school careers of four of the girls in year 13. Anna Warham, goalkeeper Hope Sutton, Eve Carter and Cordy Kight will move on next year after playing in the same closeknit King's team for 11 years. Captain

Anna Warham said, "Our secret is our team ethic."

The U12 King's squad seemed on the course to make it a King's treble but lost 3-1 to The Grange in the final. Earlier, they had been unbeaten winning against Hartford 17-3, Lymm 15-2, Alderley Edge School for Girls 14-1 and Queen's Chester 8-1 in the semi-final. U12 coach Lisa Booker said, "The final really could have gone either way, but these girls will return stronger and even more determined."



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## Stonyhurst's sportswoman makes debut for England



5th March marked a significant milestone in Stonyhurst's already rich sporting history, with one of its pupils playing for the U18 England Women's rugby team, leading the team to victory against Wales.

scholar in her final year at Stonyhurst College, was selected to play for the starting XV and scored two tries, helping the team to reign victorious over the Welsh side, with a final score of 48-5.

The match was the first international fixture for the 2023 season, which took place at Rugby School, the birthplace of rugby union 200 years ago, as part of the bicentennial anniversary celebrations. Sunday's game was the first-ever women's international to take place at Rugby School. Connie, a

Connie played on the left wing and made her 15-a-side international debut, after playing for the England U18 7s team last summer. The 18-year-old is an outstanding all-round sportswoman. Alongside rugby, she represents Stonyhurst in 1st XI hockey, 1st VII netball and 1st XI cricket.

John Browne, Headmaster of Stonyhurst, said: 'We are incredibly proud of Connie and her debut with England's rugby team. Her contribution to the team's victory is a remarkable tribute to the determination and maturity of this young sportswoman. Connie is setting a fine example for her younger peers and we are looking forward to what the future holds for her. Our motto, Quant Je Puis, As Much as I Can, was certainly on display this weekend.'

Beginning her journey at Stonyhurst in year 8, Connie is balancing her sixth form studies, taking A-levels in mathematics, biology and chemistry, with her training programmes for England, Sale Sharks and Preston Grasshoppers. Connie's England debut followed her success with Sale Sharks last week, where she again was a try scorer alongside her fellow Stonyhurst sportswoman Priya, who also demonstrates a huge amount of skill for the sport.

The England squad will now turn their attention to the 2023 U18 Six Nations Festival, running from 7-15 April at Wellington College.



## Withington Girls' School scores highest ever national sports ranking

Withington Girls' School (WGS) has achieved its highest ever ranking by *School Sport Magazine* as a top sporting school in the UK. In tables published in January 2023, of all the schools listed in the Top 200 Sporting Schools of 2022, WGS was named 43rd.

The ranking includes both independent and state schools, co-ed, all-boys and all-girls schools and is based on national competitions performances.

Miss Jennifer Carter, Acting Head of PE, hailed the award as "an amazing achievement" and praised the pupils and dedicated staff for a successful 2021-22 season, which saw WGS win its first national lacrosse title and secure a bronze medal in national netball finals.



This season, WGS's U13 and U15 netball teams are national champions of the Independent Schools National Netball Cup, whilst the U14 team also have a national title after winning the Sisters n Sport Cup, a week after finishing as second in the country at England Netball's National Schools Final. In lacrosse, earlier this year, WGS's U19s and U14s teams competed at the National Schools Lacrosse Championships, whilst

the U15s won the North Schools Tournament, where the U13s finished as runners-up. And across a range of activities during the last academic year, several of the school's pupils were playing their chosen sport at national level. Some represented the country in lacrosse, netball or fencing; one Year 13 student won a national ballroom dancing championship whilst another was awarded an England silver medal for trampolining.



Sport is written into WGS's Health and Development Plan, with a commitment to providing 'something for everyone'. The range of sporting and wellness activities available at the school is diverse and develops to reflect pupil interest. Alongside traditional hockey, netball and lacrosse, pupils can pursue a healthier lifestyle through a variety of clubs, including dance, fitness, gymnastics, tag rugby, football, badminton, table tennis and yoga, as well as by using the spacious gym or the multi-purpose mind and body studio.

