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148
the WARMTH issue

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I think choosing the theme of warmth for this issue back in early December was wishful thinking. With the warmth of Christmas markets and mulled wine behind us, we've been left enjoying what can only be described as a biblical level of rain in January. Not even the dog wants to go outside. Even if he did want to, he'd be on his own. I love him like a little hair covered brother, but this is a day for the indoors.

Ordinarily your home should contribute to a feeling of warmth but, thanks to something thermostatic and broken, half our house is like an igloo. No heating. No fun. Lots of blankets. Hopefully only for a day or two but, when combined with the afore-mentioned rain, it makes for quite the opposite of cosy. Thankfully I have work. Some of our team like to keep our office more like St Barts than St Helier, so I can always be sure of warmth when we're making magazines. Add to that a warm coffee and there are few places I'd rather be.

Oh hang on, no, there are. There are lots. Check out Rebecca's suggestions for a warm getaway to Tenerife or Cape Town on page 28. Either of those would do. Or Gran Canaria, where Jess headed for some sun, sea and sobriety (pg.30). Elsewhere, the team were at the other end of the spectrum last month. Russ boldly went where few have gone before, donning a drysuit to experience ice diving in Val d'Isere as part of a weekend experiencing the warmth of hospitality offered at one of Jersey-based Consensio's luxury chalets. See what all winter holidays should be like on page 32.

Whilst I'm thinking of wild winters and warm coffee, we'll be out on the streets this month drinking even more coffee than usual. Five years back we did a 'LoveCoffee' feature that celebrated coffee culture in Jersey, highlighting our barista champions and asking you to vote for your favourites. With so many new coffee shops about to set the bean scene on fire it seemed like the right time to do it again so look out in our March edition. With the second Dandy at the top of Colomberie, Shuga in Sand Street, a venue manifestation of Locke's coffee cart coming in a few months, in addition to the town version of St Brelade's Barista being added to the already storming St Helier coffee scene, there are more places than ever to discuss what the difference between a flat white and a cortado are...

Whatever your coffee tippie, order one from your favourite, find a warm spot in the corner and have a read through this edition. It's hot.

BD

gallery #148 [WARMTH]

Gallery is published eleven times a year as a fresh yet discerning guide to all that happens on the island and beyond. With quality and style in mind, our tone is not too superior or too serious, written by the people of Jersey for people everywhere.

published by



factory

10 Minden Street
St Helier
Jersey
JE2 4WR

WHO DOES THIS?

SALES / ACCOUNT DIRECTOR

Ceri Baker
DD: 870082
M: 07797 744345
ceri@factory.je

DESIGN DIRECTOR

Russ Atkinson
DD: 870268
russ@factory.je

DISTRIBUTION

DD: 832072
distro@factory.je

ACCOUNTS

DD: 870237
accounts@factory.je

PUBLISHER

Ben Davies
DD: 870185
ben@gallery.je

00 44 1534
811100

hi@factory.je

WWW.FACTORY.JE

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Cloe Freeman

Cloe's our culture aficionado and she's been curating the section starting on page 35

'My morning coffee.'



Jessica Myhill

Read all about Jess' alcohol-free (nearly) trip to Gran Canaria on page 30

'Mexican Hot chocolate from the Bean, with extra powder so it's super spicy, avec almond milk just after teaching a yoga and relaxation class'

WE ASKED OUR
CONTRIBUTORS...
"WHAT GIVES YOU A WARM
FEELING INSIDE?"



Tasha Reis

This month Tasha reached for her favourite fineliners and illustrated the satirical article about investing in Bitcoin on page 18

'Dogs on Instagram, fine liners and J. Cole'



Ollie Watts

Our latest foodie writer gives his impartial opinion on the new Cheffins at 'The Beaumont' on page 68

'I love the sensation of browning mince, from separating it with a wooden spoon, flipping it after the bottom has caught, it just makes me feel warm and safe.'

THE PEOPLE THAT HELPED WITH THIS ONE...

EDITORIAL CONTRIBUTORS

Doris Grantez
Ria Wolstenholme
Rebecca Evans
Russ Atkinson

Laura Morel
Sara Felton
Ollie Watts
Jessica Myhill
Cloe Freeman

ILLUSTRATORS

Tasha Reis

PHOTOGRAPHERS

Danny Evans

Recycle.

Gallery recycles all its storage and packing materials, boxes and any old magazines that are returned. We don't get that many fortunately. We love to know our readers hang on to previous copies but when you move or find that they're taking up too much space, drop them down to the recycling bins in the car park off the Esplanade. If you want to find out more about recycling, call **01534 448586**. We put this on the green strip to look eco innit... That's **smart!**



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What's On.

A rundown of key events in Jersey this month.



A selection of events in Jersey this month by What's On. Published quarterly, it's the essential guide for visitors to the Island. If you have people coming to stay or you're hosting AirBnBers, make sure you grab one from our transit hubs or Visit Jersey at Jersey Museum for them to keep as their companion for visits to Jersey. They're packed with local information and fresh each season.

📅 09/02/18 ⌚ 20:00-22:30

You've Got A Friend

From the creators of the smash hit WEST END show The Simon & Garfunkel Story, You've Got A Friend celebrates two of the World's greatest songwriters of all time - James Taylor and Carole King. This musical journey intertwines some of the greatest songs ever written including including I Feel The Earth Move, Will You Still Love Me Tomorrow and more.

☑ 01534 511115
boxoffice@jerseyoperahouse.co.uk
jerseyoperahouse.co.uk

📅 14/02/18 - 14/02/18 ⌚ 10:00-17:00

Valentines Day Special

Looking for something different for Valentine's Day? What better way to spend time with your partner than getting outdoors at Valley Adventure Centre. For just £70 treat yourselves to 3 hours of excitement on our Aerial Trekking and Powerfan Drop, our 145m Zip Wire and awesome King Swing. Give us a call for a Valentine's Day with a difference.

☑ 01534 638888
info@valleyadventure.je
valleyadventure.je

📅 14/02/18 ⌚ 19:00-21:00

Valentine's Day - Twelfth Night Live Screening

This live screening of Twelfth Night is a tale of unrequited love, perfect for sharing this Valentine's Day. Hilarious and heartbreaking. Two twins are separated, and forced to fend for themselves in a strange land. The first twin, Viola, falls in love with Orsino, who dotes on Olivia, who falls for Viola but is idolised by Malvolio.

☑ 01534 511115
boxoffice@jerseyoperahouse.co.uk
jerseyoperahouse.co.uk

📅 14/02/18 ⌚ 19:00-22:00

Valentine's Day Speed Dating

The famous Rojo speed dating returns! To date we know of one wedding and one beautiful child that are the consequence of our special events. Come and join other single, free and like minded people in a friendly and fun atmosphere this Valentine's day. £10 which includes the first drink for dutch courage.

☑ 01534 720820
info@rojo.co.je
rojo.co.je

📅 14/02/18 ⌚ 12:00-15:00

Bohemia Valentine's Day Lunch

Enjoy a romantic lunch with the one you love this Valentine's Day at Bohemia. With a great 3 course set lunch for £24.95 per person or a 6 course romantic surprise tasting lunch for £45.00 per person. Come and join us for an experience you'll never forget.

☑ 01534 880588
bohemia@huggler.com
bohemiajersey.com

📅 14/02/18 ⌚ 17:00-23:00

Project 52 - Love it or Hate it

If you want to escape the hype of Valentine's Day and just enjoy a drink without the syrup & roses and couples pretending to be in love then call in at Project 52. We're having a party and you're welcome to come and join us...if you can find us that is!

☑ 07700 803131
hi@project52.club
project52.club

📅 14/02/18 ⌚ 10:30-13:30

Family Walk on the Seabed

A fun daytime 'moonwalk' on the seabed, as you ramble towards Seymour Tower (1 mile offshore). You will wade through gullies and rock pools to observe tiny mini-beasts. Don't forget a bag as we always find pretty shells. You'll be on a discovery tour in a seaweed jungle and marine mini-zoo. For families with youngsters from 4-14 or older.

☑ 07797 853033
info@jerseywalkadventures.co.uk
jerseywalkadventures.co.uk

📅 16/02/18 ⌚ 10:00-16:00

Cinderella and Friends at 16 New Street

To commemorate World Book Day, which is celebrating its 21st anniversary this month, the Trust's curator has decorated the rooms of the Georgian House to resemble sets from famous children's fairy tales. Meet Cinderella and her ugly Stepsisters in the Georgian Kitchen and Little Red Riding Hood in the attic - but beware the big bad wolf!

☑ 01534 483193
enquiries@nationaltrust.je
nationaltrust.je/events

📅 16/02/18 ⌚ 19:45-22:45

Jersey Reds vs Ealing Trailfinders

A rousing way to kick off your weekend as old rivals Ealing make the trip from west London to take on the Reds. The two sides know each other well having first met in National League 2 South in 2010. Tickets range from £7 - £18.

☑ 01534 499929
enquiries@jerseyreds.je
jerseyreds.je

📅 19/02/18 ⌚ 20:00-22:00

Star Gazing - Jersey Astronomy Club Observatory Open Night

Members of Jersey Astronomy Club meet regularly at the Sir Patrick Moore Astronomy Centre. On the second Monday of the month they have their monthly club meeting which includes a talk by a club member or visiting speaker. The observatory dome is opened when the weather allows for observing.

☑ 01534 859000
jerseyastronomyclub@gmail.com
jerseyastronomyclub.weebly.com

📅 21/02/18 ⌚ 9:00-16:30

International Tourist Guides Day

See Jersey as you have never seen it before. With the passionate guides of the Jersey Tourist Guides Association leave the well known paths and experience the island in a new light. An array of walks in St. Helier and around the countryside will take you to hidden corners and open your eyes to often overlooked details.

☑ 07797 853033
jerseytouristguides@gmail.com
jtga.org

📅 22/02/18 ⌚ 20:00-23:00

Rob Brydon - I Am Standing Up

Rob Brydon is perhaps best known for the television shows Gavin and Stacey, Would I Lie To You? and The Trip as well as Marion and Geoff, Human Remains, Little Britain, The Rob Brydon Show, Gangster Granny and Q.I. Rob Brydon's first stand up tour since his sell out national tour of 2009.

☑ 01534 449827
active@gov.je
fortregent.je

📅 21/02/18 - 23/02/18 ⌚ 19:30-22:00

Saint Petersburg Classic Ballet: Swan Lake

Swan Lake is Tchaikovsky's masterpiece, a tragic tale of love and betrayal with an instantly recognisable score. 'This exquisite performance, delivered in traditional Russian style, was mesmerising, an awesome stage setting and perfect orchestral pitch that washed dream-like across the story' -Sunday Business Post.

☑ 01534 511115
boxoffice@jerseyoperahouse.co.uk
jerseyoperahouse.co.uk

📅 22/03/18 - 24/03/18 ⌚ 19:00-20:30

Into the Woods & Over the Rainbow

Students from Studio 16 will be taking you on a journey through the woods and over the rainbow with the magic of song and dance. Will Peter catch the Wolf? Will Dorothy find her way home? Let's all follow The Yellow Brick Road together. We are raising money for Friends of SCBU and Diabetes Jersey. studio16jersey.com

☑ 01534 511115
boxoffice@jerseyoperahouse.co.uk
jerseyoperahouse.co.uk

📅 24/02/18 - 24/02/18 ⌚ 15:00, 19:30-

Saint Petersburg Classic Ballet: The Nutcracker

The Nutcracker is delightfully festive, as Clara is whisked away on a fairy tale adventure by her Nutcracker Prince. 'This exquisite performance, delivered in traditional Russian style, was mesmerising, an awesome stage setting and perfect orchestral pitch that washed dream-like across the story' -Sunday Business Post

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NEWS IN NUMBERS

800

year old church counters proposed plans for construction of a toilet nearby

39

seizures inside HMP La Moye included items such as Monopoly pieces, improvised weapons and turmeric. Yes, turmeric.

120

hours of community service for 26 year old dangerous driver

58

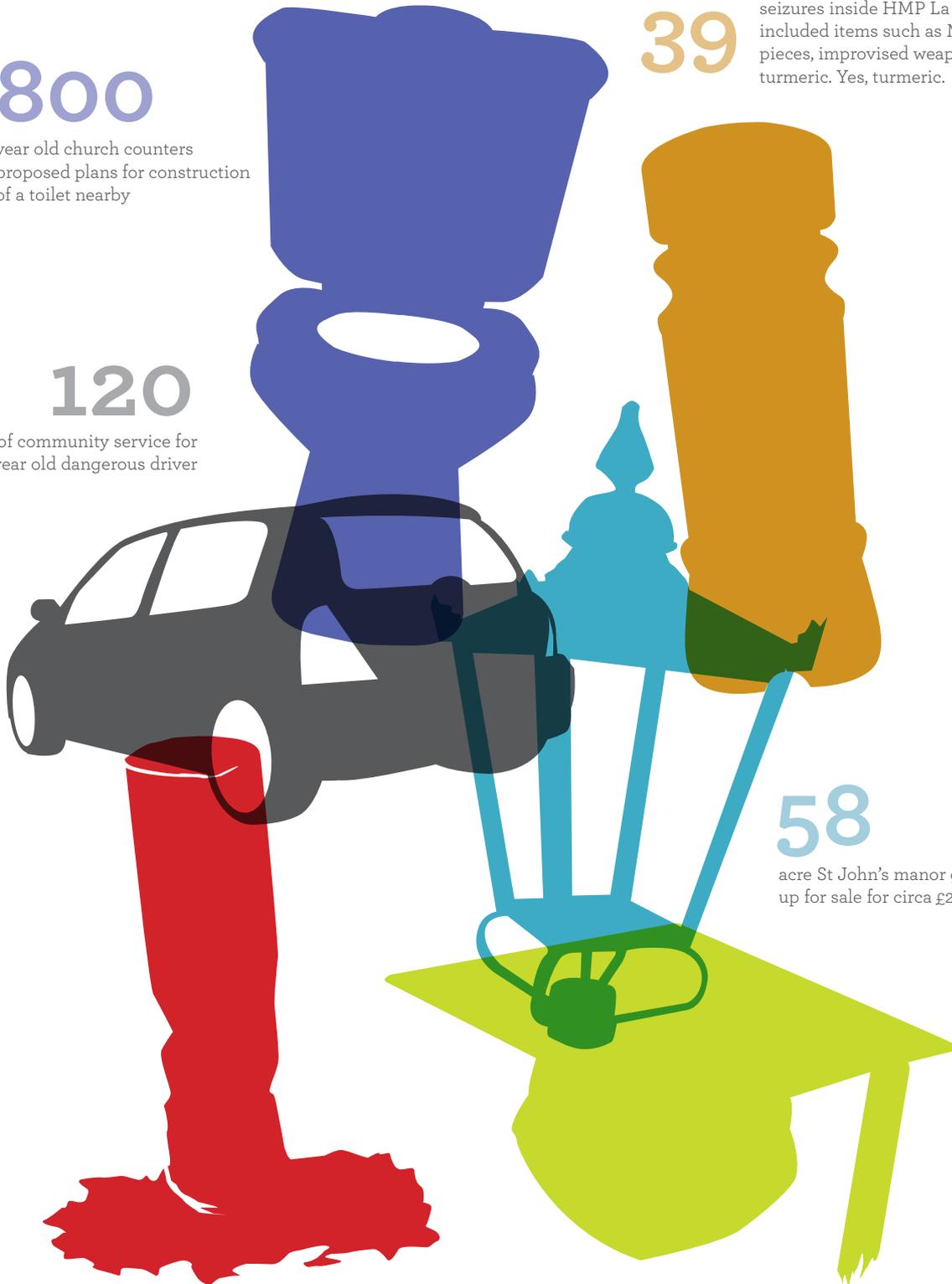
acre St John's manor goes up for sale for circa £20m

21

months in prison for woman linked to crime when she discarded a cigarette butt at the scene

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pounds required to fulfil university tuition fees proposal





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KINDNESS IS INFECTIOUS

WORDS Ria Wolstenholme
ILLUSTRATION Russ Atkinson

Welcoming in the New Year can be exceedingly daunting for many. The pressure to celebrate, the overly positive ‘new year, new start’ posts saturating your news feed, and the weird sense of duty to come up with a new year’s resolution that coins a grand gesture of change. It can all just feel like too much to handle.

Our resolutions always seem to stem from bettering our own lives, and ours alone. Now isn’t that incredibly selfish? Granted, I do believe that being selfish is good in moderation, I’ve said it before. But wouldn’t it be better if, instead of vowing to join your local gym, we vowed to make a real change? Not just in yourself, but in the world.

I think we can all agree that last year was pretty bad. In the sense of global politics, natural and planned disasters, and loss, it was awful. The bombings; the shootings; the attacks on humanity. It made us all question where we went wrong. Why so much evil exists in our world; a world that we have all made.

We witnessed and shared so much hurt with people who are nothing but strangers. Refugees fleeing their homes, and being shunned for seeking shelter. Families of victims whose lives were taken through senseless violence. Children living in war torn countries, where sleeping safe and sound is but a pipe dream. We all mourned and grieved for so many. But what are words without actions? Meaningless.

When the world seems to be falling at it’s knees around you, it’s hard to believe that anything you do could possibly help. “But what difference will I make?” is something we all ask when someone tells us we can be the change. The change that offers a new lease of life to the cause, the change that takes a small idea and turns it into a global phenomenon. Every small act can add up to something huge. Something bigger than you could have ever imagined possible.

People forget that simple, small actions can make the biggest impact. They leave the largest mark, and can create the greatest change.

So, with this in mind, I offer you a new resolution for this new year. To simply be kind. Kindness is defined as ‘the quality of being friendly, generous and considerate’. Being kind not only benefits

you, but will benefit everyone around you. Your friends, family and even the strangers you meet along the way, can all be affected by a simple act of kindness. Help someone with their shopping bags, buy the next person in line their morning cup of coffee one day, or simply flash a smile at someone in the street.

We are taught when we are young to treat others how we wish to be treated. If you want to receive kindness and warmth from others, you must first give it out. What you put out into the world will surely come back to you. If you exude negativity, you’ll get it coming back to you in some way. Kindness is self-replicating. By showing it and sharing it, you inspire others to be kind too. A study

conducted at Cambridge University found that witnessing someone else help another produced good feelings, which subsequently caused them to reach out and do something good and kind themselves.

Being kind to people can actually make you healthier too. Research conducted by Allen Luks, author of *The Healing Power of Doing Good*, found that those who volunteer or regularly help others are ten times more likely to be in good health than people who do not. Volunteering your time to others reduces the body’s stress, and releases endorphins. It makes you and your body happier.

What’s really important to remember, is that being kind does nothing but good. It can bring joy, comfort, safety and love to so many. And in turn, it can bring the same to you. You may not even know what impact it creates, or who it affects along the way. But you’ll be safe in the knowledge that your small act is the start of a chain reaction, both in yours and someone else’s life.

Make 2018 the year of putting some love and warmth back into the world. With so much out of our control, it’s easy to think that something so small as being kind could never have the kind of effect it needs. But you never know what your words or actions could end up achieving.

“People forget that simple, small actions can make the biggest impact. They leave the largest mark, and can create the greatest change.”

MISC

Just random things to amuse you.



Giant Jenga

You could be forgiven for thinking that the image above is of a floating meth-lab exploding, a small industrial disaster or the gates of hell opening, but this image taken in the Norwegian town of Slinningsbålet is in fact of the world's largest bonfire, a record that, speaking of the gates of hell, the town's denizens seem hell-bent on maintaining.

Standing at an impressive 47.4m tall (absolutely slaying their previous effort of 30m in 2010) and made entirely of pallets, this structure, which we'd describe as *beyond* impressive, was not only constructed solely of pallet boards but also entirely by hand by people who clearly couldn't find anything better to do.

There's an interesting video on YouTube shot using those popular body-mounted action cameras and, of course, the obligatory drone that gives a better idea of the sheer scale of this undertaking compared to the photos seen here on the hallowed pages of Gallery magazine.

We're not sure quite why, but it appeared to take six people to light it even though only one of them took care of the part where fire was introduced to a thick rope wick that led into a wooden barrel that we can only assume was filled with diesel (owing to it not producing an instantaneous fireball) as they scaled down its height. Much like the rooftoppers of Instagram, except with a DIY and pyromaniac twist, no safety ropes used whatsoever, just good old fashioned hands and feet as they put the fiery icing onto the flammable cake. Within an hour it'd toppled into the sea, but at least the risk of their Guinness Record being toppled is much lower than the risk of death for onlookers.

[Search 'Slinningsbålet' on YouTube](#)

Quoted:

Val Kilmer

(who starred in the movie 'Heat' - see what we did there?)

"I don't make any pretense about being normal. I'm not."

He doesn't look quite like this 23 years later... ▶



Poor jokes:

What do you call the Robin Williams movie about a hot California summer? Mrs. Droughtfire.

What did the air conditioner say to the man? I'm your biggest fan.

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Got the nibbles?



FWD: FWD: FWD:
A grandparent's
guide to Bitcoin

WORDS Doris Grantez
ILLUSTRATION Natasha Reis



HELLO DEARIE. IF YOU READ THE PAPERS, YOU MIGHT HAVE HEARD OF SOMETHING CALLED "BITCOINS." THEY ARE QUITE DIFFERENT TO A "THRUPENNY BIT" FROM THE GOOD OLD DAYS AND ARE AN EXCITING NEW WAY TO INVEST YOUR MONEY. THEY'RE MORE VALUABLE THAN PREMIUM BONDS, FANCIER THAN CO-OP STAMPS AND EVEN MORE FUTURISTIC THAN CHIP AND PIN - IF YOU CAN IMAGINE SUCH A THING. WHAT US "SILVER SURFERS" ARE ASKING IS WHAT A BITCOIN IS, AND HOW YOU'D GO ABOUT BUYING A BAG OF THEM.

You can't get them at the Post Office counter and neither do they sell them in those high-tech catalogues you get with the Sunday Telegraph - because bitcoins are so new you can only buy them online, like the blue pills my cousin Gerald orders from China. After failing to invest in Myspace the first time around I didn't want to miss out on the latest online gold rush, so I sat down with my grandson for an hour, and as soon as my head stopped spinning I went home, logged onto the W W web and exchanged all of our savings on a website called Crypt o' Currency. It sounds Irish, but I rang my grandson and he swore that Bitcoin has nothing to do with The Corrs. If you too fancy a chance at being rich beyond your wildest dreams (like Andrew Lloyd Webber), then "scroll down" to read on! ;)

Doris, what even is a bitcoin?

