



Free retinal photography
with every Eye Test.

Find us next to Superdrug.
Call 0181 797 8839 or visit visionexpress.com

vision express
VISION TAKEN SERIOUSLY.



PORT LYMPNE RESERVE

Go Wild this February Half Term At Port Lympne


Celebrate Wild Winter with us and visit our new baby tapir Nias!

It's an affordable wild day out packed full of fun activities.
Get your **NEW** cheap day tickets: **£19.95 per adult** and **£15.95 per child!**
Don't forget, pre book online and **save an extra 10%.**

www.portlympne.com

essex foundation trust
0844 842 4647
16, GERRARD WAY, 1ST FLOOR, LONDON, E2 6JH

Next Christmas don't be sad, save in advance and you'll be glad!



Talk to Lincolnshire Credit Union about a Christmas Saver Account 01522 873550

SAY NO TO HIGH COST BORROWING

A range of organisations can help you budget

Lincolnshire Credit Union – 01522 873550
Christians Against Poverty – 0800 328 0006
Citizens Advice Bureau – 0344 111 444
City of Lincoln Council – 01522 881188

Lincoln Against Poverty
www.lincolncap.org.uk

Now shop online **ASDA**

intu Lakeside

Let's have a Monster summer

Summer holidays at intu Lakeside, 1st-31st August, 10am-5pm

Join the intu Lakeside Kids' Club for a whole month of free family fun. Pop over to one of our Customer Service Desks in centre to join, or visit intu.co.uk/families/familyzone



intu

"I'M NOT WALKING ON EGGHELLS ANY MORE."

Domestic Abuse Summer



ESSEX POLICE
www.essex.police.uk

STANDING TOGETHER AGAINST DOMESTIC ABUSE
www.essex.police.uk/standingtogether
@essexpoliceuk

CAR PARK OFFER!

Show your Intu Uxbridge parking ticket and eat **FREE!**



GET A FREE HAMBURGER, CHEESEBURGER OR APPLE PIE WITH THE PURCHASE OF AN EXTRA VALUE MEAL* WHEN YOU PRESENT YOUR INTU UXBRIDGE SHOPPING CENTRE CAR PARK TICKET.

The BMW i Series



BMW 116i SPORT HATCH
£269 PER MONTH
ONLY £1,000 DEPOSIT*.

Bowker BMW
Trident Park, Off Whitebirk Drive, Blackburn BB1 3NU. Tel 01254 274444.
www.bowkerblackburnbmw.co.uk



STAND APART
Officers Club.



2 for 1 Fossil glasses.
American classics.

Find us next to Superdrug
Call 0181 797 8839 or visit visionexpress.com

vision express
VISION TAKEN SERIOUSLY.

New School Opening in September 2014



Theatre Arts Schools
Stagecoach
Bishops Stortford

01279 905670
bishopsstortford@stagecoach.co.uk
www.stagecoach.co.uk/bishopsstortford



Believing in the potential of every child

Age 4-18
Fun, confidence-building, educational classes in acting, singing and dance.

QUALITY TRAINING
ESTABLISHED 1968
888 SCHOOLS NATIONWIDE

Supreme
NAILS

For the feminine look you have always wanted

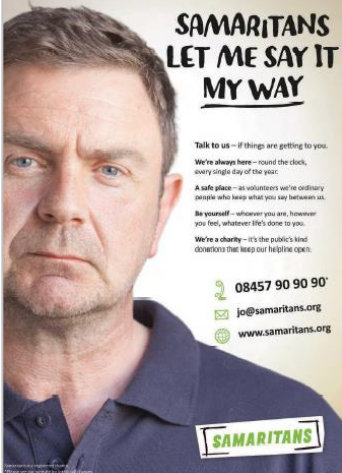


Gateshead Metro Centre, Blue Mall
(upstairs outside Primark)

07861 642 289

www.supreme-nails.com *Gelish* OPI

SAMARITANS
LET ME SAY IT MY WAY




Talk to us – if things are getting to you.
We're always here – round the clock, every single day of the year.
A safe place – as volunteers we're ordinary people who know what you say because we say it ourselves – whatever you are, however you feel, whatever life's done to you.
We're a charity – it's the public's kind donations that keep our helpline open.

08457 90 90 90
jo@samaritans.org
www.samaritans.org

SAMARITANS

ADA
Arden
Charlotte



Are you a robin?
Do you have extra time on your wings?

robin
THE LEMON TREE
MUSIC-DRAMA-COMEDY-DANCE

A new show for everyone aged between 3 and 6 and their families and friends from the makers of 4 Million Miles Away... and So Many Prayers!

Monday 8
Wednesday 31 December

01224 41122 ardenperformingarts.com



EXPLORE YOUR OPTIONS AT ONE OF OUR
OPEN EVENTS

OPEN EVENINGS 6.00PM - 8.30PM
TUESDAY 4 NOVEMBER - MEDWAY CAMPUS
WEDNESDAY 12 NOVEMBER - MAIDSTONE CAMPUS

PLUS... OPEN SATURDAYS 10.00AM - 1.00PM
SATURDAY 22 NOVEMBER - MEDWAY CAMPUS
SATURDAY 29 NOVEMBER - MAIDSTONE CAMPUS

01634 402000
www.mickent.ac.uk

Mickent College
YOUR ROUTE TO EMPLOYMENT

Travelling to work?
Travel smart
with our money saving initiatives



Travel smart provides a range of easy to use travel initiatives that can help you save money, improve your health and save you time on your journey to work. So if you work at:

- Chatterley Valley
- Elmley Valley Festival park
- Heathfield Lakes
- Kettle University and Science and Business Park
- University Hospital North Staffordshire
- Stoke-on-Trent City Centre
- Stoke-on-Trent City Centre

then check out the ways that you can benefit at travelsmartns.co.uk

Want to travel smarter? Talk to us!
Contact the Travel Smart team on 01282 232164 or travel.smart@stoke.gov.uk

TRAVEL SMART

Southend adult community college

START YOUR FUTURE TODAY
We can help you
FIND AN APPRENTICESHIP
EARN WHILE YOU LEARN



Apprenticeships

CALL: 01702 445736
EMAIL: BUSINESSINFO@SOUTHEND-ADULT.AC.UK

TACO BELL LIVE MAS

HAVE A BIG BOX HOLIDAY
AT INTU LAKESIDE FOODCOURT



LIVE MAS
BIG BELL BOX

PORT LYMPNE RESERVE



GET YOUR PASSPORT
THE ONE DAY TICKET THAT LASTS ALL YEAR...

...and visit us this October half term for **FREE** kids activities and prize* giveaways!

The Passport is amazing value at **99p** £23.95 for Adults and £19.95 for Children** for a whole year! We're one of the cheapest days out in Kent.

October 25th - 2nd November 2014

aspinalfoundation.org
0844 842 4647

aspinalfoundation.org
0844 842 4647

WE ARE OPEN: MON - SAT 10:00 - 5:00