

GALLERY

/ LIFE & STYLE IN JERSEY

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EDITO

Endless summer.

With the bank holiday weekend falling over our usual print slot last month, we had to wait a few days extra to finish this edition. That did mean, however, that between proofing and finishing up we were able to soak up the sun and pamper ourselves (edition title reference - check) with the hottest August Bank Holiday on record.

What a scorcher it was. The UK temperature got to 33.3C at Heathrow, where the Met Office officially measures such things. Thank God for being at a Jersey beach and not on Heathrow tarmac. Someone told me that the weekend seemed like 'the way Jersey used to be'. I guess hotter, which sort of goes against the record, but hey.

For many years I never left Jersey in the summer. It's only since having kids and the potential to go stir-crazy with family cabin-fever that the classic 'summer holiday' has been part of my life. This year we took our van down to Croatia and besides being robbed by some Italians and learning that, despite their reputation for speed, Autobahns can be the slowest motorways in the world, it was an amazing trip.

Since getting back it's been hard to settle into four-walled normality. The trappings of vanlife are pretty basic and being in a house again just seems like a bit much. Whilst compiling content associated with pampering, it reminded me that sometimes a simple beer in a folding chair outside a van can be the best luxury of all. That's why we're escaping our house to go camping in Rozel this evening. One more week until Autumn.

As the summer event series rolls to a close, it's been the best Jersey has had for some time. In addition to the weather there has been WonkyTown, Reasons, Electric Park and we have Weekender set to be the summer's closing party next weekend. I hope you all made the most of your summer. If not, use this month as 'summer' too, the Indians would approve.

BD

GALLERY

/ LIFE & STYLE IN JERSEY

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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 in a green font. It's not made out of leaves, honest.

gallery #166

SEPTEMBER '19 /
THE PAMPER EDITION



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Out and about with cameras and laptops were...



OLLIE JONES

Ollie captured champion animal blood donors for us this month in a totally humane way, with his lens. *See page 12*



HOLLY SMITH

Holly visually profiled the retail heroes among the staff at De Gruchy. meet them all at the Dreams Party on the 28th September *See page 70*



LAURA MOREL

Laura talks seasonal change, high street fashion and sustainability in her ninby5 column this month. *See page 78*



INDIA SUTTON

India went along to meet the staff and fitness first, learning about their favourite exercises and profiling the team in word and image. *See page 106*



DANNY EVANS

Danny shot this month's portrait of the Lewis family and our sportspeople of the month, the Fight4gold Judo squad. *See page 104*



REBECCA EVANS

Our resident travel professional profiles some destinations in which to get pampered in the UK and Ireland. *See page 58*



SABI APATI

Amongst our event coverage this month, Sabi got to go along to the l'Horizon's Moet party. Not bad. *See page 20*



EMILY SMITH

Emily interviews Patryk Kucza, a man setting off from Jersey to cycle 25,000 miles around the world! *See page 60*

The rundown.

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Jersey VIP
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CREATORS WANTED

contribute@gallery.je

Got a blog? fancy writing in something that gets into print too? We're always looking for contributions from people that are passionate about subject matter close to their hearts. Become a contributor and get paid for your content.

FEATURE

WE PROFILE ISLANDERS

features@gallery.je

If you are an artist with work to exhibit, an event or entertainment organiser with an event coming up; a business with some exciting news or a new product to feature; get in touch. We're keen to feature anything of interest that will be of interest to the 25,000 or so people that flick through a Gallery each month.

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#165 HIGHLIGHTS



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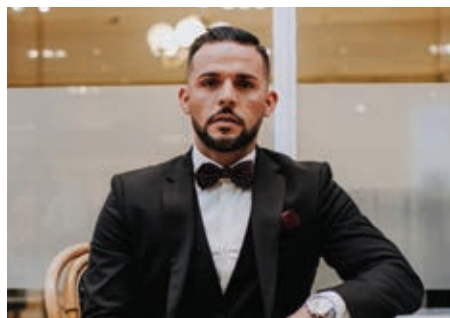
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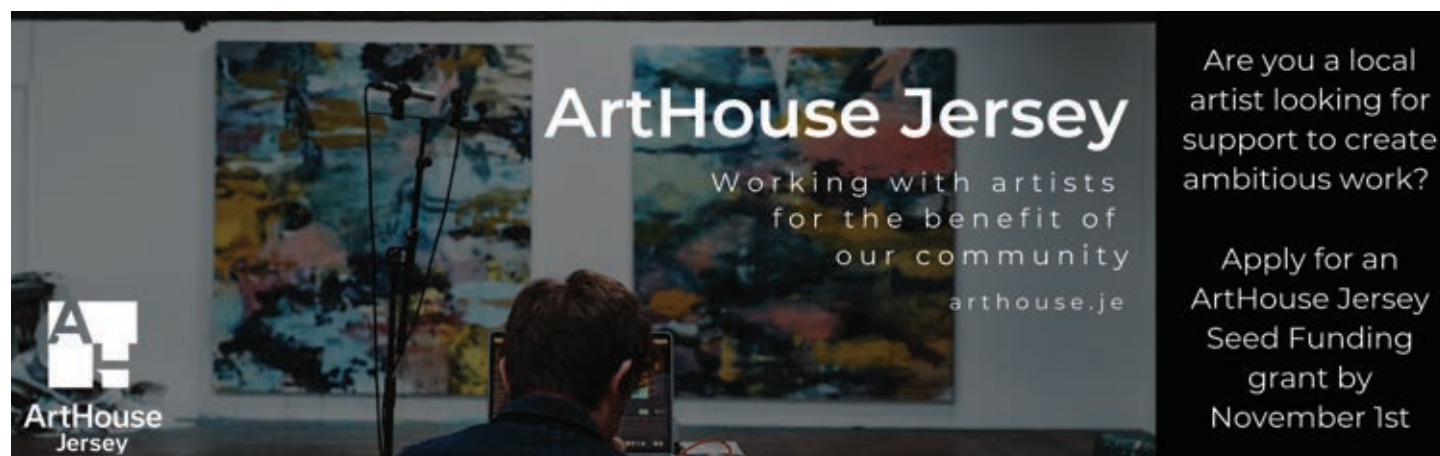
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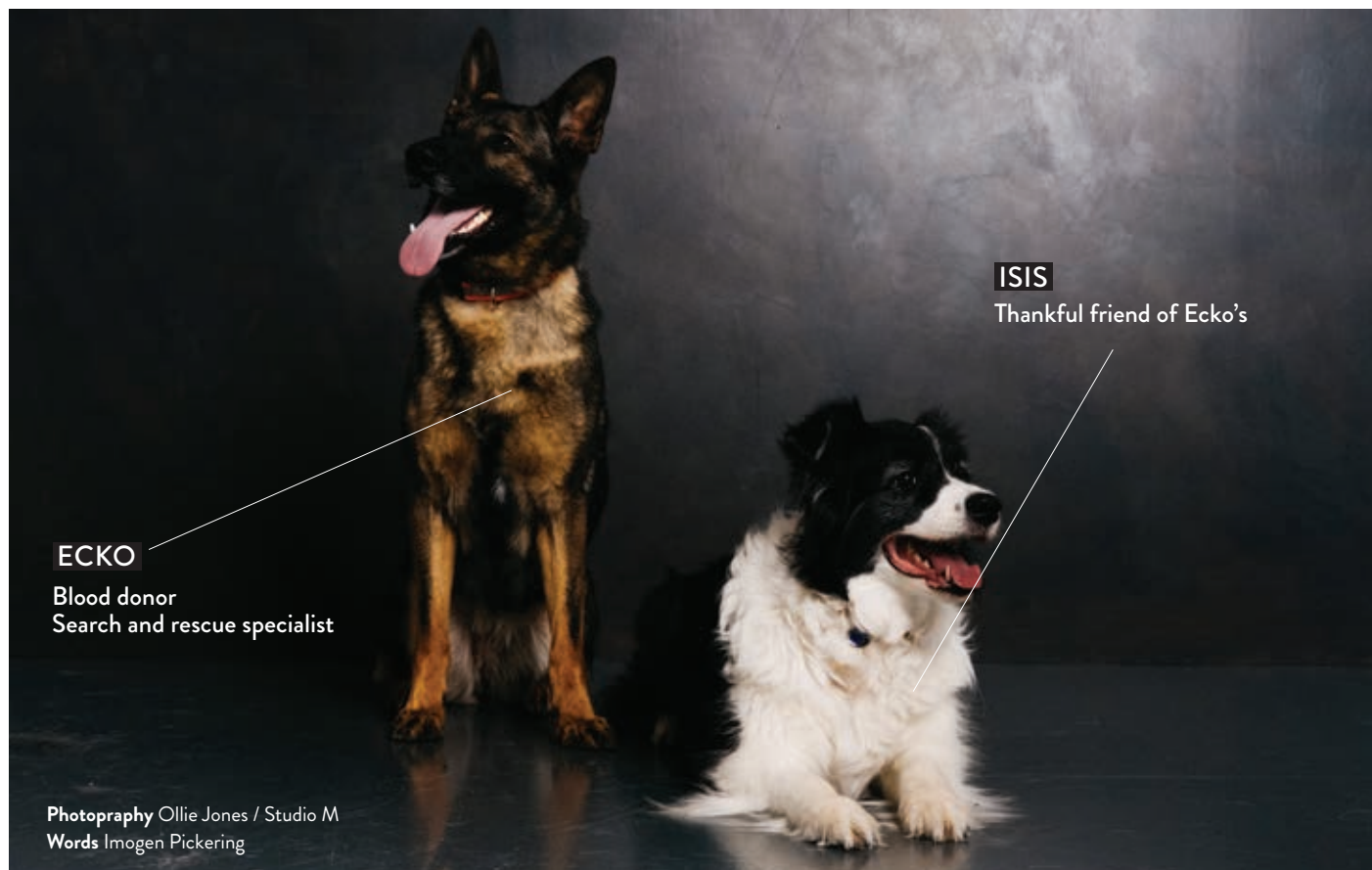
Are you a local
artist looking for
support to create
ambitious work?

Apply for an
ArtHouse Jersey
Seed Funding
grant by
November 1st

ArtHouse Jersey



Pets of the Month ECKO & ISIS



Ecko is a 4 year old German Shepherd with a talent for helping others. She is currently training with the Jersey Search and Rescue to become a search dog capable of finding missing people across all terrains, purely by their unique individual smell.

But it's not only Ecko's search and rescue training which renders her ability to save lives - she is also a canine blood donor.

Isis, a 9 year old Border Collie, was rushed to the vets with a series of small bleeds in her gums one evening. The vet at New Era Veterinary Hospital, Ian Cox, ran a series of tests on Isis as she deteriorated, before discovering that the bleeds were due to a mass on her spleen. Her body had used up all the platelets in her blood, which are essential in forming clots, so Isis was starting to bleed internally as well as in her gums, whilst her body failed to clot her blood to prevent this from happening.

The only way to help Isis was a blood transfusion, so that she could be well enough to undergo surgery and remove the problematic mass.

New Era are incredibly lucky to have access to a number of volunteer dogs (and cats!) who meet the criteria for animal blood donors. Ecko and her

owner, Louisa, volunteered to help straight away, with Isis being a good canine friend of Ecko's.

Isis received 470ml of donated blood, which meant she was able to undergo emergency surgery. Now several weeks post-op, Isis is fighting fit thanks to Ecko, which meant her body was able to clot her blood again and so made it through the emergency surgery. Isis is now several weeks post-op and thanks to her pal Ecko, she is fighting fit and back to bossing around her canine friends and family.

BECOME A DOGGY-DONOR!

To be a donor, your dog needs to be:

- Fit and healthy
- Between 1 and 8 years old
- Weigh more than 25kg
- Have a good temperament
- Ideally never travelled abroad
- Vaccinated
- Not on any medication

To register your dog to be a donor, call New Era Veterinary Hospital on 730521

Ecko

Breed: German Shepherd
Age: 4
Favorite food: Raspberries
Happiest when: Working or playing
Pet Peeve: Going to bed late
Specialist Skill: Helping those in need

Isis

Breed: Border Collie
Age: 9
Favorite food: Any
Happiest when: Out running with her doggy friends and family
Pet Peeve: When the treats run out
Specialist Skill: A form of dog yoga called fitpaws





NEW SEASON DREAMS PARTY AT DE GRUCHY



28th september 2019

Make all your Autumn dreams come true and celebrate the new season in style with de Gruchy this September. Visit the iconic heart of fashion and style in St Helier on Saturday 28th of September for our annual Autumn festival of style, experience a shopping trip you'll never forget and an exclusive look at the new season trends straight off the catwalk.



SHOP IN STYLE

Hosted in collaboration with Gallery Magazine, soak up the atmosphere in style with a glass of bubbles and a canapé reception whilst browsing the exclusive new season launch. Experience a shopping trip fit for a super model and take part in de Gruchy x Gallery photoshoot on the ladies fashion floor where our Gallery Style Stalker will be scouting the best dressed trends and looks.

WIN YOUR DREAM MAKE OVER

Whether you don't know where to start with a new season wardrobe or need a little help ticking things off your Autumn 19 fashion wish list, head along for the chance to win a luxurious head to toe make over worth over £800. Enjoy a deluxe pamper session at the in-house beauty salons at de Gruchy before a relaxing champagne lunch and personal shopping appointment with de Gruchy expert fashion advisors.

THE DE GRUCHY EXPERIENCE

Being home to the largest and best loved retail space in the Channel Islands makes the de Gruchy experience even more aspirational than you can imagine, with a whole world of brands and services to explore and a brand ethos that strives to make every customer smile you can guarantee your shopping trip will be a cut above the rest. From tailored expert fashion advice to award winning beauty advisors, a new season shopping trip to de Gruchy is a must.

SOMETHING FOR EVERYONE

de Gruchy might be the heart of fashion and style in St Helier but it still has something for everyone. Visit the store on Saturday 28th September and bring along the entire family for a day of fun and entertainment with giant inflatable games, free beauty treatments and much more, you'll be sure to find something to keep everyone entertained.

Saturday 28th September | from 12pm

Don't miss the dreamiest event of the season at de Gruchy
Get involved now using the hashtag #DreamsAtDeGruchy

de
GRUCHY
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NEWS IN NUMBERS

30

minutes added to Deadmau5's performance at local festival after The Kooks pull out

1,000

pound fine for recycling worker's 'ironic fly-tipping' of washing machine

8

percent rise in 'mix-adjusted' local house prices in the first quarter of 2019

5

month prison sentence given to repeat offender of driving offences for driving whilst banned

150

pound off e-bike purchase scheme launches

16

month driving ban for drunk driver who hit two cars while almost double the legal limit

220,000

pounds worth of money belonging to 'unknown clients' of former wealth management business results in funds being transferred to Receiver General

Pamper yourself this August...

..with our Premier Cru Facial!

This luxurious Anti-Ageing Facial combines the best active ingredients with advanced massage techniques and micro-point derma rolling stimulating the natural production of collagen and elastin. The results are spectacular: wrinkles and fine lines are visibly reduced, the skin is smoother and firmer with a radiant glow.

To book please call our Spa reception on **+44 (0) 1534 761122** or email **spa@stbreladesbayhotel.com**



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Spa



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- + Eyebrow wax & tint at Shavata
- + Wash & Blow dry at Fabriah
- + Lunch & prosecco for two at The Brasserie
- + Personal shopping appointment with de Gruchy expert fashion advisor
- + £500 store gift card

#DreamsAtDeGruchy

All you have to do is fill in your name & number in the box below and bring this in store on Saturday 28th September during the de Gruchy **NEW SEASON DREAMS PARTY** and post it in the box at the top of the escalator. de Gruchy will be open 9am - 6pm. See you there.

WRITE YOUR NAME & PHONE NUMBER HERE



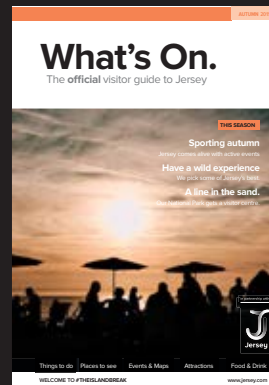
de
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What's On.

KEY EVENTS FROM OUR TOURIST GUIDE THIS MONTH

This selection of events is taken from What's On, our sister publication Tourist Guide. 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 the Liberty Bus station for them to keep as their companion during visits to Jersey. They're packed with local information and fresh each season. Look out for the Autumn edition now.

If you ever want listings in What's On, register and upload details to Visit Jersey's 'Mylistings' portal.



If you're a business that wants to attract island visitors, get in touch about being included in What's On, the guide picked up by visitors. Email WHATSON@FACTORY.JE

6 - 8 SEP 09:30 > 17:30 21ST JERSEY REGATTA

The Jersey Regatta is the flagship event in the island's busy sailing programme, designed to provide fun and excitement for all sailors be they regular racers or novices, locally-based or visiting.

📍 Regatta Office St. Helier Yacht Club, South Pier, St. Helier JE2 3NB
+44 (0) 1534 732229
info@jerseyregatta.com
jerseyregatta.com

7 SEP 08:00 > 20:30 BRECA JERSEY SWIMRUN

Breca Jersey is the Channel Islands' first swimrun race around the stunning coastline of Jersey. The courses have incredible ocean swims across the island's iconic bays. Teams will race counter-clockwise around the island in a battle against Jersey's relentless 40ft tides. Starting at Mont Orgueil Castle and finishing at Portelet Bay.

📍 Various
+44 (0) 7843 273237
ben@brecaswimrun.com
brecaswimrun.com/breca-jersey

7 SEP 13:00 > 21:00 PRIDE ON THE BEACH 2019

Jersey's streets will once again be transformed into a rainbow of colour as the Channel Islands Pride parade makes its way through St. Helier to the Waterfront at Les Jardins de la Mer where a whole host of activities are planned to entertain everyone. For the first time ever, we will be celebrating Channel Islands Pride on the beach.

📍 Royal Square & St. Aubin's Bay
Email contact only
christian@liberate.je
channelislandspride.org/

12 SEP 13:00 > 17:00 JERSEY INTERNATIONAL AIR DISPLAY

The skies above Jersey have enjoyed an annual air display for over 63 years, delighting and attracting many tens of thousands of local residents and visitors to enjoy one of the most eagerly anticipated events in Jersey's summer programme of activities. Coupled with the fact that it is also arguably one of the finest free air shows in Europe.

📍 Victoria Avenue JE3 1LS 🚗 NA 📞 Free
lowerpark@jerseyairdisplay.org.uk
jerseyairdisplay.org.uk

14 SEP 10:00 > 17:00 LIONS MUDDY FUN RUN 2019

Come and join the Lions Club of Jersey for a fun few hours of running, climbing, jumping, crawling and of course laughing as you attempt to traverse the obstacles and fields in their Muddy Fun Run 2019. As the title suggests, there is also a risk of getting dirty! Enter online via the website lionsmudrun.org.uk

📍 Princes Tower Road, St. Saviour, JE3 9HQ 🚗 20 📞 Free
+44 (0) 7797726710
ianbarett@gmail.com
lionsmudrun.org.uk

12-15 SEP 13:00 > 17:00 THE HEALTHY LIVING FESTIVAL

Celebrating all that is best in wellbeing and lifestyle. Over 40 exhibitors including readers, therapists, healthy products and services, nutrition and fitness. Exhibitors from the UK and Jersey.

📍 Rue de L'etau, St. Helier JE2 3WF 🚗 NA 📞 £0 - £10
+44 (0) 1534 484649
ian@barnespublishing.com
barnespublishing.com

22 SEP 09:30 > 18:00 DURRELL MEMBERS' DAY

Durrell members, take a guest for free! On Saturday 22nd September, Durrell are offering free entry for a guest to every member who visits the zoo. This is the perfect opportunity to bring a friend who hasn't been before or reintroduce a loved one to the wonderful residents of Jersey Zoo!

📍 Les Augres Manor, La Profonde Rue, Trinity, JE3 5BP 🚗 3, 13, 23 📞
+44 (0) 1534 860026
events@durrell.org
durrell.org/events

25 - 29 SEP 10:00 > 22:00 JERSEY FESTIVAL OF WORDS 2019

Jersey Festival of Words 2019 is a five-day literary event promoting a love of the written and spoken word across the community and in a variety of styles and settings with over fifty events spanning a range of local venues. Launched in 2015 the festival features events at a variety of locations around the island including some of the island's heritage sites.

📍 Gloucester Street, St. Helier, JE2 3QR 🚗 NA 📞
+44 (0) 1534 511115
info@jerseyfestivalofwords.org
jerseyfestivalofwords.org

28 - 29 SEP 09:00 > 17:00 SUPER LEAGUE TRIATHLON JERSEY 2019

RBC Super League Triathlon returns to Jersey this September. Featuring the best 50 triathletes in the world selected using a qualification system that rewards the best performances and offers new talent the chance to compete at the highest level. The Super League Champions are the ultimate swimmers, bikers and runners on the planet.

📍 St. Helier, JE1 1HB 🚗 NA 📞
+44 (0) 1534 859000
info@superleaguetriathlon.com
superleaguetriathlon.com



**Sign up
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Join us for **RBC Race for the Kids Jersey**

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Sunday 29 September, Waterfront Gardens

Race starts at 12:00 noon with family entertainment before and after in the fanzone PLUS the world's best pro athletes racing in the final from 14:00

Sign up at rbcraceforthekidsjersey.com
Registration fees go directly to Mind Jersey

Mind Jersey. Registered charity no. AJC27
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PAMPER YOURSELF

*New dimensions
in day spa*

Words by Grace Ryan

Illustrated by Jamie Leigh O'Neill



I often say that lifestyle journalism is the toughest job of all, right after brain surgery and uranium mining. Whilst you were sitting in your offices, napping in front of Excel, I went all the way to the International Spa Show in Schwakskrotch, Austria to be soaked in exotic muds and then forcibly relaxed by women with severe eyebrows.

I've returned unable to crack a smile, smelling like an expensive teabag, and allegedly looking ten years younger (perhaps forty years in some areas of my body) to inform our beloved readership about the hottest and strangest developments in the competitive world of expensive relaxation. If you assumed that the market for wellness is slow-moving and eternal, like the mighty banyan tree or the wise blue whale, then you've clearly never been at the sharp end of the industry - where poisonous TripAdvisor reviews are everyday currency and Gwyneth Paltrow has to maintain an elite corps of bodyguards in case somebody tries to off her with an exploding Yoni Egg. In the spa world you're only as hot the last time you got tweeted about by a Kardashian, so there's fierce competition to design the next treatment weird enough to warrant a photoshoot in Italian Vogue. Succeed and you will ascend to a white-jacketed elite that can charge \$1000 an hour to decant fruit smoothie into a funnel and pipe it up the wrong end of somebody who owns a helicopter. Of course, there are only so many chopper hoppers to go around, so it's equally competitive selling luxury to the likes of you and I. Ready, set, wax!

pole into a jacuzzi full of prosecco. You might just have gone in to get a couple of boils lanced, but even if you've crowdfunded a life-changing marathon under the knife there's no reason to keep it to yourself. Friends, followers and co-workers can fire distracting emojis at the surgeon who's performing your bottom lift and vote for the parameters of the permanent SnapChat filter that will transform your birth face into something that looks which looks as though it could guest star in Wallace & Gromit.

