

GLOSSY

MAGAZINE

Happy Father's Day

Treat dad to something extra special and show him he's top of the pops!

Hot And Bothered

Postcards from Andalucía

Bedroom antics

The best place to chill out?
A beautiful boudoir of course!

**The Glossy Guide
to a European Summer**



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This is our green seal. Since 2015, it is the new mark of our watchmaking excellence. There is nothing to distinguish it from any official seal, yet its inscriptions and colour make it unique. Its green hue attests to the superlative standards of both quality and performance to which we hold every single element of any and all of our watches: precision, water-resistance, autonomy, reliability

and durability. For this simple seal bore witness to the epic journey each has undergone in our workshops, from initial sketch to final tests before shipping. Of all the components which compose our watches, this seal is not the hardest to manufacture but it is wholly our own and its value is immense. Because it carries the promise of our unwavering commitment.

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ROLEX



Glossy HQ is as hectic as ever...

We've had a busy few weeks since we last spoke, and eventful, to say the least. We enjoyed a couple of days at The Coniston Hotel Country Estate and Spa in the Yorkshire Dales, which was absolutely fabulous – you can read more about it on pages 28 and 29. Before we left to come home, we decided to go for a walk around the lake, which was very pretty, but muddy, and I slipped and broke my ankle. I've always said that walking is overrated!

We recently enjoyed a Glossy Meeting of Minds event at Zouk Tea Bar and Grill, where we bring businesses together to chat with like-minded people over some delicious food and drink, and it is always a huge success. So, if you are interested in being involved in our next Meeting of Minds event, email info@glossymagazine.co.uk and we'll be in touch.

We were invited to Cloud 23 for a Finnair celebration, marking the 30th anniversary of direct Finnair flights between Manchester and Helsinki. The first flight launched on 27 March in 1994, which was a year of cultural milestones for Manchester – Oasis released their first album 'Definitely Maybe', the first episode of 'Friends' premiered and Manchester United won the FA cup. What a year! Finnair is increasing its flight capacity this year, but you can read more about Finnair in our next issue.

The Glossy Christmas Party is almost sold out, so if you want to join us at The Edwardian Manchester Hotel on 30 November, be quick or be disappointed. The lovely Johnny de M will be hosting once again, and Ali Birchenall will be back with some fabulous music. After a champagne reception, you'll enjoy a three-course dinner with entertainment, a raffle, an auction and some fun games with lots of fabulous prizes to be won.



Salim has just flown off to La La Land so you can read more about that in the next issue. It's work!
Of course.

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The Glossy Guide to a European Summer... p26

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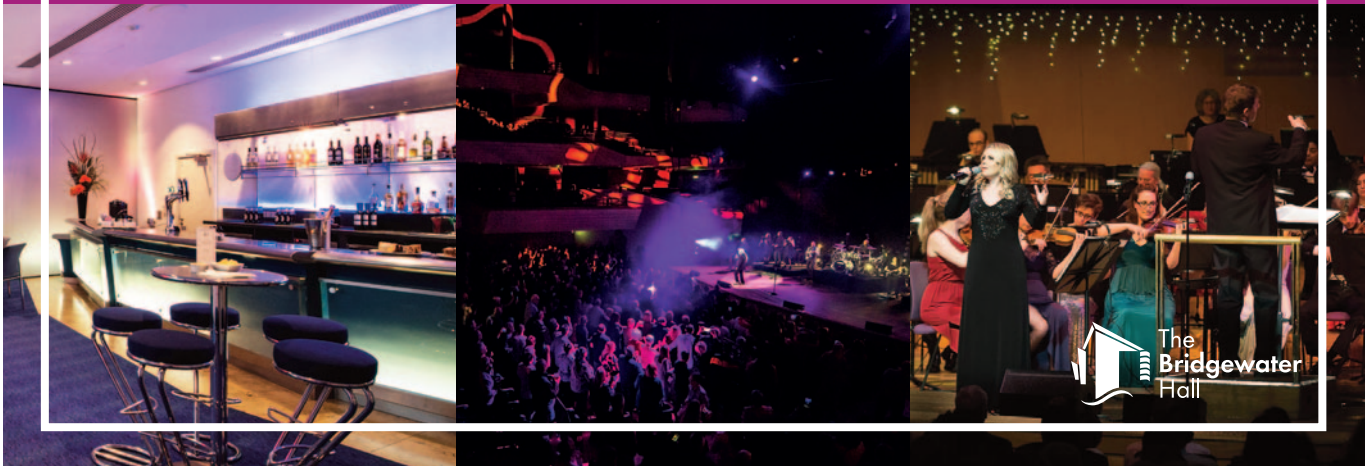


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Happy Father's Day

Treat dad to something extra special and show him he's top of the pops!



1. Rugby Ball cushion, £49.99, lazypheasant.com 2. Apothecary men's grooming set, £22.50, marksandspencer.com 3. Cheesy Dad personalised apron, £19.99, gettingpersonal.com 4. Dior Eau Sauvage aftershave lotion, £200, harveynichols.com 5. Best Dad Ever badge, £3.99, gingerray.co.uk 6. Bohemian Infusion by Thameen, £290, niche-beauty.com 7. Paul Smith leather wallet and socks set, £260, harveynichols.com 8. Gluttonous Gardener personalised Indian Chef's Garden Gift, £30, glut.co.uk 9. Ramen cooking pot, £25, dunlem.com 10. Secateur and pruning knife pouch set, £21, nationaltrust.org.uk 11. Recycled flannel British Green check shirt jacket, £189, neemlondon.com 12. Side Story Hotel Lobby, £160, sidestoryparfums.com

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The Mellow Patch Company Rejuvenate Duo. The patch ensures a continuous supply of active ingredients, while the serum complements by hydrating, nourishing and soothing the skin; revitalising from the inside out, leaving a radiant, youthful complexion that exudes confidence. **£45.99**, themellowpatchcompany.com

Elemental Herbology

In traditional Chinese medicine, water rules the winter months, the most nourishing element. Signs you might be out of sync with your water element could be symptoms of tiredness and fatigue, feeling excessively cold, sadness, hormonal imbalance, difficulty being around people, fear and joint pain. Water energy is at its most active at night. The Water range from Elemental Herbology can change that! **Cell Plumping Moisturiser, £55; Hyaluronic Booster Serum, £60; Calm & Soothe Facial Oil, £44**, www.elementalherbology.com



SOS Lip

is a deeply nourishing and mattifying lip balm with broad-spectrum UVA and UVB protection SPF 30, that helps to moisturise and protect lips against the harsh effects of the cold, wind and sun. **£16.00**, sosserum.co.uk

The SKINWORK urban spa

The SKINWORK urban spa in Soho has already won plaudits and legions of fans. The facials are legendary, effective and created with a busy lifestyle in mind.



Now everyone can benefit, with their skincare to use at home – **Treatment Cleanse Cream Cleanser, £32; Homework AHA + BHA Exfoliating Peel, £46; Pro-Glow Hydrating Gel Cream, £44; Sculp roller + Gua Sha Tool, £24**. Based around their multi-award-winning treatments to target the skin concerns seen every day on clients, the SKINWORK HOMEWORK collection is everything one needs for glowing, rejuvenated, cared-for, good night's sleep skin! Easy to use, effective and delivers fast results. skinwork.com

WE LOVE



Feather & Down

Feather & Down Warming Body Scrub is a powerful scrub that warms and comforts tired muscles, while naturally exfoliating with sugar particles helping to remove dead skin cells, smoothe and soften the skin, and creating a warming sensation when activated with water. **£8 from Boots, Superdrug and Sainsbury's**



ARDELL

Create open, doll eyes with Low Lashing. Placing lashes near your waterline helps to create a more open, natural effect and is all about balancing the eye. ARDELL – Seamless Underlash Extensions add length and volume with their easy to apply, individual lashes. **£24.99 Superdrug**

WELGOG'S

The light suede of Welligog's latest Rio Latte Chunky Boot provides a more summery option. With a chunkier sole for that cooler look, you'll be feeling fresh as soon as you slip these short boots on. With signature WG pink detailing: stitching, band at the back and leather lining, as well as the gold metal hardware, you'll be distinguished from the crowd. Oozing style and edge, these chunky boots are the perfect accompaniment to jeans or a dress. **Rio Latte Chunky Boots. £199**, welligogs.com

THINK FATHER'S DAY



Moschino

Toy 2 Pearl Eau de Parfum is an intense and genderless fragrance, **100ml. £85**, The Perfume Shop



Hunter Lab

Men's Grooming Daily Face Fuel, a natural, nutrient-rich, daily facial moisturiser crafted with avocado, **£36**; Charcoal Cleansing Stick, **£27**. Harvey Nichols and hunterlab.com.au

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WIN

**WE'RE GIVING AWAY FOUR
COMPLIMENTARY PLATINUM
CLUB ANNUAL MEMBERSHIPS!**

In February, Gusto Italian launched Platinum Club, its brand-new subscription-based membership, to its neighbourhood restaurants (Alderley Edge, Cheadle Hulme, Cookridge, Didsbury, Heswall and Knutsford).

For £6 per month, or £65 per year, Platinum Club members are able to enjoy

40% off food from Sunday to Thursday

for themselves and three guests, take home a complimentary bottle of prosecco when they sign up, **earn 5% cashback every time they dine**, be invited to exclusive menu tastings and events, and more!



To celebrate the launch of Platinum Club, we're delighted to have teamed up with Gusto Italian to give you the opportunity to win a membership for yourself.

To enter, head to Glossy Magazine's Instagram or Facebook page and Follow, Like and Tag someone that you'd like to be your dinner date.



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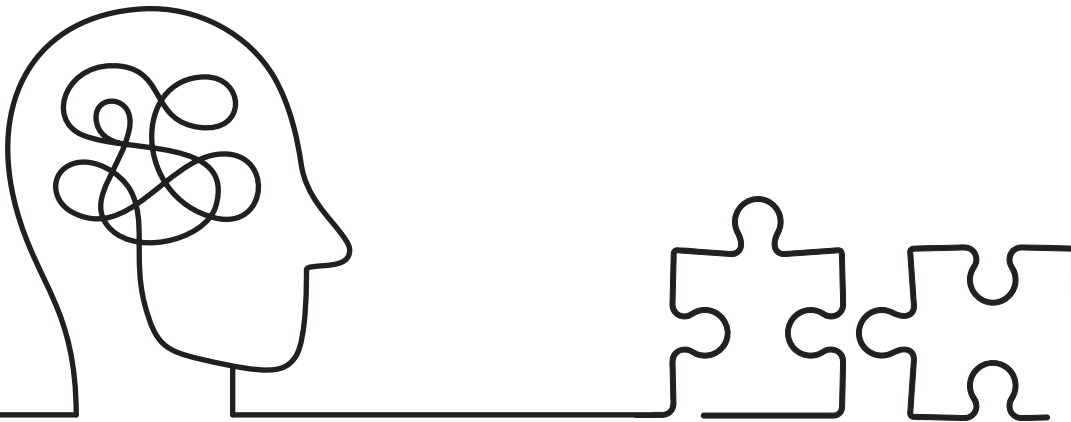
Or send your details on a postcard to Platinum Club Members Competition, Glossy Magazine, 6 The Stables, Parris Wood Entertainment Centre, Wilmslow Road, Manchester M20 5PG. Competition closes Friday 17 May 2024.

T&Cs of Membership • Platinum Club membership is priced at £65 if paid annually, or £6 per month. • Upon joining Platinum Club, you'll receive a bottle of premium wine with an appealing retail price. Please note this is a gift to take home, and cannot be consumed at your table. • Platinum Club membership will afford you 40% off food on the adults A La Carte menu Sunday to Thursday. • This offer will only be available in the following restaurants: Alderley Edge, Cheadle Hulme, Cookridge, Didsbury, Heswall and Knutsford. • The 40% off offer can be applied for up to four people per membership held. • e.g. if you have a table of six with one card, four meals can receive 40% off, and the remaining two will be full price. • e.g. if you have a table of six with two cards, all meals can receive 40% off. • You will need to scan your physical or digital card when dining to receive these benefits. • Cashback can be earned whilst dining with this offer. • The 40% off offer cannot be used in conjunction with cashback redemption during the same booking. However this cashback can be spent when dining on Fridays and Saturdays or whilst dining at our city restaurants. • For large parties (of seven or more) the 40% off discount can be applied to our Party Set Menus, where the same rules apply i.e. one card can discount up to four meals. • The 40% off offer cannot be used in conjunction with any other offer, including the two-course and three-course Sunday Roast offer. • Our teams have the right to ask for ID to confirm you are the cardholder. • By signing up to Platinum Club you are committing to a minimum 12-month term, and we cannot refund your payment, if you cancel your monthly payment mid-term, we will revoke all benefits. • Your membership will auto-renew. If you do not wish to renew your membership, you will need to cancel 14 days before your next payment is taken. • This discount cannot be applied to 'special occasion days' including Mother's Day, Father's Day, Valentine's Day, Easter Sunday and over the Christmas period starting 17 December to 31 December.

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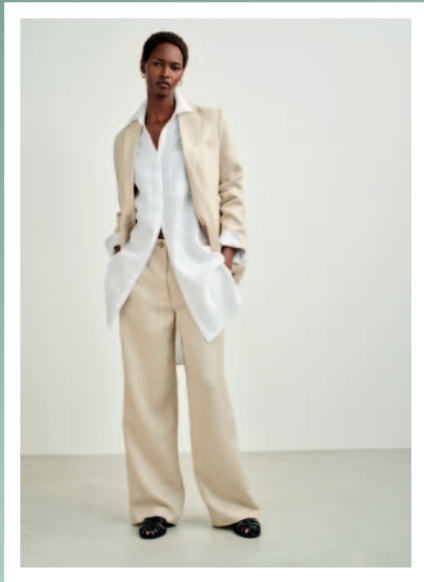
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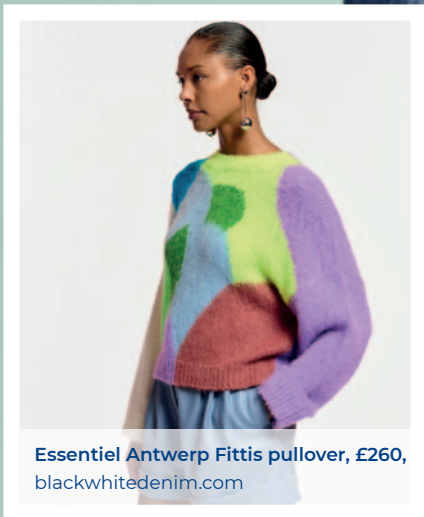
Linen white shirt, £59, linen blazer, £79, linen trousers, £49 and Lisbon sandals, £59, johnlewis.com



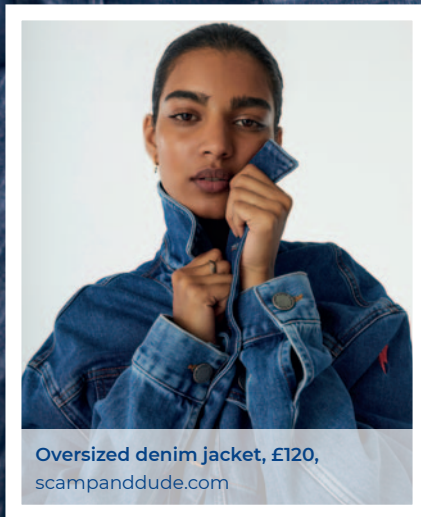
Trousers, £45, waistcoat, £39.50, blazer, £69, marksandspencer.com

Trend alert!

