Kudos live local, love local

Your free lifestyle magazine for Kent and East Sussex

Issue 16







Designers and makers of handmade kitchens

The difference is in the detail







Please call for a brochure or visit our showrooms

Unit 9, Chart Farm, Seal Chart Sevenoaks, Kent TN 15 OES Tel: 01732 762682 81 Calverley Road Tunbridge Wells, Kent TN1 2UY Tel: 01892 520730











Hello

Welcome to the May/June issue

We've got a really big fashion treat for you this issue as we team up with our good friends from NEXT to bring you some glamour and style from their summer collection, shot at the stunning Secret Manor, just outside Tunbridge Wells and available to hire for parties and special occasions. It really is amazing.

We have worked with NEXT from almost the beginnings of *Kudos*, when we became their publication of choice for the south-east region and we absolutely love working with them! More importantly, we love their fashion and our latest shoot is absolutely stunning. Thanks to Team *Kudos* – AKA Sally-Ann Carroll and Matt Harquail – for all their hard work. This really is our best shoot yet!:0)

So, what else? We talk to ex-Blue star, Antony Costa, about his switch from boy band to the stage as he prepares to visit the Assembly Hall Theatre with Save the Last Dance for Me. We give you the latest foodie news, including hot new restaurant The Warren, and The Black Dog gives us a practical guide to coffee.

On the home front, Skinners of Tunbridge Wells talks us through the process of interior design, we see some spectacular summer kitchens by Rencraft and all the latest trends for your home and garden.

With summer fast approaching, it's time to think about getting away, so how about exploring places like Canada and New England on a luxury cruise?



For families, our top school Heads give advice on the middle child syndrome and with Mental Health Week in May, we look at the problems for young people with mental health issues, and meet local charity Dandelion Time. Oh, and don't forget to show your dad some love on 19th June – we have some great gift ideas for Father's Day.

So sit back and relax – hopefully in the sunshine – and enjoy the latest issue of *Kudos*.

Hannah Tucek Publishing Director

Twitter: kudoskent Facebook: kudoskent www.kudoskent.co.uk

Managing Director: Robin Tucek
Publishing Director: Hannah Tucek
Editorial Director: Ann Wallace
Creative Director: Neil Constant
Media Sales Manager: Taz Pishbin
Fashion Editor: Sally-Ann Carroll
Photographer: Matt Harquail

Advertising Sales: sales@badbettymedia.co.uk

Kudos is published bi-monthly by:



While every care is taken to ensure accuracy, the publishers, authors and printers cannot accept liability for errors or omissions. All rights reserved.

No part of this publication may be produced in any form without the written permission of the copyright holder and publisher, application for which should be made to the publisher. Opinions expressed in this magazine are not necessarily those of the publisher.

Contents

8 Kudos loves...

12 News & events

25 Pets corner

26 Love celebrity

30 Love fashion

48 Love health & beauty

56 Love food and drink

70 Love home

82 Love garden

85 Love travel

86 Love education

91 Love family



96 Love business

98 Love heroes

WELCOME TO KUDOS KUDOS KUDOS MAY/JUNE 2016

THE CREATIVE USE OF SPACE









CHAMBER FURNITURE

Mary Stanford Lifeboat House, Rye Harbour



LIVE LOCAL KUDOS MAY/JUNE 2016

5pm



Taken by **Matt Harquail**

Things we love this issue



Going bananas...

Here at Kudos, we love our bananas. Rich in potassium and magnesium, they're not only good for you, they taste great, too – our Publishing Director makes a mean banana pancake! So when we came across these fab banana-inspired items, we just had to share them with you. Clockwise from far left: Banana deckchair, £160, banana and stars cushion, £22, banana washbag, £20, and phone cover, £18. Available from www.ScreamLondon.com





Going on holiday...

It's time to get rid of that boring, battered case you've been dragging round for years! The Bluesmart smart suitcase, once synced (via a free app) to your smartphone, provides an array of functions, including the option of weighing itself, simply by lifting the handle, so you can check you're not going over your baggage allowance. The case is made from extremely-light polycarbonate and aluminium and features include built-in proximity sensors that lock the suitcase when they detect you've walked away, and GPS that tells you exactly where your bag is should it be rerouted to another flight. Should your bag move too far from you, an alarm will sound, and it has a built-in battery that can charge your smartphone and tablet six times over. Pretty cool, huh? Price: £349.99

www.firebox.co.uk

KUDOS LOVES KUDOS MAY/JUNE 2016

A good read...

Phillip Drown is a local writer and music enthusiast who lives in Kent. He has worked in an independent record shop for more than 10 years (and occasionally still does) and has written his first novel: The Reputation of Booya Carthy. So what's it about?

In Honahee, a small Mississippi town where trouble brews quicker than bootleg whisky, all that Calvin 'Booya' Carthy wants to do is play the blues. Innocent to the ways of the world, he immerses himself into the cut-throat local scene, where even the smallest disagreements are settled with bloodshed. Playing outside the local store by day, and in the barrelhouse at night, his popularity soon spreads beyond the county borders.

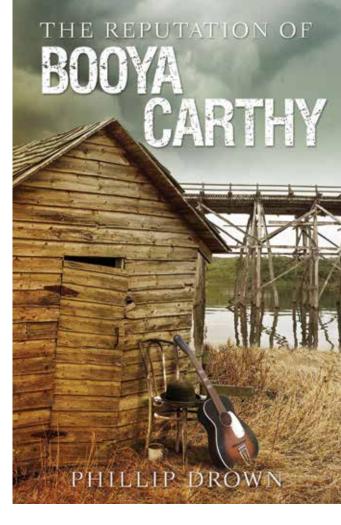
The Great Depression has hit America. Violent racial hatred remains rife. Musicians are being targeted. When Calvin attracts the attention of a demanding white lady, wife of a racist bootlegger with sympathisers in the long and corrupt arm of The Law, he can no longer seek protection within the crowds who covet his music.

With a threat even greater than The Law descending upon Honahee, Calvin must decide how much he would sacrifice for his reputation, even as danger follows him ever closer to those he loves most. Where is there to hide when everyone knows your name?

The book is available online, and from The Compact Disc Shop in Sevenoaks and Sevenoaks Bookshop.

www.phillipdrown.com Twitter: @phillipdrown





On your plate...

When the sun's out, what better way to spend the day than having a picnic outside with friends and family. But it's not all about the food. Having stylish crockery is every bit as important – and plastic plates are great for kids' meals any time. That's why we love these funky plates from local artist Emma Donovan, owner of Peasin-a-Pod.

For big and little kids, the cheekily-illustrated 'Cheeky Chops' plate will bring smiles to teatime. For owners of a sweet tooth, the 'Tasty Treats' plate is a perfect gift for someone who loves baking and sharing tasty treats. And who doesn't love showing off their tasty treats? 'Marvellously Made by Me' is a fun way to display your latest creation. Each charming illustrated melamine picnic plate is perfect for use indoors and out.

Price: £12 for a set of four plates www.peasinapod.org.uk

KUDOS MAY/JUNE 2016 KUDOS LOVES

Father's Day

Make a fuss of Dad on 19th June with our gifts to give with love



Where no dad has gone before

If dad is a secret Trekkie, treat him to the ultimate Star Trek prop replica collectible. It was made from 3D scanning of the last remaining Communicator prop in existence, and is also a fully-functional Bluetooth handset, meaning you can receive and make calls with a flick of the iconic antenna grille. It has a specially-made MEMS microphone for clear communication, a wireless charging stand that keeps the device in place with a magnetic latch and a high-quality speaker for playing your favourite music. Packed full of authentic *Star Trek* sounds and conversation clips.

Price: £119.95 www.firebox.com



Jump on it

Does Dad need encouraging to take a break from his desk? This hi-tech skipping rope, created by Tangram, available at The Conran Shop, could be just the thing. Not only does it look good, coming in a choice of sleek gold, chrome or black designs, and a range of lengths, but it has features you'd never have associated with a skipping rope 20 years ago. The rope uses magnetic technology to count every jump, then the modern LEDs embedded in the rope create a display of your fitness data in mid-air, while you exercise! There's also an app so you can compete with others who are using the Smart Rope.

Price: £75 www.conranshop.co.uk



Uber cool titanivm

Made from titanium, which has the highest strength-to-density ratio of any metallic element, this stunning watch is a professional diving tool, yet attractive, too. It comes on either a titanium bracelet, hand-crafted leather strap or rubber dive strap. From £750

www.christopherward.co.uk



Scottish seaside

Give Dad a taste of the seaside with Edinburgh Gin's Seaside Gin. Distilled with foraged seaweed, scurvy grass and ground ivy from Scottish land and sea, the gin is the result of a partnership between Edinburgh Gin and Heriot-Watt University's MSc in Brewing & Distilling, which seeks to push boundaries and the science of distilling. Seaside Gin joins Edinburgh Gin Original and Navy Strength Cannonball as part of the distiller's core range.

www.edinburghgindistillery.co.uk

Father's Day forest skills

Calling all dads! Spend some quality time with your children on Father's Day learning some bushcraft and forest skills on Sunday 19th June, 10.30am-3.30pm, at Kent Wildlife Trust's nature park in Maidstone.

Calling all kids! Join an exciting forest skills day learning how to cook on a fire pit and make your dad a gift out of wood! Tickets: £20 (early bird), or £25 per person

Booking essential. For more information or to book go to www.kentwildlifetrust.org.uk or call 01622 662012

10 KUDOS LOVES KUDOS MAY/JUNE 2016





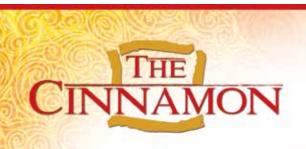
...with style!

Designed and handcrafted by Thurlwell's

www.thurlwells.com

f www.facebook.com/thurlwells
thurlwells@aol.com
01892 533223

Studio 6, Sussex Mews, The Pantiles, Tunbridge Wells, Kent



BEST INDIAN RESTAURANT IN KENT. AWARDED BY THE BCA 2014





Open Seven Days a Week Lunch 12:00pm - 2:30pm Evening 5:30pm - 11:00pm

Rings Hill • Hildenborough Kent • TN11 8LX 01732 832944

thecinnamonsquare.com



New Director for Assembly Hall

John-Jackson Almond appointed new Theatre Director of the Assembly Hall Theatre

With an extensive background in the performing arts, with artistic and management experience, John-Jackson (JJ) Almond has been appointed Theatre Director of the Assembly Hall Theatre. His career has spanned 20 years as a manager, freelance director, producer, artistic director and executive director. He joins the Assembly Hall in May, moving on from Executive Director at the Park Theatre, London.

His appointment comes at an exciting time for the theatre. There was a major refurbishment last summer and recently-completed works in the bar and auditorium, and the Council is embarking on a major project to replace the existing theatre.

Cabinet member with responsibility for Tourism, Leisure and Economic Development, Councillor Jane March, says, "I'd like to welcome JJ to Tunbridge Wells and look forward to the influence of his London theatre experience on the local cultural offer."

Commenting on his appointment, JJ says, "I am very pleased to be joining the team at the Assembly Hall Theatre and am looking forward to what will be an exceptionally exciting time for the theatre and the wider cultural and creative industries in Tunbridge Wells."





Calling all fashionistas!

Kent College Pembury invites submissions for the Young Fashion Designer UK Competition 2016

Now in its sixth year and accredited by The Textile Institute and Design & Technology Association, the Young Fashion Designer UK competition is open to GCSE, BTEC, IB and A-Level students studying fashion and textiles at schools based in the South of England (Oxford and below).

All shortlisted applicants will have the opportunity to attend the South finals at Kent College in Pembury or the Midlands finals at RGS Worcester, where they can display their work, take part in inspirational workshops and meet experts with invaluable experience and advice in a variety of areas, from fashion blogging to buying, styling, costume design and fashion marketing.

The judging criteria is based on finding the student who best demonstrates original aesthetic flair, combined with capability for future critical distinction and commercial success. The winner's work must also evoke the spirit of individuality and therefore, project a sense of style and craftsmanship.

Closing date for entries is 10th June, 2016. To apply, visit

12

www.youngfashiondesigneruk.com/register-online-359

Perfect 10

Singles club celebrates 10 years

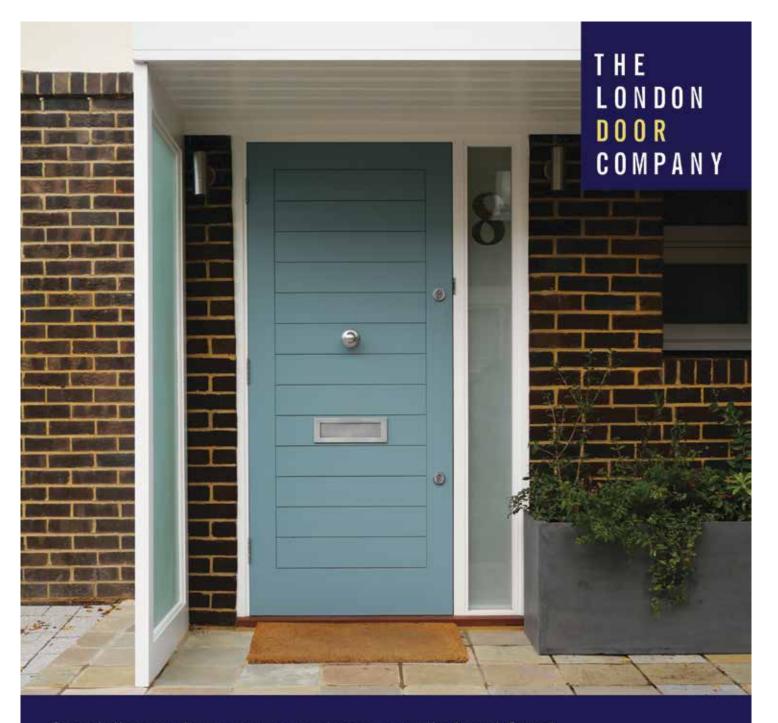
A Sussex club for unattached men and women is celebrating its 10th birthday. Back in 2006, The Group, a new club for unattached men and women, opened in Haywards Heath. Later a venue was found in Brighton, followed by venues in Horsham and Lewes. Now, 10 years later and with 400 members, The Group is planning to celebrate its birthday with a function in Brighton.

Says Tricia Bentley, co-founder of The Group, "Our members tend to be aged 50+ but we don't have rigid age limits. Those who come along to a club night and join The Group receive an emailed diary twice a month and then they select the events they want to attend. They can choose to go walking, go to the theatre, play golf, eat out or come with us on holiday. We're very proud that unattached people have new partners in their lives, having met through The Group, and that gives us real pleasure but that is not what The Group is for. It isn't a dating agency, it's an opportunity to meet new friends."

The Group meets in Lewes on the first Tuesday of every month, Burgess Hill on the 2nd Monday, Brighton on the third Tuesday, and Horsham on the fourth Monday evening.

For more details, visit www.thegroup.org.uk

LOVE NEWS KUDOS MAY/JUNE 2016



Specialist made to measure doors supplied and fitted Front Doors • French Doors • Room Dividers • Internal Doors

From our base on the north Kent border we are pleased to offer our unique all in-house service, with over 30 years experience.

Design • Build • Install • Finish • Guarantee

Visit or call your local showroom for an appointment

67 High Street Penge, Bromley SE20 7HW T 020 8634 4080

londondoor.co.uk

Dream of a prize

The Mead School wins national drama competition

The Mead School, the co-educational Independent school for children ages 3-11 in Tunbridge Wells, has won top prizes in a national drama competition.

The Mead School's Year 6 won the Oxford House Prize for Best Junior Production with their performance of an abridged version of *A Midsummer Night's Dream*. Mead student Sam Tavares, age 11, also won the Wilmslow Prize for Best Junior Boy Performer for his performance as Bottom.

The Independent Schools Association Drama Festival is held annually in both northern and southern venues in the UK. Schools can perform complete plays, extracts from full-length plays, musicals or original work.

"Judging the entries for this year's competition was immensely difficult as the levels of commitment and professionalism were very high," an ISA competition adjudicator said. "Congratulations to those who have been awarded prizes. Your work was outstanding and a real pleasure to witness."

Angela Culley, Headmistress at The Mead School, said: "We are so thrilled, excited and proud. This is an amazing achievement and accolade for everyone involved in the production and will be a lifelong moment of pride. Every child in Year 6 was an integral part of the team



– without each giving 100%, the production would not have worked. Huge thanks to our Head of Performing Arts, Victoria Hall, whose vision, drive, ambition and direction enabled everyone to achieve, and to our fantastic team of staff for their help with the ethereal costumes, amazing set, props and make up."



It's a small world Kent College invites little ones for family fun day

This summer, Kent College is offering places in the Nursery class to girls aged two and a half who can join the school in the term of their third birthday. In light of this, the thriving Pembury-based school is inviting families with daughters interested in places in the Nursery class, as well as Reception and Year 1 classes, to join their annual Early Years Family Fun Day, from 12.30pm-3pm on Saturday, 21st May, which offers an afternoon of fun, games, activities and a delicious BBQ lunch within the beautiful Kent College grounds.

There will be the opportunity to meet staff, current Early Years families and girls, and enjoy crafty classes, an activity trail and outdoor play. National franchise 'Baby Ballet' will also be hosting fun dance classes for a range of ages.



Food for thought

Benenden School welcomes chef Marcus Wareing

In April, 12 teams – each made up of a daughter and parent – battled it out to produce the best sponge cake in 90 minutes for the school's first-ever Great Benenden Bake-Off. Marcus, a judge on MasterChef: The Professionals, volunteered to decide which two teams were crowned the winners.

Said Marcus: "It's great to see the parent-daughter dynamic. Whatever they are like when they are together at home, it changes when you put them in a competition format. They take this competition very light-heartedly, but deep down they get very competitive, which is nice."

The competition was part of the Benenden Arts Festival – a weekend of drama, music, dance, art and food.

4 LOVE NEWS KUDOS MAY/JUNE 2016











From farm to table - from nose to tail

5A High Street, Tunbridge Wells Open Wednesday - Sunday T: 01892 328191

E: contact@thewarren.restaurant

www.the warren.restaurant



Indoors and out, celebrate all things summer

We relish every moment we can spend alfresco. So create a space where the day will never want to end.

Bordeaux table: from £1,200, Tuscany armchair: £285, Corinium tray: £66 and Corinium lidded jar: from £48



Local talent at The Forum

Summer chills out with Unfest Sunday Sessions

The Forum in Tunbridge Wells is introducing Unfest Sunday Sessions over the summer, which will host chilled-out music from 1-6pm, and they are inviting artists of all descriptions to showcase their work.

