

# TRENDLIFE MAGAZINE

## BLURRED LINES

FROM CHILDHOOD STAR TO OUTRAGEOUS TWERKING CELEB.. WE DISCUSS MILEY

## MOVE HIM IN

IT COULD BE BLISS OR A LIVING NIGHTMARE WHEN YOU MOVE HIM IN

## MAKEUP TIPS

MAKE A HUGE IMPRESSION WITH ATTENTION GRABBING RED LIPSTICK

## SHOPPING LISTS

WE TAKE A LOOK AT WHAT SHOULD BE ON YOUR AUTUMN/WINTER LIST

## HUNGRY ANYONE

WE STEP OUT FOR DINNER AND HEAD TO THE NEW PITCHER & PIANO IN HITCHIN

## DRIVING AMBITION

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# AUTUMN ALREADY?

FASHION | LIFESTYLE | ENTERTAINMENT | SPORT | MUSIC

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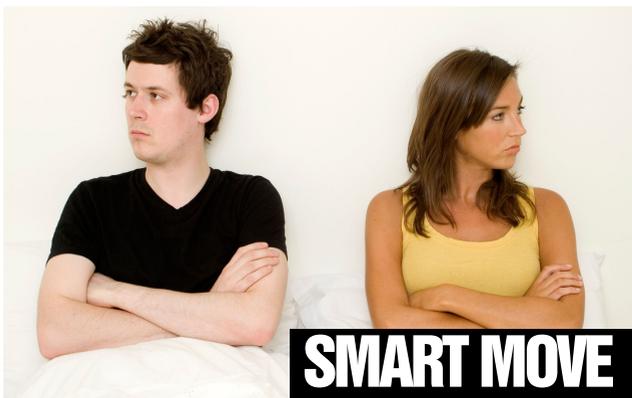
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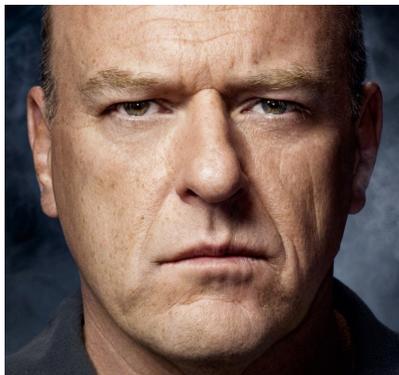
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# IGGY AZALEA

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MISUNDERSTOOD?





"She's really freaking talented, she's beautiful, she can sing her ass off and to go up there and do that? She's cheating herself and she's cheating the rest of us" - Pink

"It's not like she did it at the Grammys. She's young, she's letting everyone know she's grown up" - Justin Timberlake

"I think any time you do a performance that is memorable, you're going to have criticism. I think she's doing her thing, being herself. So I give props to her - Britney Spears

**MILEY CYRUS MOST RECENT FAUX PAUS  
INVOLVING A BIT OF TWERKING HAS CAUSED  
OUTRAGE ON SOCIAL NETWORKS**

**WHAT'S  
YOUR  
OPINION..**



## **Nothing about it was entertaining.**

Lee Hall

### **Editor**

Having only watched it once, the word that sums it up for me is 'cringe'. Nothing about it was original or entertaining. We all know Miley is growing up but this was immaturity at it's very best.



## **She is on top of the world...**

Lisa Palma

### **Retail Assistant**

I grew up watching Miley and I while I think she is rebelling a bit too much, she is still young talented and right now, she is on top of the world so why not? I personally could do that on a stage. My dad would kill me.

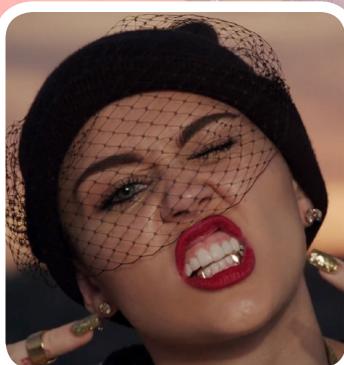


## **I felt sorry for Robin Thicke...**

Sophia Stone

### **Fashion intern**

I am no nun but what she doing on that stage had nothing to do with dancing or music. I felt sorry for Robin Thicke & I did think she would be slightly embarrassed the next day. At least it wasn't dull.



## **You could always switch channels...**

Paul Dallimore

### **Student**

I believe if you don't like something, don't do it. If you don't want to see Hannah Montana shaking her little ass against a middle aged man, then you could always switch channels.



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WHO  
DOESN'T

AUTUMN?

OUR ESSENTIAL COLLECTION OF WHAT  
YOU NEED TO SURVIVE THIS AUTUMN

# THE ULTIMATE

# AUTUMN ESSENTIALS



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This maroon tote bag from the J by Jasper Conran collection has a colour block design with tan mock croc trims. Great look at **£59.00**.  
[www.debenhams.com](http://www.debenhams.com)

Elevate your capsule wardrobe in an instant with this **luxurious black cashmere V neck tunic** from Hush.  
[www.hush-uk.com](http://www.hush-uk.com)  
**£170**





**RED LIPSTICK**



**KILLER BOOTS**



Blend is a new natural body care range from the UK that combines luxury fragranced blends with high quality skincare ingredients. The Blend Collective is a team of leading, well-known aromatherapy and perfume experts from the UK combing their expertise to produce an exceptional range of truly natural body care products.

The range consists of three distinctive luxury fragranced blends – Enlivening, Unwinding and Balancing – and each one contains four different body care products, all of which are a minimum of 99% to 100% natural ingredients.

