

## Are you a single dad?



**The Kids and Me is a new adventure holiday company for single parent families, in particular single dads and their kids.**

From dog-sledding in the Arctic Circle to following war-time freedom trails across the Pyrenees, brand new holiday company The Kids and Me offers real-life adventures that will appeal to both dads and mums and their children. The Kids and Me focuses on a voyage of discovery together, leaving lasting memories that money just can't buy.

Founder Richard Gould, himself a single dad, launched The Kids and Me when he had to adapt from seeing his children every day to just in the holiday time and weekends – he wanted to make sure his time with the kids counted. "I have always loved the outdoors and, post divorce, found that doing activities

together were a great way to connect with my children. You have a laugh whilst learning new skills and there is always something to talk about at the end of the day." Choose from a Wilderness Experience in the Arctic Circle at Easter, an Alpine Challenge in the Alps in August or an Island Escape in Corfu in July, plus many more.



The Kids and Me holidays are organised in small groups, staying in fully catered lodges where friendships will be made and sustained. "Both the parents and children on our holidays have a fantastic time," says Richard. "The activities really build confidence in some of these children – it's really touching to see first-hand. Dads can be dads and kids can be kids." [www.thekidsandme.co.uk](http://www.thekidsandme.co.uk).

**Gymboree**  
**Gymbots**

**TUMBLE TOTS**  
Skills for Life

Tumble Tots the UK's leading provider of Active Physical Play for children aged 6 months to 7 years, is in your area!

Alstager, Congleton, Holmes Chapel, Nantwich, Northwich  
Ann on 07810 513845

Macclesfield, Wilmslow  
Nicky on 0161 285 6597

[www.tumbletots.com](http://www.tumbletots.com)

**Little Griffins Nursery**  
at  
**Beech Hall School**

• Welcomes all children aged 6 months – 5 years • High standards of day-care & education • All staff are qualified early years practitioners • Operates all year round 7.30am – 6pm • Full or part-time places available • Large private and fenced gardens • Flexible term time only attendance option

Beech Hall School, Beech Hall Drive, Wyke, Macclesfield, Cheshire SK10 2GG  
Tel: 01625 422192 Fax: 01625 302434 [www.beechhallschool.org](http://www.beechhallschool.org)

## Create Fashion

**Whether you are a complete beginner or a talented dress-maker, iFashionDesign offers workshops for young designers which are fun, friendly and fashion-filled.**

With after-school, bespoke and holiday workshops they provide young fashion designers with a space to get creative – have fun, socialise and learn new skills such as designing and making clothes, creating textiles and prints, figure drawing, recycling and customising, sewing techniques and arts and crafts with a fashionable twist. Their workshops for 8 – 14 years are perfect for budding designers to have fun and get creative with clothes, bags, hair-bands, accessories and jewellery.

Now the company are offering a business opportunity for mums across the country – in a climate of fewer jobs and frequent redundancies more people are looking to franchising and Claire Gray, who set up iFashionDesign says that those interested in a franchising opportunity do not need a background in fashion or business as the company offers comprehensive training, plus all the materials and support needed to set up and run your own business. "We were confident that our unique workshops would appeal to young people," says Claire. "Our mission is to inspire young people, get them making friends and fill them with confidence." To learn more about this franchise opportunity and become a part of the iFashionDesign team visit [www.ifashiondesign.co.uk/franchising](http://www.ifashiondesign.co.uk/franchising).

## A tasty treat - three things to do with Truffle Oil

by Neil Hennessy-Vass

**If you have never used Truffle Olive Oil then there are a few things you need to know. It's extremely strong in taste, so a little goes a long way. Try a bit at a time – add more if you like what you taste. Also it's sold in a few forms – the best being 'infused'. There are other kinds but I wouldn't bother with them as they can be a bit artificial and synthetic tasting.**

You can add a few drops to scrambled eggs – this will increase the depth of flavour. Just add them at the end after you have taken them off the hob and stir in just before serving. Eggs and truffles are a good match.

When you have made a large batch of mash potato, adding butter and cream are a natural improvement. If Truffle oil is added not only will this increase the creaminess of the dish but it will enrich the mash enormously. I find that if left for a day in the fridge it intensifies the flavour.

If you fancy making a very easy and quick starter (perfect when you have people drop in unexpectedly!), here's something you can make pretty much any time. Take some sliced Salami (you can keep this in the freezer and use what you need) add one drop of Truffle Oil to each slice then a fine shaving of Parmesan Cheese and a grind of black pepper. Then place on a thin slice of French Baguette (buttered if you like). Bet you'll have more than one!

## Buddies on the net



**A new online resource has been set up for parents of special needs children: [www.netbuddy.org.uk](http://www.netbuddy.org.uk) provides hundreds of practical tips and simple yet ingenious solutions to everyday issues encountered by parents, carers, teachers and therapists working with learning disability.**

From brushing teeth to managing challenging behaviour, Netbuddy lists over 850 practical tips and suggestions from people with first-hand experience of special needs, with the tip count growing daily as more people contribute. "The idea for Netbuddy came about when my son was small," says Deborah Gundle, director of [www.netbuddy.org.uk](http://www.netbuddy.org.uk) and

mother of a son with profound learning disabilities. "I spent so much time and energy solving day-to-day problems which I felt sure other people had overcome before me. Then one day it came to me – I should start writing down my ideas for other people to use, and encourage them to share their own." The tips on the site are organised into easy-to-find sections – from everyday stuff such as sleeping and eating, to health and hygiene, managing behaviour and tips with help and support. "People can come to Netbuddy for practical suggestions, they can talk to other people on the interactive forum and they can share their own 'eureka moments' within a community that understands and appreciates the hard work that has gone into those successes." Get a tip, share a tip, swap ideas on the forum and join a friendly learning disability community at [www.Netbuddy.org.uk](http://www.Netbuddy.org.uk).