In the last five years, WGS has seen significant upgrades to its sporting facilities, with the addition of a bright and airy £1.75m sports centre in 2018 and, more



recently, a first-floor indoor viewing gallery overlooking the school's sports pitches was included in a further development project. Headmistress Mrs Sarah Haslam commented: "As a relatively small school, WGS performs exceptionally well in sport and over the years, our pupils have excelled in many sports locally, regionally and nationally. Nevertheless, our vision is to provide an environment that enables all our pupils to enjoy sport and fitness and enhance wellbeing during their time here, whatever their skill level, and feel inspired to get active and stay active for life."





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## Stockport Grammar choir hits the Cambridge high notes

Members of the chamber choir at Stockport Grammar School (SGS) had an unforgettable experience as they performed a joint Choral Evensong Service with the choir of Jesus College, Cambridge in its historic chapel.

The musicians met with former pupil Caitlin Cutts (OS 2021), who is currently a choral scholar at Jesus College. They enjoyed tours of Trinity, Christ's, Jesus and King's College – the latter of which was conducted by alumni Henry Brearley (OS 2015). The Old Stop was a great host and he pointed out interesting facts about the history of the college, including its royal patronage.

The musicians also listened to Christ's College's Director of Music, Dr David Rowland, talk about pathways in higher education and opportunities in music at Oxbridge colleges and other universities, such as choral and organ scholarships. During the service, the singers performed a number of choral pieces, including Preces and Responses by Reading, Stanford's setting of Psalm 150, Magnificat and Nunc Dimittis in D by Wood and Handel's And the Glory of the Lord.

Speaking about the trip, Sixth Former Adina Vidler said: "I had a great day and really enjoyed visiting different colleges, each

with their own character. The Evensong performance was magical, and I found singing alongside the Jesus College choir inspiring."

SGS's Director of Music, Mr Michael Dow, agreed: "The day in Cambridge was thoroughly enjoyable. Choral Evensong, together with Jesus College Chapel choir, was a beautiful service and it was a great opportunity for our pupils to sing with an outstanding choir and to work with their Director of Music, Mr Benjamin Sheen."



## Schooling in sustainability

For most families, Saturday will mean many things: getting to that big sports fixture in time; hitting the shops early to beat the lunchtime rush; or even visiting friends and extended family members.

But just as we all spring into March – a month when environmental awareness days come into focus, from Keep Britain Tidy's annual national clean-up campaign The Great British Spring Clean to Global Recycling Day – here comes an exciting new annual weekend activity in sustainability. Set within Cheadle Hulme School's 84 acres of green space, last month, the school launched its own Eco-Con community fair for the very first time.

The free event showcased stalls, workshops, talks and practical activities – all initiated to inspire ideas and bring about small changes that everyone can make in everyday life to collectively help tackle environmental issues.

CHS Council's Eco Committee member and Sixth Form Waconian Alyssa, hosted a panel asking questions to representatives from

Recycle for Greater Manchester and Transport for Greater Manchester. Other panels featured ambassadors from Fairtrade and there was a session about the key role of honeybees with Peter Carefoot of Stockport Beekeepers' Association as well as a Q&A with the school committee itself, answering questions about the work it has achieved this year.

*"Eco-Con is a community fair open to everyone; its aim is to empower action, inspire ideas and sustain changes in daily life, so we can all play our part in positive changes to tackle environmental issues."*

**Alyssa, CHS Sixth Form (School Council Eco Committee member)**

And whilst visitors included the school's families, staff and Old Waconian network of alumni, friends were invited too; with a special schools' programme put together alongside Lum Head Primary, Lady Barn House School, Greenbank Prep and Thorn Grove primary.

Putting together Eco-School case studies, a 'teacher know-how' session with an Eco-

Schools assessor gave tips for becoming an officially accredited Eco-School like CHS's own Infant and Junior School. Plus a session with a sustainable business manager, giving an easy-to-follow roadmap to becoming Zero Carbon.<sup>1</sup> The event was a useful and fun way to learn about how to make small changes for future generations to survive and thrive.

*"We firmly believe that educating teachers about the importance of sustainability is just as important as educating us students. So, our classroom sessions for teachers to learn about how to deliver important sustainable messages and network to share ideas is really beneficial."*

**Sam, CHS Sixth Form (School Council Eco Committee member)**

Other highlights included demonstrations on how to make your own bath salts, whilst others shared tips on how to attract wildlife into your garden or save energy. Launched as part of Cheadle Hulme School's Green Plan initiative to become carbon net-zero by 2030, Eco-Con looks to become an important date to mark on all our calendars.