Prices start from £8.95  
[www.blendcollective.co.uk](http://www.blendcollective.co.uk)



New for the EASTPAK Fall 13 range is the Authentic Into the Out collection, created for the urban explorer. Into

The Out comes in a range of different styles with the classic winter colour options, and follows the current trend for nautical-inspired products, with the navy and white striped version.

This rugged and affordable collection is perfect for discovering your city.

The collection can be purchased from Eastpak, Schuh, Urban Outfitters, Asos and other stores. Prices range from £45.





# AUTUMN / WINTER SHOPPING LIST THE WINTER COAT

BY LAURA BECKWITH @FASHIONFOR\_21

The best investment buy is always a winter coat. The Autumn/Winter 2013/2014 catwalks were all about oversized, **statement coats** that will see you through the whole season.

Think bold check prints, dusty rose hues and the **perfect camel coat**. Besides the cosy appeal of the oversized coat, my eyes were also drawn to the sleeveless versions seen on the Rochas, Victoria Beckham and Trussardi catwalks.

Tartan is an obvious choice for a colourful coat, **look to Tommy Hilfiger for monochromatic prints**, or DKNY and Vivienne Westwood for more punky counterparts.

The high street has so far dished up a variety of **statement coats** for next season, the trench coats can be found at Mango or Zara, with checked pieces coming from Topshop and ASOS.

Also, if you want to **recreate the sleeveless look** but haven't the guts to bear your arms this winter, check out the ASOS mac with contrast sleeves – it's enough to fool anyone!

I'm still waiting on the perfect tartan coat, and would absolutely love any high street store that can recreate the look of the **Tommy Hilfiger** collection!

**GO ONLINE FOR MORE IDEAS...**



**MAXMARA**



**TOMMY HILFINGER**



**CAROLINA HERRERA**



**ROCHAS**



#TRENDLIFE

#TRENDLIFENEWS

#TRENDLIFE FASHION

British interdisciplinary artist, Isamaya French unveils a unique collection of art titled 'The Art Underarm'. All of the pieces in the series are created using the canvas of women's underarms - the first time that the armpit has been used in this way.

Curated with Vaseline Deodorant to celebrate the female form,

Isamaya's collection seeks to draw attention to an area usually hidden away the armpit. Each of the six pieces in the collection sees the underarm decorated to become a work of art in its own right.

Each artwork created was inspired by nature, horticulture and the natural curve of the female body. Included within the collection, is 'Underarm Wave', a piece created to mirror the style of the famed Hokusai wave, which sees waves crashing along the contour of a woman's underarm.

The collection also includes a piece entitled 'Derma Beauty' which see a secret garden come to life within the underarm, using real flowers and butterflies to bring to life the concept of nature.

Georgia Spriggs, Vaseline Deodorant Brand Manager, commented on the collaboration with Ffrench: 'Working with an artist like Isamaya allowed us to create a series of works which not only use the underarm in a truly unique way but create something visually impactful which celebrates the female form and brings our range to life in a new and interesting way.'





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## HOLIDAY BAGS PACKED? WHAT ABOUT THAT SMILE?

Summer is still going and the sun is still shining! Not sure how long it will last though, so to be doubly sure we get our fair share of the old currant bun many of us are still jetting off to distant parts across the globe. Yes folks, it's that time of year again, and whether it's a romantic trip for two, a wild weekend with the girls or a "no holds barred" beer frenzy with the lads, you want everything to be perfect.

OK ladies, perhaps that it'sy-bitsy, teeny-weeny bit of nothing you bought for the beach is looking a little bit too teeny-weeny even for your buff bikini bod? Hell no... If you've got it flaunt it!

And Gentlemen; you've worked hard all year to build those "killer abs", OK maybe you just went to the gym last week, but what the hell, why should that hold you back? It's now time to strip down to the bare essentials... Boom!!!

Nothing is going to stop you having the perfect holiday right? but hang on, haven't we forgotten something people?

If you want to chat up a Matador or meet Senioritas by the score as a Brit you may well find you have your work cut out, and it's not just the language barrier.

They say you can always tell the British abroad, but I bet you never knew it was because of the state of our teeth did you?

The “Great British Smile” is legendary throughout the world, but unfortunately for all the wrong reasons, but I guess I’m not telling you something you don’t already know.

The British Academy of Cosmetic Dentistry ([www.bacd.com](http://www.bacd.com)) tells us that 93% of us are unhappy with our smile, and that almost a quarter of us never ever show our teeth when smiling. Will you be the one hiding at the back when the camera appears this summer?

Mean, moody and magnificent might look good on Clint Eastwood fellas, but for us mere mortals, few things impress the ladies more than a cheeky smile. And ladies, if you want to bring all the boys to the yard, you know nothing does it better than an all-over tan topped off with a dazzling set of pearly whites.

before you go. Equally, why not ask them how you can improve that tired old “British Smile” with some modern cosmetic dental techniques in time for your summer holidays? As a practicing dentist I know that this time of year my patients only want three things from me, and that’s “white teeth, white teeth and white teeth”, but I guess we can thank TOWIE for that.

Admittedly you may have left it a little late if you want the “full smile makeover” in time for your hols; it can all get a little bit last minute this time of year can’t it? But at least you can still make a start on that winning smile with Professional Tooth Bleaching.

It really works, and unlike that rippling six-pack or that stunning bikini-ready figure you promised yourself, it can be sorted in about an hour or so, and you’ll be enjoying the benefits long after the suntan has faded, but do remember that only a dentist can help your teeth to reach their dazzling white best.