The Forum owners have always prided themselves on developing talent, supporting local artists and providing a stage to develop their art. They are always open to new suggestions regarding the use of the space. Co-owner Jason Dormon says, "Local performers depend on the venue too, often playing their first-ever gig here and then returning to support other bands, or to play headline shows. Like all unfunded entertainment establishments in the changeable music industry, The Forum has had to adapt. Years of peeling paint and sweat-soaked plaster was stripped and the main hall refreshed, the PA system overhauled and a full digital recording studio constructed during 2012. All of these improvements were done by the people who work at and use the space and facilities. Artists can now rehearse, record and then perform their next album here live. There is a bar – but this isn't a pub – and when the doors open, with everyone singing and dancing to their new favourite band, only an arm's length away, it becomes clear this is far more than just a building."

This summer also sees a new pop-up takeaway restaurant, The Bone Shack, at The Forum. See page 62 for more details. www.twforum.co.uk



Flying high

Local ladies aim to wing walk to raise money for Pepenbury

Two brave and adventurous ladies are planning a wing walk in July to raise money for local learning disability charity Pepenbury.

They will be taking to the skies in superhero costumes on 22nd July at Headcorn Airfield. The idea originally came from one of the family members of the ladies who promised to donate a substantial amount of money if they went through with the idea. So rather than shy away from a challenge, they signed up. One of the ladies, Angela Cartwright, has been a volunteer at Pepenbury for the last eight years. Having previously abseiled down the Spinnaker Tower and Express Tower, she is well used to heights. Being a grandmother of four and soon to turn 70, there is nothing standing in her way again this year. Her fellow fundraiser, Francis Clayden, is travelling from Bexhill to join what promises to be a once-in-a-lifetime event.

"I am a passionate supporter of Pepenbury and the great work that goes on there helping adults with learning disabilities. We are aiming to raise £10,000 in sponsorship, which will go towards buying a new minibus for the service users. It's something they desperately need and I'm really happy to help them in any way I can," says Angela.

Comedian Jo Brand sent a message of support: "Please support The Amazing Angela who is planning a death-defying wing walk to raise money for Pepenbury. Let's just say that like myself, she is a woman of advancing years. So good on her! Do your bit by donating what you can."

If you would like to show your support for the brave ladies, you can donate on Virgin Money Giving under the Friends of Pepenbury event page, or email thefriendsofpepenbury@gmail.com to make a direct donation.



www.pepenbury.info Twitter: @pepenbury1

KUDOS MAY/JUNE 2016 LOVE NEWS 17



Travel in executive style

Relax with Heritage Hire's chauffeur services

There are times when the family Vauxhall or Ford just won't do, when the occasion calls for something more upmarket and a chauffeur to complete the look.

Whether you need an airport transfer, you're dining out and don't want to drive, you need corporate transport or simply want a luxurious way to round off an evening out, Heritage Hire's chauffeur services provide the most comfortable and stylish way to travel. With over 20 years experience, Heritage Hire prides themselves on providing a superior service with the highest-quality executive vehicles to all their clients.

It's a personal service you can trust.
Call 07747 066544/01892 652142
Email Colin.hardman@heritagehire.co.uk



A gift of a new shop

Gallery, gfts and flowers on Mount Ephraim

New shop Zaven's on Mount Ephraim in Tunbridge Wells in a haven for anyone looking for unusual and beautiful cards and gifts, both new and vintage.

The gallery, gift and flower shop is run by Christina Gudenian, with the support of her two daughters, Charlotte Lubbock-Stevens, a local singer and music teacher, and Portia Lubbock, a trainee interior designer,

Says Christina, "People love the combination of art and antiques together with plants and fresh flowers. Flower orders can be placed for delivery or collection and any occasion can be catered for."

Visit Zaven's to be inspired when searching for that unusual gift: find locally-made scented candles and jewellery, stunning cushions, original artworks, eyecatching collectibles and so much more.

All change

18

For fantastic new kitchen ideas, head to Edmondson Interiors

Edmondson Interiors has been creating beautiful, bespoke furniture and kitchens in their workshop in Goudhurst, in the heart of the Weald of Kent, since 1994. Now they have a spate of new ideas and can't wait to show them off.

So what will you find? Gorgeous work surfaces that are a mix of textured granite, marble and silestone, predominantly in white, grey and black. Beautiful oak furniture, including traditional style with simple doors set into sturdy frames, along with the stunning new favourite, a solid-oak raised-panel style kitchen.

They are calling this their Egeiro door, which is Greek for 'raised'. It's contemporary, very different from anything else they have ever made and starts off a new family of kitchen designs made in different woods and colours. In Edmondson's new showroom, it's combined with a rustic grey boarding from Admonter in Austria to really set it off. The island is stained black American walnut, which gives a really richlooking finish and sets off the latest 'M Touch' Miele appliances.

Their new utility room should also cause comment. Some doors are a rippled grey veneer, which gives a remarkable 3-D effect, while others are veneered in ash combined with a dash of orange.



Why not make an appointment to come and see all these exciting changes for yourself.

www.edmondsoninteriors.co.uk

LOVE NEWS KUDOS MAY/JUNE 2016

Calling all thrill-seekers

Britain's biggest obstacle course comes to Kent

Thrill-seekers young and old are being challenged to take on Europe's tallest blow-up slide when Britain's biggest obstacle course comes to Kent for the first time.

A giant ball pit, the world's largest bouncy inflatable and a foam-filled labyrinth are just some of the 10 tricky obstacles awaiting runners when Brands Hatch welcomes Gung-Ho!'s Seriously Fun 5k on Saturday, 4th June.

The Total Wipeout-style course, suitable for adults and children alike, will end on a high as participants take a trip down the 200ft-long 'Thriller' – a slide taller than three double-decker buses.

While keen runners may aim to complete the course in a personal-best time, people of all ages, shapes, sizes and levels of fitness are invited to give it a go individually or as part of a team.

Runners, who must be at least 4ft tall, receive a free bib with race number, Gung-Ho! T-shirt and headband, while any spectators can attend for free and enjoy the food stalls and music.

Tickets and more information are available at **www.begung-ho.co.uk**. By ordering now you can get tickets for just £30, but prices go up closer to the event.







of the Sea

An exhibition of international contemporary art exploring the complex relationships between the sea and the human

Sponsored by:



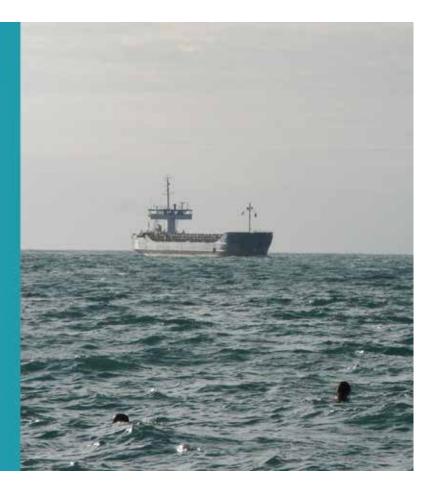




School of Music and Fine Art

thedockyard.co.uk

Exhibition entry included in the cost of an annual ticket.



That's entertainment

Latest releases on stage and screen

The Gigasecond tour

Assembly Hall Theatre, 11th June

The world-renowned all-singing, all-plucking superstars, the Ukulele Orchestra of Great Britain, return with their toe-tapping music, hilarious banter and sheer superlative entertainment. Last year they celebrated 30 Plucking Years of ukulele action, this year they will have been active for One Billion Seconds.

See and hear for yourself why the appeal of the Ukes of GB (the original Ukulele Orchestra, the oldest and the best) and their hilarious, entertaining, witty shopping-trolley dash through all genres of music has led to sold-out shows all over the world, from the Royal Albert Hall to Sydney Opera House.

The Ukes of GB will be performing at the Assembly Hall Theatre on Saturday 11th June at 7:30pm

Box office **01892 530613** or book online on **www.assemblyhalltheatre.co.uk**





X-Men: Apocalypse

In cinemas 20th May

The mutants' greatest battle yet begins, when the oldest and most powerful mutant in history awakens and declares war on the entire human race.

He has been worshipped as a god. He has amassed the powers of many other mutants. He is immortal and invincible. He is Apocalypse, and he is disillusioned with the world. He recruits a team of powerful mutants, including Magneto, and plans to cleanse the world and rule over those who remain.

James McAvoy, Michael Fassbender and Jennifer Lawrence return for what could be the end of the world for the mutants – and for us.

Independence Day: Resurgence

In cinemas 24th June

2.0

Picking up the story 20 years after the first invasion, the aliens return for another attempt at wiping out the human race.

Since the first war, humanity has used alien technology to strengthen the planet and improve its defences. But it won't be enough. The aliens have sent an even larger fleet – and the devastation they wreaked in 1996 won't come close to what they're capable of now.

Independence Day: Resurgence reunites Jeff Goldblum and Bill Pullman, and welcomes Liam Hemsworth and Maika Monroe into the fold. And you thought the White House being blown up was impressive.



LOVE EVENTS KUDOS MAY/JUNE 2016

Summer Season On Sale Now!





An interactive adaption of the original book by E. Nesbit

An excellent show for grown-ups and children alike The Herald



Mugenkyo Taiko Drummers Fri 20 May | 7.30pm

With special guests Wadaiko Tokara

An invigorating, life-enriching experience... you'll be poorer if you miss it The Stage



James Freedman: Man Of Steal Fri 10 Jun | 8pm

* * * A masterclass of memorising, misdirection and high quality showmanship British Theatre



NT Encore: The Audience Thu 23 Jun | 7pm

Theatre on screen with Helen Mirren as Queen Elizabeth II

Funny and truthful. I loved every minute The Times

Out and about with Kudos

Top **5** picnic spots

Pack a picnic and head to one of these perfect spots

Mote Park, Maidstone, Kent

This huge park (it's one of the largest public parks in the South East of England) of 450 acres (including a 30 acre lake) provides a range of activities including mini golf, a model railway, playgrounds and horse riding. It's an ideal place to enjoy a bike ride, with a designated cycle path running the length of the lake. It also plays host to a number of events during the spring and summer.

Devil's Dyke, West Sussex

This historic beauty spot is located just north of Brighton, in the heart of the South Downs Way. Long favoured as the perfect place to enjoy a picnic, Devil's Dyke offers plenty to visitors: great views, interesting landscapes and rare wildlife. Discover remnants of Britain's past as you explore the Iron Age hillfort and look out for the concrete foundations of Britain's first cable car, which was built at Devil's Dyke in 1894.

Sheffield Park and Garden, East Sussex

This big outdoors estate with four lakes in its centre is a great space for the kids to run around and enjoy days out this summer. Sit down for



sandwiches amongst beautiful summer flowers, enjoy cricket matches on the historic pitch or explore the garden with family tracker packs and parkland trails.

Scotney Castle, Lamberhurst, Kent

Scotney Castle is a great place to visit as a family. With plenty of activities on offer and over 780 acres of parkland and woodland to explore as well as the house and garden and Old Castle, there's so much here for all the family to enjoy. The parkland and woodland has perfect picnic spots, hop gardens and is home to a herd of Sussex cattle.

Stanmer Park, Brighton, East Sussex

Stanmer Park, formerly the estate of the Earls of Chichester, has woodland and park areas that are great for picnics. Sit under the shade of a majestic cedar tree near Stanmer House, while the children play ball or climb on a sculpted log nearby. There's an old church and a tiny village on the estate, with houses and barns that date back to the 1850s.

8th May

Speldhurst

The Speldhurst Pram Race is back! On the morning of Sunday 8th May, men, women and children will be racing prams around the streets of Speldhurst. There are races for all ages and awards for the best-designed prams. And once again Channel 4 Racing Commentator Richard Hoiles will commentate on all the races.

The fun will start at 11am at the recreation ground with the first race at noon. There will be paella (provided by Sankeys), a barbecue, bar, chocolate tombola and lots more. In addition, there will be live music from acoustic three-piece band Hush. The George and Dragon and Sankeys have sponsored this year's beer stations.

1st June

Sevenoaks Wildlife Reserve

The Wiggly Wild Show is an entertaining show by a qualified ranger about unusual live exotic animals such as stick insects, beetles and giant millipedes, with some crazy props for the volunteers! There will also be a handling session where you get the opportunity to hold or touch lots of the exotic animals.

www.kentwildlifetrust.org.uk or call 01622 662012

12th June

Leeds Castle, near Maidstone

Celebrate the Queen's 90th birthday in the beautiful grounds of Leeds Castle, with party games for children and a giant royal cupcake tower. Bring your Union flags and enjoy live entertainment from the Fab Bananas, a stilt-walking band who will play a selection of jazz, funk, disco and ska classics. Traditionally British entertainment will be on hand from Punch and Judy, and children can join in with musical statues and sleeping lions on the Pavilion Lawn.

Book online and receive 10% off admission tickets at
www.leeds-castle.com

13th June

Alexander House Hotel, East Grinstead

Enjoy a ladies lunch with a tea expert and tasting. There's an arrival drink, two-course luncheon with a glass of wine, and coffee with chocolate mints. Alex Probyn from Blends for Friends will then share his wealth and experience about tea and demonstrate some of his skills as a tea taster.

For tickets please contact *amy@hospicesofhope.co.uk* / 01959 525110

22 LOVE GOING OUT KUDOS MAY/JUNE 2016

ASSEMBLY HALL THEATRE

16th June

Ightham Mote, near Sevenoaks

Bring your treasures to a *BBC Antiques Roadshow* filming day at Ightham Mote. It is a great, free day out with no pre-registration, tickets or appointments required. Over 30 experts will be on hand to offer free advice and valuations to visitors, who are invited to raid their attics and bring along their family heirlooms, household treasures and car-boot sale finds.

In 2015 almost 35,000 people attended an *Antiques Roadshow* filming day and brought fascinating finds including a jacket belonging to former US president JFK, a musical penknife valued at £80,000, a sketch believed to be by Picasso bought for a few pounds in a house clearance sale, and a precious toy panda that once flew with the Dambusters. *www.bbc.co.uk/antiquesroadshow*

18th-19th June

Kent Life Heritage Farm Park, near Maidstone

Celebrate the county's farming traditions at this annual country fair. Get stuck into life at the farm by learning how to groom and feed the animals, having a go on the tractor-driving course (Saturday only) and joining in the sheep dog demos. Enjoy a thrilling falconry display, take a tour around the vintage farmhouses, watch the blacksmith at work in his forge, and marvel at the old-fashioned steam organ.

You can also check out the local produce and craft stalls, tuck in to a tasty barbecue or relax with a refreshing drink in the small beer tent, and showcase your baking skills in the Best Victoria Sponge Cake competition.

On Sunday, visitors can also enjoy a Classic Vehicle Show, with the chance to vote for their favourite from the stunning display. Owners can enter their classic vehicles for just $\pounds 5$ by completing the online booking form.

For details, visit www.kentlife.org.uk or call 01622 763936

19th June

The Chiddingstone Castle Summer Vintage Fair, Edenbridge

This colourful fair takes place on the Castle Lawns, with more than 40 stalls selling vintage wares, refreshments, dancing and entertainment from bygone days.

www.chiddingstonecastle.org.uk

19th Inne

Rowhill Grange Hotel & Utopia Spa, Wilmington

Enjoy a ladies lunch including an arrival drink, two-course lunch with a glass of wine, and coffee with mint chocolates, followed by a fashion show featuring the latest labels from Eurobe Womenswear.

amy@hospicesofhope.co.uk/01959 525110

26th Inne

Sevenoaks Wildlife Reserve

Bring a picnic, something to sit on and enjoy The Pantaloons matinee performance of *Gulliver's Travels* – a great event for all the family. Come and experience a hilarious adaptation of this 18th-century adventure with puppetry, songs, voyages, floating islands, giants and tiny people.

www.kentwildlifetrust.org.uk or call 01622 662012



The Ukulele Orchestra of Great Britain Sat 11 June



Graeme of Thrones Wed 15 June



A Night in Venice Sun 10 July



Curtis Stigers Wed 20 July



Hairy Maclary and Friends Thu 28 July



Thank You For The Music Sat 10 September

TW874

Book online at: www.assemblyhalltheatre.co.uk

Follow us:





Box Office: 01892 530613/532072





ROYAL TUNBRIDGE WELLS









Get in touch with us to book your event 01732363363 | info@thesecretmanor.com | www.thesecretmanor.com

Pets corner

It's time to turn the spotlight on your best friends!



Meet Tigger, from Tunbridge Wells

This is Tigger, beautiful, loving, playful and a little bit wild! She had an unhappy couple of years with her previous owner and had kidney failure when her new owners got her. The vet said they would be lucky to get another couple of years with her, but she recovered and is now coming up to 13 and loved so much by all the family! Go Tigger, go!



Bring Your Dog To Work Day

The third national Bring Your Dog To Work Day – which is organised by the dog grooming product company HOWND – has been confirmed for Friday 24th June. Businesses from across the UK will welcome their dog-loving employees into the workplace along with their loyal (and well-behaved!) four-legged companions, all in the name of charity.

The day will again raise money for All Dogs Matter, a charity that rehomes hundreds of dogs every year in London and Norfolk. Businesses can donate online (minimum of £50) to take part and become a sponsor, while individuals can gift online or via text (minimum of £2 online, or £1 via text).

Bring Your Dog To Work Day also invites participants to use the initiative as a sponsored event to raise funds for charities that are close to their hearts, using the hashtag #BringYourDogToWorkDay.

www.bringyourdogtoworkday.co.uk

Huge turnout for Springtime at the Farm

Springtime at the Farm, held at Harvel House Farm near Meopham on Saturday 9th April raised £4,924 for ellenor, which supports families facing terminal illness. Around 1,000 people came along to enjoy a day on the farm, meeting fluffy lambs, and some lucky families even witnessed five lambs being born on the day. www.ellenor.org

Rehoming corner!

We are proud supporters of South East Dog Rescue & Rehabilitation, who are committed to helping even the most troubled of dogs.

In this issue, little Mildred is looking for a home...



Meet little Milded

Mildred is an approximately 10-year-old Yorkshire terrier who had been neglected for a long time before coming to SEDR. She arrived with a whole mouth full of rotten teeth which must have been agony for her. Unfortunately, not a single tooth could be saved – but she has not let the lack of teeth put her off her food! She is on long-term medication which works out at just over £10 per month.

Mildred is such a sweet girl who potters around the house and still has a real zest for life despite all she has been through. She enjoys a walk and is great with dogs of all sizes – she is not really sure what to make of cats! She is good with children and loves to snooze on the sofa.