**Families can discover more about Cheadle Hulme School's Green Plan and the latest pre-school, reception and junior school eco initiatives by attending their Infant and Junior School open event in May.**

**Visit [www.cheadlehulmeschool.co.uk/admissions](http://www.cheadlehulmeschool.co.uk/admissions) or email [admissions@chschoo.co.uk](mailto:admissions@chschoo.co.uk) for info.**



## Destination TEDxManchester for CHS Waconians

Cheadle Hulme School's Waconians swapped their blue sixth form blazers for red t-shirts as volunteers at Manchester's top annual speaker conference TEDxManchester 2023. Assisting the team throughout the event at The Bridgewater Hall, the pupils' duties included front-of-house wayfinding, registering attendees, assisting with selfies and book signings, and monitoring the green room.

As part of the school's support of TEDxManchester's Bursary Programme, six senior school Waconians also joined the audience having won tickets after perfecting their public speaking skills and presenting talks about a subject of their choice to an audience of

classmates and teachers. Hot topics ranged from gender equality to gaming, life on other planets and the condition of hip dysplasia.

Commenting on CHS's unique connection to this year's TEDx-Manchester theme, 'Eyes Wide Open', CHS Deputy Head (Academic), Mr Nick Axon, said: "CHS encourages its Waconians to approach everything with their own 'eyes wide open' by developing their desire to learn, question and persevere in all they do, so they can become the best versions of themselves whilst making a positive impact on the world around them."



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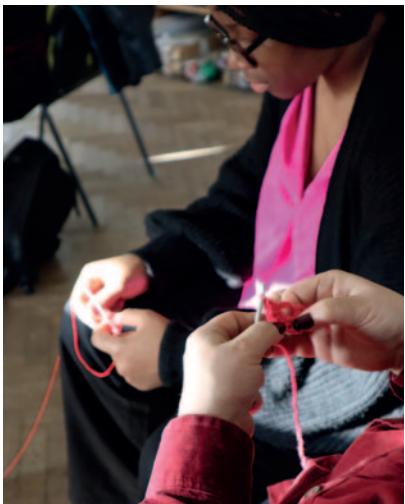
## No homework – just balance for MHSG



A top all-girls' school in Manchester has given its students a no-homework week and arranged a jam-packed series of fun activities, including circus skills, to promote their mental health and wellbeing.

to remember to take care of themselves. If we do not take the necessary time to pause, reflect, rest and replenish our mental reserves, ultimately, our ability to perform to the best of our ability is compromised.

Mrs Jeys added: "Wellbeing, a 'character' education and proactive approaches to pastoral care are integral parts of life at MHSG – we believe that a happy student is far more likely to achieve academic success. Character and the building of character are particularly important to us."



"MHSG is dedicated to nurturing all of our pupils as individuals and enabling them to reach their full potential – promoting and protecting their wellbeing is an integral part of that process."

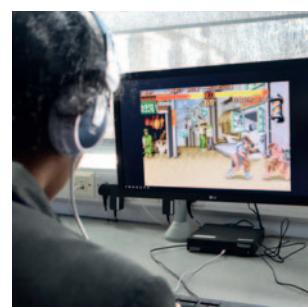
Alongside normal lessons, pupils' lunch hours are set aside for them to try out scores of different activities, each encouraging them to try something outside of their comfort zone and to find new hobbies and skills. From circus skills and archery to chocolate masterclasses, self-defence, martial arts, skateboarding and fragrance workshops – the timetable is deliberately overflowing with a wide range of opportunities.

"Helping pupils to develop the skills and experiences to be resilient, tenacious and confident as well as those strategies that aim to help them cope with stress will ultimately prepare them for their future, way beyond the school gates."



Following assessment week, Manchester High School for Girls (MHSG) in Fallowfield held its annual Balance Week which features dozens of activities for all its pupils and staff, all designed to emphasise the importance of a work-life balance, resilience and rest. Head Mistress, Mrs Helen Jeys, said: "This week is about teaching our pupils

MHSG student Eve said: "We have loved the opportunities Balance Week has provided. Having the time and chance to participate in such a vast range of fabulous activities has encouraged us all to reflect on the ways we balance our commitments while prioritising our wellbeing and has reminded us of the need to simply take a break and have fun!"



