

Village**life**

Issue 36 | January 2014 | £1.00



CenterParcs



FEELING THE CHILL

Discover how our Rangers prepare for the coming months

FANTASTIC FLAVOURS

Cook up a tasty feast fit for winter

**WIN A
BREAK!**

Take part in our Woburn Forest competition to win a break at our new Village

READY FOR ACTION

Go behind the scenes on the shoot of our exciting new television commercial

AQUA SANA • HEALTHY LIVING • ACTIVITIES • RECIPES • COMPETITION

Imagine a place where nature helps with the farming and where delicious organic ingredients are hand-picked. It's a magical place and it's been here for 60 years... creating wonderful baby food, perfect for your little one.



It's all part of our wonderful World Of Weaning

Come and join our world at hipp.co.uk/wow



For advice on when to start weaning, consult your Health Visitor.



www.centerparcs.co.uk
Center Parcs Ltd.,
One Edison Rise,
New Ollerton, Newark,
Notts NG22 9DP

Editor Helen Horner
Marketing Executive
Claire Jolliff
Brand Content Manager
Amy Dickson

All rights reserved to Center Parcs
Limited January 2014

Village Life is
produced and designed
for Center Parcs by
Archant Dialogue Ltd,
Prospect House,
Rouen Road, Norwich,
Norfolk NR1 1RE
Email: mail@
archantdialogue.co.uk

Production Editor
Lucy Mowatt

Art Editor
Nicola Preston

Senior Account Manager
Katherine Berryman

Advertising Sales
Dean Brown

Production Controller
Kay Brown

Advertising Manager
Lisa Morrison

Art Director
Nick Paul

Publishing Director
Zoë Francis-Cox

Acting Editorial Director
Jonathan Arnold

To advertise in this magazine,
call Dean Brown on
01603 772325 or email
dean.brown@archant
dialogue.co.uk

All rights reserved. Material
contained in this publication
may not be reproduced, in
whole or in part, without prior
permission of Center Parcs.
We accept no liability for any
insert, display or classified
advertisement included in
this publication. While every
reasonable care is taken to
ensure that all advertisers
are reliable and reputable, we
can give no assurance that they
will fulfil their obligation under
all circumstances.



Average net
circulation: 299,995
January 1, 2012 and
December 31, 2012



37

contents



27



19



23



13

04 ParLife

Find out what's been happening
at Center Parcs, including our
nomination for a Tommy's Award

07 Spotlight

Discover what's new at each of our Villages

10 Inbox

We share your letters, emails, tweets
and Facebook comments

13 Cameras roll

Go behind the scenes at the filming
of our new television commercial

19 The finishing touches

We find out what it takes to prepare
Woburn Forest for opening and give
you the chance to win a break

23 Ready for the year ahead

Our expert Conservation Rangers
tell us what you can expect to see
on Village over this winter

27 Mouthwatering menu

Group Executive Chef James Haywood
cooks up an irresistible three-course
meal featuring scallops, pheasant and
a classic dessert with a twist

30 Everyday fitness

Find out how adding low-impact exercise
to your lifestyle can improve your fitness

33 Feeling good

Learn how the essential oils used
at Aqua Sana Spa can improve your
wellbeing this season

37 Tailor-made breaks

Discover the activities our guests have
been enjoying at Elveden Forest

45 Junior competition

Win a new bike, courtesy of Halfords

49 Where to stay?

Take a look at our range of
accommodation and get the best
price for your next break

50 The final word

Learn more about a regular guest's
Center Parcs traditions and the
events you won't want to miss

Parc*life*

Latest news from Center Parcs

SOCIAL MEDIA

GET INVOLVED



Share in all the excitement during January and February. Keep a look out on our social media channels for your chance to take part in some exciting Center Parcs competitions. There will be a host of great prizes on offer and the opportunity to get involved with some interactive features. Make sure you don't miss out: Like our page facebook.com/centerparcsuk and follow us on Twitter [@centerparcsuk](https://twitter.com/centerparcsuk). You can also follow the conversation using [#myfamilymytime](https://twitter.com/hashtag/myfamilymytime), plus view our new TV ad and meet the starring families at centerparcs.co.uk/your-family-your-time.

DINING OUT

TEMPTING TREATS

Guests with a sweet tooth will be delighted to discover Huck's American Bar and Grill has a new dessert menu. If you have space after your main, the American diner now has a decadent New York cheesecake, which is joined by a rich, flourless chocolate torte, perfect for those with a gluten intolerance.



TOMMY'S AWARDS

EVERY VOTE COUNTS

Center Parcs has been shortlisted for a Tommy's Baby-Friendly Award yet again! We have been nominated for the 'Best holiday provider' category, which combines the UK and overseas holiday categories of previous years.

The Tommy's Baby-Friendly Awards, in association with Bounty, celebrate the products and services that make family life easier for parents. We are proud to have won the best UK Holiday

Award for the past 10 years thanks to your support and hope we can continue with that record this year.

Six other companies have also been nominated for the award, which will be decided by you in January.

We really hope that you find the time to vote for us online at tommys.org/awards. The winners will be announced on March 21, 2014.



"The building of Woburn Forest is the largest construction project in the UK"

see [page 19](#) to discover how we're putting the finishing touches to our new Village

BADMINTON

SCHOOLS PARTNERSHIP CONTINUES

Center Parcs is delighted to announce the continuation of its partnership with BADMINTON England, supporting the prestigious National Schools Championships for a further two years.

Now in its sixth year, the Center Parcs National Schools Championships is one of the biggest school sports events in the UK and the largest school badminton tournament in Europe. The 2012/13 championships was the most successful to date, with more than 31,000 children taking part in a thrilling competition, culminating in the finals, which were hosted at Sherwood Forest.

Center Parcs' Chief Executive Martin Dalby, said: "We are proud to continue our partnership with BADMINTON England. Our commitment to school sport at grassroots level is extremely important, so it's fantastic to be able to continue supporting the National Schools Championships, welcoming even more young badminton players onto our courts."

"Our commitment to school sport at grassroots level is extremely important"



500

DID YOU KNOW? Our Cycle Centres spend approximately 500 hours repairing bikes every week

COMPETITION

WALKING IN A WINTER WONDERLAND

In the September issue of *Village Life* we gave you the chance to win a Winter Wonderland break for six people. All you needed to do was tell us, in 100 words or less, what you would love about a break at this time of year.

We received more than 1,600 fantastic entries, but Louise Ainsley from Northumberland captured the magic for us. She created a sense of anticipation and excitement that really made us yearn to be at Winter Wonderland.

"I was amazed to be told that I had won and so excited to be going to Winter Wonderland.

I have never been before and love the idea of going away with my family so near to Christmas and feeling festive. I'm really looking forward to seeing the forest – especially visiting the reindeer.

"Both of my children are away at university but will be coming back to enjoy the break with me, my sister and her children. It will be a magical occasion."

Louise will be taking her Winter Wonderland break on December 13, just as this issue goes to print.

WINNER

Greeting. Hugs. Clouds of breath in the crisp air. Unlock the door. Explore. Settle in.

Heading out. Frosted fir trees. Shopping, elves, festive cheer. Swimming waterfalls through enchanted trees. A magic grotto. Crafts, twinkling lights, moss-nosed reindeer. Draw breath. Coffee and cake! Glowing log fire, sparks, carolling.

Huddled in darkness. Star-gazing. Expectant. Rockets rush. Bang! Bright spattered gems light up the sky. Happy smiles.

Pine needles, soft underfoot as we tread forest paths to our cabin. Mugs of cocoa, laughter. My family together again. Goodnight. Precious memories. Blissful sleep.

Center Parcs' Winter Wonderland. I long to be there.

WELCOME



Welcome to the new-look winter edition of *Village Life*. I hope that you all had a magical Christmas and would like to take the opportunity to wish you a very happy new year.

2014 is going to be a truly memorable year for Center Parcs as we open our new Village – Woburn Forest in Bedfordshire. To celebrate we're giving you the chance

to win a family break, see **page 20** for all the details of how to enter. We also take a look at the final preparations that are taking place as we take a tour of Woburn Forest with Implementation Director, Graham White on **page 19**.

If you were watching *Downton Abbey* on Christmas Day you will have seen our new commercial make its first appearance on TV. We meet the six Center Parcs families who took part on **page 13** as we followed all the action as it took place during filming.

We still have all of your favourite features, including a three-course recipe using the best seasonal ingredients from Group Executive Chef, James Haywood on **page 27**, a seasonal wildlife update from our expert Conservation Rangers on **page 23** and a look at the activities that our guests have been enjoying on a recent break at Elveden Forest on **page 37**.

Please continue to send your letters and emails about your experiences at Center Parcs. We love to read about what you have enjoyed on your recent breaks and let us know what you think about the new-look magazine too.

I hope you enjoy reading this issue as much as we enjoyed putting it to together and I look forward to sharing all the latest news in our spring edition.

Helen

HELEN HORNER, EDITOR

Get in touch...

Write to us at *Village Life*, Center Parcs Ltd, One Edison Rise, New Ollerton, Newark, Notts NG22 9DP or email us at village.life@centerparcs.co.uk

JoJo Maman Bébé

1993

20 Years Of Beautiful Babies

2013

10% off
& free delivery*

Quote **CVL32** at website
checkout when ordering
or bring this voucher
into store

JoJo Maman Bébé

maternity | baby and child | nursery and toys

0871 423 5656

www.jojomamanbebe.co.uk

Visit one of our 56 stores:

London (Balham, Battersea, Blackheath, Chelsea Green, Chiswick, Crouch End, Dulwich, Muswell Hill, Putney, Notting Hill and West Hampstead), Bath, Berkhamsted, Bishop's Stortford, Brighton, Bristol, Bury St Edmunds, Cambridge, Cardiff, Cheltenham, Chester, Chichester, Cobham, Colchester, Dublin, Edinburgh, Exeter, Glasgow, Godalming, Guernsey, Guildford, Hale, Harpenden, Harrogate, Haywards Heath, Kingston, Knutsford, Leamington Spa, Market Harborough, Marlow, Monmouth, Morpeth, Newbury, Norwich, Nottingham, Oxford, Reigate, Richmond, Salisbury, Sevenoaks, St Albans, Tunbridge Wells, Winchester, Windsor and York.

*10% offer not valid on sale items, Silver Cross furniture and travel system, gift vouchers, multibuys, or in conjunction with any other offer. This voucher is valid until 31st March 2014. Free delivery to UK and Ireland. See website for full details.

Ways to keep in touch:



blog

YouTube



SPOTLIGHT

Latest news from the Villages



VILLAGE KEY

WF

Whinell Forest

SF

Sherwood Forest

EF

Elveden Forest

LF

Longleat Forest

WF

Woburn Forest

WF

CASHLESS PAYMENTS

The wristband keys that are used to secure your accommodation and lockers can now be used to make payments in the Subtropical Swimming Paradise, The Canopy Café and Bar, Dexters Kitchen, Treats and Aqua Sana Spa. Activate your wristband with your debit or credit card when you arrive.



SF

REFRESHING RESTAURANTS

A number of our restaurants have recently been given a new look. Sports Café now has a soft play area for 0-3-year-olds, while Starbucks, Café Rouge and Strada have added modern furniture and decoration.

SF

IN THE FAST LANE

The Racing Aces simulator has arrived at Sherwood Forest. Located in its own dedicated area of the Jardin des Sports, you can experience how it feels to be a Formula One racing driver. With more than 60 racetracks on the system, there will be a different course each day. Play against family, friends and other guests to see who will be the champion!