If you can offer Mildred the home she deserves so much, please fill in the pre-adoption form on the website: www.sedogrescue.co.uk

Email a photograph and details of your pet to editorial@badbettymedia.co.uk

KUDOS MAY/JUNE 2016 LOVE PETS 25



Words: Hannah Tucek

Far from blue

Ex Blue star Antony Costa takes a step back in time when he comes to Tunbridge Wells with the amsical, Save the Last Dance for Mc. He talks to Kudos about his musical theatre career and the good old days.

Life has changed for Antony Costa. He may still be packing in the audiences as he did in his days in boy-band Blue, but now he's performing West End musicals rather than top 10 hits. It couldn't be further from his wild-boy days.

Blue – Antony, Simon Webbe, Lee Ryan and Duncan James – enjoyed chart success with three number-one albums, and 11 top 10 singles, including their debut song *All Rise*. They disbanded in 2004 but reunited in 2011, when they represented the UK in the *Eurovision Song Contest*. Last year they released their fifth studio album, *Colours*, before embarking on a UK tour.

Antony, 33, has been busy for the past few years establishing himself as a musical theatre star – and he couldn't be happier with his new life.

Have you always been a fan of musicals or was it more of a career progression after Blue broke up?

I've always loved musicals, both being in them and watching them. When I was growing up, *Grease* was my favourite musical and I had the chance of playing the part of Danny in an amateur version. I wasn't fortunate enough to go to a theatre school (I couldn't afford it!). Instead, every week I would go to my drama classes, vocal coaching and stuff like that. Every month we would each perform a song – one month I would sing a song from *Les Miserables*, the next something from *Miss Saigon* – the list goes on – and I absolutely loved it.

Your first musical was Micky in *Blood Brothers*. How did you get that part? Did you have to audition for it?

It was in 2006. Blue had called it a day in 2005, and I had just come out of the jungle for a series of I'm a Celebrity, Get me Out of Here. Around January, I was thinking, this is really weird, I'm not doing anything with the boys, I've not got anything to do. Then I thought, I'd like to go back to musical theatre or do a bit of acting. My agent at the time said that there was an audition for Blood Brothers, produced by Bill Kenwright. I saw it when I was doing my GCSEs and absolutely loved it. I especially loved the part of Micky Johnstone, so I auditioned and was offered it there and then.

Did you feel you had something to prove, having been in a boy band rather than coming up through the chorus in other shows?

I was in a boy band from the age of 18. Luckily it took off for us and went really well, but it was always only just us four. It's totally different when you expand yourself and go off and do other things

LOVE CELEBRITY KUDOS MAY/JUNE 2016



Performing in Blood Brothers

in a company with people who have trained for many years and are at the top of their game. I am learning so much from them. I love the pressure and I love shocking people. A few friends of mine that are in the business couldn't believe that it was me performing. I thrive on pressure.

How did you enjoy the experience? Were you nervous? Did you find it a huge change from what you were used to?

I think you need nerves to get through it. You can't become complacent in this business. You have to have that adrenaline going through your body to make sure you are hitting the right notes, doing the scenes right, doing the accent right and really performing to your best ability. You have to be disciplined. Being in a band you are essentially the boss, which is great, but I needed something else to challenge myself. I so enjoy being part of a team in the West End or on tour.

Boogie Nights followed Blood Brothers. How did that happen?

Boogie Nights followed because the writer, Jon Conway, came and saw me in Blood Brothers. They were looking for someone to play the main character, Roddy (a cheeky chappy, so I didn't really have to do much acting!) and he offered me the part. I grew up on '70s disco music, Motown, '80s rock and all that. Doing the show was a laugh a minute and completely different from Blood Brothers. In an intense show like Blood Brothers, you're on stage for two-and-a-half hours, non stop, playing a seven year old, a 14 year old and a 21 year old, before the tear-jerking ending. But Boogie Nights was an absolute howl, we had such a laugh. We even mucked about on stage, not badly, but it was one of those shows where you could get away with it, as long as the story line was there. It was a good crack.

Now you're going even further back in time – to the early '60s with *Save the Last Dance for Me*. How did that part come about?

It had been about 10 years since I last saw Bill Kenwright, producer of *Blood Brothers*. My agent/manager David approached him as they were looking for someone for the part of Milton in *Save the Last Dance for Me*, a spin-off production from *Dreamboats and Petticoats*. I auditioned with the musical director, Tom de Keyser, and got the part. I've been really lucky. I'm not saying I get every



Previous tour of Save the Last Dance for Me

job that I go for, because I don't. I have numerous auditions but I like going for different things and if you get a knock-back, that's life and you just have to move on. You can't dwell on stuff. So I was thrilled when I got this and I am so excited to be a part of it.

Tell us about your role in the show.

Milton and his friend Curtis are American airmen. Back in the day, when soldiers and airmen came over here from America, they would chat up the women and take them out. I am the wheeler dealer in the show. I wouldn't say like the Fonz in *Happy Days*, but my character is very cool and laid back. Curtis meets a girl called Marie and they fall in love, but there is a really deep message underneath because Curtis is a black guy and Marie is a white girl. Racism was rife back in the '60s and a relationship like this was frowned upon, which is a shame, but that was the world everyone lived in. It's a great message, and it's got some great music.

How do you prepare for a role like this? Have you listened to endless 1960's songs?

I've had to. There are some great songs from Elvis. The show has some great tunes and people that come to see it won't be able to sit down. They'll hopefully be up and dancing! It's a feel-good, fun show with a really good message underneath. Just come down, enjoy yourself and leave your troubles outside.

These shows take you around the country. You've got a fiancée and a little daughter – is it hard being away from them?

It's really hard. I'm on the road on and off for about seven months but I have to work to pay the bills. It's not cheap, having a baby! I'm fortunate enough to still be working in this business. It's a business that I love, and I hope to be working in it for as long as I can.

When you look back on your time with Blue, what's your overriding emotion?

We had our ups and downs, not personally between us, but we had a lot of knock-backs back in the day, but me and the boys are as tight as ever. It's going to be 15 years of Blue this year. We've not split forever. We see each other all the time. I went to see Dunc in March in *Priscilla, Queen of the Desert*, in Canterbury. He's doing well. He's also been on the West End stage in *Chicago* and *Legally Blonde*. Lee and Si are doing their writing; I think they both have songs coming out this year. I'm just really chuffed for them

KUDOS MAY/JUNE 2016 LOVE CELEBRITY



all. We've been through so much together. It was an amazing time but you need those ups and downs to appreciate what you've had, and if you can come out of it at the end smiling and healthy, then that's the main thing.

If you could have that time again, would you want it?

Absolutely! It was a time when pop was good. To be honest with you, I don't even know who is number one at the moment; it has all changed so much. It's all about downloads, iTunes, You Tube, My Space, Your Space and any other space! There are no music shows any more and that upsets me and the boys. If you are promoting, it's really hard to get your song out there because there are no music shows. Back in the day, there was CDUK, SMTV, Live & Kicking, Pepsi Chart Show... the list was endless and we were spoilt for choice. I miss those days.

Is it very different, facing an audience in a musical than when you were in Blue?

It is, but I love playing a part. This is going to sound an actor-y cliché and I hate all that stuff, but you hide behind yourself. There came a time when I didn't know how to be myself on stage, but when I am a part, a character, I love it because I can hide behind it. If I'm playing a cocky, cheeky chappy that thinks he's God's gift to women, that's not me, but I can have fun playing it.

Are musicals what you want to do for the rest of your career? Or do you have other ambitions? Films perhaps?

I'd love to go into film, I'd love to do a soap. Anything, as long as I'm working and I'm healthy. I just want to be working because it is so hard in this business to sustain yourself. If it fails, then at least I can say that I tried. After this show, I go straight into panto at Gravesend. I'm playing the baddie in Jack and the Beanstalk. This year is fully booked and I love the fact that my diary is full and I'm working. I am just so grateful.

Save the Last Dance for Me is at the Assembly Hall Theatre, Tunbridge Wells, from 4th-9th July. www.assemblyhalltheatre.co.uk

Ticket giveaway!

Win a family ticket (4 people) for Hairy Maclary & Friends

'Out of the gate and off for a walk, went Hairy Maclary from Donaldson's Dairy.'

Anyone with young children will recognise these words instantly as the opening lines of the book *Hairy Maclary from Donaldson's Dairy* by Lynley Dodd. Following overseas tours to Hong Kong, Singapore, New Zealand and Australia (including two residencies at Sydney Opera House), Hairy Maclary and his friends will be springing off the page this summer.

Featuring many of the characters from the books, like Hercules Morse, as big as a horse; Bottomley Potts, covered in spots; Schnitzel von Krumm, with the very low tum; and Scarface Claw, the toughest tomcat in town. With music, singing and several of your favourite Hairy Maclary stories, this show is a must for the whole family.

For the chance to win four tickets, email your name and address to **editorial@badbettymedia.co.uk** by the closing deadline, 30th June 2016. One winner will be picked at random.

Hairy Maclary & Friends is at the Assembly Hall Theatre, Tunbridge Wells, on Thursday 28th July at 1.30pm. www.assemblyhalltheatre.co.uk



LOVE CELEBRITY KUDOS MAY/JUNE 2016



SAHARA

saharalondon.com

Sahara, 77 High Street, Tunbridge Wells, TN1 1XZ Tel: 01892 536 638



TO THE NEXT MANOR BORN

NEXT has a secret to share with you... did you know this summer is all about oozing glamour and style? So go on, make a statement by paying them a visit in store or online. Silhouettes are elegant, yet effortlessly wearable. Perfect for that special occasion or simply when you want to look your very best says Fashion Editor, Sally-Ann Carroll

Photographer: Matt Harquail

Our location was *The Secret Manor* – a stunning house situated between Tunbridge Wells and Tonbridge. With spectacular architecture and breathtaking views, it is the perfect venue to hire for parties, special occasions and corporate events

CREDITS

All clothing from NEXT: www.next.co.uk £3.99 for home delivery. Free to store.

Location: The Secret Manor www.thesecretmanor.com

Model: Sophia Goslitski @ Nevs www.nevsmodels.co.uk

Fashion Editor: Sally-Ann Carroll

Assisted by: Martha Rumble Turley

Photographer: Matt Harquail (mattharquail.co.uk)
Assisted by: Zac Carpenter

Hair and make up: Lauren Saunders (www.lauren-saunders.com)

Sophia was our top supermodel for the day. If you are interested in being part of our fabulous fashion, please email a recent picture with relevant details to editorial@badbettymedia.co.uk

30 LOVE FASHION KUDOS MAY/JUNE 2016

JUMP TO IT



Navy pleated jumpsuit, £75, shoes, £38, bag, £18, earrings, £10, and bangles, £8.50 (the set)

31

PLEATS PLEASE



Lime pleated skirt, £24, ecru embellished top, £20, shoes, £38, sequin scarf, £14, and bracelet, £12

32

DRESS TO IMPRESS



Coral dress, £55, sandals, £35, sunglasses, £12.50, necklace £12.50, and bangle, £12

33

SITTING PRETTY



Floral pleated maxi dress, £65, sandals, £32, earrings, £8, rings, £10 (the set), and bracelet, £12.50

LOVE FASHION KUDOS MAY/JUNE 2016

LACE UP



Navy lace jumpsuit, £60, sandals, £40, earrings, £10, and bangles, £10 each

FLORAL BLOOM



Floral dress, £42, sandals, £45, earrings, £7, watch, £26, and bag, £25

PRETTY FLAMINGO



Lime pleated dress, £45, shoes, £30, earrings, £10, bag, £14, and bracelet, £12

KUDOS MAY/JUNE 2016

LOVE FASHION

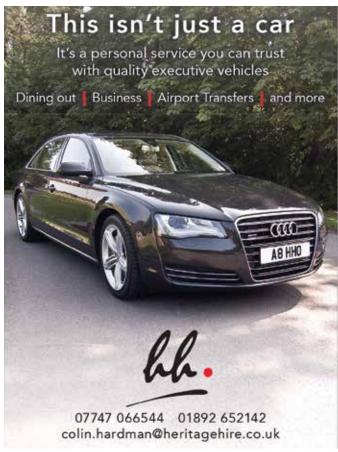
37

SASSY STRIDES



Navy and white trousers, £35, silver plisse top, £22, sandals, £35, earrings, £5, bangle, £10, sunglasses, £12.50, and bag, £10







Men's fashion Get ready for summer!



Denim shirt, £28, and swim shorts, £15



Striped jacket, £75, textured t-shirt, £24, striped trousers, £35, and sunglasses, £14



LOVE FASHION KUDOS MAY/JUNE 2016







Above left: Shirt, £25, shorts, £16, pumps, £32, and sunglasses, £14. **Above middle:** Textured polo, £26, trousers, £30, sandals, £40, and sunglasses, £14 **Above right:** Denim jacket, £45, striped t-shirt, £24, jeans, £35, pumps, £38, and sunglasses, £14









Clockwise from top left: Striped t-shirt, £18, rucksack, £25, swim shorts, £18, textured slip ons, £26, and suede loafers, £45

All available from Next www.next.co.uk



41

KUDOS MAY/JUNE 2016 LOVE FASHION

Kid's fashion Fun in the sun!





Above left: Skeleton t-shirt, from £7, and Maui shorts, from £7. **Above right:** Fisherman hat (part of set), £10, linen shirt, from £9, and cactus print shorts, from £9







Clockwise from top left: Slogan t-shirt, £4, car print crew jumper, £9, wellies, £12, and boat print shorts (part of set), £12



LOVE FASHION KUDOS MAY/JUNE 2016







Above left: Lighthouse denim dress, £16. **Above middle:** Stripe dress, from £22. **Above right:** Denim bunny blouse, from £10, and denim shorts, from £7.50













43

Clockwise from top left: Broderie sun dress, from £16, lighthouse blouse, £7.50, strawberry sweater, £16, silver pumps, £12, backpack, £14, and striped pinafore dress, from £12

All available from Next www.next.co.uk

KUDOS MAY/JUNE 2016

LOVE FASHION



${\bf SAHARA} \ \ {\it 77 High Street, Tunbridge Wells, www.saharalondon.com}$











Clockwise from top left: Linen sundress in cerise, £139, linen panel top in pacific, £119, cotton/linen scarf in magenta, £49, geo necklace, £49, and linen button tunic in white, £129

44 LOVE FASHION KUDOS MAY/JUNE 2016



Clockwise from top left: Linen tie dye top, £155; organza linen panel dress in neon, £149, with safari cotton/linen scarf, £49; Jaipur print shirt dress, £155

KUDOS MAY/JUNE 2016

LOVE FASHION



ODYL High Street, Cranbrook, www.odyldesign.com



Second Female Chai navy dress, £93



Second Female Kayser leather jacket in navy, £284, and Beck dress, £111

KUDOS MAY/JUNE 2016 LOVE FASHION

Health & beauty notes

Latest products and news

Cheeky!





Blot it

Clinique's new Stay-Matte Universal Blotting Powder has a matte finish that reduces shine and gives a natural, perfect finish to any skin tone. This ultra-fine lightweight formula contains oil-absorbing ingredients that will keep make up flawless. Price: £23.50 www.clinique.co.uk

Looking ahead

Summer may be on the horizon, but the catwalks have been heralding the coming autumn and winter looks. Here's a rundown:

- Deep, dark, dramatic hues were the biggest trend for lips, with berry-like mouths on show at Rodarte, Marni and Erdem. The most striking of all were the lacquered black-cherry pouts at Louis Vuitton and Dior, the latter of which were created with Dior's Rouge Dior in Poison, coated with Dior Addict Ultra Gloss Bulle for a mirror finish.
- A fresh, healthy complexion has been trending for seasons, but for autumn/winter 2016 it has taken on an extra radiance. At Valentino, iridescent powder was used to highlight cheekbones, eyelids and cupid's bow, whilst at Gucci, skin was finished off with a radiant, peachy glow.
- Graphic black liner was all over the catwalks. But forget feline flicks; this was far more experimental. While black remained the classic choice, a colourful take was on show at Fendi in bright purple, green, yellow, blue and pink on display.
- Sparkle was also on the catwalks with glitter on the brow bones, on the eyelids, across the face and at the inner corners of the eye. Prepare to shine!

Nearly unde

The carefree beauty of California's south coast has inspired Bobbi Brown's Malibu Nudes Collection, featuring the Nude on Nude Eye Palette with four shadows - Nude, Cement, Wheat and Malted - plus dark brown Espresso to line and subtly define eyes. Price: £36 www.bobbibrown.co.uk



Physiotherapy treatment With Horder Healthcare

RECEIVE A FREE 15 MINUTE FITNESS AND LIFESTYLE CONSULTATION

From our clinic in Tunbridge Wells we offer specialist treatment for a range of musculoskeletal conditions including sports injuries, as well as excercise classes to help you stay fit and avoid injury.

Right now we are offering **free consultations** to set you on the right path for your treatment.



Horder Healthcare Tunbridge Wells 2 Mount Ephraim Road, Tunbridge Wells, Kent TN1 1EE



To arrange your free consultation with Horder Healthcare Tunbridge Wells

CALL:

01892 529059

OR VISIT:

www.horderhealthcare.co.uk



Charity Number: 1046624

Getting ready for Summer

Plastic surgeon Nora Nugent has advice on looking your holiday best

Springtime is here and our thoughts are starting to turn towards warmer weather and summer holidays. I always see an increase in requests for breast and body contouring surgery at this time of year, when there is still time to recover from surgery before the holiday season begins.

The trend is for natural-looking results that look good and improve body confidence but that don't look "operated on" or overdone. This is so much better than the much-maligned, traditional perception of plastic surgery creating fake, unnatural appearances. Nowadays, the emphasis is on a fresh, natural look and with modern techniques, the old telltale signs are no longer obvious.

People are starting to think about getting "beach-ready". In spite of best attempts at diet and exercise, stubborn areas of fat or loose skin can persist, especially around the tummy and hips. Abdominoplasty (tummy tuck) and liposuction surgery can treat this very effectively and recreate smooth and trim contours.

For breast surgery, I see women for breast enlargements, breast lifts and breast reductions. My priorities are to achieve a natural breast shape and the body proportions and confidence that my patients wish for.

Skin care is the other area where I see a rise in enquiries. Everyone wants to look at their best on holiday but the sun can play havoc with our skin. I always advise using sun protection, as it is so important for the future of your skin. As well as helping to prevent skin cancers, protecting your skin from the sun is one of the best anti-ageing treatments that you can do

for your face. To rejuvenate skin and deal with pigmentation and texture problems, I also prescribe medical-grade skincare treatments. These courses are best done before the weather gets too sunny, and well in advance of any holidays in the sun.