RELAX AT... FRIENDSPA: WHEN YOU'RE TOO BUSY FOR NORMAL LIFE

In today's time-poor economy many of us have come to appreciate the basic things in life - close friends, a shared meal, or curling up with a good book. Personally I work too much to have friends and the majority of my meals come out of a box; I haven't read a book in years because I need one hand free at all times to text. For a modest price (Starting at £850) Friendspa offers a bespoke experience to remind you of what's important - by compressing approximately three months worth of self-care into a short weekend. After completing a lengthy questionnaire, I was met at the hotel by my "oldest and best friend" Marissa, an actress who'd been paid to memorise my social media rants and nod understandingly before loosening me up with wine. She ran a bath, lit a cosy fire and summoned my choice of therapy animal (dogs/cats/hamster complementary; llama available with supplement) - so that we could ease into a long evening of nailcare and agreeing that

into a ring and then getting punched. Some of these people have plenty of money, and where there's probable concussion there's a good market in offering a comfortable place to lie down. The new breed of tough spas targets the same audience as premium "man moisturisers" and beard TLC services, offering wellness and cosmetic treatment for men who want to look younger but worry that enjoying a mud mask will turn them into Graham Norton. There's massage, but it's delivered either by women who resemble personal trainers or craggy Scottish men in martial arts pyjamas; the treatment room looks like a gentleman's club and everything smells like artisan gin. Instead of botox, you can get injections of scorpion venom to freeze your features into permanent "blue steel", as well as a range of "nutritional supplements" designed to imply they can enhance muscles or cure baldness. Some ladies worry that too many visits to the clinic will leave their faces frozen in one expression - but here that's a selling point as it increases the chance you could get mistaken for Jason Statham.

CUTTING EDGE WELLNESS TECH AT... TECHSPA: RELAX 2.0

In 2019 there is no form of economic activity that can't potentially be "disrupted" by wacky efficiency consultants and a signed delivery of silicon valley investment money. According to the minds behind Tesla and Amazon, relaxation and natural human ageing are inherently inefficient processes and are thus ripe for the same kind of transformation that brought us a bluetooth speaker that spies on you for the government. There's also a lot of what they call "hierarchical synergy" because most of these companies are run by Monty Burns types who would literally drink your blood if they thought it would improve their golf handicap. This means that using the consumer as a human guinea pig is worth the investment if it increases the odds that the suspended body of a billionaire god-king can reach the Mars colony without getting freezer-burned. Try not to think about this when you're enjoying a facial that you booked with an app, paid for with Bitcoin and was delivered by a machine remote-operated by a factory worker in Kuala Lumpur. It was 35% cheaper - so who cares if the Ts&Cs had a line about allowing the company to back up your memories? My weekend at the Techspa Relaxation node was so pleasant that my computer keeps crashing when I try and say anything negative about the experience; it was so lovely that I barely noticed when I woke up in an ice bath with an MP3 player where one of my kidneys used to be.

"IN THE SPA WORLD YOU'RE ONLY AS HOT THE LAST TIME YOU GOT TWEETED ABOUT BY A KARDASHIAN"

WHY NOT TRY... IG-SPA: TLC FOR THE TERMINALLY ONLINE

The needs of the billionaire class have been great for face creams made out of extinct animals, but the biggest growth area in spa world has been through everyday people who promote the service by being unable to turn off their phones, regardless of where the bleach is going. The spa is no longer a place of gentle solitude when the twin forces of hen parties and millennials insist on making sure everybody knows just how much they are enjoying themselves, at all times. Enterprising beauticians have responded with packages where the entire process is streamed online, accompanied by empowering music, custom gifs and a symbolic rebirth as you exit the therapy room by sliding down a hot pink stripper

my exes are all scum. We spent the next day clothes shopping (Marissa agrees I look fabulous), ate sinful desserts at local bakeries, before going back to the hotel to talk about my career and why my mother has always tried to undermine me. Overall I would describe the experience as being like WestWorld, if it were based on a romantic comedy starring Jennifer Aniston. I hope that neither Marissa nor any of the animals had their brains wiped afterwards, but I didn't check in case it meant I had to leave a bigger tip.

CONDITION YOURSELF AT...

TOUGHSPA: hardcore relaxation

Some people understand that relaxation is an essential part of conditioning, but don't trust a massage that doesn't hurt, and associate wearing a robe with climbing

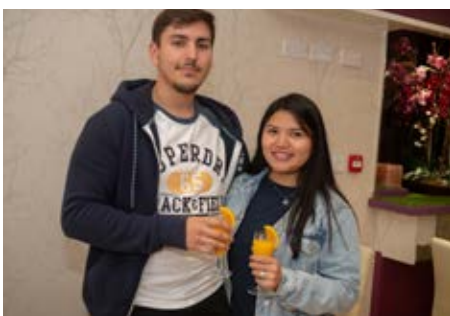


IQ STORE LAUNCH

Liberty Wharf
Saturday 3rd August

This brilliant event was for the unveiling of the brand new iQ store at Liberty Wharf. They are now one of the largest official Apple Premium Resellers in Europe and they couldn't wait to show off their extensive new range of third party accessories, state-of-the-art training facilities

and service centre. There was a huge buzz at the launch event, with around 170 customers queuing before 9am; some of whom were the lucky winners of AirPods, Sonos Speakers, cash prizes of up to £1,000 and more! Pop and visit them soon at Liberty Wharf.



SPICE OF LIFE ALL DAY BUFFET

The Spice of Life
Saturday 17th August

The Spice of Life restaurant held one on its all-day buffets last month. A wide range of ages and ethnicities made it a very sociable event with youngsters through to the over 70's ... there seemed to be something for everyone.

The evening saw a lot of brave souls try their hand at karaoke, some with surprising talent. Let Spice of Life know (FB- spiceoffliferestaurant) if you would like to see more buffets on offer and taste a variety of dishes, or if you would like a regular karaoke evenings!



IF YOU WOULD LIKE YOUR EVENT COVERED, PLEASE CONTACT US ON PAPARAZZI@FACTORY.JE

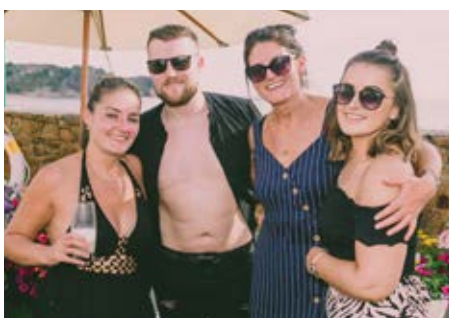


JERSEY NETBALL ASSOCIATION AT NETBALL WORLD CUP

Liverpool
July 20-30

Jersey Netball members travelled to Liverpool during the 10 days of the Netball World Cup this summer to watch games and support England and, of course, our own Serena Guthrie. Great numbers of St Clement's Netball club traveled on a club trip to the event. The Jersey U12s

squad travelled with their 'roses' dress up and good luck messages for Serena. Lots of them got to meet players from not only the England Squad but also other teams involved.



MOËT ICE PARTY

l'Horizon Terrace
24 August

What better way to spend a sunny August afternoon than sitting with a panoramic view of St Brelade's Bay from the l'Horizon terrace, champagne glass in hand. Living your best life, right? This summer saw the terrace taken over for a special series of events hosted by Moët & Chandon as the l'Horizon's

Champagne Party series made the most of the lower terrace with live acoustic performances as well as special guest DJs to entertain guests. It was clearly a popular choice, as our competition to win tickets got over 500 shares on Facebook. We hope our winners and all attendees had a great time.





IOD JERSEY WELCOMES NEW CHAIR

Sirocco

Wednesday 13th July

Lisa Springate began her three-year tenure as Chair of the Institute of Directors Jersey to outline her vision for the organisation, drive membership, and unveil plans to introduce new subcommittees. Over 150 members and non-members attended to welcome Lisa and also learn about the IoD Company Direction Programme.

Those joining IoD Jersey on the night had their joining fee waived and were entered into a draw to win a flight over Jersey in a bi-plane, kindly donated by owner and pilot David Brown. The sell-out evening was a great success with guests entertained by the Jessica Lloyd Jazz Duo.

IF YOU WOULD LIKE YOUR EVENT COVERED, PLEASE CONTACT US ON PAPARAZZI@FACTORY.JE



The 'Suite' smell of investment at Grand Jersey!

STYLISH SOCIALISING

Grand Jersey Hotel & Spa is one of the island's most stylish and sophisticated venues, offering an exceptional experience – whatever the occasion.

And that experience just got even better! The Grand Suite at the AA Five Star St Helier Hotel has recently undergone a major refurbishment programme and the result is a fantastic 'one-stop event space'. From formal dinners, birthday parties and conferences to wedding receptions, seminars and end-of-season award events, the Grand Suite provides the perfect package. Largest of all the function rooms within Grand Jersey, the space has undergone a £400k makeover and has been totally transformed. Accommodating up to 250 people for a reception, 150 theatre-style or 110 for private dinners, the impressive room has been carefully re-designed with all types of events in mind.



ELEGANCE PERSONIFIED

Whether it's large and lavish or intimate and understated the flexible space can be easily tailored to create the ambiance and atmosphere you are looking for.

Two huge skylights now flood the area with natural daylight and the neutral décor enables the room to adapt to any theme. When it's time to turn the lights down, programmable colour-changing lights have been installed to help create further atmosphere.

COMFORTABLY CHARMING

Whatever the celebration, guests will be impressed with the discreet décor, fabulous food and slick service at Grand Jersey Hotel & Spa. A dedicated modern bar area provides a private social space within the room which is the perfect spot for pre or post event drinks.

Music resonates from the new Crestron System, where tailored playlists can be compiled to complement any event.



PRESENTATION PERFECTION

A new state-of-the-art AV management system synchronizes all equipment in the room and the simple and easy to use controls means that in one click you can stage a powerful presentation. A new ceiling-mounted HD laser projector connects to two 75-inch screens so presentations can be delivered seamlessly and wirelessly.

The upgraded technical solutions now provide businesses with technology-driven conference facilities coupled with outstanding food and beverage services.



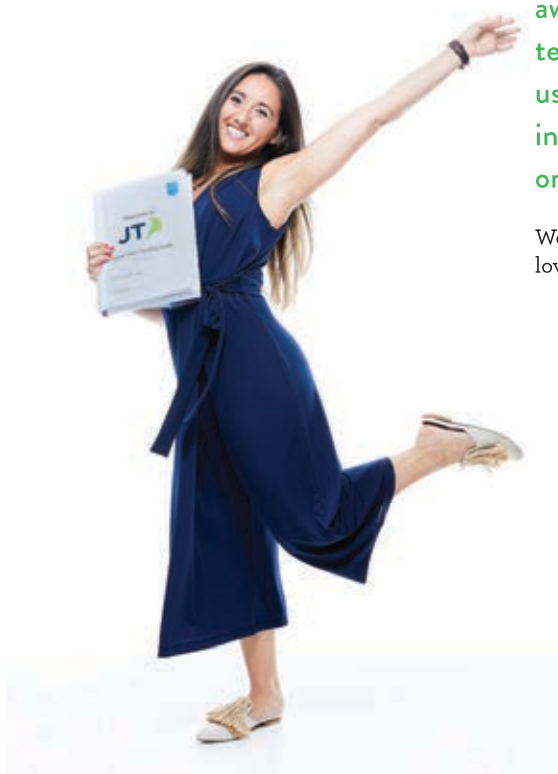
To view the beautifully refurbished Grand Suite call 01534 288456
www.handpickedhotels.co.uk/grandjersey

GRAND JERSEY
HOTEL & SPA
ST HELIER, JERSEY

JT's *Talented* Team

At JT, their culture is built around the valuable relationships they have together with their customers, something they pride themselves on. With over 400 JT employees in the Channel Islands, you're never far away from a tech expert. Whether they are part of the contact centre team giving you advice over the phone / via social media about your usage package, or the retail team helping you select the right products in the shop, or an engineer sent to your house to fix a fault; they all have one goal in common – to help JT's customers stay connected.

We recently met some of the JT team, that you see/talk to most often and asked them what they loved about their work and helping customers in today's digital world



SAM LOGAN

QUALITY ASSURANCE AND TRAINING OFFICER

What do you do day-to-day?

I deliver technical and skills-based training within the customer service teams, so I'm always reviewing and updating our training modules. At JT we invest heavily in our people and many of our customer service team go on to progress and build their career within the business. I see my role as ensuring new employees are equipped with the right tools, attitude and skills for future success, from the outset.

What do you enjoy doing when you are not working?

My interests revolve around fitness and wellbeing. From a young age I represented Jersey in gymnastics at several Island Games. I enjoy challenges and have combined this with raising money for several charities such as Headway and The Jersey Stroke Association, climbing Mt Kilimanjaro, walking the Great Wall of China and cycling from London to Paris.

DOMINIC GOSATTI

RETAIL SALES ADVISOR

What do you do day-to-day?

Each day we open our doors and help our customers with a wide range of enquiries, I love giving advice and guidance on the latest technology. I would be lost without my mobile phone, and I know how important they are to our customers. I can work from my phone, using it to explain different features to customers, showing them how to get the best from their new purchase.

What's next for you in your career at JT?

To work my way up to shop supervisor, then hopefully one day becoming the JT shop Manager.





NIKKI WILSON

MANAGED SERVICES TECHNICAL LEAD

What do you do day-to-day?

I am responsible for supporting a wide range of Voice and Data technologies, such as Wi-Fi, Managed Firewall and IP Telephony, so I am always close to the latest technologies like my Cisco router. My many years of experience as a Core Network Engineer enables me to develop processes and our people's technical knowledge for whatever they may need on the 24/7 JT Service Help Desks.

What do you enjoy about your job?

I love a technical challenge and empowering our teams to learn new skills and think creatively about providing meaningful customer solutions. Our business encourages collaborative thinking, and this fosters some really great work. Engineering was once the domain of men but that is no longer the case, I'm so proud to work for an employer where I can see more and more diversity joining our teams with passion for technology.

CAT GOMES

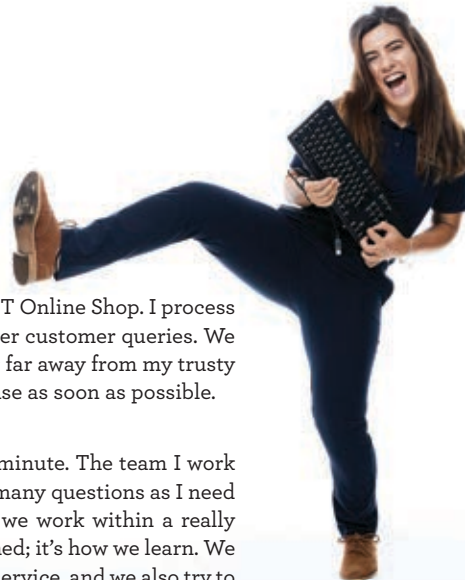
RETAIL SALES ADVISOR

What do you do day-to-day?

Part of my role is overseeing the stock for our JT Online Shop. I process all online orders, update stock levels and answer customer queries. We now also get orders from overseas so I'm never far away from my trusty keyboard to ensure our customers get a response as soon as possible.

What do you enjoy about your job?

I joined JT a year ago, and I've enjoyed every minute. The team I work with are encouraging and helpful, I can ask as many questions as I need to – technology evolves so fast which means we work within a really inquisitive culture where questions are welcomed; it's how we learn. We all share a genuine passion for good customer service, and we also try to have some fun along the way, a friendly sense of humour always helps.



DAVE KITTOW

FIBRE ENGINEER

What do you do day-to-day?

A typical day for me involves working on JT's fibre optic network. The most commonly identifiable part is the ONT. Its role is to translate light signals from the fibre optic cable so the signal can be read by the Tilgin router. With the average family now connecting up to 20 devices over the internet, the Tilgin router has become an important part of the home. With most devices now connecting over Wi-Fi, the demand for Wi-Fi coverage has increased and to meet these needs JT now offers fast and reliable Wi-Fi Mesh Solutions.

What do you enjoy doing when you are not working?

We have two small boys, so they keep us very busy! I enjoy going to the gym and my sons and I are members of Jersey Krav Maga, martial art school.



SHANNEN WRIGHT

CUSTOMER EXPERIENCE AGENT

What do you do day-to-day?

I enjoy talking and interacting with a whole variety of people which means that no two days are ever the same. I am always happy to help with any query, from talking our customers through their monthly invoice, to changing mobile tariffs to reconfiguring routers. I'm here to help our customers get the most out of their services with JT.

What's next for you in your career at JT?

I can definitely see my long-term career at JT, with my next step being a move to the digital team. Many of our customers now interact with us via social media, Live Chat and our unique JT My Account App – so instead of using my headset I can speak to customers across a variety of other channels that suit them.



PROFESSIONAL *pamperers*

With all the stresses of everyday life, it's important to take time out for ourselves. The beauty industry is growing faster than ever before and is on an upward trajectory, with burgeoning trends including sustainability, technological advances, and even products aimed at pets set to help the industry continue to grow over the next decade. We met with four industry experts ahead of the game, pioneering the way when it comes to beauty in Jersey, to find out how they got to where they are and what the industry means to them.

JOELENE HILL

FOUNDER OF CREATIVE HAIR & BEAUTY STUDIO, JOELENE HILL - THE STUDIO

WHERE DOES YOUR INTEREST IN THE INDUSTRY COME FROM?

My first creative experiences were in art class at school, which evoked a passion for colour and design, that I later applied to hair. Ours is a very creatively stimulating industry. We keep learning, we develop skills that are in wide demand, and we can gather inspiration from many different cultures and fashions.

HOW DID YOU GET TO WHERE YOU ARE TODAY?

My career started in Jersey, but the catalyst for what I am doing today was my time in Milan. I studied at the Istituto Marangoni and then worked in the city's demanding and deadline-driven fashion and film industries. This was an exceptional training for hair and make-up styling, and I wanted to go on to apply the skills I had developed there in the Studio. Getting to where I am today required a lot of hard work and dedication.

WHAT DO YOU LOVE MOST ABOUT YOUR JOB?

I love the diversity, working with an enthusiastic and skilled team, and I love the creative

stimulation. I've really enjoyed starting the business, developing a creative space in town and building the brand. We have an ethos in JHTS which is: cultivating and maintaining health for hair. It takes time to promote this ethos over the idea of quick fixes and to find products which are well-aligned with it, but ultimately it is what makes our business different and our clients see the benefits. This has been very encouraging.

WHAT DOES A TYPICAL WORKING DAY LOOK LIKE FOR YOU?

Each day would be a different combination of the following: appointments with my clients; meetings with the Studio team; creating new content and updating our social media; research and business development; and off-site commitments such as weddings, photo shoots and brand editorials.

WHAT ARE YOUR HOPES FOR THE FUTURE WITH YOUR CAREER?

I hope to continue loving what I do, and building something I believe in. We have a number of exciting collaborations in development at the moment, so it will be great to see them bear fruit.



I LOVE THE DIVERSITY, WORKING WITH AN ENTHUSIASTIC AND SKILLED TEAM, AND I LOVE THE CREATIVE STIMULATION.



PERHAPS I WANT THE SEEMINGLY IMPOSSIBLE,
AND - YES - THINGS HAVE BEEN DIFFICULT,
PAINFULLY SO AT TIMES. DESPITE THIS, IT STILL
SEEMS POSSIBLE TO BUILD THIS DREAM SPACE,
WITH ONE PAIR OF HANDS, ONE HOUR AT A
TIME, AGAINST ALL THE ODDS.



ANNA MESSERVY EVANS

FOUNDER OF ETHICAL SKINCARE BRAND, MANOMARA

WHERE DOES YOUR INTEREST IN THE INDUSTRY COME FROM?

After my first year of university, I worked for a fragrance manufacturing company in Holland. I moved to Amsterdam, commuting to Naarden to work in the manufacturing side of the business. One of my flatmates worked in the company's marketing department, so I often joined her for workshops, where I saw a different side of the industry and how to effectively communicate scent to customers. In a similar way to the terminology associated with wine, there is a rich language used to describe scent. It fascinated me. It was such a great foundation for what I would go on to do, and ultimately to stay in the industry for good.

HOW DID YOU GET TO WHERE YOU ARE TODAY?

I have been interested in aromas since I was little. I assess, compare, group and memorise scent - from experiences, holidays, situations, people - and so perhaps for this reason working in perfumery and cosmetics was written for me. Combined with an innate interest, I had a series of lucky chances which allowed me to have several formative experiences in the industry. From the job in Holland, I went on to work for Lancôme. The job was working with finished products and communicating their ingredients and benefits to journalists. From Lancôme I went to Chanel headquarters and spent a year in an extraordinarily privileged job, working as the right hand to the beauty press manager for Chanel UK. I then left London to move to Jersey, live by the sea, mother and bring up children, whilst studying perfumery and cosmetic science. It was here that I set up Manomara.

WHAT DO YOU LOVE MOST ABOUT YOUR JOB?

I really can write the plan. I can't count the number of times I have been told I am a dreamer; that my concept will not work; that is it not possible to run a company successfully

with flexible working hours, while being there for my family and children; that it is not possible to be environmentally conscious and create a luxurious healthy product that makes people feel great; that it is not possible to produce a cosmetic product that is for men and women; that it is not possible to build a company from scratch in a competitive market without initial funding. Perhaps I want the seemingly impossible, and - yes - things have been difficult, painfully so at times. Despite this, it still seems possible to build this dream space, with one pair of hands, one hour at a time, against all the odds.

WHAT DOES A TYPICAL WORKING DAY LOOK LIKE FOR YOU?

I wake up at 6.25 am and get my children ready for the day, have breakfast, chat with them, pack lunch boxes, listen to music, sort out the day's admin and go on school runs until 9am. After that I go to the beach. I run and practice yoga on the dunes to stay healthy and clear headed. Then I devote myself and concentrate on Manomara. During busy times, my children and friends will help out. It really is wonderful when the people I love dearly work alongside me and with each other. It is teamwork that means so much to me.

WHAT ARE YOUR HOPES FOR THE FUTURE WITH YOUR CAREER?

Manomara will remain focussed on producing beautiful natural products, which are both environmentally low impact and luxurious. In the near future, I hope to gather a wonderful team of people as Manomara grows. Each person will be able to work in the way they want to. Flexibility around children, life and wellness is of paramount importance to me and integral to Manomara's ethos. In terms of product offering, we're set to expand, and future ingredients will revolve around growing our own plants locally, as well as harvesting seaweed from Jersey's beautiful coastline.

ALEXA DODDS

FOUNDER OF DOG GROOMING PARLOUR, PAWS PITSTOP

WHERE DOES YOUR INTEREST IN THE INDUSTRY COME FROM?

I have worked with animals from a very young age. Since childhood, I have been passionate about animals which developed into a hunger for a career in the canine industry.

HOW DID YOU GET TO WHERE YOU ARE TODAY?