**Dr Ken Harris is a well-respected Dental Practitioner with over 30 years’ experience in general practice. Ken is also Clinical Director for Dentist Direct who provide private dental care across the UK. At Dentist Direct you’ll find: Fewer drills, fewer injections, less numbness, more comfortable dental procedures and more convenient appointments!**

When you think about it; doors just seem to open when you can flash a winning white smile; imagine how useful that could be! So come on, with summer just around the corner, why not give your Pearlies some TLC. Obviously a few things can spoil a holiday, but toothache is right up there with the best of them, and it always seems worse when we’re abroad. Fixing fillings in Faliraki could be a problem, and mangled molars in Magaluf are the stuff of nightmares, so don’t put off that niggling dental problem, why take the risk?

Your own dentist is the best person to deal with your dental problems so it makes sense to get your friendly local dentist to sort it

So here’s to the best holiday ever, but before you pack your bags you should definitely treat your snogging gear to a full “M.O.T.” You never know when it might just come in handy. You owe it to yourself as well as all those Caballeros and Senoritas, not forgetting the cute guy sitting next to you on the plane or even that honey in the airport departure lounge.

If you happen to be young free and single (lucky you!!!), remember it’s never too early to make a good impression with a smile, and probably preferable to the holiday round of “Snog, Marry, Avoid”. Maybe, maybe not, it is a holiday after all. Oh, and don’t forget your toothbrush!!!



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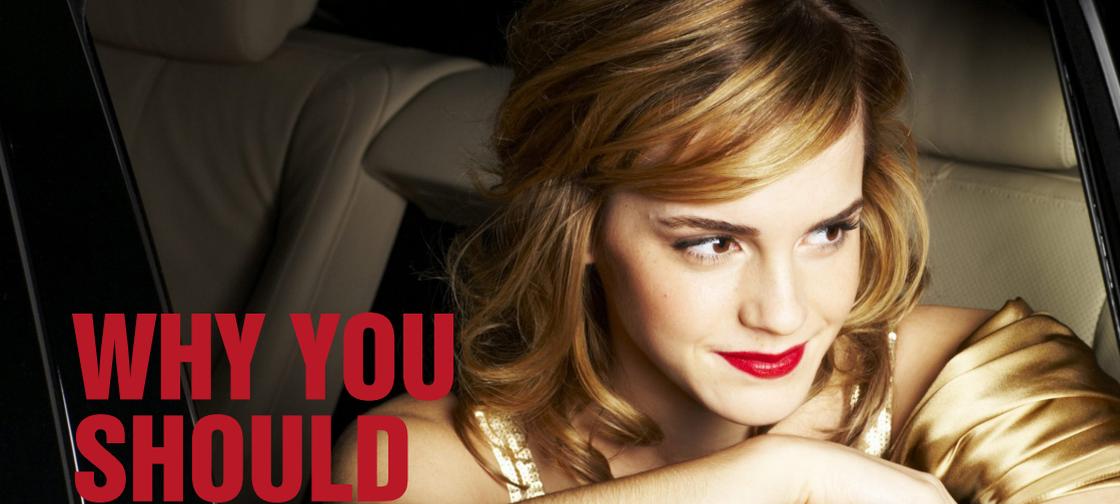
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# WHY YOU SHOULD

# OWN A RED LIPSTICK

When wanting to make a bold statement there's nothing better than using a red lipstick. Gwyneth Paltrow famously once said "beauty to me is about being comfortable in your own skin. That or a kick-ass red lipstick". Whether you're a frequent red lipstick wearer, or you're thinking of trying something new, here is why you should own a red lipstick.

1 - It can make you feel attractive and confident. There's something about red lipstick that makes you feel sexy and powerful. It can really make a statement to the world: it says that you feel attractive, and you don't mind being looked at.



2 - It can add a statement to your outfit on a night out. Next time you're off on a night out and in need of a new outfit but don't want to break the bank, wear one of your simple black dresses and throw on some red lipstick. It's an affordable way to update your outfit without having to spend on new clothes.



And in times of economic downturn the sales of lipsticks rise, so treating yourself to a new red lipstick (even if you have 5 more at home) is an affordable way of bringing some glamour and style into your life.



Helen É<sup>®</sup>  
COSMETICS

3 – Undeniably, it's a classic. Red lipstick never goes out of fashion. Since forever, red lips have been perceived as attractive. Even Cleopatra painted her lips red to attract Caesar, and unlike pinks, oranges and browns, red lipstick is always on trend.

4 – You can tone down the rest of your makeup. When wearing your favourite red lip, you can keep the rest of your makeup simple. A simple subtle eye and bold red lip is the perfect statement look without being over the top. You should only ever go for a bold dramatic eye look or a bold lip, doing both can be too much.

5 – It can even help to make your teeth whiter. So if you're not keen on the idea of teeth bleaching, choose a red lipstick with a blue undertone as it will help make your teeth look pearly white (and your lips stand out too!).

Everyone can wear red lipstick. Whether you save it for special nights out, or you wear it all the time, the hunt for the perfect red lipstick is half of the fun.

#### About Helen É

*Helen É Cosmetics is a privately owned UK limited company founded by Helen Elowe in 1999 and manufacture high quality colour cosmetics which are supplied to retailers, spas, salons and independents worldwide*





Helen E - Lip Crayon in Sunset





# TO INK OR NOT TO INK

BY GEMMA DORLING

Tattoos appear to be more prominent than ever. Once viewed as a mark of the rebellious crowds, tattoos have now become rather mainstream. From “sleeves” covering an entire arm to complicated designs across the chest from shoulder to shoulder, there does not appear to be anywhere that is off limits.

With all the hype surrounding Cheryl Cole’s latest inking are we really putting enough thought into what we do to our bodies in the name of ‘looking good’ right now?

One of the many arguments for not getting a tattoo is that it looks great now while you are young but when you age it will look awful. I can’t help but think back to Cheryl’s tattoo. While it is not to my taste I have to agree that it has been well executed and looks ‘good’ now while everything is still pert, but

when she reaches 70 and her skin starts to age and sag, those roses will definitely be wilting.