SF

EF

BOLLYWOOD BEATS

Try something new on your next break and get moving at our new Just Jhoom! Bollywood-inspired exercise class. Combining familiar moves and fancy footwork, it will get your pulse racing.



WF

FLYING FINISH

There is a new Aerial Adventure at Whinell Forest. Tackle obstacles such as the barrel crawl before descending down the 100-metre zip wire finale. It's an exhilarating experience that you'll remember for a lifetime.



EF

OVER THE WATER

Aerial Adventure will have a thrilling new addition this spring – a 270-metre zip wire that travels over the lake and lands on Treasure Island. Once you've taken on the obstacles two metres above the ground, enjoy the exhilarating feeling of flying through the air.

EF

ON YOUR BIKE

We're pleased to announce that Schwinn bikes have arrived at the Cycle Centre. Selected for their durability and reliability these bikes have been tailored specially for use at Center Parcs and are the perfect way to explore the forest.



EF

MODERN MEALS

On your next visit you'll notice that both Bella Italia and Café Rouge have been given a great new look. With stylish décor and fresh furnishings, it will make eating out even more of a treat.

EF

DID YOU KNOW?

Tropical Cyclone, our exciting water ride, is now more than a year old. Why not give it a try on your next visit along with Venture Cove, our new family water playground?

LF

COME DANCING

Bringing together elements of ballroom and Latin dance, FitSteps will give your mind a workout as well as your body. Sign up and soon you'll be moving like a professional!

LF

NATURAL WONDERS

Longleat Forest has launched two new nature activities. Little Explorers and Feed the Birds are informative sessions with our expert Rangers that are suitable for the whole family. Find out more about our native species and how you can help boost their numbers.



WVO

COMING SOON

See page 19 to get the latest on our new Village, Woburn Forest.

WINNER

Best Children's Retailer

2012 & 2013

**Great
Little**
Trading Co.

gltc.co.uk



Inspired furniture,
inspirational toys...

Give GLTC a try with
15% OFF your order

15% off your order and free returns on everything. Enter 'LIFE14' in your basket at gltc.co.uk before midnight **Sunday 30th March 2014**. Other conditions may apply - visit gltc.co.uk/terms

Visit us at gltc.co.uk for our full range

Inbox

We delve into our mailbox and share your letters, emails and tweets

✉ PERFECT POETRY

I love Center Parcs,
It's really fun,
Out of all my holidays,
It's my favourite one!

I love the activities,
The villas too,
Getting close to nature,
And hearing the birds cool!

I love the Cyclone,
And splashing in the pool,
The Rapids are epic,
I love it all!

I love roller-skating,
Round and round I'd go,
Where I'd stop,
Nobody would know!

I love the park,
And swinging on the swing,
When it comes to Center Parcs,
I love everything!

> **Jodie Braithwaite, by email**

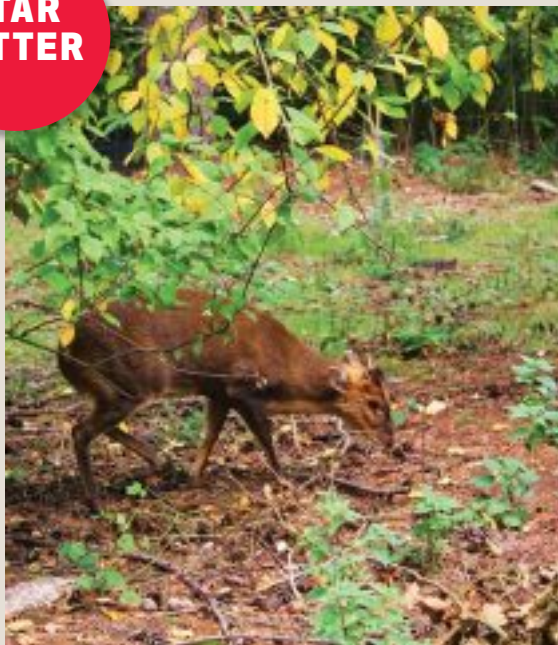
✉ FACING MY FEARS

My family has been visiting Center Parcs for years now and the things I experienced there have been life-changing. That's because when I was little I used to be really frightened of heights. I overcame that fear, but it wasn't easy.

I faced my fears during an Aerial Adventure session because I wanted to give the activity a shot – my family was so happy for me. I also took my Grandad with me, who, during his younger years, was involved with the construction of a Center Parcs Village.

I am very proud of my Grandad. That's because he has helped other

STAR LETTER



families to have as much fun as we have on our visits to Center Parcs.

Thank you for the wonderful visit and all the experiences I have had with you.

See you very soon,

> **Savannah Houldsworth, age 11, Scunthorpe**

✉ MILESTONES AND MEMORIES

My family began its Center Parcs journey many years ago when our children were young. They are all now in their 30s with children of their own. Because of that, we have lost count of the number of visits, spending many Christmases, birthdays and special occasions with you, as well as having visits for the fun of it!

✉ REST AND RECUPERATION

My daughter Gemma, who is now 22, has visited Center Parcs on many occasions since she suffered ovarian cancer at the age of 17. She finds that the woodland is one of the most relaxing places to be because she has suffered with anxiety and stress since her illness.

She has been a fanatical photographer since she was 16 and when she recently returned from Elveden Forest she had taken some fantastic photographs (pictures left and above). I hope that you find them as amazing as we do.