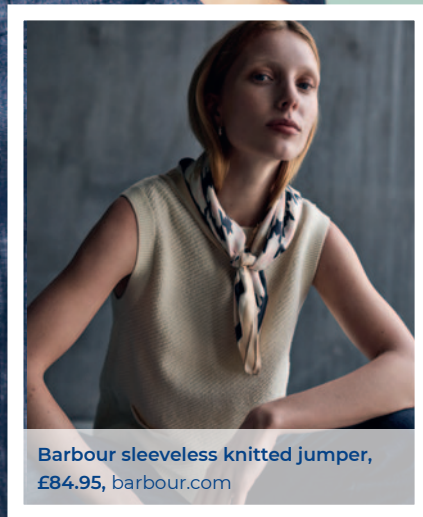
Key pieces for an instant update



Essentiel Antwerp Fittis pullover, £260, blackwhitedenim.com



Oversized denim jacket, £120, scampanddude.com



Barbour sleeveless knitted jumper, £84.95, barbour.com



Alias Mae Emmett heel, £165,
blackwhitedenim.com



Tu white linen waistcoat, £22,
tuclothing.sainsburys.co.uk



Alemas Paradiso printed ramie midi shirt dress, £575,
harveynichols.com

After a long winter, everything in your wardrobe can look a little bit tired, which is why you need a refresh!

If money is no object, then you can splurge on anything you fancy, but most of us need to rein in the spending a tad. The question is, what to buy?

Well, there are a number of key trends which are already making their way into the stores, and the good news is that there is something for everyone and every budget.

Perhaps “quiet luxury” (epitomised by labels like Loro Piana and Brunello Cucinelli) is your thing? The Alias Mae Emmett heel and Barbour sleeveless pullover on these pages are the epitome of understated style in neutral colours, as are the Essentiel Antwerp leather trousers, which actually tick two fashion-forward boxes – quiet luxe and leather.

Bold colour is also big for the spring/summer season but if that isn't for you, then how about top-to-toe white? It may be a bit bridal, but you'll stand out on a bright summer's day.

And more on trend than ever is denim. But don't just stop at a pair of jeans. The jacket, waistcoat and trousers from Marks and Spencer which are all featured here will not only be practical but will definitely increase your fashion cred.

By Janet Reeder



PH5 Brooklyn intarsia stretch-knit midi dress, £435,
harveynichols.com



White textured jersey blazer, £29.99,
newlook.com

And Or Pasadena Puddle denim jeans. £75,
johnlewis.com



Essentiel Antwerp Fabiola leather trousers, rrp £210,
blackwhitedenim.com





Jo Davies, Owner,
Black White Denim

Hang up your trainers!

Here's what you should be wearing in spring/summer 2024

Sportswear behemoths Nike and Adidas have been making hay for the last few years as the world has fully embraced the 'sneaker' trend. It's not just sportswear stores that have been flogging them but also high-end boutiques, global fashion focused websites and resellers. We've all got more trainers than we know what to do with. So what now? Spring '24 is all about the bare(ish) foot. Think tanned tootsies with a glossy pedicure in nude tones and simply add a sandal or mesh ballet pump. High, midi or flat: you choose according to your lifestyle.

High heels



We vowed that after Covid that we'd never wear a heel again but that was before we tried on the Melissa sandal. Secured around the ankle with a tonal strap and a softly padded footbed, you'll last for hours at a wedding, at the races or dancing on the tables - we promise! Perfect for more dressy occasions, we'd wear ours with tailored suiting or a beautifully cut coat dress.

Midi heels



Bottega Veneta's collection of midi-heeled mules have been a big hit with influencers and the fash-pack but at over £600 a pair, we're far more comfortable with the Emmett at £165. Super-cool worn with wide leg pants or cargo trousers, these are the high heel rejector's dream!

Flats



Hermes-inspired sliders are always a winner with cropped denim and an oversized shirt, or team them with a maxi dress or floor-skimming skirt for a more feminine vibe. The Kerryn in nude works well with a sun-tanned foot whereas the black is more forgiving if you've not hit the beach yet this year.

Mesh ballet pumps



Marmite, right? They're certainly not for everyone but we LOVE them. Alaia set the bar high with their Japanese-inspired fishnet flats so we were delighted to find our own version called the Pia at a fraction of the price! One 'trend driven' style in our footwear arsenal is enough each season and, for SS24, this is THE ONE! Make sure your pedi is fresh for max impact.

Black White Denim is open Monday-Saturday, 9.30am to 5.30pm and can be found 24/7 online at blackwhitedenim.com

20 Water Lane, Wilmslow, SK9 5AA | 01625 528454 | [@blackwhitedenim](https://www.instagram.com/blackwhitedenim)

**BLACK
WHITE
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shrink your wardrobe

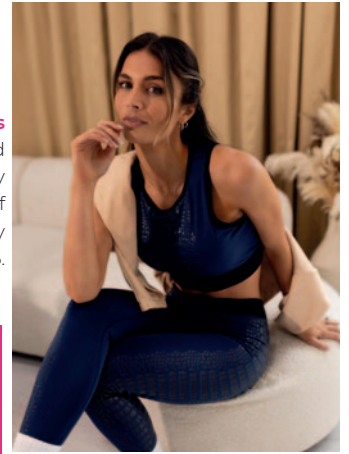


Fusion 2 in 1 Bra and Vest

Innovative design combining a sports bra and vest. Wear it loose for more coverage or tie in a knot for a more fitted cropped look. The support you need while keeping your style in check. Also available in black and white, £36.

Eden Shine Panel Leggings

These blue leggings add a striking touch to any outfit. Their squat-proof design provides mobility and confidence, £36.



The

GYM WEAR

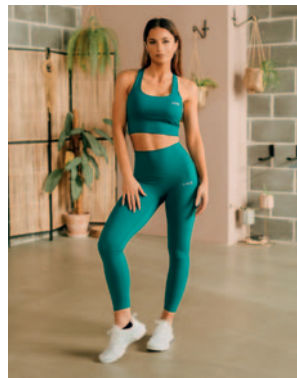
Boutique

Empower your fitness journey with high-quality apparel, designed for style, comfort and performance



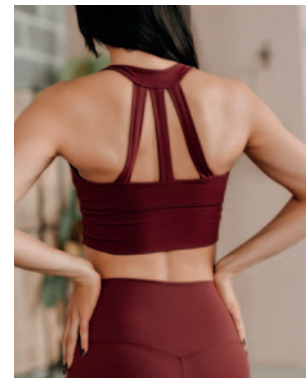
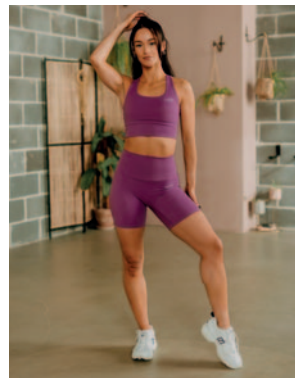
Dark Leopard Jacket / Matching leggings

The hooded jacket is the perfect addition to your workout wardrobe. Moisture-wicking material. Comfortable fit. Ideal for running, working out or to throw on when the temperature dips. Pair with your favourite jeans, or the matching Ultra Leopard leggings. Jacket £53 / Leggings £42.



Flex Leggings / Flex Shorts

Super soft and smooth. Unbelievably comfortable. Mega-stretch. Double layered high waistband, providing additional support. Made from quick-drying, sweat-wicking fabric. Leggings £42 / Shorts £34.



Flex Bra

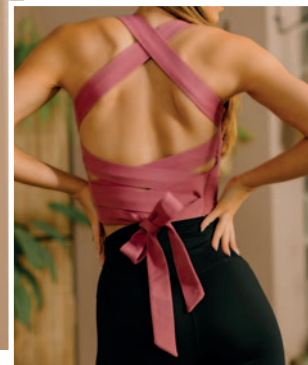
Super soft, yet super hard working. Stylish, triple strapped racerback design, £28. Available in black, teal, purple and burgundy.



Crossneck Hoodie

Keep super cosy in this gorgeous high-necked cross over hoodie in blue with deep blue logo. Also available in pink and black, £46.

Larisa Top
The unique tie-back straps provide a secure fit, and the padded top gives the support of a sports bra. Also available in black, £32.

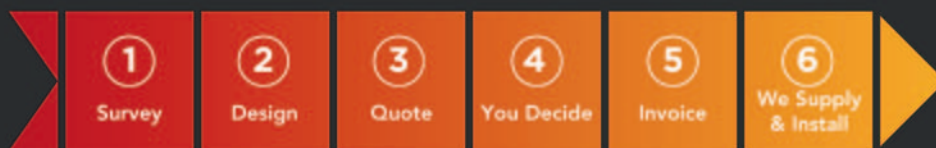


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SCAN ME

Located in picturesque Prestbury, within Cheshire's affluent Golden Triangle, this Stylish House with five bedrooms, five bathrooms, a study, gym and cinema room could be all yours when you enter the Omaze Million Pound House Draw, Cheshire.

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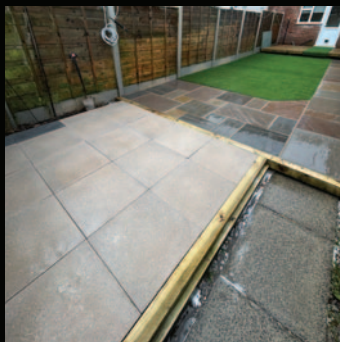
Just by entering the Cheshire House Draw, you'll be supporting the Bowelbabe Fund for Cancer Research UK to fund cutting-edge research, giving those affected by bowel cancer more time with the people they love.



You Must Enter By Sunday 28th April at omaze.co.uk - Use code PRESTBURY15 for 15% off

Omaze guarantees to make a minimum charitable donation of £1,000,000 in support of the Bowelbabe Fund for Cancer Research UK. The Bowelbabe Fund for Cancer Research UK is a restricted fund within Cancer Research UK. Cancer Research UK is a registered charity (no: 1089464 in England and Wales and SC041666 in Scotland). Omaze UK Limited is the promoter of the Cheshire II House Draw with Cancer Research UK being the charitable beneficiary. Over one third of sales goes to charity and VAT. Omaze guarantees 17% of sales from the Cheshire II House Draw will go to support the Bowelbabe Fund for Cancer Research UK. Irrespective of sales, Omaze has guaranteed a minimum total payment of £1,000,000 in support of the Bowelbabe Fund for Cancer Research UK. No purchase necessary. The Cheshire II House Draw closes on 28 April 2024.

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“Just a quick note to thank Chris from Revival Exteriors for doing a brilliant job in rejuvenating our roof, it looks like new! Chris explained the process and works meticulously to get a great finish. We could not be happier with the result.”

SCAN ME



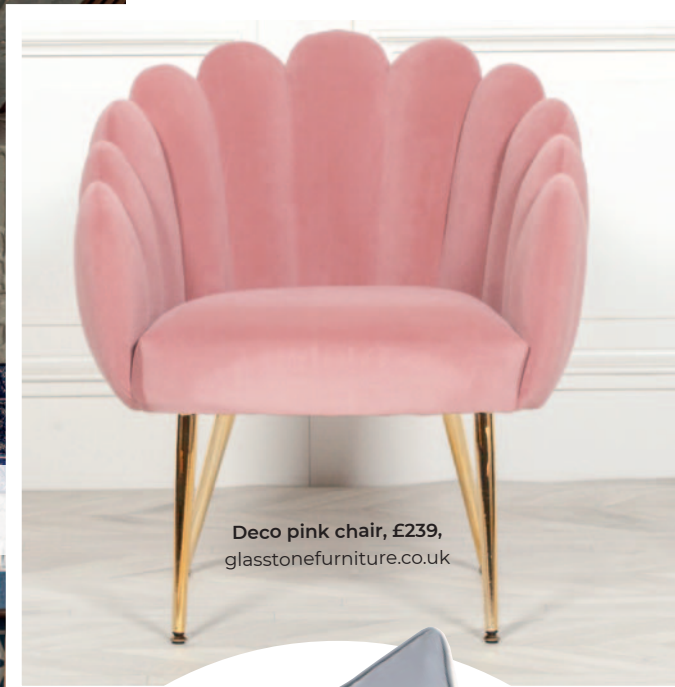
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Stockholm bed frame in dark oak, £799, Lucida table lamp, £249, Globe lamp table, £209, furniturevillage.co.uk



Deco pink chair, £239, glasstonefurniture.co.uk



Windsor Silk Touch embroidered cushion, £50, frenchbedroomcompany.co.uk




Ayva floral duvet set, from £14, dunelm.com


By Janet Reeder



Anais mink faux sheepskin armchair, £499, housingunits.co.uk



Ivory & Black Oxford pillowcase, £110, Harlem Toile de Jouy Oxford pillowcase in blue, £75, silk bolster cushion, £220, Ivory & Black double duvet, £535, gingerlily.co.uk



Babette bedframe, £799, housingunits.co.uk

Bedroom antics

The best place to chill out? A beautiful boudoir of course!

We spend a lot of time in the bedroom and not just sleeping! It's the place to retreat to with a good book, or a good companion (!) and it's usually where we end our day.

The bedroom might not be as visible to visitors as your living spaces, but it shouldn't be ignored. A calm and restful space and a decent bed can be the make or break of a good night's sleep, so take care when furnishing it, as it's a kind of self-care too.

Décor wise, well, anything goes. It's all about personal taste, although the trend at the moment is definitely for quiet luxury, involving neutral or muted colours and beautiful tactile materials.

If you're blessed with a large bedroom then you can ramp up the glamour with a daybed, a comfortable chair, and various cabinets and cupboards. But even smaller bedrooms can exude glamour with the use of beautiful bedding and silky soft cushions.


Lighting is also important and while you may have a state-of-the-art system in your home, there's nothing like a few lovely lamps dotted around to add to the luxe look.



Bobble table lamp in Persian Blue and Juniper Green, £294, shown with 25cm Empire Drum shade from £78, (Shade sold separately) davidhuntlighting.co.uk



Ercol Teramo dressing table, £769, furniturevillage.co.uk



Maxime daybed, £3,700, uk.jonathanadler.com

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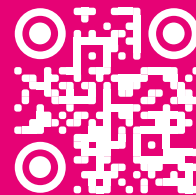
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POSTCARD

from Andalucía



Hot And Bothered

I'm writing this propped up in my bed. Feeling very sorry for myself. I've got a black eye, a strapped-up ankle and a badly chipped front tooth. You see, last month Lord Muck and I decided it was high time this couple of expats started drinking a little bit less and moving a little bit more. For his Lordship, that meant joining our local padel club. Padel's crazy popular here in Spain, kind of a cross between tennis and squash, and great fun. He was his usual sensible self: watched a few games first, signed up for beginners' lessons and took things nice and steady. Five weeks in and he is loving it. No injuries whatsoever. Plus, he has been welcomed with open arms by the

local padel-playing Spanish community. Result!

