



Make family life easier with this selection of food options, school bag essentials, learning resources, home support and childcare services

## The perfect treat for any lunch box

**DELICIOUS AND SOFT**, Brioche Pasquier Pitch comes in two varieties. One has a generous filling of dark hazelnut chocolate, the other is covered in dark chocolate chips.

They are individually wrapped, making them great for lunch boxes, picnics, car journeys and much more.

The kids will also enjoy the free gift, which is included in every pack.

Brioche Pasquier Pitch is free from preservatives and artificial colours. Available in packs of four and six from major supermarkets.

### The story behind the family favourite

It started in 1936 when Gabriel Pasquier baked brioche in the small French village of Les Cerqueux. In 1974, Pasquier's five sons created the



company Brioche Pasquier to bring quality brioche, pâtisserie and biscotte products to supermarkets.

Today, Brioche Pasquier is still family-run and uses the same traditional methods as in 1936. **brichepasquier.co.uk**  
**01908 266700**



## Healthy, tasty and brilliantly versatile

**RESEARCH HAS SHOWN** that regular nut eaters may be able to improve their memory, their powers of concentration and the speed at which their brains can process information. A US project which monitored 120,000 people over 30 years

showed that regular nut eaters who consumed an ounce of nuts a day, cut their risk of death from any cause by 20%. The research also found they slashed their risk of heart disease by almost a third, and the risk of death from cancer by 10%.

As one of the nation's favourite nuts, walnuts have been part of the English teatime for generations. Baked into delicious treats in the likes of coffee and walnut cakes and date and walnut

loaves, they have now moved to breakfast in mueslis and granolas, to lunch as an ingredient in salads, as well as to the dinner table in the veggie-friendly nut roast.

Shop nuts, seeds, dried fruits and more, and save 10% off all online orders with coupon **FAMILY10** **grapetree.co.uk**  
**01384 596202**



## Treat yourself to a little "me time"

**WE'RE USING SCIENCE** to get the best out of nature, bringing you products that deliver results, whilst maintaining strong ethics and ensuring we're leaving the right kind of footprint on our planet.

From treasured ingredients found in the south of France, to a laboratory leading the way in

scientific innovation, Acti-Labs creates products we believe in, demonstrating originality with a total beauty concept, including face, body, hair, teeth and nutrition.

We only provide the most luxurious quality, smells, tastes and textures, while retaining an important watchful eye on price and value. Having our own laboratories means we are able to offer our customers exceptional value; products at laboratory direct prices.

**Become an Acti-VIP today, it's free and always will be.**

- Discount vouchers
- Exclusive offers and incentives
- 24/7 product support group
- Free help and advice from our personal shoppers

At Acti-Labs, we're not only creating products that help people to achieve full body confidence, but we're also creating an

## School bag essentials for kids of all ages

**GET SET FOR THE NEW TERM** with this fantastic collection of stationery from STAEDTLER. Packed in a handy tin to keep everything neat and tidy, this 31 piece collection is incredible value and contains



STAEDTLER classics, such as the famous yellow and black striped Noris school pencil.

As well as six break-resistant pencils, the set contains eight premium quality colouring pencils, together with an eraser and sharpener. There are three useful ballpoint pens and six triplux fineliners, ergonomically designed for maximum writing comfort, plus a triplux highlighter to aid revision. Add in a ruler, protractor, set squares

and a letter/number stencil, and you've got the kids' stationery for the new term well and truly covered.

The STAEDTLER 31 piece stationery tin is just £8. Only at Tesco. *Selected stores.* *Subject to availability.*

**staedtler.co.uk**  
**0845 600 5930**



## The low calorie, fat-free option

**IT'S HARD TO RESIST** throwing in some egg noodles when you are sizzling up a stir-fry. Or a scrummy bowl of basmati rice when you feel like a filling curry.

But traditional rice and noodles contain hefty helpings of carbs, sugar - and on average more than 300 calories per serving.

So, it's welcome news for those who want to lose weight or stay slim



that there is a tasty alternative packed with all the pleasures, but with zero carbs and only nine calories in a 100g serving.

It means you can eat oodles of these noodles, without worrying about calories!

Made from organic ingredients, Slim Noodles and Slim Rice require more time than regular noodles and rice to pass through the digestive system, leaving you feeling fuller for longer and less likely to fill up on fattening snacks. No wonder it is being hailed as the ultimate weight loss food. **eatwater.co.uk**



opportunity for women (and men) to earn money and build themselves a career, without compromising on family time and other life commitments.

We have brand ambassadors from all walks of life; with some people looking to simply earn extra pocket money, and others wanting to replace part-time and full-time incomes.

If you've got a passion for helping others look and feel their best, while also wanting to make sure they're doing so at the best possible price, then we may just have the perfect opportunity for you.

**acti-labs.com**



## Show off your signature dish at a cooking contest

**ONE OF THE BEST KNOWN** and most trusted cookware brands is encouraging keen home chefs and young cooks to showcase their culinary skills and gain recognition in their national cookery competition.

