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lifestyle magazine

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Plus all of your favourite regular columnists including Ginger Mum, SoCal Val, Vicki McCarthy and more!

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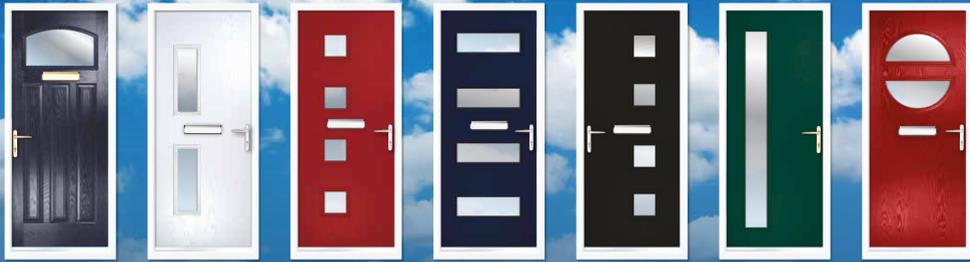
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Welcome from the Editor



I can tell that summer is well on the way as this is the only time of year I seem to get asked to DJ.

Last year I did a cameo on the decks at Be At One in The Hub and, this year, I played next door at Missoula. It was just like old times, but with a new shirt (pictured above).

I was the Saturday night resident DJ at Missoula for over three years up until I launched Celebrate:MK so it was good fun filling in for Matt Rayzie for a 4-hour set in April.

The place was packed and I enjoyed catching up with lots of old faces while sinking some lovely pints of Meantime Pale Ale and Camden Hells.

The only downside was the stick I received for the shirt – clearly

It's all gone Pete Tong on the fashion front for me

from people with no fashion sense!

Talking of fashion, check out SoCal Val's regular fashion column on page 24 and our feature on the new Primark at centre:mk on pages 22-23.

We also have a new mental health column from ex-MK Dons striker Drewe Broughton on page 19.

Have a great month and, if all else fails, try not to let things go Pete Tong on the fashion front like me.

Jon Boyle

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Connor lands dream live TV shot at glory

Bletchley boxer Connor Wright is set for the biggest fight of his life on May 18 after landing a spot on the undercard of Billy Joe Saunders' world title fight live on BT Sport, writes Luke Walsh.

The 22-year-old middleweight, who sells houses at Thomas Connolly Estate Agents in the day, is looking for his eighth straight pro boxing win on the night at Stevenage's Lamex Stadium in an event promoted by Frank Warren.

Connor said: "When my manager Mervyn Turner told me I was on the card I was shocked and I didn't listen to anything else he said! "I felt like I was floating for a while.

"This is my time to shine on the big stage. I told everyone I was on a mission to put Milton Keynes on the map and I wasn't lying – I will be making it 8-0 on the night."

Connor is sponsored by Signature Homes and MK City Plumbing & Heating.

Real-life mermaid Sarah dances with deadly predators of the sea

MK diving instructor swims with sharks in her role as aquatic entertainer

You've heard of Dancing with the Stars, but a local diving instructor is taking things to a whole new level as she spends her days diving with apex predators, writes Katy Lelliott.

Sarah Daily (pictured right) is a Milton Keynes-based scuba instructor, free diving instructor and aquatic entertainer who has become the only fully-portable free diving dance act in Europe.

As a young adult, Sarah's love of all things swimming led her to begin coaching synchronised swimming clubs, where she would put together choreographed pieces for her students at the end of the school term.

This is where her interest in aquatic dancing developed as she paid a close interest to the shapes that were being created in the water, rather than the synchronicity of the swimmers.

Last summer, after a casting interview with performance company Mermaid Cove – where Sarah also works as a Mermaid Entertainer – the idea for a collaboration was born between Mermaid Cove and Sarah's company Danseaqua.

Through this collaboration, Sarah began travelling around the country in their 10,000-litre portable tank, performing underwater dance routines and providing



entertainment for a variety of events including weddings, music videos and festivals.

Throughout her career working as a diver and dancer with apex predators, Sarah has faced endless questions about safety and now wants to dispel the myths about the nature of these animals, which she says are misunderstood.

"In the past half a century, thanks to move blockbusters and ill-researched newspaper articles, sharks and other apex animals have been given a very undeserved reputation," explained the 29-year-old.

Although she's just returned from free diving with alligators in Florida's Everglades and Caribbean reef sharks in the Bahamas, Sarah is already looking to her next

adventure and is currently in the process of trying to secure funding to dive with the Great Hammerhead sharks of Bimini.

Since her return to dry land, Sarah has begun producing a series of videos showing a selection of clips of her performing dance routines underwater, alongside animals such as sharks and alligators.

When she is not dancing with apex animals, Sarah can be found running and teaching courses at her diving school, Sirens School of Scuba and Freediving, where she offers everything from recreational diving services to events and social nights.

For more information visit www.danseaqua.com and www.sirensdiving.com

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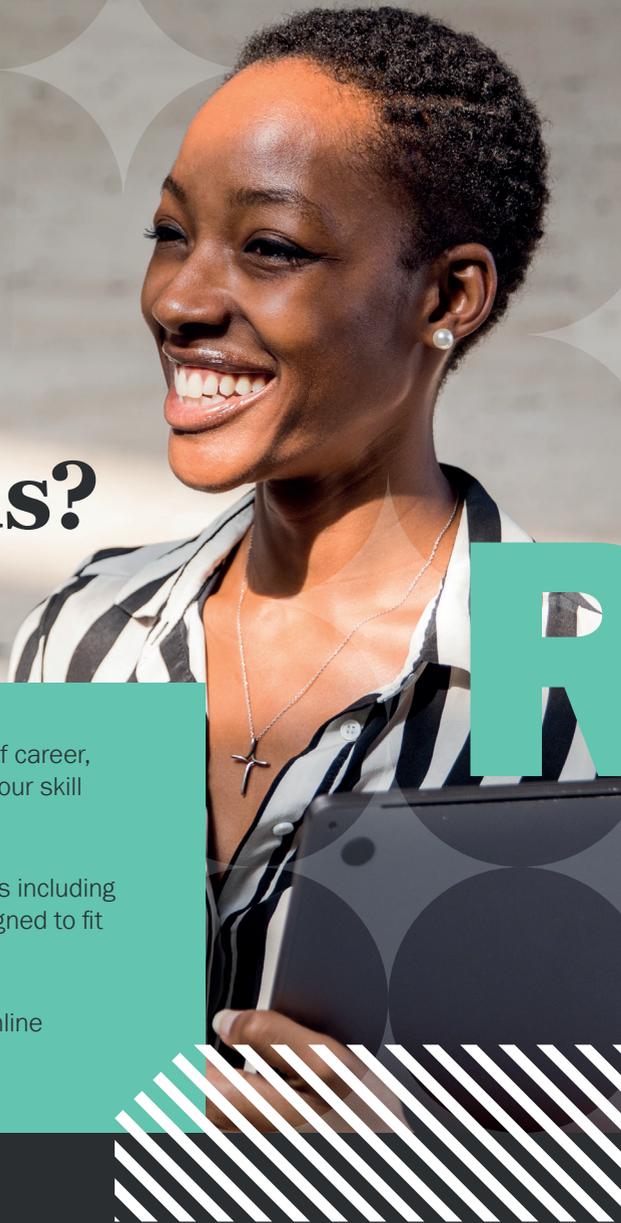
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A WORKING LIFE

Popular Bletchley boy appointed new head coach of ice hockey club Lewis eyes MK Lightning revival

Lewis Clifford has set his sights on restoring Milton Keynes Lightning ice hockey club to its former glories after landing his dream job of head coach.