My search took a little longer. But 10 days ago, up popped a Facebook post about a new 'walking netball' group in Torre del Mar. Now, I used to love, love, love netball. Played for many years all over the UK. And, if I say so myself, I wasn't half bad. But that was a long time ago, in a galaxy far, far away. However, the organiser's description of walking netball was reassuring: "a friendly, gentle and inclusive game... at an easy, walking pace... designed so that anyone can play, regardless of age or fitness... ideal for those who believed they had hung up their netball trainers many years ago." Fantastic. That sounded perfect.

So, two days ago, I rocked up to the first training session. Fourteen ladies ranging in age between 40 and 60. No locals, as netball isn't generally played here in Spain, but Team GB was well represented, with a few curious Swedes thrown in for good measure. And what a lovely bunch of ladies: friendly, fun, welcoming... off the court, anyway. But as soon as that first whistle blew, it was on.

You would have thought that with our knackered knees, dodgy digits, and neoprene-banded limbs, we would have proceeded gently. But no, we all seemed convinced we were 21 again, alas with the added testosterone plot twist of pre and post-menopausal aggression. With several ladies fiercely tussling over bib positions, we quickly resembled a scene from 'Fight Club'.

And when play started, it was carnage. We had women falling over left, right and centre. Sagging boobs and wobbly thighs flying everywhere, scuffling for possession, knees popping like champagne corks. The netball was heavier, harder and way more deadly than any of us remembered. The court was twice the length it used to be. And the slippery floor must have been shipped in from 'Dancing on Ice'.

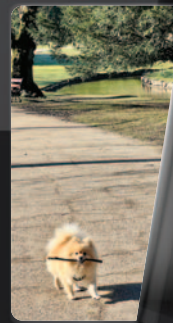
A broken finger by the 11th minute, a sprained ankle by the 14th minute. An asthma attack by the 21st minute, a black eye by the 29th and a dislocated shoulder by the 37th minute. After which the umpire called off the match and called in more ambulances. Although not before we had gathered quite the Spanish crowd, who thought the whole thing was hilarious.

So, here I am, in bed, licking my wounds, putting the whole sorry saga behind me, when up pops a WhatsApp from Carley. Some big American sports scout has been in touch. He watched a video of the game and wants to sign us up. He reckons we could be the next big combat sport: MMA Menopausal Martial Arts. Oh. Dear. God.



Postcards from Andalucía, Lady Muck Style

By Catherine Saunders / Read more at www.ladymuck.style



The Woof Guide to Buxton Crescent Ensana Health Spa Hotel

A terrific place to stay for both dogs and humans



It took more than 20 years to transform Buxton Crescent into the stunning hotel it is today, but the building is actually a historic landmark that dates back to the 1780s. While I am there, I imagine all the other Pomeranians that have padded through the corridors before me, lapping up the spring water which made the town of Buxton a hotspot for wellness.

The Crescent is one of those buildings that humans get totally giddy about, as it is the epitome of 18th-century architecture – all restrained elegance and beautiful proportions. But for me, it's the fact dogs can stay there which really counts. We met a couple in the lift who hadn't realised that yes, pets are welcome, even in such a historic building as this (well, as long as

they're as well behaved as I am!) but they vowed they'd bring theirs next time. And this is what they can expect: bowls for food, a dog blanket, a drying towel and a welcome pack containing chews, poo bags and a ball. They'll have a beautiful park – the Pavilion Gardens are just a stick throw away from the hotel, complete with 23 acres of splendid, landscaped gardens and play areas as well as a boating lake. And if their humans want to explore further, the magnificent Peak District National Park is on the doorstep, offering everything from Bakewell puddings in Bakewell to the grandeur of Chatsworth House.

Indeed, Buxton Crescent Ensana Health Spa Hotel is the most perfectly situated base for all kinds of exploring, although you might just want to cocoon yourself in the delights that the hotel has to offer. The star of the show has got to be the hotel spa. Alas, I was not allowed in there, but it is a truly world-class wellness facility that has several pools, including the original thermal bath, and an open-air heated pool on the rooftop, as well as several kinds of sauna, a steam room and a salt cave. Dogs are also excluded from the restaurant but that didn't matter because they are allowed into the lounge and bar, and not in a second-rate way. As a dog parent you are not short-changed if you want to enjoy the delights of the restaurant menu with your pooch, because your table will be draped with starched white linen, and

service will be just as attentive. The lounge is also very comfortable, with relaxing club chairs and a laid-back ambience, so while Jordan took the food orders and Annie poured a bottle of house Chardonnay for the humans, I settled down on the carpet and adopted my most appealing 'feed me' face as the first courses were delivered to the table.

There was a beautifully cooked, pinkish pigeon with bits of offal (which were 'offally' good), served with a piquant apple and an earthy tasting wild mushroom velouté laced with truffle. This was followed by cauliflower steak, packing a spicy punch of harissa and garnished with pomegranate, and a perfectly cooked cannon of lamb which was full of flavour, the fat rendered beautifully, accompanied by delicious Pommes Anna and stuffed cabbage. The only downside was they wanted more! Desserts of a Cluziel chocolate Cremieux, served with a passion fruit sorbet and sticky honeycomb, and a treacle tart were a satisfying way to end the meal.

After the humans had enjoyed a perfect night's sleep in a super comfortable four poster bed, and cleaned themselves in the brilliant shower, we went to our table in the lounge for a hearty English breakfast before setting off around the local park with the ball. Honestly, what more could a dog want, I ask you?

Peppa was a guest of the Ensana Buxton Crescent / ensanahotels.com

The Glossy Guide to a European Summer

Spring's here, which means it's time to start planning your summer escape. See our guide to Europe's best destinations to visit this year – from partying in paradise to relaxing in nature and everything in between

1



IBIZA

The lively spirit and sun-kissed shores of Ibiza keep the visitors coming and the 'white isle' remains a popular destination for visitors looking to party in San Antonio or soak up the boho spirit of Santa Eulalia.



Stay: W Ibiza

Regarded as the gastronomic and cultural centre of the island, Santa Eulalia shows off the slower side of Ibiza, filled with hippy markets and art galleries. W Ibiza makes the most of this location and is the perfect halfway house between a relaxing and party atmosphere – plus it is the only luxury hotel with direct beach access.

New this year, the hotel will be launching its very own beach club just down the road. Hotel guests have exclusive use of cabanas and sun loungers which offer bottle service and a snack menu to keep revellers going until the evening. If you're after something a bit more hearty, the new SEU Pizza @STEPS is the ultimate Italian adventure. From Italy to Ibiza, the

SEU Pizza Illuminati team will be serving up their Roman-Neapolitan style pizza (rated some of the best in the world) to guests in the technicoloured STEPS, an outdoor restaurant filled with parasols and designed for socialising. **To book:** www.marriott.com/en-us/hotels/ibzwh-w-ibiza/overview/

Eat: Zuma Ibiza

Returning for its third season, Zuma Ibiza offers the best views on the island from its rooftop location over the marina. Indulge in Zuma's iconic contemporary izakaya menu, including fan favourites such as miso-marinated black cod, while the sun goes down, with cocktail in hand and resident DJ spinning chilled beats. **To book:** zumarestaurant.com/menu/?m-loc=ibiza

2



SARDINIA



Sardinia is the perfect summer getaway, offering captivating coastlines, crystal clear waters and a charming Mediterranean atmosphere.

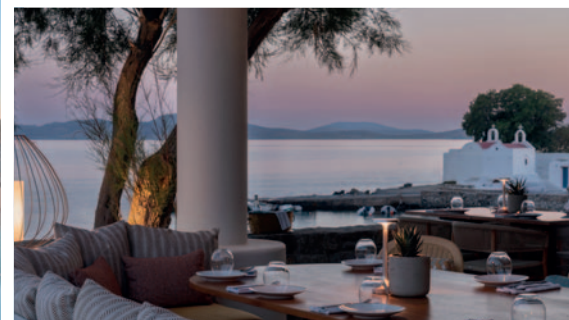
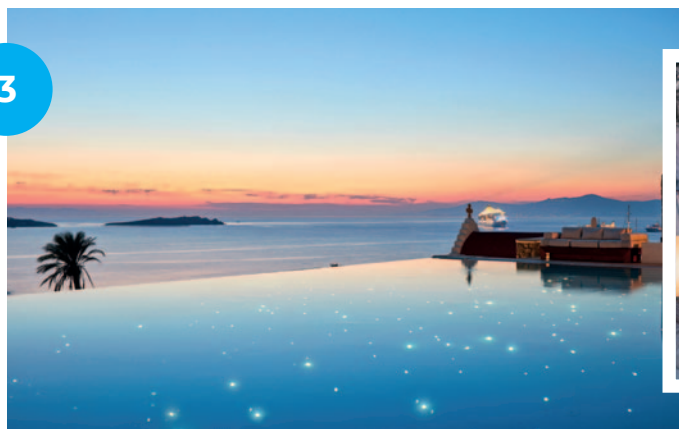
Stay: Conrad Chia Laguna Sardinia, Chia Laguna Resort

Located within the nature-filled Chia Laguna Resort along Sardinia's southern coast lies the Conrad Chia Laguna Sardinia. Perfect for families and couples alike, guests can spend the day relaxing on some of Italy's most beautiful beaches: Monte Cogoni and Dune di Campana. While the kids enjoy sporting academies run by the likes of 2006 FIFA World Cup winner Gianluca Zambrotta, escape to the Conrad Spa for some well needed R&R. To book: www.chialagunaresort.com/en/conrad-chia-laguna-sardinia/

Eat: Osteria La Torre

Located in the central Piazza degli Ulivi at Chia Laguna Resort, Osteria La Torre is a charming and casual restaurant. This year will see the launch of a new Trattoria offering seafood and live grill with a focus on fresh ingredients. This is the perfect place to watch the world go by, the vibrant square features live shows and original performances for those long summer nights. To book: www.marriott.com/en-us/hotels/ibzwh-w-ibiza/overview/

3



MYKONOS

Whilst it has long had the reputation of being an island solely for partying, the tides are changing and the 'island of winds' is becoming a hotspot for people wanting to soak up its whitewashed architecture and natural scenery.

Stay: BILL&COO

Mykonos is growing up, and nowhere encapsulates the island's sophisticated side better than BILL&COO. A boutique

collection of two properties – The Coast (adults only) and BILL&COO, guests can choose for themselves which takes their fancy.

The Coast is an ultra-private beachside escape with sea-facing suites. For the big family trip, reserve the Grand Coastal Villa. Having opened for the first time last year, the villa offers indoor-outdoor living with four bedrooms, a private infinity pool and a dining area overlooking the panoramic coastline. To book: <https://www.bill-coo-hotel.com/>

Eat: Beefbar Mykonos

The Mykonos outpost of the well-loved Beefbar offers the perfect vibe for lunch

or dinner. With a sushi menu and the original founder of the Kobe beef gyro, guests can enjoy everything from fresh fish to prime cuts of beef under the shady pergola with the sound of the lapping waves. To book: www.bill-coo-hotel.com/beefbar-mykonos/



The Coniston Hotel Country Estate & Spa, Skipton:

a destination defined by experience

Nestled in the heart of a 1,400-acre estate, The Coniston is where you'll find delicious dining showcasing the hotel's Yorkshire roots, a luxury, multi-award-winning spa, and beautiful accommodation that boasts stunning views of the Yorkshire Dales and estate lake. The Coniston is home to one of the UK's best shooting grounds, Land Rover Experience, and a collection of elegant event spaces that are perfect for all manner of celebrations. The Coniston offers dining at AA Rosette awarded, The View restaurant, as well as spa restaurant, Blossom Kitchen.

SPRING BREAK FOR THE SPA LOVER

Taste of Wellness Experience

Arrive at the renowned Nādarra Spa for a 'Taste of Wellness Experience' which is designed to treat the body from the inside out. Guests can select one experience from a choice of three 60-minute treatments to target their chosen wellness goals:

Aromatherapy Associates –

Relax and Sleep Ritual Body Treatment

Award-winning essential oil blends will sedate, calm and ground, to induce a serious state of relaxation. This hero treatment incorporates guided breathing and inhalations, while massage techniques and warmed products are used to bring peace and calm. Following your treatment enjoy a two-course menu with dishes infused with sleep-inducing properties, served in Blossom Kitchen.

Sothys – Blossom Ritual Face and Body Treatment

Both sophisticated and nourishing, this ritualistic treatment begins with a back, neck and shoulder massage, followed by an express facial, all while using the delicate fragrances of cherry blossom and lotus to ensure a completely immersive experience. Following your treatment, enjoy a two-course menu, with dishes infused with cherry blossom, served in Blossom Kitchen.

Ishga – Face and Body Experience

Be invigorated with a back, neck and shoulder massage combining a powerful detoxifying seaweed body oil, infused with lemongrass, juniper and rose geranium. This is followed by an express facial that includes cleansing, exfoliating, toning and moisturising, using a powerful blend of organic seaweed high in antioxidants with anti-ageing benefits. After your treatment, enjoy a two-course menu served in Blossom Kitchen with dishes infused with antioxidants, seaweed, lemongrass and juniper.

Prepare to fully immerse the senses and escape reality for a while with a two-hour spa journey; seek solace in the outdoor infinity pools, rejuvenate both body and soul with the infrared sauna, salt sauna and aromatherapy steam room.

After a day of pure bliss, beauty sleep calls, with a spa gift tailored to your treatment. Then it's time to retreat to your room for an evening of peace with a sense of contentment.

Wake the next morning feeling invigorated and renewed in time to head to AA Rosette The View restaurant for a leisurely Yorkshire breakfast before heading home.

From £439 per room.





TASTE THE DALES EXPERIENCE

Spring Foodie Break

Arrive at The Coniston for your transfer to local award-winning cheese supplier, The Courtyard Dairy. Take a tour of the dairy and bring home a selection of local cheeses. Enjoy a stroll around the pretty, local market town, settle where you can pick up some award-winning pork pies! Enjoy a tour of neighbouring Otterbeck Distillery which is known for its creation of Cotton Gin.

Return to the hotel to refresh for an enjoyable evening ahead with pre-dinner drinks. Savour local produce and local landscapes with dinner at The View, with a bottle of house wine.

After a wonderful day, fall into a deep slumber in one of the hotel's fresh, modern and contemporary rooms, and wake up to a leisurely breakfast with the best rolling views in Yorkshire.

From £349 per room.

All offers available on stays until 31 May 2024.

We visited in February and stayed in a Dales room, which is one of The Coniston's newest, most premium room types. It was beautifully decorated with the highest furnishings and technology, including infrared heating, which we've never experienced before and it was located behind a piece of art on one of the walls. Interesting! The Dales rooms

offer guests an incredible outlook over the estate and lake, and spa access is available for a supplement if you've not booked a spa package.

After a pleasant drive, we checked in and went straight to Blossom Kitchen for our lunch. The restaurant is small, with a beautiful faux Blossom tree and hotel guests having lunch and chit-chatting in their dressing gowns after their spa visit.

We enjoyed starters of oyster mushrooms and crispy beef, followed by mains of salmon, and beef blade, with a side dish of crispy kale – all washed down with a couple of glasses of rose prosecco. Blossom Kitchen makes use of the local produce that is on their doorstep, fusing Yorkshire ingredients with an Asian flair – both nutritious and indulgent.

