

Support Local

STYLE | WELL-BEING | FOOD & DRINK | HOME



BABY & CHILD
GIFT GUIDE

EXCLUSIVE INTERVIEW
WITH MOTHER PUKKA

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Editor's Letter

Welcome to our July / August edition of Support Local. This issue we have an exclusive interview from Mother Pukka, tips for getting the kids outside this Summer from My Tunbridge Wells, more recipes for you from Simply Food By Mandy, another exciting book review, and so much more.

If you're a small business in Kent we would love to hear from you, whether you're hosting an event or fancy telling us all about your business, we want to know. Drop us an email:
info@supportlocalpopup.co.uk

We've got lots going on in Kent over the next couple of months and we've listed just a snippet for you in this issue, if you'd like to find out more why not check out our what's on section at www.supportlocalmagazine.co.uk

We have so many fantastic independent businesses in the South East and it's my job to show you the best of them.

We believe in small businesses, let us show you why you should too.

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Silver Designed PERSONALLY

Nestled in the heart of Kent countryside is a garden based studio owned by Sara. With a flair for design at the age of 55 Sara has just embarked on a new journey into running her own business.

Sara is a silversmith who hand crafts silverware and Jewellery items to order. Based in Hadlow, Kent Sara's workshop is in a lovely countryside setting "an amazing place to call my new office"

How does crafting Silverware work? To make a piece I saw specific shapes from silver, gold, copper or brass sheet metal and then if raising an item, use hammers to form the metal over anvils and stakes. As the metal is hammered, bent, and worked, it hardens and a technique called annealing (heating up the metal) is used to make the metal soft again and this is repeated until the desired shape has been achieved. After raising or forming, the pieces are joined by soldering or sometimes riveting. Other items that don't require raising will be cut from silver, gold, copper or brass sheet metal, soldered and created.

So is all your work made to order? My work is mostly hand crafted to order and I will work with each customer to create their

idea. My speciality for commissions are small hinged boxes. Depending on the complexity, these can take weeks to make as every single part is hand made, right down to every hinge knuckle. You can see the journey of my current silver hexagon box with hinged triangle lid sections on the blog on my website. I also make, bowls, cups, jewellery, and most other items to commission. The most unique item that I make to order is the Silver Mortarboard Graduation Cap.

Do you offer workshops? Yes, so many people ask me how I make items and the process, that I decided to create private workshop experiences so customers can come along and learn some basic techniques, with the aim that at the end of the day or half day they come away with a piece of jewellery made entirely by them. My workshop days or half-day experiences are 1:1 so customers have my undivided attention.

Whilst I am more than happy to run a bespoke workshop day for a customer to make any item that is achievable by a beginner, I run 2 main workshops regularly at the moment: A one day make your own silver leaf pendant or earrings and half day make your own silver cuff bracelet'

All the workshop days make an ideal birthday, anniversary, Mothers Day, Fathers Day or Christmas gift, so why not treat someone special with a gift voucher? They'll get a wonderful opportunity to learn a new skill while making a personally designed and handmade item of jewellery. Make your own wedding ring workshops for couples are to be added later this year.

Can you tell us about the graduation caps photographed to the right? I came up with the idea with my brothers as they were searching for a unique graduation gift for my nieces and nephews. The Silver Mortarboard Graduation Cap, is hand

crafted to order and presented with a silk tassel to match the university or college colour. There is the option to laser engrave with your loved one's name, university, degree and date of graduation. I also make them for universities or colleges looking for a unique prize or award for students. I am currently working on making different size versions and also in copper and brass.

How long have you been doing this and what made you want to start? My father, who was an engineer took up silversmithing over 30 years ago when he retired and that's when I started to get interested and over time took it up as a hobby and went to study on courses. When he was no longer able to silversmith, he gave me his tools.

Then an opportunity presented itself to me that I could not resist – I was made redundant from a career in financial services that I had followed for 30 years and decided to follow my dreams and make my passion for silversmithing my business.