Bletchley boy "Cliff" is a popular choice among fans and he was assistant coach to Pete Russell in 2017 when Lightning secured the League Cup and Play-Off double.

He now steps up from his roles as head coach of MK Thunder and MK Storm Juniors to lead Lightning into the 2019-20 season in the new National Ice Hockey League,



after the club dropped out of the Elite League for financial sustainability reasons.

Lewis said: "I'm delighted to be the head coach of Milton Keynes Lightning.

"Having been involved heavily with the club through the years, I believe I know what's needed to get the club back to where it needs to be – and to give our fantastic supporters a team they are proud to call their own.

"I've worked alongside two outstanding coaches here in Nick Poole and Pete Russell and, if I can even get close to emulating the success those two brought to the club, I will be extremely happy."



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'A London lifestyle on your doorstep'

Alpha Club is now open for business in Central Milton Keynes at its temporary home of the Holiday Inn, while repairs continue to the private members club's permanent CBX II home following storm damage...

Plans continue for the Alpha Club to offer a London-lifestyle right on your doorstep – in the heart of Milton Keynes.

The Alpha Club, whose ethos is: 'Serious business can be fun', has not even let storm damage get in the way of its aims of providing a bespoke service to like-minded members.

While its brand new premises at the CBX II building undergoes repairs, the Alpha Club founders have announced a temporary six-month home at the Holiday Inn in the business hub of Central Milton Keynes.

"Our entire strategy is all about making dreams a reality, so we were unlikely to let a little storm damage get in the way of our plans," joked Angus Dudgeon, Director of Alpha Club.

"We are delighted to say our temporary new Alpha Club venue is now open at the Holiday Inn, which means



our members can benefit from all of the hotel facilities in addition to the unique Alpha offering."

The idea of the Alpha Club is to provide a backdrop for business people to access an unparalleled array of exclusive events and opportunities.

Milton Keynes members will have their own diary of events in the city as well as access to prestigious clubs in London and around the world.

More local events will include elite business opportunities and regular 'Drop-In Drinks', often featuring top entertainment provided by Alpha's West End stars.

All full members will also have access to all of the top sporting, entertainment and red-carpet events held globally as well as a concierge

service aimed at individual needs.

"The idea is that this becomes a totally bespoke service to our members," added Angus.

"Whether you are looking for business enhancement and growth, lifestyle experiences or just to enjoy first-class entertainment with like-minded people, The Alpha Club offers it all.

"We are growing all the time – hence the launch of the Milton Keynes Club – and that is solely due to our ability to obtain longstanding trust and commitment from our members."

If you are interested in finding out more about Alpha Club MK, call 0800 0420299, visit www.alpha-club.co.uk or email info@alpha-club.co.uk

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'The food in the new MK Gallery cafe is an exquisite work of art'

MK Gallery has not only been earning rave reviews for its exhibits, but for its food too. Celebrate:MK's Jon Boyle went along for lunch to try it out

The new-look MK Gallery has caught the imagination of the Milton Keynes public since it re-opened in March, but it is the food in its cafe that is a real work of art.

I popped in for a business lunch at the central MK venue with Joe Connolly, managing director of Thomas Connolly Estate Agents, having heard that the new cafe was well worth checking out.

But I wasn't prepared for the exquisite culinary experience that followed, as the food was nothing short of spectacular.

I ordered the Bavette steak with salsa verde and skinny fries, while Joe opted for the Sumac crusted salmon with sauce vierge, brassicas and almonds (pictured below, centre).

My steak was succulent, cooked medium-rare to perfection and presented expertly in thinly-cut slices, with lovely seasoning.

In fact, it looked so good that I failed to prevent Joe from sneaking a slice onto his



fork before I was able to take this photo (right). But I got my revenge by pinching a bit of his salmon, which was equally delicious!

Entrance to the cafe is free and the food is some of the best locally, with salads, savoury tarts, sandwiches and desserts, plus coffee, wine and even craft beer on the menu too. See you in there!





Have you forgot about Dre?

Cool
EVENTS
This month



Ex-BBC entertainment writer **Sarah Bygrave** has picked out a festival, an alternative market, a dog pageant and an orchestral rendition of one of the greatest rappers...

Fancy seeing you here! I hope you've all been enjoying this year so far, with so many great events on offer, what's not to like?

Here are my top picks to put a spring in your step this May.

Rightmove are hosting their popular free festival on the 5th at the Stadium MK to celebrate all the runners completing the MK marathon.

At the **Race Village Festival** there will be music and entertainment to suit all ages, including performances from Utah Saints, Drum Machine (a 30 piece carnival band) and The Amy Winehouse Experience.

There are also arts and crafts stalls, street food and licensed bars.

This looks set to be a great day out, so make sure you don't miss out!

The popular ChihuahuaTown events are back and bigger than ever! Their **Tropical Paradise**



day is taking place at Stony Stratford Town FC on the 25th from 11.30am.

This huge event is a haven for owners and admirers of the adorable tiny dogs.

There will be beauty pageants, stalls, Instagram photo booths and splash pools for everyone to enjoy.

For more information on how to enter your pooch, or just to get tickets to attend, head over to chihuahuatownevents.co.uk

No Strings Attached are bringing an awesome live

Orchestral Rendition of DR. DRE's iconic album 2001 to MK11 on the 11th.

The orchestra will be accompanied by DJs, singers, and lyricists, but don't worry the vibe is Still D.R.E!

Get your tickets from Eventbrite.com and I'll see you there!

Looking for a gift that is slightly unusual or truly unique?

MK's Alternative Market may have just the thing!

The market is being held at The Craufurd Arms on the 12th and if you are in to creepy jewellery, collectables and haunting homeware then this is the market for you.

With free entry, what do you have to lose?

You never know, you may find something you never even knew you wanted.

If you are running or hosting an event and want to get in touch with Sarah, you can tweet her @sarah_celebrate

Agrieving local couple are set to run the Milton Keynes Half Marathon this month to raise money for the Milton Keynes Hospital Charity's Cancer Centre Appeal.

Novice runners Ray and Suzanne (pictured), from Ray Brown Tree Care, will take part in the 13.1 mile Bank Holiday Monday event on May 6 along with four other members of their family after Suzanne's father passed away last year following a cancer battle.

Suzanne is an ambassador for the charity and has set her sights on raising as much money as possible for this worthy cause.



MK rightmove marathon WEEKEND
5 - 6 MAY 2019

She said: "Ray and I always like to try and help with charities and give back to the local community.

"This is a massive challenge for us as we aren't runners

in any shape or form, but we have been training hard and are determined to run the 13.1 miles and raise lots of money for the Cancer Centre at Milton Keynes Hospital.