As every schoolboy knows, normal coins are made out of metal - either brass, copper or silver if it's part of a limited edition set commemorating Princess Diana. Those are all valuable, but if you've ever tried to spend a Jersey pound on the mainland you'll know that the problem with coins is that every place has daft rules about which ones they'll take. This is why it costs so much to buy an ice cream in St Malo these days. The eggheads who live in the Silicon Valley, who already invented Nintendos and the Dyson Airblade, travel so much that they just hate carrying all of the different coins. They thought to themselves "what if we could make a coin that is valuable everywhere - even in a virtual reality matrix?" This might sound barmy, but remember these people are so clever that their robot butler knows what you're looking for (Cliff Richard; no shirt) before you even finish typing the first F. The boffins thought long and hard and a lightbulb went off above their heads, although slowly, because they use the energy saving kind that make you strain your eyes. The answer was to make a coin out of "bits" - science-speak for the tiny invisible molecules that make up the internet itself. A bitcoin is therefore a perfect nugget of condensed internet. When you consider that the internet particles are so small that you can't see them even when you trip over the modem and pull the pipe out of the skirting board, you'll understand that a single bitcoin must contain an incredible amount of pure internet. Possibly enough to record an entire episode of Midsomer Murders. They are very, very, very valuable indeed.

I still don't understand, Doris, but tell me why should I buy these bitcoins.

"Yes, bitcoins are valuable, but so are Toby jugs and nobody would expect you to invest your savings in them." Well Mavis, the difference is that bitcoins can't be knocked over and smashed into pieces by the cat, because they carry on zipping around the webs until you need them. This also means that the evil taxman can't get his hands on your bitcoins, because at any moment they could be flowing unsupervised between the Algarve and Thailand - like my daughter's ex-husband. It is impossible for anybody to know how many bitcoins you have, where you keep them, and which kinds of online content they are made from. Because things these days are more and more online, the

"EARLIER I SAID THAT BITCOINS ARE NOTHING LIKE CO-OP STAMPS, BUT THERE IS ONE AREA WHERE THEY ARE THE SAME: YOU CAN ONLY SPEND THEM IN THE SAME PLACE YOU GOT THEM"

value of your bitcoins also increases as fast as the amount of internet that is needed. I know this is confusing, but think of it like buying some flats in the 1960s - wait long enough and you can put them on the market for £1400 a month to young couples who were too busy gallivanting to Ibiza to save for a deposit. The difference with bitcoin is that the value goes up as soon as more people go online and need internet in order to sign up for a Minecraft or those dirty, dirty pictures. You'd better buy some before they sell out, is what I'm saying.

Okay Doris, tell me where I can convert all my money into Bitcoins

Buying Bitcoins isn't as simple as going to the Bureau de Change, because you need to be logged in. Obviously you need to follow the usual precautions - if your computer browser tells you it is cluttered or needs a deep clean, download that software straight away. It also helps to have one hand on the pipe, so you can pull the connection if the Nigerian FBI hijack your window to ask questions about that bank transfer you

made last Christmas. You'll then need to go to a marketplace, follow only 200 steps of instructions, hashtag your blockchain, crypto your partition and move any instances of goatse.cx or the millennium bug straight to the recycle bin. Eventually you will have a very long number, which is like an international dialling code if you need to bring your bitcoins home like a racing pigeon. Write the number down, put it under the mattress with your cash savings, and let them mature like a jar of pickled onions.

But Doris, how do I actually spend my bitcoins? And who gives me my change?

Earlier I said that bitcoins are nothing like Co-Op stamps, but there is one area where they are the same: you can only spend them in the same place you got them. Being made out of pure internet, bitcoins can only be exchanged for online services. That's not a worry though - when I first webbed-on I wasn't even sure what I would do with Yahoo, but now I buy all my prescriptions from eBay and my husband tells me he watches his sports in the browser. That explains why he's always in his office with the door closed, and those massive phone bills. You can use internet to pay those phone bills, renew your subscription to the Radio Times, and more besides. I also read the other day that the government plans to move our pensions online, so I expect you'll soon be able to cash in a few numbers from your bitcoin savings at the Post Office. You'll even be able to send them to your grandchildren, with electronic mail, instead of a birthday card - they can turn the bitcoins directly into Pokémon, "likes" on Grindr or credits for their favourite Youtubing prankster! No doubt this is a lot to take in dearie, but one more tip before I go - always protect your computer with a secure password. Otherwise a burglar could break in, rifle through your browser history and be away with your bitcoins before you can say "Julian Assange". If I ever have another funny turn mine's "CliffR1ch4rd" but whatever you do make sure Nigel's had a chance to spring clean his browser history before you log in. Tara for now!



GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY

Wild in the Community

Durrell is excited to announce its inaugural 'Go Wild for Durrell' fundraising day, an initiative supported by our global ambassador Henry Cavill.

Whether you're at home, in the workplace, at school, or part of a club or team, Durrell invite you to come up with your unique take on 'wild', and take part in an animal-inspired fundraising activity of your choice. This is Durrell's first fundraising event of this kind, which is planned to be an annual event. Whether you're at home, in the workplace, at school, or in a club, Durrell wants you to take part in an animal inspired activity to raise funds for Durrell Wildlife Conservation Trust. The idea, is that you can take a walk on the wild side, and unleash your animal spirit to help raise funds for Durrell Wildlife Conservation Trust.

On Friday 23rd February, Durrell are calling on all their supporters, anywhere in the world to enjoy a day of wild activities and fundraise wildly for the world's endangered species. Speaking on behalf of Durrell, Alex Shears, Head of Communications and Fundraising commented "The work we do both in Jersey and all over the world is really serious, but getting involved in 'Go Wild for Durrell' is a really fun way to support our mission and help protect the world's wildlife. I am really excited to see all the creative ways that people take part in this initiative"



Annndddd I-iiiiiiii-yi-ayyyyy, will always love youuuuuu...

Here are a few of their ideas;

Sponsored dip: Swim like an otter.

Chin-up challenge: Are you as strong as a Sumatran orangutan?

Take a walk on the wild side: Take your team on a barefoot stroll.

Sponsored run: Can you out-race a Saint Lucia racer snake?

Bake off: Make palm oil free, orangutan-friendly cupcakes to sell at work.

Sponsored yoga class: Can you balance like a Chilean flamingo?

Karaoke competition: Sing like a Sumatran laughingthrush.

More information on how to get involved and support 'Go Wild for Durrell' can be found at www.durrell.org/gowild



£1000 for The Shelter Trust thanks to Moore Stephens

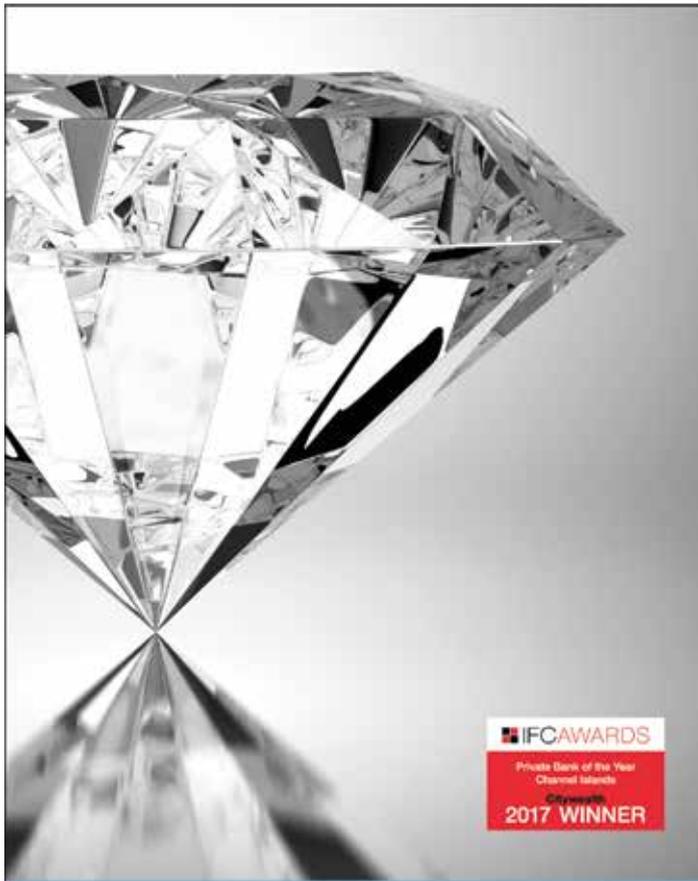
Through donations and a raffle, staff at Moore Stephens raised £1000 for The Shelter Trust over the festive season. Volunteers from the financial services company also helped out at the charity's annual soup kitchen. The Shelter Trust provides accommodation, food and support for between 70 and 105 people in the homeless community per night over four sites in Jersey. "These funds will be of great benefit to the local community, and it is great to see a local business getting into the Christmas spirit of giving," said John Hodge of Shelter Trust. Moore Stephens ran a shelter week when employees did all they could to rally donations. This included a staff raffle where the top prize was a day of annual leave and a designated donation area was set up where staff could leave items that appeared on the Trust's 'wish list'. Six volunteers also went to help at the Trust's annual soup kitchen in the Royal Square. The team raised £558 through raffle tickets, £292 from staff contributions and a generous cash donation of £150 given by an employee, bringing the total to £1000. Angus Taylor, Managing Director of Moore Stephens said: "It was through the generosity of employees that we achieved this fantastic result so our thanks go to our great team and their commitment to helping others in need."



Kickabout for a good cause

Jersey International Business School held a charity football tournament that raised £3,300 for Jersey 2 Africa 4 Football Foundation. Eight teams participated in the JIBS 4 Africa Challenge Trophy at Springfield Stadium, with each team donating £400 to take part. The seven-a-side round-robin tournament required that teams play with a minimum of one playing female at all times. The champions of the main competition were the JFA Community Team, with Stonehage Fleming winning the plate competition. Jersey 2 Africa 4 Football Foundation is a Jersey-based non-profit organisation, whose mission is dedicated to improving young lives in Africa on and off the field through football. Ricky Weir, Founder of the foundation, said: "The games were played with the good spirit, humour and sportsmanship we had hoped for. We have been encouraged by all the positive feedback and will begin discussing plans for a follow-up tournament in the summer."

For more information visit jersey2africa4football.org



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GIVE COMMUNITY AND SOCIAL RESPONSIBILITY IN JERSEY



Fresh look for Autism Jersey Boutique

Around 15 volunteers from Moore Stephens helped to give the Autism Jersey Boutique a fresh look ready for its reopening last month. Along with painting and cleaning walls and ceilings, the volunteers gave the front desk and shelving some much-needed TLC. The shop managers, Catherine Tubb and Karen Gallichan, are both parents to autistic children and said: "It was fantastic to have such hard-working and friendly volunteers from Moore Stephens to transform the boutique so we can continue to support a valued cause." The boutique, which is in Bath Street, is open now.

Collas Crill get on the ball.

Collas Crill have joined up with the Jersey Football Association to sponsor its youth community programme for the next three years. Aimed at those between the ages of five and 11, the Jersey FA Collas Crill Community Programme provides young people of all abilities with the opportunity to get active, learn new football skills and enjoy the game. Delivered by two full time and seven part-time community coaches, the programme has set-up a range of initiatives including in-curricular primary School PE Lessons, weekly after school skill sessions, coach development and mentoring. Brian Oliver, the Jersey FA Football Development Manager, said: "Our community programme puts young people at the heart of the learning process in a way that is fun and engaging. Thanks to the support of Collas Crill, we are able to provide qualified coaches to develop a player pathway into junior football on the island". Dionne Gilbert, partner and head of the CSR committee in Jersey, said: "Corporate social responsibility is about supporting and understanding the needs of our community".



Les Amis extend recycling service to Highlands

A 'win-win-win' social project that benefits the environment, people with learning disabilities, and organisations in Jersey has been extended to one of the Island's largest centres of learning. The Les Amis Recycling Team was launched in March 2017 to encourage businesses and organisations in Jersey to recycle more.

A small team, using a van kindly financed by the Association of Jersey Charities, collects cans, bottles and cardboard from offices and takes them away - for a small donation - to be recycled. The team includes Les Amis residents, who have learning disabilities and/or associated conditions. Now Highlands College - with its 800 full-time, sixth-form students - has joined a growing list of customers. Jo Turner, from the College's Student Life department, said: "Our recycling initiative was born when I spoke with Jane Burns at EcoActive, who kindly donated the dual-purpose recycling bins for plastic bottles and aluminium cans; "The recycling bins were placed in various buildings throughout the campus and all staff and students were encouraged to use them.

Eight students from our Entry and Life Skills course were asked to do an initial sort and collection of the recycled items, which tied in with a recycling module that they are were studying. After hearing that Les Amis offered a collection service, it made perfect sense to get them involved'. Les Amis will take the recycled aluminium cans to Durrell, where the money raised through recycling the aluminium will be used to help create tree corridors, restoring the link between fragments of massively degraded Brazilian rainforest. **Organisations that would like to join the scheme can find out more by emailing shaun.findlay@lesamis.org.je**



Email your news to give@gallery.je



EVENTS



Fairway Group New Office Launch

FAIRWAY GROUP OFFICE

TUESDAY 28TH NOVEMBER 2017

Fairway Group had a soiree at the end of last year to celebrate their move into newly refurbished offices in Le Gallais building. The brand new 10,000 square foot premises has been completely redesigned to fit the requirements of the group's expansion.

Over 90 people from Jersey's business community attended to celebrate the group's growth. CEO, Louise Bracken-Smith said: "We have grown significantly over a short period of time and in line with our ambitious plans for expansion, we wanted to ensure our brand was truly reflective of who we are both internally and externally".



The Scottish Society Burns Night

RADISSON WATERFRONT HOTEL

21ST JANUARY

Jersey's Scottish contingent and assembled guests convened on the Radisson last month for neeps & tatties, no doubt with a few wee drams and, from what we hear, a pretty intense ceilidh. It was all in celebration of Scotland's National Day and their patron saint, Saint Andrew. Guests took the

opportunity to dust off the kilts and made for a fine bunch of revellers, all dancing to the sound of the Jersey pipe band and dancing to the Strathallan Scottish Dance Band. Worth a diary note for next year's event apparently!



Bonita Hair & Beauty 25th Year Celebration

UP AT LES ORMES

THURSDAY 23RD NOVEMBER 2017

This wonderful event saw over a hundred clients, old and new, heading to the beautiful Bonita Salon to celebrate an amazing milestone birthday. For 25 years Bonita have been leading the way in all things hair and beauty and have amassed an incredible devoted following of clients who now feel like friends.

Whilst guests enjoyed a drink or two and some delicious nibbles they were treated to fabulous demonstrations of the latest hair techniques and incredible beauty treatments that the salon has on offer. Celebrations went on well into the night and happy clients left clutching gorgeous goody bags filled with treats.



Shaun Leane Event

RIVOLI JEWELLERS

FRIDAY 8TH DECEMBER

Customers of Rivoli Jewellers and fans of Shaun Leane jewellery were treated to a very special event in December which saw the designer himself visiting Rivoli. Straight off the back of a month spent in New York ahead of the auction of his private jewellery collection at Sotheby's,

Shaun was an absolute delight to meet in store and spoke wonderfully about all his fantastic designs many of which are influenced by his collections produced in conjunction with Alexander McQueen.



pet
OF THE
month



KASIA & BLUE

Katarzyna is a Polish girl and she's proud of it. She came to Jersey 12 years ago, which she describes as 'the best decision she's ever made'. Moving to the island has been a complete life change and she tells us she has "found my happiness, friends and love". Her friend Blue traveled the long 2200 km from Poland too, a very long and tiring journey, but worth it to enjoy our wonderful Jersey beaches!

Describe Frenchie's personality in three words? Playful, sociable, stubborn.

What's your morning routine?

I have to wake Blue up, she loves to sleep. We manage a short walk as I have to go to work. But there is time for cuddles and

snuggles and then, because she's done so much, she goes back to sleep!

Describe your perfect weekend day together:

A long walk along the beach on a sunny day. We both hate rain. Blue likes to swim in the sea and chase everything that moves, especially leaves. If it were to be

Blue's perfect weekend I think it would probably be a trip to a chicken factory with unlimited access to eat!!

Meal for two, where are you heading and what are you eating? We are going anywhere and we will eat everything!

Kasia Madej

Breed: Human

Age: 33

Likes: The gym, eating healthy and long walks.

Hates: Rain

If I was an animal I would be: A butterfly

Wants: More sun

Interesting facts: I used to sing along in school bands.

Most impressive thing you've ever done: Conquering my flying fear! I was scared to fly for many years but I've managed to fight it. Now I actually enjoy it.

Blue

Breed: French Bulldog

Age: Two and a half.

Likes: Food, attention and cuddles

Hates: Lemons

If human I would be: A princess

Wants: More food

Interesting facts: I snore like an old man

Most impressive thing you've ever done: I can walk on my back paws for you, but only if you have a treat in your hand.



TRAVEL

TRAVEL

ESCAPE THE RAIN

WORDS Rebecca Evans

So here we are in February. It's a funny old month; the promise of spring is just around the corner, but there is still the potential for weeks of single figure temperatures and grim weather. On the upside payday should have alleviated the post-Christmas poverty, so it might be time to look at escaping the rock in search of some much needed sun. This month I've been looking at two destinations guaranteed to provide a mid-Winter boost of Vitamin D.

TENERIFE

The largest of the Canary Islands and just 4 hours away by air, Tenerife's year round warm climate attracts over 5 million sun-seekers each year, many of them between December and April when the rest of Europe is shivering.

Whilst it's fair to say that the large number of British Holidaymakers have left their mark on some resorts, there is far more to this enchanting Island than Sunday Roasts in the Rovers Return.

Dominated by Mount Teide Volcano, which at a little over 3000m tall is the highest point in Spain, the landscape varies seemingly endlessly, from lush green palms and tropical plants, to arresting black sand beaches and rocky volcanic moonscapes. The pleasant temperature, with a daytime average of 21c between February and April, lends itself to getting outside and exploring. A mecca for hikers and ramblers, Teide

National Park offers a range of routes for all, from short and relatively flat routes to the thigh-burning ascent to the summit, where efforts are rewarded by spectacular views across the Island to the Ocean (those who prefer a more sedate vacation can cheat the system by hopping on the cable car and emerging at the top a mere 8 minutes later).

This mountainous topography, combined with Atlantic Ocean breezes create the perfect conditions for one of the most exciting and exhilarating of Tenerife's Winter activities. Silently soaring high above the coastline on a tandem Para-glide flight is an experience not to be missed,

even for those (like this writer) who aren't usually so keen on heights.

It's not all high altitude antics on this delightful Isle however. The waters around Tenerife teem with marine life and boat trips from almost every resort offer everything from dolphin and whale watching excursions, to deep sea fishing trips, and snorkelling with sea turtles. The naturally charming black sand beaches are interspersed with yellow sand alternatives, reportedly imported from the Sahara desert, and kids (of all ages) shouldn't miss Thai themed Siam Park, voted one of the best water parks in the world, and for good reason.

"Visitors to Tenerife in February may be lucky enough to catch some of the annual Carnival, with parades and events going on throughout the Island, although the most extravagant and impressive of these take place in the capital Santa Cruz."



Visitors to Tenerife in February may be lucky enough to catch some of the annual Carnival, with parades and events going on throughout the Island, although the most extravagant and impressive of these take place in the capital Santa Cruz. The 'Cabalgata' or Grand Parade is considered second only to Rio Carnival when it comes to vibrancy and party atmosphere, however the traditional 'Burial of the Sardine' which closes the proceedings must be a contender for Worlds' most bizarre, featuring a giant sardine toted through the city, followed by a weeping entourage of 'widows', many of them in drag.

Carnival or not, Santa Cruz is worth a visit to experience a side of the Island far removed from the bucket & spade resorts of the south coast. The nearby old town of La Laguna is considered the most beautiful in Tenerife and was bestowed World Heritage status in 1999. To take a stroll through the colourful colonial streets is to step back in time.

Getting There: FlyDirect offer direct flights from Jersey to Tenerife weekly from 2nd February to 6th April. www.flydirect.je



CAPE TOWN



Despite the 11 hour flight, the lack of significant time difference, not to mention a favourable exchange rate, makes Cape Town a very viable choice for a Winter break.

Nestled between the breath-taking Table Mountain National Park and the wild Atlantic Ocean, Cape Town is a beautiful and vibrant melting pot of cultures. The tourist heart of the city is the impressive V&A Waterfront, showing the world how Waterfronts should be done, with literally hundreds of shops, restaurants, bars and attractions such as the Two Oceans Aquarium providing countless hours of entertainment. Whilst the V&A is home to a number of sumptuous 5* Hotels, holidaymakers on a lower budget should head for Long Street where B&Bs and Backpacker Hostels are dotted between colourful and eclectic shops, bars and nightclubs.

If the city heat gets too much (average temperatures in February and March are 23 degrees, but can be much hotter) there is a wealth of pretty beaches within the Cape Peninsula, 3 of which are blue flag status. A trip up Table Mountain is a must, to take in the fresh air and views from this iconic spot, and on a Sunday afternoon the

locals head to Kirstenbosch Botanical Gardens where free concerts take place amongst the unique African flora.

There are few greater pleasures in life than an al fresco lunch in Cape Town, enjoying locally caught seafood and a chilled glass of South African Chenin Blanc, likely bottled just a few miles away in the nearby Winelands. If time permits then visitors shouldn't miss a tour of the Stellenbosch and Franschhoek areas, where countless wineries are only too keen to show off their products.

It will come as no surprise to anyone that a turbulent history runs deep through the veins of this city, and visits to the District Six Museum and notorious Robben Island Prison will leave a lasting understanding of the troubles the city and country have encountered, and how the community has been shaped over many years.

Getting There: Thomas Cook Airlines fly direct from London Gatwick to Cape Town, and British Airways operate a daily service from London Heathrow

Sun! Sea! And Sober?

WORDS Jessica Myhill

Going abroad and embracing the sun seems like the ideal holiday at this time of year, but what about when you are trying to have a month of no alcohol. Can the two be mixed? I ventured to Gran Canaria to see if the scenic landscapes, rich cuisine and lovely locals could make my holiday fun without a glass of vino. Surely an intensive wellness and meditation retreat isn't the only way to enjoy yourself abroad whilst sober and healthy. There's only one way to find out...

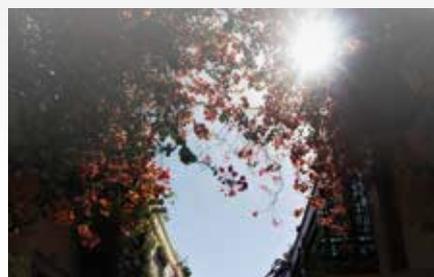
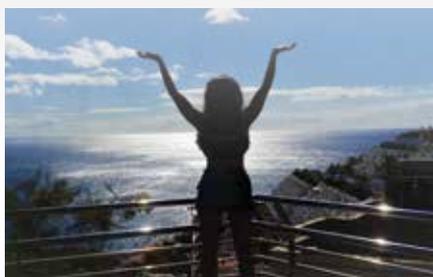
January is the time of resolutions, fad diets and trying (but mostly failing) to remain sober. As much as I love Jersey winter, with its bi-polar weather conditions making everyday a catwalk consisting of having a minimum of three dress changes daily due to its changes in forecast, I decided this winter I would venture to hotter regions. I'd jumped on the dry January bandwagon so needed a companion who could keep me on the straight and narrow. I took my Mum and despite Gran Canarias's reputation as a notorious party island, this was the best place for an alcohol free holiday. Naively, I was convinced I could do it and enjoy myself all the while.