> **Sue Wood, Bexhill-on-Sea**

~~~~~  
Sue's inspiring letter wins £50 in Center Parcs vouchers. If you have a story to share, write to us and you could be next issue's star.



1 The Hollo-Tas family make the most of all the creative activities on offer

2 The Collins family head out on the lake

Not only that, but our son proposed to his girlfriend at Aqua Sana, while my husband and I celebrated our silver wedding anniversary 15 years ago at Longleat Forest.

This year the whole family visited for my 60th birthday. During this time we introduced the newest granddaughter to the delights of the forest. So much fun was had by that we needed another break to recover!

Even though my husband and I are now in the autumn years of our lives, we are packed and ready, as excited as children to celebrate our ruby wedding anniversary at... you guessed it! Where else?

Thank you Center Parcs and your staff for giving us a lifetime of wonderful memories.

> **The Hollo-Tas family, by email**



## ✉ THE SPIRIT OF CENTER PARCS

We have just come back from another wonderful weekend at Center Parcs and I wanted to share our family's experiences with you.

Since 2008 my husband and I have taken our son, plus our niece, nephew and 'Nannie Nannie' to Center Parcs. Over the years we have enjoyed many activities, including Junior Quad Bikes, Paintball, Laser Combat, Archery, Aerial Adventure, Tennis, Badminton, Ten Pin Bowling and Pedalos, to name just a few. We have also enjoyed going for bike rides and, of course, visiting the Subtropical

Swimming Paradise.

This year we also took our youngest niece, who is 8 years old, with us. In the past she had only joined us for the day, so her mum was a bit worried about her going, but she was brilliant and loved every minute. She wanted to go on walks around the forest looking for wildlife and even made her own nest at the back of our lodge for the baby moorhens!

The best quote of the weekend was when she first arrived and said: "I have the Center Parcs spirit!" This really summed up both her and our feelings about our breaks. See you again soon.

> **Vicki Collins, Great Yarmouth**



## Contact us...

Send your letters to: Inbox, Village Life, Center Parcs Ltd, One Edison Rise, New Ollerton, Newark, Nottinghamshire NG22 9DP. Alternatively, email us at [village.life@centerparcs.co.uk](mailto:village.life@centerparcs.co.uk)

## YOUR SAY ✉



## GET IN TOUCH...

We enjoy reading your letters and emails. Please keep in touch. Each issue's star letter wins £50 in Center Parcs vouchers

## Join the community

Why not stay in touch with us on the web? You can follow us on Twitter (**@CenterParcsUK**) or become a fan on Facebook – go to [facebook.com](https://www.facebook.com/CenterParcsUK) and search for **CenterParcsUK**. Here's a round up of what you've been saying:

'I miss Center Parcs!  
**@MeganSeyers**

'If there is one place I could be right now...  
Center Parcs'  
**@jessicawdrw**

'Can't believe it's a year today since we went to Center Parcs'  
**@kylajt**

'When you're at Center Parcs you forget real life doesn't involve living in a forest, cycling everywhere and going on the Rapids once a day'  
**@lucy\_neville**



## WE ASKED YOU ON FACEBOOK Night-time swim anyone?

'I'll never forget being outside swimming while it was snowing. So beautiful and magical'  
**Adele Powell**

'Love night-time swimming followed by a meal in Sports Café... Tropical Cyclone at night is a must!'  
**Caroline Tomsett**



**SAVE  
25%**



# STRACHAN BESPOKE FITTED FURNITURE

*Made especially for you and your family...*

*...available now with January Sale savings.*

Now is the perfect opportunity to invest in the finest quality bespoke fitted furniture for you and your home. Whether your vision is a stunning bedroom, walk-in dressing room, deluxe lounge, inspiring study, tailor-made library, super-stylish home cinema room or even a versatile 'office to bedroom' space, our local expert designers can help you realise your individual dream.

- **FREE 2014 brochure**
- **FREE design planning & fitting**
- **Buy Now Pay in 12 months**
- **SAVE 25%**
- **10 year guarantee**
- **Bespoke design with innovative thinking from the hands of true craftsmen**

Call today for your **FREE** brochure  
**0800 0138 139**

Quote code **CPM140106** lines open 7 days  
[www.strachan.co.uk/cpm](http://www.strachan.co.uk/cpm)

**STRACHAN**

FURNITURE OF DISTINCTION

FITTED BEDROOMS • DRESSING ROOMS • HOME STUDIES • LOUNGES • LIBRARIES • CINEMA ROOMS

CPM140106



# LIGHTS CAMERA ACTION

Take two weeks, six families, a film crew and you've got the components of a Center Parcs television commercial. *Village Life* goes behind the scenes

Making a TV advert is a very important part of how we market and present our brand. We have to devise a campaign that not only attracts new guests to visit us, but also to ensure that we produce a commercial that makes you, our loyal guests proud of how we represent your Center Parcs.

We took time over several months to research ideas with both existing and potential visitors around the UK to find a

creative solution that really works. This time we also recruited Center Parcs guests to take part in the actual filming. After asking for audition tapes we shortlisted twenty families and invited them to a casting session in London, where we selected our final six.

As well as making an advert for television we have also created four online films to show how different families enjoy their break.

Here you can meet the families that took part. See the results at [centerparcs.co.uk](http://centerparcs.co.uk)



## ▼ MEET THE GIDDINGS

Dad Ronnie, mum Jenny, 18-year-old Lydia, 14-year-old Rory and 9-year-old Anna travelled from the New Forest in Hampshire to take part in the commercial. Jenny explains how they came to be involved: "I saw an email from Center Parcs about the chance to be in their next ad. This was Sunday night and you had to send in a DVD by Wednesday. When we got home on Monday evening it was frantic, running around the garden filming. Lydia was very good and managed to edit it the next day."

Ronnie shares his excitement, "It's been a fantastic opportunity, to be one of six ordinary families taking part. I really enjoyed the Aerial Adventure; we had to overcome lots of obstacles. It was great fun."

## ▲ MEET THE GRIFFITHS

Mum Justine, dad Nigel, 13-year-old Jacob and 12-year-old Jasmine from Cardiff had been to Center Parcs three times before they came to Sherwood Forest for the filming. We met them at the end of their three days' filming to find out what they enjoyed most.

Justine tells us that pottery painting had been a highlight for them: "The four of us sat there as a family, talking and painting away – it was great. It felt like we were there for five minutes, but we actually spent an hour and a half doing it and that was really nice."

I would never think to go and do pottery. Maybe with the children, but certainly not as a family, so that was a nice experience.

Nigel agrees and says: "They wouldn't normally get me doing pottery but now I've been, I'll do it again."

Justine was delighted to have filmed at Aqua Sana Spa. It was the first time that she had been: "I don't usually get the chance or the time, but as the children are now a bit older, hopefully I will. It's brilliant: there are so many things to do in there, things you wouldn't dream of."





## ▲ MEET THE MYATTS

Dad Mark, mum Trina, Alexander 13, Oliver 8, and granny, Mark's mum Sabina from St Albans, have been to Center Parcs at least 20 times.

Trina tells us what they have been doing during the filming: "We were on the Rapids for two hours before the pool opened. We had it to ourselves and we were up and down there all

the time — it was amazing. We have done fencing, archery and even eaten at Rajinda's."

Mark explains why Center Parcs is special for the family: "It's nice spending time together. Trina and I are very busy people, but as soon as we get here we can switch our phones off and enjoy family time. We do different activities, concentrating on the boys and having a relaxing time."

## ▼ MEET THE ANDREWS

Mum Kerry, dad Richard and 7-year-old Alice Andrews from St Albans were excited to tell us why they believe Center Parcs is a brilliant place for families.

"You get to unwind completely," Kerry beams. "Everything is on your doorstep in the most beautiful, natural surroundings. You get to be a child again and connect with your children. Everything you want to do is here. They've thought of everything."

Richard concludes: "It's lovely. You feel as though you're removed from your everyday life — you've left it behind. Like Kerry says, when you don't have much time to spend with the children, it's really nice to come and do fun activities with them and share their time doing things together."





## ► MEET THE BEARDALLS

Dad Robert, mum Vicky, 3-year-old Eve and 16-month-old Harrison travelled from Ilkeston to take part in the filming.

Vicky explains why Center Parcs is ideal for parents with very young children: "We've been coming once or twice a year since Eve was a teeny baby. It's absolutely perfect for all the family. You've got freedom and you've got flexibility."

Robert continues: "We live 50 minutes away, but when you arrive, you feel like you're a thousand miles away without the hassle of an airport."

Vicky adds: "It's lovely to know that the children are safe and that you're surrounded by like-minded people. You feel really welcome and the staff are absolutely brilliant – they can't do enough for you. Everyone is smiley, friendly and helpful."



## ◀ MEET THE HYDES

Mum Stacey and dad Russell, 10-year-old Brogan and 8-year-old Faye from Woking took part in the first week of filming.

As a family they had only been to Center Parcs once before, because as Stacey explains, she had been keeping how good it was to herself: "I've been to Center Parcs lots; I always go with girlfriends to visit Aqua Sana Spa. I had been playing it down to my family, but when we went to Longleat Forest they found out for themselves!"

Explaining how they became involved with the commercial Russell tells us: "Not long after coming back from our break at Longleat Forest, we got an email about entering a competition to be one of the families in the new Center Parcs advertising campaign and we entered."

Stacey continues: "It was all very last minute. We literally had ten minutes on the Sunday to do an audition DVD. It was great fun – Russell kept saying 'We won't get through', but I said 'Don't be silly' – and here we are. We have had a brilliant time doing nature walks, pottery painting and bowling."

## Want to know more?

You can find out about each of the six families online. Visit [youtube.co.uk/CenterParcsUK](http://youtube.co.uk/CenterParcsUK) to watch interviews with them now.



# Best ever vitamin



**Half Price**  
**£5.47**



**NOW**  
**£12.95**



**Half Price**  
**£4.72**



**Half Price**  
**£5.22**



**Half Price**  
**£7.97**



**Half Price**  
**£3.97**

## Readers Discount

£2 off

Please quote code  
when ordering

CVL-XJA

\*Last 3 digits on the back of your card

|                                                      | Price    | Qty           | Total (£)  |
|------------------------------------------------------|----------|---------------|------------|
| Fast Release Glucosamine 70 Plus <b>£1 off</b>       | 120 caps | <b>£12.95</b> |            |
| Acai Berry (Double Strength) – 4,000mg <b>£2 off</b> | 120 tabs | <b>£15.95</b> |            |
| Opti-Omega 3 (TG) 1,000mg <b>HALF PRICE</b>          | 60 caps  | <b>£5.47</b>  |            |
| Plant Sterols – 750mg <b>£1 off</b>                  | 90 tabs  | <b>£12.45</b> |            |
| Rose Hip – 5,000mg <b>HALF PRICE</b>                 | 120 tabs | <b>£4.72</b>  |            |
| Saw Palmetto ProstAid <b>HALF PRICE</b>              | 90 caps  | <b>£7.97</b>  |            |
| Super Strength Cod Liver Oil 1,000mg <b>£2 off</b>   | 120 caps | <b>£8.95</b>  |            |
| Super Strength Vitamin D3 – 25mcg <b>HALF PRICE</b>  | 240 tabs | <b>£5.22</b>  |            |
| Vitamin B Complex (High Strength) <b>HALF PRICE</b>  | 120 tabs | <b>£3.97</b>  |            |
| Subtotal                                             |          |               |            |
| <b>HEALTHSPRINT LOYALTY DISCOUNT £2</b>              |          |               | <b>-£2</b> |
| <b>MY ORDER IS OVER £15 – PLEASE DEDUCT £2</b>       |          |               | <b>-£2</b> |
| Standard P&P provided to you by PostDirect           |          |               | £1.95      |
|                                                      |          |               | Total £    |

**FREephone 0800 73 123 77**

Healthspan