Paws Pitstop started out as the first mobile dog-grooming business in Jersey. With a fast-developing client-base and the realisation that being mobile restricted the potential of the business, we expanded into a static salon in St. Peter's and turned what was simply a grooming business into a doggy salon & spa. Having been in the business for over 10 years now, we have become one of the island's most trusted grooming salons with an ever expanding happy client base.

WHAT DO YOU LOVE MOST ABOUT YOUR JOB?

Job satisfaction for us is a good result for the client (both the dog and the owner). We maintain very high standards for each groom on any breed of dog. Our range of add-on treatments allow our customers to individualise their grooms, as well as really

spoil and pamper their beloved pet, so I love that each groom is as individual as the dog themselves. Facials and mud baths are amongst the most popular treatments chosen by our clients at the moment, and I love that I'm able to offer something so unique.

WHAT DOES A TYPICAL WORKING DAY LOOK LIKE FOR YOU?

A typical day is always busy. I have four dogs of my own which I bring to work with me, so first on the agenda is getting them organised. Then, it's a full day of appointments, where my team and I groom up to fifteen dogs a day. It's always non-stop, but our priority is keeping a calming environment and making sure everyone is comfortable with the whole grooming process.

WHAT ARE YOUR HOPES FOR THE FUTURE WITH YOUR CAREER?

As ever, Paws Pitstop aims to keep growing. Having been in business for a decade now, we have a sound understanding of the industry, but we want to continue to add to our offerings and grow into other segments of the market. We have big plans for the future, so watch this space!

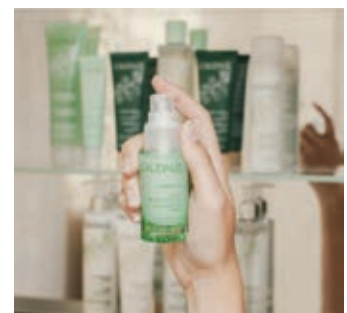


FACIALS AND MUD BATHS ARE AMONGST THE MOST POPULAR TREATMENTS CHOSEN BY OUR CLIENTS AT THE MOMENT, AND I LOVE THAT I'M ABLE TO OFFER SOMETHING SO UNIQUE.





I LOVE MY JOB, BECAUSE NOT ONLY DO I HELP PEOPLE RELAX AND FEEL WONDERFUL, BUT I AM SOMEONE THAT THEY CAN TRUST IF THEY NEED TO TALK.



MONICA FREITAS

SPA MANAGER AT ST BRELADES BAY HOTEL & SPA

WHERE DOES YOUR INTEREST IN THE INDUSTRY DOES COME FROM?

My interest in beauty began at a very young age, and growing up in a house with 6 women definitely influenced me. As a young teen, my Aunt, who has her own salon in Madeira, would let me practice on her and her friends. This gave me by initial taste of the beauty industry and I just fell in love with it from there.

HOW DID YOU GET TO WHERE YOU ARE TODAY?

I always knew the beauty industry was for me, but it also seemed impossible to find work that could sustain me over time. I began working part-time, painting nails in a salon for two days a week, whilst I completed my massage and healing therapy courses. After completing these, I worked for a couple of spas in Madeira, before I chose to improve my English and further expand my knowledge and experience by moving to Jersey. I have been here for almost four years and I still love my job as much as I did 10 years ago. St Brelades Bay Hotel & Spa have played a big part in my development in the industry and since working here I have been promoted to senior therapist, so not only have I increased my knowledge, I now have new skills like managing a small team.

WHAT DO YOU LOVE THE MOST ABOUT YOUR JOB?

Working in beauty requires a lot of energy, understanding and patience. I love my job, because not only do I help people relax and feel wonderful, but I am someone that they can trust if they need to talk. I'm not just their beauty therapist, but also their friend.

WHAT DOES A TYPICAL WORKING DAY LOOK LIKE FOR YOU?

My typical day at work starts at 8.30am with opening the spa. Throughout the day, I undertake a range of treatments; these can be anything from a full body massage or scrub, to wax, nails and even eyelash lifts. At the end of the day, we make sure all rooms are tidy and ready for the next day. We also take great care

over the presentation of our reception, as it's the first and last contact the client has with us and we want to ensure every client has the best spa experience.

WHAT ARE YOUR HOPES FOR THE FUTURE WITH YOUR CAREER?

I would like to expand my knowledge by travelling to more exotic places to experience a whole different concept of spas, like Thailand or Mexico. Eventually, I would love to open my own luxury aromatherapy boutique. Personally, this is my favourite area of beauty, and I want to provide treatments that are designed to make people feel wonderful, revitalized, relaxed and most importantly, balanced from the inside out.

SAME OLD CHRISTMAS PARTY MENU?




Let The Spice of Life offer something different; quality, healthy delectable food ☑ cooked to your specific tastes with dietary requirements catered for.

Exclusive use is available with both lunchtime or evening bookings with a buffet and/or selectable menu options for up to forty guests. Join us for a meal you will remember!

HMAS BOOKINGS NOW BEING TAKEN.

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 **THESPICEOFLIFERESTAURANT**





Be pampered...

Lucie Filipponi from Les Hoûmets Care Home in Gorey Village talks about what it means to be 'pampered' as we grow older...

Getting older gives us the opportunity to take the time to enjoy life. At Les Hoûmets that's what we do! Our ethos is about bringing excellence into care as well as celebrating getting older with fun, love and life. We believe pampering is more than just the physical but the mental and spiritual aspects of our being too.

For example:

Treating ourselves is taking care

We believe everyone deserves to feel great, that's why we have a dedicated wellness room where residents can get hand and nail treatments, such as hand massages, manicures and pedicures which our visiting chiropodists support.

Many of us enjoy a trip to a beauty salon and as we age we can still enjoy the benefits of a beauty treatment.

"Getting together and sharing activities is something our residents love to do and which we actively encourage."

Nails are considered a measure of our overall health; their texture, thickness, shape and colour can change over time. It's important to help combat the appearance and effects of ageing by having good nail care.

A new hair 'do', for a new you

A trip to the hairdresser makes us feel alive and better in ourselves and our residents have the opportunity to visit external hair salons, however many prefer to use the hairdressing services we provide at Les Hoûmets with our wonderful hairdresser.

As we age our hair can get thinner, changes colour and become more brittle. A good diet of course is essential to help with overall health. The mineral selenium, commonly found in shellfish and nuts is important for nail and hair health.

We need to pamper ourselves with the nutrients our body needs. That's why we believe in always using fresh wholesome ingredients in the food we serve and residents enjoy home-cooked meals every day.

Mindfulness

Pampering involves looking after our mental wellbeing too. Our residents can enjoy quiet times of reflection and meditation, be it in the garden, the conservatory, the quiet lounge or in the privacy of their own room. Here in Gorey we are lucky to have such natural beauty on our doorstep. Walks through the village, along the common or the gardens to the harbour are popular ways of re-charging and enjoying nature.

We also encourage residents to pursue their spiritual path; we will help residents to attend spiritual ceremonies and services and we regularly welcome visiting clergy of different faiths.

Hobbies

As we journey through older age we can take the time to focus on hobbies. Our residents enjoy a variety of interests from reading to craftwork to Zumba! Getting together and sharing activities is something our residents love to do and which we actively encourage. You are never too old to take up a new hobby whether that's getting active, enjoying the skill of a board game or learning a new language, it all adds up to looking after our brains.

Empowerment

Activities and 'pampering' give residents a sense of independence and empowerment. Growing old is a celebration and a privilege denied to many. For more information about Les Hoûmets and our care facilities please give us a call.

For more information please contact Monica Le Mière on Tel: 855656 or visit www.leshoumets.com



Don't smile lads, smoulder...

Design a rugby shirt for the Reds

Young Islanders are invited to put their artistic talents to good use this summer, designing a rugby shirt to be worn by Jersey Reds at a game this year.

The competition, which is sponsored by Santander International, ties in with Durrell's Go Wild Gorilla Trail, reflecting the theme 'Rewild Our World'.

Badongo, the rugby-playing gorilla sculpture sponsored by Santander International, joined Jersey Reds at their club house in St Peter

last month. Designed by Oli Nightingale, the spray-painted gorilla is one of 40 sculptures on a trail around the island.

Children can enter Santander International's Design a Jersey Reds Rugby Shirt Competition by downloading a form from the Santander International website. Categories for entry include 0-6 years, 7-11 years, and 12-16 years.

The winner of each age group will receive a family membership for Jersey Zoo, while the overall winner will see their design made into rugby shirts for the entire Jersey Reds team for a home game on Saturday 9 November.

Go Wild Gorillas is a free family-fun event running in Jersey throughout the summer to celebrate the 60th anniversary of Durrell. The closing date for competition entries is 13 September 2019.

For details see: <https://bit.ly/2HoYXpT>

Anyone visiting Badongo on the trail can unlock the app reward which is an online game 'GoBadongo!' – help Badongo out manoeuvre the opposition, add up the sums correctly and score a try for Badongo.



Putting the Care into Care Home.



Call to view our elegant rooms today
T. 01534 855656

Defining care, affordably.

At Les Hoûmets we seek to redefine the nature of care. Our dedicated staff provide the best care. Our chef cooks up the best in care. Our surroundings reflect our commitment to providing the best home-from-home care.

Our en-suite accommodation consists of:

- ✓ 19 well appointed single rooms
- ✓ 4 deluxe rooms in the garden wing
- ✓ 4 beautifully styled penthouse luxury suites
- ✓ 1 twin room for a couple

Our rates make your care affordable. Make an appointment and come and see for yourselves how we deliver the definition of care.

Contact Monica Le Mièrre, Home Manager
Tel. 01534 855656.

Les Hoûmets Care Home, Gorey Village
Main Road, Jersey JE3 9EP

www.leshoumets.com

LES HOÛMETS
— CARE HOME —

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drinkaware.co.uk for the facts



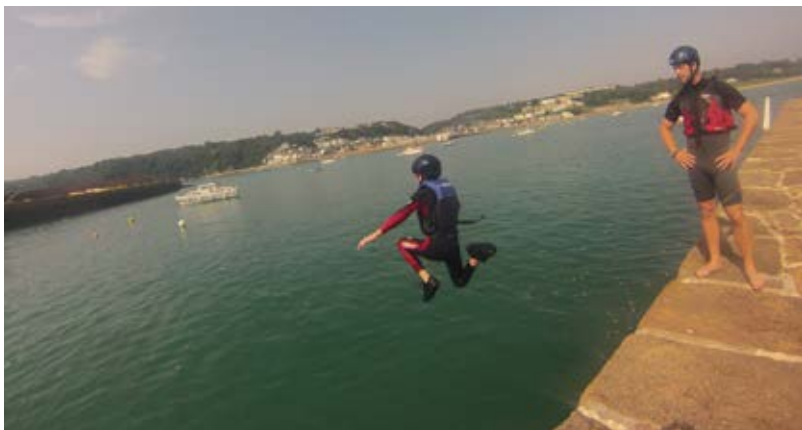
RBC employees at community projects in Kenya



RBC employees win trip of a lifetime

Two RBC employees in the Channel Islands have returned from once-in-a-lifetime experiences in Kenya after winning the company's Global Citizenship Awards in recognition of their local community involvement. The trip was sponsored by RBC in partnership with the international development organisation 'Me to We'.

The RBC Global Citizenship Award was established in Canada in 2016 and expanded globally last year. The award recognises employees who selflessly donate their time, energy and resources to drive positive change in their communities. Jersey's Allison Caldeira and Guernsey's Kelly Burdett were the first Channel Islanders to receive these awards, in 2018 and 2019, respectively. Both of the winners travelled to Kenya and took part in various community projects including building a dormitory for a girl's school alongside other RBC'ers from around the world.



LV supports young carers' programme to tackle isolation

Young carers in the Island will be supported this summer with fun activities to tackle isolation as part of the Jersey Youth Service initiative 'My Time Summer Programme' sponsored by LV Care Group through Jersey Support Youth Charitable Trust.

The 'My Time' project has been introduced in a bid to provide extra support for local, young carers and to tackle some of the difficulties they experience. It enables young carers with a space to meet like-minded young Islanders, receive support and more importantly give them the opportunity to play, have fun and make new friends, which can be difficult to do in their unique situation.

The summer programme provides free weekly activity sessions for young carers aged between eight and 18 years old throughout the summer holidays. The programme of activities will range from numerous water sports, abseiling and trips to local attractions.

LV Care Group has donated £13,040 to support the 'My Time' project's weekly activities, awareness sessions, residential trips, as well as the summer programme. The funding provided by LV allows the Jersey Support Youth Charitable Trust to further support the Jersey Youth Service to expand its services and offer further support to young carers in the Island.



The Skipton team and artist Gabriella Street

Art at Skipton's heart.

Skipton International has cemented its commitment to the local art community with a new giant mural taking pride of place inside its Waterloo Street Mortgage Centre. The installation was designed and painted by artist and graphic designer Gabriella Street to celebrate its sponsorship and involvement in ArtHouse Jersey's Skipton School Mural Project.

The partnership between the Channel Island bank and the artist and graphic designer is particularly poignant, with Gabriella crediting Skipton's past support as one of the main contributing factors to her success.

Gabriella said: "A real turning point for me was taking part in the Skipton Open Studios last year. I wasn't sure my work was of high enough quality, but the opportunity really helped my confidence and established some important contacts within the island that has allowed me to develop and grow. It's been such an honour to repay the favour by bringing the mortgage centre to life with one of my designs and I hope that their example may encourage other offices to get creative too."

Skipton has supported ArtHouse Jersey's projects for nine consecutive years, working with the local arts charity to deliver a variety of innovative and meaningful community art projects to encourage artistic talent to flourish on the island. The design in the Mortgage Centre reflects elements of island life and those communities who have been touched by Skipton's support and services.

Skipton International celebrate its 10th anniversary in the Channel Islands this year, offering a wide range of residential mortgages and offshore saving deposit accounts. Its award-winning customer service and competitive products ensure that it is regarded as the community bank of choice.

To have your charity events and CSR activity included in our Give section, please email news to hi@gallery.je



Cyber altruists

Cyber support boost for charities

Three of JT's senior security team have become the latest recruits to the Jersey Charitable Skills Pool (JCSP) and are calling on their industry colleagues in cyber security to join the growing number of expert volunteers offering their knowledge and advice to local charities.

The JCSP was set up earlier this year in response to the increasing need for charities, like businesses, to protect their systems and information against cyber attacks and potential data breaches.

JT's Group Security Officer, Marcel Le Claire, Security Product Manager, David Salisbury, and Security Consultant, John Bridge, will be donating 30 hours of professional advice to local charities on a range of issues including, cyber security policy, procedures, risk assessment and testing.

Marcel said: "Charities are just as vulnerable as larger companies but very often don't have the resources, time or finances to make the right investment to safeguard their systems and the data they hold. It can be difficult to know where to turn and hopefully by pooling our skills in this way from people across the industry, it will mean that our local charities are able to get some free expert advice that they so desperately need. We're truly delighted to be in a position to be able to offer something back to our island."

The JCSP was founded by the Channel Islands Information Security Forum with the primary purpose of providing cybersecurity consultancy to charities, but it is hoped that the group will broaden its remit to other business areas and across the Channel Islands as a whole if the cybersecurity pilot is a success.

Charities and not-for-profits can apply for time from the pool at www.jerseycsp.org.uk



The Skipton team and artist Gabriella Street

Stamps for guides!

A set of six stamps celebrating the centenary of girlguiding in Jersey is to be issued by Jersey Post on 6 August 2019. Illustrated by Nick Shewring, the stamps show guides taking part in activities such as charity work, overseas travel, camping and surfing, activities which represent important girlguiding skills and values.

Established in 1919, today Girlguiding Jersey consists of over 500 members in 27 units across the Island. It offers members the chance to be part of a worldwide community of girls who learn together and share skills and experiences. Michele Peace, Island Commissioner for Girlguiding Jersey comments: "I feel very proud to see the publication of a set of Commemorative Centenary stamps for Girlguiding Jersey depicting what Guiding offers girls."

Girlguiding is made up of different sections sorted by age; Rainbows (aged 5 – 7), Brownies (aged 7 – 10), Guides (aged 10 – 14), Rangers (aged 14 – 18) and a Senior section (aged 18 and over). Members receive a promise badge with the Girlguiding logo, and the colour of the badge depends on which section the girl is part of. The six stamps in the commemorative set show girls from different sections, together with the relevant promise badge.

Stamp illustrator, Nick Shewring, studied illustration at Twickenham Technical College. He has designed over 200 sets of stamps for over 40 different countries including Jersey Post's 2005 and 2012 Coastal Towers issues and 2014 Jersey Architecture – Manor Houses issue.

Jersey Post's Girlguiding Jersey stamps will be available to buy from all branches of Jersey Post from 6 August 2019. Philatelic stamp products such as First Day Covers and Presentation Packs will be available from the Jersey post offices at Broad Street, St Helier and Rue Des Pres, St Saviour on issue day and can be ordered now at www.jerseystamps.com Alternatively, you can email the Jersey Philatelic Bureau at stamps@jerseypost.com or telephone us on: +44(0) 1534 616717.



CSR or community news?

Email editorial@factory.je to have it considered for inclusion next month.



FAMILY LAW SPECIAL

Family law is the area of law which focuses on clients in a divorce and the issues related to divorce such as the division of marital property, child custody and support, and alimony. Family lawyers also draft prenuptial and postnuptial agreements and litigate related matters.

These are the people who are there for you when you need them most and the right family lawyer can make these difficult topics far easier, and the whole process much more manageable.

Over the next few pages we've gathered advice from some of the top lawyers on the island to help you navigate these tricky waters! Their details are all beside their articles so do call them if you'd like to know more about anything covered, or have any questions at all.

“YOU CAN TEAR UP A PRE-NUP”



✍ Words Rob Gyga, English Solicitor at Benest & Syvret

You may be forgiven for thinking that if you have entered into a prenuptial agreement then you have successfully limited the extent of any claim made against you by your spouse in the event of marital breakdown. This is not necessarily so.

The recent UK case of *Ipecki v McConnell* [2019] EWFC 19 highlights the fact that prenuptial agreements can be – and are – subject to legitimate and successful challenge. The case concerned an application for financial relief made by the husband, Anil Ipecki (a hotel concierge) against his wife, Morgan McConnell, a cosmetics heiress and beneficiary of Trusts within the USA with an overall value of at least \$65 million.

Two principle issues fell to be determined in this case one being whether the prenuptial agreement entered into between the parties was valid and the other being whether there were funds available to the wife from family trusts of which she was a beneficiary.

The prenuptial agreement was drafted by the Wife's lawyer and, rather curiously, the lawyer chose to give the Husband independent advice was an English Solicitor who had assisted the Wife in her previous divorce and had

no competence to advise on New York Law, to which the prenuptial agreement was expressed to be subject. Despite advice given that the terms of the agreement were slanted in the Wife's favour, the Husband nevertheless signed the agreement, very shortly before the wedding.

The Court found that, for a number of reasons (one of which being that the agreement was fatally flawed under New York law), it could not in all good conscience hold the parties to the terms of the prenuptial agreement. To have done so would have left the Husband with nothing and the Wife with everything and this would clearly have been wholly unfair to the Husband. Fairness dictated that he should have sufficient capital to purchase suitable housing and to meet his reasonable income needs, moving forward and an order was made accordingly.

Where prenups are the order of the day, fairness remains the central watchword. Legal advice from a qualified lawyer is also vital.


Contact Rob on 01534 875875
or email rob.gygax@benestsyvret.com

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CO-HABITATION: RISKS AND BENEFITS



✍ Words Claire Davies, Principal of Claire Davies, Advocate

Many people believe that if you live with someone for long enough, you become their common law spouse. That is a myth. You may well feel as though society treats you like any other couple, but cohabitants do not have the same special legal protection that married couples do.

If your relationship breaks down after a long period of cohabitation, that can be a real worry. If you have children, whether you are married or not, you can seek financial support for them while they are dependent on you. Sometimes, that can include provision for housing during their childhood, and some money towards your own needs if you are caring for them. However, an unmarried father may or may not have parental responsibility for his children depending on their date of birth and whether he is named on the birth certificate.

When it comes to finances, you have no entitlement to spousal maintenance in your own right and no ability to ask the court to redistribute your partners' assets. Your long term future may be problematic. If you own assets (or debts) together, the court may have to unravel those

arrangements as best it can but the outcome may not feel 'fair'. Even if you stay together and your partner dies, you may have no ability to make a claim against their estate or their pension.

What can you do? It is important to agree as a couple what is important to you. You should make sure that your wills record what you want to happen if one of you dies. Check your life assurance, and your pension.

"When it comes to finances, you have no entitlement to spousal maintenance in your own right and no ability to ask the court to redistribute your partners' assets."

Think about how you structure your assets. You may want to enter into a cohabitation agreement to give you some added peace of mind. But, don't ignore it. Take advice from a professional that you trust, and avoid nasty surprises.

CHILDREN AND DIVORCE



✍ Words Advocate Barbara Corbett, Corbett Le Quesne

Whilst it is perfectly natural to feel like you are engaged in a battle when you are divorcing, the battlefield in divorce is different. In divorce the battlefield is the space in which your children are running back and forth between you and they can easily get caught in the cross fire.

You would never consider firing live bullets over your children's heads, yet in divorce, that is often metaphorically what happens.

A UCL study has shown that divorce is less damaging to children when it happens before they reach the age of 7 with the impact being greatest in children aged 7 and 14. Children over 7 are more socially sensitive and receptive to negative relationship dynamics. Studies also show, however, that it is not family breakdown itself that harms children, it is the acrimony that does that.

Children fare just as well when their parents live happily apart or happily together and just as badly when they argue and fight, wherever they live. So staying together for the sake of the children isn't necessarily as wise as it is well intentioned.

If the relationship is at a point where conflict is constant and the children get caught in the middle,

then the children are likely to benefit more from having two homes with two happy parents, than one home with two unhappy parents.

The UCL conclusions seem to imply that divorced parents won't get on and will struggle to sensitively co-parent. That isn't necessarily the case. The 'conscious uncoupling' message, where respect for the relationship is key to its dissolution, and co-parenting apps like Our Family Wizard and 2houses are all part of society's shift towards better managed and less broken, broken homes.

"Children fare just as well when their parents live happily apart or happily together and just as badly when they argue and fight, wherever they live."

Broken homes today can be as whole as we want them to be. But using the tools available and keeping the children in focus is key.



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Sometimes two homes are better than one.





Pictured left to right: Jackie, Emma, Alison and Tara

MEET THE BCR TEAM

BCR Law has a highly experienced Family Law team that prides itself on providing a balanced and reassuring service designed specifically to help you resolve any issues regarding your family. Once we have a complete understanding of your matter we can suggest the best route for you to take, whether that be a traditional court-based solution or where possible a form of alternative dispute resolution.

JACKIE SILLARS DEPARTMENTAL ADMINISTRATOR

What do you do:

I am often the first point of contact for clients, so I help direct calls to the right member of the team and additionally I help with all aspects of administration. This includes opening matters, ensuring there is no conflict within the firm, and helping to produce documentation for internal management and for the department.