Following lunch, the hotel manager took us for a drive around the vast estate. We passed the manor house where Mr and Mrs Bannister, the hotel's owners, live; the lake with its ducks, swans, pheasants and hares enjoying the land and water; the shooting grounds; and the Land Rover experience. We even bumped into Mr Bannister as he was enjoying walking his dog on his estate.

After a relaxing few hours, we made our way to dinner at The View restaurant, which is surrounded by panoramic windows where you can look out onto The Coniston's very own lake and the spectacular scenery of the Dales.

The waitress seated us by the central feature of the restaurant – the log fire, where we opted for a bottle of prosecco and browsed yet another menu! I chose the stuffed onion starter, followed by the sirloin steak and a side of crispy kale, while Salim went for pan-fried scallops, followed by pan-fried, oven-roasted cod with a side of carrots in roast garlic and thyme. As much as we were 'pleasantly stuffed', we were encouraged by our lovely waiter to try the smoked white chocolate dessert, which didn't disappoint.

After a comfortable night, we were ready for a hearty Yorkshire breakfast, so off we went to The View, once more. We both opted for a full vegetarian breakfast before our planned walk around the lake, which takes around 45 mins. TIP: If you plan to walk around the lake, make sure you take your wellies!

All in all, a wonderful stay with the most delicious food. The staff in all areas of the hotel are some of the most lovely, friendly staff I've ever met. You can see they are happy in their jobs – most live locally, and some have worked there for many years. There is a real community feel, and the local community eat and drink in the hotel too.

We will most definitely return, but after so much delicious food, we will have to shed a few pounds first!

The Coniston Hotel Country Estate & Spa

Coniston Cold, Skipton, North Yorkshire BD234EA / Tel: 01756 748080 / www.theconistonhotel.com

Rent this beautiful villa in Marbella!

Located in the hills of Elviria in east Marbella is a beautiful, traditional, Mediterranean style villa





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Ref. BHHS2044 / Short term: €12,000 per week

Revel in panoramic sea views from every corner of this three-level property that comprises on the ground level of an entrance hall, a living/dining room leading to a beautiful terrace with breathtaking sea views, a fully equipped kitchen with outdoor access, and two ensuite double bedrooms.

The upper level is dedicated to a spacious master suite with a 30m² terrace also offering breathtaking sea views and an office area. The lower level comprises two further double bedrooms with access to the patio and a further staff suite. In addition, the property offers a gym, cinema room and games room.

Nestled in a tranquil area of Elviria, just a 5-minute drive from Marbella's finest beaches and 25 minutes from Malaga airport.

This residence seamlessly blends luxury, functionality, and an idyllic coastal lifestyle.





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Ask the Expert

Mr Jonathan Wild

Mr Jonathan Wild is a consultant colorectal and general surgeon at The Wilmslow Hospital and The Christie Private Care, both part of HCA Healthcare UK. After completing his specialist training, he went on to gain further experience with fellowships in advanced laparoscopic colorectal surgery, advanced pelvic oncology and peritoneal surface malignancy.



Mr Wild has a keen interest in surgical training and education, and was the first diplomate to be awarded membership to the Faculty of Surgical Trainers at the Royal College of Surgeons of Edinburgh. He also completed a PhD, investigating the role of dietary fibre and the gut microbiome in colon cancer, and is a Master of Law in Medical Law and Ethics.

Is it true that the incidence of bowel cancer in younger people is rising?

Colorectal cancer, also known as bowel cancer, is the fourth most common cause of cancer in the UK, with over 42,000 new cases every year. It's more common with advancing age, but in recent years there

has been a clear increase in the incidence of bowel cancer in younger adults aged between thirty and fifty years old, so it's important for people at every age to be mindful of their bowel health and look out for any changes.

What are the main symptoms to look out for?

Common symptoms include a persistent, unexplained change in bowel habit towards a looser or more frequent stool, blood in your stool or bleeding from your bottom. Other symptoms of bowel cancer include unintentional weight loss, fatigue, abdominal pain and bloating.

Do these symptoms mean I have bowel cancer?

No, it's important to note that these symptoms will not always mean you've got bowel cancer. Many other health problems can cause similar symptoms, but it's important that if you are experiencing any new or persistent symptoms or something doesn't feel right, that you don't delay in seeing your doctor to get a diagnosis. When diagnosed early, bowel cancer is highly treatable. So it's better to identify what is causing these symptoms as soon as possible.

Contact The Wilmslow Hospital: 0333 060 3706

Stephanie Newton

Founder of Diamond Wellbeing, Stephanie Newton, is a leading holistic therapist based in Wilmslow. As a certified hypnotherapist, *Havening Technique*® and EFT Practitioner, specialising in anxiety and weight loss, Stephanie successfully facilitates a deep healing process for her clients. She appears regularly on Cheshire's Silk Radio sharing mental health tips and has starred in a television documentary on past life regression.



www.diamondwellbeing.co.uk

What is mindfulness?

Mindfulness is a skill of observing your thoughts without judgement as opposed to becoming embroiled in them. The ability to tune in to the present moment and feel grounded. Human beings have approximately 60,000 thoughts per day, so it's easy to see how you might become overwhelmed. Meditating, whilst listening to peaceful music is effective, however mindfulness can be integrated into your lifestyle. At work, tune into your body, feeling your feet on the ground, your fingertips typing on the keyboard, the sound of your breathing, relax your shoulders and jaw. Awareness is key.

I can't switch off. Help!

This message signals stress. Your mind wants to escape and experience a change of scenery. Get your body moving, stretch, or shake it out to relieve pressure. Watch a comedy, socialise – laughter is the best medicine! Alternatively, your imagination is a powerful asset to changing your mood. Lie down and imagine you are on a beautiful beach. What can you see, hear, feel, smell? Take some time out. If you feel overwhelmed, talk to a trusted friend. I often work with clients who are suffering from stress. Even after one session they feel so much better.

What is the money mindset programme?

The money mindset is a programme offered by Diamond Wellbeing, which improves your relationship with money. Everyone has their own set of values, beliefs and experiences related to money, some of which may cause subconscious blockages. For instance, if you believe that money is the root of all evil, it is likely that you are rejecting money in ways you may not realise. By releasing negative emotions and memories related to money, this unique journey transforms hindering beliefs, instilling confidence and clarity. Having a positive, relaxed attitude will help money to flow.

Ask the Expert

Mr Bilal M. Barkatali MBChB MRCS FRCS PGCert

Mr Bilal M. Barkatali is a Specialist Consultant Knee Surgeon at the OrthTeam Centre. He qualified from Edinburgh University Medical School in 2004, after which he went on to study and teach anatomy at the University of Oxford. Bilal completed his higher surgical training in 2014, becoming a consultant trauma and orthopaedic knee surgeon at Salford Royal NHS Trust where he developed a complex knee surgery practice, performing thousands of successful operations. Bilal prides himself on providing the highest level of care, with world-leading, cutting-edge techniques using robotics and biologics.



What is robotic knee surgery?

Robotic knee replacement surgery is a huge advancement in the way knee replacement procedures are planned and carried out. Conventional surgery uses two x-ray images to plan the operation, whereas robotic surgery uses a CT scan to reconstruct your knee in 3D, providing detail accurate to a millimetre. This enables a more advanced appreciation of your joint anatomy, leading to precision planning prior to performing the operation. During the procedure, the surgical plan is created using a live computer programme to assess your knee balancing and the

Mako Robot is used to carry out the bone cuts with high accuracy, allowing perfect placement of the implants.

What are the advantages of robotic knee surgery?

The key benefits are much higher precision and accuracy of the operation, which means better balancing and range of movement of the knee replacement, resulting in a better outcome. Alongside this, the procedure is done through smaller incisions leading to less tissue damage, bleeding and pain, which has been reported to result in a quicker recovery post-surgery.

What is the recovery like after surgery?

The knee is stable from the time of surgery, and you can fully weight bear with crutches. We use the most advanced anaesthetic and surgical techniques to ensure that you feel well after the surgery. The average time in hospital is usually one or two nights, and it's even possible to do the surgery as a day case, going home that evening. No stitches need to be removed, and after around six weeks, you should be well recovered from the surgery, in some cases, even earlier.

Call 0161 447 6888

Geoff Liberman

CEO of Infrared Heating Specialists (IHS) and has brought the first zero emissions infrared heating showroom to Hale, Altrincham. His previous company, founded in 2012, was in the solar and energy sector in Europe. Geoff saw the growth of infrared heating, as the percentage of homes and businesses that use gas, or any kind of convection heating, in Europe is much lower than the UK.



Can infrared heating save me money?

Yes, depending on the insulation in your individual rooms you can save up to 25% on your heating bills. If you have solar or a battery this can increase the savings up to 50%. Using our SMART controls can further add to your savings.

Why is infrared heating more efficient than gas central heating, air source heat pumps, underfloor heating, electric heaters or storage radiators?

Infrared warms people and objects in its path; just like the sun on a cold day, you feel its warmth when it shines on your

face. It does not heat the air as convection heating does, since most of this heat rises to the ceiling.

Is it safe?

Yes, it's completely safe, infrared heaters do not contain UV rays as the sun does. Many incubators, beauty treatments, saunas and sports injury treatments use infrared today.

What are the health benefits?

Infrared does not heat the air as convection does, so the air is not disturbed. No pollen, mould spores or dust particles are moved

around the room which can help with many airborne allergies. Infrared penetrates the fabric of the building (from 2mm to 7mm) so it can also inhibit the growth of mould and can help alleviate damp patches.

Do you just supply?

No, we have a process and take great care and pride of every aspect, from survey to installation. Our heaters are made in the UK, have no moving parts and have up to a 15-year guarantee.

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The Holistic Divorce:

how Lund Bennett is limiting the damage caused by marriage breakdowns using a uniquely human approach

Family law firm Lund Bennett's 'holistic' approach to divorce goes above and beyond simply ticking legal-duty boxes.

Enlisting the expertise of a trusted platform of professionals, the approach considers the physical, mental and emotional wellbeing of all parties, particularly children, and encapsulates the 'human touch' ethos the firm lives by.

The construction of a strong multi-disciplinary circle around the family means divorce can become kinder and the journey focussed on personal growth and achieving positive futures as opposed to being filled with devastation, anger and extreme emotion.

"A divorce is akin to a bereavement," says Lund Bennett Partner Kirsten Bennett, "and as such, clients need a compassionate 'family' of professionals protecting and nurturing their welfare and wellbeing. Yes, delivering our gold-standard services to achieve the best legal outcomes for our clients is important, but more than that, we want to help them navigate the process as positively as possible and help them to flourish in their new post-divorce life and even learn to love again."

Compromise and conflict reduction lay at the heart of the holistic approach. It's an approach likely to strengthen parent-child relationships and give children a more positive outlook on their own future.

Here, we look at Lund Bennett's network of professionals and their services. As a client of Lund Bennett, you will be entitled to a free consultation with any of them, helping you and your family find the right fit.

The divorce coach – providing clarity and the confidence to face the future

This professional service will help you clarify your goals, interests and needs.



A trusted coach will help you navigate external factors, freeing you up to focus on the practicalities and a clear way forward. In maximising the efficiency and progress of the divorce process, this six-week course will not only save on legal costs and time but provide you with a new-found confidence, tried and tested coping techniques, and a clear view of a brighter future.

Child-centred therapy – priceless support tailored to your family

The psychological impact of divorce can be extremely difficult for both parents and children. These professional therapy services take an 'integrated' approach (i.e. picks and mixes elements from different disciplines to best explore and cope with problems) and focus on the child/children. This highly tailored therapy allows children the opportunity to express

themselves, develop stronger, more positive relationships with both parents and make sense of the changes happening in their lives.

The independent financial advisor – personalised, real-world money solutions

As family law solicitors, Lund Bennett will be laser-focussed on obtaining you the best legal outcome on your case. However, if desired, they can connect you to expert financial advisors (specialising in divorce planning and financial settlements), who can take a close look at the life-long financial implications of decisions made and how they will work in the real world; think the most tax-efficient ways to divide assets or how best to invest the proceeds of a settlement.

The dating agency – for a time when the heart has healed

Lund Bennett hopes, in time, you'll be able to confidently face and embrace a new life with a new companion by your side. The firm has a trusted and well-established professional relationship with a dating service whose coaches are dedicated to helping you find love once more. Dating again, especially when faced with the endless number of dating apps available, can feel like scary, alien territory. This experienced service will be on hand to guide you into a new chapter, armed with knowing exactly what you're looking (or not looking) for in a relationship.

In conclusion, Lund Bennett's holistic approach is here to take care of you and your family emotionally and financially, both in the here and now and a long way into the future.

To find out more, please call 0161 924 0079, email info@lundbennett.co.uk or pop into The Downs, Altrincham, Cheshire WA14 2QD. Visit www.lundbennett.co.uk to download your free guide to what to do before, during and after a divorce.

Lund Bennett is 5* rated on the independent platform www.reviewsolicitor.co.uk



ASK the Physio

Harris & Ross was formed 20 years ago by Jeff Ross (and former partner Rob Harris), with the desire to bring the same level of care which is provided to elite athletes to the general public. The aim was to bridge the gap between how professional sportspeople are treated and what is available to everyone else – an ethos that continues today.

Many of the team hail from the elite sports world and bring their experience and skillset to the table, welcoming all who come through the clinic's doors. The company has grown and flourished and now has clinics in four locations around Greater Manchester and Cheshire: Wilmslow, Altrincham, Manchester city centre and Wigan. With a team of experienced practitioners with world-class credentials, Harris & Ross is recognised as one of the country's leading physiotherapists.

How long does the process take?

We use a sports model of rehabilitation, where we aim to get you back to full fitness in the shortest, most appropriate time frame. With our experienced staff, access to state-of-the-art facilities and our close relationships with some of the UK's leading surgeons and radiologists, we create a complete, bespoke care package for our patients.

Do you only help with sports injuries?

No, whether you're a professional athlete, an office worker or a labourer, we want to work with you to relieve any pain, fix the root cause of your problem and help you achieve your goals.

Should I stop exercising/movement when it hurts?

The answer to this is, not always! It will depend on the problem and situation, but pain doesn't always relate to damage or harm, particularly with lower back pain. We know that in lower back pain, for example, persisting activities with low levels of pain can resolve the problem quicker and speed the patient's return to work.

In rehabilitation of tendinopathies – swelling and pain of the tendon – exercising in pain rated less than a four out of 10 is completely acceptable and will speed up recovery compared to those who avoid pain.

However, if you have an acute injury (for instance if you're sprinting and get a sudden onset of pain at the back of the thigh), this would be an occasion to stop and ice the area, and allow it to settle, since continued exposure is likely to further damage the muscle.

Similarly, if you've had surgery and have pain associated with swelling, it's important you don't just push on regardless, as swelling is an indicator that the related injury is not 'happy' with what it is being exposed to.

Manchester | Altrincham | Wilmslow | Wigan
Tel: 0161 832 9000 www.harrisandross.co.uk

"Amazing facility and amazing staff. I have come out feeling more positive and knowledgeable about what I need to do to get back on a pitch. Thank you!" Mark





The Alexandra Hospital 2024 Consultant Ball



The Alexandra Hospital – Circle Health Groups flagship hospital – hosted a Consultant Ball on 24th January to celebrate significant investment, state-of-the-art technologies, and the achievements of 2023, under the wings of the flagship of the sky – Concorde.