With so many celebrities showing off their body art, surely they must be aware of the fact that many young people aspire to be like them, not just their way of life, but how they look – including their tattoos. Many feel that those in the public eye who have a young fan base are unwittingly encouraging their followers to emulate their looks, risking visiting illegal tattooists in the hope of becoming like their idol.

How can a tattoo be classed as art when all you are doing is permanently scarring your body. Surely being repeatedly marked with a needle is on a par with self harming. It is almost as though covering yourself up with various designs is a way of showing that you

are not happy with how you currently look and is therefore a sign of low self esteem.

Personally I have nothing against tattoos. At the age of 13 I decided I wanted one and as soon as I turned 18 I thought I would be getting my own design inked. Now at the age of 27 I still have no tattoo.

Why? Well to be honest I cannot decide on a design and while I have several tattoo ideas I am worried that I will have the work done and regret my decision. The rose design covering the lower back and bottom of



Cheryl is actually covering two tattoos she had previously had done.

Does that mean if she starts to regret this one she is going to have an even larger image inked on her body to cover it?

You may have just created a permanent reminder of what could only be a temporary feeling.

Flipping that coin and thinking about the other side of the argument. To those people worrying about how a tattoo will look in 30 or 40 years time, won't your skin be aging anyway so what difference does the fact you have an image inked on it make? Plus with Cheryl's tattoo she has it on an area which

isn't exactly going to be out for all too see-one would hope!

How can someone be deemed a bad role model when all they are doing is expressing themselves? Yes teenagers are often impressionable but we have to remember that these young people are underage and tattooing them would be illegal. Surely when they are deemed responsible



adults it is up to them what they do with their bodies and how they choose to express themselves.

Just because you have a tattoo it does not make you a bad person, it does not change your personality or who you are, and the same person is still there underneath.

Your tattoo can be a truly unique expression of your personal story and what you stand for as many people having a symbol of something which is special to them. I have chosen symbols and a phrase which all hold important meanings, to others they may seem like nothing but I will always know differently.

Yes Cheryl Cole has got a new tattoo, yes she may well regret it, but who are we to pass judgment on someone else's body. Surely as it is her choice, it makes it only her business.



# MOVE IN... IT WILL BE GREAT

BY CHUN SHUE



I read somewhere once that as a Sagittarian I would be happiest in married life if my husband lived elsewhere or did a job that required minimal time spent in the family home. This did not surprise me. The idea of cohabiting has never been high on my relationship musts and I've always struggled with the conundrum of how to achieve my ultimate goal of marriage without actually having to co-exist with my husband on an everyday basis.

Am I sounding crazy? Those who have ever lived with someone will understand.

I remember my ex packing up his Xbox and having a one sided argument about who a scart lead belonged to. At that point I would have gone round ripping every scart plug from every single TV in the house and thrown them at him just as long as he would leave. As you have probably guessed our relationship had run its course, my tolerance had worn thin and his well of sense had run dry. There was nowhere left for him to go but out of the door and finally after what felt like forever he was gone.

It was so final, with hindsight it was so foreseeable but all the same it was fantastic. Like most relationships we started out happy, more than happy in fact, had we not been I would never invited him to share my home and ultimately my life!

You see it started innocently enough; I would notice his toothbrush had taken residence in my toothbrush holder and comment on it. We would curl up on the sofa and laugh that he had been at my place for 11 days in a row... maybe he should just move in. Then we stopped saying it as a joke and took the plunge, pretty soon we were the joke only neither one of us was laughing and here is a few reasons why.

When you decide to live with your other half you don't truly appreciate how much of your space they are going to take up until you realise that you haven't been able to turn around for months without either tripping over them or their crap. Their stuff which was adorable and quirky in their own place suddenly looks like

utter rubbish as you have to clear away your prized possessions to give them some space to call their own.

What is worse is your stuff is treated like utter rubbish and no matter how many times you explain that your shoes cannot live under the stairs where the spiders reside, they keep being flung there.

Things that you could freely do in the comfort of your own dwellings also become limited to the rare and mythical 'alone time'. I had a lovely routine with my bacon and fried egg sandwiches, which somehow became outlawed.

In the old days I would sit in my favourite corner on the sofa and eat my sandwich with great joy and anticipation. It was a messy affair so I would wear an old scruffy t-shirt because every so often a bite too

deep or too much pressure would cause the yolk to drip down from the bread and fall on my chest. My ex took offence to this and every time I made one would have something to say whether there was dripping or not; so in the end I would have to steal moments to guiltily indulge in something that was quite enjoyable for me.

I'm sure others can relate.

Living together means there is little room to ever miss your partner. For some this may not be a problem but for others the need for a little bit of spice and yearning kicks in once they realise navigating the mundane routines of living together has robbed the excitement from the relationship. Even the most stable and secure co-habiting couple will admit that seeing your partner everyday takes away the longing and

## ... I PROMISE YOU

anticipation to be in their presence. Luckily this doesn't happen immediately. It sets in after months or years of fornicating like rabbits; when you pretty much stop dressing up and he doesn't take his socks off any more during sex. The fact that you even bother putting on matching underwear acts as foreplay and 'not tonight' becomes the theme tune of your bedroom.

The premiership season dictates what you are allowed to say to him and when you allowed to say it; you realise it's impossible to live in harmony if his team are not winning. You long for some of the mythical 'alone time' thinking your single friends are crazy for wanting to live with one of these creatures and you almost feel jealous of their freedom but what is it that makes you stay?