Expertise:

All of the above!

EMMA WAKELING ADVOCATE, PARTNER, HEAD OF FAMILY LAW

What do you do:

I advise clients in all areas of family law – from before they are married by way of pre-nuptial or cohabitation agreements and when things sadly break down I offer advice on divorce and financial matters. I also provide advice in relation to issues concerning children, such as contact, maintenance and applications to remove a child from Jersey to live elsewhere. I am on the Children Panel and am accredited to represent parents and children in care proceedings.

Expertise:

A pragmatic approach and the ability to see the bigger picture.

ALISON BROWN ADVOCATE

What do you do:

I am responsible for the full conduct of cases, which may include issuing proceedings and representing clients in all Jersey courts. I support and assist clients with their decision making, advising on settlements outside the court arena wherever possible. My work has covered everything from child and spousal maintenance cases through to cases involving children. I am a trained family mediator working with Family Mediation Jersey.

Expertise:

The ability to be fair and, where children are concerned, ensuring their welfare is the primary consideration.

TARA LEE ENGLISH SOLICITOR

What do you do:

I have a varied caseload which gives me exposure to all nuances of family law so no day is ever the same. I assist clients from the first meeting through to settlement in financial claims which arise on divorce and disputes concerning children such as contact and residence issues, specific issues in respect of holidays and schooling, relocation following breakdown and financial provision. I have a particular interest in the resolution of high-value, multi-jurisdictional financial proceedings following my training in London working on high net-worth, high profile cases.

Expertise:

Tenacious problem solver and my natural empathy.



Whether you are tying or untying the knot.

We are here to help you before the start of your married life but we are also here to help if your relationship has met with difficult times. First and foremost we are here for you. We know any issue involving you, your partner or your children will be highly charged and very emotional. This is why we strive not only to support you personally but also to do everything we can to settle things in the most amicable and conciliatory way.

Contact Emma Wakeling
+44 (0) 1534 760 873
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www.bcrlawjersey.com

ITS NOT MY FAULT...



✍ Words Advocate Chris Hillier, Partner at Ingram Advocates

Divorce is a fact of 21st Century life. To get divorced in Jersey you must fall in to one of the grounds in the Matrimonial Causes (Jersey) Law 1949 (as amended). These are principally based on a notion of “fault” – one of the parties to the marriage did (or didn’t do) something.

There is an increasing pressure on law makers to reconsider this process.

This is not intended to disregard, or to challenge, the commitment of any couple who wish to signify in a very public way their lifelong commitment to each other.

Nor is it to undermine the social, emotional, legal or cultural significance of the institution.

There are serious issues to be addressed when dissolving such a legal relationship but once the marriage is over the process should better match the needs of those two parties and remove the opportunity for acrimony and emotional burden.

We must recognise that people change over time and, sometimes, people make mistakes.

The dissolution of this lifelong commitment has, in times past, been seen as irrevocable.

The historic position (whereby an Act of Parliament was needed for a divorce) made divorce unavailable for the vast majority of couples.

Law Reform in Jersey has been the subject of many articles, letters and comments in the press (and on line) and considerable discussion between lawyers and clients.

This has most recently been considered by the Jersey Law Commission in their report dated October 2015, and changes were recommended.

A move to a no-fault based divorce process would

“We must recognise that people change over time and, sometimes, people make mistakes.”

remove any residual stigma of blame and to focus on the future and to the parties moving forward with their separate lives.

SHARED CARE - A MOVE TOWARDS EQUAL RIGHTS FOR PARENTS?



✍ Words Advocate Allana Binnie, Associate at Ingram Advocates

When parents separate or were never in a relationship to begin with, it can be difficult to decide where the children should live and how much time they should spend with each parent. Further, it is often at these times when differences in parenting styles become more relevant.

At Ingram Advocates, we focus on providing realistic and bespoke advice to our clients from the outset. This advice begins with the well-established presumption in favour of children having contact with both parents, save for in exceptional circumstances. We also recognise the recent trend of the Courts in making ‘shared care’ orders which state that a child will live with each parent. We therefore consider the practical reality of what ‘shared care’ can look like for each family, accepting that it can be extremely difficult to achieve an exact 50/50 split of time that a child spends with each parent.

As the Courts are alert to the avoidance of making orders for parents which produce a ‘winner’ and a ‘loser’, it is important to bear in mind that children should feel as though they have a home with each

parent, spending as much time in each home as is right for that particular child and that the focus should be on the child’s well-being and not the wishes and feelings of the parents.

Sight must not be lost as to the potential real ‘loser’ in these situations, being the children. So, in order to focus upon and look after the best interests of the children, there should be an aim towards equality between the parents, enabling the children to see that each parent’s role in their lives is as important as the other.

“Sight must not be lost as to the potential real ‘loser’ in these situations, being the children.”

At Ingram Advocates, we aim to achieve a plan which is right for now and for the future, allowing parents and children to move on from litigation and move forward with their lives.



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Lee Ingram
Partner



Chris Hillier
Partner



Danny le Maistre
Partner



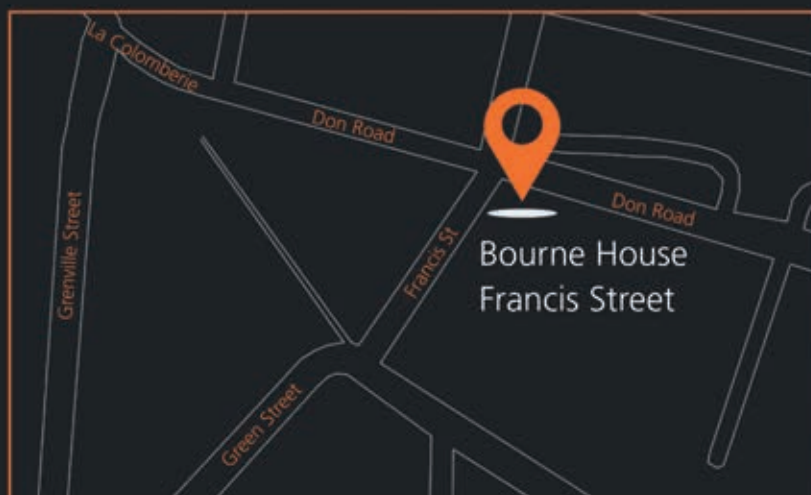
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COLLABORATIVE LAW - A “GOOD DIVORCE”?



✍ Words Matthew Godden, Advocate at Le Gallais & Luce

Going through a Divorce is not a pleasant experience. That may seem like an obvious statement but it is one that should be borne in mind by those going through the process as the emotional and financial impact can be minimised if the parties avoid contested Court proceedings and embark upon an alternative route to resolve matters.

There are a range of non-court based options that should be considered such as mediation, arbitration, collaborative law, private financial dispute resolution or a round table meeting between lawyers and parties. All these alternatives to Court litigation can and do resolve disputes without the animosity and cost that is sadly sometimes inevitable with divorce or a relationship breakdown.

One of those non court based options is collaborative law. A UK newspaper interviewed a lady who had achieved a “good divorce” using collaborative law, she stated:

“Open dialogue and working through every aspect of our split – from practical to emotional – is helping me feel positive about my future as a divorced woman, a single mother and an ex-wife communicating with her ex-husband. We couldn’t stay happily married, but perhaps collaborative family law has set us on a steady path to being happily unmarried.”

What then is collaborative law? The collaborative process involves the parties and their lawyers attending various meetings where everything from the practical arrangements of where to meet through to the finances and children will be discussed.

The key stages in the collaborative law process are as follows:

Stage 1

An initial interview where the lawyer will assess if collaborative law is suitable for you and if you are happy with the collaborative process then a further meeting will be arranged to discuss matters in much more detail.

Stage 2

The next stage is for the collaborative lawyers to meet and prepare for the first initial 4 way meeting. The expectations of the parties and their priorities and concerns will be discussed.

Stage 3

There will then be a 4 way meeting(s) between parties and lawyers. These will be used to discuss what is happening with the children, discuss how financial information will be shared and what agreement the parties are looking to reach with respect to the finances.

“The big plus for collaborative law is its holistic approach to dealing with separating or divorcing parties and their children with the real possibility of a “good divorce” being achieved.”

Stage 4

At the final 4 way meeting the divorce petition and the agreement as to the finances will be signed. The key to a successful collaboration is that it is open and transparent. Ideas that are not considered within traditional divorce proceedings are often employed with success. It is about open discussions of objectives rather than negotiations. The lawyer is there more to facilitate a settlement then advise. There will be occasions when you may reach a decision that the lawyer does not agree with but it is a decision that you have reached and feel comfortable with.

The big plus for collaborative law is its holistic approach to dealing with separating or divorcing parties and their children with the real possibility of a “good divorce” being achieved.

Matthew is Head of the Family Law team and one of the Partners at Le Gallais & Luce. Matthew has a practical and pragmatic approach and is also very conscious that legal costs are often a concern when legal advice is sought. He offers a fixed fee divorce and a free initial 30 minute consultation to all clients to ensure that they are advised of the likely costs involved from the outset.

For more information and advice in relation to any family law matter, please contact Matthew at mgodden@lgl.je or telephone 01534 760710.



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ARE YOU THINKING OF MOVING IN WITH YOUR PARTNER? THINGS TO THINK ABOUT...



✍ Words Alexandra Cohen, Senior Legal Assistant, Family Law Department at Viberts

Society is changing and more couples are cohabiting. Many couples may choose this path as they want to test their relationship before marriage, they may not plan on marrying at all or, it might be more affordable to live with somebody else.

What many do not think about are the financial complications if the cohabitation fails or the relationship breaks down. There may be a dispute as to who is entitled to what, particularly if unequal contributions have been made or if there are children involved.

The importance of a Cohabitation Agreement

In Jersey, there is no such thing as a 'common law marriage' and cohabitantes gain no legal rights against one another.

If you plan on cohabiting, you should consider a cohabitation agreement. This will set out how the assets are owned and their division should the relationship breakdown or, if an asset such as the family home is sold. This gives clarity to your situation.

Will the Cohabitation Agreement be Valid after Marriage?

Those cohabiting as a pre-marital test should think carefully before tying the knot. Many will assume that if a cohabitation agreement exists between two parties, this will still be valid after their marriage. If the agreement does not specifically deal with the later marriage of the parties, it's unlikely to carry any weight in financial proceedings should the marriage breakdown.

Protect Yourself with a Pre-Nup

Pre-nups can be a very complex area of the law and as a starting point; they are not binding as the parties cannot override the court's discretion to redistribute the assets and income of the parties. The question for the court is; how much weight should be given to the terms of the pre-nup?

*In order to make your pre-nup as watertight as possible;
it must be entered into voluntarily;
parties must fully understand the terms and implications of the agreement;
the terms must be fair in the circumstances at the relevant time;
the agreement must not prejudice any children;
it must meet the requirements for a valid contract be finalised well in advance of the marriage;
be entered into following the exchange of financial disclosure.*

"What many do not think about are the financial complications if the cohabitation fails or the relationship breaks down."

When should you consider updating your Pre-Nup?

If your circumstances change, it's crucial that you vary the pre-nup by way of a post-nuptial agreement to ensure that the agreement remains fair to both parties. Common examples of changes in circumstances include;

*Birth of a child: the agreement must not prejudice any financial needs of a child;
Inheritance during the marriage;
A change in employment;
Acquisition of assets of significant value.*

Whether you are about to move in with your partner, or marry them, it may be wise to consider an agreement. Hopefully you won't need either, but if you do, it will make the break-up of your relationship much easier than it otherwise may have been.

If you would like any advice on the agreements, please contact our family law team at: family@viberts.com



Living together? Let us help you with the important stuff before it's too late.

At Viberts, we find that cohabitation agreements, pre-nups and post-nups are becoming increasingly popular. If you are about to cohabit or marry, we advise you to consider one.

Our family law team are committed to handling matters in an expert way that minimises conflict and stress.

Contact us:

📍 Viberts House, Don Street, St. Helier, Jersey JE4 8ZQ

☎ +44 (0) 1534 632232

✉ family@viberts.com

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• THE •
Genuine Articles

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ANITA EASTWOOD

Artist

How did it all get going?

I have been panting for some years but after having a really long hard look at how I was (not!) enjoying my day job as a civil servant I decided to resign and commit full-time to my art goals. I had no plan A or B but thought 'if I don't do it now I never will'. With some great support and hard work I have been surprised at how it is evolving in to a business which I am very proud of. The thrill for me is still very much that someone wants one of my pieces to place in their home.

What do you produce?

I now work in acrylic creating abstracts, though I still like people



Photography: Danny Evans

"The thrill for me is still very much that someone wants one of my pieces to place in their home."

to recognise what the picture is, and enjoy the way the medium produces very diverse effects from watercolour. Portraits and animal/equestrian portraits are also new to me requiring developing skills on a slightly different angle and now most of my commissions are in this field. Very recently I decided to use my pieces of slate that I had collected over a time and paint with acrylics to produce local scenes and it has amazed me how these have grown in popularity so much so that I needed a constant supply of slate.

What's your style?

I can't say I have a particular style though clients and friends do tell me that they can recognise my work amongst others. I think this

is through the colours I use as I do tend to stick to my favourite palette. Detail has always been my style though with working on larger canvases has meant that I had to loosen up a lot.

What makes your products unique?

The slates are my unique pieces of work as each one is different according to the size, shape and thickness. I take a piece of slate and let it 'speak' to me as to what would look best on it. Vice versa, when I get a commission, I look at the pieces of slate and choose the right shape for the subject matter. They are very 'personalised'. As far as I am aware nobody in Jersey is producing the same sort of product though Nick Romeril,

whom I know well, used to do this on a much larger scale. I love portraying the character and essence of whatever subject I am painting and my clients tell me that I achieve this with their pets particularly by getting the eyes right.

Best bit of your job?

No 'Monday' morning feeling and doing what I enjoy! Also, the time is mine and I can alter my schedule as and when I need to fit in meetings etc.

What are you working on at the moment?

Commissions, slates and a range of paintings featuring Barbados which eventually I would like to exhibit.

Where can people buy your products?

Through me, Facebook, Harbour Gallery and shortly through a website I am creating.



ArtHouse Jersey moves to its new coastal home

Last month local charity ArtHouse Jersey, formerly known as the Jersey Arts Trust, moved into its new home at the Greve de Lecq Barracks. Built in the early 19th Century as a defence against Napoleon's forces, The National Trust Jersey property has been transformed into a bespoke making-space for artists, which includes flexible studios and accommodation for visiting artists, as well as an office for the ArtHouse Jersey team.

Arthouse Jersey supports artists from Jersey and across the world to create artistic work that has a positive impact on our Island community and international audiences. The move to Greve de Lecq marks an exciting opportunity for the small but ambitious organisation, providing a physical space for community events, courses, talks, artist residencies and workshops. ArtHouse Jersey's long-term vision is for the Barracks to become an internationally respected artistic hub, attracting creative talent from around the world and serving as a symbol of the value the Island places on creativity and our unique culture.

The first 'Artists in Residence' at the new ArtHouse Jersey site are 'Forest Fringe,' a collective of artists from the world of theatre, performance and live art who made a name for themselves as the 'weirdest, messiest and possibly the most exciting venue at the Edinburgh Festival.' The group are currently on the Island with the challenge of producing a new full-length film in only four weeks. Jersey has so far proved to be fruitful ground for this ambitious film project, with a diverse and visually striking range of shoot locations within easy reach and a host of creative Islanders volunteering to be a part of the production. The project has been a collaborative effort, with money raised by Forest Fringe through crowdfunding and the script developed collectively by numerous writers from the group. The film will continue to evolve over the weeks spent in Jersey, as the creative team respond to the contributions of Islanders, as well as the natural opportunities that will inevitably arise during the filming process.

As part of Forest Fringe's residency, ArtHouse Jersey also hosted its first public event at the new site. Locals were invited to come and 'Feast with Artists' at the historic Barracks. The event was a chance for members of the local community to dine with a crowd of other like-minded foodies, film-fanatics and friendly people, whilst meeting the Forest Fringe team and finding out more about their



work. Around a communal table, guests tucked into a simple but tasty supper, leaving at the end of the night full, with inspired minds and a few new friends too.

Having a site that can facilitate a variety of communal events and ambitious artistic projects will be crucial in helping ArtHouse Jersey to grow into the internationally-minded, but community-focused organisation that it strives to be. It's early days at the Barracks, but the ArtHouse Jersey team is already settling in well and the space is gradually coming to life with local and visiting artists at work and more events planned in the coming months. Look out for the 'Love' themed dinner on November 21st with special guest Laura Mucha, author of 'Love Factually: The Science of Who, How and Why we Love.'



Visit arthouse.je or follow along on social media to keep up to date with all the recent news from ArtHouse Jersey



cultureculture

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EXHIBITION

Wild: an exhibition of new paintings by Graham Bannister

Graham Bannister has exhibited extensively internationally, as well as completing numerous commissions in Jersey. Graham's latest body of work looks at the animal kingdom in relation to the threat of extinction and climate change. The work is witty and powerful, with a nod to the detail he is famed for in his garden paintings and the post impressionist, Henri Rousseau. Graham has recently been working with Rathbones and Durrell on their Go Wild Gorillas project to fundraise and draw attention to endangered species.

The gallery will be open 11.00 – 2.00, Saturday 7th September, when Graham will be giving a gallery talk. For more information on the exhibition and events visit ccagalleriesinternational.com or visit the gallery at 10 Hill Street.

CCA Galleries International

6th September – 4th October, FREE



PRODUCTION

Into the Woods

Stephen Sondheim's 'Into the Woods' brings to musical life Cinderella, Jack and the Beanstalk, Little Red Riding Hood and other well-known fairy tale characters. In true Sondheim style interwoven is the story of the Baker and his wife whose longing for a child is thwarted by the Witch next door taking revenge for the Baker's father stealing her beans many years before. By the end of Act 1 all the storylines are seemingly resolved and everyone lives happily ever after. But do they? A marvellous rap number from the Witch, lovely lyrical numbers, songs to make you laugh and others to make you cry. It is Sondheim at his best. Not suitable for children under 11.

Jersey Arts Centre

17th – 20th September, tickets £17



TALK

Wine Talk and Tasting at Government House

The Arts Society Jersey is holding a Wine Talk and Tasting at Government House on Friday 13 September and invites anyone who might be interested in joining the Society and attending the event to get in touch. Tickets cost £25 per head and cover the reception with drinks and canapes in the presence of Sir Stephen and Lady Dalton; a talk entitled A Brief History of Wine given by David Wright who has been a wine retailer, importer and distributor; and a tasting of three wines which is organised by Love Wine. There will be music from a Jersey steel band. The evening starts at 6.30pm and will conclude at about 8.45pm. Contact Lesley@theartsocietyjersey.org or telephone 01534 617144 to book your place.

Government House

13th September, tickets £25



SHOW

Rock for Heroes

Rock for Heroes is back on the road for 2019; bringing the perfect combination of your favourite Rock & Pop artists, fundraising in support of Help for Heroes. Performed by a full live rock band and superb singers, complete with brilliant personalities and comedy value, this really is a night out unlike any other. With music from artists such as Queen, David Bowie, Van Halen, Toto, Bon Jovi, Guns N Roses, AC/DC, Dire Straits & so many more. The intention of the evening is to raise money for Help for Heroes through a collection after every show, with an end goal of raising 2.5 million pounds.

Jersey Opera House

6th September, tickets £22 – £24



SHOW

Russell Kane: The Fast & the Curious

He's back. The keenly-awaited brand new tour show is here. Packing more energy than a Duracell factory, Russell's RS Turbo laugh engine will motor through love, family and life – once again proving that the fast and the curious amongst us see more stuff, and get more done. Multi-award winning comedian, presenter, actor, author and scriptwriter Russell Kane is best known for BBC Three's Stupid Man, Smart Phone and the host of three series of BBC Three's Live At The Electric. Other TV appearances include BBC One's Live At The Apollo, BBC Three's Unzipped, ITV2's Celebrity Juice and I'm A Celebrity...Get Me Out of Here Now. Winner of Best Show in 2010 at the Edinburgh Comedy Awards, Russell went on to make history as the first comedian to win both the Edinburgh Award and Melbourne Comedy Festival's Barry Award in one year.

Jersey Opera House

20th September, tickets £20



LIVING HISTORY DAY 1781 Jersey Militia

The 1781 Jersey Militia will transport you back to the colourful life of Elizabeth Castle in the 18th century. They will combine the loud bangs of cannon and musket with the day-to-day life of a soldier and his family. Join the Militiamen and their camp followers for a thrilling display of artillery and Georgian life. This event is free for JH members. For non-members, the usual entry fee applies.

Elizabeth Castle

15th September, usual entry fee applies



FESTIVAL

Jersey Festival of Words

The Jersey Festival of words will be returning for its fifth year at the end of this month. The full-scale literary festival will boast a programme of special events taking place across various venues over five days. For the full programme, visit www.jerseyfestivalofwords.org.

Various venues

25th - 26th September, Prices vary

JERSEY OPERA HOUSE

ROCK FOR HEROES

ROCK FOR HEROES

Music, Laughter & A Rockin' Night Out in support of Help for Heroes.

FRI 6 SEPT | 8PM TICKETS: £24*



JONNY WOO'S ALL STAR BREXIT CABARET

'Jonny Woo could stop a war with love.'

The Scotsman

SAT 7 SEPT | 8PM TICKETS: £19.50*

LIVE SCREENING

FLEABAG

NT LIVE: FLEABAG

'Witty, filthy and supreme.' Guardian

THU 12 SEPT | 7.30pm TICKETS: £13.50*



RUSSELL KANE: THE FAST AND THE CURIOUS

'... at the top of his game' The Guardian

FRI 20 SEPT | 8PM TICKETS: £20



LES MUSICALS - LIVE CONCERT TOUR

Arnell (G4 Frontman) & McDowall (Britains Got Talent) in a spine-flinging concert.

FRI 4 - SAT 5 OCT | 8PM TICKETS: £27.50*

VIP TICKETS AVAILABLE THROUGH THE BOX OFFICE!

*Check for concessions and/or member discounts

NEXT MONTH

GRIFF RHYS JONES

STEWART FRANCIS, JIMEOIN



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BOX OFFICE: (01534) 511 115

www.jerseyoperahouse.co.uk f t i

Everybody *get up.*

✍ Words Paul Bisson

Vice-chair, Jersey Festival of Words

Five. William Carlos Williams' 'great figure'. Enid Blyton's famous head-count. Abz and crew. Great number, five. One of the best. Prime, even. Stick it in front of an organisation's anniversary celebration and you've got yourself an event. Take Jersey Festival of Words, for instance, gliding in to dock this September for a fifth time with another bumper load of literary luggage. How could any self-respecting previewer of this year's festival NOT seize upon its quinary splendour when invited to submit a piece to Gallery? And, if so, how best to tack the conceit into their copy without capsizing their article completely?

Well, they could start with some witty weaving of fivish facts, pointing out that this year's festival comprises a full FIVE days of literary events, commencing at FIVE minutes to two (fact check: true) on Wednesday twenty-FIFTH of September at Beaulieu School, where campaigner, activist and author of *Speak Up!* Laura Coryton will be discussing the power of protest with students.