## NUTRITION FOR A HEALTHY LIFESPAN

All Healthspan Ltd sales with standard delivery service are provided to you by PostDirect at a price of £1.95 incl. VAT. Please allow 10 days for delivery. By completing this form you are agreeing to PostDirect's terms and conditions of delivery. Express delivery services are available to you by PostDirect at a cost of £19.95 incl VAT. All product prices shown include VAT. Full details are contained in the terms and conditions at [www.healthspan.co.uk](http://www.healthspan.co.uk). Our Customer Charter provides a no-quibble refund on products and guarantees that your personal data will not be passed on to third parties. Prices and voucher valid until 28.02.14. Single use only and not to be used in conjunction with any other offer.

If you do not wish to receive future product updates, please tick this box: ☐ Healthspan Ltd, PO Box 64, Guernsey GY1 3BT.

20% OFFER EXCLUDES SALE ITEMS AND DELIVERY CHARGES. OFFER EXPIRES MIDNIGHT  
31ST MARCH 2014. CAN ONLY BE USED ONCE AND NOT IN CONJUNCTION WITH ANY OTHER OFFER.

**20%  
OFF**

USE OFFER  
CODE 'CP20'



**FUNCTIONAL PRODUCTS  
INSPIRED BY THE  
GREAT OUTDOORS**

**ANORAKONLINE.CO.UK**



With Woburn Forest set to welcome guests in a matter of months, Village Life meets **GRAHAM WHITE**, the Operations Implementation Director behind our newest Village

# THE FINAL COUNTDOWN

1 2 An artist's impression of Huck's American Bar and Grill and Spirit

**S**ome 3,700 days of planning. Painstakingly planting 20,000 trees and shrubs. Laying 1,013,500 roof tiles. Carefully fitting 625 top-of-the-range kitchens. The hard work and determination of 1,250 people. And one huge project plan

involving a dedicated team, steered by knowledgeable Directors with more than 60 years of Center Parcs experience between them.

Led by Chief Executive, Martin Dalby: Woburn Construction Director, Don Camilleri oversees the construction, from supplying energy and water, through to laying roads, building lodges and creating the iconic Subtropical Swimming Paradise; while Operations Implementation Director, Graham White, ensures the buildings are looking their best, staff are fully trained to Center Parcs' excellent service standards and everything works as it should.



## WOBURN UPDATE

1 Botanist Jean Hensens searched the world for plants for the Subtropical Swimming Paradise 2 The Cycle Centre awaits the arrival of bikes 3 The stylish lounge in an Executive Lodge at Woburn Forest

It is no small task to transform our fifth Village, Woburn Forest, from a vision into a reality. To help us comprehend the true scale of what's been happening so far and the challenges still to come, Graham shared some facts with us before we joined him for a tour. "We are opening an entirely new Village, complete with 625 Lodges, 75 hotel rooms and six spa suites, 10 restaurants, 11 shops, a lake, the Subtropical Swimming Paradise and lots more besides. In spite of the size of the project, everything will be ready when the Village opens in spring."

Graham has been with Center Parcs for 25 years and is not a man to balk at the prospect of handling a mammoth task, with all of its complexities, but he frequently points out the huge team effort underpinning the project. Formerly Center Parcs Operations Director, his powerful leadership and passion for delivering excellent service makes him the ideal man to be leading the Operations Implementation team.

He is working with some familiar faces on the project, including Wayne Matton, Woburn Forest's General Manager. "I recruited Wayne ten years ago," Graham says. "He's a great guy. He's not a man to be tied to his desk; he's very hands on. It's been a real meeting of minds and it's been great to work with him."

### ALL IN THE DETAIL

Graham emphasises that ensuring Woburn Forest opens on time and with everything in its place is as much about teamwork and motivation as it is about staying on target and hitting key deadlines.

He says: "We are constantly identifying challenges and creating plans that we monitor and sometimes change on a daily basis."

A whole series of teams from across the business are involved. The HR and training teams, for example, are recruiting the calibre of staff that Center Parcs needs to deliver the high quality of guest care that we are famous for. Graham highlights that some of the training for the 1,500 new employees will be undertaken at other Center Parcs



## Win a break at Woburn Forest

You could be in with a chance of winning a family break at Woburn Forest. All you need to do is create a bug hotel for the new Village. Simply send us a diagram, telling us its name, which insect it will protect, the materials you would use and why it would be good for wildlife. The winning entry will be constructed for use on the Village, so you can see it in action on your break. Attach your answer to the coupon below and return to Woburn Forest Competition, Village Life, One Edison Rise, New Ollerton, Newark, Nottinghamshire NG22 9DP. **Entries must be received by January 31, 2014. The winners will be published in the next issue of Village Life.** To print the coupon click the print icon on the navigation bar above and select the page from the thumbnails. Good luck!

To enter, complete this panel, cut out and send with your entry to: Woburn Forest Competition, Village Life, One Edison Rise, New Ollerton, Newark, Nottinghamshire, NG22 9DP.  
**Entries must be accompanied by a valid, completed coupon and must arrive by January 31, 2014.**

Name \_\_\_\_\_

Date of birth \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

**Terms and conditions:** Entries must arrive by January 31, 2014. Winners will be contacted by February 7, 2014. The break is for a family of up to six staying in a Woodland Lodge at Woburn Forest. The prize is for a midweek or weekend break. Your break must be booked and taken before December 19, 2014 and is subject to availability. No cash alternative is offered. Responsibility cannot be accepted for entries arriving after the closing date. The judge's decision is final and no correspondence will be entered into. Entry to the competition is restricted to residents of the United Kingdom, including the Republic of Ireland and the Channel Islands. This competition is not open to employees of Center Parcs or Archant or their families. One entry per household.

## “The arrival of 4,000 bikes ... will really breathe life into the Village”

Villages, so that they are fully immersed in the ethos and culture of the company.

When the Village opens in spring there will be no less than 600 housekeepers looking after all the accommodation; this, adds Graham, “is a massive logistical exercise”. Furnishing the Lodges with everything they need isn’t the end of the story either. As this happens early on in the timeline, each Lodge needs to be kept in tip-top shape until guests start arriving in spring. “Everything will need to be maintained, ventilated, the water running, the windows cleaned. Liaising closely with Don and his construction team is absolutely critical to success in this,” Graham says.

“The Cycle Centre building was ready at the end of 2013 and the bikes will arrive in February,” he continues excitedly. “Cycling

has always been synonymous with Center Parcs and the arrival of 4,000 bikes is one of the major milestones that will really breathe life into the Village.”

Family-friendly restaurants will be ready to welcome guests from the outset, with The Pancake House, Huck’s and the Sports Café offering great food. The Shearing House will be unique to Woburn Forest and gives guests a taste of great British food. Graham says: “This will be a relaxed, contemporary venue serving classic dishes. It gets its name from Woburn’s history as an area famous for sheep shearing.”

“We are also excited by Aqua Sana Spa, with unique spa experiences designed exclusively for Center Parcs,” he adds.

### BRINGING IT ALL TOGETHER

For Graham the anticipation surrounding the impending opening is palpable. “It’s hugely exciting,” he says. “Now I can walk down corridors that were just lines on a plan, but the most satisfying moment for me was the roof going on the extraordinary Subtropical Swimming Paradise.”

Now that has happened, in the new year, Botanist and Landscape Architect Jean Henkens can begin putting the tropical plants, which have been transported from locations all over the world, in place. “We have to ensure that the atmospheric conditions are perfect for their survival,” Graham explains.

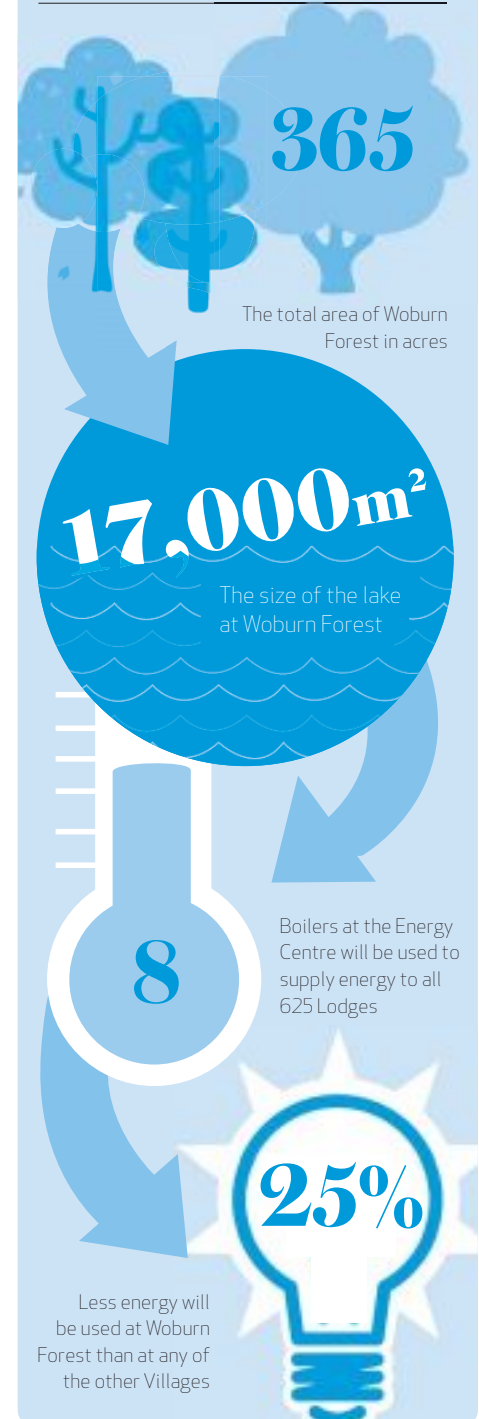
“Don and I have worked closely with Jean from the outset of the project. He’s helped us to develop the style and spacing. Bringing in the plants is the final piece of the puzzle; it will transform the building from an empty shell into the lush, green paradise that our guests associate us with.”

Of course, everyone associates natural beauty with Center Parcs and the lake is an integral part of that. That’s why a 17,000m<sup>2</sup> lake has been manmade and cultivated by us at Woburn Forest. “It has its own beach and is central to the Village,” Graham adds.

Once Graham has ensured that the Village is running to Center Parcs’ highest standards, he will be moving on to fresh challenges, allowing talented new staff to take the reins. “It’s time to have a change and move on, but I’m sure I will return as a guest!” he cheerfully states. And the opening of a new Village will certainly allow him to bow out in style.

And how will Graham celebrate when his work at Woburn Forest is finally done? “A party for everyone involved, thanking them for making it happen.”

## Woburn facts and figures



## Book your break

To book your next break at Woburn Forest visit [centerparcs.co.uk/makeabooking](http://centerparcs.co.uk/makeabooking)



2



3



## LIVE ONLINE TUTORING OUTPERFORMS HOME TUITION

Join the online revolution that's boosting children's grades

Increased competition for school places, higher primary school results targets, new secondary school exam structures, the pressure to perform well in every test, the inability of schools to provide individual support – there are many reasons for parents to be concerned about their child's education.

More parents are turning to private, one-to-one tuition, especially live online tuition that takes advantage of technology to boost confidence and deliver even better results. Numerous studies have found that after taking lessons online, students are more likely to perform better than those learning the same information via conventional face-to-face methods.

### Meet the UK's award-winning online tutoring company

Founded in 2007, Maths Doctor is the UK's largest provider of innovative, live online maths tuition.

Covering all academic levels from primary to GCSE and beyond, our private, one-to-one tutorials are based on the UK curriculum. Delivered over the Internet at your convenience, Maths Doctor connects your child with a personal tutor in the comfort of your home, or wherever else suits you – on demand, any time you choose. All you need is your computer and an internet connection.

### Fully trained and verified tutors

We'll find your child the perfect tutor from our team of 500+ UK-based tutors. They're all professionally trained, fully verified

and focused on getting the very best out of your child. After using Maths Doctor, your child will be much more confident in their maths ability.

### Only £18+ per hour – put us to the test!

Our award-winning, private online lessons start at only £18 per hour with no registration fee.

As a *Village Life* reader, you can book your **FREE, no-obligation, online tuition assessment** now on 0845 286 7770 or visit [www.mathsdoctor.co.uk/village](http://www.mathsdoctor.co.uk/village).

## PRIZE DRAW

Win 4 hours' free maths tuition for your child!

Send an email to [competition@mathsdoctor.co.uk](mailto:competition@mathsdoctor.co.uk) with the answer to the following question including your name, phone number and age of your child, for a chance to win.

**7 – 10 + 3 x 4 = ? (a) -15, (b) 9, (c) 0**

(Prize draw closes at midnight BST Friday 28th February 2014. Four winners will be selected at random by midnight BST Monday 10th March 2014. Only one entry per person. See [www.mathsdoctor.co.uk/prizedrawterms](http://www.mathsdoctor.co.uk/prizedrawterms) for full terms and conditions.)

# WINTER'S WONDERS

Center Parcs' expert Conservation Rangers reveal what guests can discover at the heart of the forest in coming months

## SEASONAL VISITORS

Elveden Forest is hoping for a mild winter, says Senior Conservation Ranger Peter Larcombe. "We don't want the lakes to freeze, so the goosanders (aquatic birds) will return," he explains. "These will be counted in our waterfowl survey in January, which is where we monitor the population of each species. It will be fascinating to see if the figures differ to last year."

"The bird feeders will be popular while the weather is cold because long-tailed tits, redpolls, nuthatches and marsh tits come in search of food," Peter adds. "The bird hides will be the best place to see these shy birds while you're out for a walk."