So here I am at 55 setting off on my new life venture! I have had a wide variety of adventures in my career life having also served in the armed forces as a reserve for 10 years and in the police as a special police constable for 5 years Now once again onto pastures new!



Prawn Tacos

Ready in 15 minutes these tasty tacos are sure to be a hit. If prawns aren't for you then why not try small pieces of chicken breast fillets (making sure they are cooked through) or for a vegan option try roasting florets of cauliflower (in the marinade) for 10-15 minutes at 210 degrees.

Method

- Start by preparing all of the vegetables so you are ready to plate up.
- Add the raw prawns to 1 tablespoon olive oil in a large frying pan. Now add the chipotle paste and stir until the prawns are pink. Squeeze in the lime juice, season and warm through. Remove from the heat.
- Lay out your tacos. Add a little sour cream / yogurt to each taco and spread around. Now add the vegetables followed by the prawns. Sprinkle with chilli and coriander.

Recipe supplied by www.simplyfoodbymandy.co.uk

Ingredients

- 8 small soft tacos / tortillas
- 300g raw prawns
- 2 teaspoons of chipotle paste
- Juice 1/2 lime
- 1 avocado sliced
- 1/4 red cabbage shredded
- 1 papaya de-seeded, peeled and sliced
- 1 chilli sliced
- 2 tablespoons sour cream or natural yogurt
- Coriander to serve





Mandy is a self taught home cook, she creates and prepares achievable meals for real people. Her recipes on the Support Local website offer a variety of vegetarian meals, midweek budget meals, family friendly pleasers, minimum washing up meals, something spicy and the odd treat here and there.

Spanish Chicken, Chorizo & Potato Traybake

This has to be one of the easiest recipes I've made. Everything goes in at the same time and is cooked in one tray. The Chorizo and paprika flavours the potatoes and chicken beautifully and the smell while this is cooking is utterly gorgeous.

Method

- Preheat the oven to 210 degrees
- Place the chicken in a large roasting tin and cover the chicken in 1/2 of the paprika. Throw all of the other ingredients in around the chicken, drizzle with olive oil and season. Cover loosely with foil and roast for 40 minutes. Remove the foil and roast for another 50-60 minutes.

Ingredients

Serves 4

- 1 medium Chicken
- 3 peppers, roughly chopped
- 2 garlic bulbs left whole tops removed horizontally
- 150-200g cooking chorizo sliced
- 400- 500g new potatoes
- 1 tablespoon smoked sweet paprika



Not Another.....

CANDLE COMPANY

The Bohemian Spa

We caught up with Becca, creator of The Bohemian Spa. A candle company determined to be different, Becca created the company with her husband last year. "My friends would probably describe me as a little eccentric, passionate, lovable and just damn right weird! But that's OK because all the best people are."

The idea came about when Becca was on maternity leave "I got bored, day time TV is torture and my little boy was quite happy to sleep throughout the day. This was when I figured out that I am a workaholic and needed to be doing something"

Having always been a lover of candles and having completed a hypnobirthing course, that had opened her eyes to the world of meditation, Becca wanted to create a product that combined relaxation with something that makes people feel good.

"I have suffered from anxiety for years and found that the breathing exercises coupled with things like candles and long baths, really helped me to relax."

With a clear vision Becca set about putting her business plan into action. "I realised that instead of complaining about

the over use of packaging and other things I felt companies got wrong, this was an opportunity to do things differently."

The Bohemian Spa pride themselves on their ethics which they feel makes them stand out from the crowd. All their products are handmade, Vegan friendly, have natural bases and are plastic free right down to the packaging.

"Our moto is love life, love yourself and be loved in return."

www.thebohemianspa.com

ARTSBOX

FESTIVAL 19

Trinity Theatre are delighted to announce the launch of ArtsBox Festival 2019, the first Tunbridge Wells fringe arts festival – celebrating local talent, and putting emerging artists firmly in the spotlight.