With 300 guests in attendance, Consultants and their partners enjoyed a three-course meal, with words of

encouragement from Executive Director Andrew Thornton and Chief Executive Officer Paolo Pieri. This was followed by a comedic performance from Stuart Goldsmith. The evening ended with lots of dancing and a great time was had by all.

Andrew Thornton, Executive Director said “It was a fantastic evening and great to see so many Consultants join us for our evening of celebration. I am proud to be leading such a great hospital with the support of a fantastic team of consultants and staff. The investment from Circle Health Group has meant we have been able to introduce more complex procedures for our patients”.

Clinical Chair, Consultant General Surgeon, Mo Saeed commented “What a fantastic launch pad for the next era of innovation at this long-established institution”.

During 2023 the hospital received their second MAKO robotic surgical system for joint replacement, a Da Vinci robot to assist a wide range of specialties including urology, gynaecology, general

surgery, colorectal surgery, thoracic surgery and weight loss surgery. They have also received a Stealth Brain Navigation System to support neurosurgeons to perform extraordinarily complex brain and spine surgery.

It is not all about technology, during 2023 the hospital benefited from a £1M refurbishment of their Chester Ward, which comprised of comprehensive updates to patient bedrooms and bathrooms.

The investments are continuing with a further £1M being spent on the refurbishment and expansion of their Critical Care Unit to keep up with increased demands. The unit has also increased its 5-bed capacity to 7 and there is now an extended isolation area for patients who are very poorly or have specific medical needs. The Alexandra Hospital in Cheadle is committed to providing patients with the highest quality care, with facilities for advanced surgical procedures together with friendly, professional staff.



Are you worried about a lump?

Amit Kumar, founder of the Manchester Lumps Clinic, talks us through what to do if you have a lump that's worrying you.

Mr Kumar is a Consultant Orthopaedic and Oncological Surgeon. As a leading NHS specialist in the treatment of lumps, he founded the private clinic to help patients receive peace of mind through faster diagnosis and earlier treatment. The clinic offers patients direct access to his expertise without joining a waiting list.



Your questions about lumps answered

I've found a lump. Should I be worried?

Lumps are very common, and 99% of the time, they're nothing to worry about. However, even benign lumps can cause problems due to their size; they may catch on your clothes or give you pain and discomfort.

Could it be cancer?

There's a small risk, about 1%, that a lump could be cancerous. Sarcomas are very rare cancers of the soft tissue or bone, and one of their most common symptoms is a lump that grows, changes or is larger than a golf ball. But remember, even if you have a lump, it doesn't mean you have sarcoma.

Some other cancers can also present as lumps, like skin cancers, or spread from previous cancers. While there's a small risk that your lump is cancerous, early diagnosis can improve your options.

What should I do about the lump?

Check the lump and have a feel if the lump is hard, soft, smooth or irregular. Is it painful, sore or tender? Measure the lump and see if the size changes over time. Also assess the skin for changes like discolouration, redness or any lesions like moles.

When should I see someone about it?


Getting a lump checked is always advisable, especially if it's getting bigger, is larger than a golf ball (about 5 cm or 2 inches) and often painful. Speak to your GP about the lump and your symptoms.


But I can't get a GP appointment.


What can I do?


When your lump is painful, uncomfortable or causing you concern, it's understandable that you want to see a doctor quickly. But with the pressures on the NHS, that's not always possible. However, an alternative to seeing your GP is to visit a private clinic, like the Manchester Lumps Clinic.



 /lumpsclinic

 /manchester-lumps-clinic

 @lumpsclinic

 @manchesterlumps

Who will I see if I go private?

A private clinic allows you to see the same consultants and surgeons who work in the NHS but without waiting. For example, the Manchester Lumps Clinic is run by myself, a consultant surgeon, with radiology and nursing support.

What kind of lumps do you deal with?

We specialise in diagnosing and treating lumps around most of the body, including the arms, legs, torso and back. Although we can assess head and neck lumps, we don't deal with breast lumps.

Skin lesions are best reviewed by dermatology. However, if you clearly have a noticeable lump under the skin, this would be best dealt with by an expert such as at the Manchester Lumps Clinic for clinical assessment, diagnostics and management.

If you're unsure please contact the clinic.

Do I need a referral to visit your clinic?

We prefer you to have a GP referral because it allows us to see your medical history, but this is not essential. You can book in without a referral. We also accept referrals from other healthcare professionals, including hospital doctors, surgeons and physiotherapists. If you're insured, you should check with your insurance company whether you need a letter from your GP.



What happens at the consultation?

When you contact us, we'll answer your initial questions and book you an appointment to see the consultant specialist. During your consultation, you'll have a personalised discussion about your symptoms and receive advice on managing your condition. We'll also answer all your queries and ensure you have a clear idea of the investigation and treatment options. After the initial consultation, you may require some investigations, including an ultrasound scan, MRI scan, X-ray, CT scan or blood tests. These could take place on the same day or at another time convenient to you.

How quickly can I get seen?

We can see you at the Manchester Lumps Clinic within the same week you contact us. Our Rapid Diagnostics Clinic also gives you the option to get a scan on the same day as your consultation.

Where are you based?

We run the clinic from several private hospitals across Manchester so that you can choose the easiest location.

Do you offer telephone or online appointments?

Yes, we offer consultations by phone or video call. If you can't get to one of the hospitals or you'd prefer a remote appointment, that's okay.

I don't have health insurance. Can I still see you?

Yes, we see private patients who self-pay or have medical insurance.

How do I book an appointment?

Visit our website and choose which hospital you'd like to visit. You can either call the hospital or book online.

www.manchesterlumpsclinic.com
E: info@manchesterlumpsclinic.com
T: 07585 064963





What happens at our one-stop breast clinics?

Have you or somebody you know been invited to attend a one-stop breast clinic and aren't quite sure what to expect? Mr Richard Johnson, consultant breast surgeon, explains exactly what to expect during and after a one-stop breast clinic appointment at The Wilmslow Hospital, part of HCA Healthcare UK.

To begin with, let's establish the difference between breast screening and a one-stop breast clinic, as this has been known to cause some confusion.

About breast screening

At The Wilmslow Hospital we offer routine breast screening to women over the age of 40, who aren't experiencing any symptoms and haven't had a mammogram in the last 12 months.

Regular breast screening can find any irregularities at the earliest possible stage before any obvious symptoms develop. So, it's important attend your regular screening mammograms as finding cancer earlier can make it easier to treat. And if you notice any symptoms or changes to your breasts between your routine screening appointments, please see your GP or a breast specialist without delay.

About one-stop breast clinics

You may be referred to a one-stop breast clinic if an irregularity has been found during

your routine breast screening or if you have breast cancer symptoms, like a new lump in your breast or underarm. We understand that experiencing symptoms of breast cancer can be a very worrying time, that's why our one-stop breast clinics are designed to help you get quicker access to a diagnosis, with the care and support of our expert team, in a confidential and comfortable environment.

At the clinic you will have all your initial diagnostic tests, performed by experts using the latest diagnostic technology, and see different healthcare professionals in a single appointment:

1. Firstly, you will be guided by a consultant, such as myself, and specialist breast care nurses through a consultation about your symptoms and a physical examination. This will also be an opportunity for you to ask any questions about your symptoms and the tests we are going to perform.

2. Then you will have a mammogram so we can look at X-ray images of your breasts, and if we need to take a closer look you may

also have an ultrasound. Our radiologists and breast care nurses will make sure you are as comfortable as possible and will be able to answer any questions you have along the way.

3. Our team will discuss the results of these tests with you at your visit. If no further tests are required, you can go home with peace of mind the same day.

4. If your tests show any irregularities, we may take a biopsy, and your result will be available to discuss within days. Our specialist breast care nurses will be available to provide ongoing support whilst you wait for the results.

If you are diagnosed with breast cancer you can be assured that we can provide you with expert care. Our sister site, The Christie Private Care provides the latest and most innovative cancer treatments delivered by a multidisciplinary team of cancer specialists.

If you are concerned about any changes to your breasts, please speak to your GP.

Your GP can refer you to our one-stop breast clinics or in some cases you can make a self-referral. To discuss a self-referral, call 0333 060 3706.



To find out more about our one-stop breast clinics or our other women's health clinics

Call: 0333 060 3706

Email: appointmentswilmslow@hcahealthcare.co.uk

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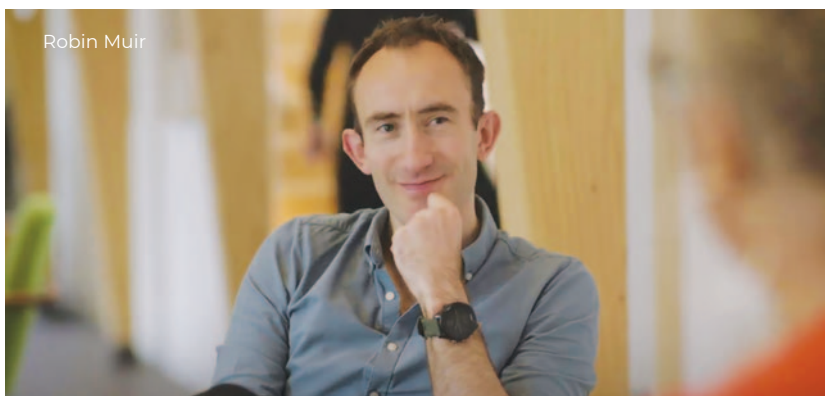


Registered charity number 258085



At Maggie's, you just walk right in

In 1993, five years after Maggie Keswick Jencks' initial breast cancer diagnosis, her illness returned. Both the 47-year-old Edinburgh-based writer, gardener and designer, and her husband Charles were left to digest the news in the gloom of a dark, windowless corridor. They realised that anyone with a cancer or any life-threatening disease deserves a kinder environment, a gentler place of retreat to consider and mull over their situation. Equally aware that no-one should "lose the joy of living to the fear of dying", the couple quickly applied themselves to finding a solution.



Robin Muir

Robin Muir says: "Coming here is no way compulsory so if people make the decision to attend, we're delighted. You see, it's vital our input is seen as inherent in preparing and helping patients and those concerned for the chemotherapy, radiotherapy and immunotherapy ahead. Therefore, it's preferable they come to us in advance of the actual treatments. Obviously, assistance and information are offered at the hospital but family members are not necessarily allowed in during treatments, so we can cover this gap."

Sadly, Maggie passed away in July 1995. However, her plans for new, practical approaches to cancer care and living with the illness were already underway and ultimately materialised by the opening of Edinburgh's first Maggie's Centre in 1996. Today, the charity's 24 UK centres, plus those in Hong Kong, Barcelona and Tokyo, firmly uphold both Maggie Jencks' and her husband Charles' initial beliefs.

Centre head since 2020, clinical psychologist Robin Muir has worked at Maggie's Manchester since its April 2016 opening. He leads a team of two co-psychologists, four cancer support specialists – comprising three nurses plus one occupational therapist, three benefits advisers, four fundraisers and many, many carefully vetted volunteers. Up to 120 cancer patients, their families and friends are welcomed here daily, bringing this Maggie's an annual total of 25,000 visitors. The centre offers information on cancer and its various forms, preparatory advice on the actual treatments, details of possible appearance

changes due to medications plus advice on recovery and rehabilitation.

Counselling, art therapy, yoga and Tai Chi are amongst the activities available here, plus the company of sympathetic and trained listeners – or, if preferred, quieter areas for reflection. And naturally, there's always a cuppa.

Intrinsic to the success of this Maggie's are both its collaboration with, and proximity to, The Christie Hospital across the road and the calming effect of Norman Foster's airy, purpose-built edifice adorned by surrounding greenery – something that horticulturalist Maggie Jencks herself would have desired.

Crowned with its lofty atrium, Maggie's Manchester was designed specifically to promote a sense of tranquillity and relaxation, creating an atmosphere in which attendees would be more likely to take in and retain information around the treatments and some anticipated reactions of their loved ones.

Robin notes differences in generational attitudes to cancer. Maggie's older patients, and men in particular, tend to be more reluctant to disclose and discuss their concerns around cancer and its implications. And although younger patients are more open to talking about their illnesses, they do find confronting other aspects of cancer more problematic.

Careers in the medical, educational, business and social work worlds are wide open to clinical psychologists. Robin chose Maggie's because it's in line with his own values. He said: "Here, I'm able to help people in a delicate situation, just as I would want someone to be there for me or a loved one. I've gained insight into life and regard my own life differently seeing what others have to undergo in these situations."

Robin Muir
Centre Head and Clinical Psychologist
Manchester
T 0161 641 4851
M +447584680575

Call: 0161 641 4848 / Email : manchester@maggies.org

Opening times: Monday to Friday, 9am to 5pm / No appointment required – just come in.

Visit us: Maggie's Manchester, The Robert Parfett Building, The Christie Hospital NHS Foundation Trust
15 Kinnaird Road, Manchester M20 4QL



Glossy Magazine Director: back powering on the Padel Court

Thanks to the OrthTeam Centre

Director of Glossy Magazine, Salim, recently injured his right shoulder whilst playing padel – one of the UK’s fastest emerging sports – and was advised by a friend to see consultant shoulder surgeon, Mr Matt Ravenscroft at the OrthTeam Centre.

Salim says: “I was in a lot of pain and struggling to do everyday tasks like dressing and driving, due to injuring my shoulder. My friend had been successfully treated by Mr Ravenscroft previously, and at our initial meeting, I was impressed by how professional and knowledgeable he was, and he explained my options in a clear and concise manner.”

Salim was suffering from shoulder impingement or impingement syndrome, which occurs when your rotator cuff rubs against the top of your shoulder, creating pressure that irritates muscles and tendons. Overhead activity of the shoulder, especially repeated activity, like padel or tennis, is a risk factor for shoulder impingement.

Mr Ravenscroft explains: “Salim had the typical symptoms of shoulder impingement, characterised by pain to the side of the shoulder, which worsened when the arm was taken out to the side, also pain at nighttime in bed.

“In order to understand what the cause of the impingement was, I examined his right shoulder and requested an MRI scan.”

The MRI scan looks at the state of the rotator cuff tendons which can rub on the shoulder giving the symptoms. It’s essential to know that the tendons aren’t damaged or torn – if they are then a surgical route is more usual.

“As Salim’s tendons were okay,” continued Mr Ravenscroft, “then the options to help him get back onto the padel court were: physiotherapy, a steroid injection to the irritated area and, if that failed to settle the symptoms, then we could consider a surgical option to make more space for the tendons to move. In Salim’s case, the best course of treatment was an ultrasound-guided steroid injection which worked very well, and he is back on the padel court without any restrictions.”

Salim adds: “Following my steroid injection, I’m glad to say that I’m now pain-free and have once again been able to pick up my racket at The Padel Club in Wilmslow!”

I received superb care and five-star service from beginning to end and I can’t thank Mr Ravenscroft and the OrthTeam Centre enough.



For more information or to book a consultation with Mr Matt Ravenscroft, please call 0161 447 6888



Concussion Service

at The OrthTeam Centre

Concussion is a very common injury, especially in contact sports, and it's estimated that around 1 million attendances at A&E departments in the UK annually are due to minor head injuries or concussions.