About Nora Nugent

Nora Nugent FRCSI (Plast) is an internationally-trained Consultant Plastic Surgeon with a special interest in aesthetic (cosmetic) surgery of the face, breast and body. She is based in Nuffield Health Tunbridge Wells Hospital and the world-famous Queen Victoria Hospital in East Grinstead.



Complimentary mini
consultations are available on
all areas of cosmetic surgery
with Nora Nugent at Nuffield
Health Tunbridge Wells Hospital
on Tuesday 24th May.
Spaces are limited. To book
please call 01892 552932
or email
tun.enq@nuffieldhealth.com



Black diamonds

Inspired by the world's rarest ingredients, Estée Lauder Re-Nutriv Ultimate Diamond Revitalizing Mask Noir is a two-step, deeply-purifying and renewing ritual. A revitalizing dry brush massage followed by the opulent, rich mask delivers an instant surge of vitality to fatigued-looking skin. Price: £240 www.esteelauder.co.uk

LOVE HEALTH & BEAUTY KUDOS MAY/JUNE 2016



Considering cosmetic surgery?

Free information evenings and complimentary one-to-one advice sessions available for men and women.

Nuffield Health Tunbridge Wells Hospital will be holding a free cosmetic information evening with one of our top Consultant Plastic Surgeons, Mr Brent Tanner. The evening will consist of drinks and canapés on arrival, an introduction from the Surgeon, followed by a complimentary 10 minute consultation where you will have the opportunity to talk to Mr Brent Tanner in private about all your cosmetic surgery questions. He will explain to you the procedures most suitable for you as well as the risks and benefits of surgery.

Come and find out more about the procedure you are considering. These events are popular so please book your place.

Call: 01892 882 870

Or visit nuffieldhealth.com/hospitals/tunbridge-wells

WHEN:

Thursday 23rd June

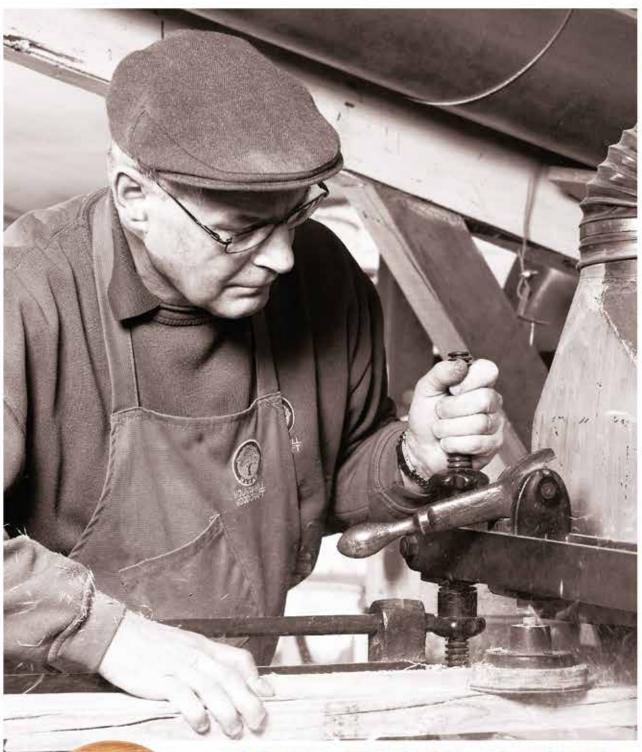
TIME:

19:00 - 21:00

WHERE:

Nuffield Health Tunbridge Wells Hospital, Kingswood Road, Tunbridge Wells TN2 4UL







The perfect combination - traditional woodworking skills and modern technology. Fascinating, exciting processes are an everyday occurrence at Mounts Hill Woodcraft and the end results are stunning. Come and see for yourself!

KITCHENS | JOINERY | FURNITURE

T: 01580 715911 | E: enquiries@mountshill.com | www.mountshill.com

Miracle worker

How Dr Sophie Shotter from Illuminate Skin Clinics helped Gail turn back the time – non-surgically. Here's Gail's story...





"As you get older, things fill out or thin out in all the wrong places more than they used to. They get wrinkly and they head south. Which normally means whipping on a pair of spanx and getting on with your day. Except they don't make spanx for your face. Not unless you were going for the bank robber look – which is a strong one, I'll give you that.

Approaching 40 after a lifetime in the sun with about as much skincare as a walrus, I was depressed to say the least. If I look back at rare pictures of me over the years, my sunglasses grew in size each year to cover more face, and without upgrading to full-on ski masks, I was running out of things to help hide my skin.

After two years of research and meeting with various doctors and clinics, I found Dr Sophie at Illuminate Skin Clinics. Now, I'm not one to gush about much as I'm always sceptical of reviews, but, hold tight... O.M.G! This is Hollywood exclusivity and expertise on the outskirts of London!

Upon arrival at the clinic, Ellie, the Clinic Co-ordinator, puts you at ease immediately with a friendly smile and an offer of a drink. You are surrounded by a slice of luxury in a hidden gem of a location (for privacy) and a luxurious choice of skincare information to keep you occupied while you wait.

Dr Sophie is prompt and so... what's the word?... at ease putting? Yes, that's three words. I'm not a thesaurus. It's never a nice thing to lift your fringe up and show off TO A STRANGER your forehead that has more wrinkles than Alan Sugar's wattle. Then to actually smile and show off what's commonly known as crow's feet but for me are more like Gordon Ramsay's whole face shrunk onto each cheek. It's soul destroying. It's why I don't smile or look in a mirror ever, or get a photo taken. Not even joking. Like a really old vampire. But Dr Sophie put me at ease right away and off came the dinner-plate sunglasses and back went my fringe.

I was convinced I needed a facelift. Convinced. Probably skin grafts after face-melting peels, too. I mean, I'm not overly dramatic, this was just a fact. But Dr Sophie, exhausted by my questions and face pulling/scrunching/poking, convinced me otherwise. She is so knowledgeable and comforting in her approach that I had zero hesitation in handing over my skincare goals to her.

Make me five years younger please. And not stiff and plastic, or over-filled and frozen. I would rather ride a sandpaper-covered space hopper to work naked from the waist down than look like one of those cat ladies that have had too much work done. Ya know? Realistic. Attainable. I just wanted to turn 40 and have people think I was somewhere in my thirties.

I gave her one year to achieve this because I'm results driven. Plus it coincided with my 40th birthday.

So, over the next 13 months, Dr Sophie did a series of small amounts of dermal fillers, Botox, chemical peels/microdermabrasion and skincare regimes from Obagi with NO surgery required. The results are even to me, astounding! The before and after pictures you see here are genuinely just over a year apart, at 39 and 40. No filters. Just what my phone took. When I look at them, my knees do that thing that a toddler's do when they are desperate for the loo but don't want to miss something. That little giddy, desperate, bounce thing. And a tiny squeal comes out without permission. It just happens.

For fun, I found an old picture from my wedding day. I was TWENTY THREE. Looks like it was taken last week. Five years off turned into nearly twenty.

T: 01732 647007 www.illuminateskinclinic.co.uk



53

KUDOS MAY/JUNE 2016

LOVE ADVERTORIALS



Our One Stop Breast Clinic now offers 3D mammograms helping to detect Breast Cancer with greater accuracy

We are currently the only private hospital in Kent to offer the latest advances in digital mammography; 3D Digital Breast Tomosynthesis.

Patients seen in our One Stop Breast Clinic will have the option of 3D mammography.

The benefits speak for themselves:

- Improves breast cancer detection by approximately 25%
- Smaller cancers can be identified more easily
- Particularly benefits those with dense breasts, especially younger women
- Fewer patient recalls

Early detection is key. Make Spire Tunbridge Wells your hospital of choice.

What our patients say...

I found the whole experience whilst having the scan to be very quick indeed and more importantly I was made to feel very comfortable by the staff'

TWells patient

I just wanted to say how lovely the staff in x-ray department were yesterday when I went for a mammogram.Everyone was so friendly and professional

Local GP Practice Manager

To book an appointment in the One Stop Breast clinic call our Customer Services Executive on

01892 741150

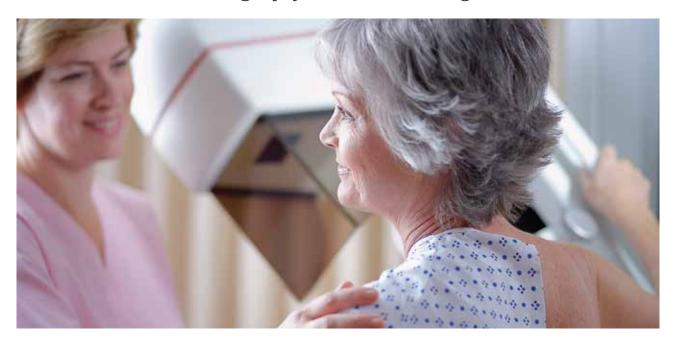
www.spiretunbridgewells.com



Looking after you.

Detecting breast cancer with greater accuracy

3-D Mammography comes to Tunbridge Wells!



Digital breast tomosynthesis (DBT), otherwise known as 3-D mammography, is state-of-the-art technology that can increase the detection of small breast cancers. This new technique has now been investigated for breast-screening patients in the UK (TOMMY Trial) and several European Breast Units.

In the Oslo Tomosynthesis Screening Trial, the addition of DBT increased the invasive cancer detection rate by as much as 40%. Digital breast tomosynthesis is also good at ruling out cancer, and in the majority of the trials fewer women were recalled for unnecessary biopsies.

The system works by creating a 3-D picture of the breast with X-rays. This improves the accuracy of mammography by reducing the inevitable overlap of breast tissue in which small masses and distortions can be hidden. These architectural changes, which may indicate a cancerous process, become much more visible on the tomosynthesis images.

Although beneficial for all patients, as demonstrated in the UK TOMMY Trial, digital breast tomosynthesis is especially useful in women with dense breasts.

Breast tissue is made up of glandular, fibrous and fatty elements and some women have lots of fibrous and glandular material in the breast and very little fat. This increases the breast density and can make conventional mammograms difficult to interpret and therefore less precise. Women in their 20s, 30s and 40s often have naturally dense breast tissue. As women get older, those whose breast tissue remains dense seem to have a moderately-increased risk of breast cancer, which is independent of other breast cancer risk factors.

Any patient with a new breast symptom should see their GP and will usually be referred to see a breast specialist. At that appointment, the specialist will examine the patient and then arrange the investigations. In the Maidstone and Tunbridge Wells catchment area, women over the age of 35 are advised to have standard 2-view mammograms with or without a breast ultrasound as part of the 'one-stop' assessment. At present, in the few NHS units that have digital breast tomosynthesis it is recommended that patients should have 2-view mammograms and only proceed to DBT if advised by a breast radiologist. Other

providers can offer breast tomosynthesis to all women requiring mammograms if requested by their consultant breast surgeon. This is often easier, and more comfortable, as the machine can take the 2-view and 3-D pictures with the patient in the same position. This avoids a wait whilst the radiologist reads the 2-view images and a second visit to the mammogram machine if necessary.

Having 2-view mammograms as well as DBT will effectively double the radiation dose received by the breasts. However, we all live with natural or 'background' radiation, which is present in our environment. A standard 2-view mammogram is estimated to be equivalent to seven weeks of background radiation or a long-haul flight to Australia and back. So, the risk of the mammogram X-rays actually causing breast cancer is extremely low.

The DBT software can generate synthetic 2-view images and in the future these may be used instead of the extra breast exposures and consequently significantly reduce the radiation dose that breasts receive with mammography.

There is an increasing body of evidence, which indicates that DBT is a better test for breast cancer than conventional 2-view mammography. As such, DBT is a very welcome addition to the diagnostic toolbox and will help specialists detect more breast cancer in the early stages of the disease.



Miss Karina Cox, Consultant Breast and Oncoplastic Surgeon

www.spirehealthcare.com/ tunbridgewells

KUDOS MAY/JUNE 2016

LOVE HEALTH & BEAUTY

Food notes

Catch up with the latest restaurant news, produce and foodie events

Bake off:

Coffee and cake at The Kentish Hare

Deputy Manager Paul Barber is an important part of the team at The Kentish Hare in Bidborough. He has been there at the beginning of The Kentish Hare story and enjoyed helping to set up this new venture. He's the right-hand man to General Manager Melvyn Strange, and deputises for him when necessary. Customers appreciate his attention to detail and ability to fulfil their requirements, be it a special occasion or a normal lunch or dinner service. This knack for planning has helped him organise his own recent wedding to Laura with military precision.

Paul's previous experience in catering included two years in Tuscany, Italy, then local kitchens and a stint at The Ritz in London. His managerial experience was gained with a pub chain in East Grinstead, before he joined The Kentish Hare and the Tanner Brothers.

He is also a great baker of cakes and organised the last Macmillan Coffee Morning, raising several hundred pounds for the charity. He baked most of the cakes himself which, together with donations by customers, provided a great array of cakes to sell and eat. He has recently received details of the next coffee morning event and is already planning!

In fact, the coffee morning and Friday timing were such a success with customers that Paul now organises and runs regular monthly KH coffee mornings. It's a great chance for locals to socialise for a chat with coffee and cake.

Future events

May 10th is our official second birthday and what an exciting two years we've had, gaining several industry accolades along



the way, culminating in 2 AA Rosettes and Winner of Best Newcomer 2016 in the Top 50 Gastro Pubs UK and being ranked number 33. To celebrate this birthday, Chris and James are holding, by popular request, another **Tasting Evening with the Tanners** on Wednesday, 11th May. Early booking is recommended for this event as places go fast. **Father's Day** this year is on Sunday 19th June and the Kentish Hare have a special three-course set menu at £29.95 per person (children 5-14 years, £14.95 and under 5s eat free from the children's menu). Early booking is required as tables usually go quickly. Call **01892 525709** and ask for Paul or Melvyn. Keep checking our website for details **www.thekentishhare.com**

We look forward to seeing you soon!



Tea time

Think you don't like the taste of green tea? Wait until you try Clipper's brand new green tea range. There's something for even the staunchest green tea cynic, from naturally-sweeter varieties Pear and Honey Green Tea and Mango Green Tea, to tart Cranberry Green Tea and refreshing Lime and Ginger Green Tea. Green Tea is full of free-radical fighting antioxidants, and Clipper have been ahead of the green-tea curve for 20 years, being the first green-tea brand to launch into UK supermarkets. The complete Green Tea range is Fairtrade certified and there are no bleached tea bags! The result is green tea that is natural, fair and delicious, with no chemicals or artificial flavourings whatsoever. Clipper green teas are available at *clipper-teas.com* and major supermarkets nationwide.

56 LOVE FOOD AND DRINK KUDOS MAY/JUNE 2016



THE OLD FISHMARKET THE PANTILES





SET MENU £11.95

MIDDAY TO 6PM MONDAY TO FRIDAY

OYSTER HAPPY HOUR

OYSTERS £1 EACH BETWEEN 3 & 6PM MONDAY TO FRIDAY

WE ALSO CATER FOR THOSE WHO DON'T ENJOY FISH & HAVE DIETARY REQUIREMENTS

WWW.&ANKEY&.CO.UK - 01892 511 422 - OFM@&ANKEY&.CO.UK 19. THE UPPER PANTILE&, TUNBRIDGE WELL&, KENT, TN2 5TN

Serving up a slice of local life

An iconic Tunbridge Wells restaurant has new owners, a new name and a quirky new look. We meet one of the men behind The Warren, Christopher Fitt





What is your background? Is this the first time you're owned a restaurant?

It is for me, but my business partner Martin Haymes has previously owned and managed restaurants and nightclubs, so he has a lot of experience. Our staff are also very experienced and very competent at what they do, having worked in other restaurants around the town, and our chef, Johnny Forbes, was trained by Marco Pierre White so we are very, very fortunate to have such great people involved.

How did The Warren come about?

We had been searching for premises in the Tunbridge Wells area for several years and this one came on the market in 2014 after Senor Franco passed away. So we put in an offer and secured it. It was described in the agent's details as an iconic location in Tunbridge Wells – and it is. We've got these gorgeous windows, which purportedly come from Hever Castle. It's in a prime spot in Tunbridge Wells and we're in good company with a number of really lovely high-end shops as neighbours on the High Street, like Kitch below us and Farrow & Ball opposite.

Another reason for the restaurant is the 650-acre farm we own, from which The Warren takes its name – it's in the Crowborough Warren estate, which borders the Ashdown Forest. We bought the farm and woodland in 2005 and then

thought, what are we going to do with it? There was a lot of DIY livery, but we wanted to maintain and develop the farming element as well as the equine resource. We have since built up our own herd of Sussex beef cattle and flock of sheep. We have a license to keep wild boar and there's an endless supply of wild venison. It means we have an excellent supply of home-raised meat to supply the restaurant.

Over the years we've raised a lot of birds and poultry. At one point accommodating over 200 peafowl – hence there's a stuffed peacock on the wall of the restaurant as you come up the stairs. He was one of mine, and died of natural causes. We have about 100 geese, turkeys, ducks, chickens, swans, pheasants, rheas, you name it! It means we have plenty of chicken, quail and goose eggs, too.

In addition, at the moment we are picking wild garlic from the estate, which we use in dishes on the menu. The menu is very much inspired by what is currently in season, and what we have growing on the estate.

It's a very meaty, very gamey menu. It's not a vegetarian's paradise but our chef is working on that.

The restaurant is very much about 'farm to table' eating. We also tip our hat to 'nose to tail' dining and as we get into the full swing of farm to table supply, the kitchen is rising to the challenge of utilising more of each animal, all be it harder work for the chefs.

58 LOVE FOOD AND DRINK KUDOS MAY/JUNE 2016







So that's the aim, farm to table, nose to tail. It's about the provenance, the proximity of Crowborough to Tunbridge Wells. It's not organic but it is extremely free range. We rear happy animals and they have a good life. And what we don't produce ourselves, we try to source locally.

There is also a strong connection between the restaurant and the people who work on the woodland and the farm. The guys from the estate helped create the bar, the décor and the flooring, whilst those working in the restaurant are frequent visitors to the farm.

We are also very much connected with the community. From the woodland we produce bio-mass fuel (woodchips) which fuel, amongst other sites, the hospital at Pembury and some Kentish prisons!

What was your vision for the restaurant?