Spend your week at Trinity, enjoying events for kids, adults, artists, and enthusiasts. With both free and ticketed events there is a chance for everyone to be involved, be creative, and be entertained.

Box Office · 01892 678 678 · trinitytheatre.net



Fresh Paint Exhibition

Monday 5th August – Saturday 17th August

A visual arts competition for 5-18 year olds, celebrating the creativity of local young people. The theme for the exhibition is 'Adventure', and artwork can be in any form. *The deadline for entries is Friday 19th July*

Churchyard Safari

Tuesday 13th August · 2pm

This free family-friendly event offers an opportunity for young nature lovers to explore Trinity churchyard with Dr Ian Beavis, and discover wildlife that often goes unnoticed. *Reserve your free space at trinitytheatre.net*



Mindfulness Life Drawing

Wednesday 14th August · 7.30pm

A life drawing and still life drawing class, perfect for a source of mindfulness, refuge and stress relief. This class is for everyone – drawers and non-drawers alike! All materials provided. **Tickets £20** (inc. a glass of wine)

Watercolour Drop-in with Julie King

Saturday 17th August · 2pm – 3.30pm

Pop in and paint watercolour flowers with artist and tutor Julie King in this free event. Julie will show you some simple techniques using three primary colours to paint flowers. All materials provided.





WHAT'S ON In Kent

- **Family Winnie the Pooh Walk** July 26th 10AM - 12 PM An exciting, activity walk to explore the beautiful landscape of the Winnie the Pooh Books. Can you follow Pooh's footsteps, find a house and join the expedition to the north pole. Approximately 2km, suitable for all who can walk this far. There will be time to stop for a little smackerel of something along the way to help keep us all going. £10 per family.
- **Tunbridge Wells Pride** August 17th 11:30 AM - 12:30 PM Parade starting at The Forum
- **Weald Of Kent Country Craft Show** Aug 30th 10AM- Sep 1st 5PM. Discover crafted products and soak up the atmosphere with over 150 stands and activities to experience and enjoy. Craft Workshops, live music run throughout the day and demonstrations in the striking landscape of Penshurst Place.
- **Open Air Theatre** 10th July at Hall Place & Gardens. The critically acclaimed Pantaloons present their innovative open-air version of Jane Austen's classic. Follow the Dashwood sisters pursuit of love and happiness whilst adapting to the challenges of their ever changing lives.
- **Leeds Castle's Classical Concert** 13th July at Leeds Castle. For over forty years people have been enjoying this spectacular outdoor event, bringing together one of the country's greatest orchestras, The Royal Philharmonic Orchestra and one of its finest conductors, John Rigby. This year for the first time, The Band of Her Majesty's Royal Marines will be playing the world premier of 'A Tribute to Leeds Castle' in celebration of 900 years of the Castle's glorious history.
- **Penshurst Place Summer BBQ** 20th July at Penshurst Place and Gardens. Settle in on your blankets and deck chairs on the South Lawn this summer, and enjoy the surrounds of Penshurst Place after hours as we welcome you to our first ever evening BBQ event.
- **Bat Walk** 15th August at Hall Place & Gardens. A dusk walk through the gardens to hear and see these nocturnal creatures. Bat detector supplied! Followed by tea and cake.

Submit your event info to info@supportlocalpopup.co.uk

THE PINK GIN THAT ISN'T PINK!

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Book a free one hour design appointment to start the journey towards commissioning your dream piece from new or using materials from your old jewellery. P&S combine great design with traditional craftsmanship and cutting-edge technology to create jewellery uniquely for you. The gallery exhibits their distinctive designs to buy or to inspire your new piece. Take a tour of the workshops to see how it's all made... What will you design?

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What is NUTRITIONAL THERAPY?

In short, it looks at food as medicine. The overall essence of Nutritional Therapy is about getting to the root cause of a disease, or symptoms, so appropriate steps can be taken to support the body's innate healing abilities through the use of whole and organic foods as medicine. The body is very clever, providing it with the right environment will go a long way to healing many ailments.