You see as easy as it is to point out every single irritating, frustrating and soul destroying aspect of living with your partner; when it is with the right person all

the silly arguments over who was meant to buy the milk become anecdotes to tell at the wonderful dinner parties you throw as a couple.

When you are with the right person and love living with them you know that going home to them is the best feeling in the world. A bit of sock on action is rarely mundane and the fact that you never get to miss them is a bonus not something to be worried about. Like a badge of honour, the keys that you both own (maybe on matching key rings, who knows) prove that you have navigated through the battlefield that is cohabiting.

So while cohabiting isn't for everyone and I could probably list a million reasons why it went wrong for me in the past I still hope that I find someone who I love enough to overlook the annoying traits that they will bring to the table and hope they can do the same for me. Until then, you can find me in my corner happily eating my bacon and fried egg sandwich!



# 5 MINUTES WITH A SUPERBLOGGER TAMARA KALINIC BY SCARLETT DIXON

With their presence at London Fashion Week almost as highly anticipated as the celebrities and designers themselves, there is no denying that super-bloggers are taking over the fashion world.

Working with designers on campaigns, collections and photo shoots, bloggers are just as important as the press these days, especially when it comes to fashion. With many building their blog into a fully fledged business, these girls (and guys) certainly know a thing or two when it comes to success, hard work and well, fashion.

Moving to the UK 6 years ago, Tamara Kalinic has made a name for herself as one of the biggest fashion bloggers around with her fashion centric website [theglamandglitter.com](http://theglamandglitter.com).

With a flawless collection of outfits, which are published on her blog on a day to day basis, she has been featured in Elle, Marie Claire and Vogue alike.

She admirably mixes high street, with designer pieces and is a regular on the London fashion scene. I was lucky enough to have five minutes with her:



**Do you have an interesting fact about yourself that your blog readers would be surprised to hear?**

I am very open about my life on my blog, sharing little anecdotes about my daily antics in each post, but a lot of readers get very surprised when they find out that I am actually a pharmacist by profession, or by degree in fact!

**I absolutely love your style, it is glamorous and chic but still appears relaxed! Do you have any style inspirations or icons that you base your style on at all?**

I get inspiration from anything and everything really. I can see a biscuit wrapper and get inspired by the colour combination, but over the years I have developed my own style which is mix of classic and trendy. However

I do love the style of and am inspired by fashionistas such as Olivia Palermo, Miranda Kerr, Caroline Isa.

**Do your family and friends know about your blog? What have their reactions been?**

They know all about it now, in fact my sister is my photographer and my boyfriend also helps me with my photographs, however initially I didn't tell anyone about my blog for the first year, as I was scared people might think it was a stupid waste of time.

**What initially inspired you to start blogging?**

My blog is the product of my huge love of fashion. In the beginning, the only real reader was myself, it wasn't really until a year or so when people started noticing it. However, the main reason I blog is because I love to and it will always stay that way.

**Do you have any tips for aspiring fashion bloggers, especially with regards to photography?**

My top tip is to know your lighting. Even if you own the best camera ever, the lighting has to be right for those photos. Practice, practice and practice.

**Which are your top 5 'go to' fashion brands?**

I love mixing high street and designer, so my favourite brands would be Zara, River Island, Balenciaga, Chanel and Celine.



**Do you have a favourite opportunity that has been presented to you as a result of your blog?**

Attending New York Fashion Week was positively the best experience of my life. Everything about it - the energy, the vibe, the mood and of course, the fashion is what kept me moving for 7 days with barely any sleep. Even when I think about it I get excited!

**As a blogger myself, I know that sometimes blogging feels like (and is) a 24/7 job, although never a chore. Do you agree with this?**

Blogging is a never ending job, there are emails, comments, replying to your readers, to brands, social media accounts, Facebook, Twitter, Instagram and no matter how many hours you spend working on everything, you never really seem to be on top of it all. However, as with many other bloggers, I enjoy it - so like you said, it never feels like a chore. But it is certainly never ending.

**Where do you see yourself and your blog in five years time?**

I am hoping to move forward and progress but where to, I have no idea. So far my journey in the world of blogging has been full of surprises and unexpected outcomes, I hope it keeps pleasantly surprising me, via the fashion industry.

Visit Tamara's blog  
[theglamandglitter.com](http://theglamandglitter.com)





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Big flicks for  
hotrod chicks

Femme Fatale



Inspire Desire



Delicious Dilemma!





# PITCHER HITCHIN

## RESTAURANT AND BAR REVIEW

Now within its third week of running, the new Pitcher & Piano in Hitchin is attracting more customer from the surrounding area as news of its opening spreads. Having visited the venue for a meal on Saturday, I have plenty of thoughts that I thought I would share.

For those that don't know, the new Pitcher & Piano is located in the decedent Corn Exchange located in Hitchin's market square. The site was previously home to Que Pasa that had gone down hill having picked up a bad reputation towards the end of its tenure.

As they say, out with the old and in with the new. The good thing is Pitcher & Piano have totally updated the interior and exterior of the building taking what

is an essentially perfect building and adding some subtle touches such as the amazing selection of lanterns above the dining area, the vintage stalls at the entrance and of course, the piano.

The bar area has remained the same and is well staffed so there should be no long waits for drinks if you are not eating.

Open from 10.30am, Pitcher & Piano is big on breakfasts and serves a whole host of dishes, including The Big or Veggie Breakfast, smoked salmon with scrambled eggs and muesli with Greek yoghurt and berry compote, all served alongside a fantastic selection of freshly made juices, smoothies and non-alcoholic cocktails.



A “Food We Love At The Moment” section features fashionable favourites such as American style hot dogs; spicy fried buttermilk chicken with creamy coleslaw and skinny fries; chorizo hash with a runny poached egg and the Wow Burger – stacked with a beef burger, chicken breast, two rashers of bacon, cheese and beef chilli and served with chips - definitely not for the fainthearted!