Our Concussion Clinic is available to elite athletes, as well as amateur athletes and young sportspeople. Our multidisciplinary service brings together leading experts from across a range of specialties, including sports medicine and neurosurgery, and is headed up by two of our sport and exercise medicine consultants, Dr John Rogers and Dr Jim Kerss.

What is a concussion?

It is a type of traumatic brain injury caused by a blow, jolt or bump to the head, or by a hit that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

Signs and symptoms

Generally, these show up soon after the injury. However, it may not be apparent how serious the injury is at first and some symptoms may not show up for hours or

days. You should continue to check for signs of concussion right after the injury and also a few days after. If the signs or symptoms get worse, you should make an appointment with a concussion specialist to be assessed.

Common signs displayed by someone suffering from a concussion:

- Loss of consciousness (even briefly)
- Appearing dazed or stunned
- Can't remember events prior to or after a fall or hit
- Moving clumsily

- Forgetting an instruction and/or confusion about an assignment
- If, during a game, becoming unsure of position, score or opponent
- Displaying mood, behaviour, or personality changes

Common symptoms reported by someone suffering from concussion:

- Headache or 'pressure' in head
- Vomiting or nausea
- Bothered by noise or light
- Confusion, lack of concentration or memory problems

To book a consultation with one of our experts or for more information, please visit orthteamcentre.co.uk or call 0161 447 6888 | X @OrthT f OrthTeamCentre @ @orthteamcentre in company/orthteam





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Dr Bruce Jobling

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prompt telephone advice, a face to face consultation or organising an admission into hospital, anytime, day or night – all provided by a small group of doctors whom they know.

Hopefully, you will not need to see a doctor urgently, but accidents or illnesses can occur when least expected, and having to travel or wait several hours for healthcare can only make the ordeal worse.

You can stay registered with your NHS GP, as our aim is not to replace your care but to work alongside it, providing you with our *extra* medical care when you or your family need it most.

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Having problems passing urine can sometimes be due to Bladder Cancer



Professor Vijay Sangar, Consultant Urological Surgeon and Professor of Urology



Mr Maurice Lau, Consultant Urological and Robotic Surgeon



Bladder cancer occurs when there is an abnormal growth of tissue lining the bladder. In the UK over 10,000 people are diagnosed with bladder cancer each year, making it the 10th most common cancer in the UK. The average age of patients affected is 73, with 9 out of 10 patients being over the age of 55. However, it can occur in younger people. Bladder cancer is more common in men than women, but women tend to present with more advanced disease.

Bladder cancer can be put into two different categories:

- **Non-muscle-invasive bladder cancer** – this is the most common type and easier to treat. It is confined to the superficial layers of the bladder.
- **Muscle-invasive bladder cancer** – this is less common, occurring when the cancer spreads to the muscle wall of the bladder. This form of cancer can spread more easily and requires more radical treatment.

All muscle-invasive cancers will start as non-invasive cancers but take some time to develop.

The exact cause is unknown; however, it is thought to be linked to exposure to harmful substances for long periods of time e.g. smoking tobacco and industrial chemicals.

Symptoms

Visible blood in urine is one of the most common signs that someone has cancer of the bladder. The medical name for this condition is haematuria. Haematuria can present in different ways; the urine may have a brown colour to it or there may be noticeable streaks of blood in the urine.

Other associated symptoms include:

- Sudden urges to urinate
- Needing to pass urine more often
- Discomfort while urinating
- Recurrent urine infections or cystitis

If you are experiencing any of these symptoms it is a good idea to see a specialist. In all cases we will ask for a list of symptoms, general health questions, exposures to toxins and family history. A physical examination is always needed, followed by tests. These include urine and blood tests, CT scan and a bladder examination with a small telescope through the water passage (flexible cystoscopy). If a tumour is found, you will likely need treatment to remove it via another telescope test under a general anaesthetic.

On most occasions medicine is put into the bladder after this to try and stop the cancer from coming back. If you have muscle-invasive cancer, then treatment such as bladder removal or radiotherapy will be needed. Most types of bladder cancer require long periods of surveillance after initial treatment, to ensure all stays well.

As dealing with invasive bladder cancer is not a small treatment, it's best to find cancer early. Hence if you have symptoms see a specialist.

If you are worried, contact our expert team at Urology Clinics.

Find out more at
urologyclinics.co.uk

Contact Urology Clinics Manchester
e: info@urologyclinics.co.uk

This article is intended to inform and give insight but not treat, diagnose or replace the advice of a doctor. Always seek medical advice with any questions regarding a medical condition.



Spicy Prawn Pakoras

With the aim of making cooking at home easier and tastier without compromising on flavour, Manchester's well-loved Zouk Tea Bar & Grill has launched its first range of blended spices, to give people a taste of Zouk at home

With a choice of Garam Masala, Chaat Masala, Tandoori Masala and Biryani Masala, Zouk's spices are made using premium ingredients and are blended in small batches in the UK. They're vegan friendly and available to purchase both online via Zouk's website and in the restaurant, at £6 per 60g tin and £3 for 60g refillable pouches.

As well as launching their own spice range, Zouk has also provided lots of meal inspiration – with QR codes on each tin taking you through to some delicious and easy recipes to try at home.

Spicy Prawn Pakoras

The perfect snack or starter, our Spicy Pakoras will go down a treat with the family. Not only are they easy to make, within 30 minutes you'll be ready to sit down and eat!

Serves 4 | Preparation time: 15 minutes
Cooking time: 15 minutes

Ingredients:

- 350g raw king prawns (shell on)
- 2 green chillies, deseeded and very finely chopped
- 3 garlic cloves, peeled and finely crushed
- Vegetable oil – for deep frying

Batter mix

- 150g gram flour (or plain)
- ½ tsp sea salt
- ½ tsp ground turmeric
- ½ tsp cumin seeds
- ½ tsp ground coriander
- ½ tsp garam masala
- 100-250ml warm water

Method:

1. Shell and devein the prawns leaving the tails intact.
2. Place the prawns in a large bowl with the chopped chillies and garlic and mix thoroughly.
3. Next up is the batter – mix the flour, salt and spices together in a bowl. In your batter bowl, create a well in the middle and add just enough water to make a thick, smooth paste and leave to stand.
4. Preheat the oven to the lowest setting and heat 6cm of oil in a deep saucepan to around 180 degrees.
5. One at a time, holding the prawn by their tails, dip them into the batter mix, coating them entirely. Drop them into the hot oil and fry for 3-4 minutes until golden brown, turning once.
6. Drain on a tray lined with a kitchen towel and place in the oven to keep warm until you're ready to serve.
7. Serve hot with a fresh lemon wedge and enjoy!



Lamb Biryani

A classic Indian dish, our Lamb Biryani is a real crowd-pleaser. With rich aromas and succulent pieces of lamb, this dish will be a family favourite in no time.

Serves 4 | Preparation time: 5-10 minutes
Cooking time: 55-60 minutes

Ingredients:

- 250g basmati rice
- 500g diced lamb
- 1 onion – finely sliced
- 3 medium tomatoes, diced
- 1/2 bunch of fresh coriander, finely chopped
- 1 tablespoon of mint, freshly chopped
- 100g ghee
- 3 slices of fresh lemon

Spices

- 6 cardamom pods
- 6 bay leaves
- 1 tsp cumin seeds
- 1 cinnamon stick
- 6 cloves
- 2 tsp biryani masala
- 1 tbsp chilli powder
- 1 tbsp ginger & garlic paste
- 1/2 tsp turmeric powder
- Salt & pepper to taste

Method:

1. Dice the lamb, put it in a large pan of water and bring to the boil for 15 minutes. Remove from heat and allow to cool. Heat up another large pan, add the ghee and melt.
2. Add and sauté the bay leaves, cardamom pods and cinnamon stick for a couple of minutes.
3. Add onions and stir, after 5 minutes add in the ginger garlic paste. Continue to stir until onions are nicely browned, for around 5-10 more minutes.
4. Add all the remaining spices to the pan and stir.
5. Add partially cooked lamb pieces, tomatoes and 100ml boiling water to the spices and cook for a further 5 minutes.
6. Add the rice and cook for a further 5 minutes.
7. Once the rice is half cooked, add fresh mint, coriander and lemon, then steam, with the cooker on a low heat, for around 15 minutes until it's fully cooked. If the rice is a little dry at this stage, a bit more hot water can be added.
8. Serve and enjoy!





In our Luxe-Life Era. A Restaurant and Bar **like you've never seen it before...**

As part of the AO Arena's £50m redevelopment, The Mezz has officially opened its doors!

Marked with a star-studded Red-Carpet Launch, The Mezz celebrates a first-of-its-kind experience for Arenas across the world. Whether you're looking for a Michelin-starred dish, or you'd rather dance the night away with our hand-crafted cocktails, you'll find magic in every moment at The Mezz.

Join us, only at the AO Arena.

Only at the
ao Arena



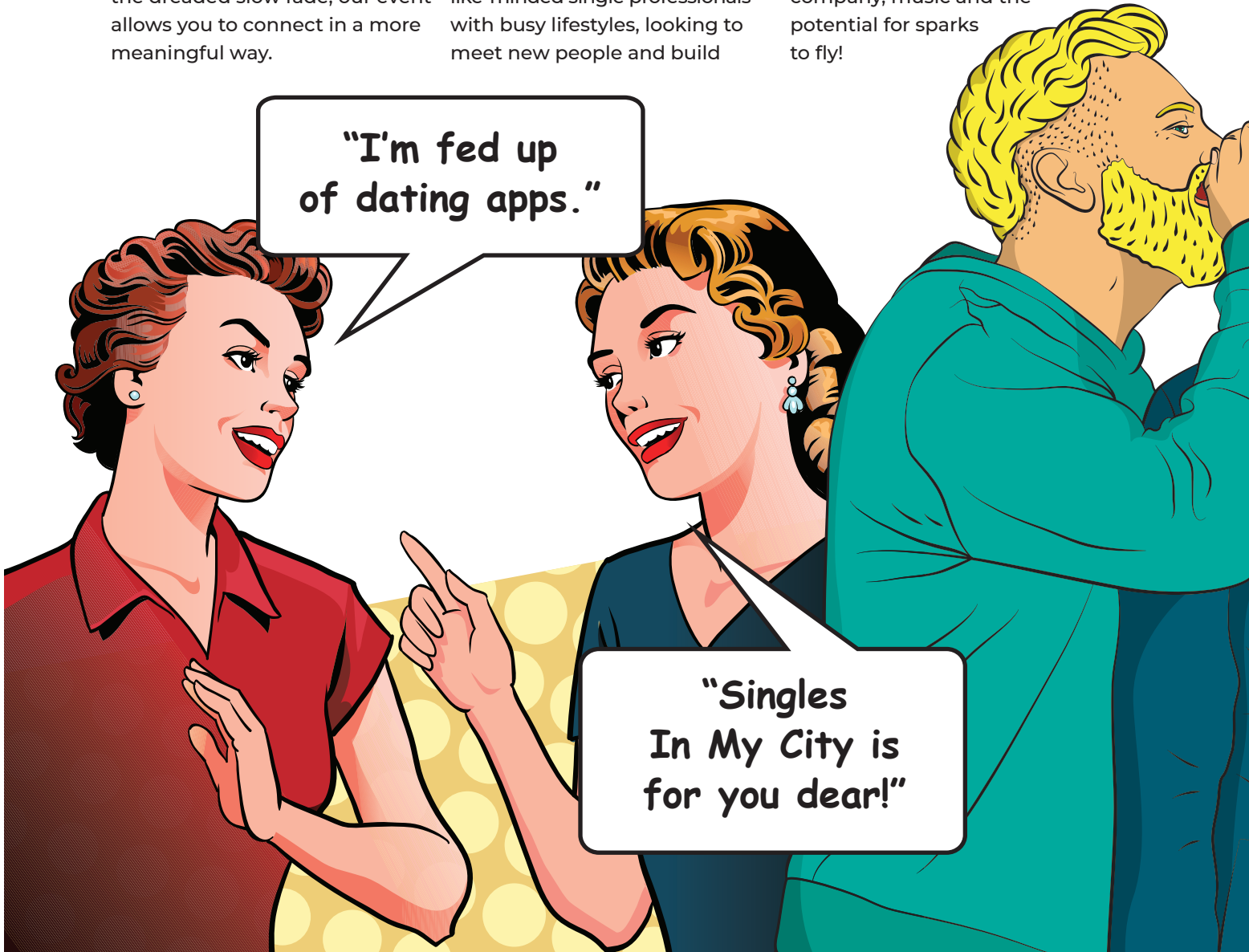
Are you in your 30s or 40s, single, sick of swiping and ready to party?

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With so many of us suffering from dating app fatigue, ghosting and the dreaded slow fade, our event allows you to connect in a more meaningful way.

Join us at our launch party where you can mingle with like-minded single professionals with busy lifestyles, looking to meet new people and build

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"I really hope we match!"



Singles In My City

WHERE:

Mercure, Manchester City Centre,
Portland Street M1 4PH

WHEN:

Saturday 27 April 2024,
7.30pm to midnight

What's included on the night:

- Complimentary arrival drink
- DJ and dancing
- Icebreakers including Dating Bingo: Be the first couple to find your matching number and you'll win a top prize! There are also prizes for the couples in second and third place

"Cheers to a great night!"

"Hope there are many more to follow..."

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GLOSSY EATS...



Indian Courtyard

Stockton Heath

It is said that good food is like a spiritual experience

The Indian Courtyard makes it Divine as it celebrates the renaissance of Indian cuisine in this region of the world with light, nutritious, aromatic food that's a feast to the senses, with a perfect and subtle balance to delight a gourmet's heart and soul. The Indian Courtyard is a fine quality Indian restaurant based in Stockton Heath, Warrington. They pride themselves on creating the highest quality food made from the freshest and best ingredients and spices. From excellent starters, through to choices of vegetarian and non-vegetarian curries and main courses, to their masterfully created desserts with delicious, sweet flavours. They set the mood right and indulge you with a diversity of wonderful tastes and aromas.



Their mission is simple – To serve the highest quality, authentic, Indian food, with divine flavours, cooked with passion and served with affection.

01925 359 809 | www.theindiancourtyard.co.uk
31 Walton Road, Stockton Heath, Warrington WA4 6NJ



Founder's Hall

Albert Square, Manchester

Located in Albert Square, in Manchester city centre, Founder's Hall has a unique but familiar feel and will be the latest JW Lees place to meet, eat and drink.

With the brewery at the heart of it, paying homage to founder John Lees and nearly 200 years of brewing history, Founder's Hall is a shrine to JW Lees beers, showcasing a vast range of cask ales, craft lagers, traditional brews and small batch Boilerhouse beers. JW Lees wanted to shout about its heritage, so the décor reflects this, and the beers are the heroes. Customers will be able to enjoy tasting flights and beer cocktails, with the team bringing extensive knowledge of JW Lees beers to create an immersive experience. Service style will be hands-off and relaxed, with ordering at the bar and customers welcome to sit, eat and drink where they are most comfortable.

The menu features nibbles, bar snacks and small plates, perfect for pairing with a few pints or sampling something new with beer flights (choosing your own combination of any three beers). The main event is the individually hand-crafted pies, made on site and packed full of flavour, as well as some JW Lees pub favourites, best-of-the-season dishes and a cracking Sunday roast with unlimited Yorkshire puddings and gravy.