What type of diet should we be on? There are some general guidelines I think are going to benefit the majority of people but there isn't one diet that suits every single human being. A diet to help heal IBS or heal an autoimmune disease are both going to vary. So it's not a one size fits all answer. However putting a focus on whole, preferably organic where possible, foods has been shown to lower inflammation, optimise vitamin and mineral deficiencies

and balance blood sugars. If you optimise those areas you aren't likely going to need to be seeing someone like me!

Are sweet treats off limits? No way!! I personally love a sweet treat and use the book 'Livia's Kitchen' for healthier baking alternatives. Try banoffee squares or the chocolate mocha tart and you won't turn back!

Should we be on supplements? This is one of the most commonly asked questions I get. Unfortunately my answer is not a straight yes or no. Like diet, supplementing is unique to the individual depending on things like age, genetics, metabolism and so on. Some supplements are safer than others. For instance, taking too much vitamin C may give you loose stools but taking too much iron could be toxic. Either way it is important to treat supplements like medications, it is always best to seek advice from a nutritional therapist or other healthcare professional before starting a supplement.

Should we eat gluten? For many people gluten is a problem. This doesn't mean everyone needs to put the bread aside but many do benefit from removing it from their diets. Gluten sensitivity is different from coeliac. Coeliac is a true allergy to gluten and a autoimmune disease. Remember it is not all doom and gloom for bread lovers! Lots of people seem okay with gluten. Many people with autoimmune conditions might find it worthwhile to give a gluten free diet a trial.

Nutritional advice doesn't have to be daunting or restrictive, it's not about telling you what you can and cannot eat, often it's small changes that can have a big impact on your health. Let's just say, I'm not running around drinking green smoothies and nibbling on raw kale every day!



CANTERBURY SUMMER FAIR

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July 14th 2019



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BOOK CLUB **Review**

We caught up with Andrea Roberts from 'Reading between the wines' an all women book club in Tunbridge Wells, to hear about what she's been reading and her thoughts on her top pick for this issue.

The Tattooist of Auschwitz
By Heather Morris

Unless you have been living under a rock there is no doubt you would have heard about this international best seller. Originally written as a screenplay, Morris' tale was inspired by the true story of Lale Sokolov- a Slovakian Jew who is forcibly transported to Auschwitz in 1942. When his captors discover that he speaks several languages, he is put to work as a Tätowierer (the German word for tattooist) and tasked with permanently marking his fellow prisoners.

Imprisoned for over two and a half years, Lale witnesses horrific atrocities but also incredible acts of bravery and compassion. Risking his own life, he uses his privileged position to fight to keep his fellow prisoners alive. One day in July 1942, Lale comforts a trembling young woman waiting in line to have the number 34902 tattooed onto her arm. Her name is Gita, and in that first encounter, Lale vows to

somehow survive the camp and marry her. It is a moving and ultimately uplifting story of love, loyalties and friendship amidst the horrors of war. Whilst it has been hailed a triumph by some it has been vehemently attacked for being inauthentic. Morris stresses she never set out to write a memoir but a novel inspired by Lale's memories-a process that took her three years to untangle.

If you are a history buff you will no doubt spot the historical inaccuracies. However there is no denying that we have a duty to keep telling the stories of those like Lale and Gita who unbelievably survived the Holocaust. I personally loved the photographs and chapter written by their son Gary at the end of the book. It is an incredibly sobering tale that puts life in perspective. It comes highly recommended although it is a lot like Marmite-you will either love it or hate it! The one thing I can guarantee is that it will provoke an interesting and deep discussion.



Chiropractic

DOES IT WORK?

Often considered an 'alternative' therapy, chiropractic is now more recognised as a primary healthcare profession, no longer relying on patient experience and subjective means to gain credibility.