Come lunch and dinner choose from an enticing mix of grazers and flatbreads including chicken and chorizo skewers, salt and pepper calamari and pulled pork flatbread.

Heartier mains include steaks, gourmet burgers and sandwiches such as steak and horseradish mayo baguette and jerk spiced chicken breast served with sweet potato chips and pineapple salsa, as well as lighter salads.



Finish with the hard-to-resist homemade doughnuts sprinkled with cinnamon and served with chocolate and strawberry dips, an indulgent chocolate brownie with peanut butter ice cream or a devilish sticky toffee pudding.

With killer cocktails and on-trend dishes served in suitably stylish surroundings, Pitcher & Piano is set to make its mark in Hitchin. Open now.

# MIDWEEK TREAT?

The award-winning Auberge du Lac restaurant, located at the Brocket Hall estate in Hertfordshire, is launching a three-course Midweek Treat dinner menu reflecting autumn's rich harvest.

Available on Tuesdays to Thursdays from September until the end of November 2013, guests can spend autumnal evenings enjoying fresh, seasonal dishes in the five star restaurant's intimate lakeside setting.

The three-course menu, priced at £39.50 per person, has been designed by executive head chef Phil Thompson to include the finest local English produce, prepared with a French twist.

Guests will also have the option to indulge with an additional course of Ravioli of Native Lobster and glass of Moët et Chandon Champagne on arrival, for £55 per person.

Auberge du Lac hosts five classically decorated private dining rooms, which can seat from two to 30 guests, and is the perfect setting to celebrate a special occasion.

Brocket Hall is set in 543 acres of stunning parkland, complete with two championship golf courses and luxury accommodation in the estate's Melbourne Lodge.

For more information on this offer or to book, head to [brocket-hall.co.uk](http://brocket-hall.co.uk)

*"Fresh, seasonal dishes in the five star restaurant's intimate lakeside setting"*





*"An excellent opportunity  
for diners to experience our high  
standard cuisine and service"*

# BUILDING YOUR



## **A4e course helping young unemployed people in Milton Keynes gain jobs through valuable work experience**

A4e is helping young people in Milton Keynes bolster their CVs and connect with employers through valuable work experience on a newly-designed course which is already having great results.

Almost 80 customers aged 18-24 have attended Shaping My Future courses in Hampshire and Thames Valley since its launch earlier this year and many have earned themselves permanent paid jobs as a direct result.

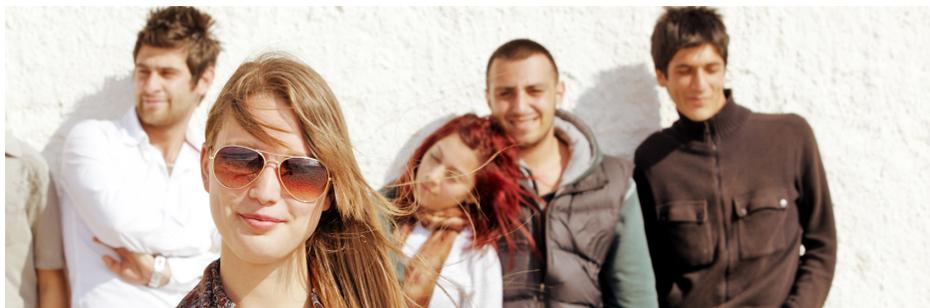
Another 43 modules are planned for the area this year, offering places for up to 430 unemployed young customers across the region.

JobCentre Plus advisors work closely with Work Programme trainers from public service provider A4e to select appropriate candidates who are then invited to attend the courses, which are run by the Jobcentre Plus Support Contract (JCPS).

Employers who have taken on graduates of the four-week course range from national companies such as Costa Coffee and Whitbread Inns to small businesses and local shops.

The course offers in-house training on communication skills, CV writing and confidence building, combined with two-week work trials to help customers gain quality experience with the real chance of a job at the end.

# FUTURE TODAY



They are encouraged to look at their skills, qualification, interests and what they can offer a potential employer and to focus their job searches accordingly, approaching employers themselves to ask for work trials where possible. Kasha Miller, 20, from Bletchley, Milton Keynes, Bucks, won an office support job at a solar panel energy company after completing her course.

She said: "I was unemployed for seven months after my apprenticeship came to an end. I was applying for every job going, up to 10 a week, but I wasn't getting anywhere. I got a couple of temping jobs, one for two days and one for four, and that was it.

"I had applied for the solar panel company job before I started but what sealed it was the work experience I got there. It gave me a chance to show what I could do and I got the job at the end. "It feels great to be working and I love the job. I enjoy getting up and going in and I feel so much happier and more relaxed in my free time because I don't have the stress of being unemployed and having no money."

Trainer Paul Birkett, of Milton Keynes A4e, said: "Part of the success of the

course has been getting providers and partners involved during the training. For example, Costa managers have come into the training, engaged with our customers and given them advice on what Costa are looking for in an employee and how to apply for jobs with them."

Around two thirds of the jobseekers who attended said it had improved their confidence, communication skills and improved their chances of getting a job. The Jobcentre Plus Support Contract, now in its fifth year of operation, provides support and training for unemployed customers who need more help to undertake active and effective job-seeking.

Working closely with JCP District offices, A4e Contract Managers are able to help develop training course appropriate to the needs of the local labour market and Jobcentre Plus customers.