With quiz nights and ambient DJ evenings, Founder's Hall promises to be a place to relax after a long working week and a venue to enjoy throughout the weekend.

0161 241 6839 | www.jwlees.co.uk
2-10 Albert Square M2 6LW

Embankment Kitchen, Manchester:

New Spring Menu



Embankment Kitchen, located in CitySuites Aparthotel in the heart of Manchester, has launched its new spring menu with a fabulous offering for lovers of wining and dining.

The delicious new menu features seasonally focused dishes created by head chef Josh Singleton and his team, who source the best quality ingredients from around the North West and make everything in-house from scratch.

The small plates are perfect for sharing, and new dishes include pan-fried squid and chorizo, roasted peppers, garlic chilli and honey, ham and smoked cheddar croquettes, parsley and garlic mayonnaise with shredded lamb mini flatbreads, citrus slaw, fresh pomegranate and mint yoghurt.

The tasty new mains include chicken ballotine, filled with spinach and mozzarella and wrapped in parma ham, with sweet potato gnocchi, honey and rosemary baby carrots, roasted sweet potato and chicken butter sauce. There's also paprika and garlic monkfish tail, with Bombay potatoes, charred tenderstem broccoli, fresh herb oil and rich massaman curry sauce. Or try roasted shallot, chilli and garlic pappardelle with asparagus, broccoli and toasted pine nuts, grated parmesan and fresh herb oil.

We arrived with friends on a rainy Wednesday evening to a warm welcome from the staff. Having never been there before, we were pleasantly surprised at the vibrant surroundings. There were several people dining alone as you'd expect because Embankment Kitchen is within CitySuites – Manchester's first ever luxury aparthotel in the city centre – so why would you cook when there is a reasonably priced restaurant on your doorstep?

After ordering our drinks, we decided to order five small plates of garlic pizza bread with mozzarella cheese, chicken lollipops, shredded lamb mini flatbreads, salt and pepper tempura king prawns and garlic wild mushrooms. We followed that with two fish platters from the sharer menu, which included half a grilled lobster brushed with garlic butter and lemon juice, salt and pepper tempura king prawns, pan-fried squid and chorizo, beer-battered haddock goujons, paprika and garlic monkfish tail with Bombay potatoes, pan-fried seabass and chimichurri, plus crispy whitebait and tartare sauce. For the carnivores among us, a meat platter is also available.

Small plates are reasonably priced at three for £19 or five for £30. The fish platter is £65 for two sharing, and the meat platter is £50 to serve two. If you don't fancy a sharer platter, steaks, burgers and fish are available from the grill menu.

Embankment Kitchen offers plenty of options for vegetarian, vegan and gluten-free diets, plus desserts, cocktails, wines and beers, and is open seven days a week – Monday to Friday 4pm-10pm, Saturday 12pm-10pm and Sunday 4pm-10pm.

If you're looking for somewhere new and different to dine, then you won't be disappointed with Embankment Kitchen. Five small plates to share, with a bottle of your favourite tipple, or a cocktail, won't break the bank.

Embankment Kitchen is more than your typical hotel restaurant, and with their current menu offerings, beautiful surroundings, and wonderful staff, they should be on all Manchester restaurant must-visit lists. Go on, give it a try!



Embankment Kitchen, 16 Chapel Street M3 7NH | Tel: 0161 240 1611

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25 Oxbridge offers for 2024 entry

A total of 25 pupils from The Manchester Grammar School have been successful in securing offers from Cambridge and Oxford, solidifying MGS's position among a very select group of top academic schools nationally.

The School's High Master, Dr Martin Boulton, said: "MGS pupils have been highly successful in applying to top universities in the UK and abroad. In 2024, we are delighted to be celebrating 25 of our pupils securing offers to study a wide range of academic courses at Oxford or Cambridge, including Archaeology and Anthropology, Computer Science, Earth Sciences, Economics, Engineering, German and Russian, History, Italian, Medicine, Natural Sciences and, Physics and Philosophy. The application process remains challenging and requires a high level of commitment; I would like to congratulate our pupils on their success".

School Captain Daniel studies Chinese, History, Russian and Spanish and shared his insights into his application journey: "For me, the Oxbridge process has been one of the toughest I have had to go through at school. It has not only stretched me academically, pushing me to dive deeper into the subject I love and explore often stimulating and fascinating topics, but it

has also been mentally challenging as it has required a high level of independence and self-discipline, as well as organisational skills as I balanced my application with my A-level studies. However, it is precisely due to the substantial time and energy investment that the Oxbridge process has proven to be incredibly rewarding. The stacks of books, months of research, and late-night study sessions all converged into a singular, incredible moment when I received an offer to pursue my favourite subject at my preferred university.

"That said, reaching this point wouldn't have been possible without the incredible support of my teachers. I still remember feeling slightly overwhelmed upon seeing the mountain of books that Mrs Lan and Mrs Lu handed to me before the summer holiday and cannot forget the 'University Challenge' sessions that were put on every week to prepare us for the interviews. Now, having navigated through the challenges, I am immensely thankful for the invaluable assistance they provided, encompassing both academic guidance and emotional support.

"While taking pride in my accomplishments, I envision this as just the starting point for greater achievements, a stepping-stone

toward future success. Eagerly anticipating the coming years, I look forward to immersing myself further in Chinese culture, history, and language, with particular excitement for the year abroad! As for what the future holds post-university, there is a considerable amount of uncertainty, but armed with the confidence and skills instilled by MGS, I am ready to tackle any challenges and chase my aspirations, whatever they may be. To anyone who is applying next year, all I can say is that the whole process is a brilliant experience, regardless of the end result. Engaging in interview practice and dedicating effort to something with an uncertain outcome might feel intimidating. However, I've discovered that it positions me more favourably for whatever the future holds, be it university or my prospective career. And, of course, the ultimate reward is reaping the fruits of all that hard work".

Daniel concluded by saying: "In summary, I extend my gratitude to my family for instilling the confidence to pursue Oxford initially and to the school for supporting me throughout this journey. The prospect of university excites me, and I eagerly anticipate returning to the school in the future as an Old Mancunian".

Congratulations to all the pupils, and we extend our best wishes to them as they prepare for their upcoming A-Level examinations!

King's Year 10 Computing Team come 3rd in prestigious competition

The curtain could be lifted on the rebirth of British cinema if the movie moguls listen to four young people from Cheshire. The King's School's Year 10 computing team came third from over 600 teams nationwide in a prestigious competition. Organised by BIMA, a non-profit organisation that drives innovation across the digital sector, the nationwide challenge is now seen as a blue-ribbon event for young digital design. King's won the whole event three years ago, but as their Head of Computing Mr Phil McKenzie said: "The BIMA Digital Challenge has become ever more popular so to come third out of 600 teams is a stunning achievement and shows innovation, excellence and originality from this top-quality quartet. They were supported by our friends and sponsors from The HUT Group, a global e-commerce specialist based at Manchester Airport, who spent a day helping them refine their ideas to boost cinema footfall."

Pupil Matthew Gass, 14, explained their thinking: "The brief was to widen appeal of cinema to the younger generation, and our concept was to show films alongside football matches and make it more of a day out for the cinema goer." Team leader Reuben Blackhurst, 15, added: "At first we brainstormed a lot of different ideas, even being allowed to throw popcorn, but then we had a day off timetable to work with experts from The HUT group and we decided to concentrate on the football idea."

Will Murtagh, 14, added: "Tickets could be £50 or more at Manchester United or Manchester City; they're hard to come by and you can't go with your friends, so our idea is built around how you could pay say £7 or £8 extra alongside your cinema ticket to see a top game and sit with your friends." Alfie Usher, 14, added: "We all used to go the cinema before Covid, but rarely go now and we think this idea really works."



Alfie added: "That's exactly what our sponsors from The HUT group thought. They said it was unique, realistic and innovative so that's what we focused all our efforts upon." "However," Matthew added, "you could widen it out to international fixtures, rugby games or even the Super-bowl. There are a whole range of different sports, but obviously the Premier League is the most popular."

Phil McKenzie concluded: "This competition isn't just about digital innovation, but about its application in the outside world and requires genuine originality, intelligent commercial acumen and persuasive marketing."

Pictured left to right: Matthew Gass, Reuben Blackhurst, Head of Computing Phil McKenzie, Will Murtagh and Alfie Usher.

The Manchester Grammar School and Withington Girls' School participate in charity netball fundraiser



A vibrant and impactful charity netball match unfolded on a typically gloomy Tuesday evening as a spirited Sixth Form team from The Manchester Grammar School took on their counterparts from Withington Girls' School. This noteworthy event, constituting a pivotal aspect of Withington Girls' School's 'Feel Fab Feb' campaign dedicated to promoting mental health and wellbeing, took place inside the sports hall due to the relentless rain. Undeterred by the weather's challenges, both teams displayed an admirable spirit and tenacity on the court, making the evening a memorable testament to camaraderie and sportsmanship. The inclement weather may have forced the match indoors, but it certainly did not dampen the enthusiasm that reverberated throughout the Sports Hall.

School Captain at MGS, Daniel, reflected on the significance of such communal events, emphasising their role in bringing the school community together. His sentiment echoed the broader goal of fostering a shared sense of celebration and companionship among the students. Witnessing everyone thoroughly enjoying themselves, both during the game and off the court, served as a poignant reminder of the unique relationship and history shared between MGS and WGS. Expressing sincere gratitude, Daniel extended heartfelt thanks to Withington Girls' School for graciously hosting the game and creating a welcoming atmosphere for all participants. He commended the players, regardless of their experience levels, for contributing to what turned out to be an entertaining and spirited match.

Sonali, the Head Girl at Withington Girls' School, shed light on the altruistic dimension of the netball match. She shared that all proceeds from this impactful event would be directed towards two commendable charities, UNICEF and Alzheimer's Society. UNICEF's global mission to empower children through initiatives spanning child protection, education, healthcare, and sanitation resonated with Withington's 'Feel Fab Feb' initiative. Similarly, Alzheimer's Society's advocacy for greater awareness and support services for those facing dementia aligns with the broader goals of the charitable efforts. Expressing gratitude to everyone who supported the event, Sonali acknowledged the profound impact that the donations would have in contributing to the causes championed by UNICEF and Alzheimer's Society. Her heartfelt thanks echoed the collaborative spirit and shared commitment to making a positive difference in the lives of vulnerable groups within both local and international communities.

Thank you to all contributors from both educational institutions whose efforts were instrumental in the success of this collaborative event.

College rugby stars touch down in South America



Rugby stars at a Shropshire college touched down in South America on their first tour in the continent. Thirty players from Ellesmere College headed to Argentina, Uruguay and Brazil in March to perfect their skills and take in the sights. Led by the director of Ellesmere College Rugby Academy and ex-professional player himself, Alex Murphy,

the team spent two weeks hopping between countries, taking in the culture and playing against local sides.

Mr Murphy said: "The college has a great history of touring to fantastic destinations, but this is a rugby tour like no other we've done before.

"We wanted to go somewhere a little different where the boys could experience different cultures, and three countries on one tour certainly provides them with that.

"This is a great roving tour, hopping from Buenos Aires in Argentina to Montevideo in Uruguay and back, before going on to stay in Brazil for a short period.

"In addition, it offers a good mix of opportunities for them to play against local club sides in both Argentina and Uruguay. It packs in a lot!"

Ellesmere Rugby Academy tours every four years and previous sporting development opportunities have been to Australia, Canada and South Africa. This year the players, aged between 15 and 18-years-old,

also get to go on a number of excursions while on tour which include Iguazu Falls, a tour of the Tigre Delta and a Gaucho experience. It includes a boat trip through the rainforest, exploring a busy market town, seeing a Brazilian show and many different types of buffet food.

The trip has been made possible thanks to a number of local businesses that have sponsored new playing and leisure kits for all the players – Chartier, ARH group, Matthews Solicitors, Barnes Logistics, Wealth at Work, Lakeside and EasyFlow, as well as a number of businesses from Ellesmere town, all who have contributed to the cost. In addition, Akuma Sports, a company owned by an Old Ellesmerian, gifted the team a playing top.

Mr Murphy added: "We couldn't have done this without the help and support of both the parents and families of the players, and also the businesses that have sponsored us and gifted kit. We are very grateful.

"It's bound to be a special time for the boys, and we will be sure to thank everyone with many pictures of our travels."

For more information, please visit Ellesmere College Rugby Academy.



WHERE GIRLS SHINE

Northwest Independent Secondary School of the Decade The Sunday Times

Email admissions@wgs.org or call 0161 249 3371 to learn more about a Withington Girls' School education.

wgs.org



THE SUNDAY TIMES

SCHOOLS GUIDE 2024

INDEPENDENT SCHOOL OF THE YEAR FOR ACADEMIC PERFORMANCE NORTH WEST



ST. BEDE'S
COLLEGE
1876

St. Bede's College

A School for Life



The Boylan Family
Bedians since 1936

Inspired · Committed · Grateful

A Family for Life

Students graduating from St Bede's College can be discerned by the timeless Bedian values which become imbued in them during their time at the College. Class of 1968 and grandfather to fourth generation Bedian's Aoife and Joe, Mr Michael Berry explains like many precious things in life "Being Bedian" can sometimes be hard to put into words, however, it is always distinctly recognizable in former pupils, an intellectual curiosity, with a quiet self assured confidence and an altruistic outlook on the world. An education and a moral compass for life, passed down from one generation to the next.

Michael, whose own father was a Bedian explains that today, as was the case when he was a pupil, people come from all walks of life to St. Bede's. "There are no misfits at St. Bede's, everyone finds their place and are valued for who they are".

So important was it for his daughter Claire to be part of this great Bedian tradition that she left Withington Girls' School to join St Bede's in the Sixth Form. Lucky for Aoife and Joe that she did as, although, she never knew it at the time, this would be where Claire would first meet her future husband, John, now a solicitor and fellow Bedian Sixth former. For the Boylans St. Bede's truly is a "Family for life" in every possible way.

Moreover, Headteacher Maria Kemp explains "What attracted me to St Bede's was the real sense of being part of a warm family with a great history and bold ambitions for the future. I firmly believe that young people thrive in a family environment and not stuffy institutions". St Bede's really is an extension of your own family, staff, pupils and parents all muck in together, creating a marvellous community that lasts for life.

Claire and John both agree that they always felt lucky to be at St Bede's and are delighted to see the great sense of joy resonating through the Bedian learning experience in their daughter and son's education. John notes that at St Bede's you discover what drives you, your passions and are therefore able to find your vocation.

The school gives you the support, encouragement and resources to rise to the challenges that this will present, allowing your development to flourish. Claire adds "you are never afraid to have a go and make mistakes at St Bede's knowing that you will be nurtured with empathy and encouragement. Equally your successes are celebrated and enjoyed by your peers and teachers".

The recent I.S.I. report (Sept 2023) highlights how pupils contribute positively to their school, their local community and the wider world and noted the positive attitude of the older pupils as they look towards their adult life, encourages younger pupils to plan towards their own futures in a similar way.



Headteacher, Maria Kemp is delighted that her own children and grandchildren attend St Bede's and would like to invite you to invigorate your child's education and come join the legacy of our Great Bedian family, after all your future shapes our history.