There is increasing evidence that drugs such as paracetamol and muscle relaxants do not address the cause of pain, and on the contrary are ineffective for treating back pain (Foster et al, 2018). So it is important to take an informed approach when considering how to address these issues. Chiropractors are best known for using spinal manipulation therapy (SMT) as our main 'tool' when helping people. Spinal manipulation is simply where we put specific pressure, by hand, on over spinal joints to release them in directions in which they are restricted. This often helps to relieve tension and pressure on joints, intervertebral discs, nerves and surrounding muscles.

A recent literature review in the well renowned British Medical Journal (BMJ) has shown that SMT and mobilisation are effective for offering short and long term pain relief (Rubinstein et al, 2019). Due to studies such as this, SMT, mobilisation and massage are recommended in the NICE guidelines, which are used by GPs to confidently advise patients on what treatments are best for them. However, SMT is not the only effective treatment method used by chiropractors. Certainly at our practice, we use a variety of SMT techniques to suit individuals and preferences, along with an array of other skills. Western acupuncture, muscle release work, breathing and exercise rehabilitation, stress management and nutritional support are all employed to give our patients a well-rounded and individualised care plan.

Our focus is on the need for active care and education, to enable clients to look after themselves and understand their bodies to prevent injury and ill health.

www.twcchiropractic.co.uk



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Mother Pukka

FLEX APPEAL

How did Flex appeal campaign begin and why is it so important?

It all started when I was doing the nursery run, I was routinely late getting there around three mins past 6pm. I was being charged a pound for every minute I was late and it ended up feeling as though I wasn't living but more just mentally surviving. So I asked my employer for a little flexibility and requested 15 minutes either side of my day. Unfortunately they said no as it would open the floodgates to others seeking to do the same thing. I guess my main question here was why that would be such a big issue? I quit the day after and launched flex appeal, I posted on social media about not being able to make my job work no matter how determined and career driven I was. I wanted to understand why people weren't asking for flexible working. I'm not campaigning for it to be made available, but campaigning for it to be used. It's all about creative thinking rather than seeing the business world in the same old structure it has always been and holding the hand of employer and employee to do it.

Any tips for someone approaching their employer about flexible working? Go in positively with business in mind. Don't get to the point where you're saying "I need this" do it before it gets to that point. Knock them dead with a power point presentation, suggest a trial period.





My Tunbridge Wells BEING OUTSIDE

Famous for her insider knowledge on the best places to visit in Kent, we caught up with Clare Lush-Mansell aka My Tunbridge Wells to find out her top places to visit to get the kids outside this Summer.

With a seven year old, four year old and 6 month old, keeping them busy and away from screens, as much as I can help it, is a big priority for me. On the weekends and school

holidays, we try to do at least one activity outside of the home each day. Here are three of our favourite things to do locally:

1. Taking the bikes out. At the moment we love the Forest Way trail at Groombridge. It's a flat, 10 mile path on a disused railway, surrounded by forest on either side. We normally start outside Groombridge and cycle for about half an

hour before turning around and cycling back the same way. It's buggy friendly which is handy too. We also like parking at Tonbridge Swimming Pool (it's free on Sundays) and cycling to Haysden and back. It's just the right length for my boys.

2. My sons love going swimming and taking them along to the pool during the winter when I had a newborn baby was so convenient. I would sit in the cafe with the baby whilst my husband took the boys into the pool for several hours. Our favourite places to go in Winter are Larkfield Leisure Centre and Maidstone Leisure Centre. More locally, Tonbridge Swimming Pool is great in the summer with its outdoor section.

3. Discovering some of our favourite local attractions or parks is always a winner, assuming the weather is ok. We have a National Trust membership which we have had so much value from: Scotney Castle, Chartwell, Ightham Mote and Emmetts Garden are probably our favourite. We also love visiting Hever Castle, Penshurst Place and Riverhill Himalayan Gardens and Bedgebury Pinetum - all of which we have had membership for at various times. We nearly always take a packed lunch so the kids can eat whenever they are ready plus it saves money too!