"A cancer centre like the one being built in MK would have really benefitted my dad and our family, along with the thousands of other cancer patients who have suffered over the years.

"The centre allows people to be treated closer to home, which alleviates the stress of travelling for treatment."

To make a donation, visit www.justgiving.com/fundraising/famrunning

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Local gents shaping up for summer!

Beard and moustache trims surge in popularity at Just Gents barber shop

The gents of Milton Keynes are shaping up for summer – but not how you might think.

We're not talking about trips to the gym to work on their summer beach bodies, but instead trips to the local barbers to shape up their beards and moustaches for the beer gardens!

Grand Master Barber Tony Roberts, who owns the traditional Just Gents barber shop at centre:mk, has seen a surge in customers asking for facial hair trims in recent weeks.

And Tony and his staff have been only too happy to oblige, as you can see from this impressive trim of customer Dali Kusak (pictured).



Tony said: "We are doing loads of beard and moustache trims at the moment, and long may it continue as I really enjoy doing them."

Just Gents now boasts a new hot towel machine to give wet shave customers the full VIP treatment. No appointment is necessary – just walk in.

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Cellulite reduction at the ready

Local lifestyle blogger **Ginger Mum** talks about her recent beauty therapy treatment and how it has given her more confidence...



Let's talk about legs, mine to be precise. If you follow my Instagram stories, you will have seen that I've been spending a lot of time in Buckingham lately, trying out a treatment at **Harmony Beauty Therapy**.

I have long lamented my cellulite and have tried countless creams, treatments and lotions but to no result.

Recently I heard about a tightening treatment which focuses on massaging the fascia under the skin and tightening, which in turn seriously reduces the appearance of that pesky orange peel effect.

I tried out three sessions with the lovely Shweta, the owner of the business, which will be 15 years old this month.

It takes a recommended



10 sessions to see the full results, but after three treatments I saw a definite change in the appearance of my lumpy legs and those curves on the outer thighs were greatly tightened giving me a slimmer, more sculpted look.

I was much more confident getting my legs out on holiday last month and I'm so pleased with the results I will definitely be going back for a full course of the treatment.

If this sounds like just what you need, you can contact Harmony on 01280 815821 and book in for this or any of their extensive menu of treatments.

Whilst MK is focused on

the arrival of the wonderful show Les Mis this month, I'm looking ahead with extreme excitement to booking the theatrical spectacular **Priscilla Queen Of The Desert** in September.

I have seen this show numerous times in the West End and I'm thrilled it's coming to **MK Theatre**. I will be there, will you?

I get asked a lot about skincare recommendations. I'm fortunate enough to get to try out a lot of amazing products as part of my job.

There is one I take everywhere with me and use daily – **Willowberry Skin**. Not only is it inexpensive but it is actually made locally by the lovely Jenni.

Please do check it out on www.willowberry.co.uk - I've never used anything as good as this, it rejuvenates my dehydrated skin and gives me a fantastic glow.

See you in June guys!

Don't forget you can follow my daily musings on my Instagram stories over @gingermumstyle



Tiger Woods' redemption shows the true power of vulnerability

Ex-MK Dons footballer **Drewe Broughton** is now one of the country's top motivational speakers after overcoming his own mental demons to mentor a number of leading sports stars and business professionals. As an ambassador for mental health charity Kaleidoscope and author of the book 'And Then What?' the Milton Keynes resident brings a wealth of experience to Celebrate:MK as our new mental health columnist...



Mental MATTERS

April 14th 2019 was a moment in time I will never forget. Firstly as a huge sports fan and, secondly, in my role today as a coach.

Tiger Woods, the man who single-handedly changed the golf industry, broke down barriers of race, was a role model for millions, stood once again on top of the world.

As he slid that famous green jacket over his immense shoulders on that Sunday night in Augusta, Georgia, it signified to me the ultimate message.

That to be vulnerable is where the greatest power lies.

Late in 2010 one of the greatest sportsmen ever to have graced humanity stood on a podium in a hotel conference suite with the world's press, family members and television crews, not to mention millions of television



viewers worldwide, all poised to see the great man humbled. Days before, he had driven his car into a tree at the end of his road.

Intoxicated and chased by his then wife, Erin, it was a side the world would never have guessed existed amongst the great man's array of gifts.

As the cameras rolled that day, the baying judges sharpened their knives and for 20 minutes Tiger Woods gave a show of honesty and vulnerability very few were used to seeing.

I related. In 2011 I too had a similar journey to go on. I had put the relentless needs of an ever hungrier "self" above all else.

I had a belief system that

only weak people showed emotions or feelings, I thought if I make myself stronger, better, work harder then I can control my destiny.

That obsessive thinking was so draining I needed, like Tiger, to 'escape'.

What Tiger did that day in that packed room was take the first step back to his true self. He stopped hiding.

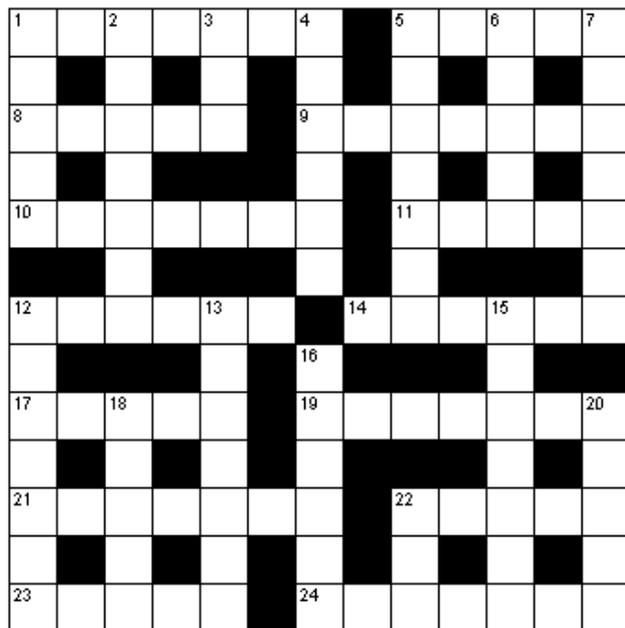
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Your May crossword

Solution on page 43



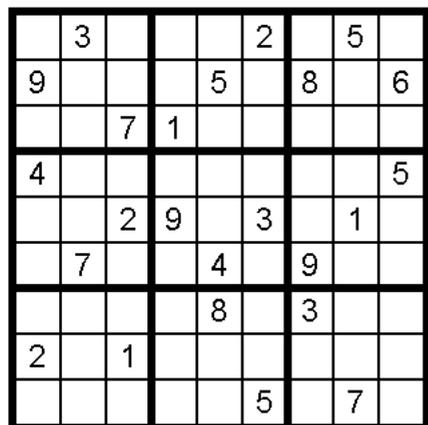
Across

1. Chronicle (7)
5. Proverb (5)
8. Graphic (5)
9. Cautionary advice (7)
10. Help grow and develop (7)
11. Free of impurities (5)
12. Neckband (6)
14. Systems of principles (6)
17. Hackneyed (5)
19. Facets (7)
21. Gullibility (7)
22. One of the senses (5)
23. Larceny (5)
24. Unprocessed or manufactured (7)

Down

1. Oasis (5)
2. More than two or three but not many (7)
3. Of long duration (3)
4. Gaped (6)
5. Fruit (7)
6. Stage whisper (5)
7. Machines (7)
12. Piece of furniture (7)
13. Complaint (7)
15. Tooth (7)
16. Ravine formed by a river (6)
18. Racket (5)
20. Hex (5)
22. Toddler (3)

May sudoku



Place a digit from 1 to 9 in each empty cell so every row, column, and every 3 x 3 box contains the digits 1 to 9.