Amadores was the perfect location, 15 minutes from Puerto Rico, where the flight to Gatwick from Jersey nearly cost the same as the whole holiday. We then flew into Gran Canaria and jumped on to

the coach to Gloria Palace Royal Hotel. With the beach idyllically visible from our infinity pool. Every night consisted of an all inclusive buffet and they even served Prosecco at breakfast! Happily we choose the full board option and it was a good thing I hadn't set new year resolutions to lose any weight! The kitchen had a different theme each night, and my plate was never empty so neither was my stomach. Whilst my mum enjoyed her glass of rosé, grapefruit juice was my drink of choice. At first I felt I was missing out, but the mornings free of hangovers and full of swimming and yoga made it more than worthwhile. And, of course, you don't need alcohol to enjoy the charms of our very welcoming Spanish waiters! The night entertainment consisted of Flamenco dancing and acrobatics, and, even without the aid of alcohol, I gladly joined in on more than one occasion.

"The white walls, studded with cafes, glistened in the sun and I had to stop and breathe in the bliss."

Sunbathing was obviously the natural thing to do and the sun did not disappoint with the temperature topping 25 degrees. It was tempting to stay by the pool and sunbathe at our hotel but my search for flavoursome, non-alcoholic beverages and cuisine led me around the corner to the Volcanic Mountains and the exquisite fishing village of Puerto de Mogan, otherwise known as Little Venice! This name originates from all the bridges and canals running through the village. In the Puerto de Mogan fishing village, we dodged our way through the Market stalls, avoiding all the 'Special Prices just for you señorita' of clothes I'm sure were worth a third of their proposed selling price, until we reached the bridge guiding us towards the harbour. The sun appeared to shine brighter on the white buildings romantically dressed in bougainvillea flowers and down the lovely cobbled streets with flowers of purple, orange and pink. I felt entranced by the arches overhead, ornately decorated with highly contrasting black twisted metal railings, this village definitely resembled that of a fairy-tale. Rafael Neville's glorious skill for architecture is vastly



apparent here and it's no surprise that this harbour has been labelled the 'prettiest in the Canaries and possibly Spain.' After Neville moved to Mogan in the mid 60s, his dream of creating this masterpiece bloomed into reality in the 1980s and took approximately 5 years to complete. The white walls, studded with cafes, glistened in the sun and I had to stop and breathe in the bliss that was radiating.

All this exploring meant we needed a quick café stop and we found the perfect one for the occasion, walking along the harbour front admiring the yachts and various cruisers. In true European style we sat just across the pavement from this impressive scenery where we could relax and enjoy a coffee at the same time as getting an even sun tan; a necessary skill when travelling abroad, I believe. Casito Mediterraneo ticked all the boxes and I highly recommend their crême brûlée, with its 'secret ingredients'!

As appealing as it was to spend the entire holiday in the sunny south of the island, my mum booked us on a round-the-island tour where we could visit the North, having



fields, ensuring ecological farming. All the plant is used and none is sent to waste, as the leaves are fed to animals. The canes are hand cut, so as not to destroy the roots; a remarkable four harvests are gained per sugar cane!

The whole holiday had been dry heat, this was the first day it rained. The end of dry January. As we came to the end of the

getting your own meals will be a highlight of the holiday. The 'Holiday Club' offers a wide variety of such apartments suitable for families, couples and solo travellers and visiting during the quieter winter month of January also came with the benefits of less crowded beaches and a guaranteed table at your favourite restaurant, making this, in my opinion, the best time to visit Gran Canaria!

“The night entertainment consisted of Flamenco dancing and acrobatics, and, even without the aid of alcohol, I gladly joined in on more than one occasion.”

being informed by the locals it was 'like a completely different continent to the South', bearing in mind the Island is only 1,560 square km. Upon entering the Gothic church of San Juan Bautista, I could almost taste the paella as I felt transported to the north-east coast of Spain. The church was constructed in blue stone, imported from Sagrada Familia in Barcelona, and construction took over 68 years! The church was completed and opened to the public in 1977 and is known as The Arucas Cathedral.

“To create rum in Gran Canaria the sugar cane farmers use no fertilizers on their fields, ensuring ecological farming.”

Embarking further into the trip and ascending higher past many sheer drops along the volcanic mountains, I felt safe in the hands of our comforting tour guide who assured us that 'If you're nervous of the height, just close your eyes - the same as the driver does!' The climate started to change, and we were transported to the Arehucas Rum Distillery, much to the delight of my mother, and with Rum being my favourite liquor this was going to prove the main mission of the holiday. Mission accepted, I entered with an open mind and ready to just learn about how rum was produced, relish the aromas and leave empty handed.

To create rum in Gran Canaria the sugar cane farmers use no fertilisers on their

distillery tour I came to the end of my dry January too. Mission aborted, I sampled some of the finest honey rum I have ever tasted. I regret nothing. This was the last day of our holiday so, later in the evening, not wanting to overdo it, we took advantage of free Jägermeister shots from our lovely Spanish waitress at Agui Pizza parlour. Jägermeister is an alcoholic drink made of ginger, juniper berries, ginseng and citrus peel to name but a few of the ingredients. This surely makes it the healthier liquor choice? I ended the holiday feeling a little less sober but a little more salubrious. After all, it is indeed all about a healthy balance.

When I (with a bit of luck) return to Gran Canaria next year I will either stay in the same area, at playa Amadores, or in Mogan. The staff at Gloria Palace were very attentive to our every need. The unemployment rate in Gran Canaria is over 20% and hospitality is the number one line of work, with five million tourists visiting the Island last year alone. Their appreciation of their work really came through with their high quality customer service and it was hard not to want to tip every waiter I came across. With the vast selection of holiday accommodation in this area, next time I might choose one of the nearby apartments that you can rent for the length of your holiday. They don't have the all inclusive options, but being located at the beach side and with a variety of restaurants close by, the independence of



THE WHITE ELEPHANT

WORDS Russ Atkinson
PHOTOS Russ Atkinson & Consensio Chalets



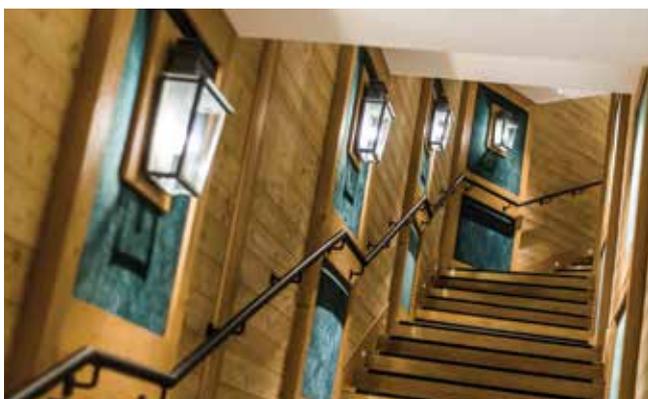
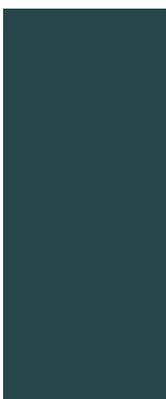
Believe me, I'd have likely found solace in the pain emanating from my shoulder having been caused as the result of landing a huge back flip or something equally heroic, but the truth was that I'd simply bent down to pick up a beanie to keep my head warm as I prepared to struggle my ski bag down the stairs and set off for the airport ahead of a weekend trip to Val d'Isere with Consensio Chalets. This wasn't a great start. It wasn't even an unremarkable start. It was definitely a bad start, but the kind of ironic misfortune that you have to try and see the funny side of.

Leveraging the sympathy of my fellow guests soon after the introductions had been taken care of in an attempt to bump myself up the list for a massage, imagine my relief when the masseuse revealed that she was also a fully qualified physiotherapist. Things were looking up, and as much as I had more than just an inkling that a visit to L'Elephant Blanc was to be unlike any chalet I'd visited in the past, this was one of the first indications that Consensio's levels of attention to detail were in another league. That, and the transfer bus that picked us up at Geneva airport having been equipped with iPads and wifi so that you could catch up on your favourite Netflix series or gloat via social media on the way, all whilst the Perrier-Jouët flowed and crumbs from the exquisite picnic they'd laid out tumbled to the floor, or course.

As you might imagine, there'd be no lifting of ungainly bags on arrival with the friendly but discreet staff forever taking care of things in the background, leaving us to soak up our surroundings as we ascended through the entrance hallway. Architecturally, L'Elephant Blanc is a blend of the traditional wooden alpine lodge we've

all come to know and love and a touch of contemporary class in the bare, polished cement rendered walls which are impossible to resist running your fingers across as you pass, sparkling stone surfaces and beautifully crafted cabinetry throughout. It's a cosy, peaceful haven with the added bonus of knowing that there's also a hot tub patiently waiting on the deck outside. Not to mention the sauna and steam rooms tucked away in the basement to escape to if your family and friends aren't able to maintain the peaceful vibe after a few flutes of champagne or a tippie or twelve from the extensive gin bar in the lounge over a tasty round of afternoon tea. Setting the pace is up to you, and wanting to experience all that Val d'Isere had to offer during the short stay we decided to increase the pace a little with a visit to the BMW Ice Driving Experience.

Having been flung around the leather interior of a 1-Series at the hands (and feet) of an expert exuding the sort of typical Gallic nonchalance that you might expect, the next item on our agenda was ski hire. Admittedly I'd taken my own, but the others were kitted



out in no time at all thanks to Snowberry ski hire's scientifically mesmerising biometric measuring system without even having to leave the comfort of the chalet, and therefore also never having to venture too far from the comfort of the chalet's roaring fire or selection of beverages, depending on where your priorities lie. Pro-tip, this would also go down a storm with kids. Not having to traipse to a ski shop, I mean, rather than feeding them spirits.

Having degusted a delightful dinner it was time for bed and some well earned rest - this travelling lark can be tiring, after all, and as I sunk into my bed and felt my eyelids fall there was only one thing on my mind.

There's no denying that the overall experience that Consensio provide is alone grounds for a visit to one of their chalets, but the truth of the matter is that you pay a winter visit to the mountains with the sole intention to ski, and so ski we did. With a guide from Evolution2 arranged and a biblical amount of snowfall in the days running up to our visit we took a trip off piste under a pure blue sky that made you realise that sub-par seasons might just be a thing of the past. One comical *how-the-hell-did-that-even-happen* style tumble in the powder on my part and a handful of pistes pounded later, our appetites for sustenance outweighed that of our appetite for snow, but a stop at Le Yule for lunch soon satisfied the stomach. If you're ever passing, I'd recommend a visit.

Whilst most of the group prepared for dog-sledding, two of us more adventurous, or should I say *foolishly brave*, souls awaited the fate that we'd agreed to; ice diving in Tignes' lake of epic New Years Eve party infamy. Amidst the onset of terror, something struck me that elicited a smile. My skis were now directly opposite our table rather than the sixty or so feet away where I'd left them, as Consensio's chauffeur had already located and conveniently relocated them to save me the effort. Sometimes the simple things matter the most.

'I know Tignes really well, let's just ski over - we've got plenty of time', I'd said. One hour, five lifts and a couple of wrong turns later we'd arrived at Le Lac and failed to 'accidentally' miss our ice diving slot leaving us no excuse but to suit up and try avoiding a panic-attack. We'd been assured that no previous SCUBA experience was necessary yet still my brief foray into the life aquatic in a swimming pool fifteen years ago was of little consolation when it came to conjuring up some confidence. 'Ice diving? Under a frozen lake? But... You'll hate it!', the same friend who'd shown me the ropes in the pool all that time ago exclaimed at the mere mention of it over dinner before I'd set off.

PICTURED HERE: Stunning views both inside and out of L'Elephant Blanc chalet, which offers ski-in, ski-out accommodation

“Whilst most of the group prepared for dog-sledding, two of us more adventurous, or should I say foolishly brave, souls awaited the fate that we'd agreed to; ice diving in Tignes' lake of epic new years eve party infamy.”



CONTINUED...



what would usually be considered sufficient when it comes to ensuring your stay with them is one you'll be talking about for years to come. Personable and well humoured, but with an air of professionalism at all times that isn't even mildly stuffy, their contribution both interacting with the guests and quietly working away in the background ensuring that everything was perfectly presented at all times really made a difference to life both in and out of the chalet. Combine this level of service with the sheer amount of things that Val d'Iserre has to offer in addition to the great snow covered terrain that you'd expect and you're onto a winner, whether you're a thrill seeker, apres-ski aficionado or a fully-fledged foodie.

...CONTINUED

Well, I'm pleased to say that he was absolutely wrong. Firstly, and I'll admit that this will be hard to believe, it wasn't cold in the slightest. Furthermore, it was possibly the most peaceful and surreal experience I've ever had the opportunity to savour. Once you slide through the hole in the lake's icy surface you'll be captivated by the bubbles as you exhale, trickling up onto the smooth curvature of the ice you're floating beneath, shimmering like mercury in anti-gravity against a gradient of blue light, fading into complete darkness as your stare advances into the distance. If you're a bucket-list kind of person, get your notepad out.

Regaling our tale over afternoon tea, no sooner had we convinced everyone that the diving was genuinely enjoyable than the next item on the agenda awaited. A Savoyard dining experience in yurts lit by a blazing fire hidden in the woods towards Les Brevieres involving kir and a host of local wines and produce, served up ready to dip into a fondue, presumably with the intention of fattening us up to aid the effect of gravity when it came to descending the pistes on sledges. Imagine Mario Kart, on snow, in the dark. It sounds treacherous but with smiles all around despite some impressive close-up views of the piste bashers burning their midnight oil you could tell that it'd been a hit. Figuratively speaking, of course.

Consensio have a great policy when it comes to attending to guests' needs, which is that as long as it's legal they'll endeavour to arrange it, and I've no doubt that their staff would happily go above and beyond

Speaking of which, our visits to l'Edelweiss for lunch during another day of great guided skiing, this time with Ken Smith from Progression Ski, followed by an evening of wine and cheese tasting with an affable gent named Antoine, owner of *La Cave* should be on any foodie's hit list. Most importantly, however, the dishes served in the chalet itself are more than worthy of a mention in terms of both flavour and presentation. They're also able to take all manner of dietary requirements in their stride to accommodate all diners without compromising on taste. The icing on the table, if you will, was the chef's presentation of dessert on the final evening but I'll leave you to scroll through the *@ConsensioChalets* Instagram feed to satisfy your culinary curiosity.

Val d'Iserre is a community of people proud of what their resort has to offer. Tignes has always been one of my go-to destinations, but now I'm ever so slightly older Val d'Iserre has won a little high altitude place in my frosty heart. And so it was with a heavy heart I stepped back into the transfer bus to catch up on some sleep ahead of the flight home, the pain in my shoulder replaced with the emotional pain of not being able to stay just one more day, and then one more, and one more... I'll be back one day though, don't you doubt it.

For more information about Consensio Chalets' luxury catered and self-catered properties in Val d'Iserre, Courchevel, Meribel, Morzine and Les Gets visit www.consensiochalets.co.uk

PICTURED CLOCKWISE FROM TOP LEFT: Alpine vistas, SCUBA diving under a frozen lake, Val d'Iserre's recently constructed beginner ski area, the view from l'Edelweiss restaurant and high-octane thrills on ice





CULTURE

улыбка

(smile)

WORDS Cloe Freeman





Ben Robertson is a local artist who has developed from graphic design to street art. His style has changed through the different techniques he practices and showcases an abstract style combined with realist portraiture. His abstract designs reflect a rhythmic and cohesive style which is easily recognisable. Solid shapes of colour interact with each other to create geometrically satisfying patterns.



Artists tend to notice the unnoticed. Blank walls call out to Ben begging to be painted which the 'average Jo' would walk past unperturbed. It isn't until the ordinary is made extraordinary that 'average Jo' is activated to notice. What started out as a jaunt around St. Helier a few years ago, Ben assesses walls for their painterly potential. A big wall stood out above the rest; a large blank surface dominated the area of Colomberie and as Ben says it just "needed to be painted".

After jumping through a number of loopholes to get the right people on his side, the project was given the go-ahead by September 2017 and designs were underway. Historically, wall murals have held within them a sense of the community in which they centre. Murals are in a sense aware of the people looking at them, they become mirrors of society. Ben's design is rooted within a similar context.

Having stood in the wall's vicinity directly engaging with the public passing by, Ben asked questions such as "What makes you smile?". He also invited members of the public to contribute by drawing some of their answers. The colours used in this piece for Ben, reflect their feelings. Summertime brings a feeling of brightness and positivity and this is what the chosen colours portray. The visual elements you see in the design are directly taken from the public's answers he personally resonated with. Ben's main inspiration came from a teenage girl who told him that her greatest achievement was climbing the Great Wall of China, and being part of a loving family and supporting friends.



The 'Russian Doll' design, for me, lends itself to the layers of history and meaning which are built upon through each generation. How the external layer can conceal within it deeper, darker secrets perhaps presenting us with a cheery facade. Having spoken to Ben he hinted at the theme possibly becoming a series, perhaps we might see some elements pulled out from the public that might not be so cheery. Ben spoke about wanting to represent the unknown or hidden aspects of Jersey, what might lie beneath this outside layer?

"Murals are in a sense aware of the people looking at them, they become mirrors of society. Ben's design is rooted within a similar context."

The feedback of the piece has been positive with people championing the artistic expression and suggesting that there "should be more of it in Jersey" and why not? Whether it brightens up your commute to work or whether it holds greater meaning for you. Any public expression representing the people is a powerful one.

Culture News

Top Picks: Jersey Opera House

Ballet

Why not brighten up your February with a visit to the Saint Petersburg Classic Ballet and be transported into the exquisite world of dance, music and storytelling with two of the most well-known ballets: Swan Lake and The Nutcracker. Delivered in traditional Russian style with Tchaikovsky's music performed by a full live orchestra. A great introduction to the world of ballet for those not familiar and a fantastic opportunity to marvel at the talent of the dancers and musicians.

Show

After entertaining audiences with Cold Mountain in 2016 the top British mountaineer and winter expedition specialist, Andy Kirkpatrick, returns with his brand new show, Psychovertical: A Higher Education. Humorous and motivational storytelling so not just for the mountain climbers out there!

Play

The RSC season opens with Twelfth Night on Wednesday 14th February offering romantics a different type of date night for Valentines. Adrian Edmonson (The Young Ones) make his debut wearing yellow stockings as Malvolio in Shakespeare's great comedy of unrequited love- both hilarious and heartbreaking.

Opera

For access to some of the greatest operatic performances from around the world don't miss both live and encore screenings shown in the beautiful Edwardian horseshoe style auditorium of the Opera House. The New York Met Opera season opens with Puccini's Tosca on Sunday 28th February at 6pm. Why not make it a regular feature for 2018 to explore the world of opera on Sunday evenings.

To find out more about this season's programme and to book tickets ring the Box Office on 511115 or visit www.jerseyoperahouse.co.uk

Artist Profile - Eliza Reine

Name: Eliza Anna Reine

From: Latvia

Current location: Jersey

Project: Wander the Streets

Inspiration: The adaptation process that comes from living in unfamiliar places. I am never the same after travelling, I always take something with me. These are the streets and house corners that I remember. They all have a story to tell and we can be a part of; perhaps we already are.

Practice: Sketching and painting houses helps me to feel a little bit more at home because the process of creation is very personal.

Website:

www.wanderthestreets.com



Peter Knight Project with Aarons Bikes

For the new year, Aaron Lappage of Aarons Bikes wanted a change of image. He spoke to a customer of the bike shop who happened to be local artist Peter Knight about his ideas for a project. Aaron was set on the idea of focusing on the Jersey landscape and shoreline which was to highlight local scenes like Corbiere lighthouse and Rocco Tower, celebrating and advertising the amazing scenery to be experienced on a good cycle ride.

For the first part of the rebranding, Peter designed fresh new imagery for a new range of cycle shirts. The shirts celebrate Peter's unique colourful and recognisable style reflecting Jersey's coast whilst also being bright and visible for the safety of the cyclists.

The second part of the proposal was slightly larger in scale. Peter was to repaint the entire front of the shop in his signature coloured striped style with which he was able to enjoy the freedom of a larger 'canvas'. Aaron thought it was the perfect excuse to attract customers and stand out from the crowd with the unique work of a local artist. Peter spoke about how "artists have few opportunities to create and design on such a scale" and mentioned the valuable experience of interacting with the public as they passed. Aaron has since worked with a bike company to fix the same graphics to his own bike frame which might develop further.

"Take the long way home" is Aaron's message to encourage more people to cycle by not just commuting, but to enjoy and appreciate the beauty of Jersey.

Aarons Bikes is based at 5 Gloucester Street, and are open Monday-Friday 8:30 - 17:30 & Saturday 8:30 - 17:00





Alexander Mourant
AOMORI

PREVIEW EVENING
Thursday 1 February 18:00-22:00
Event: alexander@alexandermourant.com

EVENT PROGRAMME
Musical performance at The Old Truman Brewery
Saturday 3 February 19:30-22:00

Artists will be through with Alexander Mourant
Sunday 4 February 15:00-19:00

EXHIBITION OPEN
2 - 4 February 10:00-19:00

THE OLD TRUMAN BREWERY
100-110, Upper Walk
London
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METRO IMAGING

Exhibition Highlight: Alexander Mourant - Aomori

Jersey born Photographer Alexander Mourant will be exhibiting his new series 'Aomori' the Japanese word for "blue forest". Born in Jersey in 1994 he studied BA (Hons) Photography at Falmouth University.

His work has been featured extensively online with the British Journal of Photography, AINT-BAD, The Plantation Journal, Pylot magazine and TRIP magazine. His first solo exhibition is to be held at The Old Truman Brewery in London in February 2018 called Aomori.

Aomori compiles photographs taken on his recent trip to Japan and combines two existential ideas: The Forest and the colour Blue. The exhibition is supported using funding from the National Lottery through the Arts Council England and ArtHouse Jersey. The exhibition is presented by the FR Awards who hand pick three winners from a new generation of cutting-edge talent across the UK to create new work to go on display in three solo exhibitions.