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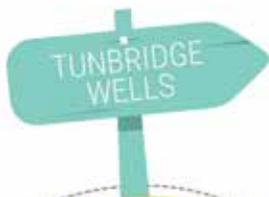


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Looking for the perfect baby shower gift? Or maybe a present for a friend's child's birthday? Look no further, we have you covered. We've searched high and low to bring you five of our favourite products from small businesses around Kent and Sussex. Here's a little bit more information about each business:

Babyprints: Christine is a specialist life caster working from her home studio in Tunbridge Wells. The business started in 2014 and since then she has set out to make beautiful casts of newborns, children, families and pets – keepsakes of your loved ones for you to treasure.

Ickle Brickell: Based in Sussex, Ickle Brickell creates handmade clothes for little ones. Specializing in farming and nature inspired designs including prints exclusive to Ickle Brickell. Their products are fun, practical and most importantly comfortable for your little ones to toddle around in all day.

Nourish To Thrive: They believe that self care, exercise, nutrition, stress reduction and mindset are part of a magical combination for our mental health. It is also crucial to make these things consistent and sustainable. That's what Nourish to Thrive is all about. Realistic approaches and sustainability.

Pickle: An award winning brand selling fun and comfortable children's clothes. Created by Claire, mama to 4 little pickles. Teaming up with some wonderful British manufacturers to ensure everything is beautifully made right here in the UK. Follow [@tehm](https://twitter.com/tehm) or shop online www.pickle.co.uk

The Wild and The Tame: An independent baby brand, launched by Kent based mum of two, Chantelle. Using beautiful fabrics that showcase the creative flair of leading UK illustrators and designers, she hand-crafts limited edition cot blankets, complimented by a delightful range of gifts, accessories and nursery decor.

Baby & Child GIFT GUIDE

1. Professional baby & family hand and foot casting service. Priced from £50 www.babyprints.co.uk
2. Ickle Brickell Dungarees, exclusive farm and nature themed fabrics, from £20. Other items available online www.icklebrickell.com
3. The nourished mum cards are the perfect gift for any mothers who don't have time to look after themselves (hint: that's all of them!) A deck of 50 cards, packed with physical self care as well as mindset and mindfulness tools, designed to get you through even the most frazzled and sleep deprived days as a parent. They contain small, realistic actions to make you feel more calm, capable and cared for every day. £12.50 + postage per pack. nourishtothrive.co.uk
4. Your little pickle will raise a smile in this super cute bodysuit which tells grown ups exactly what the future holds: plenty of mischief, of course! The baby bodysuits are made from 100% jersey cotton, featuring an envelope neck making them super comfy, and easy to get on and off. Sizes available: 0-3 months; 3-6 months; 6-12 months
5. The Wild and The Tame's new limited edition collection is centred around two beautiful safari themed fabric prints. Mix and match Cot Blankets, Moses Basket Blankets, Bibs and Teething Rings to create a luxury gift set which is sure to be cherished. £12-90, handmade to order. Available at www.thewildandthetame.co.uk



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The background of the entire poster is a repeating pattern of various summer-themed icons. These include pineapples, watermelon slices, pink flamingos, yellow and red popsicles, and toucans. The icons are scattered across the white background.

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**SOCIAL MEDIA
MANAGEMENT,
MARKETING &
EVENTS FOR SMALL
BUSINESSES**

www.countrybike.co.uk
Your countryside awaits...

Hiring quality bikes from multiple venues (& delivering) across the beautiful Kent & Sussex countryside.

- Content Creation
- Social Media Profile Management
- Event Promotion

vickey@fitzsocial.co.uk | 07872643131
Tunbridge Wells





TUNBRIDGE WELLS SUMMER FAIR

10am-4pm

One Warwick Park Hotel
Tunbridge Wells TN2 5TA

Free Entry



JUN 2ND
JUL 7TH AUG 4TH