From here our writer would likely have a rummage through the festival programme, eagerly hauling out further featured fives; the FIVE decades since legendary sailor Sir Robin Knox-Johnston single-handedly circumnavigated the globe as described in his new memoir *Running Free*; author, comedian and Grumpy Old Woman Jenny Eclair's upcoming event centring around her FIFTH novel, *Inheritance*; FIVE Hundred Mile Walkies, the book that inspired author Raynor Winn to walk the 630 mile South West coast path, as detailed in her Costa-nominated novel *The Salt Path*. That kind of thing.

"As ever, Jersey Festival of Words will see sixty-odd events spread over a number of venues"

Risky, though. For what if the wind were to suddenly drop from our writer's sails? What if, having crowbarred one last viable reference into their copy (the...err...FIVE kilometre run section of Louise Minchin's first triathlon?) they were to find themselves drifting listlessly with FIVE of eight hundred words still to write and little in the way of pentamorous ports upon which to call? Desperation would no

doubt set in. Cue possible flinging of hands, some light swearing.

On they'd push. The FIVE o'clock finish of biographer Andrew Lownie's presentation on his new book, *The Mountbattens*. The paltry FIVE pounds required to attend The Gruffalo's launch in Jërriais and say 'bouôñjour' to hairy old wart-nose himself. The FIVE letters in author Richard Roper's surname. The FIVE fingers on Sir Michael Parkinson's right hand.

But one's a thumb! And of bloody course it is.

Firmly scuppered our scribe would likely reel from their keyboard in rage and shame. To hell with this five nonsense, they'd rage. It's just a number, after all, an abstract concept signalling little but the passage of time and the apparent durability of a well-run, popular literary festival on a tiny island off the western edge of France. Just stick to the facts!

Imagine how silly they'd feel.

Anyway. Those facts. As ever, Jersey Festival of Words will see sixty-odd events spread over a number of venues, namely the Opera House, Arts Centre and Jersey Library. Other sites playing host will include 16 New Street, where the inimitable Plays Rough will be 'Taking the Fifth' on the opening night, and Victoria College, which will host events by Not Plant Based bloggers Eve Simmons and Laura Dennison, plus a panel event on loneliness featuring author Richard Roper and journalist Nick Duerden.

Thousands of school children will once more be heading to the Opera House to enjoy fun, free events with literary stars including Konnie Huq and Cathy Cassidy as part of this



Eve Simmons & Laura Dennison



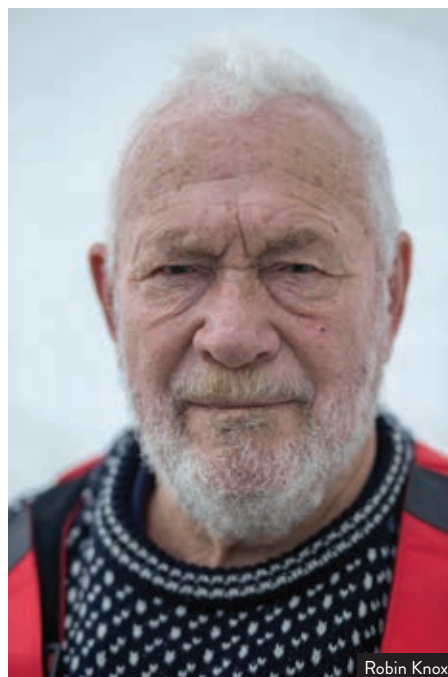
Jenny Eclair

year's Santander International Schools Programme, while public children's events – including a kids' cookery class with A Mummy Too blogger Emily Leary – will take place over the weekend.

Visiting and Jersey-based writers will comprise a line-up that is as wide-ranging as ever. Fancy an insight into the big money world of football transfers? Premiership lawyer and Done Deal author Daniel Geey is here to provide just that. Passionate about poetry? Attend a reading from Frieda Hughes, daughter of Sylvia Plath and Ted Hughes, and then spend lunchtime savouring the poems of Traci O'Dea while eating the foods that inspired them. Serious about science? Come and hear writer Graham Farmelo exploring the interplay between physics and mathematics in his latest book *The Universe Speaks in Numbers*.

Speaking of which, my eight hundred words are up. Tempting as it is to go back and rewrite this whole thing without all that earlier numerical nonsense I'm afraid there simply isn't time. We've the Jersey Festival of Words to organise, after all.

It's the fifth one, by the way. Did I mention that?



Robin Knox



Louise Minchin



Paul Bisson



Michael Parkinson

Jersey Festival of Words takes place between Sept 25-29. For more information visit www.jerseyfestivalofwords.org



A Family Affair

If you're a tattoo fan, then you probably will have heard of Ash Lewis: a highly talented local tattoo artist, whose talent has been recognised multiple times throughout his career; most recently being crowned 'Tastemaker' at the Jersey Style Awards. Boasting over 140,000 Instagram followers, Ash's gift for black and white portraiture is phenomenal, and you'd be forgiven for finding yourself fixated whilst scrolling through the reel of realistic and intricately detailed masterpieces that he creates in his St Helier based studio, Stone Rose Tattoo.

Ash's career as a tattoo artist began after 6 year stint in the finance industry, where a longing for something more creative, coupled with the support of his family, led him to pursue his dream. To his advantage, Ash comes from a family of multi-talented creatives, and it is now through the encouragement of Ash and his close family, that three of his immediate family members are exhibiting their artwork in a joint exhibition.

Coordinated by Ash's Mum, Trena, 'Art Collective' will feature the work of Ash's Aunt, Karenne Le Goff, his cousin, Chantal Le Goff and his father, Ricky Lewis.

"My husband, Karenne and Chantal had been hiding their artistic lights under their proverbial bushels for some time," says Trena. "The only way to get them to agree to show their work was to present them with a fait accompli, so I booked the gallery at Fort Regent and our Art Collective baby was born!"



The pieces on display will feature an eclectic mix of landscapes, portraits, wildlife and ornithology in a variety of mediums to include watercolours, oils, pastels and photography. Karenne, Chantal and Ricky are all self-taught, with each of them taking inspiration from their varied background of experience in much of their work.

Karenne took up art relatively recently after retiring from a career in Administration. She has already developed her own unique ethereal style; experimenting with a broad range of subject matter, using watercolours predominantly. Like most retirees, Karenne wonders where she found the time to work and enjoys supporting her husband, children and two grandchildren with all their activities and pursuits. Karenne's diverse range of interests include singing within a community choir, cycling with the Jersey Breeze Cyclists, walking, travelling and meeting up with friends at the gym.

Her daughter Chantal, has recently returned to Jersey after spending 15 years working in Australia, where she travelled extensively throughout her time there. Before returning home, she travelled off the beaten track in Vietnam, Cambodia, Thailand and Laos, capturing much of the work that will be on display. During these latest travels, Chantal spent her time trekking in foothills and learning about each country's rich history and culture, whilst experiencing local traditions by living with host families. From her travels, Chantal has captured a wide range of highly evocative images, and it is these coupled with her unique perspective on photographic artwork of our beautiful island that make a significant contribution to the exhibition.

Chantal leads a very busy professional life as Head of Corporate Sustainability for a global bank, which takes her far and wide. Her role has enabled her to immerse herself back into island life where she now works closely with charities, community organisations and schools.

Ricky has since taking semi retirement in recent years and finally found the time to dedicate to his passion for painting and drawing, and is constantly experimenting with several mediums including oils, pastels, charcoal and watercolour.

After a varied working life, including a career as a Car Paint Technician, Bird Keeper and Landscape Gardener at Durrell Zoo, amongst others, he is now a self employed domestic

gardener and enjoys time spent in the great outdoors. Over the years, Ricky has also successfully kept, bred and exhibited a variety of foreign birds, winning several prizes at local shows and being called upon to judge. His love of the natural world in all its forms is reflected in his portfolio at the exhibition.

His other passions include spending time with his wife and family and traveling to destinations far and wide, with Italy and the Lakes being amongst his favourite places to visit, and being another source of inspiration for his art.

"Together with the three artists, and the help of Karenne's husband, Guy, have all had the most fantastic time together collaborating, planning and organising the many varied aspects to ensure the success of our first exhibition," says Trena. "We would also like to extend our thanks to Elizabeth

Pryke of Grange Framing for her undoubted expertise, as well as Shannon Kelly, Event Officer at Fort Regent, whose help has been invaluable."

The Art Collective exhibition will take place at the Fort Regent Art Gallery from 7th - 28th September, with all three artists available to meet in person on the 7th and 8th September from 2-4 pm.

Art Collective Exhibition
Fort Regent Art Gallery
7th - 28th September
Free entrance
Gallery opening times:
Mon - Fri 9am - 6pm
Sat & Sun 9am - 5pm

"The pieces on display will feature an eclectic mix of landscapes, portraits, wildlife and ornithology in a variety of mediums to include watercolours, oils, pastels and photography."

@ashlewistattoo



Step Into The COMFORT ZONE....

 Words Rebecca Evans

As I sit down to write this, on the eve of National Men's Grooming Day (Yes, apparently that's a thing. It's on the 3rd Friday of August. No, I had no idea either) it's got me thinking about why looking after yourself is seen as the reserve of women.

Perhaps it's all down to the stiff upper lip attitude, but many British men seem to think that the idea of anything more decadent than a bar of soap, a can of Lynx and maybe the occasional sports massage after footie is superfluous to requirements, or downright girly.

Our cousins on the continent have no such inhibitions. From Turkish baths to Swedish Saunas and the artfully curled beards of ancient Greeks, men across Europe have been

happy to indulge in a little healthy self-care for thousands of years and the result of my own extensive visual research is that it's done them no harm at all.

So in honour of Men's Grooming Day, I appeal to British guys to cast aside their reservations, shake off the idea that facials and body scrubs are just for the ladies, and embrace that spa life. To ease you in gently, for the Pamper issue I've researched some of the most man-friendly Spa Hotels in the UK.



GALGORM RESORT & SPA – NORTHERN IRELAND

Just about 30 minutes drive from Belfast, Galgorm is an award-winning resort bound to appeal to even the most reluctant spa-virgin. Cosy up and nibble at a chips and salsa sharing-platter in one of their riverside wood-fired hot-tubs, cleanse your mind and soul in the aromatic Celtic sauna, and then cool off whilst boosting your blood circulation in the snow cabin, constantly chilled to a nippy minus 10 degrees. If it all gets too much, just lay back on a bespoke relaxation bed in the stylish Orangery and meditate with a view of the gardens.

The 122 spacious rooms and suites all have large flat screen TVs, high-speed WiFi and a complimentary

mini-bar, and the resort also offers a 20m indoor swimming pool and fully-equipped gym for pre-or-post relaxation workouts.

Having worked up an appetite from all that unwinding, choose from 4 distinct on-site restaurants serving everything from Pizza to Pork Ribs, and round it all off at the staggeringly well-stocked Gin Bar; an amenity seemingly as essential to a luxury hotel these days as pillows and room keys.

Easyjet flies between Jersey and Belfast from April to September. 1 night spa breaks at Galgorm start from £395 for 2 guests. www.galgorm.com

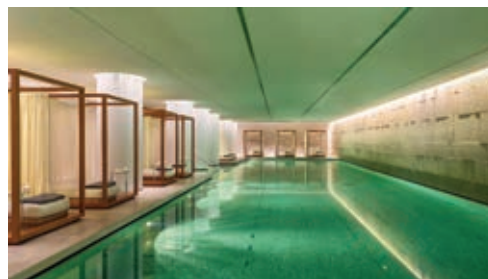
BULGARI HOTEL & RESIDENCES – LONDON

Nestled in the heart of upmarket Knightsbridge and a few steps away from Harrods, a spa break at the 5* Bulgari Hotel is ideal for the man who has everything (ideally including a healthy bank balance).

The split level spa area is a pleasingly masculine space crafted from onyx, oak and Vicenza stone and treatments include such robust-sounding options as craniosacral therapy or a black diamond facial. The jewel in the crown of patriarchal pampering here though is the discreet and stylish Gentlemen's Grooming salon, where for a mere £220 the signature 'cut, shave and smoke'

combines a professional freshen up of hair and beard, followed by a bespoke cigar experience with the in-house Habannosommelier in the Sampling Lounge.

Unsurprisingly for one of the capital's premier hotels, there's more to the Bulgari than the exclusive spa, including a 47 seat private screening room with a library of 300 new and classic movies to choose from, and the Manhattan-inspired Sette restaurant. Rooms are equally sumptuous with king size beds, walk-in closets and black marble bathtubs. Suites offer a private butler service.



Blue Islands fly between Jersey and London City regularly. Rooms at the Bulgari start from £522 per room, per night. Treatments start from around £140. www.bulgarihotels.com/en_US/london



SENSPA AT CAREYS MANOR - HAMPSHIRE

Tucked away in the New Forest, a 40 minute drive from Southampton, SenSpa at Careys Manor is a little pocket of exotic luxury hidden within a Hampshire manor house. Inspired by Far Eastern health and wellness techniques, treatments include Thai massage, Ayurvedic therapies and Asian-inspired body wraps, each performed by one (or more) of the highly-skilled contingent of Thai therapists.

Chaps who might shy away from donning a fluffy robe in a public place can opt for modest Thai pajamas instead, and several

massages can be performed without disrobing. Don't like the idea of being manhandled by a stranger? Couples can book a Rhassoul chamber and enjoy 30 minutes slathering each other in mud. If a private semi-naked mud wrestle doesn't appeal to even the most spa-averse Man, I really don't know what will.

Once happily pummelled, preened and polished into submission, retire to the Zen Garden Thai restaurant within the hotel and boost masculinity levels back to normal with an eye-watering curry.

Flybe operates daily to Southampton from Jersey. One night spa breaks start from £235 per person. <https://www.careysmanor.com/>

TENERIFE DIRECT FLIGHTS TAKE OFF FOR 6TH SUCCESSIVE YEAR

C. I. Travel Group announces the launch of their 2020 programme of direct flights and holidays to the winter sunshine destination of Tenerife. Flights will be operated by Spanish airline Volotea, departing every Sunday between 9th February and 12th April 2020. Clients will be flying aboard one of Volotea's comfortable Airbus A319 jet aircraft, travelling direct from the Channel Islands to the Canary Islands in approximately four hours. Volotea is a long-standing airline partner of FlyDirect, having worked with the airline on previous programmes to Tenerife and Majorca. Flights will operate at convenient times, departing Jersey at 2.10pm and from Tenerife at 9.55am each Sunday.



The wheels on the bike go *round and round...* *(the world)*

'I don't want to be that guy that reads the books. I want to be the guy that writes them,' says Patryk Kucza, as he prepares for a 25,000 mile cycle across the world.

✍ Words Emily Smith

The 26-year-old is not phased by the huge challenge ahead of him. Instead he says he wants to do as much as he can in life.

He has already completed several huge challenges, cycling 13,000 miles across the northern hemisphere in 2015. Walking from Lands End to John O'Groats, climbing the Three Peaks along the way, in 2017 and walking across Spain in 2018.

It was Patryk's dad who encouraged him to cycle, buying him his first BMX when he was just 11 years old.

He said: 'It took me years to learn to cycle. I tried and I couldn't do it straight away so I just gave up. My dad wouldn't let me quit. He kept pushing me down the hill until I caught my balance.'

'When I eventually learnt how to cycle my dad printed me a certificate which I put on the wall in my bedroom.'

The islander, who will be leaving a job in finance, is due to set off on his trip on 20 September - a date which marks the 500th anniversary of the Portuguese explorer Ferdinand Magellan setting sail for the first time around the world.

'People think I'm a really outdoorsy person but it's only in later life that I have got into road cycling and hiking,' he smiles.

'I was always just a BMXer.'

'In 2015 I took on my first trip. I just did it on a £50 mountain bike. Fancy bikes are over-rated and no way essential for a trip like that.'

'It was a massive learning curve for me. I remember being in Greece on New Years' Day and it was minus 15C. There were two of us, with two bottles of petrol and we couldn't even light a campfire. It was pathetic!'

As with his previous trips, Patryk will be raising money for Durrell. He will be visiting the ten re-wilding sites outlined in Durrell's Rewild Our World conservation strategy.

He will travel by boat from Jersey to St Malo carrying just the essentials. His journey will take him across Europe, through Turkey. He will fly to visit two of the Durrell Rewild sites in Mauritius and Madagascar. He will then cycle through India, up to Nepal and into south east Asia, before travelling down through Australia. Next he will catch a flight to South America stopping along the way in the Galapagos Islands to see another Durrell site. Finally he will travel to Saint Lucia in the Caribbean before heading to Brazil, flying to Portugal and pedalling back to St Malo.





'I started planning my trip in 2017 after a meeting I had with Jersey Zoo. They told me about their latest Rewild programme and I thought it sounded cool.

'Once I started telling people I was going to cycle around the world that was it, I had to do it,' he said.

Patryk will fund the whole trip himself and believes it will cost around £10,000. He hopes to do talks, raising money for Durrell, about his trip once he returns.

He plans to cycle between six and eight hours a day, covering 100 miles.

'I think the ride across Europe will be fine, as that is something I have done before,' he said.

'To be honest I just need to be able to check a map and I will be fine.

'I will eat whatever I can depending on where I am. It might get harder as I go across the Middle East. I remember when I was in Kazakhstan and I was so hungry. The only shop I could find sold Coke and stale bread and that's all I ate.

'I'm going to try and camp wherever I can. I will try to camp as close to villages as I can because I don't want to wake up, be hungry and be miles away from anywhere.'

The 26-year-old says he feels mentally prepared and the only thing he's scared of is being refused entry to a country.

'I think silence and solitude is really underrated,' he said.

'I don't mind being by myself at all.'

He adds, 'The alternative to doing this is what I see as a pretty boring life. I want to give myself challenges or else I will get old and regret that I didn't do things.'



'Once I started telling people I was going to cycle around the world that was it, I had to do it,'



Patryk is due to leave Jersey on September 20. You can follow his journey via his Instagram page @patjerse

Beauty news



MEET THE EXPERT

This month we met up with Creative Hair Stylist, Nicky, from Hair Central on Market Street, to find out more about current hair trends.

How long have you been in the industry? A long time, around 26 years!

What cut do you think is most current? A strong bob, shorter and more blunt, is the emerging trend that I'm loving most. As seen on Kendall Jenner and Actress Margot Robbie.

What colour trends are you seeing for Autumn? There's a lot of versatile, low-maintenance colour using soft browns with caramel and honey lights.

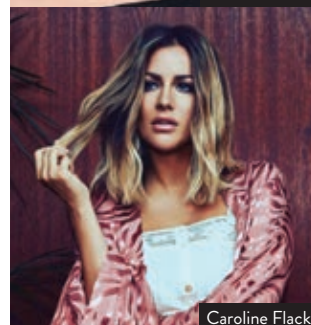
Which celebrity always nails it with their hair-do? Carolyn Flack, she has been consistently on trend, from soft balayage to cool bobs and beautiful, relaxed, tousled hair.

What is your favourite product? I absolutely love Infuse My Colour Shampoos, they add tone and vegan pigment to dull, faded hair colour. They're excellent for brightening blondes or adding warmth and depth to faded reds. My clients keep raving about their results. We stock them at the salon.

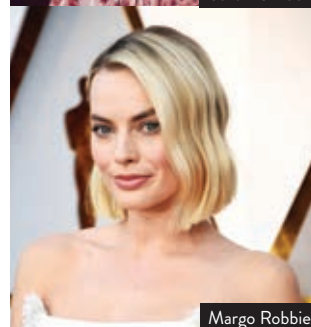
To book an appointment with Nicky call Hair Central on 630443.



Kendall Jenner



Carolyn Flack



Margo Robbie



Infuse My Colour Shampoo

PERFECT PAMPERING

Oils and serums are a luxurious way to indulge your skin and senses. Here we take a look at some of the best out there.



BEST FOR FACE - DAY

Created in 1980, the cult beauty product, Ecological Compound by Sisley, draws on an unchanged formula comprised of a complex of naturally-sourced Centella Asiatica, Ginseng, Rosemary, Hops and Horsetail extracts, Ecological Compound's revitalising formula helps to moisturise, nourish and stimulate the epidermis. If you can afford it, buy it. Currently in a beautiful limited edition bottle by artist Elzbieta Radziwill

£130 from Voisins.



BEST FOR FACE - NIGHT

This gorgeous little product has won every award going - the Aurelia Cell Repair Night Facial Oil is an intensive skin boosting treatment which works in tandem with the skin's natural nightly repair mode to help transform and replenish skin. Smells absolutely amazing and leaves skin glowing with health after two weeks of use - we just love it! Remember to use it all over your neck and décolletage too so that those troublesome areas can benefit from its anti-ageing properties.

£62 from aureliaskincare.com



BEST FOR BODY

Clarins Relax Treatment Oil does just that, relaxes the mind and body. Ideal to keep squirrelled away in your desk at work, this anti-stress treatment oil is immediately absorbed, leaving skin satin-soft and supple whilst the aroma relieves feelings of tension and fatigue.

£35.50 from Voisins.



BEST FOR BATH

Classics are classics for a reason and the Jo Malone Lime, Basil & Mandarin Bath Oil is so popular because it is just so good! Ideal for a sumptuous bathing treat, the unique, addictive smell will fill the room and linger prettily on your skin after the bath, continuing to sooth and nourish.

£39.50 from Voisins.



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TUESDAY	9AM - 5PM	
WEDNESDAY	9AM - 8PM	
THURSDAY	9AM - 5PM	
FRIDAY	9AM - 6PM	
SATURDAY	9AM - 4PM	
SUNDAY	CLOSED	



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There is a new solution to the discomfort, swelling and appearance of varicose veins that doesn't involve the longer recovery or bruising associated with vein stripping or laser. The VenaSeal procedure is a medical super-glue which offers a fast recovery and minimal discomfort. It is now available in Jersey on a walk-in, walk-out basis by a specialist vascular surgeon.

Endovein

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Meet the ASC's new Cosmetic Surgery Expert:

LIAQUAT VERJEE

Liaquat Verjee is one of three new very accomplished Consultant Plastic, Reconstructive and Cosmetic Surgeons that have recently joined the Aesthetic Skin Clinic at the Lido in Jersey.

The new surgical team, which also includes Mr Miles Berry, and Ms Caroline Mills, consult alongside a fully integrated medical team of dermatologists, cosmetic doctors and nurses, led by Dr John Curran, providing a wide spectrum of expert surgical treatments.

We took the opportunity to find out more about Liaquat Verjee, taking a brief glimpse into the mind of one of the industry's most reputable surgeons. Having gained extensive experience in some of the most prestigious surgical units in the UK and abroad, Liaquat's endless list of achievements, awards and qualifications is highly impressive. An established academic with a PhD in plastic surgery, he is a lecturer and international speaker, has numerous publications and prizes, and also holds an additional degree in psychology. Educated at Guys, Kings & St. Thomas' Hospitals (GKT), Imperial College London, and Oxford University, he has a specialist interest in facial aesthetic surgery, cosmetic breast, and body contouring surgery, coupled with a personal interest in art and sculpture.