Peter explains that there will be some changes to the grasslands at Elveden Forest during February too. "After consulting a botanist, we will alter the way that the sward grass grows in order to help other local species of plant to grow. This will encourage insects, including bees, to visit the Village."

## BIRDS OF A FEATHER

"Ivy is a great place for spotting wildlife at Longleat Forest in winter," says Conservation Ranger James Monk. "The berries provide vital food for birds and insects, while the leaves create a safe haven for small birds, who build nests amongst them."

Small birds flock together during the cold weather for protection too. "Birds such as long-tailed tits and goldcrests gather in large groups, because there are more eyes to look for predators. You'll hear them before you see them," James explains.

"Winter is the ideal season for forest management. The grounds team use this time, after native birds have migrated, to fell some trees, allowing light to reach the forest floor. This will help smaller plants to thrive, attracting new species."

**"We don't want  
the lakes to freeze,  
so the goosanders  
will return"**





## BLOOMING MARVELLOUS

The close of 2013 was a busy time for Sherwood Forest's wildlife teams, reports Conservation Ranger Jamie Murfin. "We planted a woodland glade near The Nature Centre, where guests will be able to see early and late snowdrops and snake's head fritillaries, as well as swathes of bright bluebells. These will be in addition to the 'river' of bluebells planted from the entrance to the Village down to the Arrivals Lodge. They are a beautiful sight to behold.

"Buddleia bushes have been added in front of The Nature Centre too," Jamie continues. "These will come into flower in spring and summer, attracting swarms of butterflies. What is most exciting is that we have found some peacock butterfly larvae in the forest, so we expect to see these in 2014."

"The wildlife garden, located next to The Nature Centre, will also change throughout the season," he adds. "Winter flowering plants will make way for a vegetable patch in spring, allowing guests to see how even the smallest space can be used to grow their own food."

## ATTRACTIVE ABODES

In the last issue of *Village Life*, Whinfell Forest explained that it had been conducting surveys of the red squirrel population. Senior Conservation Ranger Emma Tapp says that these show numbers are increasing. In fact, the Rangers believe that the squirrels might have had a second litter because 2013 was so mild. Cumbria-wide surveys reported that the county had seen a seven per cent increase in numbers, which is fantastic news.

"We'll be looking forward to seeing our wildflower area bloom in spring," Emma enthuses. "We have sown a range of native flower seeds next to the Rangers Lodge to add bright bursts of colour, which will attract insects."

The Village has also constructed additional mini-beast hotels in the forest. Made from piles of decomposing logs, these make perfect homes for insects and spiders, increasing biodiversity.



## Wings in the garden

THE WILDLIFE TRUSTS' VICE PRESIDENT, BROADCASTER NICK BAKER EXPLAINS WHY IT'S VITAL TO FEED THE BIRDS IN YOUR GARDEN ALL YEAR ROUND



Feeding garden birds is a great way to attract wildlife to your patch.

Not only will you be rewarded with the sounds, colours and behaviour they bring, you could also make a real difference to their numbers. During the winter, insects and other meaty morsels become scarce or difficult to find in snow and frozen ground, meaning that fat balls, mealworms and fresh

water will become welcome bird-table essentials.

In early spring, nuts and seeds can help to see finches through until wild foods become more plentiful again and extra fruit is appreciated by thrushes when autumn berry crops are sparse. Even in summer, feeders might provide that essential titbit for a fledgling youngster embarking on life away from mum.

And you don't need a grand country

estate to enjoy feeding birds. Even the smallest garden, barest yard, balcony or window box can become a refuelling station. It doesn't take long for birds to discover a new feeder or bird bath, and as long as fresh food is kept topped up, local sparrows, blackbirds and robins will begin to include your stop in their daily rounds. Experiment with different types of food to see which species you can attract. You may be surprised by who drops by.

## How you can help

Learn how to make your own fat balls with The Wildlife Trusts online. Visit: <http://bit.ly/1abxLH>



# NEVILLE JOHNSON

DESIGN WITHOUT COMPROMISE



**BUY NOW  
PAY IN 12  
MONTHS\*\***

## WINTER SALE

Substantial savings on all our bespoke handcrafted furniture

With substantial savings on all styles and finishes the Neville Johnson Sale provides the perfect opportunity to own the beautiful, handcrafted bespoke furniture you've always dreamed of. Whether you're looking for the ultimate home study, a sumptuous bedroom, a home cinema or a magnificent library for all your literary greats, with our **FREE DESIGN SERVICE** and **SALE SAVINGS\*** what more could you ask for? Call today and one of our experienced designers will be more than happy to advise you, whatever stage your project is at.

**Call today on 0161 873 8333 for our latest 2014 brochure. CODE FAM19**  
**[www.nevillejohnson.co.uk/parcs](http://www.nevillejohnson.co.uk/parcs)**



New 2014 Brochure | 10 Year Guarantee | Free Local Design Service | Buy Now Pay In 12 Months\*\*

Studies | Lounges | Bedrooms | Libraries | Cinema | Dining

\*To qualify for your sale discount you must place your order between 26/12/13 and 28/2/14 Minimum order value £3,000 + VAT. Offer cannot be used in conjunction with any other offer.  
\*\*Buy now pay in 12 months, finance offer is available on orders over £3,000 + VAT. Finance is subject to status, terms apply. Typical APR 9.9%.

# east2eden



Let us give you a gift

Just enter the code 'parcs' for 10% off your order at  
[www.east2eden.co.uk](http://www.east2eden.co.uk)

HOME AND GARDEN WARES | WELCOME TO THE FAMILY

# Villagelife • Recipes

Seared scallops with  
grilled haggis and  
green pea velouté



**JAMES  
HAYWOOD**  
GROUP EXECUTIVE CHEF

From working as a personal chef to world leaders and cooking under armed guard for a president, James Haywood's career has been as varied as it is fascinating. Today James is Group Executive Chef, responsible for all Center Parc restaurants. James has also developed recipes for *Village Life* since 2009. In this issue, he has put together delicious recipes for scallops and haggis, followed by stuffed pheasant breast, alongside orange and stem ginger bread and butter pudding for dessert.



## STYLE AND SUBSTANCE

*Group Executive Chef **JAMES HAYWOOD** serves  
up a menu that will tantalise your tastebuds*

## Seared scallops with grilled haggis and green pea velouté

**SERVES 4**

THE DELICATE FLAVOUR OF THE SCALLOPS COMBINES WITH THE MEATY RICHNESS OF THE HAGGIS TO CREATE A MOREISH STARTER

### Green pea velouté

75g butter  
1 small onion, diced  
1 clove garlic, crushed  
300ml semi skimmed milk  
200g frozen petit pois  
1 tsp salt  
Pinch of white pepper

### Haggis

4 slices haggis, 1.5cm thick

### Scallops

12 large scallops, cleaned  
2 tbsp vegetable oil  
1 lemon, halved

### TWEET US

Send a photo of your completed dishes to us via post or email. See page 11 for addresses or tweet @centerparcsUK

**1 Green pea velouté** The velouté tastes better when it is made in advance, so complete these steps the day before serving. Melt the butter in a pan and use it to gently cook the onion and garlic, without colouring, for 10-15 minutes. Add the milk and bring to the simmer, but make sure it does not boil. Add the peas and salt and return to the simmer.

**2** Cook for five minutes before adding the pepper. Purée with a hand blender and pass through a fine sieve. Cool down quickly in the fridge and leave for 24 hours.

**3 Haggis and scallops** Place haggis on a tray under a hot grill and cook for two minutes either side.

**4** Heat a non-stick pan and season the scallops well. Add 30ml of oil and push six of the scallops into the bottom of the pan. Fry for one minute and gently turn over and cook for a further 30 seconds. Remove from the pan and leave to one side. Repeat with the remaining scallops.

**5** To serve, warm the scallops in the oven for four minutes with the haggis. Gently heat the pea velouté.

**6** Remove from the oven, break the haggis and make into a pile in the middle of the plate.

**7** Squeeze the lemon over the scallops and put them on to the haggis.

**8** Finally, spoon the pea velouté around the plate and serve immediately.

## Stuffed pheasant breast with a walnut and redcurrant stuffing, creamed spinach and wild mushroom and redcurrant sauce

**SERVES 4**

BY COMBINING THE FLAVOURS OF GAME WITH PIQUANT REDCURRANTS, MUSHROOMS AND A RICH SAUCE, EVERY MOUTHFUL OF THIS DISH WILL DELIGHT THE SENSES

### Pheasant

2 pheasants, whole, cleaned, breasts, legs and thighs removed  
100ml olive oil  
Salt  
White pepper

### Stuffing

2 slices white bread, crusts cut off  
100ml milk  
50g butter  
1 small onion, finely chopped  
1 clove garlic, crushed  
100g button mushrooms, sliced  
100ml sherry  
100ml port  
Pheasant legs and thighs, boned and skinned  
Pinch of paprika  
1 egg

A pinch of salt  
White pepper  
10g chopped curly parsley  
**Wild mushroom and redcurrant sauce**

50g butter  
200g wild mushrooms, tops sliced, stalks separated  
Pheasant carcass, chopped as small as possible  
2 rashers smoked bacon, diced  
1 onion, chopped finely  
2 cloves garlic, crushed  
30ml white wine vinegar  
250ml red wine  
1 litre fresh chicken stock  
Salt and pepper  
10g cornflour, mixed with 50ml water  
50g redcurrants, taken off the stalk  
50ml vegetable/sunflower oil

### Creamed spinach

75g salted butter  
3 cloves garlic, crushed  
150ml double cream  
Pinch of ground nutmeg  
Pinch of white pepper  
Pinch of salt  
500g frozen spinach, thawed and squeezed thoroughly to get rid of excess water

**1 Stuffing** To make the stuffing, soak the bread in the milk, while you prepare the other ingredients.

**2** Melt the butter in a pan and gently sweat the onions and garlic together in it for two minutes.



Stuffed pheasant breast with a walnut and redcurrant stuffing, creamed spinach and wild mushroom and redcurrant sauce

Add the mushrooms and cook for a further two minutes, stirring regularly. Pour in the sherry and port and bring to the boil. Reduce by half, before removing from the pan and leaving to cool for 30 minutes.

**3** Take the pheasant meat and blend until smooth. Add the soaked bread, onion mix, paprika, egg, salt and pepper and blend for a further 30 seconds. Remove from the blender and refrigerate for an hour.

**4** Place the mixture in a bowl and stir in the double cream and parsley. Correct the seasoning and chill until required.

**5 Pheasant** Take the pheasant breasts and make an incision down the breast to open up. Divide the stuffing between the breasts and roll up in a ballotine or roll into a sausage shape with cling film.

**6** Poach the breasts in simmering water for five minutes. Remove from the water and leave in the cling film to cool. After an hour, remove the cling film and dry on kitchen paper. Keep to one side until needed.

**7** To cook, heat oil in a frying pan on a medium heat. Season the pheasant breasts with salt and pepper. Gently fry the pheasant on all sides until a golden brown colour has been achieved. Remove from the pan, drain on kitchen paper, slice and serve as illustrated.

**8 Sauce** To make the sauce, preheat the oven to 220°C/Gas Mark 7.

**9** Take the butter and melt in a frying pan. Add the sliced mushroom tops and cook on a medium heat until they are a light brown, turning every minute or so. This should take six to eight minutes. Remove from the pan and drain on kitchen paper until needed.

**10** Place the pheasant carcass on a baking tray and roast for 35 minutes until brown.

**11** Warm a large thick-bottomed saucepan and then add the mushrooms stalks, bacon and onions. Cook vigorously for two minutes until it starts to colour, add the garlic and continue to cook until brown.

**12** Add the white wine vinegar and reduce until almost evaporated, followed by the wine and bones. Reduce the wine by half. Pour in the chicken stock, turn the heat right down and simmer for about an hour until reduced by two-thirds.

**13** Strain through a fine sieve into a smaller saucepan and correct the seasoning with salt and white pepper.

**14** Bring back to the boil, then add cornflour and whisk to thicken. Add the sautéed wild mushrooms and redcurrants.

**15 Creamed spinach** Heat the butter in a shallow pan and add the garlic, cream, nutmeg, pepper and salt and bring to the boil.

**16** Reduce the cream by two-thirds, then add the spinach. Stir until hot and serve immediately.

## Orange and stem ginger bread and butter pudding with a dark chocolate sauce

**SERVES 4**

A RICHLY FLAVOURED TWIST ON A TRADITIONAL FAVOURITE