Solution on page 43

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Ladders stand out.

Manager Jamie Oakley explained: "Our watchwords are Quality, Integrity and Value. Quality in the materials that we use for all our installations and the fact that all our loft packages are fitted by time served tradesmen, so our customers are assured of the best job.

"Integrity in that we will turn up at the time we say and make sure the house is spotless when we leave, and value in that we offer our services at a price people can afford.

"Our business relies



on referrals and we get a huge amount of calls from people who have been referred to us by our existing customers – that simply wouldn't happen if we didn't adhere to our overriding principles.

"The old adage that happy customers

lead to more happy customers is true and we work hard to make that happen for every installation we do."

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Stunning new Primark store continues centre:mk growth

centre:mk bucked the national high street trend in 2018 by increasing its annual footfall. And things are showing no signs of slowing down this year following the opening of its huge new Primark store, which boasts a host of nail & brow bars and has created more than 500 Milton Keynes jobs. Celebrate:MK went along to take a look around...

centre:mk
MILTON KEYNES

After 129,600 hours of build-time, the wait is finally over – centre:mk has unveiled its full range Primark store which is a whopping 75,000 square feet and spans three floors.

The store follows Primark's new format with wider aisles for a more comfortable shopping experience.

Across the three floors, the store boasts the entire Primark range showcasing womenswear, menswear, childrenswear and homeware.

Shoppers are already delighted with the enormous beauty area on the ground floor, which includes five stylish nail bars and four brow bars.

The ground floor also presents a brilliant range of ladies accessories and shoes.

The first floor features kids wear, home and lingerie whilst the second floor is dedicated to menswear.

The opening of Primark, which has created over 500 jobs, follows successful footfall growth for centre:mk – above the benchmark for shopping



centres throughout the country, reporting close to 25 million shopper visits in 2018.

Primark's opening is a key milestone in the centre's 'Re-imagining an icon' strategy,



which has seen investments of over £60m.

Key initiatives of the programme include the recently completed 1,400 space new technological multi-storey car park behind John Lewis, £10m refurbishment of Sunset Walk and award-winning Guest Services area.

Kevin Duffy, Centre Director at centre:mk (pictured left), said: "We are delighted to welcome Primark to centre:mk to join our extensive line-up of

fashion and beauty brands.

We pride ourselves on listening to our guests' needs and Primark was the most requested brand over the last five years. This is a fantastic addition to our large range of stores and is set to be a firm favourite at the centre."

The new Primark store sits alongside a fantastic line-up of 190 retailers, independent traders and thousands of brands at centre:mk, including John Lewis, Oliver Bonas, River Island, JD Sports, Kurt

Geiger, Marks & Spencer, and Jigsaw, amongst others.

What's more, Primark has confirmed it will be accepting the centre:mk gift card, meaning if you have an upcoming birthday or special occasion to buy for, this card – which covers the majority of stores in the shopping centre – is the ideal gift.

centre:mk gift cards are available from Guest Services at centre:mk and online at www.centremk.com

// We pride ourselves on listening to our guests' needs and Primark was the most requested brand over the last five years



Primark opening hours: Monday-Friday 9am-8pm, Saturday 9am-7pm, Sunday 10.30am-5pm (browsing only Sunday from 10.30am until 11am)

Headbands are back in style

WOS Wrestling commentator and MK fashionista **SoCal Val** talks about an accessory that's a perfect finishing touch for your outfit...



Spring has sprung, fashionistas! Well... sort of. After living in Milton Keynes for a couple years now I've found English weather to be a bit unpredictable.

Inconsistent weather is also a little troublesome when trying to stay on top of seasonal trends.

But here's my solution: keep it timeless!

I recently read a quote from Julia Roberts that says trends are "a game I don't have time to play" and I couldn't agree more.

When you implement more sophisticated, timeless pieces into your wardrobe you have the freedom to wear whatever

you want, whenever you want!

But as the temperature rises here in beautiful MK it's fun to add a few shocking pops of stark white into your ensemble and/or perhaps a punchy orange-y red hue insouciantly thrown here and there.

And why not add a classic polka dot print for good measure?

In styling the outfit shown here I decided that a wrap style headband was the perfect finishing touch.

This particular style of headband, and even more elaborate versions are actually VERY on trend, believe it or not!

Remember when headbands were a fashion no-no?

Well they're back and can be seen on fashionistas worldwide as a street style staple.

I've included a photo of a few of my favorite affordable styles that are available right now from my beloved Primark.

Leopard should be treated as a neutral and will match just about everything, a cheerful yellow will perk up any outfit and the red floral style I chose would be adorable with a messy updo and oversized sunglasses.

The perfect brunch look! These headbands start at just £2 and up so I encourage to grab all three and start your



very own headband drawer now.

You'll thank me later. Speaking of Primark, if you need to find me just go to the centre:mk and peruse the aisles of the brand new three-storey Primark that opened just a few weeks ago!

It is my style haven and my happy place!

I cannot express how much I love their selection and inexpensive prices.

After all, style is something you have... not something you can buy (but if you could, you'd certainly get the best deal at Primark).

Until next time, happy spring to you!

Embrace headbands to make this season your most stylish yet.

Follow SoCal Val on Twitter @socialvalerie, on Instagram @OfficialSoCalVal or her blog at valeriewyndham.net

We take a look around Witan Studios, an extraordinary CMK office complex where business, great food and fun go hand-in-hand

With spring in full swing, it's the perfect time to explore the hidden gems in the center of the city – and Witan Studios should definitely be on your hit list.

Just opposite from The Hub and surrounded by cherry blossom-lined streets, the Studios have some of MK's best food spots under one roof.

Independently run Fourth & Fifth café serves up breakfast, brunch and lunch using the freshest ingredients.

Witan Studios is also home to the Thai Modern Restaurant and its much-loved authentic cuisine.

Both are great for working lunches or, if you are one of the lucky people who has a Studio there, you can take away and enjoy in the comfort of your workspace.

With the enclosed garden open to all too, you can enjoy the warm weather and sit outside with a glass of something fizzy. You'll meet any one of the many community members here, as well as any of the other neighbouring professionals, entrepreneurs and visitors to the courtyard.

The Studios are home to a variety of different booming businesses, from start-up creatives, established innovators in tech, to people using the collaborative workspaces and its available networking opportunities.