Where does your interest in the industry stem from?

I chose to specialise in plastic, reconstructive and cosmetic surgery, as it is the broadest and most diverse surgical specialty. It is unique in that it brings together highly technical skills, a comprehensive knowledge of anatomy and science, and a detailed appreciation and understanding of human form, aesthetic, and function.

How has the industry developed throughout the course of your career?

Increasingly we see a huge variety of cosmetic non-surgical and surgical treatments being undertaken all over the world daily, with critics blaming its rise in popularity on the modern obsession with appearances, fuelled by celebrity culture and social media. We still frequently see something of a stigma around plastic surgery, but this need not be the case. If something is so upsetting to the individual and we can change it safely and make a difference to their life, then we are doing something truly important. If it makes you feel better and lead a more confident life, you should be able to do it. However, it has to be the right surgery, performed in a professional and safe environment with the patient's best interest at heart.

What is your favourite procedure to perform and why?

I am fortunate to have a huge amount of experience in a very wide range of plastic surgery, and I really enjoy operating. This can vary, for instance aesthetic upper eyelid surgery, or correcting prominent ears that someone has been teased about from childhood, to complex post-cancer reconstruction, microsurgery and trauma reconstruction. With all procedures, achieving a successful outcome for the patient and seeing their joy with the result, is what makes it worthwhile.



What is the most rewarding aspect of your career? What is the most challenging?

In terms of reward, there is huge satisfaction in being able to take a patient through the entire journey from consultation to surgery, and as I said earlier, seeing their happiness with the final outcome is very special. Most challenging is perhaps the technical aspect of surgery particularly in complex cases, and has required considerable personal investment and training for over a decade. Continued investment in education is essential to staying at the cutting edge of plastic surgery.

Why The Aesthetic Skin Clinic?

Working at the ASC is a pleasure. We are lucky to have the best facilities, technology, and expertise under one roof to help everyone, and are also able to fly over a network of professionals from the UK, should a particular specialism be required. Dr Curran is a consummate professional and his team are fully qualified to deal with their patient's needs and post-operative care.

What are your hopes for the future with this industry?

My clear focus is to further develop leading plastic, reconstructive, and cosmetic surgery services that are positioned at the cutting edge of clinical research, and synonymous with global best practice.

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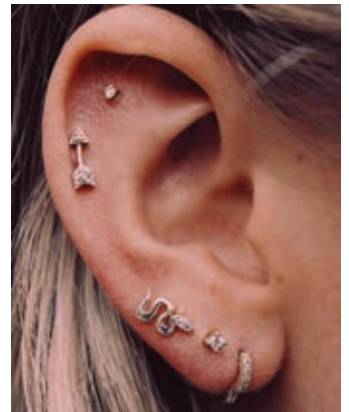
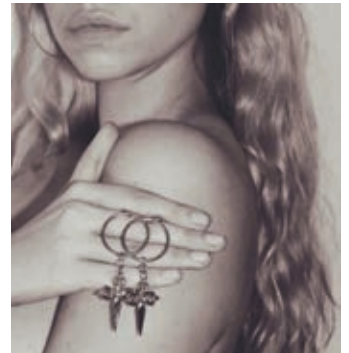
Brand News:

FIVE OF THE BEST...

Cool and current, everyday-jewellery brands

Anna Beck

Handmade using traditional Balinese jewellery techniques, each little dot you see is placed on there by hand, one large jewellery item can take three days to complete! In the spirit of local Balinese tradition, each piece is blessed with an offering of love and gratitude. Classic Band Ring £230, Classic Dotted Cuff Silver £300, Horn Necklace £185
AVAILABLE FROM ELIZABETH HOWELL



Rachel Jackson London

Rachel creates feel-good, empowering pieces for the London style set. Her badass jewellery combines attitude with elegance. Favoured by the likes of Kylie Jenner and Nicole Scherzinger, her pieces are booming right now.

Rockstar Necklace £77

Large Punk Hoop Earrings £77

Rockstar Diamond Ring £77

AVAILABLE FROM 1ST FLOOR WOMENSWEAR IN VOISINS



Une A Une

So much more than just some very pretty pieces, Une A Une creations are based on the principles of lithotherapy; the virtues of the semi-precious stones, which they use in the jewellery, promote pleasure and wellbeing. They can be your lucky charms, protection stones or simply your beautiful ornaments for the day.

Necklace £40, Ring £50, Earrings £40

AVAILABLE FROM MANNA

Wolf & Gypsy

A small underground brand that's quickly rising to big things. We love their indie vibe and chunky fun pieces.

Stud Earrings From £15

Dagger Earrings from £135

Large Coin Necklace £95, Small Coin

Necklace £42, Scorpion Ring £89

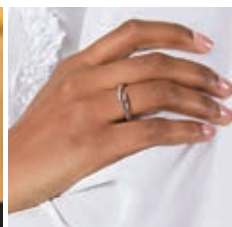
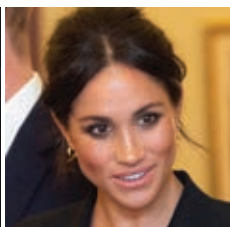
AVAILABLE FROM PEBBLE

Shaun Leane

Redefining the standard of British jewellery design, Shaun Leane is the creator of some much admired jewellery masterpieces. You'll see his unique and stand out jewellery on countless celebrities, from Her Royal Highness The Duchess of Sussex to Cara Delevingne. Sleek and current, we can't get enough of this power-house of a brand.

Hook Earrings £241, Serpent Bracelet £395, Slim Tusk Bangle £260

Silver And Diamond Wrap Ring £346. *AVAILABLE FROM RIVOLI*



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Imogen's picks



Oh crumbs...Autumn is nearly upon us, which means beige and other baked hues are back.

...for the girls

1. Camel Suit, Topshop, Blazer £50.00 Trousers £29.00
2. Ganni Leopard Dress, Voisins, £153.00
3. Dark Brown Satin Midi Skirt, New Look, £19.99
4. River Island Beige Longline Coat, Voisins, £80.00
5. Mint Velvet Cream Cropped Jacket, de Gruchy, £89.00
6. Ribbed Sleeveless Tunic, Marks & Spencer, £25.00
7. Buckle Peg Trousers, Topshop, £36.00
8. Casual Corduroy Trousers, Topshop, £36.00





8



7



1

...for the boys

- 1. Camel Utility Jacket, New Look, £29.99
- 2. River Island Brown Ribbed T-shirt, Voisins, was £16 now £10
- 3. Reiss Eastbury Slim Fit Chino, Voisins, £86.00
- 4. All Saints Kemble Suede Bomber, Voisins, £295.00
- 5. Ralph Lauren Blazer, de Gruchy, £355.50
- 6. adidas x Pharrell Williams Sneaker Off White, Roulette, £139.00
- 7. Champion x Clothsurgeon Sweatshirt Ecru, Roulette, £175.00
- 8. Nudie Jeans Slim Adam Chino Beige, Roulette, £119.00



5



4



3



2



6

RETAIL HEROES

Photography: *Holly Smith*

Makeup: *Claudia Patricia Freitas Martins, Estée Lauder at de Gruchy*

Hair: *Liliana Santos, Fabriah at de Gruchy*

Providing exquisite customer service isn't the only admirable attribute about de Gruchy. The family-owned retail store also celebrates their staff and their passion for the brands and services on offer. Influenced by the brands themselves, comfort, prints and versatility, the de Gruchy team are celebrating their love of the dreamy new season ranges on offer in their own Gallery X de Gruchy photoshoot.

"I chose this look because I love animal print and this dress offers something a little different that can be dressed up or down. The leather jacket ties it all together and is a wardrobe staple"





KELLY PESTANA

Mint Velvet Marlee Utility Trapeze Dress
UK £129.00 – JSY £116.00

Mint Velvet Tan Biker Jacket
UK £279.00 – JSY £251.00

Mint Velvet Kayla chestnut Boot
UK £129.00 – JSY £116.00

MALGORZATA SIWIEC

Oasis Leather Jacket
UK £59.00 - JSY £53.00

Aspinal Clutch
UK £95.00 - JSY £85.00

Moda In Pelle Rebecca Shoe
UK £99.95 - JSY £89.95



Oasis Jumpsuit
UK £55.00 - JSY £49.50

Aspinal Lottie bag
UK £495.00 - JSY £445.50

Mint Velvet Cream Cord Cropped Jacket
UK £99.00 - JSY £89.00



“I wanted an outfit that was casual, but still stylish. This Oasis jumpsuit is so comfortable and can easily be dressed up or down, so you look effortlessly put together either way.”

IAN BEARDSMORE

Ted Baker Bird Print Shirt
UK £89.00 JSY £80.10

Scotch & Soda Ralston Reg Slim Jean
UK £135.00 JSY £121.45

Hugo Boss White Leather Sneaker
UK £139.00 JSY £125.10



"I have a passion for print fabrics. I always like to look stylish and I think that prints have a way of offering that polished look. Ted Baker is a great British brand that always gets it right."

"De Gruchy have some great brands for everyday wear, so I chose a casual outfit that fits with my lifestyle. For me, it's all about comfort and eye-catching colours. The shoes I love – so wacky and fun!"



NIKKI JONES

Mulberry Bag

UK £695.50 - JSY £625.50

Moda In Pelle Argentio trainers

UK £109.00 - JSY £98.95

Masai Nicky Dress

UK £90.00 - JSY £81.00

Masai Jenelle Jacket

UK £100 - JSY £90.00

ILIDIO TEIXEIRA



“With party season on the horizon, I picked an outfit where I could look smart and stylish, but still stand out. Hugo Boss never fails to tick those boxes”

Hugo Boss Hayes Jacket
UK £399.00 - JSY £359.10

Hugo Boss Wilson Waistcoat
UK £169.00 - JSY £152.10

Hugo Boss Gibson Trousers
UK £179.00 - JSY £161.10

Hugo Boss Jenno Shirt
UK £89.00 - JSY £80.10

Hugo Boss Kensington Shoes
UK £249.00 - JSY £224.10

Hugo Boss Bow Tie
UK £45.00 - JSY £40.50

Hugo Boss Carmello Belt
UK £89.00 - JSY £80.10

Hugo Boss Pocket Square
UK £45.00 - JSY £40.50

CHRISSY SANTOS

Phase Eight Laverne Printed Dress
UK £99.00 - JSY £89.10

Head Over Heels (By Dune) Lexxis Shoe
UK £35.00 - JSY £31.50

**Head Over Heels (By Dune) Nude
Patent Clutch**
UK £25.00 - JSY £22.50



"I love patterns for summer, so this Phase Eight dress was an easy pick for me. The v-neck cut and tie waist makes it super flattering and easy to wear"



Boden

With the best of the summer sadly behind us, September is a time to turn your thoughts to falling leaves and what fashion will take you into the cooler months. It's a big transition month for fashion, which is why it is always the busiest time for Vogue magazine.

As the seasons change, I always look at how to keep a splash of colour within my styling, which is why I jumped on this new coatigan from Boden's autumn range. It's the perfect pairing of colours for my hair and skin tone and the pop of red will really lift my mood when the sun starts to disappear earlier.

"Less was most definitely more this last month, as I explored some new ways to approach fashion with a sustainable attitude."

Multi-purpose items are worth their weight in gold. So I was thrilled to receive these byEloise bracelet bands that not only look great in your hair but also stacked high, decorating your wrists. With gold and diamanté encrusted charms, these bands really prove that for the autumn season hair accessories are still riding high - as should be your pony tail! The ultimate girly accessory, I can imagine many mums sharing these with their daughters - no matter what

their age. Browse through a selection from the brand new in at the Pottery Shed at Ransoms Garden Centre.

Words: Laura Morel

NineBY5

I'm so pleased to announce that I've started working with Jersey's Marks and Spencer store, promoting some of their most coveted pieces as soon as they drop. I've always found some truly stylish pieces from the British fashion staple, inspired from stylists and instagrammers that work with the label, but appreciate that it isn't always easy to realise the full potential of their fashion range, nor how it could be interpreted for a range of ages. I was lucky enough that my work with them coincided with the launch of Holly Willoughby's new collection, the Holly Loves edit. This is the first boiler suit I've picked up this year, because the nipped-in waist is so flattering for my body shape. The pop of colour from the cross-body bag really brings the outfit to life, and better still - its vegan friendly!

Less was most definitely more this last month, as I explored some new ways to approach fashion with a sustainable attitude. With the help of some like-minded friends we held our very first clothes swap-party which was a huge success and proved that one person's trash really can be someone else's treasure. It was the perfect place to swap all those

loved pieces that maybe don't fit any more or don't suit you, but are just too precious to part with at a car boot sale! I managed to nab a few great finds, including this La Redoute jumpsuit, without spending a penny. With the future of fashion being in renting rather than buying and with more options encouraging us to limit our purchasing power for the sake of the environment I really think we're onto a winner here. If you'd like to join in the fun on our next swap just drop me a message.

 www.nineby5.com



Clothes Swap



M&S



The Potting Shed



Crafted like no other

A small batch, handcrafted gin from the Channel Islands.

Elegantly infused with fresh raspberry, pink grapefruit, hibiscus and pink peppercorns.



DUNELL'S



MADE FOR AND DISTRIBUTED BY DUNELL'S

pinkgraniteci.com

Please drink our gin responsibly

Crafted like no other...

Handcrafted in the Channel Islands, Pink Granite 'The Stonemason' Gin was launched in July 2019. Locally inspired by our talented stonemasons who hand-carve this uniquely coloured stone that formed millions of years ago creating monuments of timeless beauty – it's what makes our environment we live in so very unique.



This London-Dry style gin has been designed by Neil and Jane Pinel of Dunell's, Jersey's finest independent wine merchant. It has been expertly made by Luke Wheadon of the Channel Islands Liquor Company in Guernsey and is the result of over 18 months work from conception to market.

Extremely proud of the blend, 14 specially chosen botanicals have been used but with a main focus on locally grown raspberries as well as pink grapefruit, hibiscus and pink peppercorns to create a gin of pure sophistication. It has been designed to appeal to both men and women, and with its



incredible smooth mid-palate it is ideal to be enjoyed neat, on the rocks, as a G&T or as part of a gin-based cocktail – it makes an awesome Martini!

Jane said “Being surrounded by some of the very best alcohol brands in the world on a daily basis, we wanted to create a new gin brand that stood out from the ever-increasing crowd. Dunell’s currently stocks over 100 different gins so it was essential that ours not only looks the part but tastes amazing too. Then came the name. We needed a name that would be well recognised locally but also hold weight nationally and potentially, internationally. The Channel Islands was formed millions of years ago from granite. It has been quarried for centuries to create exceptionally beautiful building materials that give the Channel Islands its unique style and essence from our heritage sites and parish churches to homes, public buildings, monuments, walls and much more. Various granite colours can be found across the islands but Jersey is famous for its ‘Pink’ granite formed from a unique mix of mica, feldspar and quartz minerals. We decided that this would be the perfect name for our gin, adding ‘The Stonemason’ as a fitting tribute to the local stonemasons who hand-carve this beautiful stone. The name represents beauty, elegance, solidity; a timeless classic.”

Our distiller Luke said “My approach to gin making is purist. I am fascinated with the essence of individual ingredients and how they layer together to give a complete flavour profile and I do so with a traditional London Dry process. There are no flavourings or sugars added post



“I am fascinated with the essence of individual ingredients and how they layer together to give a complete flavour profile and I do so with a traditional London Dry process.”

distillation so the gin is led by the true nature of the natural oils. Pink Granite is a very pure expression of fresh raspberry, which moves through the palate and cuts with citrus notes from the fresh pink grapefruit peel leading onto deep floral notes from hibiscus and then on to the finish of spicy pink peppercorn. I am very proud of this gin and hope that you enjoy it.”

Pink Granite Gin is available to purchase from Dunell’s at their Beaumont, town and Gorey shops as well as from other shops and merchants. You can also enjoy Pink Granite Gin in many of Jersey’s best bars, hotels and restaurants.

For more information see www.pinkgraniteci.com

APPETITE NEWS

Rekord Breaking

Has any other cider brand won more accolades and awards than the brilliant Rekorderlig? The delicious pear-based cider from Sweden, has won countless prizes including the coveted 'Most Loved Cider' at the largest drinks award ceremony in Australia.

"The Jersey public have been so incredibly supportive towards Rekorderlig over the years and even with other trends it has maintained a great presence within the island's top bars and stores" said Roland Topf, the importer for the island. This year, as well as just launching the new Peach and Apricot flavour, Rekorderlig has been released in new-look cans and their products are now vegan friendly and gluten-free. It's delicious all year round, but with the hot weather it is ideal over ice with a citrus garnish, and if you want to go the extra mile add a bit of spirit to make a cocktail or even some wine to make an amazing sangria.

Here are a few tasty cocktail recipes that are guaranteed to go down a storm at your next picnic or party:



Passionfruit Caipirinha

Ingredients:

30ml Cachaca
20ml fresh lime juice
100ml Rekorderlig Passionfruit
10ml passionfruit purée (optional)

Method:

Add cachaca, fresh lime juice, crushed ice and Rekorderlig Passionfruit to a tumbler and churn. Garnish with a wedge of lime.



Sundowner

Ingredients:

25ml spiced rum
25ml lemon juice
1 bottle Rekorderlig Mango-Raspberry

Method:

Build spiced rum, lemon juice and Rekorderlig Mango-Raspberry over plenty of ice.



Swedish Sling

Ingredients:

25ml gin
1 bottle Rekorderlig Strawberry-Lime
1 lime cut into wedges

Method:

Muddle lime wedges in a tall glass, add ice, gin and Rekorderlig Strawberry-Lime.



To celebrate the launch of the tasty new Peach & Apricot flavour, the Rekorderlig team will be at Grand Marche in St Helier on Tuesday 10th and Tuesday 24th September between 2.30-5.30pm doing some free sampling. Make sure you pop by and say 'hi' and try it out!



A route to good food...

Street eatery, next door to Samphire on Don Street, is one of the best places to eat that we have in Jersey. Akin to the very coolest of London hotspots, Street allows you to follow modern and amazing food trends in their no-fuss casual restaurant.

You can feast on a range of globally inspired, unusual and incredibly delicious street dishes. We love their range of boozy milkshakes and brilliant beers, it's the ideal place for a get together. You can pop in for breakfast, lunch, an afternoon bite or an early dinner, and there is the option to have your food on the beautiful garden terrace.

You can also make the most of the causal space at Street, available for buffets and private events AM or PM for up to 30 people. It makes a great change to the norm, we held our Gallery event there and the inventive and mouthwatering dishes got everyone talking.

Open Monday – Friday 8.30am – 6pm, Saturday 10am – 6pm and Monday – Saturday evenings for private events. Call 484846 to book.



10 Years of Pizza Perfection

Pizza Quarter is a globally-inspired brand, but very much a local company that is home-grown in Jersey. This year they celebrate their tenth anniversary, with their first store having opened at Bel Royal in May 2009, adding Greve D'Azette in sunny St Clements in 2012.

Neighbouring Pizza Quarter, Bel Royal is the now iconic outlet The Kiosk, renowned for its quality produce and reasonable prices. March 2017 saw the opening of a new flagship eatery combining both the Pizza Quarter and The Kiosk offerings located with the picturesque seaside backdrop of Gorey.

With a loyal following, it is a one-stop-shop for informal dining-in, or many customers opt to take-away so they can enjoy the views overlooking Gorey harbour, or head down the beach to feed the kids and enjoy the long summer evenings. Their signature Traditional Fish & Chip Box is a must try!

Craft Beer is a Funny World

Words Alex Rondel from Love Wine

Craft beer is a funny world; full of interesting and unique takes on various styles. So much so, that no matter your taste, you are bound to find a brew that suits you.

Beer, in the way most of us know it, originated in Europe during the 17th century. But this was waaaay before the craft beer movement kicked off in the 1970s!

What Does Craft Beer Taste Like? Craft beer is like wine, it is rare to find two beers the same. There are heaps of various styles, so it is a case of trying them to see what floats your boat.

Many brewers like to use classic styles as a guideline, so we are going to give you a run-down into three major categories:

India Pale Ales are all about letting those hop flavours take the spotlight. The pale and caramel malt profile should still provide a clean, supportive foundation and a complementary sweetness to take the edge off the hop bitterness.

This is where things get a little dark... Stouts and Porters are dark coloured beers (think motor oil). Porters tend to be every-day, no-nonsense drinking beer; with a lower amount of roasted barley or malt, allowing for a mellower roasted character. Your average Stout is luscious, full bodied, carries a heavier ABV and delivers a creamy texture (think Guinness, but better!)

Although different, they do share some tasting notes like chocolate, nuts, coffee and caramel.

Time to go off-piste with Saisons, Sours and Goses; they are created by using wild yeast and the addition of fruit during the ageing process.

These beers are interesting and natural, reminiscent of farmhouse ciders. They come in a range of flavour profiles like berry or tropical fruits! Great for food pairings, providing a clean, refreshing balance to cut through fatty foods.

(Note: a Gose will use salty water as a point of difference, hence Salty Kiss here)

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St John is home to some of our island's most prestigious and historical family homes. With vast countryside and rolling fields, traditional Jersey farmhouses are a-plenty, but not many can boast about retaining much of their original charm, as market demands for contemporary additions and renovations increase.

✍ Words

Imogen Pickering

Beau Pré is a substantial granite property, that certainly ticks the box for being a traditional Jersey home. Situated off La Grande Route de St John, the seven-bedroomed, six-bathroomed house is filled with character and charm, with an abundance of history dating back to the 17th century.

Accessed via a set of electronically-operated gates, the winding drive leads you to the property's enormous paved courtyard, where the various outbuildings create a secluded and private setting away from the main road. The front facade is impressive, with various climbing vines decorating the walls. A granite marriage stone for one of Beau Pré's previous owners sits above the original entrance, belonging to the late Dr John Lewis, who readers may remember for his memoir - *A Doctor's Occupation* - published in the 1980's after his time spent as the only doctor on the island during the second World War.

The entrance used by the current vendors is situated at the far end of the property and opens into undoubtedly one of the most impressive entrance halls I've seen. Credit to the current vendor's taste and commitment to retaining much of the property's traditional charm, the interior favours 18th century design.

An extraordinary gold chandelier hangs alongside a tapestry on the wall, coupled with a black and white tiled marble floor and dark wooden staircase, offering a unique sense of arrival with real 'wow-factor' as you enter the property.

Beau Pré benefits from a number of large reception rooms, the first of which can be found to the left of the entrance hall. Currently being used as a study, it's impossible not to notice the enormous 17th century granite fireplace, which the vendors have reason to believe it is one of, if not the first, of its kind on the island.

"Beau Pré is a magnificent family home, located in a lovely rural location and with endless potential."

Next door, the property's eat-in Shaker-style kitchen is truly beautiful, adhering to traditional Georgian design. Although a typical Georgian kitchen would have been a simple basement room, today's kitchens can include a Georgian influence by taking a cue from classic characteristics of other rooms - elegance, symmetry, grand proportions and a sense of light and space - which Beau Pré encapsulates perfectly.