To be honest, when we acquired it, although we liked the site, the windows and the position, it was quite hard to work out what to do with it, what feel to give it. It has been set up in the late '80s/early '90s and had a very good, Italian feel – tiled floors and a rather cool feeling, but we wanted something different, something warmer. We struggled for a while to find the answer but at the same time as buying the restaurant, we acquired the Major York opposite The Spa. Unfortunately it can no longer be used as a restaurant or pub, so we moved the bar to The Warren and the rest of the décor soon fell into place. The style is eclectic, kind of country farmhouse at Versailles, but with nods towards communist chic, royal kitch, something a little eastern and a drizzling of religion – and all amongst the taxidermy.

What are your plans for the future?

Well, we need to get settled and build the business first, but at some point we want to really push the idea of a Sunday-cocktails-and-cabaret kind of feel. Olivier, our barman, is very experienced and talented – his cocktail list really is something to die for. At weekends we are already really booked up so we

would like to build weekday lunches, too. We offer a very reasonable set lunch menu during the week. At front of house, Magdalena and her team — Milo and Amy — offer a warm welcome every lunch and dinner. As we establish ourselves, we hope to extend that from our current opening days of Wednesday to Sunday, to a full seven-day offering.



KUDOS MAY/JUNE 2016

LOVE FOOD AND DRINK

ROUND WOOD

 $_{\it of}$ Mayfield

OAK FRAMED BUILDINGS | QUALITY DECKING | CLADDING OAK & WALNUT FLOORING | HOME & GARDEN FEATURES









Recently appointed as a UK distributor of Thermo Treated Decking, Cladding & Flooring Products by Thermory*



www.roundwood.com

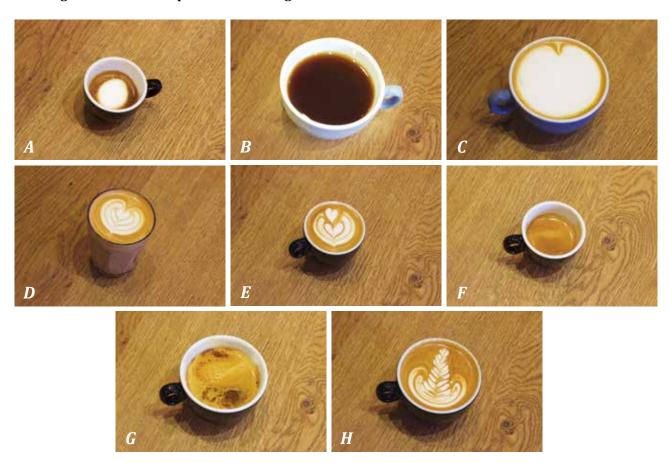
Tel: 01435 867 072

Coffee - a practical guide

Matt Biddle, owner of The Black Dog – an Australian inspired café on Camden Road in Tunbridge Wells – explains the modern coffee menu

The coffee industry is a fast moving one. With so much choice these days there is no such thing as 'an ordinary coffee'. However, for those who aren't coffee geeks, the simple task of ordering your morning coffee can be complex and confusing.

On top of this, each café is free to make their own variations of each type of coffee. Here is The Black Dog's handy guide to coffee drinking for the next time you feel baffled and bewildered when trying to decide on a coffee from a café blackboard.



- **1. Macchiato:** Espresso with a stain of milk foam for added sweetness.
- **D. Café latte:** Served in approximately an 8oz cup. Espresso combined with textured, smooth steamed milk.
- **B.** Filter coffee: A brew by percolation using hot water through a bed of coffee and a paper filter for a longer extraction and clean finish.
- **E. Piccolo:** A single espresso with an equal amount of steamed milk. Also known as the low tide latte.
- al **F. Double espresso:** 19 grams of finely-ground the coffee extracted into a 50ml cup for a full bodied flavour.

C. Cappuccino: A rich layer of dense, creamy

61

foam above textured milk and espresso.

- **G. Long black:** A double shot of espresso in a small 5oz cup for a rich black coffee aromatic and flavoursome.
- **II.** Flat white: A double shot of espresso in a small 5oz cup with textured milk, velvety and smooth, and a microfoam finish

KUDOS MAY/JUNE 2016

LOVE FOOD AND DRINK

Relight my fire

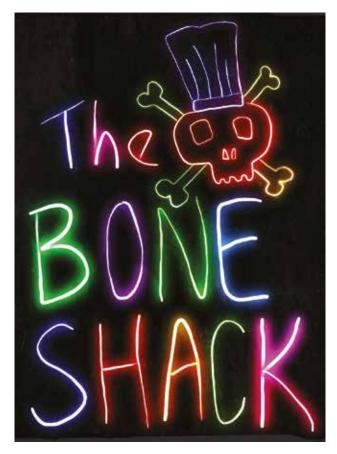
Local chef to open The Bone Shack pop-up at The Forum

After 20 years of working in everything from fine-dining kitchens to gastropubs, well-liked local chef David Friend has decided to fulfil his real passion – feeding people 'soul food'. With his love of BBQ and all things smoked, combined with his flair for street food and experience of cuisine from around the world, he is set to open The Bone Shack at The Forum, a popup serving take-away food that sets new standards.

The menu includes treats like real hickory-smoked ribs — sticky, tasty, melt-in-your-mouth ribs with all the trimmings; buffalo wings in hot BBQ sauce; and his signature Burger of Fate, which sees you pick the add-ons to a basic burger out of a hat. The food is all about flavour, with generous portions and fair prices.

Says Dave: "Being a chef is a hard life but I love it. I tried to leave it once and ended up part-owning a restaurant! But the long hours can take their toll and the passion can dim. So I've decided to reignite my love of food by making the food I really love. I love smoking food, making big chunky burger patties, BBQ chicken wings and ribs, and I want to share that love and make the kind of food that makes memories. I want people to remember that meal on the Common on that sunny day.

"We will be operating a pop-up from The Forum over the summer, trying to recreate a mini Glastonbury feel. The food is going to be multicultural – and not good for your diet! It's all about big flavours – for instance, for Unfest, we have a mouthwatering menu which includes melting ribs, sticky chicken wings, pulled brisket on brioche buns and Pittsburgh slaw."



Head to The Bone Shack for a takeaway you'll remember – for all the right reasons.

Summer's coming

Hotel du Vin launches this season's à la carte menu

Longer days, brighter skies... there's not much that beats the start of spring, and to celebrate Hotel du Vin has launched a new seasonal à la carte menu which draws on lighter, flavourful interpretations of the classic bistro dishes. What better way to ring in sunnier times than with a lazy lunch or evening bite enjoying the season's signature fresh flavours?

For starters, the menu includes succulent scallops ceviche – three thinly-cut scallops marinated in lime juice, salt, sugar, pomegranate, chilli and baby coriander – and flavoursome tomato consommé, with roasted heritage tomato and basil tapioca.

Moving on to mains, both the mouthwatering, lightly panfried lemon sole, served with a caper and parsley beurre noisette, and piedemontese peppers – peppers stuffed with couscous and glazed under mozzarella, served with a tangy salsa verde – offer a perfectly balanced combination of some of the best flavours spring has to offer.



Alternatively, dishes like smoked salmon bâttonets served with Bloody Mary chutney and rainbow chard bring a fresh twist to a classic. And, of course, Hotel du Vin favourites, like the burger and pommes frites or fillet steak still hold pride of place on the grill.

And to finish? Try something sweet and summery, like pineapple upside-down cake, served with toasted coconut ice cream, or the pear and almond tart with honeycomb ice cream.

62 LOVE FOOD AND DRINK KUDOS MAY/JUNE 2016





Enjoy the very best of fresh, local food

Top 50 Gastro Pubs UK – Winner of the Best Newcomer 2016 and ranked 33 Recently voted No.6 in The Times Alfresco Britain – 50 Best Summer Pubs 2015 2 AA Rosettes



Shake those udders

Planning a picnic or a day at the beach? Then stock up on cool and refreshing Shaken Udder for the ultimate thirst-quencher this summer. These 100% natural, low-fat, low-sugar milkshakes not only taste good, but also do good. Packed with calcium and immune-boosting vitamin B12, Shaken Udder is available in four delicious flavours: Top Banana, Chocolush, Vanillalicious and Salted Caramel, with Shaken Udder Kids cartons available in Strawberry, Banana and Chocolate.

www.shakenudder.com



Tea with attitude

Mighty Matcha is the UK's newest 100% organic matcha tea made from pure ground green tea leaves. Every tin contains 30 servings, with each cup loaded with 137 times more antioxidants than a cup of regular green tea. Grown in the shade, the young leaves are hand picked to ensure nutritional value, resulting in a sweet flavour with an energetic zing.

Price: £12.50

www.mightymatcha.com



Cheese, please

Liven up the barbecue with The Black Farmer's new Beef and Cheese Burger Containing 82% beef and 11% Cheddar cheese, the cheese is distributed through the burger and makes for a very tasty alternative to plain burgers.



Grown up fruit and nut

Divne, the chocolate company coowned by the farmers who grow the cocoa beans, has launched a new Dark Chocolate with Almonds and Raisins bar. Divine's signature dark, rich and velvety Fairtrade chocolate has a new addition with juicy sun-ripened raisins and crunchy chopped almonds. Delicious.

Price: £2.19

www.divinechocolate.com



Black pudding: The latest superfood

Those who spent 2015 necking chia seeds and scoffing avocado in a bid to improve their health will be enjoying a totally different sort of superfood this year - black pudding. The Scottish blood sausage is the new superfood of 2016, with nutritionists extolling its high iron content ideal for beating the fatigue and poor concentration associated with anaemia. The breakfast staple is also loaded with protein, potassium, calcium and magnesium, as well as being practically carbohydrate free.

LOVE FOOD AND DRINK KUDOS MAY/JUNE 2016

the Black Dog

We draw our inspiration from the great cafés and bars in Australia



Now open on Sundays

20 Camden Road, Tunbridge Wells, TN1 2PY blackdogcafetw.co.uk



LJF DESIGN BUILD RESTORE







Tel: 01580 212453 • Email: ljfletcher@btinternet.com • Web: www.ljfletcherbuilders.co.uk
1 Marlingate Cottages, Bedgebury Road, Goudhurst, Cranbrook, Kent TN17 2QY

New build • Extensions • Conversions • Period properties

Personal approach to creating your perfect traditional or contemporary home or project

Make Dad's Day

It's Father's Day on June 19th, so make him feel special with a meal to remember

Steak with whisky peppercorn sauce

Beautifully cooked steak with a spicy, whisky-flavoured sauce

Ingredients:

- ½ small onion, finely chopped
- 1 beef stock cube
- · 2 small glasses (150ml) whisky
- 100ml water
- 1 tbsp whole black peppercorns, crushed
- 1 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 1 pot parsley, chopped
- 250ml double cream
- 4 tbsp vegetable oil
- 4 rib eye steaks

Method:

- **I.** Make the sauce by placing the onion, stock cube, whisky, water, peppercorns, vinegar and mustard into a saucepan.
- **2.** Bring to the boil, then simmer until reduced by ³/₄, then add the parsley and the double cream, re-boil and remove from the heat. Season well with salt and pepper, then cover with cling film.
- 3. Meanwhile, preheat the grill or a frying pan until nice and hot, then add a little oil.
- 4. Season the steaks well with salt and pepper and grill or fry until the steak is to your liking. This will take between 4-8 minutes on each side.
- **5.** Once cooked, remove from the pan and keep warm for 5 minutes.
- **6.** Serve with chunky chips and the whisky sauce.



Beef & Mushroom Pie

Allow plenty of time for the beef to be melt-in-the-mouth tender

Ingredients:

- 500g beef stewing steak
- Salt and pepper
- 2 tbsp vegetable oil
- 1 tbsp cornflour
- 1 onion, chopped2 carrots, chopped
- 2 sprigs thyme, leaves picked
- 160g button mushrooms
- 1 beef stock cube, dissolved in 400ml water
- 1 free-range egg yolk, beaten
- 100g puff pastry, rolled to 5mm thick

Method:

- Season the beef with salt and black pepper. Heat an ovenproof casserole until hot. Add the vegetable oil and beef in batches and fry until browned. Return all the beef to the pan.
- 2. Add the cornflour and stir to coat the beef, then add the onions, carrots, thyme and mushrooms. Gently fry for 2-3 minutes.
- 3. Add the stock and bring to a simmer. Cover with a lid and simmer for 2-3 hours, or until the beef is very tender.
- **4.** Season, to taste, with salt and black pepper, remove from the heat and set aside to cool.
- 5. Preheat the oven to 180° C/ 160° C fan/gas mark 4. Spoon the cooled meat mixture into a large pie dish. Brush the edge of the dish with the beaten egg and then lay the pastry over the top of the filling and dish.
- **6.** Crimp the edge to seal, then brush the pastry with more beaten egg and cut two slits in the top of the pie to let the steam escape.
- 7. Place on a baking tray in the oven for 25-35 minutes, or until the filling is hot and the pastry crisp and goldenbrown. Serve with creamy mashed potatoes and green veg of your choice.

KUDOS MAY/JUNE 2016

LOVE FOOD AND DRINK

Beer can chicken

A quirky way to cook chicken for really moist results. Marinate it overnight for the best flavour

Ingredients:

- 4 tbsp light golden ale, plus 500ml to marinade the chicken, plus 300ml light golden ale for roasting (reserve the empty beer can)
- 90g malt extract
- ½ tsp chilli powder
- ½ tsp English mustard powder
- ½ tsp crushed garlic
- 1/2 tsp smoked paprika
- ½ tsp muscovado sugar
- 2kg chicken
- 160g butter
- Pinch salt

Method:

- **I.** Mix four tablespoons of the ale, the malt extract, chilli powder, mustard, garlic, smoked paprika and sugar together in a bowl to make a paste.
- 2. Rub the paste all over the chicken and set aside to marinate for three hours. Then pour over 500ml of ale and leave to marinate overnight
- 3. Preheat the oven to 190°C/170°F/gas mark 5. Rinse the marinade off the chicken and pat dry. Carefully smear the butter under the chicken skin and over the thighs and season with salt.
- 4. Pour the 300ml ale into the reserved beer can, then carefully place the chicken onto the beer can, so that the chicken is sitting upright, with the can in its cavity.
- 5. Roast the chicken for 40-45 minutes, basting a couple of times. Remove the chicken from the oven and set aside to rest for 15 minutes before serving.

Apple Crumble

Easy to make and delicious with custard or cream

Ingredients:

For the crumble:

- 300g plain flour, sieved pinch of salt
- 175g unrefined brown sugar
- 200g unsalted butter, cubed at room temperature
- Knob of butter for greasing

For the filling:

- 450g apples, peeled, cored and cut into 1cm pieces
- 50g unrefined brown sugar
- 1 tbsp plain flour
- 1 pinch of ground cinnamon

Method:

Preheat the oven to 180°C/160°C fan/gas mark 4. Place the flour and sugar in a large bowl and mix well. Rub a few cubes of butter at a time into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.

- 2. Place the apples in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well, being careful not to break up the fruit.
- **3.** Butter a 24cm ovenproof dish. Spoon the apple mixture into the bottom, then sprinkle the crumble mixture on top.
- **4.** Bake in the oven for 40-45 minutes until the crumble is browned and the fruit mixture bubbling. Serve with thick cream or custard.



Tiramisu

An easy version of this creamy, Italian delight

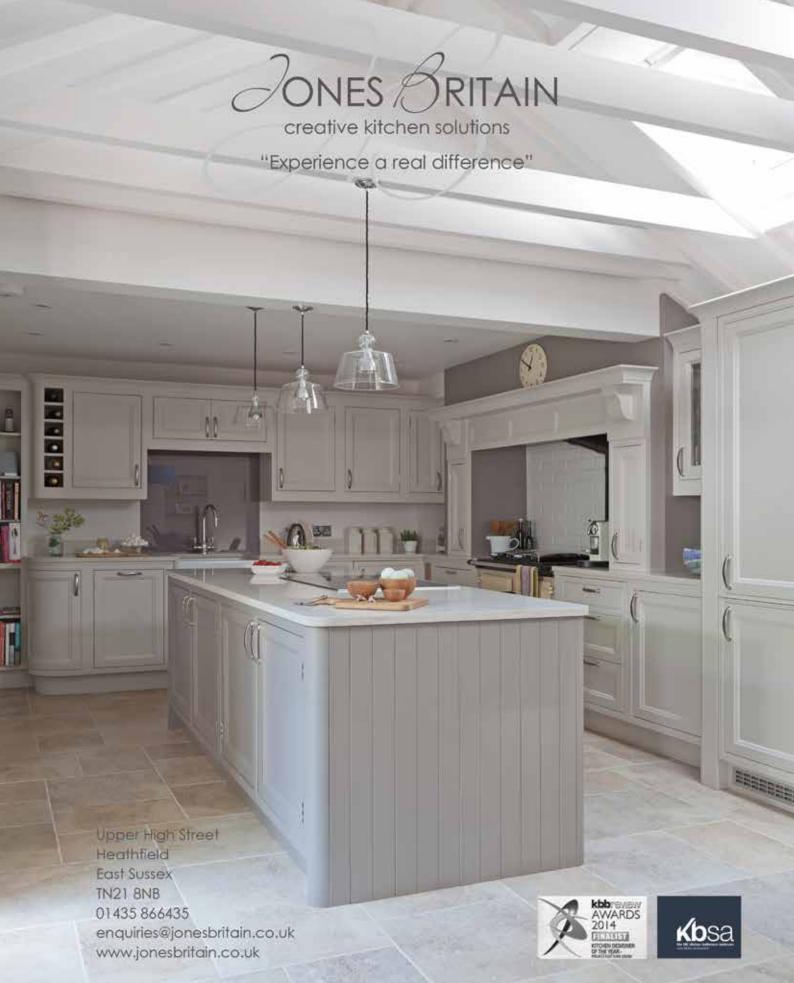
Ingredients:

- 568ml pot double cream
- 250g tub mascarpone
- 75ml marsala
- 5 tbsp golden caster sugar
- 300ml strong coffee, made with 2 tbsp coffee granules and 300ml boiling water
- 175g pack sponge fingers
- 25g chunk dark chocolate
- 2 tsp cocoa powder

Method:

- Put the cream, mascarpone, Marsala and sugar in a large bowl. Whisk until the cream and mascarpone have completely combined and have the consistency of thickly whipped cream.
- 2. Put the coffee into a shallow dish and dip in a few sponge fingers at a time, turning for a few seconds until they are soaked, but not soggy.
- 3. Layer these into your serving dish until you have used half the biscuits, then spread over half of the cream mixture.
- **4.** Coarsly grate over most of the chocolate. Then repeat the layers, finishing with the creamy layer.
- **5.** Cover and chill for a few hours or overnight. This can now be kept in the fridge for up to 2 days. To serve, dust with cocoa powder and grate over the remainder of the chocolate.