Melanie Rignall Contract Manager in the South East said: "Working closely with JCP helps us to understand the needs of their customers, which in turn helps us to create courses that meet those needs. Shaping My Future is an excellent example of this partnership approach"



# IF CARLSBERG DID SEASONS...

Frankly, this is the season that every supporter in the land has dreamed for. Expect Manchester United fans who despite their general calm and happiness about the appointment of Moyes, are silently praying to Jesus, Allah and Buddha himself that Moyes does not cock it all up.

With the departure of S.A.F from Old Trafford, there is no greater time for the other teams that make up the 'Top Four' to make a move to become the Premiership's new superpower.

Chelsea have their special one back, Tottenham are spending money like it is going out of fashion, Liverpool are spending wisely and Arsenal are doing what they do best, making and saving it. Let's not forget that other team from Manchester described as the noisy neighbours.



With most clubs having notched up two matches already and the transfer window about to slam shut, there is a lot of shrewd business to be done. The only problem is no one is doing big business.

Manchester City highlighted the budgets they are working with by getting in Jesus, Fernandinho, Negredo and more. Chelsea have nicked Willian ahead of Tottenham who themselves have bought in Soldado and Paulinho but questions are being asked about Moyes' ability to bring in big names after unsuccessfully trying to raid his old club for Baines and Fellani.

A bigger failure in the transfer market has been Arsene Wenger but then again, is this anything new? £40million and a pound was rightfully deemed an insult by Rodgers and Liverpool. But Arsene is known for finding a bargain which he will do. It's the Arsene way.

This year's transfer spending has been somewhat overshadowed by three truly 'Blockbuster moves' that at this moment have not gone through. Bale is almost a Galáctico and it will great to see him and Ronaldo fighting over free kicks. Is he as good as the original galácticos of Zidane and Figo? only time will tell.

The next blockbuster move that will probably not happen but is still being talked about is Wayne Rooney heading down the M6 to Stamford Bridge. Having already told Sir Alex Ferguson that he is interested in a move, it is no surprise that Rooney does not want to link up with Moyes.

Rooney's autobiography accused Moyes of forcing him out of Goodison and also leaking the story to the press. The two

went to court over the allegations but it ending up being settled out of court with an apology and damages. Not a great way to start a relationship.

Moving on to another strained relationship, Liverpool and Uruguayan Suarez are at odds over a potential move away from Anfield. Let's be real from the start, Suarez will not be going to Arsenal.

Suarez is no doubt interested in playing in the Champions League, which player is not but a move to London will not get him away from the British press which he claims has it in for him. He seems to have forgotten the club stood by him after his racism storm with Evra and the biting of Ivanovic. Liverpool need Suarez and even though he doesn't know it, Suarez needs Liverpool.

## THREE BIG TRANSFERS... AND ARSENAL STILL WON'T SPEND



**SUAREZ**



**BALE**

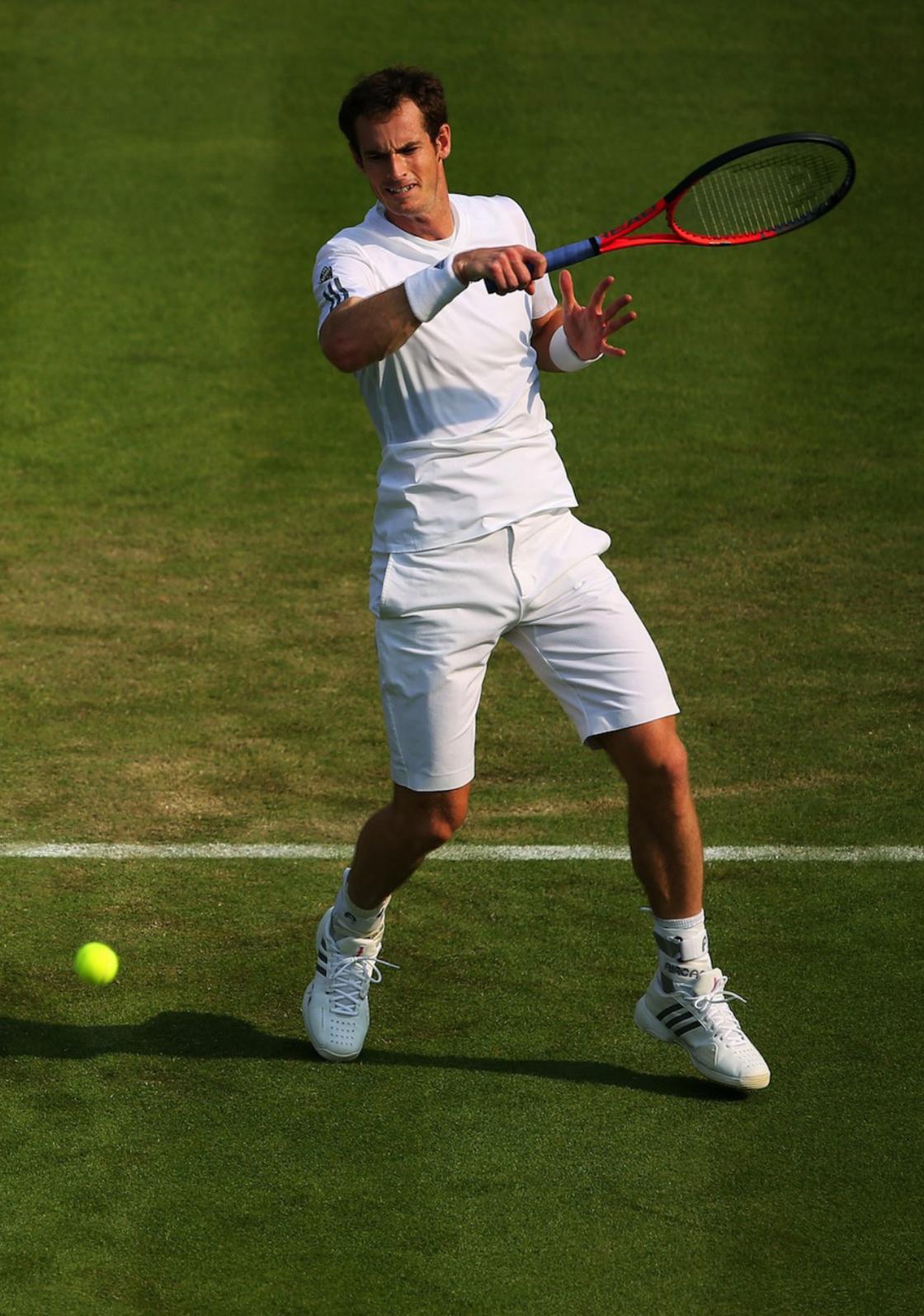
**"£86MILLION FOR ONE PLAYER COULD ONLY BE CONSIDERED STUPID WHEN YOU LOOK AT SPAIN'S YOUTH UNEMPLOYMENT FIGURE OF 55%"**