Adjoining the kitchen is the orangery; an extension of the original farmhouse which runs alongside the garden. Currently being used as the informal family & sitting room, the space also benefits from an adjoining snooker room, as well as a bar, offering the ideal space for entertaining family and friends.

Across the other side of the entrance hall is what the vendor jokingly described to me as the 'Christmas wing', where the family have hosted many dinner parties and celebrations in two of Beau Pre's formal reception rooms. A large dining-room sits a 12-seater dining-table, and the adjoining drawing-room boasts a beautiful working fireplace, making it not difficult to imagine the festivities that have taken place over the years.

Beau Pre's seven substantial bedrooms are located on the first and second floor. Varying in size and layout, each with its own design and personality, there are endless solutions for hosting a large family with varying

requirements. Most noteworthy, the master suite comprises the majority of the upper east wing and comes complete with an extensive walk-in dressing room, sitting area and lavish ensuite bathroom.

Beau Pre benefits from a large amount of outdoor space. Accessed via either the kitchen, orangery or drawing room, a large paved courtyard offers masses of outdoor space for al fresco dining and furniture. A large enclosed lawn is decorated by original granite features, included a cider press that has since been converted into a tasteful water feature. Beyond the lawn, a gate opens into the enormous adjoining field. Well-kept and enclosed, it's the perfect space to erect marquees for parties, or to allow pets to roam without any dangers.

Also part of the sale are the property's various outbuildings, providing generous secondary accommodation solutions. A detached unit in the courtyard currently provides ample office space for a small business, with

a one-bedroom apartment above. Across the way, an additional outbuilding comprising a shed, garage and store, has great potential to be converted into further accommodation, subject to planning permission.

To the rear of the grounds, further secondary accommodation comes in the form of a two-bedroom cottage, complete with its own garden, balcony and ample parking.

Beau Pre is a magnificent family home, located in a lovely rural location and with endless potential. It's not often that properties of this size and standard become available to buy, so prompt viewing with Savills comes highly recommended.

Beau Pre **La Grande Route de St Jean** **£3,350,000**

Privacy in a rural location
Generous secondary accommodation and office space
Character and grandeur throughout
Grand reception rooms with original features
Extensive gardens and outdoor patios
Generous secondary accommodation
Spacious driveway and ample parking

Savills - 01534 722227

Finishing *Touches*

Autumnal Glow

Autumn is on the horizon, and with the change of season, there is one color that quickly comes to mind: orange. From ever-popular copper hues to the distinguishable brights of Le Creuset, begin to introduce warmth into your home with this comforting tawny colour palette.



Rituals The Ritual Of Happy Buddha Mini Fragrance Stick
de Gruchy
£12.70



Bar Craft Double Walled Wine Cooler
de Gruchy
£29.69

**Farrow & Ball
Charlotte's Locks
Paint 2.5L**
Romerills
£41.85



**Le Creuset Storage Jar
With Wooden Lid**
de Gruchy
£24.29



**Burnt Orange Egyptian
Cotton Towels**
Dunelm
£1.25 - £18.00



Wire Initial Ornament
Next
£6.00



Bruce Copper Side Table
My Pad
£80.00



Print Velvet Lampshade
Loving Chair Company
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MARKET UPDATE

The Bank of England's Monetary Policy Committee meets on the first Thursday of each month to discuss amongst other issues, the level at which Base Rate will be set. This decision then impacts upon the interest rates, that mortgage lenders charge for their products.

LOW BASE RATES

Since the start of the World Financial crisis over ten years ago, low Base Rates have meant that anybody purchasing property has benefitted from extremely cheap mortgages which are currently in the range of between 1.49% and 3.99%, depending upon the level of deposit that is put down against the purchase, and the lender that a borrower selects.

Base Rate currently stands at 0.75%, having been held at that level for the past twelve months, although there is now much discussion as to what is going to happen once a decision has been made about Brexit.

LATEST DECISION ON BASE RATE

Following the August meeting of the Monetary Policy Committee, the Bank of England confirmed that Base Rate at 0.75% would remain. This key rate is constantly under review, in a financial climate that cannot be predicted until the shape of Brexit becomes clearer.

What is apparent, is that no matter what happens with Brexit, Base Rate and therefore mortgage interest rates are unlikely to change significantly in the short to medium term, irrespective of whether they rise or possibly even fall.

THE IMPACT OF BREXIT

To date, most people living offshore have tended to ignore the financial implications of Britain's departure from Europe, although as the truth dawns that big things are going to happen to the UK in the next few months, we should all be aware that we will inevitably feel the impact in the Channel Islands as well.

The impact is likely to extend from reduced food and consumer supplies, to restrictions on travel at ports of entry in Europe. More importantly however is what will happen to the property market and the low interest rates that we currently enjoy.

FIXED RATE OR TRACKER?

The best advice to all prudent borrowers has always been to consider locking into a five-year fixed rate where a 10% deposit can access 2.29% whilst a deposit of 40% can reduce this rate to 1.81%. These rates can fall further to 2.09% and 1.49% respectively if a variable tracker were to be chosen instead, although is it really worth taking the risk?

Best Rates - Market Leaders (% loan to property value/price)

60%	Tracker	1.49%
60%	2 Year Fixed	1.50%
60%	5 Year Fixed	1.81%
60%	10 Year Fixed	2.64%
85%	Tracker	1.69%
85%	3 Year Fixed	1.99%
85%	5 Year Fixed	2.09%
90%	Tracker	2.09%
90%	2 Year Fixed	1.89%
90%	5 Year Fixed	2.29%
95%	2 Year Fixed	2.89%
95%	5 Year Fixed	3.49%
100%	5 Year Fixed	3.99%
60%	BTL 2 Year Fixed	1.69%
60%	BTL 5 Year Fixed	2.30%

Rates correct as at 05/08/2019 BTL = Buy to let mortgage

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

Visit www.mortgageshop.je to find out more.



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Find us: 31 Broad Street, St Helier

You don't need an app to find Jersey property. You just need to look in the right places.

When we set out to build the best place for Jersey property hunting we consciously decided **not** to build an app.

We tested others, clogged up our phones, wore down our batteries and watched them eat our data. Plus, what if you want to look on your laptop instead?

Our platform is accessible from any device (710 different models of mobile device have used places so far this year!*) but our custom, super fast site delivers where apps can't, regardless of whether you're on a Macbook, Gallery S10 or a Tecno CA8 Camon X Pro (whatever that is...).

If you're looking for Jersey property, find the most accurate content from the most agents listed on any platform at places.je. You could even put a shortcut on your homescreen if you like.

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Lavish *some luxury...*

The epitome of a luxurious home is not just a well-appointed home. Rather, a luxurious home is one whose amenities allow for the owner to feel lavished upon or spoiled. We've rounded up some of our favourite must-have items to add a touch of luxury to your home.

✍ Words: Imogen Pickering

Outdoor TVs

Hydropool CI, prices vary
(contact *Hydropool CI* for quote)

Imagine relaxing in your hot-tub while enjoying your favourite TV programme, watching a movie, or the World Cup Final? With Hydropool CI's range of outdoor TVs, this is no longer just a dream! All of their TVs are waterproof, have an IP66 rating and come in sizes from 43" to 55" offering up to 4k quality. Designed to be viewable in direct sunlight, their outdoor screens are up to 5 times brighter than ordinary TVs, making them viewable in direct sunlight on the brightest of days. Functional between temperatures from -20 degrees all the way up to 60 degrees, they are the perfect solution for year-round use and are suitable to be outside in all weather conditions.



Westminster Persian Lounger with Wheels

Beaumont Home Centre, £780

The Persian Lounger will complement any outdoor space, setting the standard by using the finest fabrics and foam for outdoor use. Constructed using fully welded Powder Coated Aluminium frame along with all year round weatherproof Sunbrella fabric and Quick dry foam. The Persian Lounger is also supplied with wheels for easy manoeuvring.



Teuco Seaside Range

Bauformat, prices vary (contact *Bauformat* for quote)

Bauformat has the very best bathrooms on offer in Jersey. Bathroom design has evolved from pure functionality to become an extension of individual style and taste, and the brands Bauformat work with are at the forefront of contemporary bathroom design. Enjoy luxurious finishes, multi-functional installations and discover how shape, material and form guides the flow of water in the modern bathroom. The Teuco Seaside Range, as pictured, introduces high-end luxury, allowing you to replicate the luxury of an exclusive spa resort in your own home.

Alexandra Bed Frame

MyPad, from £865

A striking headboard delivers a sense of grandeur to this alluring design, combining beautifully with the soft-edge contouring of the base. Alexandra is presented in two luxurious colourways (gold & steel) and choice of three sizes to suit a wide variety of homes. A posture sprung slatted base provides optimum comfort, whilst bringing character and style to almost any bedroom.



Cosy Lifestyle Suite with Rising Table

MyPad, £3,199

A true feat of masterful ingenuity and contemporary design; you'd be easily forgiven for questioning whether this was a sofa or daybed. The Cosy Lifestyle Suite merges together to create a single cozy daybed, or just as easily comes apart to form 4 separate chairs with a central footstool. Using an advanced high-performance foam that is designed specifically for outdoor cushions and furniture, the porous open-cell structure allows water to drain rapidly and fresh air to circulate freely. After a heavy downpour and in good weather conditions, the furniture is ready to use within the hour.

The Hydropool 670

Hydropool CI,

prices start from £11,995

The Hydropool 670, a 6 person hot-tub, helps you to unwind and forget all about the stress life can bring. A spacious hot-tub packed with features, the Hydropool 670 really can help you make time for what matters. This hot tub is extremely comfortable, equipped with the never-float lounge that can accommodate a wide range of heights, while its corner seats deliver a variety of targeted neck, back, wrist and calf hydromassage options.



Horizon.

Where waterside living and world-class architecture combine.

A new neighbourhood rises with the arrival of Horizon at the Waterfront. From modern apartments to a bustling complex of cafés, restaurants and shops, Horizon's new residents will enjoy all the benefits of waterside living with the convenience of St Helier town centre only a short stroll away.

Designed by leading international architects Skidmore, Owings & Merrill (SOM), and featuring balconies, floor-to-ceiling glazing and fully-fitted kitchens, Horizon offers the very best in contemporary waterside living.

Horizon is a Jersey Development Company project and is the design of world-class architects SOM, one of the largest and most influential architecture firms in the world, with more than 10,000 projects in over 50 countries. Their design for Horizon opens up new connections between St Helier and the Waterfront, framing views of historic Elizabeth Castle and creating a vibrant new lifestyle quarter. Each apartment has been designed to take advantage of the superb location with contemporary style; featuring modern, open-plan living spaces along with balconies and floor-to-ceiling glazing.

Horizon has been a popular choice for purchasers looking to secure part of this landmark development, with 75% of homes already reserved. If you're a local first-time buyer, you could reserve your home at Horizon with an initial £2,000 reservation fee - the balance of the 10% deposit can be paid in interest-free monthly instalments over the build programme, so you can secure your apartment while renting or living at home.*

From downsizers and first-time buyers to those simply wishing to take advantage of Horizon's convenient lifestyle benefits, it's easy to discover all the opportunities available at this iconic development. Just download the Jersey Development Company App** (search JDC at the App Store) to explore Horizon in detail and check on the entire availability. Or simply make an appointment at Horizon's Marketing Suite to find out more about Jersey Development Company's first-time buyer incentives and apartment availability.



Two-bedroom apartments at Horizon with parking start from £435,000. Horizon estimated completion: Autumn 2021 - Spring 2022.

Horizon is a Jersey Development Company project in association with Groupe Legendre.



Visit horizon.je for more information and to book an appointment, email info@horizon.je or call 01534 721097. Horizon Marketing Suite is located next to the Radisson Blu Hotel, and open from 10am Monday - Saturday. For full details of opening times, parking and access, please visit horizon.je.

* Subject to criteria. ** Best viewed on an iPad.

Capital Markets put simply?

Read on

✍ **Words** Amy Bryant
Deputy Chief Executive Officer at Jersey Finance.

Nobody likes life to be complicated, let alone finance. We're looking to change that by putting things simply – adding clarity to what our Island's finance industry does and why.

We've already worked with industry experts to create a 'Put Simply – Private Wealth' series which looks at trusts, foundations and family offices. Now we're introducing 'Put Simply – Capital Markets' where you can discover in simple terms how this sector works.

What is a capital market? How do stock exchanges work? What does a listing mean? Whether you're a student studying finance, or starting out in the industry, or you're just curious to know more about how things work, our Put Simply series will take away the mystery.

Capital markets is one of Jersey's key finance sectors. Put simply, capital markets describe a financial marketplace. It's where investors buy and sell long-term investments to raise money – bringing together buyers and sellers to help businesses grow.

You may have heard of a stock exchange. Well, stock exchanges are part of the capital markets marketplace.

Quick Facts About Stock Exchanges

A stock exchange is the marketplace where investors trade – buy and sell products – to generate wealth for an organisation or a specific purpose.

Stock exchanges grew out of commodity trading of agricultural products and other raw materials.

Jersey has the greatest number of FTSE 100 and AIM companies registered outside of the UK

Jersey helps the successful circulation of money globally by providing a base from which organisations can list on a variety of stock exchanges around the world.

Investors choose to list on a stock exchange for many reasons, including to promote stock, to help make better, more informed decisions based on transaction data and prices, and to clearly show who owns stock.



Sometimes pictures tell a better story. Watch our short animated film about stock exchanges, capital market products and more at www.jerseyfinance.je/put-simply

From 'Triple A' to Z

For clear definitions of bonds, securities, interest rates or even to find out what inflation is and how it affects financial markets, then you can look to our plain English capital markets glossary of terms. Working with experts, we've put together an A-Z of popular finance terms in simple language – find it at www.jerseyfinance.je/put-simply

Why and Who Uses Stock Exchanges?

Here's a real-life example from The International Stock Exchange (TISE), which is based in the Channel Islands.

Real Growth for a Channel Islands Financial Services Business
Channel Islands headquartered PraxisIFM Group Ltd, a global financial services business, was admitted to TISE's Official List on 12 April 2017. At the same time, it also entered TISE's market segment for trading companies operating from the Channel Islands.

*"What is a capital market?
How do stock exchanges work?
What does a listing mean?"*

The company listed to provide clarity over its ownership, to enable it to attract and reward staff through equity-linked schemes, to give shareholders a visible price and market for their holdings, to widen the Group's visibility internationally and to provide access to the capital markets as a way to help finance acquisitions.

Simon Thornton, CEO of PraxisIFM at the time of listing, has said that TISE was chosen because it was a market which suited a business of its scale and ambition, and it was highly cost effective.

Since listing, the Group has successfully raised more than £40 million of capital which has been used to acquire businesses and develop its footprint in the BVI, Geneva, Hong Kong, the Isle of Man, the Netherlands and the UK.

Discover more at www.jerseyfinance.je/put-simply



Torti Algate and Pete Grange of Oi/Oi Junior

Channel Islands' Oi gives birth to Junior.

Channel Island creative and digital marketing agency Oi has given birth to a specialist startup branding and marketing agency team servicing the South West of the UK.

Junior is a team within the full-service agency focused on making startups successful with 'New brand thinking'. A team, experienced in integrated marketing, advertising, branding, design, video production, website and app development, digital and social media marketing, will help ambitious new brands looking to be disruptive in their sectors.

The full-service offering is for clients with budgets between £25,000 and £75,000 in an early startup stage of their lifecycle. Once Junior clients exceed that budget they can choose to work with Oi for bigger, ongoing projects and campaigns from a 30+ strong team, "We are passionate about business innovation and see a great opportunity in the startup space," said Peter Grange, Oi Chief Executive Officer. "There is significant clustering of startups in the South West of the UK, with places like Bristol leading the way as centres of excellence for digital innovation, including artificial intelligence and tech-brands. Many want a full-service offering without going to big agencies."

LOCAL PRODUCE

Sippin the win

Silver/Bronze Awards For Local Gin, Sippin

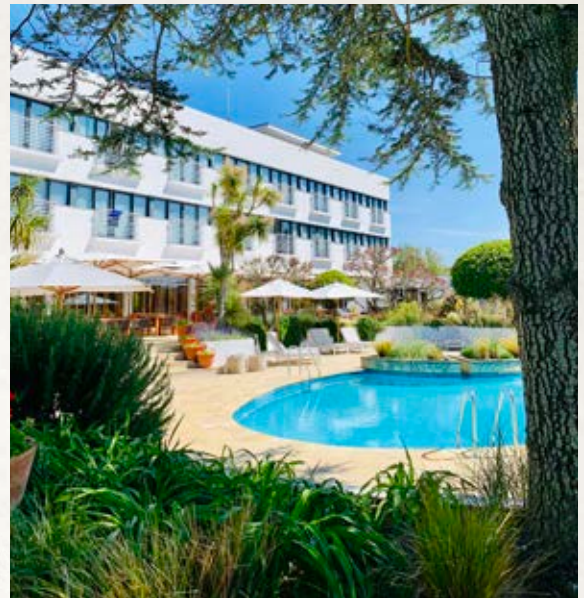
One of our locally produced Gin brands, Sippin, which is distilled by Dany Lancaster, has won three awards in this years International Wine And Spirit Competition.

Known as "the Oscars" of the drinks industry, producers of the world's wines and spirits have been entering the IWSC for 50 years. This year, spirits were entered from over 90 countries worldwide, a staggering 800 gins entered the competition. Here's

Bronze Gin & Double Dutch Tonic Bronze

Silver - Gin & Double Dutch Cranberry & Ginger Tonic

Bronze- 2019 in Gin - Flavoured - Rhubarb



The beautiful Atlantic Hotel

Small Luxury

The Atlantic Hotel, Jersey is proud to have celebrated 25 years as a member of Small Luxury Hotels of the World.

As one of the earliest members of SLH when it joined in 1993, The Atlantic has been a committed supporter of this globally renowned consortium through its successful development as an international grouping of like-minded hoteliers which today boasts more than 500 hotels across 80 countries.

SLH prides itself on its collection of independently run small luxury hotels which offer a unique personal touch and leave a lasting impression by delivering authentic one-of-a-kind experiences. For The Atlantic, joining SLH was a pivotal moment in positioning the hotel as a luxury property and helped to establish it as a niche product within Jersey's hospitality industry. The Atlantic Hotel remains the sole member of SLH in Jersey to this day.



Goat is the G.O.A.T

Jerriaise D'or Goat Farm is among the Great Taste winners of 2019

Jerriaise D'or's goats cheese has received a 2-star rating in this year's prestigious Great Taste Awards. The world's most coveted food and drinks award singled out the Fluffy Fuhka cheese from the St Ouen's Farm, dubbing it 'beyond delicious!' 12,772 products were sent in to the Great Taste Awards from over 100 different countries, with only 10% being recognised as worthy of a two-star rating.



The new La Mare event space

La Mare invests £700k in new event spaces

La Mare Wine Estate has invested over half a million pounds upgrading its function room and event spaces, opening a fantastic new events venue has opened in the heart of Jersey's beautiful countryside.

The company enlisted the help of local architects Axis Mason and main contractor LCV Interiors to create the customer-led design and make the most of the natural light and stunning views of the vineyard, orchards and gardens.

The result is a modern yet sustainable build, a mixture of beautiful natural oak and glass incorporating large floor to ceiling windows as well as a new air conditioning system, energy efficient LED smart lighting and high-tech audio-visual facilities. The ceiling has become a feature in itself with stunning 'wine glass' chandeliers. The room also has better wheelchair access and improved acoustics.



No waiting at the bar today

Feeling Suite at The Grand.

The Grand Suite at Grand Jersey Hotel & Spa has received a major refurbishment to create a 'one-stop event space' that caters for any function, business or private event.

The largest of all the function rooms at the hotel has undergone a £400k makeover and has been totally transformed. The space which accommodates up to 250 people for a reception, 150 theatre-style or 110 for private dinners, has been carefully re-designed to create energy and enhance productivity, with skylights allowing natural daylight to flood the room. A new Creston AV management system synchronizes all equipment in the room. Just one click closes one of the skylights automatically and a new ceiling mounted HD laser projector which connects to two 75 inch screens, gives users the option of presenting wirelessly from anywhere in the room. Meanwhile colour-changing lights have been installed that can be programmed to light up the room and provide enhanced atmosphere and add to the ambience whenever needed. A dedicated bar within the space has been modernised offering an additional social space within the room.





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www.facebook.com/healthylivingfestivalci



In Support of Jersey Hospice Care



Smiles after a summer at Deloitte

Seven students took part in Deloitte's Summer Vacation Scheme, which offers an insight into a career at a professional services firm in Jersey. The scheme is a three to six-week summertime placement for undergraduates and those going on to do a masters degree at university.

Seven successful applicants will tackle various projects, solving complex client problems and gaining valuable work experience. The scheme began on July 22nd with an initial introduction and team building week, which included internal training and a two-day bookkeeping course. At the end of the scheme, each of the students will present their experience to the wider office.

lain processes to us, making learning much easier and more enjoyable. I couldn't recommend this scheme highly enough for anyone, whether they have prior experience in accountancy or not!

The Summer Vacation Scheme runs annually, registration for 2020 can be accessed here: <https://deloittecandidate.ambertrack.co.uk/registerinterest2020/Login.aspx>



PraxisIFM has strengthened the senior management team in its Jersey Trust office with the appointment of Barbara McDonald as operations director and Jade Fellowes as senior manager.

Mrs McDonald is responsible for overseeing the entire day-to-day operations of the company including internal audit, data protection and operational systems. Jade Fellowes has been appointed to head up one of the private client teams and also assist with new business. She has more than 10 years' experience specialising in corporate restructuring, transaction management and real estate for a broad range of clients and structures.

Movers & Shakers



New recruits at BDO Greenlight

BDO Greenlight have appointed four new consultants to their team signalling their growth and adding new expertise to their offering as the Channel Islands' leading change management specialists. The consultants bring with them a breadth of experience to meet the expectations and needs of clients in a growing sector of Jersey's business landscape. The new consultants are Claire Macready, Joe Smith, Jordan Egerton and Bradley Le Clercq.



Cloud Expert at Prosperity 24/7

Prosperity 24/7 is delighted to announce it has a cloud Expert on its Technical Solutions team.

Chief Technology Officer Jake Foster has been awarded the Microsoft Certified: Azure Solutions Architect Expert certification, one of Microsoft's most demanding and highly respected credentials. The qualification demonstrates a candidate's expertise in designing solutions that run in the cloud with Microsoft Azure services and technologies.

Jake's exam success proves he's an expert in compute, network, storage and security services in the Azure cloud and puts him amongst a select group globally to have achieved this top-shelf certification. Chris Clark, CEO of Prosperity 24/7 said, "Cloud skills are becoming critical to organisations and our clients are now exploring the benefits of a 'cloud first' strategy. For Prosperity 24/7 to be able to bring to the table fully trained and certified cloud architects helps strengthen those clients in their journey."



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Cut through
the business
media call
811100



Silver success for local App

JT's free My Account customer app, the only one of its kind in the Channel Islands, has been awarded the silver award in the Best App category at the recent UK Digital Experience Awards 2019 (UKDXA) – coming second to BT's entry and ahead of Manchester United's football App. The App was developed in-house by JT and has been downloaded over 40,000 times since its launch.