### Bread and butter pudding

400ml milk  
200ml double cream  
Grated peel of 2 large oranges  
75g sultanas  
2 vanilla pods, split with seeds scooped out  
1 jar of candied stem ginger in syrup (use 50g ginger and 75ml syrup)  
8 eggs  
150g caster sugar  
100g butter, softened to spread on bread  
10 slices white, medium-sliced bread, crusts cut off

### Chocolate sauce

250g dark chocolate  
50g butter  
150ml double cream

**1** Pre-heat oven to 175°C/Gas Mark 4.

**2** Warm the milk, cream and orange peel, vanilla pod, seeds and sliced stem ginger in a thick-bottomed pan on a medium heat for 30 minutes. Be careful that the liquid doesn't boil. After 30 minutes add the syrup, stir and then pass mixture through a sieve.

**3** Stir together the eggs and sugar in a bowl before gently pouring in the warm milk/ginger mixture.

**4** Layer buttered bread into an ovenproof dish, sprinkling the sultanas between the layers. Pour the liquid evenly over the bread.

**5** Put your ovenproof dish into a roasting tin and pour boiling water around the edges, until it reaches half way up. Put into the oven and cook for 20-25 minutes until firm.

**6 Sauce** Melt the chocolate and butter in a bowl over a pan of hot water. When the chocolate has melted, warm the cream and stir. Keep warm until needed.



## Wine pairing

### STARTER

#### ROMANCE EN ROSÉ £7.39

The flavours in this dish call for a special wine. A dry, organic rosé like Romance en Rosé from Bordeaux is ideal. The blend of sauvignon blanc and semillon grapes with a touch of merlot and cabernet sauvignon gives it a bold, fresh character. Serve chilled. Contains less than 0.3% alcohol-by-volume.



### MAIN COURSE

#### DOCE MESES £9.99

This dish needs a robust red such as the Doce Meses, which reflects the flavours of the game and stuffing. This 100% Tempranillo wine is stored for a year in American oak barrels to absorb smoky tobacco and toasty vanilla aromas, giving it wood and leather flavours balanced by ripe cherry. Contains less than 0.5% alcohol-by-volume.



### DESSERT

#### SCHEUREBE £6.89

With lots of strong, sweet flavours in this dessert, the Scheurebe is the perfect partner. Scheurebe is a fruity and crisp corn-coloured wine with a wonderful aroma. It has a delicate effervescence and a citrus tang that leaves the palate clean and refreshed. Contains less than 0.5% alcohol-by-volume.



WINE RECOMMENDATIONS SUPPLIED BY THE ALCOHOL-FREE SHOP  
ALCOHOLFREE.CO.UK

**E**veryone knows regular exercise is vital for health, but it's not just high-intensity workouts that are beneficial – low-impact activities, such as walking, yoga and pilates, can have equally positive effects.

### BEST FOOT FORWARD

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier.

To get the maximum health benefits from walking, 10,000 steps a day is your target. Making small changes, such as using the stairs instead of the lift, or walking to work instead of using the car, can have a cumulative effect. Setting a goal to move every 30 minutes can help clock up your daily requirements. Keep track of your progress with a pedometer or a smartphone app, such as Pacer; it's a cheap and essential fitness tool, often with added benefits, such as a calorie counter.

If you're looking for inspiration about where to walk, you can find lots of information online. Many sites allow you to plan routes, print guides and find out about walking groups. Here are just a few to try: the Ramblers will help you find dog and buggy-friendly walks ([ramblers.org.uk](http://ramblers.org.uk)); Walk4Life will find local walks ([walk4life.info](http://walk4life.info));

while the National Trust lists themed walks ([nationaltrust.org.uk/walking](http://nationaltrust.org.uk/walking)).

### STRETCHING BENEFITS

Exercise classes such as yoga and pilates are a safe and effective way to increase your physical activity and are renowned for their effect on developing strength, balance, flexibility, posture and breathing techniques. Focusing on learning the movements helps keep your mind healthy and relieves stress too.

Yoga is a weight-bearing exercise suitable for all ages, male and female. The postures and movements will help to stretch, strengthen and flex the body. There's also evidence that regular yoga practice is beneficial for people with high blood pressure, heart disease and depression. It's also suitable for people who have respiratory problems and arthritis.

Find a local yoga class by visiting [Yogahub](http://Yogahub) ([yogahub.co.uk](http://yogahub.co.uk)) or by asking at your local leisure centre. If a class environment sounds off-putting, you could give it a try at home. Video games, such as Wii Fit and Your Shape: Fitness Evolved for Xbox 360 Kinect, have programmes that take you through a range of moves at your own pace. You can also download yoga apps for your smartphone such as Yogify – a free iPhone app for beginners – to get the basics.

# Small but mighty

*There are little things you can do to make a big difference to your fitness, as Village Life finds out*



## Maximum impact



### Find a fitness friend:

Exercising with someone can be just the motivational boost you need – you'll find it much harder to back out of plans if you think you'll let someone down.



**Stick with it:** It only takes three weeks to form a habit, so set a realistic goal and stick to it.

Write down when you're going to exercise over the next 21 days, choosing regular days and times.



### Boost your metabolism:

Green tea offers the combined benefits of caffeine and catechins, substances that have been shown to rev up our metabolism. Drink two to four cups a day to help your body burn fat efficiently.



essentials

# RESOLUTIONS

WE ALL MAKE THEM. STICK TO YOURS WITH US.



We all start with the best intentions only to see them fizzle away all too soon. We know it's tough, which is why we provide all the support you need to keep going. You'll be amazed what you can achieve with expert help and countless ways for the whole family to lead an active, healthy life.

**Start your David Lloyd Experience.**

Find your perfect fit with **2 months free membership** this January.\*

Call **0844 245 8060** or visit **[davidlloyd.co.uk/centerparcs](http://davidlloyd.co.uk/centerparcs)**

Terms and conditions apply. Facilities, fees, classes and membership contracts vary by club. Certain activities may incur additional fees.

\*Joining fee may be payable when you join. Administration fee will be payable when you join. To take advantage of this offer, join by 31<sup>st</sup> January 2014 on a standard 12 month contract. For full terms and conditions visit [davidlloyd.co.uk/centerparcs](http://davidlloyd.co.uk/centerparcs)



# All the essentials

Village Life *talks to Group Aqua Sana Manager*  
**KERRY FENTON-KENT** *about the effects of*  
*aromatherapy on physical and mental wellbeing*

## TOP TIPS

### AROMATHERAPY AT HOME

To recreate the atmosphere of World of Spa in your own home and feel the positive effects of essential oils, Kerry recommends adding a couple of drops of these oils to a warm bath:

- **Eucalyptus** helps to clear airways and sinus problems, leaving you feeling decongested.

- **Lavender** is a mini first aid kit. Not only does it have a calming effect and promote sleep, but can be applied to the skin for very minor burns and scratches.

- **Rosemary** is uplifting and will help your mind to focus. This is ideal for students revising for exams, or if you have a busy period coming up at work.

Aid mental clarity with rosemary oil



**“W**hen we design an experience room for the World of Spa, we create an entire concept. If it's very warm and has a high

humidity then that room will be great for clearing airways and congestion, especially during winter. We pick an essence that will boost those properties, such as eucalyptus, menthol or peppermint.

“There are hundreds of aromatherapy oils and they're used very successfully to create a wide range of effects, from being stimulated to relaxed and everything in between,” says Kerry Fenton-Kent, Group Aqua Sana Manager at Center Parcs.

“Most people visit World of Spa to relax and unwind, so the majority of essences that we use are very good for helping with anxiety

and aiding relaxation. Of course, some will be used for stimulation, such as lemon, but we don't want people to feel hyperactive so we blend the aromas carefully.”

## HITTING THE RIGHT NOTES

When asked which essences are used most often in the World of Spa, Kerry did not hesitate in her response. “Eucalyptus and eucomenthol are great for uplifting the spirit, as well as for fighting colds, coughs and bronchial problems. We use these in a number of rooms.

“Of course, lavender's a great all-rounder too and is very safe. It's good for relaxing and for helping with sleep,

and can be used both on the skin and diffused in steam. We tend to prefer essences that are multi-purpose and can be used in lots of ways.”





She goes on to explain that jasmine, lavender and ylang-ylang are also excellent aromas for helping guests to relax by relieving stress and anxiety. By varying the aromas, all experience rooms have a subtly different effect on the mind.

"Each essential oil has either a top, middle or base note, which refers to how long the smells last and for how long they are effective. Lavender is a middle-to-top note, so you smell it straight away and its effects work very quickly, whereas ylang-ylang is a base-to-middle note and jasmine is a base note, so they all work in different ways and over different timescales. That's why you should relax and enjoy each room for the recommended amount of time, usually 10 to 15 minutes, because that will give you a chance to experience all the benefits."

Kerry points out that because scent is one of the main triggers for memory, the scent of jasmine, for example, might help transport you back to a relaxing holiday with all of the positive feelings associated with it returning too.

## HEALING HERBS

Aside from the more obvious effects of relaxation, aromatherapy can also promote clarity of mind. Although the Greek Herbal Room doesn't use essential oils, the heady combination of natural aromas here can have a positive effect on your state of mind.

"This room uses rosemary, sage and

chamomile," says Kerry. "Although two are middle notes, they have distinct effects. Rosemary is stimulating, refreshing and makes you feel invigorated, which can promote concentration. Chamomile, on the other hand, is calming, good for combating stress and is an anti-inflammatory, while sage is good for coughs, colds and anxiety. This mix will combine to have a fantastic overall effect, especially in winter, where you are liable to pick up illnesses and perhaps be feeling run down after the festive period."

The combination of taking time out, along with the quiet, soothing atmosphere of the experience rooms and their finely honed mixture of aromas will leave you feeling relaxed and revitalised and able to fend off winter bugs.

So with all the myriad benefits aromatherapy can bring, why not find out at first hand and book a session at Aqua Sana and visit our World of Spa?

## Find out more

For all the latest offers and updates from Aqua Sana, alongside a full range of treatments available and beauty tips, stay in touch with us on our website at [aquasana.co.uk](http://aquasana.co.uk) or follow us at...



'Aqua Sana'



AquaSanaSpa

## Enjoy Aqua Sana at any time

Don't leave your next visit until your next break – you can visit us for the day. All of the offers below include refreshments on arrival, lunch in Vitalé Café Bar, complimentary robe and towel hire, and entry into the World of Spa from 9am until 6pm.

### JANUARY SPECIAL OFFER CHOCOLATE INDULGENCE SPA DAY FOR TWO

£79 Monday to Friday

Calling all chocoholics! Bring a friend and relax in the World of Spa, while enjoying a delicious luxury hot chocolate and selection of fresh fruit to dip into a warm chocolate fondue.

Exclusive offer ends January 31, 2014.

### SPA DAY WITH A DECLÉOR MIND AND BODY RE-ENERGISER FOR TWO

£179 Monday to Friday

£199 Saturday and Sunday

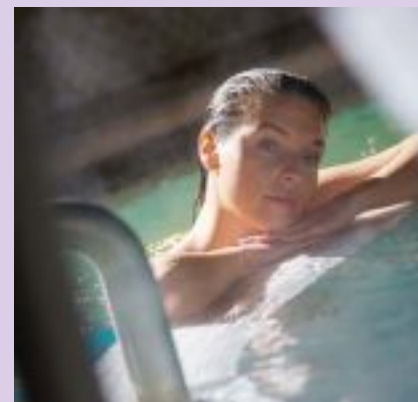
Experience World of Spa and the Decléor Mind and Body Re-energiser treatment for a massage and facial that will ease tension from your mind and muscles (55 minutes).

### SPA DAY FOR TWO

£99 Monday to Friday

£129 Saturday and Sunday

Spend the day exploring more than 15 experience rooms at World of Spa together. You won't want to leave!



# Elemis

## PRO-COLLAGEN CLEANSING BALM

Cleanse the skin, indulge the senses

NEW



## 20% off skincare

Enter CP2014 at the checkout on  
[www.aquasana.co.uk/timetospa](http://www.aquasana.co.uk/timetospa)  
to redeem your discount\*

Exclusive to **AQUA SANA**