Recognising excellence, the Teflon™ Diamond Standard Awards is an established and well-respected initiative amongst industry leaders. Supported by gourmet cookware brand Anolon, the national finals are held at the Waitrose Cookery School in London and judged by an esteemed panel. Headed up by celebrity chef Lesley Waters, this competition is an exciting opportunity for the whole family to get cooking and win some fantastic prizes.



So, why not get competition-ready by perfecting your culinary skills at home? Yes, cooking for the whole family can be stressful, but that's where you can rely on Teflon™ non-stick coated cookware. They make it easy to make quick and healthy dishes using little or no oil, butter or fats, and without compromising on taste. Dishwasher tested and proven safe for effortless cleaning, the Teflon™ branded seal of approval assures the highest standards in the kitchen and at home.

For more information, recipes and to enter the competition, visit the Teflon DSA website. Deadline 31st October 2018. **teflonsa.co.uk**



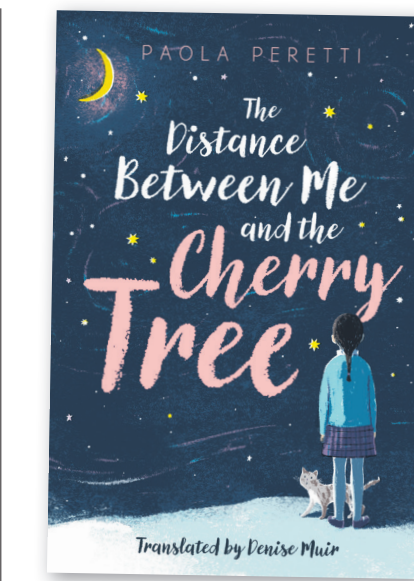
## Home support when you need it most

**ONE TO ONE MIDWIVES** provide a free community-based midwifery service across Cheshire, Essex and Merseyside, with continuity and choice at the heart of everything we do.

When you first access our service, you will be allocated to a named midwife who will be the lead caregiver throughout your pregnancy, birth, and for six weeks of postnatal care.

Your midwife will be available over 24 hours a day, 7 days a week and care takes place in your home at times to suit you. There are no limits to the number of visits you can receive, which can be agreed between you and your midwife.

**onetoonemidwives.org/enquiries**  
**0330 3309 121**  
**info@121midwives.co.uk**



## A book like no other

**MAFALDA IS A NINE-YEAR-OLD GIRL** who knows one thing - some time in the next six months her sight will fail.

Can she find a way through a seemingly dark future? With the help of her family, and her friends, Mafalda needs to discover the things that will be important to her when she can no longer see.

A sparkling, beautiful debut based on the author's experience of gradually losing her sight.

*'A simply told, bittersweet story, with a powerful poetic message' - Jacqueline Wilson*  
**hotkeybooks.com**



**Get family fit with Islabikes this summer. With models to suit all ages\***  
Worth up to £799.99!

**Enter Here**  
**hurstmediacompany.co.uk/competitions/FL0918**

Don't miss your chance to win a bike from pioneering manufacturer, Islabikes. If you're the lucky winner, you'll have a choice of one of 19 bikes from their Original Series up to the value of £799.99. Islabikes are well known for producing lightweight, proportionately designed bikes of exceptional quality. **islabikes.co.uk**  
**0800 008 6297** **ISLABIKES**



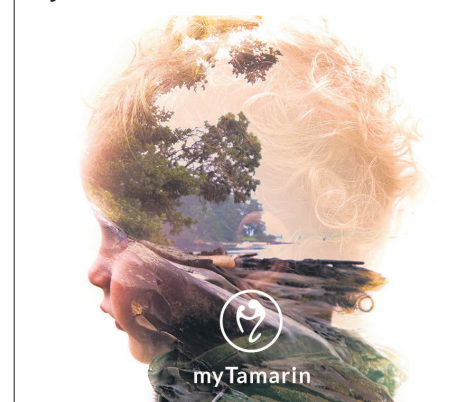
## Peace of mind for working parents

**NANNY MATCHMAKER**, myTamarin, is grounded in psychology and powered by technology.

Personal compatibility is key to a successful and lasting childcare arrangement. myTamarin helps match families and nannies through an innovative platform, which reviews key attributes of parents and childcare professionals, as well as using artificial intelligence to find the perfect match.

The matching process is carefully supervised and curated by the myTamarin team, including an in-house psychologist and experienced nanny recruiters.

Like the old saying, raising a child takes a village. At myTamarin they are building that village. A modern village for modern parents. Find your nanny with code **TamarinGU** for a 20% discount. **mytamarin.com** | **020 3432 0234**



## Don't gamble with your future

**YOU'RE 16**, it's the end of compulsory education, and for many students, the start of the road to university. Time to start making big decisions: which A levels? Which university? Which course?

Unfortunately, many students are going to make the wrong choice. A 2017 survey by The Student Room showed that almost 20% of students regret their university choice and 18% regret their degree choice, with a lack of research being a recurring problem.

Don't gamble with your future. Speak to us, and we'll introduce you to an educational consultant to guide you through the application process, help you make the right decisions, and get the grades! **theprofs.co.uk**  
**020 8004 7639**