More than just workspace, the Studios offer flexible

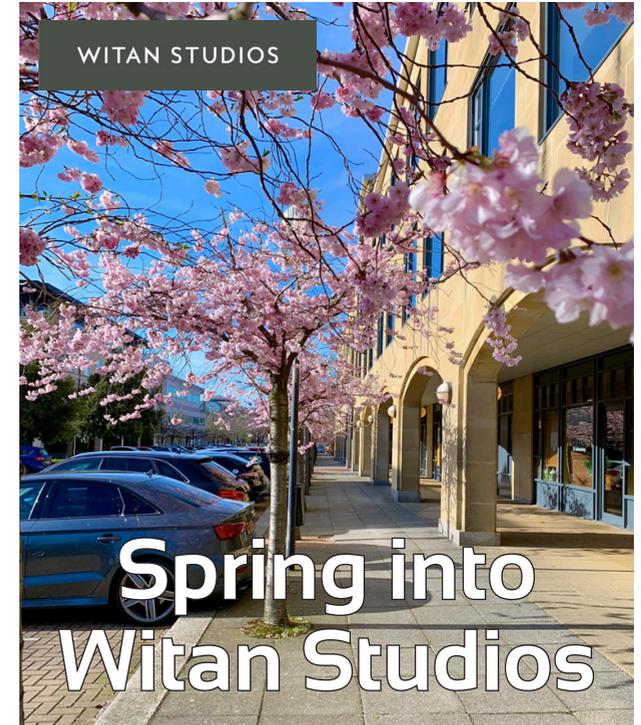


Photo of the Studios in bloom courtesy of local blogger @LouBou

leases and all-inclusive pricing, which make it easy for you to focus on getting the job done; 12-month minimum term, with annual tenant breaks and a 6-page lease.

Forget the old ways of office renting, Witan Studios has seen the future – smarter spaces, easier contracts and realistic rents.

You're all set up from day one with a fully furnished Studio plus your own kitchen with integrated appliances, superfast broadband, meeting rooms, breakout spaces, bike storage and showers.

Following the inspired unveiling of MK Gallery, the launch of a new Institute of Digital Technology at Bletchley Park, and a huge

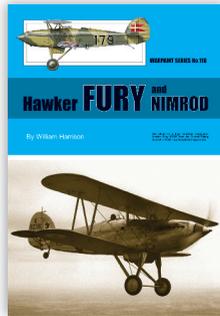
addition to centre:mk, there are exciting opportunities blossoming all over the city – Witan Studios included.

Like these exciting additions, Witan Studios are investing in the innovation of local people, businesses and the community, adding another go-to destination to the list, with so much more to come in the future, too.

Curious? Get in touch with Witan Studios' dedicated Community Manager, Heather, on how they can help you make an impact. Call 01908 880 833, 07377 362476 or drop an email to heather.manning@ceg.co.uk. Visit witanstudios.co.uk for more information.

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Training to make you look good naked!

MK personal trainer and nutritional advisor **Joana Todor Back** writes the second part of her column on strength and conditioning for fat loss...



STUDIO 44
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Losing weight means you'll look good in clothes.



Exercising means you'll look good **NAKED.**

different opposite movements like Pull and Push. The pulling motion works our entire upper back muscles. The best exercises are Pull-Ups or Pull-Downs as not many people can pull their body weight up, so by performing the same movement in reverse we build and activate our posterior upper muscles.

For the pushing motion, this can be devised in two categories – Push high range and Push low range.

Push high range is mainly defined by lifting a heavy load above our head, which works mainly our shoulders but also activates our arms, traps and shoulder girdle muscles.

Exercises like shoulder press and hand stands are the main ones to use here.

Push low range is mainly defined by the use of the pectoralis major and minor muscles, both located across the front of your chest; triceps, located at the back of the upper arms; and anterior deltoids, located at the front of your shoulders.

The main exercises used here are press-ups, dumbbell or barbell chest press.

I will conclude this article by leaving you with a workout challenge for this month... perform this full body, multi-jointed **CIRCUIT WORKOUT 4** times a week.

Also, for your own wellbeing do a session of 30-45 mins slow steady cardio, like an incline treadmill walk or a 2 to 5 kilometres easy run, depending on your levels of fitness.

So the question is... 'how do I do that?'

Let's start by activating the biggest muscles first: Gluteus, Quads, Hamstrings, Lats and Pectorals. By working these big muscles first we will produce a lot of lactic acid in our body which will make us burn body fat straight from the beginning of our training session.

Start with the bottom half of your body and also with Multi-Jointed exercises like squats and deadlifts, which are the hardest and the main two full full-body exercises that activate thighs, hips, buttocks, calves – including a lot of the core – all at the same time.

By starting our workout with these two main compound exercises it will build lots of lactic acid, which is paramount for fat loss.

Moving on, still focusing on Multi-Jointed exercises, let's split our upper body in two

In last month's column we discovered the benefits of strength training and learned how to programme our week in order to start our look good/feel good journey.

This month, we will build on this by learning how to train effectively in order to maximise our fat loss – and look good naked in the process!

Strength training helps you to lose weight (and body fat) in a few different ways.

Firstly, it helps us retain muscle mass and secondly, strength training has a much greater level of excess post-exercise oxygen consumption than aerobic exercise.

After finishing a strength training workout, our body needs to do a lot of work to replenish itself in order to bring it back to a normal state.

This is called **NATURAL METASTASIS** and it takes a lot of energy and time for the body to adjust itself.

Some studies have shown that it can boost your metabolism for up to 38 hours after finishing the workout.

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Music and food fest season

Music reporter **Vicki McCarthy** previews some of the best festivals for foodies, drink and music lovers which will get you in the spring mood...

Ahhh, the month of May. A beautiful month that whispers, "Summer's almost here" and it then gifts us with two blissful, booked Bank Holidays!

May is also the month that the staff from many pubs and music venues start to venture outside, blinking into the sunlight, as they prepare to put on a variety of festivals for sun-seekers looking to socialise.

This month, I've picked three great local festivals to share with you.

Friday 10 - Sunday 12 May - Concrete Pint Beer and Music Festival, Barwrox, Unit 4, 29 Mount Avenue, £10-£20.

One for the real ale lovers and besides, The Concrete Pint Beer and Musical Festival is hosting a Concrete Beer Hall and Concrete Garden, where they'll be offering 55 cask and craft beers, served in steins, pints, halves, and thirds for those that like to sample a few.

With seating and pub games available, punters will be further treated to an outdoor stage with live music all weekend, a gin bar,



cocktails and street food too.

Thursday 25 - Friday 26 May - Peartree Bridge Fundraising Music Festival, Stonehouse Pizza & Carvery, Peartree Bridge, FREE ENTRY.

How about a local fundraising festival that supports charity?

Across two days, this festival will see the stage graced by local talent, The Retros, Miller & Walker, Cerys Price, I Can't Believe it's not Buddy, Super Star Saga, Jam Basket, Thao Nguyen and more!

Money raised across the weekend will support Macmillan and MK Creative Fundraising (a local homeless community project), so there's never a better reason to support live music.

Saturday 25 - Monday 27 May - MK11 Beer and Street Food Festival, MK11 Club, Kiln Farm, FREE ENTRY.