Aomori follows a consistent trajectory in the history of art, where the colour blue is used as a demarcation of distance. Here, distance is not only visible through sweeping vistas and dense forests but also reverberates in the knowledge that the artist worked in a country that was not his own. This results in a paradox, where spatial remoteness and distance simultaneously evoke an emotional closeness, for both the artist and the viewer.

Just as you enter a forest and become surrounded by ancient branches and roots, the photographs by Alexander Mourant engulf you in a similar way, taking you on a mysterious voyage where both sorrow and beauty are tied together. The result is a silent meditation on space, both physically, in what is being photographed and also with regard to time.

The photographs were achieved by using a church's stained glass window- which was cut to make a lens filter. The spiritual history of the process seeps through into the image, to a time when the land was a place of worship. As the American writer, Rebecca Solnit writes, "The world is blue at its edges and in its depths".

For more visit: www.alexandermourant.com
Aomori Exhibition: 2-4th February 2018
Preview Evening: 1st February, 18:00- 22:00
The Old Truman Brewery, London E1 6QR

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The music of James Taylor and Carole King.
FRI 9 FEB | 8PM **TICKETS: £20**



RSC: TWELFTH NIGHT (Live Screening)
An Alternative Valentine Night! Hilarious.
WED 14 FEB | 7PM **TICKETS: £13.50***



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THE SECRET GARDEN (4-9 yrs)
FRI 16 FEB | 2PM & 3.30PM **TICKETS: £7***



SAINT PETERSBURG CLASSIC BALLET
SWAN LAKE (Tragic Love Story)
WED 21 - FRI 23 FEB 7.30PM
TICKETS: £28.50 - £46.50*
THE NUTCRACKER (Fairy Tale Adventure)
SAT 24 FEB 3PM & 7.30PM
TICKETS: £28.50 - £46.50*



ANDY KIRKPATRICK
Psychovertical: A Higher Education
Humorous and motivational storytelling.
FRI 2 MARCH | 8PM **TICKETS: £17***

*Check for concessions and/or member discounts

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The Arts Society Jersey launches Young Arts Jersey

The Young Arts Jersey is a new group organised by and for students across the island which will offer a program of monthly meetings, visits and events with the objective of broadening knowledge and enjoyment of the international art scene.

The idea for The Young Arts has branched directly from The Arts Society Jersey which has cloned its own objectives. Since 2016 The Arts Society have offered entertaining and informative lectures, visits overseas and social events. June Ash, the Chair of the society says that the role of the society is to “make the Arts accessible to all by listening to informed and eminent people and also to have fun whilst doing it”.

Students ages 14-20 on the island are invited to the launch on Wednesday 7th February in which guest artist Kyle Moody will provide a demonstration and insight into his journey from being a local student towards showcasing his fashion work at London Fashion Week 2017. He will share how he came “from super basic beginnings” and how “even in these uncertain times, hard work and determination can get you somewhere”.

You can see Kyle’s work at kyledmoody.wixsite.com/portfolio

Sasha Gibb, Gallery Director at CCA Galleries International says that she is delighted to be working with both art societies, and says “we have always championed the importance of a stronger student voice in Jersey in order to create a balanced, creative and thriving community”. The Arts Society supported student exhibitors at Jersey’s first Summer Exhibition at CCA Galleries International last year and will be offering this valuable platform again this year.

There will be the opportunity to sign up to the Young Arts Committee and take a role in choosing the direction and events for the next academic year. This is a great way to boost your CV and be part of an amazing group.

If you would like to get involved please contact Jo Fox at:
jofox@bluewin.ch or call 07797916001
Launch Evening: CCA Galleries International, 10 Hill Street, St. Helier
Wednesday 7th February 16:00- 18:30

Jersey Arts Centre What you’ve missed in Jan

Having celebrated their 35th birthday last month the Jersey Arts Centre hosted a number of one of a kind shows for their Festival Weekend including Art 35. An exploration of the performing, literary, visual and digital arts to celebrate 35 years of Jersey Arts Centre.

With only 35 hours to create their pieces, local artists were set the challenge of producing work straight onto the gallery walls. Each artist had just 35 hours, in situ, to create and complete the work. Artists this year include Martin McDowell, Ian Rolls and Kerry-Jane Warner and Ben Robertson.

After the exhibition finished on Saturday 3 February the gallery walls were painted, covering up the work forever.

What not to miss this Feb

Exhibition The main exhibition this month is Charcoal Drawings and Motifs- Robert Tilling. An exhibition consisting mostly of still life drawings, covering the period from 1988 to 2008. The work illustrates Tilling’s fascination with the medium and his influences such as William Scott, Giorgio Morandi and Nicolas de Stael. Robert Tilling (1944 – 2011) was a Founding Member of the Jersey Arts Centre Association. Running from 12 February - 10 March.

The Jersey Film Society Showing 20th Century Women in which Director Mike Mills has developed a specific style that is deliciously watchable, wise and tender. Here, Annette Bening shines as Dorothea, a determined mid-50s single mother raising her adolescent son. She gets help from two younger women: free-spirited Abbie, and Julie, a savvy and provocative teenager. Generational disorder results. 19th February at 8pm.

Half Term Art School 12th -16th February. A week of being inspired by great artists! Participants will look at a selection of famous artists old and new and translate their styles into unique artwork using different mediums – fabric, paint, watercolours and collage. Whatever their artistic preference, there will be something for everyone in this creative, messy and informative week of art! Suitable for 8-13 years. 9am-3pm.

Film Showing For the perfect antidote to a romantic evening out. On the 14th February at 8pm Misery, Stephen King’s classic story tells of a psychotic fan who holds her favourite author captive and forces him to write her stories is showing.

BEAUTY & WELLBEING



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Beauty News

Getting ready for your Valentine's date...

If you're lucky enough to have a special someone whisking you out for a romantic dinner then why not make it all a bit more special by treating yourself to a few new beauty products so that you're looking gorgeous and smelling divine!

Here are our 3 favourites:

1. Make your eyes sparkle with the celebrity favourite, Anastasia Beverly Hills Modern Renaissance Eye Shadow Palette £37.65. This is a fantastic colour selection with plenty of natural enhancing nudes, but also includes some very on trend playful colours so you can have fun being a bit more experimental. You could try one of the lovely red tones to punk up your look specially for Valentine's Day!



2. Highlight your assets with the luxury Dior Nude Air Luminizer £35.25, make those cheekbones sharp and dust some lightly on your collar bones for a wonderful slimming effect.



3. Then finally spritz yourself head to toe in the stunning signature Tiffany & Co Eau de Parfum £86.65. A radiant scent that opens with crisp vert de mandarin and warms with the feminine smell of iris.



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A holistic haven in the heart of St Helier

The brilliant new Vanilla Health & Beauty has opened its doors to welcome clients who are after a bit more of a nurturing experience with their pampering.

Practitioner and salon founder, Tasha Bolla, wants clients to leave the salon not only looking great on the outside (following a fab treatment or two) but to also feel good on the inside, as that's when beauty really shines through!

"We need to attend to what is going on inside. As feeling good on the outside begins with an internal mindset and balanced body and mind."

Her stunning new salon aims to bring you total body and mind wellness. As well as offering beauty treatments, they also offer healing treatments such as reflexology and yoga therapy for men and women of all ability levels.

Having been in the industry for 10 years and built up a big client following, it was a natural step for Tasha to start her own business so that her very wonderful vision of what the beauty industry should be like can be shared with everyone.

"For me, looking good isn't about just the external factor of looking good - it is more what is going on internally. I very much believe in bringing everything together - everything within the body connects."

So if you'd like a dose of the feel good factor with your treatment then pay her a visit. Vanilla offers a wide range of services - facials, body treatments, makeup, waxing, eyebrow & eyelash treatments, manicures & pedicures, tanning and holistic & sports massages. For a lovely relaxing experience Vanilla have you covered top to toe!

Tasha also teaches a yoga class in St Clement on a Monday 7.15 - 8.15pm and classes at Kalimukti Yoga Studio and Highlands. She is also available for private and corporate Yoga classes.

To find out more visit vanillahealthandbeauty.com or call 619801. Vanilla Health & Beauty, 5 Charing Cross, St Helier | contact@vanillahealthandbeauty.com



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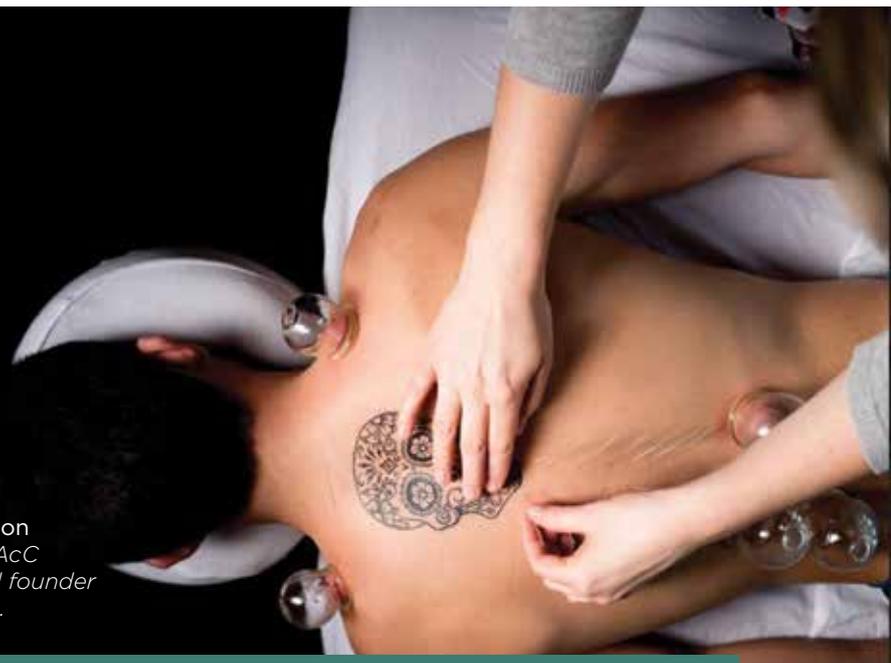
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WORDS Lorna Jackson
 1ST BSc (HONs), MBAC
 AFN Practitioner and founder
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- Chinese Cupping*
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The National Institute for Health and Clinical Excellence guidelines on best practice recommend that GPs offer a course of 10 sessions of acupuncture as a first line treatment for persistent migraines and tension-type headaches.

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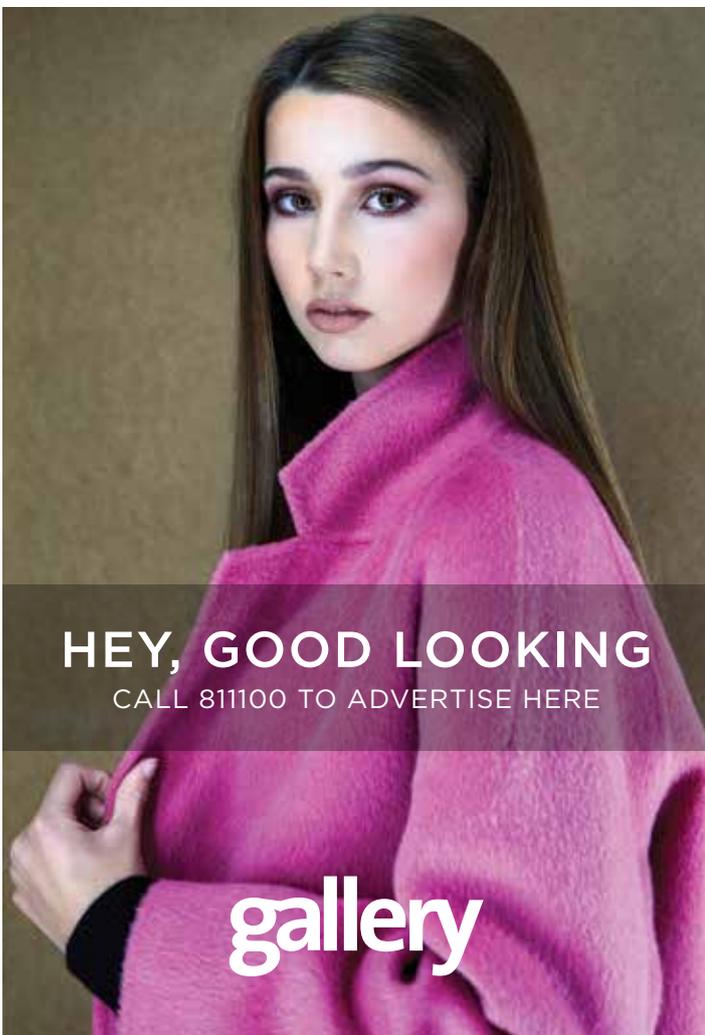
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COLD, DARK AND MISERABLE? TRYING TO BEAT THE SEASONAL BLUES

WORDS Leroy Wallace

Are you having a grim January? Do you struggle to get out of bed in the mornings? Do the cold and darkness make you feel bad to be alive? If you answered yes to any or all of these questions you aren't alone. When polled, around a third of British adults reported some worsening of mood when the nights draw in. Whilst that poll was conducted by the unlikely experts at The Weather Channel, other medical specialists (who don't spend all day stood in front of an animated map) agree that between 6% and 15% of us experience a tangible darkening of the soul in the colder, darker months of the year.

For some people these seasonal blues take expected forms - lack of energy, eating more, needing extra sleep - but for the less fortunate the winter brings major challenges to our mood and wellbeing. It's often referred to as Seasonal Affective Disorder, appropriately shortened to SAD, and is thought to be triggered in part by decreased exposure to natural light. People who live further away from the equator, like us Northern Europeans, tend to be most affected - so spare a thought for those people enduring months of darkness because they live too close to the Arctic circle. I'm no reindeer but I've struggled with depression my whole adult life, and it's always been a challenge knowing that the arrival of winter can trigger off some of my blackest moods. I am happy today though, not only because I don't live in a snow forest in Murmansk, but because help is available to minimise the impact of this accursed darkness.

Sadness is not weakness

The first thing you should understand about depression is that it's real, it's natural, and that it affects far more people than you'd think. Unlike other forms of illness there still exists a taboo in speaking publicly about it, which is strange because battling through a period of depression can require a huge amount of internal strength. Yet people still tend to keep those battles to themselves, perhaps worrying that they will be perceived as weak or unreliable if they open up about their emotions. This is often worse for seasonal depressives, as our icy winter hearts get laughed off because nobody wants to get out of bed in February, and most people would prefer to be somewhere warmer. The jokes aren't helpful when dragging yourself out of bed feels like pulling your body out of wet concrete, and leaving work after sundown makes us legitimately terrified we'll never experience heat and light again. What is helpful is to accept that your problem is real, take some

medical advice, and experiment with taking some small steps that could make winter a little more bearable.

Bad advice about depression is everywhere you look. Although certain foods might make you feel better in general, they won't address underlying problems with your mood. Your "energy" isn't "out of alignment", and no amount of massage or stretching will cure a recurrent psychological problem. You probably won't "pull yourself together." This bad advice gets repeated by well-meaning friends and family, to the point that I have days where if one more person tells me to cheer up or eat broccoli I might transform into a moody winter werewolf and bite their heads off. Anybody who thinks their mind might be getting on top of them should first speak to somebody who can give impartial, objective advice. This is usually your GP but could also be somebody connected to a proper mental health charity, like Mind.



They'll help you work out what steps to take next, which might involve a referral to a specialist counsellor. What they won't do is tell you to get over it, or that you're wasting their time with something trivial. Sometimes the process of finding the right help can take a little while, so in the meantime there are some steps you can take to improve things for yourself.

Healthy eating and exercise won't fix everything but they are important, mainly because they help regulate your circadian rhythms. These are the mental and behavioural changes that run in sync with your day and night cycle. It's thought that the shorter winter days play havoc with these rhythms in some people, causing the body to produce hormones and other brain chemicals (scientific term!) at the wrong times. This probably explains why I wake up foul-tempered and exhausted in winter, no matter what time I go to bed, but can still easily stay up til 2AM. However, if I try and achieve things during daylight, or with least exercise in the early evening before an easy-to digest meal, I get a better night's sleep and wake up in a slightly improved mood. Another thing that helps is practising good "sleep hygiene" - too detailed to explain here, but for me a lot of it boils down to avoiding stimulation too late at night, and particularly not indulging in phones or tablets before bed.

Sunshine in a box

The thing about screens is more significant than you think, because for many people the treatment that most helps with seasonal affective disorder does involve glowing blue light, but also sounds like the type of bad hippy advice I was complaining about earlier. It's called light therapy, and it works on the principle that you can replace some of the sunlight you miss out on by virtue of being inside in a darkened office for the whole of your daylight hours. This works (at least for some of us) because sunlight isn't magical or "nourishing" compared to office lightbulbs, it's just a different frequency and has a correspondingly different effect on our brain parts. Light therapy attempts to

"This probably explains why I wake up foul-tempered and exhausted in winter, no matter what time I go to bed, but can still easily stay up til 2AM. However, if I try and achieve things during daylight, or with least exercise in the early evening before an easy-to digest meal, I get a better night's sleep and wake up in a slightly improved mood."

replicate the effect of sunlight, usually with an inexpensive lamp that sits on your table and makes you feel like you're staring into a vending machine or laboratory fridge. You need to use it for around 45 minutes a day. Sunbeds can also help, just be careful you don't go too orange or you'll go all the way from depressed to Donald Trump, and that's the last thing anybody needs.

Some of these strategies will be more helpful to some seasonal depressives than others, but the thing they all have in common is that they involve some small steps to take charge of your environment and routine. You'll never change the fact that it's dark and cold in the winter but you might be able to change the extent to which it has an impact on your everyday life. Just remember that you're far from alone, and you have friends at The Weather Channel who feel your pain. Joking aside - If you think you're having trouble with your moods, speak to your GP, or look up Mind Jersey at www.mindjersey.orh or the Jersey Recovery College at www.recovery.je. You'll find a lot of good practical advice. If you think your problems might be more serious, talk to a doctor straight away or call the Samaritans on 116123.

The perfect pout

Kylie Jenner has got us all obsessed with lips and we're loving it. Lipsticks are magic in the way they can totally transform what you're wearing; you could be in an old tee and dungarees, but add a bright red lipstick and you're instantly ready to head out. Be bold with colour and have fun experimenting.

Here is a round up of some of the loveliest brands and colours out there at the moment.



Guerlain

La Petite Robe Noire Lip Colour'Ink

Available from Voisins

This genius liquid lipstick can be built up, so you swipe on a single layer for a natural effect or two layers for a more intense and striking result - making this versatile bad boy a make up bag staple.



Tom Ford
Lip Colour

Available from deGruchy

If you weren't sold just by looking at that beautiful packaging then the smooth deep colour of Tom Ford's lip stick collection will have you addicted. So. Many. Epic. Colours. To. Choose. From. *mind blows*



M.A.C

Retro Matte Liquid Lip Colour in Gemz & Roses

Available from Voisins

Make up pioneers M.A.C are all over the 2018 trend of metallics and bring you this beauty for a show-stopping metallic sheen in a bronzed rose tone. Super cool and super on trend. M.A.C make up will make you 75% more awesome.



bareMinerals

Gen Nude Lip Lacquer in Dahling

Available from Feelunique

This colour gives you a fuller lip look without looking like you've got anything on at all - you just woke up looking that fabulous! They have a fantastic range of nudes in this range for all skintones - check them out.



Bobbi Brown

Art Stick Liquid Lip in Azalea

Available from Voisins

With Valentine's Day upon us we need a proper pink to make the boys wink. And this is it. As bright and punchy as they come this super-pigmented and moisturising lip stick is lightweight and long-wearing.



Shiseido

Rouge Rouge Collection

Shiseido.com

Finding the perfect red is a quest worth completing. The ideal red can make you feel so darn good. The gurus at Shiseido have produced a collection of just reds, 16 shades to try out, so you can find 'the one'.

FASHION



L.K. Bennett
Trinu Red Dress
UK RRP £250
de Gruchy £225

L.K. BENNETT OCCASION WEAR

Let us introduce you to L.K. Bennett's new season collection. Elegant occasion wear and timeless classics from one of our favourite brands.

de
GRUCHY
FOREVER INSPIRED



L.K. Bennett
Robyn Red Floral Dress
UK RRP £250
de Gruchy £225

Brand News

Edgy Romance

The Shaun Leane Signature Heart features two inward-facing hooks that delicately overlap to create the universal symbol of love. So even though there are plenty more fish in the sea, if you've already hooked the love of your life then this is the ideal Valentine's gift for her.

£240.00 available from Rivoli Jewellers.



NEW DISCOVERY

Subtle, seductive, girly but playful; Italian brand D.Exterior has it all. Their latest fabulous collection is now available from Renaissance. Full of stunning spring pieces in the most wonderful nude tones, this is a brand to check out as soon as possible!



New Year, New You

Be proud and positive; hold your head high and stride with attitude. L.K.Bennett's new arrivals are tailor made for confidence. They use of versatile colour to stand out and highlight femininity.

Their classic fits and flattering flared shapes make transitioning through the seasons a breeze. With beautiful lace details on sophisticated styles, their latest collection has wardrobe staples, useful for every occasion. All you have to do is simply pair the dresses with the right accessories and you can effortlessly go from the boardroom to bar. L.K. Bennett's new season deserves a prominent place in every wardrobe!

L.K.Bennett is available in deGruchy



PICTURED LEFT TO RIGHT:

Floral Dress (UK price £250)
Jersey price **£225**

Black dress (UK price £325)
Jersey price **£292**

Red Dress (UK price £250)
Jersey price **£225**

Black Suede Formal Sandals (UK price £235)
Jersey price **£211**

"Where flowers bloom, so does hope."

- Lady Bird Johnson

While florals for spring may not be new, they certainly receive a striking reinvention in Millie Mackintosh's Resort collection. Combining these perennial favourites with an oriental flavour, this beautiful range is full of pretty unique pieces. Ted Baker has also taken a leaf out of the florals book and created a collection inspired by the magnificent outdoor wonderlands of Britain's palaces.

With fresh, prim shades of rhubarb pink, you get a feel of a blossoming garden. Sculptural silhouettes with elongated yet flattering cuts, soft frill details and elegant pleating run throughout the collection, adding a touch of regal drama.

Both Ted Baker and Millie Mackintosh's latest collections are available on the first floor in Voisins Department Store.



HOT RIGHT NOW

WORDS Laura Morel

After plummeting temperatures this winter, fashion is set to heat things up with the new Spring/Summer collections starting to land in stores now. Here's what you should be looking out for to set your look alight this February.



Stella & Dot

The American accessories giant only became available to Jersey customers a couple of years ago, yet it is still one of the best kept secrets on the Island. The handmade features of their jewellery and the visibly high quality continue to make Stella & Dot the fashion editors preferred choice. With statement pieces as well as classic keepsakes, the new Spring range is the perfect finish to any outfit. Find a local stylist online to browse the full collection.