68 LOVE FOOD AND DRINK KUDOS MAY/JUNE 2016



Property portfolio Home & garden Making a house a house a house

Ever wondered how an interior design company works? Sarah Bellamy of Skinners of Tunbridge Wells, lets us in on the secrets of creating the perfect home for one of their clients



The Property

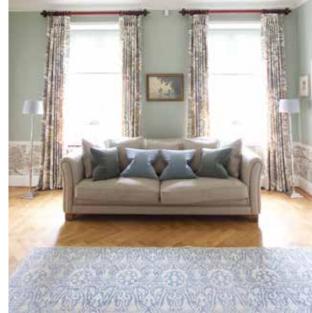
A substantial family house built circa 1901 in Georgian style on the site of an original Georgian property that was damaged by fire. Situated in a semi-rural, elevated position with stunning views over the surrounding countryside, the house benefits from all the features associated with a Georgian property – i.e. all the rooms are predominantly square with high ceilings, sash windows and solid-wood floors.

What was the brief from the owners?

Our clients had decorated the property approximately 10-12 years ago and were looking to refresh and update the look whilst retaining certain pieces of their much-loved furniture. Consequently, being a period property, set in a semi-rural location, the brief was to retain the country feel whilst combining this with a more modern twist. For the sitting room, an elegant yet relaxed feel was requested, somewhere the whole family could have a place to sit comfortably.

70 LOVE YOUR HOME KUDOS MAY/JUNE 2016





For the bedroom, our clients requested that the room had a calm atmosphere, with green being the predominant colour, and that the curtains and blinds allowed no light to come through when drawn. The interconnecting gentleman's dressing room demanded a masculine feel, whilst complementing the décor of the main bedroom.

Describe the process

Our clients initially came in to our showroom in Castle Street, Tunbridge Wells, to look at fabrics. An appointment was then made for us to visit their home in order to fully understand and appreciate not only the age and character of the property, but also our clients' lifestyle and personality. We were then able to assemble an assortment of fabrics for upholstery, curtains and blinds from our extensive library of samples, as well as sourcing new pieces of bespoke furniture and designing the layout of the rooms. Our clients were incredibly decisive and from there it was all systems go.

How much input did the owners have with the design?

They were the perfect clients in that they had a good idea of the look they wanted to achieve and were both in agreement — it's slightly more difficult when partners don't share the same taste! We listened carefully to their brief and once we had a selection of fabrics, wallpapers and furniture to present to them, they made decisions immediately which made the process a lot easier to execute.

Were their ideas easy to create?

Having guidelines helped accelerate the design process. Our clients were completely happy to be guided by us and the scheme evolved very naturally.

Was there anything they wanted to change?

The only thing we changed was the furniture layout in the sitting room once all of the pieces were in situ. Some of the original pieces of furniture found homes in different areas of the rooms to best accommodate the new pieces. The end

result was a very harmonious, relaxed atmosphere, with no piece demanding too much attention. Brief fulfilled!

How long did the project take?

Four months from start to finish. This included all decorating, the renovation of the flooring, bespoke furniture, handmade curtains, blinds and upholstery.



KUDOS MAY/JUNE 2016 LOVE YOUR HOME 71

What has been your most memorable project?

Although involved in many diverse projects over the years, the most memorable to date involved the complete renovation of a luxury apartment with views over Hyde Park, owned by a very demanding overseas client. When completed, the apartment was luxurious and elegant in an effortless way, though the process was far from it!

What do you predict the next big trends will be for interior design?

Whilst greys and neutrals are still very popular, we are seeing a welcome return to colour, with wallpaper enjoying a resurgence in popularity, not only as a feature wall but to decorate an entire room.



If you're looking to make simple changes to soft furnishings, want some new curtains made or you're planning a radical refurbishment, Skinners of Tunbridge Wells can help you create the home of your dreams.

www.skinnersoftunbridgewells.co.uk





72 LOVE YOUR HOME KUDOS MAY/JUNE 2016





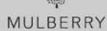
Specialists in "hand made" curtains, blinds, upholstery and soft furnishings.

Whatever the scale of your project step in to our showroom for advice and browse through one of the largest collections of sample books in the southeast.

6 Castle Street, Royal Tunbridge Wells, Kent TN1 1XJ. Tel: 01892 532003

Email: sarah@skinnersoftunbridgewells.co.uk www.skinnersoftunbridgewells.co.uk





MANUEL CANOVAS









NKER T©AD



LIGHTING . FURNITURE . GIFTS . ANTIQUES . HOME ACCESSORIES . MIRRORS . DECORATIVE . OUTDOOR

57 High Street, Heathfield TN21 8HU www.tinkerandtoad.com 01435 863535





Home notes

Fresh ideas and style tips on the home front





Going underground

Home wine cellars are becoming increasingly popular. And whether you live in a sprawling country estate or a town-centre flat, your home probably has a space that can be converted into a personal wine storehouse. Cellars are perfect because they have no direct sunlight, but it doesn't have to be an underground space. Collections with 200 to 250 bottles can be housed in as little as 30 square feet, although you'll need room for the cooling unit. The superb wine cellar pictured was designed and built by Chamber Furniture. For more information, drop into their extensive showroom in Halstead

or call 01959 532 553 www.chamberfurniture.co.uk



Smooth operator

Sheridan Australia s latest collection is perfect if life's too short to iron your bed linen. The Nashe range is made from 100% cotton and has been stonewashed to enhance the feel of pure cotton. The result is a beautifully worn effect, which is effortlessly comfortable. Easy to care for, Nashe has been designed for modern living – and it never needs ironing!

www.sheridanaustralia.co.uk

LOVE YOUR HOME KUDOS MAY/JUNE 2016

Picture this

Lumitrix is a pioneering online gallery that sells a selection of stunning contemporary photography, representing a broad spectrum of photographers, currently 21 of them, including Matilda Temperley, whose work focuses on dancers, and Dave Watts, a previous winner of the Sony Photography Award.

Some of the photographers sell their original work in galleries for thousands of pounds, so it is a fantastic way of getting something special on your wall, for a more affordable price!

Prices range from £50-£2,000. Prints can be made to order to the size you want, and bought framed or unframed.

The print to the right is *Bondi* by Tommy Clarke *www.lumitrix.com*







Make a statement

Inject some colour into your home with these gorgeous statement pieces, lovingly handmade by Sofas & Stuff in Tunbridge Wells.

Left: King Domino bed, £985, and Cowdray chair, £1,141, both in Liberty Fresco Lagoon fabric

75

Above: Large Chiddingfold sofa in Liberty Patricia Spice, £2,784

www.sofasandstuff.com

KUDOS MAY/JUNE 2016

LOVE YOUR HOME



Whiter shade of pale

With the weather getting lighter and brighter, the whole concept of whitewashed interiors really comes into its own. Fresh and contemporary, this dining table and accessories are perfect if you are looking for that clean, minimalist look, to complement whitewashed walls and bleached wooden flooring. Perfect for that country house chic!

Pictured are Sheldrake 110-270cm extending oak table, £1,195, Montague lloyd loom chair, £195 each, Emily linen tablecloth in salt, £77, Croxton crockery, from £6, Corinium small jug, £8, and Corinium jug with handle, £10. All available from Neptune in Tonbridge.

www.neptune.com/tonbridge







Pretty flamingo

With bright pink feathers and those long, long legs, flamingos are instantly recognisable, but did you know that flamingo chicks are born grey or white and take up to three years to reach their mature pink, orange or red plumage? No? Neither did we!

So make a statement in your home with these instantly-recognisable accessories, creating the ultimate statement to bring out the playful side of any room.

The cushion is 40cm square with a 100% cotton cover and feather inner, price £30. The lampshades come in three sizes – Small: 20×20 cm, medium: 30×25 cm and large: 40×25 cm. Prices from £35. Set of four coasters is £14.

www.barnabyco.com

76 LOVE YOUR HOME KUDOS MAY/JUNE 2016



Transformers

Upcycling has become very popular in recent years. And as we are fast becoming a nation of wasters, the art of transforming something old into a thing of beauty has added value for the environment, too. So before you go and throw that old chair out, get some paint and fabric and have some fun! This deco chair has been painted with Farrow & Ball paint and should certainly inspire you get your creative hat on next time you are thinking of throwing out an old piece of furniture. www.farrow-ball.com

Hole in one

Pegboards have long been a favourite practical storage solution for studios and workspaces. Here we have an updated concept with the Peg-it-all pegboards that are made from heavy-duty birch plywood and feature sturdy holes and pegs along with a range of new accessories.

Each pegboard comes with a small shelf and six wooden pegs. A mini clipboard with leather hook is also available.

Price: £115

www.quinceliving.co.uk



KUDOS MAY/JUNE 2016

LOVE YOUR HOME

Style your home

The latest trends for stylish living

Another trend going from catwalk to couch is denim. It has become quite the stylish fabric for any space, providing a relaxed yet edgy feel.

Whether it's styled with crisp whites for a nod to nautical, with tan leather and raw materials for more of an urban feel or with shibori prints and boho elements for the ultimate laidback retreat, denim has a bit of something for everyone. Our favourite look is to team it with some pretty pastels – perfect for summer.



Crystal clear

This beautifully-crafted lamp is handmade in high-quality crystal glass with a cotton lampshade. When lit, it becomes wonderfully luminous.

Price £139

www.annajacobs.london



Cushion comfort

Gabriela scatter cushion in stone, £44, or oyster pink £44, Agatha scatter cushion in oyster pink £45, or stone £45, and Gabriela fabric in oyster pink, £55 per metre. www.neptune.com/tonbridge



Jean genius

Fun jean pockets wall storage. Make your own by recycling the pockets from an old pair of jeans.

www.kikkerlandeu.com

78 LOVE YOUR HOME KUDOS MAY/JUNE 2016







Instant chic

Bligh cushion in heather, £69, Haden throw in blush, £99, and Cayla cushion in smoke, £59.

www.sheridanaustralia.co.uk



Sitting pretty

Add this denim and wool pouffe to your living room or seating areas to create instant comfort and style. Crafted from blue and white recycled denim and wool, these pouffes are great for additional seating or as a footstool.

Price: £100

www.harleyandlola.co.uk



Tall story

This Genoa denim high-bar chair will look fabulous in any kitchen or lounge area. The seat is crafted from recycled denim and is supported by handmade solid teak wood legs. Price: £91.99

www.harleyandlola.co.uk



Pastel pretty

Set of three beautiful clear glass ribbed vases in lovely pastel colours. Simply add three pretty sprigs, place near a window and this set will come alive with the sun's rays. Price: £8.95

www.livelaughlove.co.uk

KUDOS MAY/JUNE 2016

LOVE YOUR HOME

Spectacular SUIIIII Ritchens

It's that time of year when our minds naturally turn to barbecues and al-fresco entertaining. However, with the British weather as unpredictable as it is, relying solely on the garden can be risky. A beautiful, sun-drenched kitchen is the ideal space to entertain guests and make the most of the longer days, and Rencraft have some stylish ideas to help you make the most of the summer months

It's impossible to create a summer kitchen without a lot of natural light. Bi-folding doors and floor-to-ceiling windows leading out to the garden are the perfect way to fill a room with sunshine and invite the outside in. Throwing these open during hot summer days creates one huge space that's perfect for entertaining. People can move easily between the barbecue in the garden and salad bar on the kitchen island, blurring the lines between the house and garden.









Colour is another crucial aspect when it comes to creating a sunny atmosphere in a kitchen. Fresh greens and blues are a great choice for summer, adding to the illusion of combining the inside and outside. Natural woods and plenty of leafy plants keep this look warm as well as bright, and the zing delivered by bright accessories adds a summery edge to the scheme.

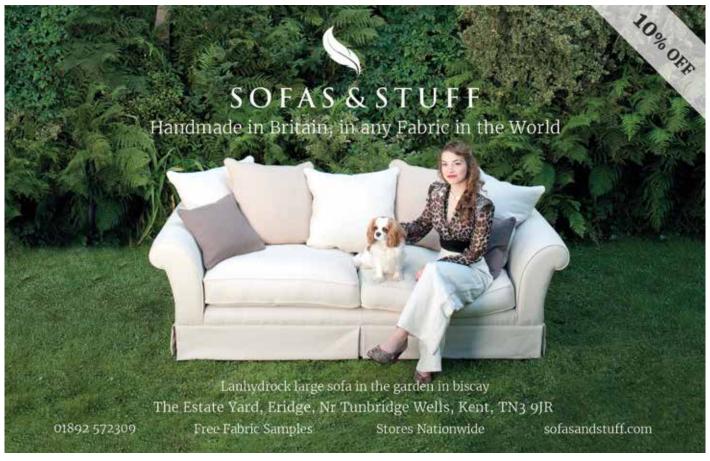
For a kitchen that can comfortably handle large gatherings during the summer months, it's important to ensure that it flows and works well. Independent islands not only look amazing, but create a central space for people to gather, with plenty of routes in and out of the kitchen. These open-plan spaces also allow the chef to socialise with the guests without having to run back and forth between the cooking and dining areas.

Summer is the perfect time to bring friends and family together, and the heart of the home is the natural place for everyone to gather. Rencraft design their kitchens according to the individual needs of each homeowner, ensuring beautiful spaces which are completely personal to you. www.rencraft.co.uk

80



LOVE YOUR HOME KUDOS MAY/JUNE 2016





Garden notes

All you need for your outside space



Spouting off

Bring charming design to your garden with this copper Drop watering can from Broste Copenhagen. It has an elegant long spout and curved handle, making it a unique decorative item for your home as well as a practical addition to your garden.

Price: £34.50

www.amara.com

Jobs in the garden for May and June

The days are longer and warmer now, the soil has warmed and there is plenty to do in the garden

Sow vegetable seed outdoors The warmer weather means that the seed will germinate quickly. Sow carrots, lettuce, peas, beetroot, French beans, runner beans, radish, spinach, turnips. Plant greenhouse crops Plant tomatoes, peppers, chillies, and capsicum in the greenhouse borders, or in pots or grow bags in the greenhouse.

Harden off plants outdoors Plants grown indoors or in the greenhouse will benefit from being hardened off outside for a week or so before planting. Place in a warm sunny sheltered spot during the day, bringing back inside late afternoon.

Earth up potatoes Once shoots have reached 23cm (9in) tall, earth up to prevent greening of potatoes.

Put up supports for beans and peas Build supports for runner and climbing French beans. These can be wigwams or double rows of bamboo canes tied together at the top.

Plant herbs in containers Herbs grow very well in containers. Put them on your patio where they are easy to get to from your kitchen. Thyme, rosemary, parsley, chive, mint, sage, oregano are all hardy.

Plant strawberries in hanging baskets Strawberries grow very well in hanging baskets. They look pretty and the fruit is away from slugs and snails

Sow brassicas for the winter Sow kale, calabrese, purple sprouting broccoli, cabbage and cauliflower to use over winter and early next year. They can either be sown under cover or in an outside seed bed, before being transplanted to their final position later in the year.

Water regularly Vegetables need plenty of water in order to grow. If the weather is dry, water frequently. The best time to do this is either early in the morning or later in the evening when there will be less evaporation. Keeping the soil moist for crops like courgette, cucumber, peas, and pumpkins can also limit the damage caused by powdery mildew.



Drink them under the table

Impress your al fresco guests in style this summer with this Garden Trading St Mawes four-six-seater circular Drinks Planter Table. Sculpted from reclaimed teak, the table has a raw, weathered appearance, specifically treated against the elements for outdoor use. An integral galvanised metal ice bowl graces the centre providing the perfect resting place for refreshing summer drinks and cocktails. Price: £850

www.houseology.com



Dig it

This Orla Kiely designer gardening fork and trowel will give your gardening a stylish boost.

Price: £19.95 each

www.amara.com

82 LOVE YOUR GARDEN KUDOS MAY/JUNE 2016



SPATA Pool Contractor of the Year 2015 Multi-Award Winning Pool Contractor

Specialists in indoor and outdoor swimming pool construction, servicing, maintenance and renovations.

XL Pools Ltd, The Parlour, Saracens Dairy, Pluckley Road, Pluckley, TN27 0SA

Telephone: 01233 840336 Email: enquiries@xlpools.com



www.xlpools.com



LIVE. LIKE NO ONE ELSE.





NOW OPENBang & Olufsen of Sevenoaks

We are pleased to announce that Bang & Olufsen's exceptional audio-visual products and multiroom solutions are now available from our new showroom in Sevenoaks. Join us in-store to experience the exquisite craftsmanship of our exciting range, or call us on 01732 667077 to arrange a personal demonstration.

Bang & Olufsen of Sevenoaks 47 London Road, Sevenoaks TN13 1AR

Tel: 01732 667077

Email: sevenoaks@bang-olufsen.co.uk Web: bang-olufsen.com/sevenoaks

Escape with Kudos

And discover the New World with Regent Seven Seas Cruises® and Baldwins Travel Group

Canada & New England

Few places on earth have natural beauty as awe-inspiring as Canada and New England. Filled with unexpected wonders and boasting a rich history with unrivalled cultural diversity, these magnificent views are beyond compare, particularly as you roam through crisp, fallen leaves in parks ablaze with the vibrant hues of autumn. The beguiling scenery is matched only by the range of experiences on offer, from taking a horse-drawn carriage through Vieux-Montréal, to marvelling at the 900-million-year-old St-Anne Canyon, before being dazzled by the bright lights in the 'City that Never Sleeps'. Be immersed in some of America's major colonial and revolutionary sites, indulge in the freshest lobsters and succulent seafood, stroll through picturesque seaside villages and explore the high seas on a historic tall ship – a voyage through Canada and New England will satiate your cultural and historic yearnings and leave you with countless treasured memories.

With 44 FREE shore excursions to choose from, you really make the most of each of port you visit! Learn about America's forefathers in Boston, admire the stunning rocky shores and towering cliffs at Bar Harbor and marvel at Canada's only navigable fjord in Saguenay.







- Free return flights and transfers
- Free unlimited shore excursions
- Unlimited beverages including fine wines, and premium spirits
- All fine dining, including speciality restaurants
- Free Wi-Fi access onboard
- Free pre-paid gratuities
- Free one-night pre-cruise luxury hotel package*





Seven Seas Mariner® is an all-suite, all-balcony ship with four open seating gourmet restaurants**

Carrying no more than 700 guests with a staff-to-guest ratio of 1 to 1.5, you'll enjoy the Most Inclusive Luxury Experience.