Spread across three days, MK11 is providing something for everyone, with an array of local vendors in attendance, offering foods of all cuisines, catering for a myriad of tastes

Kids are welcome until 7pm, and besides the food, there'll be real ale, cider, spirits, wines, lager, craft beers, gin and more behind the bars. Plus, a further promise of live music, televised sports and a raffle, finally cumulating with a pub quiz on the Monday.

The event's supporting MK Food Bank, so altruistic festival-goers are asked to consider bringing along an item of non-perishable food to donate on arrival.

So, the last month of spring is suddenly looking more enticing that anticipated and what better way to welcome in the summer than a local festival?

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A fab musical about Bowie's MK stylist

Burretti: The Man Who Sewed The World runs from May 16-18 at the Chrysalis Theatre in MK at 7.30pm.

With a cast of over 30 local actors, dancers and musicians, this musical from Lee Scriven tells the fascinating story of Bletchley boy Freddie Burretti, who was David Bowie's close friend and early 70s costume collaborator and stylist.

Armed with a befitting musical score, the play unfolds

events leading up to the legendary 1972 BBC Top of the Pops, Starman broadcast.

Lee Scriven said: "I grew up in Bletchley, the same town as Freddie Burretti did, and it saddens me that Freddie's impact and incredible talent has never been truly recognised."

Tickets, priced at £15, are available from ticketsource.co.uk/chrysalismk or by calling 0333 666 3366.

Do You Hear the People Sing for Les Mis?



SHOW STOPPERS

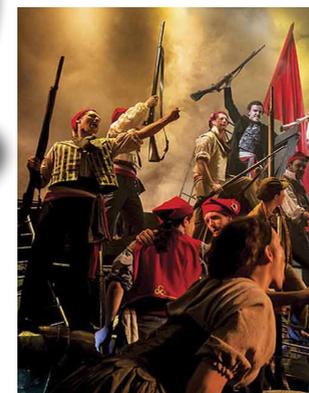
Come mid-May, Milton Keynes Theatre, in its twentieth birthday year, is going to be rolling out the red, white and blue carpet for **LES MISÉRABLES**. Les Mis (as it's affectionately known) is one of the world's truly great mega musicals and has played to over 120 million people, and is here from May 14 to June 8.

The year is 1832. Jean Valjean, a French peasant who stole a loaf of bread and ended up spending 19 years in gaol for his trouble, is living to regret it.

Then he jumps parole, which doesn't go down well with Javert, a particularly jobsworthy cop who, with his unshakeable belief in the letter of the law, obsessively hounds Valjean until... well, we don't want any spoilers here, thank you!

Olivier Award-nominated Killian Donnelly plays Valjean. It's all songs - it's known as

Nancy Stevens previews Les Misérables and Northern Ballet's portrayal of Queen Victoria upon their arrival at MK Theatre



a sung-through musical, but in between the singing bits that don't have titles of their own, are the songs.

I Dreamed a Dream, One Day More, Empty Chairs at Empty Tables, and, of course, the rousing anthem, Do You Hear the People Sing?

Les Mis truly is the biz!

Also, see Queen Victoria as you've never seen her before - not Judi Dench nor Jenna Coleman - but Abigail Prudames portraying her in Northern Ballet's **VICTORIA** at MK Theatre from April 30 - May 4.

Passion, tragedy, fierce devotion, and this new biopic brings the sensational story of Victoria to life in dance, choreographed by Cathy

Marston, creator of the Northern Ballet's acclaimed Jane Eyre.

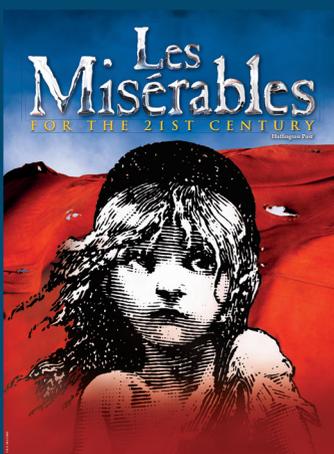
Queen Victoria's diaries revealed a life so fascinating that her daughter Beatrice tried to rewrite history.

Her irrepressible love for Albert sparked a royal dynasty.

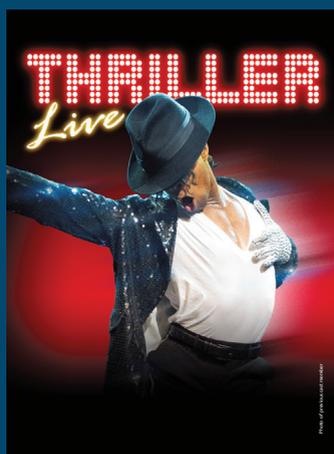
But his untimely death brought the world's most powerful woman to her knees with grief.

Listen to Nancy Stevens on Secklow Sounds 105.5FM on Sunday nights from 6pm-8pm. Follow Nancy on Instagram @_nancymk_ & Twitter @NancyStevensMK

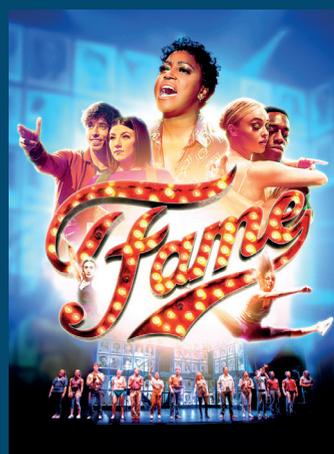
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'Chilli and orange with my tyre, please'

Ray Pantling, owner of Tyres Direct in Bletchley, explains how food products and plants are being used to make tyres greener and more effective...

Continental has started volume production of the EcoContact 6, a high-tech summer car tyre.

It will use green chilli compound and will deliver 20% higher mileage and 15% lower rolling resistance, precision handling, high grip and shorter braking distances.

So exactly what are green chillis doing in rubber?

Continental tyres use a vegetable oil made from a green chilli (see photo 2) compound, which is the latest achievement in reduced rolling resistance and performance, while Yokohama



tyres add orange peel oil (photo 1) to theirs for a similar result.

Continental tyres, along with the giant Bridgestone tyre company, are still hedging their bets by investing in the future use of the dandelion plant (photo 3) to produce latex, but we are still a few years away from this being used.

So the next time you eat

an orange, a chilli or see a dandelion weed, remember to check your tyres!

Billions of gallons of oil are used worldwide every year to manufacture tyres.

Bioengineers are developing a plant based substitute that could replace some of that oil within five years. But until then, it takes about seven gallons of oil to make a standard tyre today.



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Come on down to Eat Street

Hazel Roberts takes us through the best food festivals and street food that MK has to offer our tastebuds this month...



If you love local food and drink then this month you are in for a treat as we have plenty of street food, festivals, tasters and celebrations to enjoy.

This month's street food events kick off on 3rd May at York House with **Eat Street MK**.

Bank Holiday Monday, 6th May, sees the **King's Feast** return to the Kings Arms in Newport Pagnell.

On 10th May, Sizzlers will be serving up food at this month's **Street Food Friday** at the MK Biergarten.

Then on 12th May the **Sunday Streetfood Session** takes place at the Pavilion in Middleton.

MK11's **Beer & Street Food Festival** is on 25-27th May, where you can catch more of your favourite street food vendors, whilst the bars will

be serving real ale, cider, spirits, wines, gins and more.