St Bede's College production of Legally Blonde was a huge success, filling the Academic Hall with high-energy music, dance and lashings of pink!

Head of drama, Jonathan Dickson, explains why St Bede's places such an importance on high-quality drama using the words of Augusto Boal: "we must all do theatre – to find out who we are, and to discover who we could become". Drama enables students to explore literature through the ages and to understand the world around them – analysing and interpreting human psychology and emotion whilst developing their own skills. The most important skill of all is the power of their own voice. Imagination and the encouragement of unique and

individual ideas is the beating heart of the drama department at St Bede's.

Outside of the studio in co-curricular drama, our students work hard to bring our shows to life. At St Bede's, the final show is just the icing on the cake; the real experience is the journey. Resilience is built during auditions, fortitude is developed during the months of rehearsals, and teamwork remains at the centre of it all. Students from all year groups collaborate, both on stage and off, to bring the show together.

Design and technology students designed and manufactured Legally Blonde merchandise and our co-curricular illustration club produced an animated cartoon to promote the show.

Friendships are formed, self-belief firmly established, and all with a beautiful, polished show at the end. We endeavour to showcase just how talented and committed the students at St Bede's are because, just like Augusto Boal said, we are preparing them to discover who they can become.

The role of happiness in empowering young girls

Empowering young girls is crucial for creating a more inclusive and equal society. By providing girls with the necessary tools, opportunities and support, we can help them overcome societal barriers and achieve their full potential. A high aspiration, no doubt, but one that all educators, particularly those involved in girls-only schools, seek to create. Research demonstrates that happy students perform better cognitively. Happiness leads to improved focus, comprehension and information retention. It also sparks intrinsic motivation, creativity and problem-solving skills. Moreover, happy pupils tend to cultivate healthier relationships while having higher self-esteem and resilience when handling setbacks and academic stress, ultimately contributing to better outcomes.

At Manchester High School for Girls (MHSG), we are mindful of this, and we actively build an environment with happiness and human flourishing at its core. Our Pupil Voice Leaders work within peer focus groups, to ascertain our pupils' attitudes to

learning and establish how they feel they learn best. They talk positively about the support and guidance they receive from their teachers and how they benefit when a teacher breaks problems down into smaller parts or finds alternative explanations. This can include creating a more collaborative and interactive learning environment, incorporating more visual and verbal learning techniques, and providing opportunities for girls to excel academically, all of which contribute to a feeling of happiness.

Achievement, and therefore empowerment, cannot be realised in their fullest sense without happiness. That does not mean to imply that a child will not suffer periods of sadness or other negative emotions, but it is their ability to process these negative emotions independently and return to the state of being happy that measures their overall wellbeing. Schools have a responsibility in this regard too. We cannot shield pupils from the negativities around them, rather we must prepare them for these times, so that they can truly enjoy

being happy when the period of challenge passes.

Empowering young girls is a collective responsibility, requiring a multifaceted approach. By investing in education and promoting happiness, we can create an environment where girls thrive and reach their full potential. It is essential to break down societal barriers, challenge stereotypes, and provide equal opportunities. Empowered young girls will not only transform their own lives but will contribute to a more inclusive and equal society.



By Mrs Samantha Gibbons, Head of Preparatory Department, MHSG

For more information about MHSG, please visit manchesterhigh.co.uk, call 0161 224 0447 or find the school on social media @manhighgirls




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THE SUNDAY TIMES

SCHOOLS GUIDE 2024

TOP 10 INDEPENDENT SCHOOL FOR ACADEMIC PERFORMANCE NORTH WEST

AUDIO FOR ALL BUDGETS

SINCE the dawn of the gramophone, there's barely a home anywhere that doesn't have some sort of music system. Whether a discreet little kitchen radio or a full hi-fi setup that's the centrepiece of its own room, there's something for every budget. **Here's three of the best from across the price spectrum.**



Cheap and cheerful

Who knew Ikea did audio? There's a whole range, and this Vappeby is my pick of the bunch purely based on the fabulous modernist styling at a super affordable price point. You can even daisy-chain more than one of these units to create stereo sound, or just have a single one as an eye-catching bookshelf ornament that packs a punch. There's an optional battery for full portability too. With Bluetooth and the Spotify Tap playback function, it has a super-clean single-knob user interface and is available in white or black. **£55, ikea.com**



Luxury classic

The Bowers & Wilkins Zeppelin was introduced in 2006 and at the time it set a new benchmark for premium iPod speaker docks. It bridged the gap between the then-revolutionary convenience of the iPod and the sound and build quality of high-end audiophile systems. I still have my first-generation Zeppelin, and thanks to adaptors to connect it to today's devices, it's still going strong. The latest version is utterly stunning and must surely still be the benchmark in its class, which today means fully wireless smart speakers for the streaming age. It sounds just as beautiful as it looks. **£699, bowerswilkins.com**



Money no object

Of course, at the top end of the market, real hi-fi snobs would sneer at the very idea of MP3, wireless or any other technology that either compresses or compromises pure, high fidelity sound quality. In this world, only vinyl, CD or perhaps at a push a super high resolution audio file such as FLAC will do, and any form of "processing", such as digitising an analogue signal, may be considered sacrilege. Not only can you pay more than the cost of a house for a set of speakers, but you'll also have to have similarly deep pockets to add the preamp, power amp, turntable and cabling needed to actually play music through them! Then you'll need an architect to sort out the acoustic and vibration performance of your house. If you ever get the rare privilege of actually hearing one of these systems in real life, it will blow your mind. **Siltech Symphony loudspeakers, £365,000, siltechcables.com**

FOREST BATHING

GETTING out of doors isn't just a hobby – it's essential for our physical and mental health. This isn't news of course, everyone from your GP to your favourite lifestyle magazine will have been telling you this for years.

All too often, we associate outdoor activities with, well, being active. But it doesn't always have to be about adventure, extreme sports and expeditions. What about the other end of the spectrum: finding total relaxation in nature?

A trend that is rapidly growing in popularity here in the UK is what the Japanese call *shinrin yoku*, or "forest bathing". The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can help both adults and children de-stress and boost health and wellbeing in a natural way.

This sounds like the easiest thing in the world to try, and it is. We asked Forestry England for their tips on getting started, and here's what they told us:

- Turn off your devices to give yourself the best chance of relaxing, being mindful and enjoying a sensory forest-based experience.

- Slow down. Move through the forest slowly so you can see and feel more.

- Take long breaths deep into the abdomen. Extending the exhalation of air to twice the length of the inhalation sends a message to the body that it can relax.

- Stop, stand or sit, smell what's around you, what can you smell?

- Take in your surroundings using all of your senses. How does the forest environment make you feel? Be observant, look at nature's small details.

- Sit quietly using mindful observation; try to avoid thinking about your to-do list or issues related to daily life. You might be surprised by the number of wild forest inhabitants you see using this process.

- Keep your eyes open. The colours of nature are soothing and studies have shown that people relax best while seeing greens and blues.

- Stay as long as you can, start with a comfortable time limit and build up to the recommended two hours for a complete forest bathing experience.

You can download your guide to forest bathing by searching forestryengland.uk.

WHAT'S ON



As the spring sunshine hopefully warms up the streets of the city and brightens up our days, you can expect lots of warmth and bright experiences in our theatres and concert halls. There are brand new shows and world premieres such as 42 Balloons – a musical from the producers of SIX; family adventures featuring the ocean, dinosaurs and awful aunties; Disney productions including the award-winning Aladdin; and Cantona returns to the city!



DRAMA

■ The Haunting of Blaine Manor Stockport Plaza / 26 April

Winner of the Salford Star Best Play of the Year Award, this drama by Joe O'Byrne is a thrilling haunted house chiller set in a manor with a twisted history of madness, witchcraft, tragedy and death.

■ Sweat Royal Exchange / 26 April – 25 May

Lynn Nottage's 2017 Pulitzer Prize-winning drama is a gritty, social, sweeping state-of-the-nation play directed by Jade Lewis that embraces huge political and economic ideas, where friend is pitted against friend in an atmosphere of rising social and racial tensions.

■ Mind Mangler – Member of the Tragic Circle Palace Theatre / 15 – 18 May

Henry Lewis and Jonathan Sayer, creators of 'The Play That Goes Wrong', return on tour with Mischief's brand new comedy. Expect hilarious feats of mentalism and chaos as the Mind Mangler attempts to read your mind, mind, mind...

■ The Kite Runner The Lowry / 7 – 11 May

Direct from Broadway, based on Khaled Hosseini's international best-selling novel, this haunting tale of friendship spans cultures and continents, following one man's journey to confront his past and find redemption.

■ Robin/Red/Breast Aviva Studios / 15 – 26 May

Maxine Peake, Sarah Frankcom and Imogen Knight transform John Bowen's psychological thriller into an immersive stage show, joining forces with acclaimed electronica artists Gazelle Twin and Booker Prize shortlisted writer Daisy Johnson.

■ The Audience Altrincham Garrick Theatre / 20 – 25 May

Spanning 60 years from the 1950s to the 21st century, Peter Morgan's multi-award-winning play vividly illustrates what might have happened between the late Queen Elizabeth II and her Prime Ministers during their private weekly meetings.

FAMILY

■ Dinosaur Adventure Live: Trouble on Volcano Island Stockport Plaza / 14 April

A fabulous, immersive and interactive show that is guaranteed to be an unforgettable adventure for all the family.

■ Awful Auntie Opera House / 18 – 21 April

Birmingham Stage Company, which has brought many of David Walliams' fabulous books to the stage, returns to the city with a production of Awful Auntie, complete with a small ghost, a huge owl and a very awful auntie.

■ CBeebies : Ocean Adventure The Bridgewater Hall / 5 May

Take a deep breath and dive underwater in the concert hall submarine with its musical crew, the BBC Philharmonic Orchestra in a magical multi-media event featuring CBeebies theme tunes, orchestral treats, animation and live action film.

■ The Very Hungry Caterpillar The Lowry / 28 May – 1 June

Featuring a menagerie of 75 lovable puppets, this critically-acclaimed production faithfully adapts four stories by author and illustrator Eric Carle in a show for little ones and their families.

DANCE

■ Aakash Odedra – Mehek The Lowry / 16 April

Derived from the Hindi word for fragrance, the title alludes to the enduring power of memory and the essence of love itself. Aditi Mangaldas, dancing the first duet of her 50-year career, and Odedra weave a narrative that celebrates love in all its forms.

■ Rambert Dance – Death Trap 18 – 20 April / The Lowry

Rambert and Ben Duke are masters of dance theatre where the dance is exceptional, and the theatre delivers irresistible stories. Following their knockout Peaky Blinders visit, this is your next chance to see Rambert's brilliant and daring dancers in these two short pieces. Dance at its very best.



■ The Accountants

Aviva Studios / 4 – 11 May

From Shanghai to Mumbai, superstar choreographers Xie Xin and Terence Lewis come together for a high-tech dance battle in Keith Khan's 'The Accountants'. A brand new show that promises to be a rich and playful spectacle with state-of-the-art visuals alongside stunning dance.

An Audience With

■ Eric Cantona : Cantona Sings Eric Palace Theatre / 20 April

An evening with Eric is always something to be celebrated – this time he's in concert supported by musicians on piano, guitar and string. If you love Eric then this is the show for you – a night where you get to spend a few fabulous hours in the company of the king himself.



■ Brutally Honest – An Evening with Mel B Aviva Studios / 24 May

Expect a frank, honest conversation with all the fun and infectious energy that Mel B is known for.

MUSICALS

■ 42 Balloons The Lowry / 18 April – 19 May

A world premiere from the producers of SIX, 42 Balloons is an uplifting musical inspired by the highly improbable story of how Larry and his partner Carol, convinced their friends and family to help Larry achieve his dream of flying. How they did it – in a lawn chair with 42 weather balloons – will have you thinking about how far you would go to make your dreams come true!

Featuring an irresistible 80s pop-inspired score and a terrific cast including Evelyn Hoskins and Charlie McCullough, catch it while you can.

■ The Wizard of Oz Palace Theatre / 24 April – 5 May

Starring Jason Manford, Aston Merrygold and The Vivienne, this spectacular production is a magical show for all the family. Featuring the well-loved and well-known score from the Oscar-winning movie, you can also expect some new additional songs from Andrew Lloyd Webber and Tim Rice.

■ An Officer and a Gentleman The Musical Opera House / 30 April – 4 May

This tale of love, courage and redemption is a romantic masterpiece. Set to a smash hit soundtrack featuring the songs of Madonna, Cyndi Lauper, Blondie and many more, this is a musical that will definitely 'Lift You Up Where You Belong' – to paraphrase one of the biggest hits from the movie and the show!

■ Disney's Aladdin Palace Theatre / 22 May – 7 July

Disney's spectacular Broadway and West End musical Aladdin flies into the Palace filled with unforgettable magic, comedy and music. Based on the timeless movie, the show follows the adventures of Aladdin and his genie as he navigates the streets of Agrabah to win the heart of Princess Jasmine.

FESTIVALS

■ Didsbury Festival 2024 Didsbury Park / 8 June

Now in its 43rd year and set to be the best yet. Didsbury Festival is a fun-filled day for all the family. From a carnival procession to live music, talks and some fabulous stalls selling local produce and superb food, it's a family day not to be missed. www.didsburyfestival.co.uk



THE CHARGE OF THE FUSILIER

I LOVE it when new car development gets personal. Inevitably, when the personal passions of the characters behind the badge are inflamed, it adds colour, spice and obsession to the origin story – and usually that’s how the best cars are born.

Every car fan has heard, for example, the 1960s legend of how tractor tycoon Ferruccio Lamborghini took an “insult” from Ferrari personally and made it his life’s mission to build the perfect sports car, resulting in the hypercar brand we know today. And the Ford versus Ferrari beef has made it to the silver screen.

So too, is the origin of Ineos Automotive born out of one man’s passion for cars. The story goes that chemicals billionaire Sir Jim Ratcliffe wanted to buy the design rights and tooling for the outgoing Defender so that the beloved vehicle might live on – and Jaguar Land Rover refused, hence the Ineos Grenadier was born.

Within just a few years since launch, the Grenadier has won respect as the real deal among utilitarian off-roaders, and now it is joined in the range by a complementary new model, the Fusilier.

In keeping with the military nomenclature, the Fusilier shares the Grenadier’s tough and uncompromising identity, but the big news this time is it’s electric. With the option of an all-electric powertrain or a “range-extender” – a small petrol-powered motor to charge the batteries when you’re away from a charging source – this future-proofs the Ineos Automotive brand as legislation and consumer demands move towards electric vehicles.

Slightly shorter and more compact than the Grenadier, the Fusilier also has a slightly facelifted and less traditional look, while still keeping the distinctive retro-inspired angular shape that is as reminiscent of the Mercedes-Benz G Wagen as it is a tribute to the original Land Rover Defender.

Although the Fusilier has now been officially unveiled, definitive details remain scarce. Technical specifications, colour options and even the actual launch date have yet to be confirmed but we’re advised that more information will be announced by autumn this year.

Fact file

Ineos Fusilier / Powertrain: range-extender electric or all-electric / Emissions: zero (all-electric model) / Range: 249 miles (estimated) / Launch date: to be confirmed in autumn 2024 / Power: to be revealed / Price: to be revealed



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