£48, selected stylists



Chinti and Parker

Knitwear royalty, Chinti & Parker is fast becoming THE coveted brand to have in your closet thanks to their quirky designs and slogans. Splashed across the chests of Holly Willoughby and Sienna Miller to name but a few, these jumpers are the perfect combination of playfulness and comfort. Renaissance now stock a limited number of these luxury cashmere jumpers, so start saving for your investment piece.

£345, Renaissance



Moda In Pele

Our obsession with pearls in fashion has been slowly sliding its way down our bodies. From earrings to adorned collars, we saw pearls pop up on jeans and denim last season, only to now feature heavily on our feet. These boots from Moda In Pele have everything going for them. Laces, leather, buckles and pearl studs. A little bit grunge, a little bit tea with the queen - expect to see versions of these cropping up at every festival this year.

£134.95, deGruchy



Millie Macintosh

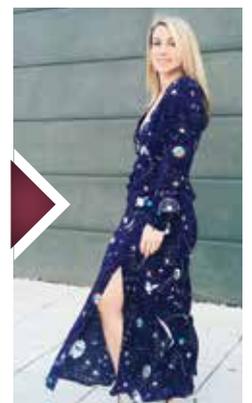
Since the launch of her clothing line in 2013, Millie Macintosh's fashion line has been finding its feet and going from strength to strength with each collection. Her Spring/Summer collection is no exception. Renowned for her girly and slightly folkish designs, Millie has everyone swooning over this red silk top and trousers with sequin embellishment. It may well be Made in Chelsea, but you can nab it now at Voisins!

Top £106, Trousers £115, Voisins

Rixo London

You're probably only just hearing about this London based designer brand now, but trust me they're big news! The label is one of the fastest growing in the fashion industry with designs selling out within 24 hours of release. With a vintage/disco influence, the best thing about the brand is its affordable price tag, with dresses selling for between £200-£300. Now stocked at Manna, I would make an investment soon before word starts to spread.

£295, Manna



Jessica's picks...



...for the girls.



- 1. Green Jumper - £20 - Miss Selfridge
- 2. Mustard Pants - £18 - Miss Selfridge
- 3. Red Catsuit - £39 - Miss Selfridge
- 4. Orange Jumper - £36 - River Island
- 5. Red Coat - £65 - River Island
- 6. Black Coat - £65 - River Island
- 7. Dents Gloves - £26.99 - De Gruchy
- 8. Fraas Scarf - £14.99 - De Gruchy
- 9. Head over heels, Boots - £30 - De Gruchy
- 10. Head over heels, Boots - £67.50 - De Gruchy
- 11. Charli, beige coat - £150 - Elizabeth Howell
- 12. Hudson, black trousers - £83 - Elizabeth Howell
- 13. Green Hoodie - £41 - Superdry

...for the boys.

- 1. Red scarf - £15 - River Island
- 2. Boots - £70 - River Island
- 3. T-shirt - £18 - River Island
- 4. Blue gloves, Barts - £18.99 - De Gruchy
- 5. Denim Jacket - £60 - Topshop
- 6. Burgundy velvet top - £8 - Topshop
- 7. Checkered bomber jacket - £45 - Topshop
- 8. Camel Coat - £45 - Topshop
- 9. Vintage floral shirt - £32 - Topshop
- 10. Check trousers - £35 - Topshop
- 11. Cooper Volcom beanie - £25 - Madhatter
- 12. Green Brixton hat - £52 - Madhatter
- 13. Volcom, blue checked shirt - £59 - Madhatter
- 14. Volcom, GTX boots - £155 - Madhatter



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14



HIDDEN BENEATH

WORDS Laura Morel

In these cold months, it's hard to give much thought to your underwear unless it comes with in-built heating or a thermal layer. But new Jersey brand, Hidden Beneath Underwear, is set to get everyone a little hot under the collar, no matter what the thermometer says. Minimalistic, risqué and with an erotic art following, the lingerie label created by Kate Sloan could be exactly what you need this February to stoke those fires.

When I meet Kate, she had just arrived back from a lingerie show in London where she was testing the market for her designs. "I've got the trade show blues," she sighed, known widely in the industry as that time where you sit beside the phone waiting for orders. But Kate's time is not idly wasted, as she continues to make and promote her handmade custom underwear range from the comfort of her home.

A fashion graduate of Southampton University, Kate fell in love with the creativity of underwear during a trip to America where she studied the process of lingerie design through from conception to production. Having launched a successful kidswear label immediately following the birth of her two children, Kate became bored of being in a mum bubble and found herself drawn to designing lingerie once more where she could be more creative and

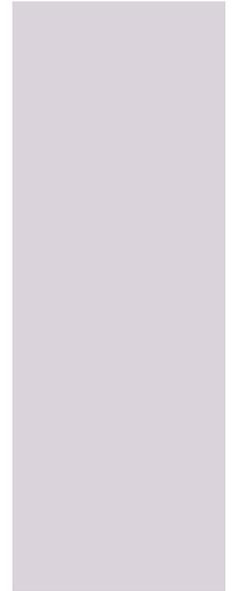
risqué. "I wanted some simple bralettes to wear that still had an edge and couldn't find any, so I decided to make my own."

Kate's aesthetic is all about minimalism and the challenge that comes with making plain look beautiful. "I think the answer is in getting people to embrace their body image and finding great underwear that will enhance that and give them confidence." Many of her designs are pieces she would want to wear herself, something easy and practical, but still playful. The brand name is quite deceptive as it's exactly the kind of underwear you'd like to expose for all to see rather than hide. With its athleticism feel, it's easy to envisage the crop tops being layered over t-shirts as outerwear, or exposed cheekily under blazers and jackets.

The range has the simplicity of Calvin Klein underwear, but with a darker, more

subversive twist. "I have a good following now from a more kinky clientele, my fishnet garments and open back briefs having been really popular with those into eroticism and porn art." There is an element of bondage to Kate's designs, which she plans to explore further in her future designs as well as looking to incorporate a line of underwear for men. "I've had a lot of interest in my exposed back briefs from men and androgyny is something that really interests me as a designer, so I'd love to create a unisex collection."

With her fourth collection just launched, things are certainly starting to hot up for Jersey's kinky Kate Sloan. She's successfully created a range of undergarments with wide appeal that allow you to feel comfortable underneath your clothes and in your own skin, whilst letting off that little bit of sexual steam we all have burning us up inside.



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Trend News

Be My Valentine

So. It's Valentine's Day coming up - what do you get the girl of your dreams to show her that the love is real? The answer is simple... only kidding.

It's a total nightmare to find just the right gift. But just for you we've sent our gallery girls out on to the streets of St Helier to search the stores for the coolest bits from the new seasons collections. This page of goodies is a great starting point. Simply add chocolates or flowers and you're ready to be Mr Ro-Ro-Romantic.



Floral Embroidered Shirt, Rails, **£175, Elizabeth Howell.**



Metallic Sneakers, Woden, **£72, Manna.**



Pink Cashmere Jumper, Cocoa, **£173, Nautilus.**



Sparkly Pink Camo Bag, Baum Und Pferdgarten, **£90, Manna.**



V-Neck Patch Knit Grey Sweater, Absolut Cashmere, **£205, Manna.**



Super Shimmery Leather Satchel, Mila Louise, **£155, Eclectic.**



Minimalist Light Pink Sneakers, Filling Pieces, **£170, Sneakerbae.**



High Waisted Button Ciara Blue Jeans, Hudson, **£175, Elizabeth Howell.**



Love Heart Mini Shoulder Bag, Love Moschino, **£90, Nautilus.**



The Perfect Gift



Irresistible Black Bralette

For the ultimate in feminine luxury, discover Wacoal Lingerie, crowned Designer of the Year at the Salon International de la Lingerie. Irresistible by Wacoal is soft and delicate, crafted from luxurious stretch lace and exquisite embroidery.

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HAIR & MAKEUP DECIA (*KISS&MAKEUP*)
MODEL FILIPA



BODY BY LEPEL £31.50 DEGRUCHY



BRA BY DKNY £37, KNICKERS BY DKNY £18 FROM DEGRUCHY



BRA BY CALVIN KLEIN £35, KNICKERS BY CALVIN KLEIN £22.55. BOTH FROM VOISINS



TEDDY BY AUBADE £122 FROM PLUMS



T-SHIRT BY TOMMY HILFIGER £30.50, KNICKERS BY TOMMY HILFIGER £15.25 BOTH FROM VOISINS



SLIP TOP BY WACOAL £41.50, KNICKERS BY WACOAL £43.25 BOTH FROM VOISINS



StyleStalker

STALKED BY Jessica Myhill



Tasha Bolla

Tasha is looking stunning in her burgundy faux fur Reiss shawl. The black high waisted jeans would look striking with heels for that evening out quick dress change.



Charlotte Rogers

Over sized coats are big this season and Charlotte knows exactly how to work this trend to suit her own style, looking effortlessly fabulous. The black ankle boots are the perfect finishing touch, contrasting nicely with her light blue wash jeans.



Hedi Green

Hedi caught my eye with her colour coordinated red scarf and napapijri hat! This outfit is all about the minimal all terrain look, suitable for all weathers and of course most importantly shopping in town!



Anaelle

Burgundy is a must have colour this season! Anaelle's burgundy satchel bag adds that much needed hint of warmth to her corporate look, styled naturally with her matching beige polar neck and beanie.



Arthur

Arthur is pulling off the classic man look here very well, looking sharp with his shirt crisp collar on show and brown leather watch!



Christen

Knee high boots are in fashion this season, paired with your favourite patterned scarf and over sized jumper. This is the perfect go to outfit for venturing out in the colder winter months while still looking purely fanciful.



George

George is adding dynamics to his outfit with his striped shirt, which is all over the catwalk at the moment. The leather jacket and trainers give the all over casual look, he's created the right poise.



Zaneta

Stripes are hot on the catwalk! Zaneta is using this to her advantage, wearing her flattering striped dress, suiting her figure flawlessly. With knee high boots, Zaneta is right on trend!

APPETITE

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THE Restaurant Review

WORDS Ollie Watts

There is a certain joy in familiarity. Something that makes you feel warmth radiate from the inside out and reminds you of the words from the 'Cheers' theme song:

*“Sometimes you want to go
Where everybody knows your name,
and they're always glad you came.”*

When you find this familiarity has been stripped from under you and replaced, there are two options. You can flat out refuse to accept change, or you can endeavour to consent.

Now, I grew up on Beaumont hill, and The Foresters Arms was a staple of its surroundings; a dimly lit tavern of high regard to the few that frequented it.

Perhaps it was due to its almost subterranean location or perhaps it was just one-flood-too-many which rendered it in need of face-lift, after all, over 30 years had passed since its last refit.

Slowly but surely this new beast was being created before our eyes. The thatched roof proudly sat aloft this old gem and showed that under all those years of fags and spilled pints a beautiful structure still remained. Before we knew it, 'The Beaumont' had been brought to life.

Cheffins, which is an extension of David Parish's immensely popular brand, has taken residency within the bones of 'the oldest licensed pub in Jersey' and created a blend of old and new. The restaurant

design feels slightly convoluted, looking half Victorian drawing room and half contemporary eatery. Although the ocean themed palette of colours washes over the room giving a sense of being near the sea, the dark wood acts as a gentle nod to the old public house and the skylights offer a gentle ambiance.

“
*Given my early anxiety
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dot on the map of Jersey's
culinary refurb list, I can
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expectations.*
”

Three dishes were tasted during my first visit to this über-gastro and not one disappointed. Yakatori Cod & Crispy Confit Duck Leg were to begin, the cod was a nice change from the traditional grilled chicken and was presented beautifully alongside its baby cilantro and bok choy. The duck, which I will order anywhere I go, was the

stand out dish on the starter menu. This soft, crispy, delicious dish, served with BBQ plums, strikes a perfect balance of sweet and sour and prepares you well for a second course.

There are few occasions when I feel so enticed to order a dish purely based on its title, but Cheffins had me at 'Tribute to Beef'. This wonderfully decadent main-course was painstakingly plated, well thought out and, as its namesake suggests, a perfect tribute to the local hero we all know and love. From the standard issue fillet of beef, to the suet mince beef pudding paired with pressed beef feather blade and shin beef fritter, this dish showed beautiful yet subtle nuances in the different cuts and was consistently excellent.

Given my early anxiety that the aforementioned Foresters Arms would become another gastro dot on the map of Jersey's culinary refurb list, I can say that it has exceeded expectations. Whilst the décor can appear to disagree with itself at times, the kitchen is so consistent that you'll barely notice it once you begin eating. Although the staff may not know your name at Cheffins all I can say is that you will be glad you came.

Judge for yourself. Cheffins. Reservations : 01534 722477

1840

THE
SAVOY
JERSEY

ROBERTO'S

The Savoy Jersey is a 4-star boutique hotel situated in the heart of St Helier



50th Anniversary Year

The Savoy Hotel is preparing to celebrate 50 years as a luxurious boutique hotel. Under new management the hotel has seen a major investment in its public areas and bedrooms, now a mere shadow of its 19th-century manor house heritage. The hotel's in-house jazz bar, Roberto's has a busy calendar of live music events and the private dining options are perfect for relaxing whilst experiencing Jersey produce at its finest.

Book a Room

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Book a Table

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RESTAURANT@THESAVOY.BIZ

• THE •
Genuine
 Articles



Alan James

Production Manager Jersey Dairy

My role as Production Manager is to process around 300,000 litres of milk received each week from our farmers cooperative and produce a range of high-quality dairy products both for our home and our overseas markets. Milk from our Jersey farms travels no more than eight miles to our processing unit...we are undoubtedly Genuine Jersey in all we do.

The Dairy is very much in a growth phase right now with expanding demand for our products. In addition to our own Jersey Dairy brands, we also help develop and support other Genuine Jersey brands that have Jersey milk as key to their brand values, such as Miniotti ice cream and Sleep Well milk.

In 2017 we conducted some in-depth consumer research in our local market and as a result, we are developing new products and packaging formats. It is clear we need to communicate further the health and nutritional benefits of drinking milk and offer a range of drinking formats that will allow consumption out of the home and on the move.

Our trial of offering free school milk has been successful and we hope to extend the project this year.

We continue to wave the flag for the Island overseas and will be introducing our dairy products to a number of new and prestigious retail partners in the Far East and Middle East markets in the coming year.

Emily Walker

Bao Buns - Pink Panda

I suppose I owe a lot to my fluffy buns! We introduced our handmade Bao buns to Jersey at the beginning of 2016 and there is now an uproar in the streets if they are not on the menu. There was even a campaign started, #BBTB (Bring Back the Buns), when we had to have a small hiatus from them. Clearly, Jersey loves our buns.

It takes around six hours to make 100 buns, which we then steam cook, to give them their light and puffy texture. As it's basically a Chinese take on the bread roll we then fill the Bao with a variety of delicious tasty fillings from crispy Korean chicken to our slow-cooked sticky Vietnamese caramelised pork.

Becoming a member of Genuine Jersey later in 2016 was a real honour as I am an extremely proud Bean and believe passionately in our local produce, producers, and general awesomeness of our little island. To be a tiny part of that just makes the job I love even more exciting and rewarding.

Without doubt, our Bao buns have helped build real success for the Pink Panda Van and this month sees the opening of Cafe Panda (opposite the bus station in what used to be Flavour), the next stage in this Pandalicious adventure!

So come and find us busting our buns out in our new home with more exciting flavours, including some long-awaited veggie options for our lovely bamboo-muncher fans. It's going to be Pandamonium!



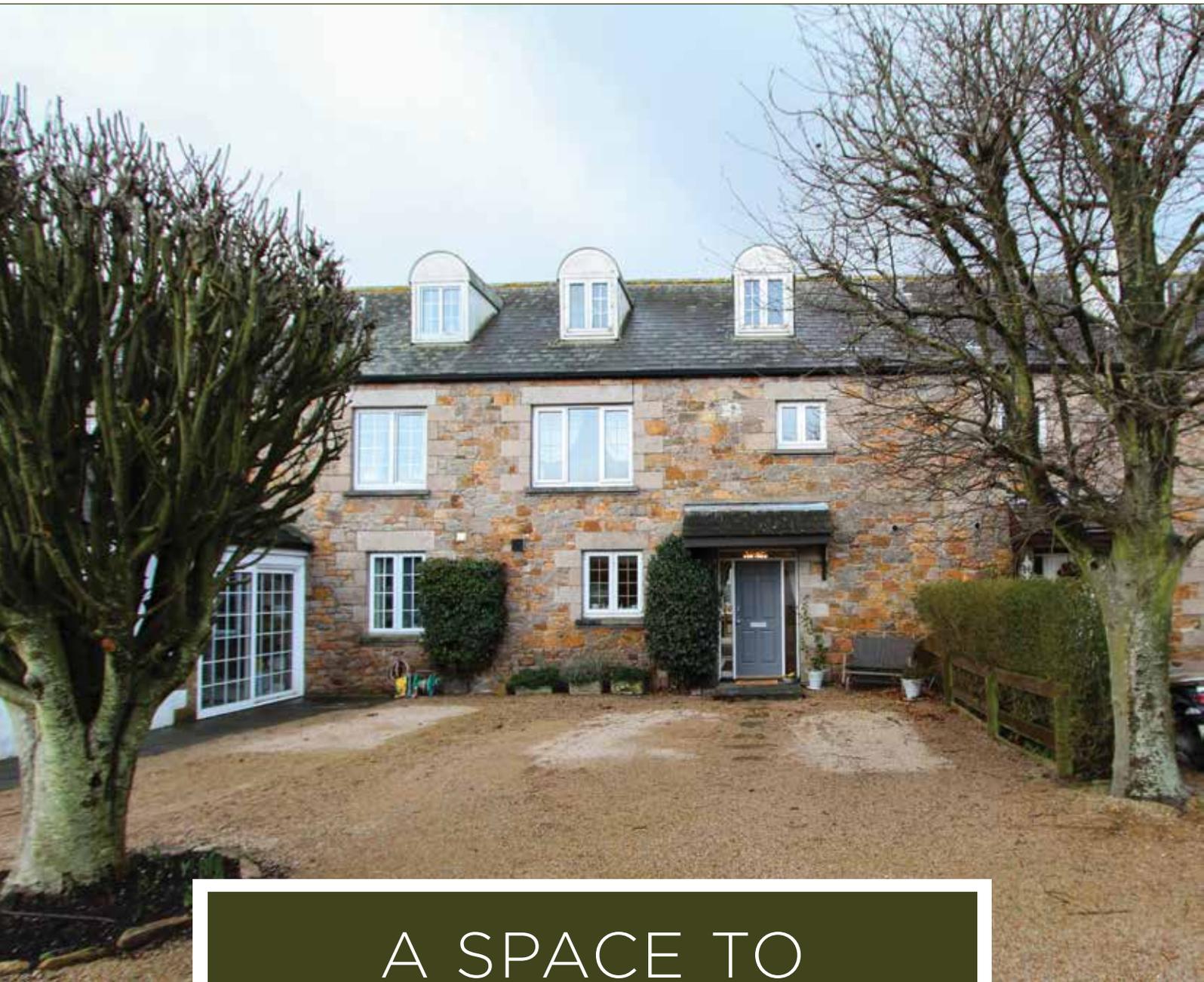
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places #183

WWW.PLACES.JE

We feature properties from these great agents and homebuilders



A SPACE TO KEEP YOUR FLOCK

WORDS Sara Felton

The Birches is a beautiful and peacefully located granite home full of character. Once a barn this four to five-bedroom home was converted some 30 years ago and now boasts a plethora of original features including wooden beams and a stunning granite fireplace. It nestles within a lovely hamlet and is set back from La Grande Route de St Martin, so well located for an easy commute to town and the local secondary schools.

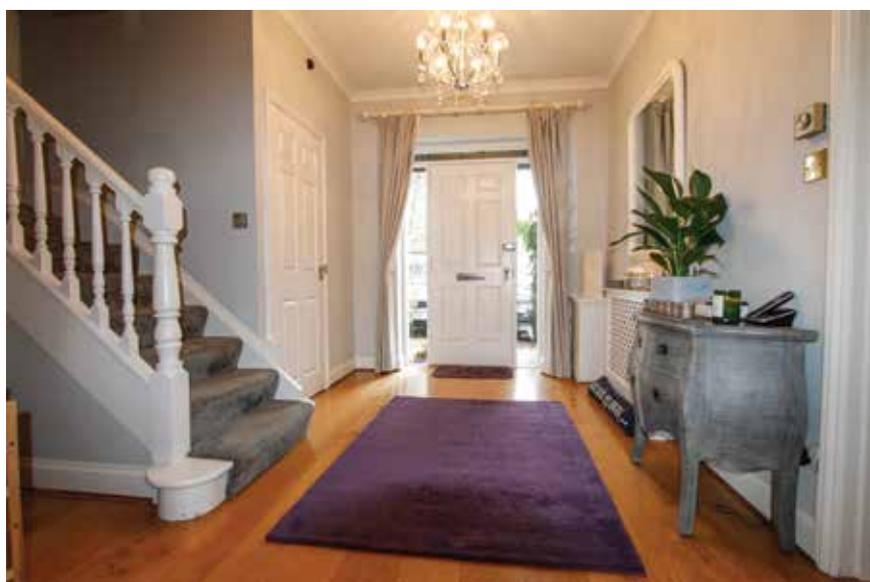


When you first approach the property, which we believe was originally home to the longest barn in the island, you are greeted by a welcoming external granite facade of what appears to be a quaint cottage. As you enter the spacious hallway you immediately realise that internally there is a great deal more space than the outside suggests; inside the accommodation is well appointed and split over three floors.

To the left, there is a lovely fitted kitchen with windows looking out to the front of the property. The kitchen then leads to the large living/dining room, which can also be entered through double doors from the entrance hall. Here you'll find that magnificent granite fireplace which has a fabulous woodburning stove nestling in it, perfect for enjoying cosy evenings in. Or why not move into the bright and spacious orangery which allows light to flood through to all of the downstairs rooms and provides even more living and entertaining space.

From the orangery or the lounge, you can access the large, sunny west-facing garden, which is mainly laid to lawn. At the back, there is a decked area which has a chalet and large seating area and a paved area at the front of the garden features a hot tub. This area would also make an ideal spot for Al Fresco eating whenever the sun shines.

On the ground floor, there is also a lovely cloakroom, perfect for visitors and a clever under stairs storage cupboard which is where you'll find plumbing for your washing machine. Furthermore, the property has a separate large double



“The Birches overlooks green-land from many of the windows, making it feel like it a much more rural location that it actually occupies.”

garage to the front of the, which the current owner uses for additional storage and utility facilities. Obviously, there is plenty of space to park your cars here or there are an additional few spaces outside the house.

