



Roaming Pen Roger It's Christmas - again!

Can it be true? Here we are again and Brighton is all lit up and excitement is in the air. What entertainment have they lined up for us this year after last year's dismal efforts?

No panto as such, but the Theatre Royal is giving us 'Monty Python's 'Spamalot' the hilarious musical based, very loosely, on the legend of King Arthur and his Round Table. Still running in the West End after five years, this touring company with Marcus Brigstocke as King Arthur and Todd Carty as Patsy has had rave reviews. The top price tickets are an eye watering £42.00 which includes the iniquitous £3.00 booking fee and a £1.00 'Restoration' fee. Almost West End prices!

The Dome, for the first time in years, have got a couple of real Christmas treats with two ballets – Tchaikovsky's Nutcracker and Prokofiev's Romeo and Juliet with prices from £10 to £28.50, more affordable and worth seeing by all the family. Once upon a time at this time of year we were all rushing off to France on the infamous booze cruises. They are no longer fashionable as the cost of alcohol on the continent is no longer much cheaper than the UK. You can, however, get the usual very cheap deals on all the ferries and there are many other goodies in French shops that you simply can't get here. A weekend in Normandy is always worthwhile, Dieppe and its



Saturday market is a great way to spend a few days. There isn't much of a selection of hotels in Dieppe, we always stay in the Mercure Hotel on the seafront, it's a very smart and comfortable hotel and not too expensive. Wandering around this pretty town, shopping in Auchan supermarket as well as the street market makes for a great weekend any time of the year.

If you're thinking about going abroad there is some timely advice from the Passport Office. You are strongly advised to renew your passport once it gets within nine months of its expiry. There have been some recent problems with budget airlines refusing boarding to people with less than six months unexpired on their passports. They are invariably wrong in doing this

but try arguing with a clerk with a flight departing in 40 minutes. So the advice is quite specific, once your passport is within nine months of expiry, renew it. You won't lose, as any unexpired period will be added to your new one.

I was interested to read recently that budget airlines, Ryanair, Easy Jet etc, generate the highest percentage of their income from their 'extras', baggage and credit card charges, in-flight catering etc and these are expected to rise next year.

Happy Christmas one and all.

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News from the Coach House

December... dark nights with twinkling stars...

1st - Mary Hampton and Dog Faced Sockets
...a rare and mighty gig!

3rd - Open House performance with Bella Emerson and Elle Osborne

This night's discussion is...What and where is education today!?

4th - Duck Soup - Some really quirky folk music you will never have heard?

with Dan Quinn, Ian Kearey & Adam Bushell - supporting are Jacob and Issac this night £7.50 - £5 concessions.

This night's discussion is Country ways and stable talk. Joining us will be Farrier Steve, Beekeepers Dennis Stidder & Martin and any life that speaks.

11th - The Barrow Boys - improvised spoken word and music, scraps of harmonies and orbiting voice.

The talk tonight is "Why don't you know what's going to happen next in your dreams!"

16th - Crayola Lectrin

18th - Random Acts Theatre Company and their Christmas special

www.randomacts.freeuk.com

A FANTASTIC THEATRE COMPANY,
NOT TO BE MISSED!

I also wanted to share this my heart and love for a man, Bert Jansch, one of my favourite guitar players who died last month. I have found some footage of him recording in Sussex. Fresh as a Sweet Sunday Morning, it will take 6 minutes of your life to watch:

<http://youtu.be/ZCvehhsS580> and a lot longer I hope to feel.

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Contact atthecoachhouse@googlemail.com for more info and to be added to our newsletter.

Cosmedix at St. George's Clinic

Review by Tirimasu

Thanks to Cosmedix you can forget your old 'cleanse-tone-moisturise' routine. Great for anti-ageing, acne, melasma and rosacea, these intelligent prescription-grade products kick start your skin and keep you away from surgery. They are free of parabens and sodium laurel sulphate, and were formulated just 10 years ago by a Nobel Prize winner for 'Chrial Correction' (a method which means the active ingredients are targetted more effectively into your skin).

I tried their anti-ageing facial. My skin was analysed under black light, then products were gently massaged in, including a masque containing chiral-corrected L-retinol, which is a precursor to vitamin A and gets deep down into your dermal layer, unlike the version more commonly used in retinol based cosmetics.

Afterwards, my skin felt great; noticeably softer and smoother. I was so impressed that I am returning next month for one of their gentle L-retinol peels. More in the January edition of KTR!



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Laser Tattoo Removal

Whether it's partial tattoo removal prior to a cover-up or complete removal, St Georges offer the very latest Q-switched Nd YAG laser technology.

Our Sapphire II laser is one of the safest and most effective systems available for tattoo removal and with low cost treatments it's also now affordable.

For more information visit our website or call us to arrange a free initial consultation.

01273 694411