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## Hans Zimmer's Best Works at Hallé St Peter's

I was invited to film score composer Hans Zimmer's best musical ensembles at Hallé St Peter's this month and it was absolutely breathtaking from start to finish

The majestic venue in Ancoats, a dedicated space for rehearsals and musical recordings, looked atmospheric as it glowed gently under candlelight. Thousands of faux candles adorned the dome-shaped hall, contouring its periphery and casting long, warm shadows as the stained-glass windows at the front of the venue reflected them. We grabbed a glass of wine each, took our seats, and before too long, the four musicians providing the entertainment made their way into their designated spots and began their 75-minute serenade, melting us with their rendition of Now We Are Free from from Ridley Scott's 2000 movie Gladiator.

After every couple of tear-jerking tracks, the members of the quartet, String Infusion, introduced themselves before moving on to the next piece, describing why they had chosen each track and what they found compelling about them. You could hear a pin drop between each chord the quartet played, the audience fully immersed and in awe watching every movement and hearing every note. The evening played host to a plethora of iconic works by Hans Zimmer, including notable festive piece Maestro from 2006 film The Holiday and the soul-stirring Tennessee from 2001's Pearl Harbour.

Time ran away with us and before we knew it, the night had ended. But not before String Infusion gave the audience the chance to take a picture as they performed their hearts out to encore, He's a Pirate, theme to Pirates of the Caribbean. The lights in the venue rose, revealing an audience of moved individuals – some eager to discuss the enthralling show they'd just witnessed, others taking a moment to wipe their eyes, a powerful performance having moved them to tears – everyone equally as wonderstruck.

By Harley Young

Fever hosts candlelit performances across the city, from sci-fi anthems and classical numbers to Fleetwood Mac's greatest hits and Adele's most moving tracks. Each one is hosted in a unique venue. [feverup.com](http://feverup.com).

# Didsbury Arts Festival 2023

24 June – 2 July



Welcome to Didsbury Arts Festival, south Manchester's biggest contemporary celebration of art and creativity!

Back with a new festival director, DAF 2023 is promising exciting, new experiences for audiences and artists during a packed programme showcasing local talent as well as artists from further afield. Join us for live music, visual arts, film, drama, comedy, family fun and much, much more... There's something for everyone and it's all right on your doorstep!

This year's DAF theme is *Your Festival, Your Voice*, with festival director Rod Adams promising a 'people's festival' to reflect the rich diversity of Greater Manchester. With 20 years' experience delivering arts projects to communities across the region and beyond, Rod is committed to promoting cultural diversity and positive social change through the arts whilst engaging with harder to reach groups.

"The arts are powerful because they give people a voice!" says Rod. "We want to provide a platform for those voices that aren't always heard. I want DAF 2023 to be a people's arts festival with lots of opportunities to watch, to engage, to be seen and heard and to create. We can all become artists; we just need the opportunity."

This year's festival highlights include a live, global music event embracing diverse influences – from South Asian, African and Middle Eastern sounds to North-West indie and rock. On the urban music scene, the return of legendary northern club night *Phenomena* will bring back old-skool sounds of R&B, hip-hop and UK garage for nostalgic, 90s clubbers. More traditional festival fare, including classical music and jazz, will also be on offer, while music-making workshops will inspire festivalgoers of all ages.

A major community arts project *Voices of Didsbury* will provide an opportunity for members of the public to get creative and compete for the chance to exhibit their own work. Meanwhile, an immersive theatre experience will offer thrills and surprises! Street art, spoken word and author events, a mini film festival and theatre and poetry in schools will also feature during the nine-day festival programme.

There will be plenty of family-friendly fun on offer, including events in the parks, a family disco and the chance to create amazing images in light graffiti workshops hosted by Siemens. *Didsbury Superstar*, a major talent show for children and young people, taking place in Didsbury Park, will provide an entertaining and memorable finale to DAF 2023.

"We want people of all ages and backgrounds to find something inspiring and enjoyable and to experience as many magical 'wow' moments as possible," says Rod.



DAF 2023 is supported by patrons and friends, including Jeff Smith, MP, and a number of generous individuals and Didsbury businesses. This year's festival sponsors, to whom we are immensely grateful, are Siemens, ABa Quality Monitoring, Julian Wadden, Sterling Partners, Stealth Marketing and Salehs Solicitors. Many thanks, also, to our media partners *Glossy Magazine* and *Didsbury Post*.