The month's street food is rounded off on 31st May with a return of the **Tattenhoe Foodie and Night Market**.

This year the **White Hart Beer Festival** is celebrating its 20th year.

Taking place between the 3rd and 6th May, expect plenty of real ales, cider, gin and a variety of different street foods, plus plenty of live music.

This month, the **Drink Shed** are hosting an Evening of Gin on 3rd May.

It will include a potted history of gin, tasters, some experimentation with mixers and flavours and a selection of nibbles.

There will be a chance for some shopping and a goodie bag to take home. Tickets are £35 per person.

Then the Drink Shed will be open again on 4-5th for their **May Tasting Weekend**, which includes some special tasters and is free to enter.

On 4th May the **MK Biergarten** is celebrating their third birthday so look out for special celebrations including exclusive beers, live music, street food and a hangover tea party.

Finally, don't forget that the award-winning **Althorp Food Festival** is taking place on 11-12th May, with over 100 food and drink stands, as well as world-renowned chefs giving demonstrations over the weekend.

There will be numerous shopping and tasting opportunities and visitors can enjoy an array of entertaining performances and activities, all set against the backdrop of Althorp's stunning grounds.

Waitrose named a global leader for farm animal welfare practices

The seventh annual Business Benchmark on Farm Animal Welfare, backed by Compassion in World Farming and World Animal Protection, has named Waitrose & Partners a "global leader" for farm animal welfare practices.

Since 2014, Waitrose & Partners has been one of a small number of businesses that have achieved Tier 1 status for the Business Benchmark for Farm Animal Welfare (BBFAW), which is an annual survey based on organisational commitments to animal welfare.

The supermarket retailer, whose flagship local branch is at Oakgrove in Milton Keynes, has once again been named as one of the few companies covered by the Benchmark found to have adopted farm animal welfare policies and implemented farm animal management systems.

Most competitors still provide little or no information on their farm animal welfare performance.

Duncan Sinclair, Agriculture Manager at Waitrose & Partners, said: "We have pioneered high animal welfare practices for a long time and have achieved significant recognition for our commitment in this area over the years.

"Our view is that good animal welfare and good business go hand in hand.

"Receiving this accolade



is a credit to the hard work that is undertaken across our supply chain on a daily basis, not to mention the close relationship we have with our farmers and dedicated suppliers who ensure the high standards we expect are maintained."

Tor Harris, Head of CSR, Health & Agriculture at Waitrose & Partners, added: "Waitrose & Partners puts high standards of farm animal welfare right at the heart of its business and that's why we are especially proud to have

maintained our Tier 1 Status in the Business Benchmark."

Philip Lymbery, CEO at Compassion in World Farming, is pleased that animal welfare is now a big business issue.

He said: "The Benchmark and the investors supporting it have played a key role in keeping farm animal welfare firmly on the corporate agenda.

"As this year's report shows, we need to ensure that this attention delivers real and concrete benefits for animals farmed for food."

Visit your local branch of Waitrose at Oakgrove, Milton Keynes
Opening hours: Monday to Saturday 7am-10pm, Sunday 11am-5pm

When life is a pain in the neck

Jatinder Benepal, who is the founder of Isis Chiropractic in Milton Keynes, wants to find out the cause and help you with your neck pain...

At the Isis Chiropractic Clinic in Milton Keynes I treat many patients with neck pain caused by trauma such as whiplash or sports injuries and also a significant number of patients whose pain is either aggravated or even caused by their lifestyle.

Do you sleep on a pillow that doesn't adequately support your head or sleep on your stomach for part of the night?

Do you drive to work in a car with a badly positioned headrest that makes your head jut forward?

On arrival at work, do you then sit on a chair without armrests at a workstation with poor ergonomics, or maybe spend hours hunched over your PC or laptop?

Add to this the stress and tension of daily life and it really isn't surprising that many people suffer pain in their neck and shoulder region along with headaches.

Neck pain is often the result of abnormalities in the soft tissues or the joints of the spine.

When neck pain is caused by muscle strain, you may experience aches and

stiffness that spread to the upper arm and forearm.

Shooting pain that spreads down into the hand and fingers can be a symptom of a "pinched nerve" or nerve entrapment in the neck, which can also cause numbness and weakness in the hands or arms.

I treat the cause of the pain and not just the symptoms.

I use a wide range of gentle, specific manipulation and adjustment techniques in order to mobilise the neck joints, stretch, relax and strengthen the neck muscles and remove spinal nerve irritation.

We have a wide range of modalities at our Clinic, such as ultrasound and laser therapy as well as brand new Shockwave Therapy, a clinically proven highly effective treatment for chronic soft tissue injuries and certain bone conditions.

Some of my patients enjoy almost immediate relief, whilst others notice a gradual easing of their symptoms over a period of a few weeks.

Why not give us a call at the Isis Clinic to discuss your problem or if you have any specific questions or would



like advice on any symptoms directly then please email us at enquiries@isischiropractic.co.uk and we will get back to you.

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Harmony Skin and Beauty Therapy to host open house event to celebrate 15th birthday

Heather Murphy, owner of Brand Mission, shares the success of a local skin and beauty salon ahead of its May 18th open day...



As Brand Mission celebrates another successful year, so does our favourite skin and beauty salon!

With the warmer weather approaching, we desire hydrated and healthy skin to get that radiant glow in time for summer.

Thanks to Harmony Skin and Beauty Therapy's open house, on Saturday 18th May you can achieve the healthiest skin yet by enjoying a complimentary Dermalogica® face mapping which allows Harmony's skin specialists to prescribe a unique and targeted skincare regime.

During the open house to celebrate the salon's 15th birthday, there will be free express treatments, and competitions to win products or treatments.

The event is free to attend

with a suggested donation to Brain Tumour Research – a charity close to Harmony's hearts after a long-standing client sadly passed away in March.

Harmony Skin and Beauty Therapy has gained a reputation as one of the most progressive beauty salons – recently awarded as a top stockist by Dermalogica® and was subsequently welcomed into the exclusive 'Dermalogica® Circle' in recognition of its high-quality skincare services, expert status and achievements to date.

Alongside traditional beauty treatments, Harmony offer an extensive range of skin services

including cellulite-busting endermologie, facial-toning CACI treatments, skin-tightening Lipofirm Plus and brightening peels.

Find out more at harmonybeautytherapy.co.uk



BRAND MISSION

Looking for marketing or PR support? Contact Heather and her team at Brand Mission by emailing info@brandmission.co.uk Follow the team on Instagram @brand_mission

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MKFM need your help to furnish the new YMCA in Milton Keynes



'Our community challenge is to help furnish 199 rooms from our wedding style shopping list'

The new £19million YMCA MK campus will house 199 local young people when it opens its doors in September.

The original YMCA opened in 1981 and is no longer fit for purpose.

The organisation not only offers a roof over someone's head but helps its young residents transition to independent living and equip them with the right skills, tools and employment opportunities they need to achieve their full potential.

Funding for the building is secure, however, the charity needs to raise £500K to kit out all 199 rooms.