This is cruising as you want it to be – a sumptuous, very personal experience where your every wish, your every whim and your every want are met with gratifying luxuries, satisfying comfort and complete fulfilment of your wanderlust.

You really can have it all with Regent Seven Seas Cruises®

Cruise details

Seven Seas Mariner: New York to Montreal | 11 October 2016 | 10 nights | NEW SPECIAL OFFER Ports include: New York, Newport, Boston, Bar Harbor, Halifax, Charlottetown, Gaspe, Saguenay, Quebec, Montreal Up to 44 FREE shore excursions. Veranda Suite from £3,334pp.

For more information, please contact your local Baldwins Travel Group branch:

Baldwins Travel - Tunbridge Wells: 01892 511999 / Baldwins Travel - Tonbridge: 01732 351223 / Baldwins Travel - Uckfield: 01825 76048 / Baldwins Travel - Cranbrook: 01580 714411 / Baldwins Travel - Maidstone: 01622 762141 /

Travelux of Tenterden - 01580 764344 / Sevenoaks Travel: 01732 458255 / Lewes Travel: 01273 472466

www.baldwinstravel.co.uk / #HolidayInspirations

Terms and conditions: *Free 1 night pre-cruise hotel stay is on a B&B basis for concierge suites and above. Fares are per person based on two adults sharing an H grade delive yeranda suite. All fares correct at the time of print. **Some restaurants require reservations.

······ NEW 2017/18 COLLECTION NOW ON SALE ·····

KUDOS MAY/JUNE 2016 LOVE TRAVEL 85

Heads up! Top local headteacher

Top local headteachers answer your questions

"I have three children. My eldest is very bright, always top of the class and loves school. My youngest is excellent at sports, we have a mantlepiece full of his winners' rosettes. But my middle child doesn't excel at anything and I'm worried that she'll begin to feel a failure compared to her siblings. I've tried introducing her to musical instruments, dance, drama, but she's not interested. What can I do to either help her to find her 'thing' or make sure she doesn't feel a failure?"

Marianne Evans, Buxted

Angela Culley, Headmistress

The Mead School, Tunbridge Wells

Co-educational preparatory school for boys and girls aged 3-11 The 'middle child syndrome' for want of a better phrase is very real and very complex.

Every parent wants to do the very best for each of their children and most respect and enjoy the individuality of all their children. However, for the middle child, this is hard to understand and appreciate. You are not the eldest who is happily forging the path for the family, being the first to achieve and experience everything – even the new clothes – and receiving the accolades, fuss and even the worries that go with this position. Neither are you the youngest – the baby – who all their childhood will be referred to as such and treated accordingly, and in the eyes of the middle child, gets away with all the things they never did or could!

It is a challenging and narrow tightrope parents walk; they need to remember that every child has talents and strengths, even though they may not appear obvious or apparent. Make time for this precious middle child; in the hurly-burly rush of getting the other two to their activities, ensure you have one-to-one undivided time with this child, even if it's a walk in the



woods, a trip to a coffee shop or baking a cake together. It's during these special, cameo times that you will discover the essence of this child and through relaxed communication begin to piece together the right way forward. What you don't want to do is overload him/her with opportunities which don't appeal, for that will only compound the feeling of failure. The secret is your time.



86

Craig McCarthy, Headmaster
Russell House School, Otford
Independent prep school for girls and boys aged 2-11

A tricky one! One of the great things about preparatory schools like Russell House is that we offer so many in-house experiences that allow your children to find their 'thing'. We cherish and celebrate individuality but what comes with that is a need to understand, both as a school and as a parent, that what makes each child happy and fulfilled as a person is equally unique. It may be academia or sports, and you are right to explore the arts. It is correct to celebrate the successes of your children and equally understandable to feel concerned as a parent if siblings don't appear to match up to each other. Yet there are children who find all they need, given their own time and own space. Being together as a family, engaged in activities requiring little skill but which involve lots of fun, such as board games, hill walking or geocaching, can build a sense of achievement. Top tip? Don't force it or you risk building up resentment as a pushy parent. It goes without saying that talking to all your children about their hopes and fears will help you navigate this particular maze.

LOVE EDUCATION KUDOS MAY/JUNE 2016



Mike Piercy, Headmaster
The New Beacon, Sevenoaks
Independent preparatory school for boys aged 4-13

Assuming your children are all in the same school, this can present a problem when younger siblings feel they have an act to follow.

I always tell my pupils that you don't have to be good or excellent at anything – you are perfectly entitled to be you and to be good at being you. Inter-personal excellence has as much value – if not more – as a bunch of trophies. It is certainly celebrated at The New Beacon in many different ways, with leadership roles for all ages and the prized 'Courtesy Cup' for the younger boys.

Involve the school. All good schools have excellent pastoral care, looking out for the individual. Have they seen any indications of a fragile self-esteem? If so, they will find ways of boosting and encouraging your daughter. At home, do the same: give her profile, responsibility and praise within the family. And keep doing what you're doing: exploring new avenues and opportunities. She will find her mojo in time, with a supportive family and school behind her.

It is our job as parents to worry: the laden backpack of parental guilt. You may, of course, be worrying where there is no need. By showing awareness of a potential emerging concern about self-esteem, you get a very big tick!



Kate Spoor, Head of Junior School Holmewood House School, Langton Green Independent, co-educational preparatory school for boys and girls aged 3–13

One word can summarise how I feel in response to this question and that is 'yet'. Achievement of any child should not be measured solely in class position or the number of rosettes achieved in sport – there are far greater successes in life than these and your daughter may or may not have experienced them yet, but likewise, you may not have noticed them yet. It is wonderful that you have exposed your daughter to so many opportunities and you recognise that she has not found one that she is passionate about yet, but I would argue that she is already showing success. Ask her teachers about her skills and talents and see what they have noticed. History shows us that 'middle children' are more likely to excel in non-academic ways – be born leaders, innovative, creative, excellent negotiators, more open to new ideas and calculated risk-takers – the Bill Gates and Nelson Mandelas of our world. It is a shame we do not give out rosettes for these skills – yet. My advice is to celebrate all achievements and skills; you may need to start thinking outside the box but if you place equal value on each of your child's skills, they can never feel a failure. I have walked in your shoes (and continue to do so) and appreciate the emotions of raising three children, but each one has skills and qualities – they are your children after all!



Francie Healy, Headmaster
Bethany School, Goudhurst
Co-educational day and boarding school for ages 11-18

Every child is different and we've rightly always been taught to embrace and encourage diversity. Of course, as a parent, it can be frustrating, but it's important to remember

this key life lesson to allow your daughter to succeed.

Let me first assure you that your daughter does excel at something, it just might not be obvious. It's easy to think of skills in concrete terms: drama, dance, music, sports, maths or science, but the reality is that skill sets are much more diverse than this. Watch your daughter and see what she does for fun; she may be great at forming friendships or crafting a story; a social media whizz or great at solving puzzles. All these are valuable talents in their own right. Don't try to compare your daughter with her siblings as this will result in implied criticism.

By letting your daughter decide what makes her tick, observe her doing it, embrace it and encourage it. You will build her confidence, promote her potential and open many more doors in the future. Don't be afraid to think outside the box or be unconventional when it comes to your daughter's skills, as success comes in all shapes and sizes.

KUDOS MAY/JUNE 2016 LOVE EDUCATION 87



Claire Corkran, Deputy Head

Sutton Valence Preparatory School, Maidstone

Co-educational day and boarding school for pupils aged 3-18

You're spot on that helping your middle child to find her 'thing' is an important way to promote her self-esteem. At Sutton Valence Prep, we believe that the provision of an extremely wide co-curricular element allows all children to excel and our extensive clubs programme supplements this by providing greater variety. This approach enables every child to find and develop their particular gift. The more that is on offer, the more likely we are to find a pupil's enthusiasms as rapidly as possible. The skills and confidence gained through such things as golf, mindfulness, music or drama are transferable to other parts of the curriculum. As a school, we believe in celebrating each child's uniqueness and we ensure we do this for all of their achievements, both in and out of the classroom.

We also believe that our children, given such an amazing head start in life, are going to lead others, or be leading citizens in the future. Every child will have a different journey through the school, each one with differing emphasis on the four areas we hold dear: Leadership and Service, Academic, Co-curricular and Community. This focus on Leadership and Service gives our students opportunities to learn to lead and to grow a strong sense of helping others along the way. By being able to offer leadership roles to our children during their formative years, generally agreed to be those up to 11 (Year 6), we concentrate their learning in preparation for the next step of their education. Taking on responsibility so young and keeping expectations and ambitions high, gives a child their own voice and helps with a sense of their own identity. In turn, this leads to increased self-confidence. Providing children with opportunities to be of service to the wider community and to take initiative are extremely valuable experiences that help the child to develop a whole host of practical and interpersonal skills.

These ideas are not just valid in school life but can also be applied at home.



Christine Flowers, Headmistress

Bricklehurst Manor School, Stonegate

Mainstream independent school for pupils aged 3-11

As parents, we all want our children to reach their potential. Our problem these days is knowing what we mean by potential, whether we are confusing it with success, and how we measure both of these. In society, we can recognise success easily in terms of sport, drama and popular music because it is given such a lot of publicity. Give me a little boy who doesn't want to be a footballer when he grows up or a child who doesn't want to be a pop star! In our school, singing lessons increased dramatically when the *X Factor* was at its peak!

When we are blessed with our children, we take them as they are. We cannot presume that because we have great academic qualifications, for example, or that daddy had grade eight in violin at the age of seven, that our children will have an automatic right to high intelligence or be blessed with perfect pitch! The gene pool is deep.

Each child is different and every child is special. Why do we need to compare them or make judgements about which one is more successful? It may be that the middle child in question does not want to be compared with either of her siblings and has made the decision either consciously or unconsciously that she does not want to enter any arena where she will be under the spotlight.

We all react differently to pressure, and if a child isn't naturally competitive then why try to force him/her to change? In a society we need people who listen, people who care and people who are considerate. We need doers, leaders and those happy to be led, risk takers, creative minds and steady workers, to name just a few. Education today is trying to force us all to be cubes, when most of us are cuboids, cylinders or some other shape. There is nothing wrong in being something other than an "A" grade – in fact most of us are!

Celebrate the norm and celebrate those either side of the norm. That's how it works.

LOVE EDUCATION KUDOS MAY/JUNE 2016



Martyn Ward, Headmaster Marlborough House School, Hawkhurst Co-educational preparatory school for girls and boys aged 3-13

In a school setting, it is important that all children have a strong sense of their own worth and I believe it is the job of the school to make this possible by creating a learning environment, underpinned by a clear value system. Close support links between parent and school also enable us to reinforce a message of the positive contribution a pupil makes, whether that is in the classroom, on the sports field, socially at break-times or out and about with their family during the holidays.

At Marlborough House we believe in developing the whole child and our mindset is geared towards resilience and curiosity. We actively encourage children to step out of their comfort zone in order to experience the rewards that this can bring and the subsequent opportunity it provides for developing new skills, thereby discovering potential new strengths and interests. What a child might find challenging today, he or she may excel at tomorrow, given the correct environment in which to try.

So if our extensive and eclectic mix of after-school clubs doesn't unlock a gift or hidden interest, I believe that our day-to-day pupil reward system certainly will. Unprompted acts of kindness, generosity of spirit and respectful behaviour towards friends and teachers, and an ambassadorial attitude from pupils when out and about in the community, are all recognised and rewarded, and all of these are borne out by our comprehensive PSHEE programme. Children who are surrounded by teachers and peers who actively recognise their worth in all areas of school life – are the children who become motivated to be the best that they can be. That is why at Marlborough House, we are guided each day by a very clear moral code: Value Self, Value Others.



Hilary Blake, Headmistress Sacred Heart School, Wadhurst Independent Catholic mixed primary school for 3-11

It's interesting, isn't it, how siblings, brought up in the same way, can be so different. Parenting can be the most challenging and yet the most rewarding of vocations and most of us need reminding that we are doing a great job! When children feel happy and secure and know they are loved for who they are not what they achieve, they will feel valued, be empowered, grow in confidence and begin to shine in their own unique way. There are many ways to be brilliant but too often we value academic achievement above all else. Exposing your child to a range of experiences and opportunities means they can explore and discover their talents but be aware that talents come in many disguises and may take some time to blossom. Speak to your child's class teachers; they may have noticed a burgeoning interest or aptitude that you can nurture together. Reward and celebrate 'soft' skills such as loyalty, kindness, perseverance which can all contribute to a child's self esteem. Believing you can achieve is often half the battle! If you can, avoid making comparisons, encourage without pressure, be patient and try not to worry. Each child is unique and has a special talent – we see that all the time at school! A child who is happy and secure, who has the opportunity, will surely reveal their gifts and aptitudes in the fullness of time.

Do you have a question for our Heads? Email editorial@badbettymedia.co.uk

KUDOS MAY/JUNE 2016 LOVE EDUCATION 89



Watch your child thrive in our happy, friendly school



We welcome children from the age of 2

From a young age, we encourage participation in music and sports

Our track record in 11+ examinations for independent and grammar schools is impressive

www.russellhouseschool.co.uk | 01959 522352 Station Road, Otford, Kent TN14 5QU





HOLMEWOOD HOUSE

We share the high aspirations you have for your child and offer an outstanding education to all our pupils, whatever their abilities, interests and talents.

Holmewood pupils are happy, content, industrious, enthusiastic, motivated and hugely proud of their school, which generates a wonderful, almost tangible, sense of endeavour and adventure.

INDEPENDENT DAY & BOARDING SCHOOL FOR BOYS & GIRLS AGED 3 TO 13 YEARS

LANGTON GREEN, TUNBRIDGE WELLS, KENT, TN3 0EB +44 (0)1892 860006

Come and share the adventure with us at our next Open Morning on:

Thursday 19th May 9.30 - 11.30am

For more information about our Open Morning or to arrange an individual visit, please telephone or email Karen Gwinnett registrar@holmewoodhouse.co.uk

Extraordinary lives begin at Holmewood House



holmewoodhouse.co.uk registrar@holmewoodhouse.co.uk Reg. charity no. 279267

Yummy mummy corner

Whether you're a yummy mummy, a loving partner or a doting grandparent, this is for you...

Sisters launch Mum's the Word events in Tunbridge Wells

Mum's the Word events is a new and exciting company based in Tunbridge Wells, hosting inspiring meet-ups, talks and live events for savvy local mums (and their families).

Founded by sisters and fellow mums, Natalie Mcilveen, 34, and Laura Swann, 38, both born and bred in Tunbridge Wells, the duo will be organising a mixture of family dance parties and inspirational mum meet-ups.

Their launch event is one for the whole family. #Wild_Child is a daytime dance party for parents with babies, toddlers and young children (recommended under 8s), with the Mum's The Word resident club DJ mixing quality club classics and retro '90s tunes, all at a child-friendly volume, so the whole family can party together!

The party will take place between 2.30pm and 4.30pm on Sunday, 22nd May, at the Royal Wells Hotel in Tunbridge Wells. Tickets cost £8 (available from www.mumstheword.online) and include a top London DJ, free snack and unlimited drinks for children, free craft activities, free photo booth and dressing up, bubbles and balloons, face-painting, a chill-out area, baby zone and a licensed bar (for the parents – dancing is thirsty work!).

Natalie says: "Apart from the usual trips to the park, soft play and swimming, we wanted something different to do at the weekend – something that all the family could enjoy together. That's when we came up with the idea for #Wild_Child daytime dance party."

Laura continues: "In the same way that our parents introduced us to the Beatles and Motown, #Wild_Child is a great way to introduce our children to the classic anthems of '90s and early '00s that we all enjoyed, whilst having fun together in a safe, family-friendly venue. So dust off your dancing shoes and prepare yourself for two hours of nostalgic fun for all the family."

The family dance parties will be a monthly event, with the theme/music genre changing each month. As well as dance parties, Mum's the Word events will also be hosting a series of Mamas' meet ups, bringing together like-minded local mums

WIN

We have a set of four tickets (2 adult and 2 children) to the launch event of #Wild_Child family dance party on Sunday 22nd May at the Royal Wells Hotel, Tunbridge Wells, to give away.

For your chance to win, email your name and address to hello@mumstheword.online by the closing deadline 18th May, 2016. One winner will be picked at random.



with inspiring guest speakers from around the UK, to discuss everything from your career and style to health and well-being, all in a daytime setting where babies and toddlers are very much welcome, too.

Natalie says: "After living in London and going to lots of mama events, I really felt that Tunbridge Wells mums could benefit from a similar 'mum' community; an opportunity to be 'inspired', boost your confidence, connect with other mums and, most importantly, have fun, all in a daytime setting where you can bring your little ones along, too."

Laura adds: "Whether you're currently on maternity leave and wondering what to do next (go back to work, do something for yourself), a stay-at-home mum, working mum, aspiring mum blogger, a mum with kids at school or even an expectant mum, we'll have a meet-up event that's just right for you to get inspired and meet some lovely fellow mamas, with or without your kiddies in tow, as everyone's welcome!"

The first mum meet-up will take place on Friday 10th June at the Royal Wells Hotel. Guest speakers include Rebecca and Dominique (creators of luxury changing bags, Jem + Bea) and Steph Douglas (instagram mum and founder of Don't Buy Her Flowers). Check the website and social media for more details. www.mumstheword.online; facebook: Mum's the Word - Tunbridge Wells; instagram: Mumstheword.online; twitter: MumsthewordTW

KUDOS MAY/JUNE 2016

LOVE FAMILY 91



Wish you were here?

So do we!

To advertise in *Kudos* email sales@badbettymedia.co.uk

or call 01892 300321

Be a part of the *Kudos* effect



The young ones

With Mental Health Week from 16th-22nd May, Ania Jeffries highlights the problems for young people with mental health issues

With young people facing so many challenges today (such as bullying, pressure of high academic achievement, fear of not finding work coupled with student debt, domestic abuse, family breakdown etc), mental health illness is higher than in any previous generation, yet the NHS only spends 0.6% of its budget on children's mental health issues.

The impact of social media on the wellbeing of preteens and teens is now also being looked at, with researchers describing this phenomenon as 'facebook depression', defined as depression and low self esteem that develops when preteens and teens spend too much time on social media sites such as FB, Instagram, Twitter, Snapchat, Tumblr. The pressure of being perfect, of living the life witnessed on reality shows, is becoming too overwhelming and leading to poorer mental health, resulting in poor sleep quality, depression, anxiety and low self esteem amongst young people.