Discover [elemis.com](http://elemis.com)



elemisltd



@Elemis

\*Terms and conditions apply. Discount only valid on full size Elemis retail products. Not valid on duos, collections, spa vouchers, travel-sizes, other timetospa brands or in conjunction with any other offer. Offer valid until 31st January 2014.

# Jarrolds

Bespoke Staircase and Furniture Specialist

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



Over **Twenty**  
Years' *Experience...*

#### Bespoke Carpentry

- Staircase Renovation
- Home Studies
- Bespoke Bedrooms
- Home Cinema

Most staircase renovations are completed within 24 hours depending on size and specialist requirements, and all can be achieved without the need for decoration or mess.

" We have been delighted with both the design and the quality of the workmanship... **outstanding** "

Mr & Mrs Wren, Bristol

Tel: **029 2052 9797 / 078 7027 4741**

An underwater photograph of two children snorkeling. The child on the left is a girl with brown hair, wearing a patterned swimsuit and yellow-rimmed goggles. The child on the right is a boy with red hair, wearing a blue swimsuit and blue-rimmed goggles. Both are holding snorkels and looking towards the camera. The background shows a rocky seabed and blue water.

We met guests at Elveden Forest to find out about the diverse range of activities available for all the family

# DO YOUR OWN THING

### LEARN SNORKELLING

8 YEARS +

**i** Learn Snorkelling is a fun way to gain all the skills you need to explore the sea while in the safety of the Subtropical Swimming Paradise.

After heading to the shallows, you will learn to breathe through the snorkel, equalise your ear pressure and master swimming with flippers. Then you'll be ready to try the duck dive – swimming to the bottom of the pool without getting water in your snorkel.

Chris Williams explained why he brought grandchildren, Tess, Tom and Jim, along: "Mainly because they're water-mad. One of the children tried snorkelling here last year and loved it, so the other two were keen to try it."

### SWIMASONG SWIM LESSON

4 MONTHS – 4 YEARS

**i** Ideal for building confidence in the water, this parent-accompanied activity was devised by the Amateur Swimming Association. Made up of two sessions, it will help children learn to swim with the aid of the nursery rhymes they know and love. They will receive a certificate and educational materials at the end, so they can continue learning at home.

Danielle Phillips brought along her son Charlie. She said: "Charlie loved playing with the toys and learning the rhymes. We're looking forward to tomorrow's session."



1 Jim Bennett snorkels at the Subtropical Swimming Paradise 2 Danielle and Charlie Phillips take to the water in SwimaSong 3 Ethan and Annika Williams pose with their bows

### ARCHERY – ROBIN HOOD AND LITTLE JOHNS

6 – 9 YEARS

**i** This parent-and-child activity is the perfect opportunity for families to have fun together.

Equipped with bows and arrows, you and your child will learn how to position yourself and aim for the target. Once you've mastered the techniques with a few practice shots you will split into teams, both vying for the highest score.

Ethan Williams, age 7, joined the activity with his mother, Annika. "I have had lots of fun," Ethan said. "My team beat the others and I've made a new friend too."

Annika added: "I wanted Ethan to try something that he couldn't do at home. He has really enjoyed taking part."



## ACTIVE BREAKS

- 1 Kitty Sharp goes for a hole in one on our Adventure Golf course
- 2 Camilla Spread finds her balance in Roller Tots
- 3 Shireen Cantril lends her daughter, Neina, support in Roller Tots

### ADVENTURE GOLF

SUITABLE FOR ALL THE FAMILY

**i** Adventure Golf on Treasure Island has a great new look. With a pirate-themed course, there are new holes to play and obstacles to explore as you try to complete the course with the lowest score.

What's more, you don't need to pre-book your session, so if you find you have some free time, you can just turn up and have a go. We met the Clout family. Dad Nick explained: "We have had great fun playing Adventure Golf – it's something that all ages can take part in, no matter what their experience."

### ROLLER TOTS

2 YEARS +

**i** This taster session will help small children to find their balance in a safe and fun environment.

Once they have their skates and safety gear on, children will make their way around the room with their parents, gaining confidence, before skating independently. With lots of music to enjoy, there will be no stopping them.

Shireen Cantril brought her 4-year-old daughter Neina to try the activity. "I wanted to do something different," she said. "There's nowhere to skate at home, but I knew it would be safe here. At this age they don't really mind falling over too much either."

Neina was keen to tell us: "I have fallen over five times, but it didn't hurt. I'm going to go round again."

#### Book now

If any of these activities appeal to you, why not make plans to try it on your next Center Parcs break? To book, simply:

- Visit us at [centerparcs.co.uk](http://centerparcs.co.uk)
- Call us on 08448 266 200
- Scan this QR code to visit our mobile booking site



# FIGHTING FIT

## with Sambucol®



CHOOSE FROM:

Help your kids support  
their **immune system**.

**DEAR SUPER MUMS,**

IT IS SO IMPORTANT TO MAKE SURE YOUR KIDS STAY  
HEALTHY AND DON'T MISS OUT ON SCHOOL. THAT'S WHY WE  
RECOMMEND SAMBUCOL, A BLACK ELDERBERRY SUPPLEMENT  
THAT HELPS SUPPORT YOUR KIDS' IMMUNE SYSTEM.

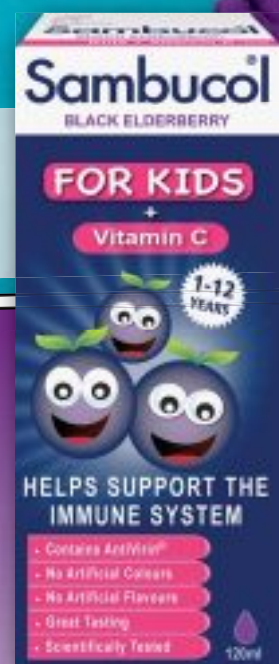
**WHY NOT GIVE SAMBUCOL A TRY?**

**KIDS LOVE IT BECAUSE IT TASTES SO GOOD!**



**Teddies**

For kids aged 4-12



**Liquid**

For kids aged 1-12

**Sambucol®**  
BLACK ELDERBERRY

Sambucol contains Black Elderberries, as well as Vitamin C, which helps support the immune system and offers antioxidant protection. Sambucol is backed by 9 years of scientific studies.

[www.sambucol.co.uk](http://www.sambucol.co.uk)

Available from Holland & Barrett stores  
and online from [www.hollandandbarrett.com](http://www.hollandandbarrett.com)



## Do you enjoy a warm, cosy and welcoming fire?

Do you want to relax in front of a log fire, but don't have the space to transport firewood and everything you need to start a fire? Zip has the perfect solution – these 100 per cent natural firelogs, packed into an instant-light wrapper. Simple and easy to use with no mess, you just light the wrapper for a quick and convenient fire.

Lighter than wood and easier to store, there are two choices – the natural firelog and the Cracklelog – a special formula that crackles like real wood for the cosiest, most natural ambience to relax in front of at the end of an active day. From the brand you trust for firelighters and more, this innovative product Zip will change the way you enjoy an open fire forever.

And while you're enjoying a Center Parcs break, you can purchase both the Zip Firelog and the Zip Cracklelog from the ParcMarket, so if your accommodation has an open fire you can pick up a pack of logs and enjoy a warm, natural fire every night of your stay.

### Zip 100% Natural Firelog 3 Pack\*

- Innovative new formula manufactured using coppiced willow, planted and harvested in Ireland.
- Provides the ambience of a real wood fire, conveniently packed in an instant-light wrapper
- No mess when lighting
- Each log burns for around two hours

### Zip Cracklelog\*

- Special formula firelog crackles like real wood for the perfect, atmospheric fire
- Simple and easy, just light the wrapper
- Burns for around two and a half hours



\* Only use one log at a time

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

# LITTLE IDEAS

We share some great children's products available from our favourite online retailers



**Happy splashing:** Ensure your water babies look great in and out of the pool. Splash About's award-winning range includes swimwear, float jackets, wetsuits and the UK's best-selling reusable swim nappy, the Happy Nappy, plus cosy Après Splash clothing. View the 2014 collection at [splashabout.com](http://splashabout.com). Enter CPMAG10 for a 10% discount (valid until March 31, 2014, excludes sale items).



**Perfect present:** Inspired by the joy babies get from pulling out wet wipes, this multi-award-winning organic cube is educational and fun. Suitable from birth and available with extra fillings, the Wondercube is designed to grow with your child. [mywondercube.com](http://mywondercube.com)



**Wheely good toys:** Hippychick's fantastic range of toys are the perfect gifts for little ones. They are offering *Village Life* readers 10% off of the Wheelbugs and HappyHopperz range when quoting HIPVIL04. Call 01278 434440, email [sales@hippychick.com](mailto:sales@hippychick.com) or visit [hippychick.com](http://hippychick.com).



**Fantastic winter sale:** Magical yet practical bedrooms for nursery to teens from Room to Grow, the children's bedroom specialist. They have a huge range and exclusive products at great prices. Hurry – the amazing winter sale offers are available for a limited period only. [roomtogrow.co.uk](http://roomtogrow.co.uk)



**The Gruffalo 15th Anniversary Edition:** Who can believe *The Gruffalo* is 15 years old! Celebrate with this anniversary edition. Age 3+. [Gruffalo.com](http://Gruffalo.com)  
**The Finisher** An exciting new fantasy adventure for fans of *The Hunger Games* from bestselling author David Baldacci. Age 11+. [panmacmillan.com/Baldacci](http://panmacmillan.com/Baldacci)



## Starchild™

**Starchild shoes** are all designed and hand-made in England, with a huge choice of colours and styles. Free UK delivery and 10% off everything with reader code VL10. These shoes really do stay on little feet. [starchildshoes.co.uk](http://starchildshoes.co.uk)



**Capture handprints, footprints and children's artwork** in stunning jewellery and gifts by Hand on Heart Jewellery. The perfect gift to last a lifetime. [handonheartjewellery.co.uk](http://handonheartjewellery.co.uk)



**Fatboy Buggle-Up bean bags** might look quite ordinary, but they are actually very special. These outdoor seating solutions are just like ordinary chairs with backs, but several people can sit on them to lounge comfortably, both indoors and outdoors. Weather-resistant Fatboy Buggle-Ups can withstand any weather condition, thanks to their stain- and UV-resistant layer. Call 01902 711475 or visit [interiorsbyruben.co.uk](http://interiorsbyruben.co.uk).

# INTERIORS BY RUBEN



## Eye-catching wall murals from Interiors by Ruben

Printed onto high-quality, durable wallpaper, which comes with easy to follow hanging instructions. There is a wide variety for children's bedrooms, including One Direction and superheroes, such as Batman, Superman and Spiderman

Call 01902 711475 or visit [interiorsbyruben.co.uk](http://interiorsbyruben.co.uk).

**NEW  
ONLINE  
ENTRY**

Win a kid's bike and cycle accessories worth up to £200, courtesy of Halfords



## JUNIOR COMPETITION

**WE'RE GIVING YOU** the chance to win a fantastic kid's bike and cycle accessories from Halfords worth up to £200!

Whether they're learning to ride or love exploring the great outdoors on two wheels, Halfords has a bike to suit every child. From character bikes for little ones to mountain bikes and BMXs for teens, Halfords' specially trained staff will help you find the right bike for your child, ensuring it's the right size – they will even build it for free\*.

To have a chance of winning, spot the difference

between the two pictures above, count them up, fill in the coupon below and return it to us. Entries should be sent to **Village Life, Archant Dialogue, Prospect House, Rouen Road, Norwich NR1 1RE**. To print the coupon click the print icon on the navigation bar above and select the page from the thumbnails.

You can also now enter online by sending your answer, with the names of both the child and a parent/guardian, child's date of birth and address to [village.life@centerparcs.co.uk](mailto:village.life@centerparcs.co.uk) with the subject 'Junior Competition'. Entries close on January 31, 2014.

\*excludes Trax

Complete this panel, cut out and send to: Village Life, Archant Dialogue, Prospect House, Rouen Road, Norwich NR1 1RE. Entries must be accompanied by a valid, completed coupon and must arrive by January 31, 2014.

Answer \_\_\_\_\_

Name and address of parent/guardian \_\_\_\_\_

Email \_\_\_\_\_

Phone no. \_\_\_\_\_

Child's name \_\_\_\_\_ Date of birth \_\_\_\_\_