DAF is a biennial, community-led arts festival, celebrating creative culture in Didsbury since 2009. DAF 2019 attracted more than 10,000 visitors. For the latest festival news and ticket sales (from May), visit [www.didsburyartsfestival.org](http://www.didsburyartsfestival.org)

## Fancy getting involved?

If you would like to volunteer at DAF, please get in touch via the website. Local businesses and organisations willing to provide venues, please email [info@didsburyartsfestival.org](mailto:info@didsburyartsfestival.org)



# WHAT'S ON



There are some exciting new productions in our city this spring, such as *If You Fall* at HOME and the stunning stage adaptation of *Drive Your Plow over the Bones of the Dead* at The Lowry. Manchester Jazz Festival is back with ten days of music and entertainment and *The Bodyguard* returns to the Palace starring Pussycat Doll Melody Thornton.



## Family

### ■ The Very Hungry Caterpillar Show

**The Lowry / Tue 11 – Sun 16 April**

Dive into Eric Carle's bright and colourful world as his beloved stories are transformed from page to stage using a menagerie of 75 lovable puppets and charming music. Featuring your favourite titles: *Brown Bear, Brown Bear, 10 Little Rubber Ducks, The Very Lonely Firefly* and, of course, the star of the show, *The Very Hungry Caterpillar*.

## Dance

### ■ National Youth Dance Company

**The Lowry / Sat 15 April**

For the last 10 years, National Youth Dance Company (NYDC) has worked with more than 300 young dancers from across England to create and perform high-quality, critically acclaimed productions and tour them around the country. Now, for this special anniversary year, guest artistic director Wayne McGregor CBE will create a brand-new work for the company, highlighting the power and creativity of young people from all dance styles and backgrounds.

### ■ Kontemporary Korea

**The Lowry / Mon 24 April & Sat 6 May**

On 24 April, Korean National Contemporary Dance Company presents two dramatic, punchy works from a new generation of Korean talent. *Mechanism* plays with how we see the human and our interaction, whilst *Everything Falls*

*Dramatic* offers a powerful and emotional meditation on our sense of fragility, resilience, loneliness and solidarity. On 6 May, they return to present a triple bill of K:Dance by leading Korean new talent Howool Baek and SIGA Dance.

### ■ Akram Khan's Jungle Book Reimagined

**The Lowry / Sat 13 May**

Akram Khan Company's new dance-theatre production is based on the original story of Rudyard Kipling's much-loved family classic. Akram and his team reinvent the journey of Mowgli through the eyes of a climate refugee. Featuring an original score, ten international dancers and state-of-the-art animation and visuals, *Jungle Book Reimagined* is a beautifully compelling and vital piece of storytelling about our intrinsic need to belong and bond with others and placing the importance of connecting with and respecting our natural world at its heart. Age guidance 10+

## Drama

### ■ The Beekeeper of Aleppo

**The Lowry**

**Tue 18 – Sat 22 April**

Nuri is a beekeeper; his wife, Afra, an artist. They live a simple life, rich in family and friends, in the beautiful Syrian city of Aleppo. When all they care for is destroyed by war, they are forced to escape. On their terrifying journey, they must face the pain of their own unbearable loss alongside incredible danger. This compassionate and beautiful play is a story of connection – between friends, families and strangers.

### ■ Drive Your Plow Over the Bones of the Dead

**The Lowry / Tue 25 – Sat 29 April**

Based on Nobel Prize-winning author Olga Tokarczuk's novel of the same name, this production is a thought-provoking, wry and otherworldly murder mystery. If you love a whodunnit or a brilliant story well told, then this tale about the cosmos, poetry and limitations and possibilities of activism is for you! Book a ticket – you will not be disappointed.

### ■ Cat On a Hot Tin Roof

**Royal Exchange / Until Sat 29 April**

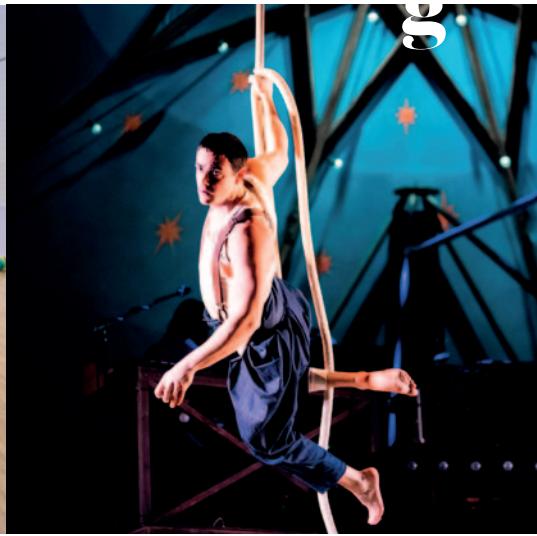
A Pulitzer Prize-winning classic, this turbulent and brutal comic drama from legendary playwright Tennessee Williams is directed by the Royal Exchange Theatre's Joint Artistic Director Roy Alexander Weise and promises, whatever the weather outside the theatre, a hot, steamy evening filled with secrets and lies and heated battles around ambition and succession.