On the first floor, the large master bedroom has a full sized en-suite bathroom

and there is also another double bedroom, which overlooks the rear of the property and the far-reaching country views can be enjoyed thanks to the Juliet balcony in the room. On this floor, there is also a large single bedroom and a good sized family shower room. On the top floor, there is a further large double bedroom and an extra room which would either be used

CONTINUED...

CONTINUED...



as another bedroom or make the perfect study or home office. This top floor would be the ideal space for older children should they want that little extra privacy and space for themselves.

The current owners have lived in The Birches for over 20 years and are now moving on as their family has grown up and they're wishing to downsize. They speak fondly of many happy years spent living in this home and the benefits it offers a growing family. Whilst they haven't actioned them the current owners had plans drawn up, to further extend the property to the rear, bringing the lounge and the orangery inline to provide further reception space and a larger lounge. Of course, these plans would be subject to the requisite planning applications but it is useful to know that there is the potential to extend, should the new owners wish.

The Birches overlooks green-land from many of the windows, making it feel like it a much more rural location that it actually occupies. It's on an excellent bus route; there is a great pub just a short walk away and town is a mere 10-minute drive along the main road. This property really does offer the best of many worlds.



The Birches
4 La Grange Martin, St Martin

£860,000

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- Separate double garage
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- 4/5 bedrooms
- West facing large sunny garden
- Peacefully located in a small hamlet

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MORTGAGES IN JERSEY

Our best rates chart this month is a good barometer of what is happening in the lending market in January, as there has been only one change out of the thirteen rates featured and this is for the 60% tracker which has increased.

Whether the current situation represents stability in the market is uncertain, as it is more likely that all lenders are adopting a “wait and see” policy as Brexit and UK political uncertainty rumble on. A sharp rise in UK inflation last year was the main cause of an increase in base rate, and, if inflation then starts to fall in 2018, there will be less justification for the Bank of England to introduce any further increases.

It is generally acknowledged however, that Bank of England base rate will probably start to increase slowly during the next year or two, so that the best advice continues to be for the majority of borrowers to lock into a fixed rate if they are buying property, with the same advice also applying to those whose mortgage products are now coming to an end.

QUESTION – Is now the best time to buy?

ANSWER – a resounding yes to this question!

Interest rates across the entire range are at a record low, irrespective of whether you are a first-time buyer needing a 90% facility or a Home mover who is lucky enough to have a 40% deposit – just look at the rates in our chart this month!

All property is reasonably priced, although demand in 2018 is likely to create a shortage of supply so that there is a good chance that it won't be long before we see prices starting to rise.

To be added to our monthly bulletin list please send your request to: kerrie@mortgageshop.je

Visit www.mortgageshop.je to find out more.



The Jersey Market

It is too early into the New Year to judge how the market will move, as there is always a flush of new activity in January, and this is likely to continue if Estate Agents receive more instructions from existing property owners, than has been the case in recent months.

It is widely acknowledged that property that is accessible to First Time Buyers as well as to home movers, continues to be in short supply and it is inevitable that prices will start to creep up if that situation continues.

Best Rates – Pick of the Bunch
(% loan to property value/price)

60%	Tracker	1.24%
60%	2 Year Fixed	1.29%
60%	5 Year Fixed	1.65%
60%	10 Year Fixed	2.39%
85%	Tracker	1.49%
85%	3 Year Fixed	1.79%
85%	5 Year Fixed	2.14%
90%	Tracker	2.09%
90%	5 Year Fixed	2.74%
100%	5 Year Fixed	4.49%
60%	BTL 2 Year Fixed	1.69%
60%	BTL 5 Year Fixed	2.49%
60%	Interest Only Var.	2.49%

Rates correct as at 8th January 2018

BTL = Buy to let mortgage.

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Interior News



Cactus

With everyone going wild for succulents in 2017 the world has now moved on to a new love affair with the humble cactus. With its iconic shape and cool colour tones, households up and down the country are going to be jazzed up with these punchy and vibrant fun pieces.

1. Cactus Flower Vase, £19.50, Amélie
2. Neon Cactus, £50, Mark Howe
3. String Of Cactus Fairy Lights, £21.50, Amélie
4. Cactus Watercolour Wallpaper, £400, anewall.com



GETTING COSY

It's February, it's cold. This month is all about the snug.

To create your snuggling space you need eight major ingredients; the comfiest couch known to man, a rug, candle, warm mood lighting, cushions, super soft blanket, good size mug and the best chocolate you can get your hands on, and Voilà; your very own stylish sanctuary.



Skandinavisk DAG Candle, £26.00, Pebble

Cashmere Blend Cable Knit Cushion, £35.00, John Lewis



Pappelina Traditional Swedish Loom Plastic Woven Rug, 70cm x 250cm £154, Elizabeth Howell



Charbonnel et Walker Sea Salt Caramel Truffles, available from Relish Delicatessen from March, or there are some wonderful other chocolate options there such as the owner's own brand, Chocolats Florian.



Catherine Colebrooke 'Be You' Mug, £16.50, Amélie



Grey Knitted Pom-Pom Throw, £69.00, M&S Home



Concrete Table Lamp, £45.00, John Lewis



BoConcept Indivi 2 Sofa in Dark Grey, from £673, Beaumont Home Centre

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vast experience,
knowledge and
contacts
in the property market,”*



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places FEATURED

For Gallery's 'Warmth theme, we've selected places with real fireplaces



A country retreat with Finesse

With oodles of character La Retraite benefits from the current owners determination to fit only the best and up to date fittings and services. Perfect for entertaining the property benefits from a stunning kitchen which is at the heart of the house. Fitted with Miele appliances, underfloor heating and with views out over the picturesque garden. The kitchen flows into the lounge area which is complete with beams and a working fireplace. Recently fitted are two solar velux windows, allowing light to stream in. Deceptively spacious and offering over 3000 sq. ft. of living space, there are 4 bedrooms which all have en-suite bathrooms. A large office, which could also be used as a 5th bedroom, in a little nook at the top of the stairs you will find a lovely space which is perfect for relaxing and enjoying the tranquil surroundings. There is also a utility room with fitted storage and space for the all the plant equipment, currently this is also used as a space to service the hot tub area and patio.

£ 1,690,000 | Savills | 01534 722227



Discover the perfect family home

Situated in a sought after location, this 3/4 bedroom, 2 bathroom property, dating in part to 1848, is full of character & charm. La Trouvaille, meaning "the discovery", offers a perfect blend of accommodation, benefiting from 3 good sized reception rooms, 3 double bedrooms and a single bedroom internally as well as ample parking and a fantastic sprawling garden bordering agricultural land. This family home will also provide a fantastic low stress lifestyle for its new owners. The weekday school run is made easy as it is located close to a range of excellent primary and secondary schools and is also on the number 13 bus route allowing regular access to the town centre. At the weekend the family can take a short stroll to Queen's Valley Reservoir.

£949,000 | Gaudin | 01534 730341



Seclusion in St Clement

On a peaceful green lane near to town, bus routes and local sports clubs we find this family home. Nestled in a small close of 3 similar and immaculately presented houses. A modern and visually stunning kitchen and dining area is fitted to exacting standards and also benefiting from all the appliances needed in a busy kitchen. The large front room has a functional fireplace and opens out on to the back garden making it perfect for entertaining. As if that is not enough there is a large room also which could suit a second generation area or playroom or gym. Adjacent to this is a utility room which has access to the double garage with up and over electric garage door.

£845,000 | Savills | 01534 722227



Two Generation Townhouse

Recently refurbished retaining many original features, this beautiful two generation Victorian house. is well appointed split over 4 floors. As you enter the property you are greeted by a grand entrance hall featuring a large sweeping staircase. Flooded with light the kitchen is fitted with contemporary units, yet features wooden flooring and a stunning feature fireplace, creating the perfect blend of old and new. The living room is situated at the back of the property and downstairs there is also a sun room leading to the large paved garden. On the first floor the property has two large bright double bedrooms, and a newly fitted shower room, the second floor has another large bedroom suite with en-suite bathroom.

£759,000 | Wilsons | 01534 877977

Happy Valentine's Day



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BUSINESS

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Business News

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TMF appoints MHFA

TMF Group has become one of the first Fiduciary Services Businesses in Jersey to appoint a team of mental health first aiders (MHFAs) for its 70-strong St Helier workforce. The move is designed to help any employees who may be struggling with mental health issues. It comes after the UK's October 2017 Thriving At Work study found that there are now more people at work with mental health conditions than ever before, and 300,000 people with long term mental health problems lose their jobs each year. The study showed that a lack of adequate mental health support in the workplace can have a knock-on effect to other team members; through increased workloads due to high staff turnover rates and sick leave. Poor mental health is apparently estimated to cost employers 'in the professional services sector on average £1,473 - £1,998 per employee, per year'. How they got that incredibly accurate number we don't know, but it is a lot! TMF Jersey's MHFAs were trained and appointed at the suggestion of employee Jo Carpenter. She has worked tirelessly to promote the importance of good mental health and was very open about her own history with anxiety and depression upon joining the company one year ago.

Awards for Diversity

No, not those dancing guys, the 2018 Liberate Channel Islands Equality and Diversity Awards will honour those organisations and individuals that place inclusivity at the heart of what they do and are to be held on Friday 16 March 2018. Liberate are hosting the second awards dinner to celebrate those organisations and individuals in the Channel Islands who are supporting equality and diversity whether it be focused on race, gender, sexuality, gender reassignment, pregnancy and maternity/paternity, age or disability.

The awards, that are open to nominees in both Bailiwicks, were first held as part of Pride week in 2016. The evening was a great success with Channel Islands organisations Law At Work (Channel Islands) Limited, RBC Wealth Management International, Dandy, Lloyds Bank and Barnardo's Guernsey all taking home awards. Special awards were presented to the Jersey Social Security Department and Daphne Minihane MBE DSG. Liberate are seeking nominations from members of the public for the following awards:

- Best Small to Medium Employer (up to 80 employees) (as nominated by their employee(s));
- Best Medium to Large Employer (more than 80 employees) (as nominated by their employee(s));
- Best Service Provider (as nominated by themselves or the general public);
- Best Educational Initiative (as nominated by themselves or the general public);
- Best Not-for-Profit Support Initiative (as nominated by themselves or the general public).

The awards will be judged by an independent diversity panel. The awards ceremony will be held in Jersey in 2018 and in Guernsey in 2019. To nominate an individual or organisation that has made a difference to equality and diversity in the Channel Islands, please visit www.liberate.je/awards where you can find out more about the categories and download a nomination form.



Collas Crill moves to state-of-the-art Gaspé House

As we were all finishing up our year for 2017, Collas Crill were moving their Jersey office into Gaspé House. The move saw the international law firm move into the new office on the Esplanade, joining current tenants Deloitte on the first floor. Based next to the Grand Hotel, the iconic Gaspé House was purpose-built by developers Dandara and completed for occupation at the end of last year. The law firm moved its second largest office into the new build that also houses RBC Wealth Management. Nuno Santos-Costa, managing partner of Collas Crill in Jersey, said: "This is an exciting time for Collas Crill. With its open plan design and contemporary client area, the move to Gaspé House marks our ongoing commitment to our Jersey team as we continue to expand our global footprint. For us, the move represents our ambition and growth as a global offshore law firm; a reflection of our modern, forward-thinking brand and culture. The new space is a professional and welcoming environment, reinforcing a collegiate working approach that will support our long-term ambitions for the firm."



3C International Expands with Launch of 3Ci Sport Limited

A new international sports content company has been set up in Jersey to service a growing need for engaging video content across a range of sports' governing bodies. 3Ci Sport is the new sister company to 3C International Limited (3Ci) - fully owned and managed by TV professionals Phil Bouchard and Tom Killick - with the sole purpose of servicing sport industry clients separately from an existing corporate client base. In 2016 3Ci was selected by the International Cricket Council (ICC) to provide online video coverage at World Cricket League tournaments in Jersey and Los Angeles. 3Ci's relationship with the world's governing body for cricket grew into contracts with ICC Europe and ICC Americas. New projects will take the team to international cricket events in Holland, Scotland, Johannesburg, Uganda, Toronto, Houston, Miami, Indianapolis, Dallas and Chicago. Other work included filming at the recent Women's Cricket World cup Qualifier in Bangkok and working closely with USA Cricket on tour in the UAE and Oman. USA Cricket and Cricket Canada have both benefited from 3Ci's production prowess and the volume of overall work involving cricket globally has necessitated the creation of 3Ci Sport. 3Ci's corporate clients with an involvement in sport will see those elements of production transferred over and handled by 3Ci Sport. The official videos for the Standard Chartered Jersey Marathon, Accuro Jersey Triathlon, Round Island Challenge and Durrell Challenge will be produced by 3Ci Sport alongside two White Collar Boxing events, Live Channel Islands Surfing and sponsors' content at the Isle of Man TT Races.

Hello

2018!

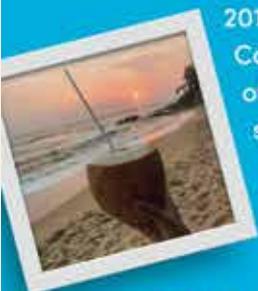
It's the Chinese Year of the Earth Dog which is said to be a **good time for lifestyle changes**. If your career needs looking at then we are the ones to talk to!

We've been busy at Park towers

2018 means one thing for our very own Carly and that's the beach! She has jetted off to Asia for a 3 month sabbatical! Sun, sea, sand and adventure await her (and envy for us!). Whilst she tops up her tan and views temples and rice fields, Celia hits the books!

January saw

Celia flying off to London for her course and exam in Recruitment Resourcing with the REC, good luck!



2017 Temp

At Park we like to celebrate our temporary workers and we ended 2017 with our usual competition. Over the month Megan went out to our clients and asked them to vote for the temporary member of staff that they felt excelled in their role, with the chance to win a luxury hamper. The team really enjoyed seeing the feedback and giving the prize winner and the runners up some treats to thank them for their hard work. We consistently have temporary roles available in various projects so if temp work is what you're after then come chat to us!



2017 Market

We are delighted to have seen consistent growth in both the funds and compliance sectors in 2017, there are no signs of this slowing down so 2018 will definitely see more roles in these areas! We have continued to find graduates and school leavers their first opportunities in financial services it's been great to work with the class of 2017!

We have also worked on an influx of roles within the IT Security sector, with the impending GDPR we are all ensuring that the data we hold is both relevant and safe.

It has been brilliant to see more new businesses come to grow in Jersey and we are always looking for those individuals with strong customer services backgrounds so if you are currently in a retail or hospitality role and looking to enter financial services then get in touch!

The team are always happy to meet you to discuss your options so feel free to drop us a line.





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Brewin Dolphin is a member of the London Stock Exchange and is regulated in Jersey by the Jersey Financial Services Commission.

**PICTURED ABOVE
LEFT TO RIGHT:**

Anthony Teixeira
Assistant Portfolio Manager

Richard Mayo
Assistant Divisional Director & Portfolio Manager

Jason Downie
Assistant Portfolio Manager

Sam Elliott
Assistant Portfolio Manager

Bianca Jacques
Business Development Manager

Adrian Jones
Divisional Director & Portfolio Manager

Alexander Ellis
Portfolio Manager

Mark Miles
Divisional Director (Head of Office)

For more information call 01534 703 000 or email channelislands@brewin.je

**as at 30 September 2017*

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To find out what money can do for you please contact **Bianca Jacques** on 01534 703 000 or email channelislands@brewin.je

**Wealth and Investment Management
from 29 offices across the
Channel Islands, UK and Ireland.**

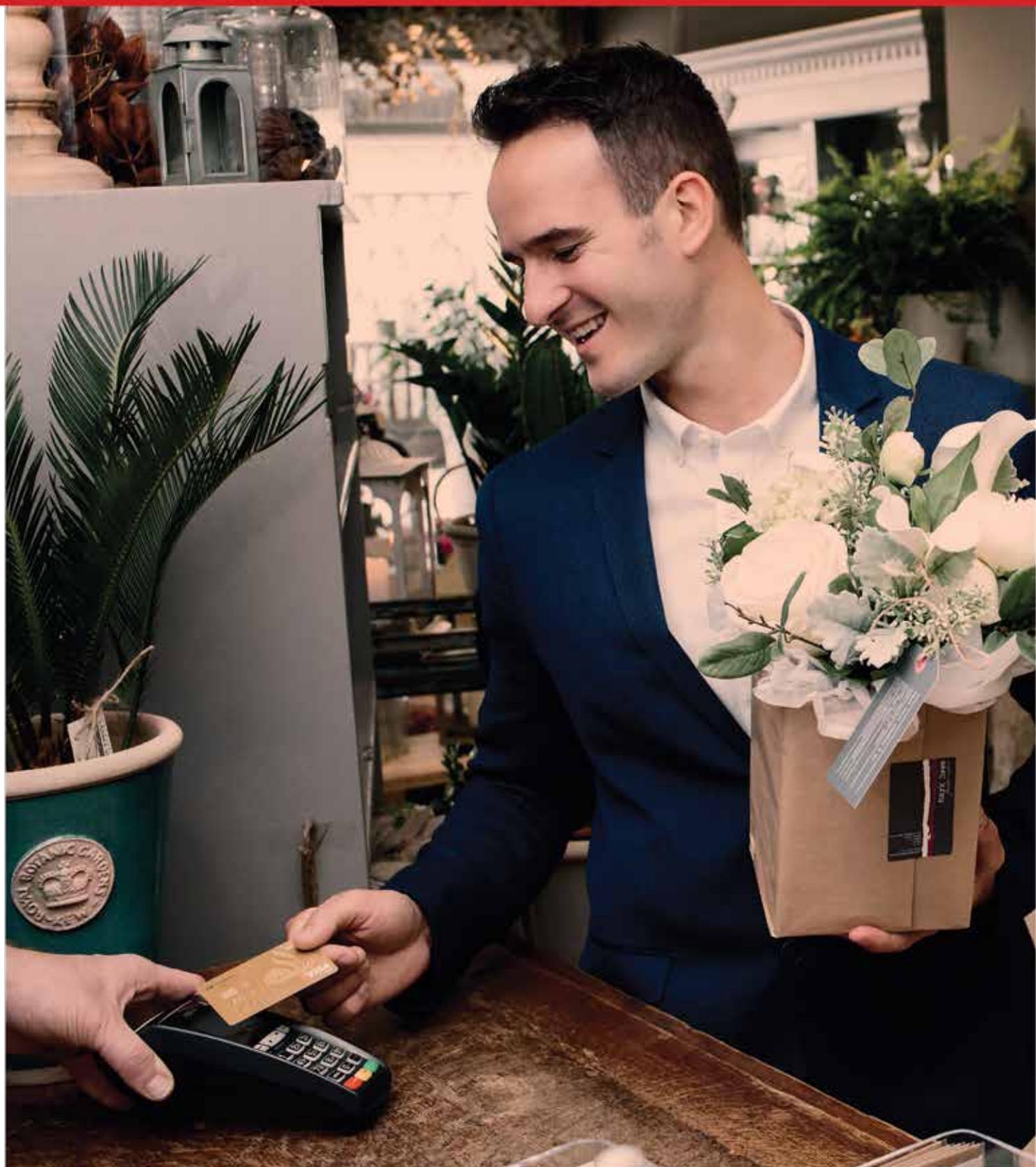


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The Sterling and US Dollar accounts currently pay 0.75% gross/AER on balances from £0 up to £999,999. There is no monthly fee and no minimum balance, although there is a maximum balance of £3 million (or currency equivalent). You can access your money via Online Banking or Telephone Banking, wherever you are in the world.

Here's how the Island Gold Bank Account has helped some of their customers:

“My Santander International Sterling Gold card makes it so easy to pay for things using the contactless feature. It also means that I can easily travel through London as I don't have to take an additional Oyster card.”

“By having a Euro Gold bank account I was able to move money into my holiday account, using Santander International's FX service, at a time when the rate was better for me. I could then use the card on holiday in France and know exactly what I was spending.”

“My US Dollar Gold card is extremely convenient for when I am purchasing items from the US over the internet. I keep an amount of dollars in my account and then I don't experience any additional charges when using the card online.”

The Santander International Foreign Exchange service offers commission-free rates whenever you need to change currency. Sterling, Euro or US Dollars can be exchanged between your accounts. Although their Foreign Exchange rates are commission free, there will be a charge applied for international payments and receipts.



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Pictured from left to right: John Burns, Hannah Nichol, Graham Dias, James Geldart, Gabrielle Mincer and Graham Serginson.

Movers&Shakers

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Fairway team in The Magic Circle

Citywealth has named Fairway Group and two of its trust specialists as finalists in their 2018 Magic Circle Awards. This comes in addition to the shortlisting in the Powerwomen Awards and wins in the Future Leaders Awards earlier in the year. The Magic Circle awards now in their ninth year have become an established presence in the wealth industry calendar to recognise achievements over the past year. Fairway Trust has been shortlisted in the 'Trust Company of the Year - Large category', Trust Director, Justine Wilkinson has been shortlisted in the 'Trustee of the Year' category and Assistant Trust Manager, Emma Furzer, has been shortlisted for the 'Wealth Professional Award'. In addition, CEO, Louise Bracken-Smith, who features in Citywealth's Powerwomen Top 200 list, has been shortlisted in the Powerwomen Awards for 'Woman of the year, Leadership (Professional Services)' for the second year in a row and Fairway has been shortlisted for 'Company of the year: Female Leadership SME'. Voting is open now!



ROK strengthened

The ROK Group is proud to announce the appointments of Graham Bolton and Kevan Nelson as Directors. Newly appointed as Structures Director for ROK-Regal Construction, Graham Bolton has been involved with some of Jersey's largest, logistically difficult construction projects over the past 16 years. Working with various members of the client teams over the years and more recently, the lead engineer on the iconic new Police Headquarters, Graham has gained respect with clients and colleagues alike. ROK Construct's appointment of Kevan Nelson as Commercial Director has justly been awarded after Kevan, who joined in 2015 as Commercial Manager, has continually grown from strength to strength. Spanning 13 years in the industry and having a good commercial mind, with an understanding of the Jersey client construction industry and local environment, Kevan will ultimately aid delivery of projects within Jersey.



Got something to

SHOUT ABOUT?!

Email your news to business@gallery.je

Bright Future for Aaron

Future Finance are delighted to announce the promotion of Aaron Gouveia to Head of Business Development. Aaron joined Future Finance in 2010 and has been instrumental to the growth of the business. In his new role, Aaron will be responsible for growing Future's client base. Commenting on the appointment, Denny Lane Director of Future Finance said, "I'm so pleased to be able to promote Aaron to Head of Business Development. He's had such an impact on the business over the years and I'm looking forward to watching and helping him develop in his new role."