Mental health illness can occur at any age, and at any stage of life. It doesn't matter whether you are male or female, rich or poor, where you live, how old you are or what ethnic group you belong to. One in four people in the UK experience some kind of mental health problem in the course of the year, and 1 in 10 children and young people have a mental health diagnosis in the UK. Half of all mental health problems are established by the age of 14 and 75% by the age of 24. Between 1 in every 12 and 1 in 15 children and young people deliberately self harm.

Anxiety, depression, self-harming and eating disorders are the most common mental health disorders in children and young people. More often than not, socio-economic factors do not play as big a role as you would assume, but a combination of environmental, biological and psychological factors do.

Mental health illness amongst young people is rising, with many not receiving the necessary care they require to support their condition. The emotional wellbeing of a child is just as important as their physical health. Good mental health begins in infancy, and early diagnosis in childhood can prevent the development of disorders later on in life. But with the current lack of education and acceptance, 3 in 4 young people suffer alone, staying quiet about their mental health illness, for fear of being stigmatised.

We all have moments when we feel anxious, down or angry but it's when these feelings persist for a long period of time, or begin to interfere with the daily running of your life, that they may become a mental health issue. Mental health illness is still an unspoken word and for many sufferers and their families it's like a black cloud hanging over their heads. It's a subject that no one really wants to talk about, to fully confront. It affects not just the sufferer but family relationships, loved ones and friends.

You can be mentally ill yet look absolutely fine. If you have cancer you are offered sympathy, yet if you suffer from mental health issues you are expected to snap out of it. Can you imagine



if physical illness was treated the same way as mental illness, and someone being diagnosed with diabetes or a stroke was told to change their mindset and they would then feel better?

Bill Clinton once said, 'Mental health is nothing to be ashamed of but stigma and bias shame us all." Major celebrities such as Cara Delevigne, Demi Lovato, Jared Padelecki, Ruby Wax, Jim Carey, John Green and Sarah Silverman have come forward to break the silence about their own suffering with mental health illness in the hope of increasing public understanding and raising awareness of the issue. But that is not enough. We all need to be doing something to eliminate the stigma, to support our friends, their families, our colleagues. To stop them from having to wear a happy mask and hide how they are really feeling inside.

By changing the attitude and behaviour of others towards mental health, we can help these young people and parents to understand that it is not a sign of weakness to be open about their child's mental health and wellbeing and it's OK to ask for help. The experience of stigma can sometimes be worse than the symptoms themselves, so let's help improve the lives of those experiencing mental health illness in any small way that we can.

We can start by sharing some understanding.

KUDOS MAY/JUNE 2016

LOVE FAMILY 93

- Let them know they are not alone. Encourage them to talk about their condition. Don't let them suffer in silence
- Be accepting of who they are. Do not lecture them
- Don't tiptoe around them. Treat them like any other normal person
- Don't label people with a mental illness. People are people, not diagnoses
- Don't be afraid of people with mental illness
- Don't use disrespectful language for people with mental illness.
 Treat them with respect and compassion
- Don't blame people with mental illness. It is not their fault
- Be a role model. Educate your family and co-workers to behave/think more positively on this subject
- Show kindness and support to those supporting others with mental illness



Why have I chosen to write about this? I am a Life and Career Coach/Mentor who works with various charities. I frequently witness people who suffer with mental health illness and struggle, predominantly, with the lack of care available and the associated stigma. We need to take a stand, change the way people think and give them the support they need and deserve. Young people, after all, are the future.

Ania Jeffries is a Personal Trainer for your life and career, working in the areas of self-belief, confidence, professional and personal development.
FB: Nextstepmentor123
www.nextstepmentor.com



Happy Days start here

Kent College Pre-Prep and Preparatory School for girls aged 2 1/2 to 11 Awarded 'excellent' in the 2016 Independent Schools Inspectorate Read our full reports at www.kent-college.co.uk

From the age of two and a half we will inspire her joy of discovery and establish a love of learning for life.





Early Years
Fun Day
21st May 2016
Book on-line:
www.kent-college.co.uk



"The staff are very caring and there is plenty of laughter, it is almost a home from home. The day is structured with plenty of academic work so they are well prepared for the next step." Nursery Parent



Watch your back

Backing up your computer is a boring task but everyone should do it

It's a story that will ring true for many of you reading this. You keep thinking that you should back up your computer, you'll get round to it eventually. And then one day the unimaginable happens. Your computer breaks down. In my case, it was a virus and my entire computer had to be wiped. I lost everything. Although at the time I was not using the computer for work, I lost all my personal files. The most devastating was losing all my photos. In the case of a friend, their flat was broken into and their laptop was stolen. They had no back-up so again, lost everything.

It was after this devastating event that I decided to sort out some backup. I'd also made the sound decision to move away from PCs to Macs. Although Time Machine comes with every MAC, it cannot provide instant recovery from hard-drive failure. It takes days, so I didn't feel I could rely on it, particularly since I had started to work for myself so was no longer just using my computer for personal reasons. Initially, I tried Dropbox and a fair few other online data storage companies. Although I could access my files from anywhere with an internet connection, I found the broadband service slow and intermittent. I also didn't feel that my data was totally secure and private.

I use two computers for work, my iMac in the office and my laptop when on the road as, quite literally, I work everywhere – including when on holiday. Working from multiple locations means that I need full access to files I may have stored on any number of computers. So I approached Richard Ellis McCallum from A&E IT to come up with a solution to my particular circumstances. Rich is an Apple specialist who coincidentally also writes a column in this magazine and recently upgraded all my computers to make them extremely quick.

I explained that first and foremost I needed full backup for every machine. Then I wanted to drop my existing online data service completely because, frankly, it was frustrating to use and very expensive. Just as Rich was about to say "Okay, no problem" I threw a spanner in the works and added that I worked on more than one machine and it was essential that whatever computer I chose, it had to have all my data available. Not only that but I had to be sure that any file I opened on any machine would be the latest version and that any changes I subsequently made to it would be reflected on all the other computers as well. No small order then!

Rich went away to come up with a plan and now all my computer wishes have come true! A&E IT sells a product called Hive. It is basically a small, portable 6 in x 6 in x 1 in box of electronics that houses two hard drives that can be used together or separately in a multitude of ways. Rich has configured mine as two separate hard drives that have two entirely different functions.



One hard drive will make a 'bootable' replica of my system and software whilst the other makes incremental backups of my data to guarantee I always work on the latest versions of files and documents.

In practice, because I work on two computers, Rich has split one hard drive into two volumes. One volume is a perfect replica of my iMac system and the other is identical to my Macbook Pro. If I were to add more machines, he would simply add more volumes so all my machines are backed up individually, but to one single hard drive.

Unlike a Time Machine backup, these volumes are 'bootable'. Should a hard drive in my iMac or Macbook Pro fail, I can start up either machine or (if I'm having a really bad day, both) from their respective back up and be working again in minutes. The backup procedure to both is completely automatic and pre-configured by A&E IT so I have had to do nothing to set it up and do nothing to maintain it.

Meanwhile the other hard drive is left as one volume because the data I need access to is identical across both machines. So how does this work?

Let's suppose I worked on my iMac at home one weekend and on Monday morning I am about to take my laptop away on location. The first thing I do is run the software Rich provides to automatically select and copy all the changes and additional documents I created on the iMac to the Hive unit. Then I copy these from the Hive unit to the Macbook Pro – again automatically. I don't have to remember what files I've changed or created, I simply have to connect the Hive and press one button to start the process and it automatically quits when complete. It can even notify me of every procedure by email! When I return from my week on location with all my changed files, I repeat the process but in reverse. The software will then update all my changed files on the iMac making them identical to those on the Macbook Pro and the Hive unit giving me three safe copies of all my data.

It sounds complex but in use it couldn't be easier. Rich can configure the software to complete the tasks totally to suit the way anyone works. It can even do this every minute if required.

Getting this plan implemented means all my data is protected, I can continue working even in the event of hard-drive failure and I know I am always working on the most recently-changed files. It is also very reassuring to know that if, say, one of my computers failed, I'd still have the other computer and the Hive unit with all my data stored.

Don't tell Rich, but the real joy for me is all my Prince music is available to me wherever I go and I never have to worry about losing it!

6 LOVE BUSINESS KUDOS MAY/JUNE 2016

There's no such thing as a free lunch...

Says Richard Ellis McCallum of A&E IT

If someone you'd never met came up to you in the street and offered you a well-filled sandwich of unknown provenance, would you take it? Even if your stomach was noisily begging for much needed sustenance, you'd presumably cast a rapid judgemental eye over the person volunteering it before being tempted, right?

So why do so many computer users gluttonously devour any free software offered to them over the internet or via a suspicious link in an unrecognised email?

As an Apple IT specialist, I see more new clients complaining about their Macs slowing up or grinding to a halt than almost everything else combined. Sometimes of course this is caused by aged, full or dying hard drives. But increasingly a quick scan of the Applications folder also reveals a litany of 'dodgy' software titles. Some more undesirable than others.

There are many that purport to 'clean', 'optimise' or 'speed up' your Mac for FREE. Take it from me, most don't work and not one of them is entirely necessary. One of the worst titles is 'Mackeeper'. If you have that loitering in your Applications folder then you need to contact me urgently. Not only does it not do what it claims to do, it is malware that positively infiltrates and infects your system. It can make your problems much worse before displaying unwanted, persistent pop-ups offering to reconcile them - but only if you pay.

'Malware' is the literary blending of two words that should never jump into bed together - 'malicious' and 'software'. It is increasingly smart about how it gains access to your system too. Any software



you download can contain bits of hidden code that can then trigger other spurious activity designed to exploit your vulnerabilities. Mackeeper even has the temerity to offer an 'uninstaller' for those foolhardy enough to trust it twice!

Fortunately for Mac users, Apple does at least try to protect its users by applying a default setting that allows software only to be downloaded from the 'Mac App Store and identified developers'. There are some who view that as Apple 'taking control' or restricting use. I see it as built-in protection and a constantly updated security resource that is genuinely free. Whichever camp you're in, you are of course perfectly at liberty to turn it off.

So provided you know what you're doing, are never tempted to click links in unidentifiable emails and never, ever suffer from uncontrollable hunger pangs that leave you vulnerable to free offers, you should be fine.

For those of you that have already succumbed and are now suffering slow performance, mysterious crashing or frequent frustration trying to use a less than healthy Mac; a delicious, nutritious solution from *gethelp@aande.it* awaits. It's not free, but I promise it's very effective.



This is Hive, our compact, dual-drive, automatic backup system. It might sound boring, but Hive comes to the rescue when your hard drive dies or your computer won't start. Hive can reboot your Mac, restore your data and get you running again in minutes. All of which makes it pretty heroic.

But Hive is no 'one-trick' pony. It includes a second drive which runs a Time Machine backup too.

So you're covered against accidental file loss as well as total hard drive failure. Making it pretty priceless too.

Hive. It's everything but boring.





Restoring 1000 to young lives

How Dandelion Time helps to heal children and their families

Sadly, today more and more children are exhibiting severe social and emotional problems. Almost 350,000 children a year are either temporarily or permanently excluded from school, many for attacking teachers or other pupils, and problems are appearing at ever-younger ages. On average, 35 primary school children a day – some as young as four – are suspended for things such as kicking, biting and chair-throwing.

But the services that help troubled children are stretched to breaking point and often ineffective. That's where Dandelion Time comes in. This innovative project based on a rural farm near Maidstone, offers real hope for such children.

Dandelion Time helps children and their families with individually-focused therapy. They are encouraged to work together, in a natural environment, to find ways to restore trust, gain strength and make positive and sustainable changes in their lives.

The project offers a programme of wholesome, everyday activities that mask a powerful blend of therapy, teaching, warmth and common sense. Every day, children and their parents or carers arrive to spend the morning tending the farm garden, looking after its animals, doing art projects and cooking lunch. Looking after them are psychotherapists, interns and volunteers. At the end of the morning everyone sits down to eat a family meal.

Simple and relaxed, yes, but every opportunity is taken to boost confidence and rebuild relationships. Dandelion Time works with the child and the wider family, believing that family relationships and bonds are vital in helping a child overcome their difficulties and are often a key factor in their issues.

Working on the farm caring for animals and growing and harvesting vegetables helps children to expand their senses as part of a natural process in a natural environment. Children's sense of responsibility and self-worth develop as they learn to care and be nurturing and compassionate towards trusting creatures.

Children also work creatively with their hands in craft activities using clay, wool and wood. These peaceful and absorbing activities help to build a sense of achievement as children complete enjoyable projects, learn new skills and discover the benefits of patience and perseverance. Children gain a sense of purpose, developing in confidence and self-esteem whilst becoming more in touch with their senses and the world around them.

Creative and expressive activities including music, art and drama



help children to develop a sense of imagination and improvisation, learning how to express their feelings in non-destructive ways and relate to others without conflict, thus gaining a new understanding of boundaries and trust. These activities assist to shift negative behavioural patterns and nurture positive communication within families.

The children that Dandelion Time works with have often been affected by the harshest personal circumstances, having been traumatised by experiences including physical or sexual abuse, domestic violence, or neglect. The emotional landscape for these children is often bleak, their difficulties culminating in repeated exclusions or refusal to engage at school, and a breakdown in relationships at home. They are often extremely isolated, and as a result of emotional trauma may be experiencing aggressive or withdrawn behaviour, or suffer from depression, anxiety or low self-esteem.

"One of the strengths of Dandelion Time is building bridges within a family where they have been broken through years of struggling. Dandelion Time helps children and families to relax in a natural environment and overcome pent-up feelings," says Dr Cheriyan, a Consultant Paediatrician.

Over the last nine years, Dandelion Time's unique approach has proved successful for many families. On average 90% of families complete programmes and 75% of children re-engage with education. Independent evaluation shows dramatic improvements in emotional wellbeing and conduct in referred children.

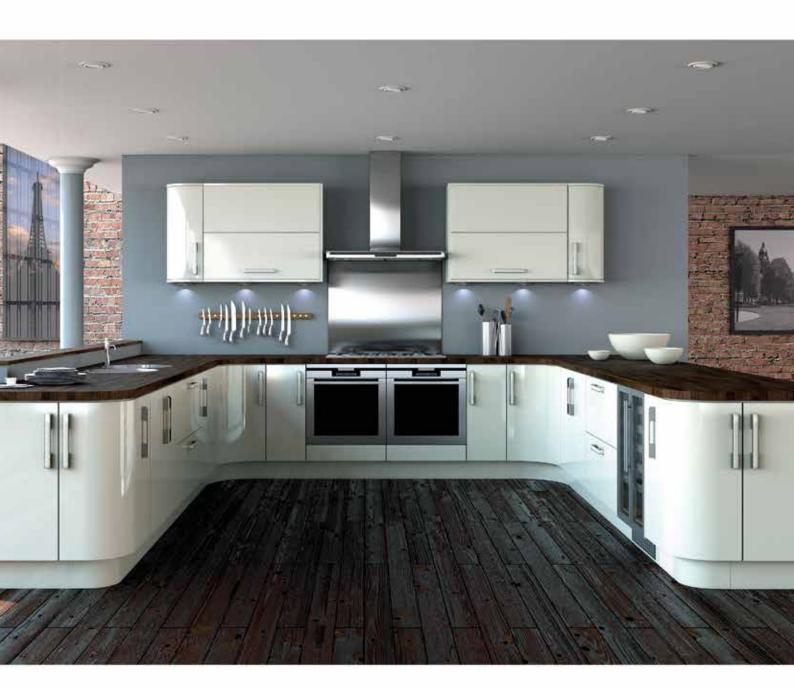
A highly-qualified Therapeutic Team of experienced counsellors and therapeutic practitioners delivers the project. They are supported by volunteers who perform a variety of roles, from fundraising and animal care to tutoring and gardening. In 2015 over 6,400 hours were volunteered by a diverse group working in all areas of the charity, aged from 16 to 90+ years old!

If you think your experience might match the skills Dandelion Time is looking for, download a volunteering registration form on their website or call 01622 814001.

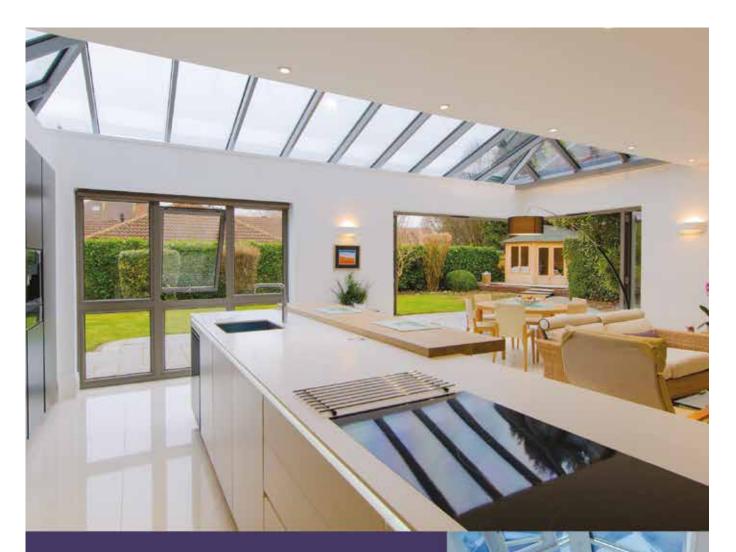
www.dandeliontime.org.uk

98 LOVE LOCAL HEROES KUDOS MAY/JUNE 2016





16 Monson Road, Tunbridge Wells TN1 IND
01892 576969 • adam@youniquehomeinteriors.co.uk
www.youniquehomeinteriors.co.uk



there's aluminium, and then there's Hehku Aluminium.



the best aluminium products for bespoke glazed structures

Completely transform your home and bathe your living space in natural light with our stunning range of architectural aluminium. Hehku Aluminium is a beautiful bland of incredibly strong, yet lightweight, aluminium products that are meticulously designed to provide that extra special finishing touch to your home. Whilst sourcing aluminium products for our early Illuma projects, we were unable to find a reputable supplier that was capable of satisfying our stringent requirements for the very highest quality material, impeccable service, lengthy guarantees and attentive filting. Our solution was Hehku Aluminium, which truly raises the standard in aluminium architecture, design and installation.



www.hehku.co.uk 0800 542 0852 enquiries@hehku.co.uk

NOW OPENI: The Hehku Home Extension Concept Centre Imberhorne Lane, East Grinsteed, West Sussex RH19 IRL Open 9:00am - 5:00pm weekdays, 10:00am - 2:00pm Sylundays