### ■ Michael Rosen's Unexpected Twist

**The Lowry**

**Tue 2 – Sun 7 May**

This is a music-filled, thrilling production brought to vivid life by The Children's Theatre Partnership, whose shows have included *Animal Farm* and *The Jungle Book*. Directed by James Dacre, Rosen's novel is adapted for the stage by BAFTA award-winning playwright Roy Williams and features original music by rising R&B star Yaya Bey and BAC Beatbox Academy's Conrad Murray.



## ■ Sucker Punch

**The Lowry / Tue 2 – Sat 6 May**

This tender, bruising and funny play by leading British dramatist Roy Williams features a real boxing ring on stage and a fabulous '80s soundtrack. Winning the Alfred Fagon Award, The Writers Guild Award for Best Play and nominated for an Olivier for Best New Play, it first opened in a sell-out production at London's Royal Court and brilliantly explores being young and black in the 80s. Age guidance 14+.

## ■ The Way Old Friends Do

**The Lowry / Mon 22 – Sat 27 May**

*The Way Old Friends Do*, written by and starring Ian Hallard and directed by Mark Gatiss, is a new comedy about devotion, desire and dancing queens. In 1988, two Birmingham school friends tentatively come out to one another: one as gay, the other – more shockingly – as an ABBA fan. Simultaneously tender and laugh-out-loud funny, this heartfelt story will appeal to anyone who understands how it feels to be a fan; of ABBA or of anyone.

## Musicals

### ■ The Bodyguard

**Palace Theatre / Mon 3 – Sat 15 April**

The international, award-winning, smash-hit musical *The Bodyguard* is back! Starring Pussycat Doll, and multi-platinum Grammy-nominated Melody Thornton\* as Rachel Marron (\*evenings only). The production features a whole host of irresistible classics, including *One Moment in Time*, *Saving All My Love for You*, *Run to You*, *I Have Nothing*, *Greatest Love Of All*, *I Wanna Dance with*

Somebody and, of course, *I Will Always Love You*.

### ■ The Buddy Holly Story

**Manchester Opera House / Thu 20 – Sat 22 April**

A cast of phenomenally talented actors and musicians tell Buddy's story, from his meteoric rise to fame, to his final legendary performance at The Surf Ballroom in Clear Lake, Iowa. Featuring a terrific soundtrack, including *That'll Be The Day*, *Oh, Boy!*, *Rave On*, *La Bamba*, *Chantilly Lace* and *Johnny B. Goode*.

### ■ If You Fall

**HOME / Wed 3 – Sat 13 May**

Multi-award-winning theatre company Ad Infinitum brings you a moving, humorous and sensitive story based on real-life personal testimonies. Filled with acapella singing and their signature style of physical theatre, this intergenerational ensemble cast explore older people's care in all its complexities. *If You Fall* tells the deeply human stories of older people, their families and carers struggling to approach end-of-life care with dignity.

### ■ Greatest Days – The Take That Musical

**Palace Theatre / Tue 16 – Sat 27 May**

*Greatest Days* stars the award-winning Kym Marsh, who shot to stardom in noughties band Hear'Say and now best known for *Coronation Street*, *Waterloo Road* and as a presenter on the BBC's *Morning Live*. Celebrating the 30th Anniversary of Take That's first ever UK number 1 single, *Pray*, and coinciding with the summer 2023 release of the official movie of this smash-hit musical

– *Greatest Days* promises to be a night out you will 'never forget'.

## Festivals & Exhibitions

### ■ Manchester Jazz Festival

**Various Venues / Fri 19 – Sun 28 May**

mjf 2023 is an exciting ten days of music and entertainment taking place at venues and sites across Manchester, including weekday gigs at St Ann's Church, nightly gigs at Matt & Phreds, events at Forsyth Music Shop and at The Yard with partners NQ Jazz, and ends with an extended weekend-long party at Band on the Wall. See manchesterjazz.com for tickets and details.