New English solicitor at Viberts

Karla Summers-Shaw qualified as an English solicitor at the end of last year, having undertaken her training contract with Viberts after completing her Legal Practice Course at the BBP Law College in Leeds. Karla has gained a wealth of knowledge and experience in Jersey private client matters. She works in Viberts' personal law department in the areas of wills and probate. This includes will drafting, arranging the registration of wills of immovable estate, obtaining Jersey probate for both local and foreign estates, preparing powers of attorney and dealing with curatorship administration. Karla is well known for her approachable and dependable nature. Karla grew up in Jersey and went to Beaulieu. Karla achieved a 2:1 in her LLB (Hons) degree at Kingston University in London, before going on to complete her Legal Practice Course at the BBP Law College in Leeds. Karla is currently working towards the completion of a training contract with Viberts and is due to qualify at the end of this year. Outside of work Karla enjoys baking, travel and reading.



New Partner at Parslows

Natalie Jenner has been appointed a partner of Parslows; as a highly accomplished divorce and family lawyer, she brings a wealth of experience and a strong record of success. Natalie was both admitted as a Jersey Solicitor and joined Parslows in 2012. Since joining the firm, Natalie has made an extremely valuable contribution to the success of the Divorce, Civil Dissolution and Family law Department and to the firm as a whole. Commenting on her appointment as partner, Natalie said: "It's an honour to be appointed as partner. Parslows Jersey is in an exceptionally strong position to offer cost effective, highly professional legal services in Jersey. Our aim has always been to make ourselves accessible and affordable without compromising our service levels. We are, for example, proud to have been the first law firm to introduce fixed fee divorce to Jersey. I am looking forward to playing an active part in helping to steer the future direction of the firm."

Promotions at EY

EY has announced a number of senior promotions within its assurance and tax teams in the Jersey office. Jon Atkey-Smith has been promoted to director; Lauren Wright to manager within the assurance team, and Sonia Brahmi and Kathryn Hardman have been promoted to manager within the tax team. Jon joined EY seven years ago and has more than a decade of audit and advisory experience within the wealth & asset management sector. He is one of the few Chartered Financial Analyst charterholders in the Channel Islands working in audit and advisory, allowing him to provide exceptional insight into the asset management industry, including investment valuations. Lauren joined the Jersey office over three years ago, having gained experience working in South Africa and America.



New Pensions Director at Fairway

Fairway Group has appointed a new director to help bolster the growing pension trustee and employee benefits division of the business. Alison Creed joins the firm from RBC and has over 19 years of experience from within the international pension and employee benefits arena. Alison's expertise spans the personal and corporate pension markets, including the structuring of multi-jurisdictional pension schemes and international pension plans. She also has significant corporate governance experience including directorships on investment and private equity related companies. Alison is a member of the Institute of Chartered Accountants of Scotland.



Leadership change at PwC

PwC in the Channel Islands has appointed Simon Perry as its new Senior Partner. A Partner with PwC since 2005, his most recent role was as a Partner on secondment to PwC's London office since 2013, leading the UK Asset and Wealth Management Advisory business. While in the UK, he maintained responsibility for leading PwC CI's due diligence transaction work and listing projects on major stock exchanges. Simon also led the firm's relationship with one of the largest global asset management and asset servicers businesses across Europe, Middle East and Africa (EMEA), a testament to the value the global network places on Simon's leadership. Born and educated in Ireland, Simon firstly relocated to Guernsey in the early '90s, prior to moving to Jersey in 1996 and on to PwC in Sydney in 1999, before returning to the Bailiwick in 2003. An avid supporter of the PwC diversity journey, Simon also firmly believes in bringing the best talent to clients, regardless of age, race, gender or social background and will remain dedicated to embedding diversity in all areas of the business. Simon will succeed Brendan McMahon, who formally leaves PwC in Spring 2018.



Movers & Shakers

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Two senior promotions for Carey Olsen

Carey Olsen has made two senior promotions. Nienke Malan is a member of the corporate team and specialises in cross-border investment and collective investment vehicles. She has acted for many significant local and international fund managers, real estate investors and financial institutions on transactions with a Jersey connection. Her practice includes advising on the establishment, regulation and launch of investment funds, negotiating and drafting a broad range of commercial agreements and advising on the sale and financing of structures holding international real estate, such as Jersey property unit trusts. Ashley Morrison specialises in securitisation and structured finance transactions for clients which include global investment banks and issuers. In particular, Ashley has worked on numerous high yield bond issuances and listings with the leading law firms in London, a number of synthetic securitisations and has been involved in the Jersey elements of several credit card securitisation structures. She also advises on structured finance deals including equity placings as well as the issue and listing of convertible bonds by Jersey incorporated issuers, which sounds pretty intense, right?

Crestbridge bolsters Family Office team

Crestbridge has continued to grow its Family Office Services team with the appointments of Tony Hind and Keith Mallet as Directors. Adding further senior level expertise to the company's growing Family Office Services team in Jersey, Tony brings with him over 20 years of experience in the global private client, banking and trust industry. In particular, he has built up considerable knowledge working with complex multi-jurisdictional fiduciary structures for high net worth and ultra-high net worth individuals in markets around the world. Tony joins Crestbridge from HSBC, where he worked for 16 years. He has particular experience dealing with wealth planning structures for luxury family assets as well as more traditional asset classes. Keith also brings over 20 years' experience of working in international financial services, having started working in the trust tax group at Abacus Financial Services in 1994 before moving to one of the 'big four' firms.

Senior Tax Management Appointments at PwC

PwC has further strengthened its tax team in Jersey by appointing two new senior managers at the firm. Anthony Chandlen, who specialises in asset management, including cross border tax structuring, has more than 18 years' experience in financial services, 15 of those on taxation matters. The current Chairman of the Jersey branch of the Chartered Institute of Taxation, Anthony is also a member of the Association of Taxation Technicians and Chartered Institute of Taxation. Prior to joining PwC, he spent eight years at another professional services firm in Jersey and a year in London working for its Real Estate team. Most recently, he has spent two years at Jersey Finance. Andrew Bougourd has also been appointed as a senior manager, specialising in personal and offshore trust company taxation. He has more than 20 years' experience working for professional service practices and trust companies. A qualified accountant and Chartered Tax Adviser, he was called to the Bar in 2013. He has held a number of directorships at both local accountancy firms and trust companies and has supported clients on a range of taxation issues, including areas such as property, complex trust matters and tax investigations.

New Manager at the JHA

The Jersey Hospitality Association (JHA) has appointed Simon Soar as the organisation's new Association Manager. With over 16 years' managing bars and restaurants in the Channel Islands, and working in brand management with JJ Le Sueur, Simon is a well-known face in hospitality. Simon, who also runs Bar Technics, a bar events and training company, takes on the full-time role after a busy year helping open two new Jersey venues: Cheffins and The Cow & Lobster. He said: "Jersey hospitality and tourism has changed dramatically over the past 10 years. During the recession people began going out less, and this trend has continued. Restaurants and bars have to compete with each other, and with other forms of entertainment, for people's time and resources. My aim is to continue to help bringing the JHA forward so it can meet the demands of the industry, making it more resilient to the changes it faces'. Last year the JHA celebrated its 60th anniversary, a milestone that highlighted how much the industry, and indeed, Jersey has changed over the past few decades.



The background of the image is a solid purple color. It features a repeating pattern of wrenches in a lighter shade of purple. The wrenches are arranged in a grid-like fashion, with each wrench rotated 45 degrees clockwise. The pattern is consistent across the entire image.

HARDWARE

Baby It's **Cold** Outside...

WORDS Rebecca Evans

Excuse me for harking back to Christmas with the title, but don't you wish we were still guzzling mulled wine, all wrapped up in bulky Christmas Jumpers? Unfortunately those little pleasures stopped being socially acceptable weeks ago, so whilst the weather remains chilly we need to find alternative ways to warm our cockles until spring arrives. For this month's gadget run-down I've been investigating tools to raise the temperature.

LENZ HEATED SOCKS

There's little in life that's worse than having frozen feet, especially if your work or hobby involves spending a lot of time out in the cold. Designed with snow sports in mind, but suitable for anyone that likes a toasty toe, Lenz are putting their best foot forward in wearable tech.

These ergonomically designed socks feature comfort pads, breathable fabric and inbuilt heating elements, which connect directly to the lithium battery pack supplied and provide up to 14 hours of heat on the lowest setting, with a 5-7 hour recharge time.

The obvious problem of adjusting the heat settings and switching on and off when the socks are buried under bulky layers is solved by the compatible app and Bluetooth capability, allowing the wearer full control without the need to expose their extremities to the elements, and unlike other heated boot liners or insoles on the market, wearers can make the switch from ski boot to slippers without losing warmth.

Whether your winters are spent on building sites or black runs, a pair of Lenz socks are worth the investment.

The Lenz 1200 Lithium Pack & 1.0 Heat Sock combination is £131 from www.ekosport.co.uk



ART OF PAWS HEATED PET BED

It's not just us humans who feel the chill when the centigrades are in single figures. Despite their inbuilt fur coats, our four legged friends appreciate a cosy place to curl up just as much as we do.

Pamper your pooch or puss with the Art of Paws heated pet bed. This soft and snuggly pet pad warms up when your pet is in place, and automatically returns to a lower temperature once they've gone walkies, saving energy and reducing running costs.

The bed features a removable and washable fleecy cover, internal thermometer to prevent overheating and a 2m cord with all important bite-proof coating.

Warning: The internal electrical wires must be kept dry, and there is no guarantee that your cat won't prefer the box that it comes in.

The Art of Paws pet bed is available from www.amazon.co.uk at £44.97

“Unlike a traditional fan heater, which makes a noise like an emphysemic tractor and serves only to superheat the 6 inches of air directly in front of it, the Dyson AM09 is quiet as a mouse, and harnesses specialised Air Multiplier technology to create a powerful and uninterrupted air stream which heats a reasonable sized room quickly and efficiently.”

ZIPPO RE-USABLE HAND WARMER

As an occasional skier I've used a few hand warmers in my time, and if I'm honest they've been consistently underwhelming. Little sachets of sodium acetate that heat up to a degree or two above body temperature for 15 minutes, before you need to faff about boiling them in order to reset for next time. Who can be bothered with that when there's *Aprés* to be enjoyed?

Luckily for those of us stricken with poor circulation, Zippo have officially upped the hand warmer stakes. Their sleek and stylish brushed steel pod works via a catalytic burner unit, is flameless and achieves up to 10x the heat of the competition, for up to 12 hours. Working best with Zippo lighter fluid, the warmer is supplied with a filler cup to save from spills, and a fleece carry pouch to prevent your skin from smouldering, this thing can get HOT. To reactivate after use, just top up with lighter fluid and go again.

Perfect for winter sports, chilly fishing trips or blustery winter walks along the coast, the Zippo hand warmer is a must buy for those who suffer from parky paws.

The Zippo Hand Warmer starts from £18.70 on www.amazon.co.uk



DYSON AM09 HOT + COOL FAN HEATER

Ever since the launch of their iconic bagless vacuum cleaner, Dyson have continued to change the game in gadgets, from hand-dryers to hairdryers, and now heaters. Unlike a traditional fan heater, which makes a noise like an emphysemic tractor and serves only to superheat the 6 inches of air directly in front of it, the Dyson AM09 is quiet as a mouse, and harnesses specialised Air Multiplier technology to create a powerful and uninterrupted air stream which heats a reasonable sized room quickly and efficiently.

The intelligent thermostat will automatically power the heater off once the desired temperature has been reached, and start up again once the mercury drops. Settings can be adjusted using the supplied remote control, and the lack of blades or exposed heating elements make this heater perfect for households that contain inquisitive toddlers or curious cats.

There's no need to pack this stylish device away when summer kicks in; it also works as a powerful fan. Cool.

The Dyson AM09 is £350 at [The Powerhouse](#)



Now that the bleak month of January is behind us are you looking for a fun and challenging way to entertain yourself? Well, thanks to the clever people at Virtuality you now have access a vast catalogue of entertaining, exciting and diverse activities which can all be enjoyed whatever the weather.

Having transformed what was once home to Trek Plus up on Colomberie the team have six, soon to be seven, virtual reality suites within which a different experience is waiting to be had. And worry not, this isn't just for boys - there is something for absolutely everyone.

Two of the suites offer you the chance to get in the cockpit of either a commercial passenger plane or a Top Gun style fighter jet where you'll be fully in charge of the controls from takeoff to landing. Two more have you getting behind the wheel of either an F1 car, which you can race around any of the current F1 Circuits, or why not take a rally car offroading along a variety of challenging dirt tracks, the choice is yours.

Whichever room you choose one of the fantastic instructors will guide you through the whole experience, being as hands on or off as your experience level

dictates. After strapping you into your motion platform mounted seat - which will allow you to fully immerse yourself in the experience, feeling every bump, bank, dip and corner - they'll talk you through what you need to do to get the best out of your visit. Of course, most people will just instinctively know what to do but I was

"...if that doesn't appeal why not indulge yourself and enjoy a simple moment of zen whilst meditating on a beach in the Maldives, anything is possible."

very pleased to know someone was at my side, particularly when I managed to flip a Boeing 747 on its roof on landing...

If the high octane options don't appeal then worry not as there are also two 'library' rooms where you can choose from a variety of different interactive single player games,

a selection which is constantly being updated. And if that doesn't appeal why not indulge yourself and enjoy a simple moment of zen whilst meditating on a beach in the Maldives, anything is possible.

Virtuality can cater for a variety of different occasions and group sizes. Whether you're looking for somewhere to host a party, works event or even just fancy popping in during your lunch hour there are plenty of options available. Should you wish to hire out the whole venue there's room for up to 15 people and their event coordinator will make sure you're well looked after. The

only thing the team do ask is that children are accompanied by an adult, in fact, if you're under 13 I'm afraid you can't use the suites at all but that doesn't stop you heading along and surfing the internet on one of their open access terminals if you're accompanying your siblings.

You can book any of the suites in half an hour blocks and prices start from £12.50. They are open from 11am to 9pm, seven days a week including bank holidays.
www.virtualityjersey.com

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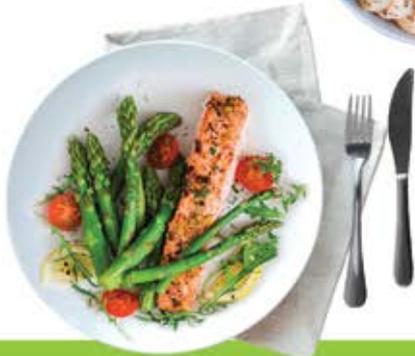
Active

Physique Transformations, DW Fitness, Fitness First, The Awakening Club

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Cooking

M&S, Food Hall, Co-op, Iceland



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KICKSTART 2018 WITH THE FRESHEST DEALS FROM JT

Get up to **£100 of FREE vouchers** to spend with great brands like **Amazon, M&S, Fitness First and Sports Direct**; the only thing you need to decide is where will you spend yours?



GET

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Moo, 100% Health, Barannes Health Store

Whether you're a **new or existing customer**, there's something for everyone at JT. Now that's a deal you can't ignore.



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Amazon, Luella Rockerfella, Sports Direct, Jack Wills, George, De Gruchy

...or choose a **FREE Fitbit charge 2** worth **£129**



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JT
JOIN TOGETHER

PHONE HOME

Nokia 8 – the phone that looks both ways!

The word 'selfie' is about to be replaced by 'bothie'. Well, according to Nokia it is!

As well as a gorgeous anodised aluminium finish, the new Nokia 8 comes with 'bothie' functionality (more technically known as Dual-Sight mode) that lets you capture images using the front and rear cameras at the same time, so you can take split-screen photos and videos to your heart's content.

The cameras themselves are built from superb Zeiss optics that capture 13 MP images and the front camera includes a wide-angle lens and auto-focus, while the rear camera has both colour and monochrome sensors so you can capture the moment exactly as you want to see it.

Beyond cameras, the Nokia 8 is a superb tool that blends in just as well at work as it does in your social life. Cut from a single block of aluminium, it is beautifully elegant and runs on the latest Android Oreo OS, powered by the Qualcomm® Snapdragon™ 835 Mobile Platform, which is engineered to deliver exceptionally long battery life.

Certainly Nokia's best smartphone to date, you can try it for yourself in the Sure store.



Airtel-Vodafone's top app for... **SAVING MONEY**

Keep track of your spending and save money with Pennies, the award-winning budgeting app. Pennies is THE budgeting app for everyday people.

Pennies offers you weekly, monthly, bi-weekly, twice-monthly, custom and one-off budgets, that start on any day you want. Keep your budgets backed up and shared across all your iOS devices. you can have more the one budget at the same time and use any currency for budgets. Budgeting shouldn't be hard or boring. That's why in Pennies you won't find any charts, graphs or complicated diagrams. Its personal finance made easy, it's your money made simple.

Available from App Store.

The Google Pixel 2 XL

Jess Stanier, Airtel-Vodafone's Marketing Manager reviews Google's latest Pixel smartphone upgrade.

Technology tailored to you is always cool - and Google's Assistant AI boasts its skills as it learns how you use the phone, and responds to voice commands in a blink.



Android Oreo will either make complete sense to you, or sound like we're talking tea & biscuits. The newest version of the Android mobile operating system is smarter, faster and more powerful than ever... and according to Google, sweeter too.

The Pixel 2 XL really is what its name suggests – larger than its predecessor, with the screen covering most of the front of the phone. A larger screen is becoming more & more popular with both creator & consumer, so it is no surprise that this model has flown off shelves (don't worry, we can still order it in for you).

To top all this off, the camera is one of the best smartphone camera's out there – with a 12.3MP lens, and this model also brags an updated rear dual. #StrongSelfieGame

If you love Androids, the Pixel 2 XL is one to watch. Plus, one of its killer features is the fact that it runs a pure Google operating system. For a smooth and speedy experience, this handset is well worth investing in.

To order the Google Pixel 2 XL into store, simply contact 121@airtel-vodafone.com or pop in to see us at No 1 Castle Street, St Helier.



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STICKING TO YOUR GYM

WORDS Laura Morel

No sooner had that Christmas pudding left your lips than you're already feeling an enormous sense of guilt. Too much over indulgence leaves us hurtling to the gym in January, which has become known as 'Gym Fever'. Promises of clean living, regained sanity and a Victoria's Angel body are too much of a temptation not to start the year afresh with the best of intentions. But with 90% of new gym bunnies cancelling memberships and a further 80% breaking new years resolutions hope exactly do we make it stick?

Like most things, there is not a one size fits all gym solution. The answer to staying true to your new fitness commitment is to find your perfect fit to start. Which is why we've given you the round up on a few local gyms and how they could work wonders for you.

Club Soulgenic

Set out on three levels, Club Soulgenic is more than a gym, it is a one-stop shop to wellbeing. With a collection of the Island's best wellbeing practitioners at your

fingertips including physio, nutritionist, masseur and chiropractor, there really is nothing more you could want for a healthy lifestyle that isn't under their roof. The newest contender in the Jersey gym scene looks to balance out their members workouts, alternating between classes entitled Burn (cardio), Strong (strength training), and Vibe (yoga and mental wellbeing). Throw in some of the world's latest scientific technology, no gimmicks here, and your workout just hit a new high. With classes 35-45 minutes

long, the Club in the centre of St Helier is perfectly placed to cater for those on their lunch hours. With Nude Food settling into the ground, serving up members a free morning coffee and a terraced area to relax post-workout, you'll find yourself spending a whole lot longer in this gym than you originally planned.

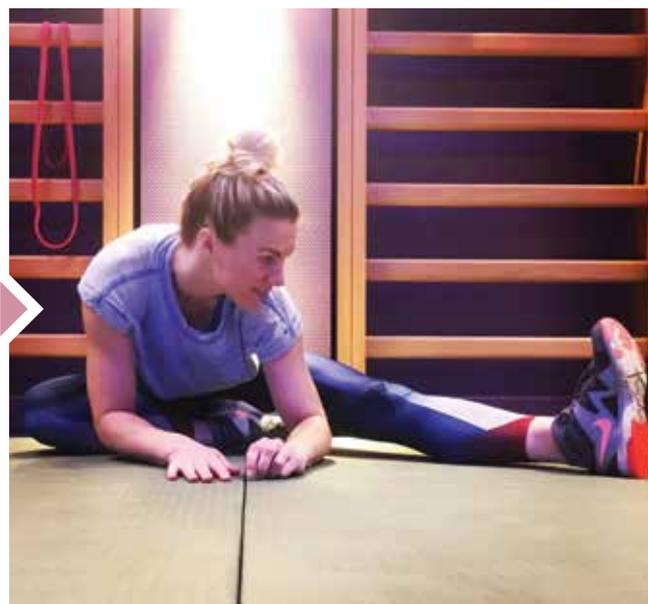
Best for: Those that want a rounded approach to health.

Healthhaus

Unveiling a new era of fitness, the gym's Milon technology takes the worry out of work out routines. A computer scans your body, programmes the machines for you and adjusts your resistance to maximise your sessions. There's no fear over what you should be doing, as the technology plans this out for you, leaving you to enjoy a 35 minute circuit routine. Fancy a change? Take a virtual cycle through an alpine landscape or better yet, a wholly realistic dip in their award winning spa pool. The club caters for those who want to have an efficient workout, with the emphasis on a luxurious environment as well as working up a sweat. There isn't much chance for socialising in-between machines, as circuit timings don't allow it, but you can always rendez vous in the sauna afterwards. If you're finding your sessions too easy or having a bad day, the Milon system will adjust the resistance accordingly and an instructor is always on hand to motivate, guide and answer queries. Best of all, it's the only gym I have ever been to with the nozzles still on the changing room hairdryers (girls, I know you feel my pain)!

Best for:

Those who like to have their workouts mapped out for them.



Crossfit

The gymnastic based circuit training model of Crossfit has reached cult status around the world, both for its ability to produce impressive body transformations and for the criticism it receives from other professional trainers for its unusual technique. With a reputation of being highly competitive and back-breakingly hard, you'd be forgiven for assuming that this was only the gym for you if you had Olympic medals in your sights. To break this stigma Crossfit are introducing further classes this year to allay the fears of new members. Their Quickfit classes allow you to squeeze in a work out in 30 minutes and their new ladies only classes will cater for those feeling a little daunted by new surroundings. For all the technique that has to be learnt at Crossfit, the gym's greatest selling point has less to do with function and everything to do with community. Joining Crossfit is like joining a family, it comes with invitations to social functions, charity events and if you are keen, the ability to compete across the network of Crossfit gyms globally.

Best for: Those that like to sweat..a lot!



LH Fitness

This small, back street gym is something of a rarity in Jersey. Created to be accessible to people from all walks of life, it's goal is to help people not just with their physical fitness, but with their mental wellbeing. They look to improve people's lives through fitness. On first sight it is very much a man's gym, one much in need of the love of a good woman. But as long as you're not tempted to start licking the equipment you'll start to overlook the grime and find a lot of love deep within those boxing gloves. The old school boxing gym offers personal training sessions, boxing fitness classes (including women-only classes) and more technical boxing training. Yes, it smells of sweat, but that is just evidence of the hard work and effort that goes on behind its doors. There is no judgement, no expectation and almost no rules as long as you bring the right attitude.