A gift list has been set-up so local businesses and members of the public can buy an item to support a young person who's just starting out in their new home.

Items range from pillows right through to wardrobes and beds with prices varying from £4 up to £260.

Businesses in Milton Keynes can also sponsor a room for £2,500 as a one off payment.

This will furnish one room and will support a number of residents during the lifetime of the items purchased with the funds.

Simon Green, CEO of YMCA MK, said: "Our gift list is a practical way to make a huge impact on the life of a young person living at the YMCA MK.

"We're asking the MK community for their full support to enable us to make lasting change."

The campaign launched and headed up by MKFM has already seen some fantastic donations from residents and local businesses.

Darren Dorrington,

Managing Director of MKFM, said: "We often hear local people say that they want to help the homeless but are unsure what to do for the best.

"By supporting this appeal, at least if someone buys a pair of pillows for a tenner, they will know that someone is sleeping on them night after night."

It's simple to purchase something to help furnish the 199 rooms, a shopping basket has been set up via our website at mkfm.com/ymca.

Simply pick your item and checkout like any other online purchase. The item will then be delivered for when the new YMCA MK complex opens in September.

Anyone who would like to sponsor a whole room for £2,500 can obtain more details by emailing sales@mkfm.com



Wills are important but don't forget about Lasting Powers of Attorney

Jenny Duckett, Solicitor at Neves Solicitors, explains LPA



Discussions regarding future-proofing or protecting your partner's or family's financial security often focus on Wills.

Wills are certainly important but have you also considered what would happen if you or your partner lost mental capacity?

If you lose your ability to manage your own financial or personal affairs, there is no automatic right for your partner, husband or wife, or any other family members to access your money and manage your affairs for you.

A LPA is a legal document that lets you appoint one or more people to help you make decisions or to make decisions on your behalf.

This allows you to appoint those you most trust to help handle your affairs and gives you more control over what happens to you if you have an accident or an illness and can't make your own

decisions. If there is no LPA in place when mental capacity is lost then a family member, friend or solicitor will have to apply to the Court of Protection to be appointed as your Deputy.

This can be an extremely time-consuming and expensive process, in which you are unlikely to have any say as to who is controlling your affairs and during which time no action can be taken to deal with them.

There are two types of LPA. A LPA for Property and Financial Affairs gives the legal authority for your loved ones to manage your assets on your behalf, for your benefit, and a LPA for Health and Welfare enables your loved ones to make decisions as to your care and medical treatment in situations where you are unable to do so.

LPAs are powerful documents and can provide you with peace of mind but there is a risk of the attorney abusing their position if they have been appointed without due consideration or made aware of the rules they are governed by.

LEGAL EAGLE



To help avoid issues, we would always suggest independent legal advice is obtained when considering putting LPAs in place.

If you need help with a LPA, please get in touch with our team who can advise you on a Lasting Power of Attorney.

A Tolkien gesture as Hoult and Collins star in biopic about J.R.R

Jason Day previews the biopic of the English poet and writer, plus a host of other big movies set to hit the big screen this month...



Tolkien (May 3)

If you love Lily Collins, you're in for a treat this month as she stars in two new releases – including this.

Nicholas Hoult plays author J.R.R. Tolkien and the film chronicles how school, an eventful romance and WWI shaped The Hobbit and The Lord of the Rings.

Extremely Wicked, Shockingly Evil and Vile (May 3)

Notorious serial-killer Ted Bundy used his looks and personality to charm women to their deaths.

Lookalike Zac Efron plays him but the focus here is on Bundy's real-life wife, played by Lily Collins.

Pokemon: Detective Pikachu (May 10)

The global phenomenon gets a live-action big screen outing.

Ryan Reynolds voices the title character, a detective-

creature in the Pokemon universe who teams up with a human whose father is missing. Parents – prepare to be dragged to the multiplex by the kids!

Aladdin (May 22)

Disney's live-action remakes of its animated classics continues. Aladdin (1992) always annoyed me because of Robin Williams' motor-mouth turn as the genie.

Here, Will Smith replaces him and manages subtlety whilst not letting up on the fun.

Rocketman (May 24)

Taron Egerton has been upping the Instagram ante of late with copious photos, videos and endorsement from the legend he plays here – Elton John.

This movie covers a lot of ground – the songs, the costumes, the drugs – and

Egerton is a great casting choice.

The Blue Angel (May 31)

Director Josef von Sternberg's dazzling 1930 classic about a cabaret artiste who seduces and destroys a stuffy teacher catapulted Marlene Dietrich to stardom.

They made five more films, working collaboratively to turn her into a ravishing, romantically unobtainable temptress.

Here she is rough around the edges, but the putative legend is evident.

This is a beautifully filmed, tragi-erotic drama, daringly edgy for its time.

Read the full review: bit.ly/BlueAngel1930.

You can read more in-depth reviews from Jason by following him on Twitter: @Reelreviewer

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Crossword solution

H	I	S	T	O	R	Y	A	D	A	G	E
A	E	L	A	P	S	N					
V	I	V	I	D	W	A	R	N	I	N	G
E	E	N	I	D	I						
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C	O	L	L	A	R	E	T	H	I	C	S
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B	A	N	A	L	A	S	P	E	C	T	S
I	O	M	N								
N	A	I	V	E	T						
E	S	N	O								
T	H	E	F	T	N	A	T	U	R	A	L

Sudoku solution

6	3	8	4	9	2	1	5	7
9	1	4	3	5	7	8	2	6
5	2	7	1	6	8	4	9	3
4	9	6	8	2	1	7	3	5
8	5	2	9	7	3	6	1	4
1	7	3	5	4	6	9	8	2
7	6	5	2	8	9	3	4	1
2	8	1	7	3	4	5	6	9
3	4	9	6	1	5	2	7	8

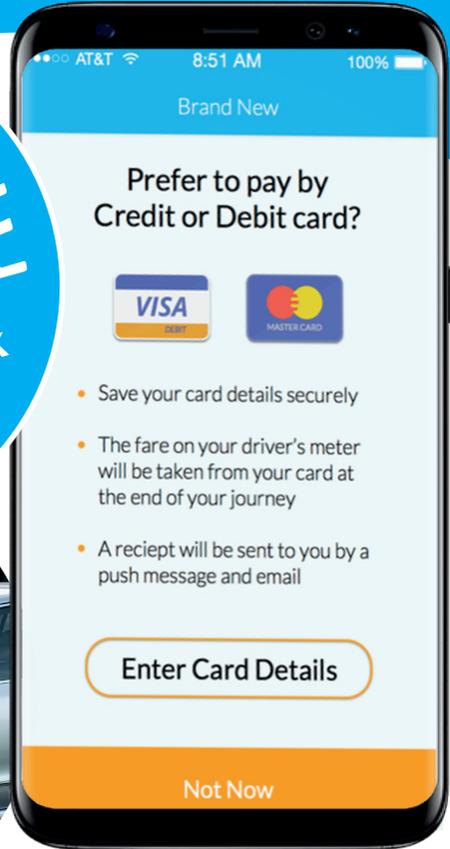
You can find this month's crossword and sudoku puzzles on the Puzzle Page on page 20.

No peeking at the answers until you've finished!

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