## Circus

### ■ Extraordinary Bodies: Waldo's Circus of Magic and Terror

**The Lowry / Thu 20 – Sat 22 April**

It's 1933 Brandenburg and the Nazis are burning books and suspending civil rights. Many are desperate to escape, but for Waldo and his travelling circus of outcasts, acrobats and aerialists, 'the show must go on'. This spectacular new circus theatre musical is informed by historical research and the experiences of real performers. The show is a large-scale collaboration between D/deaf, disabled and non-disabled artists and creators. All performances are chilled, BSL interpreted, captioned and audio described.

# DESK TECH

If your work is desk-based, regardless of whether you're at home or in an office, there are loads of little tweaks you can make to transform your working environment for better productivity, wellbeing and general happiness. For me, happiness equals shopping for gadgets. Here's some workplace essentials that will definitely make your working life better...

## Evapolar evaCHILL

Remember those heatwaves last summer? Ugh, no way I'm getting caught out next time. I'm planning ahead and ordering one of these. It's a portable air conditioner that not only cools the air in your immediate vicinity but also purifies and humidifies. It's eco-friendly, consuming only 7.5W, and unobtrusive in daily use with one-touch operation and whisper-quiet operation.

£88, [evapolar.com](http://evapolar.com)



## Ticktime Pomodoro Timer

This tactile, addictive and attractively designed productivity timer is touted as the thing that'll make you fall in love with time management. Yikes, that's some claim, but it's sure got my attention. The hexagonal prism displays different preset timer intervals on each of its six sides, you simply flip it to the time period you want to count down. It's USB-C rechargeable, compact and durable, and can be configured beyond the presets if you want to customise your countdown needs.

£39, [amazon.co.uk](http://amazon.co.uk)

## Logitech Litra Glow

OK, you might associate a ring light with Twitch streamers, YouTubers or influencers and wannabes, but there's a strong business case for them too. When you're doing online meetings and properly illuminated, you immediately give the impression to clients, colleagues and prospects that you're awake, energised and engaged. Lurking in the shadows in meetings, virtual or real, isn't the path to success. This piece of kit does it all – perching unobtrusively above your webcam and emitting an adjustable, wide and soft glow.

£59, [logitech.com](http://logitech.com)



## reMarkable 2

This smart notebook or 'paper tablet' has seemingly taken the business world by storm in the past year – ask anyone that's started using one and they tend to extol its benefits quite passionately! You can scribble on it just like paper, plus type and read just like a tablet. It converts your scrawlings into typed text, which you can view, sync and edit on the go, then organise all your notes in one place.

From £279, [remarkable.com](http://remarkable.com)



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## VOLT FROM THE BLUE

**Seemingly from out of nowhere, a new affordable competitor has sprung up to shake up the electric vehicle market: from a carmaker that dates back 99 years!**

None other than MG, still headquartered in the UK and now owned and produced by a Chinese parent company, is now the fastest-growing automotive brand in this country. Today, its focus is on the EV sector, to which it brings its brand values of practicality and a price that's closer to reality for more people.

In fact, the MG4 EV has proven to be such a stunner upon its launch, that it has just been voted UK Car of the Year 2023, with a panel of experts selecting the all-electric hatchback as the best new car on sale in the UK today.

The panel of 27 automotive journalists praised the MG4's design, quality and outstanding value for money – recognising that the new fully electric hatchback puts zero-emissions motoring within reach for more people than ever.

Fully charged, it offers more than enough miles for the vast majority of journeys, while the design and driving dynamics tick

two other important boxes for consumers. At a price starting from just £26,995, it significantly undercuts rivals without compromising on the practicalities that matter, such as range, design, gadgetry or everyday usability.

In fact, what really makes it unique is that it's pretty much the only EV at the 'practical' end of the market that isn't an SUV, meaning that you're not paying extra cash for off-road cred – which, after all, most motorists never need.

Besides its value and the fact that it simply does everything you'd want it to, there's also the not inconsiderable matter of style. Not only does it look cool, but it has the feel of a much more expensive car too. For sure, it unashamedly sits in the budget vehicle category, but it doesn't give the impression of having been built to a price point.

Add into the mix the dealbreakers of space and safety, and you end up with a totally credible, all-round family car.

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**Fact file / MG4 EV / Range: up to 281 miles**

**Acceleration: 0-62 in 7.7 seconds / Peak power: 168hp / Seating capacity: 5**

**Price: from £26,995**

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