Best for: Those that find gyms intimidating.



WHERE DO YOU START?



Investing in you

Fitness first have recently invested over £250,000 on these stunning sleek new changing rooms as well as purchasing new strength equipment and creating a state of the art spin room.

General Manager, Warren Johnson, knows that pursuing an active lifestyle enables people live healthy happy, longer lives, he commented “with the huge rise in social media use, such as instagram, more and more people are being inspired to get to the gym; it has been a fantastic boost to the fitness industry. It is not an easy journey and requires motivation, determination and persistence, but we’re here at Fitness First to help islanders achieve their fitness targets for 2018.”

For the cost of less than £2.00 per day Fitness First can help members achieve their goals. Whether it is through one of the many studio based classes such as spin, HIIT, pilates, body pump, attack & combat or yoga. Warren says that “still one of the most popular methods for our clients is having a personal trainer. Someone right there to motivate them to do their best and it also makes them more accountable, so they turn up for their sessions and get to work. We have 13 Personal Trainers offering a great variety in education and training techniques.”

Members of Fitness First are still able to bring a guest in for free every Friday, so if you’d like to try it out find a gym buddy who is already a member, or head to www.fitnessfirstjersey.com to get a free 3 day pass.



Sports massage... it's not just for sportspeople!

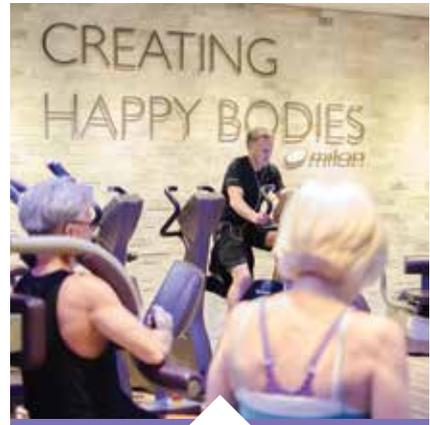
Agnes Banach, the owner of Body Sync has been practising massage since 2008 and would love the opportunity to debunk the myth that a sports massage will result in a painful experience. Yes, a sports massage is certainly very different to one you’d traditionally have in a spa, it doesn’t, however, have to be painful. It will always be beneficial and is even suitable for armchair athletes.

Agnes explains: “I tailor each appointment to the client, making sure that we work to target specific areas of concern. Whilst this can cause some discomfort, I’m always able to adjust the pressure to make sure that it isn’t too painful.”

Aware of the need to take a holistic approach to wellbeing, Agnes is also an accomplished yoga instructor and practitioner, her philosophy is clear and simple: “Be kind to yourself, listen to your body’s needs and act when it tells you. When you feel good about yourself, life becomes easier and more enjoyable.”

Body Sync is based at the CrossFit gym at 24 Commercial Buildings. Agnes can also visit your home to perform a massage.

Visit www.bodysync.je for more information.



Healthhaus – where they’ve made exercise simple

They would love to say that they’ve made it easy too, but you don’t achieve anything in life without putting in hard work. However, they promote quality of exercise over quantity, leaving you time for the finer things in life, such as a dip in the relaxing Ayush Wellness Spa.

Their time efficient, award winning Milon Circuits, allow you to achieve results by following a personalised programme just twice every 10 days for 35 minutes. Combining the most up to date exercise technology with a personal touch; at Healthhaus you get a great community of members and a team of supportive staff who are there to encourage you and make your visit to the club a little bit more fun.

For more information on membership call 614800 or visit www.healthhaus.co.uk

“With the huge rise in social media use, such as instagram, more and more people are being inspired to get to the gym”

-Warren Johnson, Fitness First

BE INSPIRED

This year JT are focusing on health and wellbeing and starting the year in the right way. So we met up with a few of their partners to see what their top tips are for a healthier more active 2018.



Physique Transformations

Cameron Elliot & Tom Frame

Co Owners

Our top tip for 2018 is to create an environment/support system that allows you to be the best version of yourself. So find a training buddy, join a group training program or find a personal trainer that puts your needs first.

Luella

Rockerfella

Lauren Burnett

Director

If you feel like you are stuck in a style rut, get inspired in 2018! Look to Instagram and consider saving inspiring outfits into a "Collection" on your account, so you can easily access outfits you want to emulate. Follow @luellarockerfella to see some unique looks.



Athena Salon

Stephanie

Whitehead

Salon Director

Organisation and preparation. I am a busy mother of three who runs

my own salon, and I find the best way to be healthy and stay active in the new year is to prepare yourself well. Prepping my meals and doing a training plan gives me something to work to.



deGruchy

John Marquis

Store Director

We all have choices and having that personal determination to do what you want by having a "Just Do It mentality!" is the best way to get the results you want.



Balance your input (food and drink) with your output (exercise and activity) and you can enjoy a healthy year.

@Smile

Dr. Louise

Brownlow

Cosmetic and General Dentist

Brush your teeth and gums for 2 minutes twice a day with an electric toothbrush and try to floss regularly to avoid gum disease and reduce bad breath. Don't rinse after brushing so that fluoride is left on your teeth which will strengthen your enamel.

Visit the dentist regularly, as we don't just check the teeth but for lots of other things, such as signs of oral cancer. Don't ignore problems with your mouth they are unlikely to improve on their own.



The Awakening Club

Laura Rosser

Creator & Founder

My top tip would be to keep your goals realistic. If your New Year's resolution was to go to the gym four times a week, change your diet and limit your alcohol intake' all at the same time you may fall at the first hurdle as this might be too much change at one time. I would suggest to focus on one change at a time!



Moo - Mostly Organic Origin

Katy Avocado Pierce

Founder and owner of Moo HQ

Try and eat local and seasonal food and always ask where your food has come from because that is the stuff that really matters. Try to avoid packaged food. When exercising do it because you enjoy it, take up a new hobby, perhaps something that you've always fancied doing, this is your year to give it a go! Also exercise your mind, this is just as important; read, listen to podcasts and meditate. Finally go out and dance and laugh so hard! Find the people and things that light you up and surround yourself in the light.

Kickstart 2018 with the freshest deals from JT. Get up to £100 of FREE vouchers to spend with great brands like Physique Transformations, Luella Rockerfella, Smile Cosmetic Clinic, St Brelades' Bay Hotel, Moo and more when you sign up to one of JT's great value JT One, mobile and broadband plans.

Or alternatively choose a FREE Fitbit Charge 2 to help you stay on track with all your health and wellbeing goals this January. On Pay as you go? Bounce in store and top up £80 and get a FREE Fitbit Alta worth £99.

Hey Fitty!

For our special active feature we've rounded up some gorgeous gym girls to model new season activewear from Voisins.

All are leading ladies in the world of personal training, simply get in contact via their places of work to kickstart your fitness routine for 2018.

ALL CLOTHING AVAILABLE FROM VOISINS FANTASTIC NEW ACTIVEWEAR DEPARTMENT ON THE FIRST FLOOR.



Lucy O'Sullivan

Women's Rugby Strength and Conditioning Coach & Personal Trainer at Rad Fitness

"I'm a corrective exercise specialist and a strength and conditioning coach - this means that people with niggles, strains and injuries, who may not be able to train, can come to me, and by releasing tight muscles and strengthening weak muscles we get incredible results, conditioning their bodies to perform at their best! I also work with athletes to get to their peak performance for special events."

**IVY PARK BLACK LOGO TAPE LEGGINGS £40.50
IVY PARK BLACK LOGO TAPE SPORTS BRA £27.00**

Cesca Dessain

Fitness Manager
& Personal Trainer
at Healthhaus

"I am a personal coach, specialising in High Intensity Interval training, sports specific training and core strengthening, as well as being the Fitness Manager, overseeing the fitness side of the club."

IVY PARK BLACK CROP TEE £14.50
IVY PARK BLACK LOGO LEGGINGS £54.00



Tania

Le Couilliard

Master Personal Trainer, Reformer Pilates & Advanced Mat Pilates Instructor at Healthhaus

"I focus on educating people on how to get back into sync with their body's core functional movements. I specialise in mat and reformer Pilates - teaching both classes and doing 1:1 sessions, as well as integrating these techniques into personal training sessions."

BJÖRN BORG COLOUR MASH UP LONG SLEEVE TOP £35.99
BJÖRN BORG HIGH WAISTED BLACK TIGHTS £45.00



Megan Vibert

Personal Trainer
at Fitness First

"Functional training is my main focus. Creating toned lean muscle that accentuates the female figure; it makes my lovely clients feel beautiful and proud to be in the skin they're in."

BJÖRN BORG BLACK LOGO CROP TOP £25.25
BJÖRN BORG COLOUR MASH UP TIGHTS £22.50



Jo

Barnes

Personal Trainer
at Fitness First

"I do purely weight training for strength and conditioning with my clients. I'm proud that lots of my clients keep coming back week after week for years as they just love their results. I also give nutrition support and guidance as it's 80% diet 20% exercise!"

IVY PARK NAVY SLEEVELESS TOP £22.50
IVY PARK BLUE & BLACK LEGGINGS £45.00
IVY PARK QUICK DRYING SHORT SHORTS £22.00



Fitness First

GIVE YOURSELF AN EDGE

*Feel stronger. Feel fitter.
We'll help you get there.
Join us for 2018.*

HAVE A WORK OUT ON US

For a free 3 day trial pass get in touch.

OPEN WEEKEND EVENT

Saturday 24th and Sunday 25th February

Come along and see our state of the art gym. We'll be showcasing our new classes for 2018 as well as the usual favourites for you to have a go.

Fitness First Jersey

Call us on **752400** or visit www.fitnessfirstjersey.com

A STEP IN THE RIGHT DIRECTION

Whether you're new to running and fitness or a seasoned pro with years of experience having the right wheels can make a monumental difference to both your levels of enjoyment and your technique.

But it isn't as simple as just choosing the newest, coolest model available you need to make sure that you choose the best trainers for you and much of that comes down to your DNA, who knew?! That's right you are born with your running style or your gait, and it's often inherited from your folks. So how do you choose the right trainers, a pair that will help you rack up the miles without the agony that many people associate with pounding the pavements.

Well having your Gait analysis done is an excellent start. Sadly we're not all born perfect. Some of us need a little bit of help, glasses, braces, you name it. And gait analysis is the runners equivalent of a visit to the dentist.

We popped along to speak to Steve Arthurs, owner of Graeme Le Maistre on Bath Street, to check out his Templo+ Gait Analysis machine. This specialist bit of kit is manufactured in Germany and is unlike a normal treadmill you'd find in the gym; this one is the closest you'll come to running on a pavement without needing to step outside.

"We start people off running on the treadmill in trainers with no support and video this. We then work through different types of trainers, with varying degrees of support looking to find a neutral running position. It's a really fine balancing act as

"We start people off running on the treadmill in trainers with no support and video this. We then work through different types of trainers, with varying degrees of support looking to find a neutral running position."

no two people are the same and too much support is as bad as too little.

People will probably be surprised that it isn't always about opting for the most expensive trainer available it really is the option which suits you best; which a gait analysis will help you identify.

The fact we sell the trainers is a great advantage as we're able to immediately put people in the right shoes so they can both see and feel the difference, which is the key

to getting it right. As we video each time the runner gets on the treadmill we can immediately see the difference the right pair makes to their positioning.

Often if we see someone who has been running in the same type of trainers for years you can't immediately put them in a fully structured shoe as this could see them experiencing discomfort. So it can mean a 'halfway house' until you're

comfortable with the changes the shoes will make to your positioning and then we can revisit later to get it absolutely perfect, it's definitely a process.

Whilst we're confident in what we do are happy to revisit our recommendation and we'll exchange your trainers if we don't get it right first time."

We asked Steve to choose three of his top trainers from their current collection:



ASICS GEL 2000 structure running shoe **£115** (this shoe is their bestseller and also the most popular with London Marathon runners)

Brooks Ghost 10 Neutral Running Shoe **£115**



Mizuno Wave Inspire 14 **£110**

Graeme Le Maistre offer the gait analysis service for free to anyone that goes on to buy a pair of trainers from them or they charge £25 if you'd rather source the shoe they recommend elsewhere.

THE RIGHT BALANCE



When it comes to our health and wellbeing striking the right balance is something we all know we should do. But what's balance for one person may well be totally off for another. Is balance the same for everyone?

One lady who knows the answer to this is Pippa Campbell, as the island's only qualified certified Metabolic Balance Coach she can help you to identify your metabolism's own personal requirements which will ultimately help you to break free of any previously troubling issues you may have had losing weight or maintaining weight loss.

Backed by more than 25 years of science Metabolic Balance (MB) is a unique multi-award winning natural weight management and health programme that simply makes sense. By analysing your individual make-up through blood tests (which test for 50 different blood markers), coupled with your medical history, likes and dislikes the lab in Germany are able to identify what your body needs to bring fast, long-term results and an overall better lifestyle. Once you've completed your tests you'll receive an extensive personalised food list of the foods that are right for you, although it's important to remember this isn't an intolerance test. What is right for one person may not be right for another even if it is deemed healthy. Yes, we're all keeping our fingers crossed that chocolate will be one of our 'good' foods!

Having spent the last two weeks working with Pippa and the team at Nude Food (her studio is based in the same building on New

Street) I can testify to feeling the results of her advice already. Pippa's non-judgemental, welcoming approach means you feel she is instantly invested in your wellbeing. Not only does she obviously know what she's talking about but she also cares about finding the right solution for you.

Many of Pippa's clients have literally tried everything even starving themselves and still not lost weight/cleared up acne/reversed type II diabetes. All because the underlying causes have not been identified and addressed. This is why MB is considered such a unique nutrition programme as it's able to offer you lasting results.

MB isn't just a successful weight loss programme either it can also bring other benefits; improved sleep; eradicate eczema; reduce blood pressure and cholesterol. The belief is that there is little that eating the right foods for you won't have a positive effect on. I've noticed over the last few weeks that my cravings for all the things I never thought I'd want to give up (wine, chocolate, gin, wine, sugar, bread, pasta, wine) haven't been an issue either, thanks to the constant stream of great food I've been able to eat.

If you'd like to find out more about Pippa's various weight loss packages head to:
www.pippacambellhealth.com
 f pippacambellhealth

TOP 3 NOURISHING FOODS OF THE MONTH!

Just Natural Mixed Nuts

Step away from the biscuits and grab yourself a bag of these beauties. A high energy food and excellent source of vitamin E (key for strong immunity and healthy skin and eyes), thiamine (good for heart and nerve function) and niacin (improves cholesterol levels and lowers cardiovascular risks). They're high in protein and contain lots of fantastic minerals.

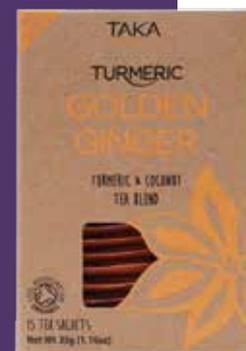
£6.10 from Barannes on Colomberie.



Taka Turmeric Golden Ginger Tea

Good for taking the curb off cravings this delectably spiced turmeric tea is packed with an awesome array of organic ingredients that deliver a generous helping of golden turmeric, great for digestion and helping to support your immune system this winter.

£3.19 from 100% Health



Linwoods Milled Flaxseed With Bio Cultures And Vitamin D

Simply sprinkle it on your breakfast or add to a smoothie and let its goodness get to work. Flaxseed is a rich source of the those all important essential Omega 3s and it's great that it also contains Vitamin D which we're all low on in the winter months. Also the bio cultures will get to work improving gut health! This little pack ticks a lot of boxes.

£6.47 from Barannes on Colomberie



GET FIT FOR A CAUSE

If you're looking for a challenge this year then these fab events for a cause could be for you!



Care for a dip?

There is still time to enter the 2018 Lions Club of Jersey Swimarathon for individuals, families, school groups and companies to sign up to support the work of the community's carers.

The funds raised from this year's Swimarathon will benefit five island-based charities: the Grace Crocker Family Support Foundation, Headway Jersey, the Jersey Association of Carers, Jersey Child Care Trust and MIND Jersey. All five work to provide individuals and families who find themselves in the need of medical assistance with professionally trained carers who, in many cases, offer daily support to both the patients and their families.

As with previous years, the 2018 Swimarathon will feature the RBC Corporate Cup Challenge, which is awarded to the corporate team that swims the most laps during its 55-minute slot. The Cup has been won consecutively by the Jersey Customs & Immigration Team for the past five years, and they're hoping that more corporate teams will sign up this year and challenge the reigning champs.

The Swimarathon will take place at the Les Quennevais Leisure Centre from Wednesday 14th to Sunday 18th March 2018.

Visit lionsswimarathon.org for more information.

Pull together

Macmillan Cancer Support (Jersey) is encouraging Islanders to make a New Year's fitness resolution and sign-up to the charity's annual indoor Rowathon. Macmillan Jersey's Rowathon involves teams of six rowers rowing the equivalent distance from Jersey to Sark (30,000m) on an indoor rowing machine. Last year fifty nine teams took part, raising in excess of £40,000 for the charity.

This year's Rowathon will take place on the 14th April at Les Ormes. Teams can enter the 9am or 1pm sitting and registrations can be made via the Macmillan Jersey website - www.macmillanjersey.com/rowathon. The event is once again being kindly supported by RBS International who have sponsored the event for the past eight years, and their continued support is invaluable in maintaining Macmillan Jersey's service.

Macmillan Cancer Support Jersey provides support to anyone in Jersey who is affected by cancer, from the moment that a cancer diagnosis is suspected, through diagnosis and treatment, to adjusting to life beyond cancer. The service offers practical information, emotional and group support, as well as a wellbeing service which includes complementary therapies and diet and exercise advice. All services at The Oasis, Macmillan Jersey's cancer support centre at the Lido Medical Centre, are free of charge.



OTHER EVENTS TO CHECK OUT

The Standard Chartered

Marathon - Sunday 7th October

The race, which is split into three categories, Marathon, Relay Race and 3K Fun Run, attracted some 2,700 entrants in 2017 with over 50% of marathon runners coming from off the Island.

Race For Life Sunday

Sunday 27th May

A 5k suitable for all abilities. This is thousands of women uniting with one purpose. Walk, jog or run to raise valuable funds for cancer research. Prosperity Day - Friday 15th June Up to eighteen corporate rivals can take to the saddle. Your teams will need to be able to ride a bike, shout for (at) each other and have fun - that is about the sum of it!

Sand Storm Adventure Race

date TBC

Competitors will need to overcome the terrain and beat the obstacles as they throw themselves over walls, crawl under barbed wire, scramble up and fling themselves down sand dunes and plough through water obstacles to be the first over the line!

Dandara Colour Run

date TBC

a fun five-kilometre, un-timed run in which participants are doused from head to toe in different colour paint at multiple points along the way.

Feeling extreme?

The third Jersey Round Island Challenge will take place on Saturday 14 July 2018 and will once again include five race categories for adventurers who will either swim, kayak, row, SUP or run around the island, solo or part of a relay team.

So impressive is the challenge that Red Bull UK have listed it as one of the top 11 extreme UK fitness challenges.

The purpose of this exciting endurance event is to raise awareness and valuable funds for the Grace Crocker Family Support Foundation, a local charity that supports families in Jersey with sick children needing treatment in the UK.

Visit jerseyroundislandchallenge.com for more info.

FANCY SOMETHING NEW?

Getting fit is a battle, but it can be made that bit easier if you're getting fit doing something you love, so why not try out one of these exercise classes and see if you discover a new passion!



Shred

Shred is exclusive to Fitness First, combining compound lifting with a HIIT based class to drive calorie burn, performance, strength and conditioning.

To start you'll receive a warm up routine with coaching on each of the lifts included in the class. You'll then work your way through 5 different compound lifts twice, with a performance based HIIT recovery in-between. Performing a 1 minute lift, followed by a 30 second HIIT, and followed by a repetition of the lift for 1 minute.

There will be 5 blocks with 5 different compound lifts and 5 different HIIT exercises, before a challenging 'finisher' activity, ending with bar stretches to assist you in releasing those large muscle groups worked in the class.

Call them to find out more on 752400



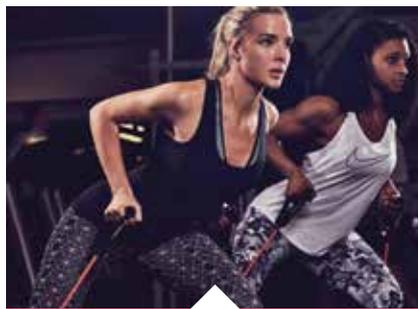
Kinesis One

Named after the Ancient Greek word for movement, Kinesis One offers a unique 3 dimensional movement experience allowing you to improve functional skills with a host of free flowing exercises.

The cables 360-degree range allows users to perform exercises through all planes of movement, making it an extremely versatile workout that can be customised to all levels. It offers an almost limitless range of exercise routines, focusing on balance, strength and flexibility.

It's a class for around nine people which Healthhaus (up at Hotel de France) currently run at 06:40 on a Monday morning for 35 minutes. It's only available to platinum members who can book via the Healthhaus booking app or at reception. So this one is ideal if you're looking for a more exclusive and private gym-going experience.

Call Healthhaus on 614800 for more information.



Glute Gains

This class focuses on controlled movements and time under tension to lift & shape your glutes. Build lower body lean muscle and add functional strength with this resistance band led workout.

You'll complete a mixture of resistance band and body weight exercises throughout the class focusing on activating and engaging your lower body muscle groups and core. Work periods will be 40 seconds, followed by 20 seconds rest and you'll be targeted to achieve 6 - 10 repetitions of each exercise for maximum benefit. Your instructor will guide you through this group workout, working on technique and instruction to give you new exercises for each muscle group targeted in the class.

Call Fitness First on 752400 to find out more.



Muay Thai

Beginner / Intermediate Muay Thai classes with Blood Fitness are held every week Mondays and Wednesdays from 6pm to 7pm. The classes are fun and aimed to be suitable for all levels from complete beginner, there is a focus on fitness and technique. All equipment is provided and the first class is free so head up and have a go!

You can find Blood Fitness up at Fort Regent, on the balcony, overlooking Queens Hall. Visit www.bloodfitness.co.uk for more info.



Your own Yogi

The lovely Agnes from Bodysync will come to your home for a private Hatha Yoga class.

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Paul LeVerdier Professional Sports Therapist

Paul has been one of Jersey's top Sports Therapists for over 20 years working with professional sports people, club athletes, the Jersey Island Games Team and people from all walks of life. He is part of the team at the Jersey Sports Medical Centre.

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Contact details:
www.orchidsacademy.co.uk
 07895490405
natalie@orchidsacademy.co.uk

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