The images above are for illustrative purposes only. The prize entitles the winner to a kid's bike (up to 26" wheel) and cycle accessories up to the combined value of £200. There is no cash alternative to the prize. The prize is non-refundable, non-transferable, not for resale and subject to availability. The winner will be drawn at random from the correct entries. Archant reserves the right to alter or amend these rules at any time without prior notice and to suspend or cancel the competition at any time. By entering competitions, all contestants agree to be used in publicity. If the rules of the competition have been broken the prize may be withdrawn. Only one entry per household. Entry to the competition is restricted to residents of the United Kingdom including the Republic of Ireland and the Channel Islands. The competition is not open to employees of Center Parcs, Archant or Halfords or its sister companies and their families. Responsibility cannot be accepted for entries arriving after the closing date. Entries must be accompanied by contact details of a parent or guardian aged 18 or over. Entries must be received by January 31, 2014 and winners will be notified by telephone by February 7, 2014 and will have one week to confirm acceptance of their prizes. Every effort will be made to contact the winners, however if no acceptance has been received by the stated time the prize may be passed to another winner. ☐ Tick this box if you would like to receive more information from Halfords.



**halfords**

FREE  
Design  
Service

# TRANSFORM YOUR GARAGE!

It's a New Year! ...the perfect time to conquer your clutter and create a beautifully organised garage!

Imagine your garage looking as stylish as your kitchen! Dura's wide range of award-winning cabinets, storage products, flooring and lighting will allow you to make the most of this often overlooked space.

Create a home workshop, a gym area, or simply a safe, tidy, flexible room for all of the family to use... **and reclaim space to park your car!**

MODULAR CABINETS • WALL STORAGE • FLOORING

5 Year  
Guarantee

  
Quality Cabinets  
Designed and  
Manufactured  
in the UK

**DURA**®

Fitted Garages

*Europe's leading garage  
interior company*



*Coordinated modular cabinets*



*'Clip on' wall storage system*



*Create a leisure room or home gym*

For a FREE brochure call

**0845 371 0044**

or request via our website  
**www.duragarages.com**



Alternatively, return this slip in an envelope (no stamp required) to:

**Freepost RSLX-YXCA-GUTJ, Dura Ltd, St James Road, Brackley NN13 7XY**

Name .....

Address .....

Tel .....

Email .....

VL/JAN14

www.easy2name.com

# You name it We label it!

- Lunchboxes
- Water Bottles
- Books
- Uniforms
- Footwear

Stick-On  
Iron-On  
Sew-On  
No Iron - No Sew  
Tags & Bags

**T: 01635 298326**  
www.easy2name.com

scan this QR code to visit our website

**THURSTON**  
ESTABLISHED 1954

- Pool tables
- Snooker tables
- Repairs
- Accessories



**T: 0870 607 1336**  
**E: thurston@eaclear.co.uk**  
**www.thurston.co.uk**

Nationwide Service

Perfect Gift!  
Gorgeous Gifts  
Handmade for Tiny Toes.

**FREE**



**FREE**

Tel: 02609 880066  
www.daisy-roots.com

One discount code VL0003  
on checkout to get a 30% discount.



Australian sun protection, beach and swimwear. Huge range for babies, children and adults. Excellent quality with UV protection. Sunsuits, rash shirts, board shorts, baby UV suits, sun hats and more...

Fast UK Delivery  
**www.equatorsun.com**  
Tel: 01932 230007



# CozyMole

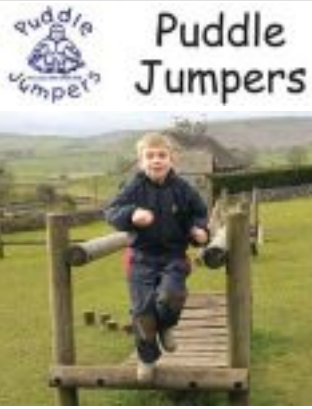
Get Your Family Outdoors...

Top quality, great value childrens outdoor gear, ski wear & cycling gear

Columbia - Spilly Otter  
Sprayway - Didriksons  
Olang - Manbi - Teko  
Bollé - Uvex - Giro  
Dare2b - Regatta  
Sorel - HI-TEC  
more....



**cozymole.co.uk**  
**10% off - use 'cp2013'**  
ends 1/5/2014



# Puddle Jumpers

Waterproofs that work whilst the children play.

**www.puddlejumpers.co.uk**  
Tel: 01298 83812



# THE ROOF BOX COMPANY

## Loads to carry?

- Roof boxes
- Bike carriers
- Roof bars
- Pet products
- Winter driving

Expert advice ✓ Huge choice ✓ Fast UK delivery ✓

Visit us at  
**roofbox.co.uk/VL 015396 21884**

# medpac®

Does your child have to carry medication?

**NEW**



**Medpac® - practical bags for carrying medicines with photo ID**

Ideal for asthma inhalers, Epipens, epilepsy & diabetic medicines and more

**0845 073 9430**  
**www.medpac.co.uk**

Looking for the healthiest shoes for little feet?



- Flexible
- Breathable
- Lightweight
- Unstructured
- Wide toe boxes



Enabling your child to walk, run and explore... naturally

**T: 01726 884840 07922 816555**  
**E: contact@happylittlesoles.co.uk**  
**www.happylittlesoles.co.uk**

To advertise here contact Dean Brown  
tel: 01603 772325, fax: 01603 627823  
email: dean.brown@archantdialogue.co.uk

[www.isleofwightwalkingfestival.co.uk](http://www.isleofwightwalkingfestival.co.uk)

# The UK's biggest walking festival!



3 to 18 May 2014



**WIGHTLINK**  
PART OF ISLAND LIFE

**RED FUNNEL**  
THE FINEST FLAVOUR OF WIGHT

**ISLE OF WIGHT COUNCIL**



**THE FLOWER STORK**

Beautiful Bouquets of Baby Clothes

The Perfect baby gift



Lindt Chocolate Bouquets

The Beauty of Flowers with the sweetness of Chocolates

Quote **CENTER PARCS** to receive 10% discount

Tel: 01495 303030

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



**20%**  
discount\*

## Wall-to-wall imagination

**Fantastic wallpaper murals. Any wall, any size, any space.**

Simply choose a mural from the thousands available, enter your wall measurements and resize the design to fit your wall. Email: [hello@ohpopsi.com](mailto:hello@ohpopsi.com) Tel: 0161 923 0234.

\* To receive your 20% discount, simply enter voucher code CPVL14 at the checkout. Offer ends 31<sup>st</sup> March 2014.

**ohpopsi.com**  
wonderful mural wallpaper



# Luxury breaks

Choose your stay from our  
wide range of accommodation



## TREEHOUSE\*

Our four-bedroom Treehouses are the height of luxury. To unwind after an active day there is a games den and your own secluded spa with hot tub and Physiotherm room.

\*Available at Sherwood Forest and Longleat Forest



## NEW STYLE EXCLUSIVE

The contemporary four-bedroom New Style Exclusive exudes quality. With a hot tub, steam room, sauna and games room, this is the perfect choice for your family.



## NEW STYLE EXECUTIVE\*\*

The New Style Executive is available with one, two, three or four bedrooms and features a stylish interior and hints of luxury such as en-suite bathrooms and maid service.

\*\*Excluding one-bedroom at Elveden Forest

BOOK A  
FOUR-NIGHT  
MIDWEEK  
BREAK FROM  
**£279\***

Price shown is an example price based on a two-bedroom Woodland Lodge for selected four-night midweek breaks in 2014. Book by midnight on February 4, 2014 for better choice and availability. Prices will increase after this date.

For full details of all our types of accommodation and at which Villages they are available, visit [centerparcs.co.uk](http://centerparcs.co.uk) or call our Reservations Team on 08448 266 244.

\* Price is correct at time of going to print and may be subject to change.



## EXECUTIVE\*\*\*

The Executive range of Villas, Lodges, Apartments and Hotel rooms have original-style décor with the added luxury of en-suite bathrooms and maid service.

\*\*\*Excluding Woburn Forest



## WOODLAND

A sophisticated and stylish interior and spacious, open-plan living make the Woodland a popular choice. It is available with two, three or four bedrooms.



## COMFORT/COMFORT PLUS\*

Our Comfort Lodges offer practicality and good value with open-plan living and basic essentials with original décor. Available with two, three or four bedrooms.

\* Excluding Woburn Forest and Elveden Forest



## My Center Parcs

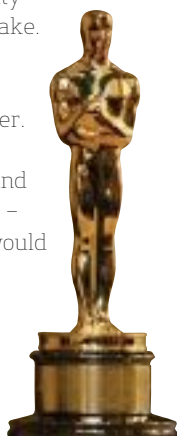
# WENDY ROBY

Every Center Parcs guest has a favourite activity – something they look forward to doing every time. Guest Wendy Roby shares her unusual Center Parcs tradition

For the past 15 years me, my mum and my sister have stayed up to watch the Academy Awards. Maybe the old Hollywood glamour of the Oscars is just an excuse for a party – but for us it's better than Christmas. I think that's partly because in 2004 we started having our annual Oscars weekend at Center Parcs. It's an escape from everything humdrum and domestic – a weekend when the most pressing decision is 'When are we going to the spa?'. There's also something special about staying up all night sipping Champagne in front of a log fire. While we're cooing over starlets in couture dresses, everyone else is fast asleep because they're playing badminton first thing in the morning. We emerge around lunchtime fit for nothing but Aqua Sana.

This yearly ritual quickly became a steadfast celebration in my calendar. I love the weeks leading up to it and all the preparation. It begins when my mum calls to ask what treats we'd like to snack on; then we'll ransack beauty counters for the prizes in our Oscars sweepstake. All of this activity and going to Center Parcs makes us feel like a 'clan'. The sense of anticipation and celebration brings us together.

What's interesting is that after the Oscars ceremony transferred to satellite television and we couldn't watch it at Center Parcs anymore – and when my nephew was a tiny baby – we would still visit for an annual weekend. Now my nephew is eight, which means we can race each other on bikes or giggle together in the restaurants. We always come home with stories and we always, always hate to leave.



## Share your traditions

Share your Center Parcs rituals and traditions with us by emailing [village.life@centerparcs.co.uk](mailto:village.life@centerparcs.co.uk)

## Dates for your diary



Make that special occasion one to remember by spending it at Center Parcs. Unwind in calm surroundings or enjoy themed events while celebrating with your family.

### VALENTINE'S DAY

Enjoy a romantic weekend break in a stunning environment as a couple or try activities as a family.

**WE** February 14, 2014

### MOTHERING SUNDAY

Escape to the forest and treat your mum to the day she deserves.

**WE** March 28, 2014

### EASTER

Spring has sprung and it's time to join us for games and activities.

**April 11 – 18, 2014**

Dates may vary by Village

### FATHER'S DAY

Enjoy a weekend of thrills, adventure and treats with your dad on his special day.

**WE** June 13, 2014

### HALLOWEEN

You and your little pumpkins can join the frightening fun.

**MW** October 27, 2014

**WE** October 31, 2014

### BONFIRE NIGHT

A break with a bang! Celebrate with firework displays across the lake and a party atmosphere.

**WE** October 31, 2014

**MW** November 3, 2014

### WINTER WONDERLAND

The forest is an enchanting place where Santa and his reindeer are getting ready for the big night. Festive activities will get your little ones in the Christmas spirit, before finishing your break with the perfect finale – our legendary fireworks display over the lake.

**November 7 – December 22, 2014.**

Winter Wonderland will not be available at Woburn Forest in 2014.

### CHRISTMAS AND NEW YEAR

We have a choice of festive breaks for you and your family to enjoy.

> Spend Christmas Day in our enchanted forest; there is nowhere more magical to make festive memories.

**5N** December 22, 2014

> Recharge your batteries between Christmas and New Year and take a short break in relaxing surroundings.

**2N** December 27, 2014

> Ring in the New Year in style!

Raise a glass and welcome the arrival of 2015 with our special celebrations, including our legendary fireworks displays.

**4N** December 29, 2014

### TIME TO CELEBRATE

We can cater for all kinds of family celebrations and reunions. Why not book neighbouring accommodation so you can enjoy the experience together? We can supply everything from flowers to cakes to make it an occasion to remember. Once you've booked, simply call pre-booking on **08448 266 200** to talk through any special arrangements you would like us to make.

**MW** – Midweek break

**WE** – Weekend break

**2N** – Two-night break

**4N** – Four-night break

**5N** – Five-night break

# MÖVENPICK®

THE ART OF SWISS ICE CREAM



Available from Ocado in 900ml tubs



The finest naturally sourced ingredients combined with luxurious Swiss cream  
create the smooth and delicate texture of *Mövenpick* Ice Cream

[WWW.MOEVENPICK-ICECREAM.COM/OURCOLLECTIONS](http://WWW.MOEVENPICK-ICECREAM.COM/OURCOLLECTIONS)

# TAKE MORE. DO MORE.

With an extra 10% off roof boxes, roof bars and cycle carriers, you'll be able to cram even more into your holiday.



## EXTRA 10% OFF

ROOF BOXES, ROOF BARS & CYCLE CARRIERS



00225764

Take this voucher to your local Halfords store. Exclusive offer available to Center Parcs customers only. Valid from 01/01/14 through to 21/04/14 inclusive. Discount cannot be applied to cost of fitting. One voucher per transaction. Cannot be used with any other voucher/offer, inc Halfords colleague discount card. No cash alternative. Not valid on halfords.com or on reserve&collect. Photocopies not accepted. Halfords reserve the right to withdraw this offer at any time. Halfords Ltd B98 ODE.

**we fit**

exodus

**THULE**

For the full range, visit [halfords.com](http://halfords.com) or any of our 446 stores.

# halfords