IoD Jersey Debate 2019 Asks 'Has Jersey Got Talent?'

Jersey's Population Policy, the concept of a local University and the employment landscape of the future will all be put to the test at this year's IoD Jersey Annual Debate, which will take place on 19th September 2019.

Picking up on key themes to emerge from the Mid-Year Review earlier this year, the Debate will examine just how sustainable Jersey's plans and models for the future are. Entitled '2050: Will Jersey Have Talent?', the event, sponsored by law firm and long-term supporter of the event Carey Olsen, will take place at the RJA&HS with an expected audience of up to 500 business leaders and politicians.

Starting at 5.30pm with a drink's reception, sponsored by HSBC, the event will feature a keynote speaker, dinner and the live debate with panellists. The format will be revitalised this year, with only one panel instead of the standard two, carefully honed discussion topics to allow for greater depth of discussion and technological input with the use of Polling Platform Sli.do.

A stellar line up has been secured for the panel this year including: Louise Bracken-Smith, CEO and Co-Founder of Fairway Group, Brendan Carolan, Head of Social Science for Victoria College and President of the Jersey National Education Union, Daniel Rowles, CEO of Target Internet and Lecturer at Imperial College & Cranfield School of Management, and Senator Tracey Vallois, Minister for Education.

Returning moderator and renowned news broadcaster Alastair Stewart OBE will ensure that the panel is put through their paces. He will be joined for the first time by local ITV anchor Jess Dunsdon who will be positioned to take questions from the audience.

The event is set to challenge panellists on interlinked areas such as Jersey's approach to immigration control, the integration of AI and Robotics and the future of our Island's schooling system. It will also focus on up-skilling for the future and what the local workforce might look like in 30 years' time.

The IoD Annual Debate will take place on Thursday 19th September 2019 at the RJA&HS from 5.30pm – 10pm and is open to all Islanders who have an interest in Jersey's future. Places and tables of 12 can be booked at £95 per person, including a two-course supper, through www.iod.je or Eventbrite. Further information is also available through the IoD Jersey LinkedIn and Facebook pages and by following @iodjersey on Twitter.



Mourant appoints new CFO

Mourant, has announced the appointment of Gavin Frost as its new Chief Finance Officer (CFO).

Gavin comes to the firm with extensive global legal sector and financial services experience. He joins Mourant from global top 15 law firm, Eversheds Sutherland in London where, for the last five years, he was Head of Commercial Finance.

Prior to joining Eversheds Sutherland, he spent nearly 15 years in financial services, working across the Wealth Management, Corporate and Retail banking sectors. Much of this experience was gained at the RBS Group, where his roles included three years as Finance Director of Coutts & Co and exposure to the offshore market, with a year spent as interim Finance Director at RBS International. Gavin originally qualified as a Chartered Accountant at the Big Four accounting firm PWC.

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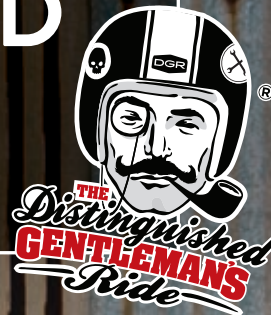


S A M P H I R E

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A MOST DISTINGUISHED EVENT



Words: Russ Atkinson

If you ride a classic, modern-classic, retro or custom bike and fancy blowing the cobwebs off it - in an entirely legal but still very enjoyable sense, of course - while raising a few quid for charity at the same time this month, then read on. And if you don't have one to ride but do like to see them being ridden, keep an eye out all around the island on Sunday 29th September.



Established in 2012, the Distinguished Gentleman's* Ride is a coordinated worldwide event that's grown in popularity year on year, with around 250,000 riders raising over \$18.5 million for men's health charities since its inception.

This year, on September 29th, riders in over 100 countries across the world will don their most dapper threads, fire up their well-oiled machines (let's face it - anybody who owns an older bike will be able to attest to the volume of oil that is usually present on the floor beneath where they parked it after the last time it was ridden, which definitely qualifies them as *well oiled*) and meet up for a ride around their area. The organisers describe the event as '*a celebration of the art of being dapper and classic and vintage motorcycles*', which sounds alright to me.

While the founder, an Aussie chap by the name of Mark Hawwa, originally drew inspiration from an image of the *Mad Men* television series character Don Draper riding his classic steed in a pretty damned badass suit, a plethora of different kinds of bikes are welcome to join in.

Modern classics, inspired by old bikes can join in; or scramblers, trackers, brats, bobbers and choppers; actual classics and café racers - even sidecars and classic scooters! If you ride an old bike, or a bike that looks old, you've no excuse not to get involved.

It's all in the name of good fun, hanging out with likeminded people and also raising a bit of money for good causes; namely the Movember Foundation. They've been striving to fund cutting-edge research into prostate cancer, as well as enabling the development and promotion of mental health and suicide prevention programs worldwide for some time. That may sound emotionally heavy, but when you compare it to how physically heavy your classic bike is when you're desperately trying to right it after it's taken a nap you'll be able to snap out of it and remember that behind the often hard-to-talk-about issues there's a much more enjoyable way to help deal with them, and it involves getting on your bike and twisting the throttle.

What do you have to know to get involved, you may be asking as you read on? Well, head over to www.gentlemansride.com to sign up and you'll find out everything you'll need to know in order to join in on the 29th. All of the information about the local rides is disseminated through their website in order to ensure that everybody who turns up is signed up and knows the score (you know, no being a hooligan, avoid wheelies and burnouts, stuff like that - you're supposed to be behaving like gentlefolk, after all) and

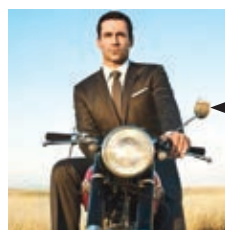
that the correct provisions have been made from a safety standpoint, based on numbers. This is a huge, global event remember, so as much as the idea is for everybody to have fun, there's got to be an element of seriousness about it. Well, for each town's organiser, at least.

“SPEAKING OF EXCUSES, AND I’LL HOLD MY HAND HIGH AS I’M VERY MUCH GUILTY OF THIS MYSELF, BUT IT’S VERY EASY TO MAKE THEM. EXCUSES LIKE ‘MY BIKE ISN’T READY’, OR ‘IT’S A WORK IN PROGRESS’ BUT TRUTHFULLY, WHAT OLD BIKE ISN’T A WORK IN PROGRESS THAT’S NEVER READY WHEN YOU ACTUALLY WANT TO RIDE IT?”

The gentleman wearing the organiser's helmet in Jersey is Mike Etienne, who took the reins last year to lead a successful ride despite the less-than-ideal weather forecast, and he's looking forward to bringing dapper-dressed owners of old-school bikes together once again this year. Don't like *chugging* for money from your friends and family? Then just make a personal donation through the Distinguished Gentleman's Ride website when you sign up - every little helps, and not only is your money used wisely to support the worthy causes I mentioned earlier, but it gets you access to an out-of-the-ordinary event where you'll see some bikes that you wouldn't usually get to see in the wild close up, in the metal, right there in front of your eyes. Plus it's an excuse to dress up a bit too.

Speaking of excuses, and I'll hold my hand high as I'm very much guilty of this myself, but it's very easy to make them. Excuses like '*my bike isn't ready*', or '*it's a work in progress*' because truthfully, what old bike *isn't* a work in progress that's never ready when you actually want to ride it? I'm putting my charitable donation where my mouth is this year and have just sent a load of Canadian dollars to a stranger via PayPal for a small, hand-built circuitboard gizmo to help circumnavigate a few wiring issues that I encountered the last time I decided to cover my own bike up and ignore it for a couple of years. I've even turned my hand to upholstery to finish off the seat that I'd started making from scratch a few years ago - and if I can pull my finger out and get a bike ready to ride, then so can you!

You've got nearly a month, people, so put in the effort and make it count - I'll see you all there on September 29th. Wherever *there* is, of course, which I can't tell you - you'll just have to sign up, cough up and see for yourselves!



HERE'S THE SHOT OF 'MAD MEN' CHARACTER DON DRAPER THAT INSPIRED THE EVENT BACK IN 2012

WWW.GENTLEMANSRIDE.COM

*Ladies are also most welcome.

TREAT Yo'Self

Words: Rebecca Evans

If you've feeling inspired to indulge yourself by all you've read in the pamper issue, but can't quite stretch to one of the spa breaks featured on page 58 (there are only 3 paydays until Christmas after all!) then you'll have to resort to a little DIY.

For the Pamper issue I've investigated some of the best at-home health and beauty gadgets on the market at the moment, almost certain to give you that just-stepped-out-of-

the treatment room feeling without leaving the house. So slip on some paper pants and a robe three sizes too big, turn down the lights, and relax...



BeautyBio GloPRO Microneedling Regeneration Tool

Appearing slightly more like an instrument of torture than a beauty gadget, I ask you to remember the mantra that 'beauty is pain' before reading on. Microneedling burst onto the scene in 2017 as the latest celebrity beauty trend, but unlike Gwyneth's vagina steaming and Kim K's vampire facials which (thankfully) died out as quickly as they appeared, this one has grown legs and gone mainstream.

The idea is simple; slightly damaged skin will regenerate and repair itself, producing new collagen and elastin. Stimulate this healing process deliberately with hundreds of tiny needles and end up with tighter, fresher new

skin. It makes sense. Once the preserve of sadomasochistic salon therapists, you can now endure/enjoy this treatment in the comfort of your own home.

The BeautyBio GloPro is a deceptively inoffensive looking handset, which combines patented microtip needles with a red LED light function and impressive-sounding vibrotactile stimulation to enhance the benefits to your skin. Supplied with the attachment designed for your face, a wider add-on roller is available should your whole body need revitalizing. Now all you need is a willing volunteer to prick the bits that you can't reach yourself.

The BeautyBio GloPRO is £199 from Selfridges.co.uk





Foreo UFO™ Mini Smart Mask Device

Until now, the closest most of us have got to a decent at-home facial treatment is one of those Korean-inspired sheet masks. Effective at hydration they might be, but they're not exactly glamorous, and for the 20+ minutes you're rendered immobile for fear of it falling off you'll be guaranteed to send any small children that catch a glimpse of your face to run screaming for the hills.

Facial faster, and smarter, with a Foreo UFO Smart Mask Device. Designed for use with Foreo's own range of activated masks, the UFO takes just 90 seconds to deliver a salon quality treatment utilising UV-free LED light therapy, T-Sonic™ pulsations to aid product absorption and thermo-therapy gentle heat to relax pores and ensure infusion into the deepest layers of your skin.

The UFO is made from ultra-hygienic soft-touch silicone, is 100% waterproof and can be charged via USB at home or on the go. Controlled by the corresponding app, the various functions will adjust slightly to best suit the purpose of the particular mask you've opted for.

It's worth mentioning that the initial outlay is more than enough for a couple of spa appointments, but the 10 year quality guarantee means this gadget should earn its money back eventually. To quote Foreo (and oh how I wish I'd come up with this pun) 'It makes your old masks look like sheet'.

The Foreo UFO™ Mini is £140 from Feelunique.com

Magnitone Well Heeled! Express Pedicure System

I don't know about you, but I'm a little funny about feet. If my little piggies are in need of a pedicure, the idea of whipping them out in front of an unsuspecting beauty therapist is enough to make them run away home.

Magnitone Well Heeled is a quick, easy and effort free way to get your feet flip-flop ready without frightening anyone. The micro-crystal roller rotates over 2000 times per minute to buff away dry skin without being abrasive or damaging, and the hard-wearing dome shaped design makes for better results along curves and under toes. The choice of two interchangeable rollers caters for even the driest, hard-worked skin.

Lightweight, waterproof and powered by 2 x AA batteries this device is easily thrown in your case for a mid-holiday tootsie treat too.

The Magnitone Well Heeled! Express Pedicure System is £16.35 from feelunique.com



blinc Heated Lash Curler

Achieve the alluring look of eyelash extensions without the cost of actually having them extended with a heated eyelash curler. More effective than those old-fashioned metal torture devices (ever caught an eyelid in one? I do not recommend) the blinc heated curler shapes your lashes in just a few seconds.

A precise heat setting curls without damaging, an LED light indicates when the correct temperature has been reached and the inbuilt guard prevents contact with your delicate eye area. Powered by one AAA battery the blinc curler is small enough to pop in your make-up bag and have on hand at all times.

The blinc Heated Lash Curler is £17.85 from feelunique.com



FIGHT4GOLD

Last August the Jersey Sport Foundation (JSF) facilitated an innovative partnership between Jersey Judo and Brazilian Power Team (BPT) to recruit a judo squad that could be competitive at the NatWest Gibraltar 2019 Island Games and beyond. The partnership "Fight4Gold" resulted in six Brazilian Jiu Jitsu (BJJ) athletes joining the current four Judo athletes and enabled Jersey to present the second largest team for Judo at the games and achieving three medals. But, this was only part of the story.

The innovative project was based on international examples of best practice. Small nations have utilised the concept of 'Talent Transfer and Identification' to intelligently map athletes into sports to strengthen their ability to perform at a high level. Readers may be familiar with athletes such as Helen Glover (Rowing), Lutalo Muhammad (Taekwondo) and Lizzy Yarnold (Skeleton) who are all effective examples. Jersey has a strong BJJ scene, and with partners BPT having a fantastic array of athletes with transferable skills, it made sense to combine forces. BPT athletes learnt to adapt their skills and the current judokas were provided with an enhanced training environment. From a lot of hard work and sharing of knowledge in just 9 months of training, the new Jersey Judo squad was ready for their Island Games campaign.

The experienced and new judokas came together to pressurise national and international level black-belts and secured victories against seasoned athletes. A highlight was a red belt (one step up from white belt) securing a medal amongst a sea of black belts (the highest competitive grade). The Jersey team was known as the 'rainbow team' due to the variety of belt colours.

Head Coach Mike Bisson reports, "The Island Games was a fantastic experience and after competing in 2009, I didn't believe the opportunity would come around again. The preparation and enthusiasm in the build-up was second to none. The entire squad gelled really well and it was a joy to train with them. I had no concern putting any of my athletes against any opponent, and had complete confidence in every single one of them. I believe three bronze medals, the first for Jersey Judo at an Island Games in 24 years is a momentous achievement."

John Scriven from JSF says "It shows what a little bit of innovative thinking, open mindedness, teamwork and communication can do. The JSF have proven this with their two successful projects; Fight4Gold and Power2Podium (female Olympic Weightlifting). This is only the tip of the iceberg in terms of what can be achieved and we have some exciting projects coming up that build on the success. These athletes have laid down a blueprint for other sports to breathe new life and create an environment where success is planned because of the system, not despite it."

I HAD NO CONCERN PUTTING ANY OF MY ATHLETES

AGAINST ANY OPPONENT, AND HAD COMPLETE

CONFIDENCE IN EVERY SINGLE ONE OF THEM.


A special mention must go to experienced judoka and active competitor, captain Bill Baker. He won a gold medal in 1995 and made an excellent comeback this year retrieving a bronze medal 24 years later.





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From left to right: Aiden Ward, Kyle Le Mottee, Charlie Tromans, Bill Baker, Will Moir, Mike Bisson, Eduardo "Eddie" Afonso, Mike Canas, Vladimiro "Miro" Afonso





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BE A GYM GOER



Words & Photography
India Sutton

Pictured top row left to right: Ben Ainscough - Ricky McIntyre - Sylvester Kolpak
Pictured bottom row left to right: Faye Gardner - Gabriella Barbu - Luiza Adamczyk

When you consider joining or changing gyms, you've probably got a stringent checklist in your notebook; Perfect location, great value, versatile, quality classes that [actually] keep you motivated, state of the art equipment and changing room facilities, and, let's face it - a soothing steam room and sauna are high up there.

The list is long, but Fitness First, bridged between St. Helier's town and waterfront, ticks every box. In actual fact, the gym adds points to your list that you may have not considered. We love 'Fitness Fridays,' an offer that welcomes members to bring a friend for free, and the fact that each week there are over 65 classes to choose from. Sip on a complimentary tea or coffee, have a chat with a PT, workout (oh yes, that part), and then relax - the hyped and friendly atmosphere created by the qualified staff here is above-board in terms of what you'd hope for from your gym.

We popped by last month and met a few of the team, to find out some tips and hints for you lovely lot, on great ideas for addictive workouts and tasty healthy eating.

Sylvester

Duty manager

What's your favourite exercise?

I can't get enough of lifting heavy weights! It's all about the pumps

What's your favourite healthy meal?

My favourite meal is a nice big tuna steak with spinach, eggs and tomato... it's a big punch of protein!

Luiza

Front of House Assistant

What's your favourite exercise?

My favourite exercise is without a doubt a hard-hitting HIIT workout! I love the intensity and the challenge that it gives me.

What's your favourite healthy meal?

You cannot beat smashed avocado, poached eggs and salmon on toast!

Faye

Front of House Assistant

What's your favourite exercise?

Squats, Squats, Squats! I love to work my lower body and the squat hits it all... even your abs, too!

What's your favourite healthy meal?

I love to make my own jerk chicken and rice. So much flavour and yet still so healthy!

Ben

Fitness Consultant

What's your favourite exercise?

The standing overhead press is by far my favourite exercise. If done correctly, it can teach you how to properly engage your core and glutes to build overall strength.

What's your favourite healthy meal?

Sushi and sashimi, as I love a bit of Asian cuisine! It's relatively healthy, can be loaded with protein and can be had hot or cold.

Ricky

Fitness Consultant

What's your favourite exercise?

I love to deadlift!

What's your favourite healthy meal?

My mum makes me a mean Thai green curry. Even though I live at home, I'll never get bored of eating this dish.

Gabriella

Membership Consultant

What's your favourite exercise?

I love using the cross trainer for my warm ups! It gets me focused on the training session ahead and steadily raises my heart rate.

What's your favourite healthy meal?

Peanut butter & banana porridge. The taste is incredible!

**FOR MORE INFORMATION
ON FITNESS FIRST
MEMBERSHIP GIVE THEM
A BUZZ ON 01534 752400**

ALL READY FOR ACTION AT FORT REGENT

Meet the new Gym Team at Fort Regent! Over the past year or so there have been several staff changes and we wanted to take this opportunity to introduce you to the new team who are here to welcome you to the Fort Regent Gym and Group fitness programme!



Dhasegan Naidoo

(Gym Supervisor, Spinning)

Dhasegan's fitness specialties include Circuits, exercising during pregnancy, instructing older adults and children. Dhasegan is a people person and is ready to help you to achieve your fitness goals!

Shane Poingdestre

(Gym Instructor, Circuits)

Shane has worked at Fort Regent for over 24 years and as a member of the Gym Team for 13 years. He enjoys sharing his knowledge and experience in fitness and health and instructing customers in Circuit classes.

Georgia Grant

(Diploma in Sport, Degree in Dance, Spinning)

Georgia is passionate about health and wellbeing, "Staying fit and healthy can be a struggle for some, which is why I believe it is so important to make it something you enjoy!"

Chloe-Maria Baker

(Ballet Barre, Spinning)

Chloe is delighted to be a part of the team, she believes that exercise should be a celebration of what our bodies can do and not a punishment for what they can't.

Josh Pryce

(Gym Instructor, Personal Trainer, Spinning, Hatton Boxing)

Josh instructs classes including Tabata HIIT, BoxFit and Circuits. "I consider my speciality to be in Weight Training and BoxFit, and look to expand my knowledge more every day"

Andrew Ruff

(Circuits, BoxFit, Tabata HIIT)

Andrew is a keen gym instructor with a passion for Weight Training, Thai Boxing and Swimming. He enjoys instructing Circuits, BoxFit and Tabata HIIT "I love engaging and motivating my clients to become the best they can be and help them to achieve their fitness goals"

Corey Scott

(Circuits, BoxFit and Tabata HIIT)

"I have a passion for Muay Thai and I love to see the progression in people as I encourage them in the classes I teach. My specialties include Muay Thai style and movement training and as an ex bodybuilder I enjoy helping others achieve their goals through designing specific workouts, tailored to their needs". If you haven't already done so, come and meet the new team at Fort Regent and check out the updated facilities.

Fort Regent gym remains the biggest in Jersey with 150 pieces of equipment. Open 6.15am - 9.15pm Monday to Friday and 8.15am - 5pm weekends.

For group exercise, you can choose from over 40 studio-based fitness classes each week suitable for all ages and abilities.

For more information visit www.active.je

Active are pleased to announce that the gym changing rooms and the sauna and steam rooms at Fort Regent have recently reopened after essential maintenance. New pipework has been installed in the shower and toilet facilities, some cosmetic work including painting and the deep cleaning of public areas has now been completed. The sauna has also been upgraded with new DaleSauna wood panelling and replacement benches.

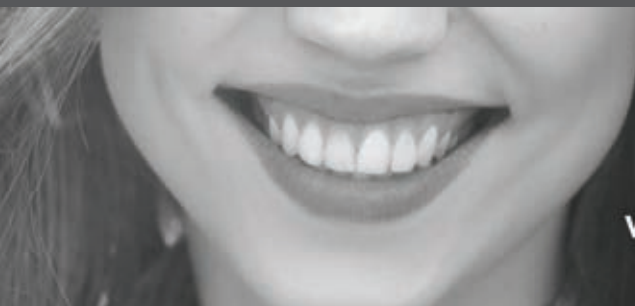
The Fort is a complex building that has developed organically over the past 40 years making some of these tasks quite challenging. Active would like to thank customers for their patience and loyalty whilst these essential works have taken place.



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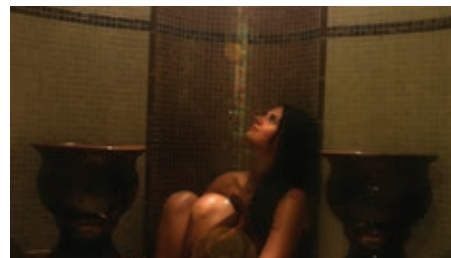


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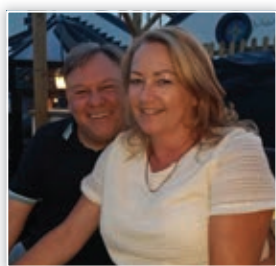


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THE LAST WORD.

*In light of our Pamper edition, we asked our Facebook followers:
What's your favourite way to spoil and **pamper** yourself?*



ME-JULIE BOURKE

*"Gin and lemonade,
sitting in the sun
reading a book and
listening to my favourite
music - bliss"*



ALASDAIR PICKERING

*"Sitting in bed with
a coffee and a good
book, knowing that I
don't have to get up for
anything"*



ANNE PERCHARD

*"Hot bath, early night
and a good book"*



JJ GALLAGHER

*"Taking my 'toy car'
out to play"*



JULIE CARTER

*"Reiki session or a spa
day with my gorgeous
daughter"*



CHONNY TUCKER

"Shopping!"



HANNAH BOSSY

*"Nothing beats a
spa day"*



ANDY FALLE

*"Booking a
Caribbean holiday"*

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