**ROONEY**



**GAME  
SET  
MATCH**



# Tennis letting off steam



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Tell us what tennis means to you #TennisIs





**“TENNIS IS NOT JUST A SPORT FOR THE LUCKY FEW WHO GET TO PLAY IT PROFESSIONALLY ON A WEEK TO WEEK BASIS...”**

There are places for you to pick up a racket and have fun with a range of tennis activities at clubs across Milton Keynes, regardless of age, ability or previous experience.

Last week in MK we had a super cute three year old playing mini tennis at one of our clubs at the same time as a few golden oldies playing short tennis at Woughton Leisure Centre, while a group of competitive guys playing at one of our new sessions after work.

Tennis is for everyone! If like me you played a bit of tennis when you were younger (I was pretty rubbish and lost more balls than I can remember) and now and again, maybe during Wimbledon, you think you're the next Roger Federer then it's time to get back on court in MK!

Appreciating that not everyone wants to join a club, although we have some great clubs in the area, and people want something casual where they can just rock up and play and it's not mega expensive, we've developed a load of new sessions for you in MK.

Have you heard of Cardio Tennis? Cardio Tennis is a high intensity workout where it's all about burning calories and having fun on court. It's perfect for people that enjoy the gym or love keeping fit and the best thing about it is that you don't need to be an expert (although some of us think we are) because it doesn't matter where the ball goes. Imagine a circuit class with a tennis element and you have Cardio Tennis. Cardio Tennis burns over 600 calories in a session and is great for a whole body workout.

I tried the session at David Lloyd in MK a few weeks ago and I absolutely loved it! It's one of those sessions that pushes you hard but you don't realise it because there is so much going on and it's great fun.

The new Cardio Tennis sessions at Woughton Leisure Centre are really popular with their staff and customers. One of the reception staff tried it out and told me 'I was buzzing all afternoon after the session. I really enjoyed it and told so many people to come along and try it out'.

This is the standard response from one of the classes so if you haven't tried it then give it a go.

**Another one of my favourites that we've just started is Short Tennis.**

Everyone had a go at this at some point when they were younger and because it's on a smaller court with a sponge ball, it's so easy to pick up and the games get very fast and furious, very quickly!

I popped along to the Short Tennis session at Woughton Leisure Centre on Sunday morning and dragged one of my friends with me. To give you a bit of background information, my friend is a very good tennis player and used to play at National level. While sitting at Queens, she casually mentioned about the time when she had last played there.

I'm sure she thought Short Tennis would be a bit too soft and fluffy for her and not competitive enough, but she loved it and left the session thinking who she could bring along with her next week. **The sessions are so cheap at just £3 per person for the hour** and each

session is led by a tennis coordinator to help rotate games and ensure every gets a good game.

For those of us who actually recognise that we're not the next Federer we're running 6-week courses to fast track your learning and get you playing a full game quickly. **The courses take you through the basics of the game**, such as serving, forehand, backhand, and volleys, and are really good fun.

Most people who attend these courses get the bug and end up hiring courts with their fellow apprentices so they can practise their newly learned skills. **The coaches that we have in MK are fantastic** and are delivering really high quality coaching sessions.

If you'd like to know more about tennis in MK please visit the website for more information [www.tennisinmiltonkeynes.com](http://www.tennisinmiltonkeynes.com) or follow us on twitter @TennisInMK.

For tennis in Bedford please visit **[www.tennisinbedford.com](http://www.tennisinbedford.com)**





# GETTING STARTED

REGARDLESS OF YOUR AGE OR LEVEL OF FITNESS, YOU CAN PICK UP YOUR RACKET AND GO.

Our editorial team were able to catch up with two hard working and energetic tennis coaches Sebastian Callcut and Josh Golding to talk about the benefits of picking of up a racket.

## How did you get started?

[SC] Just family. My uncle was a chairman at a tennis club in Hemel Hempstead and my parents played too. [JG] It was the same for me. All my family played so I just picked it up.

## How would you describe yourself in three words?

[JG] Determined, competitive and easy going. [SC] Extroverted, social and competitive. I would say all coaches and tennis players are extroverts.

## Aside from the health benefits, what other positives can be gained?

If you start young enough, you end up forming teams when you arrange hits, play doubles, tournaments etc and that allows you to build your character and learn team

skills. Unlike in other sports, there are not ten other people on the pitch to help you so you learn to deal with problems for yourself.

## What advice would you give to someone looking to start playing tennis?

[SC] I would probably recommend the tennis express where you start on a smaller court and meet people with the same experience. If you have never played before, going on a full size court can be intimidating.

If you are going to join a club or league, it would best if you take a couple of mates along with you to make it a social activity you can all get involved with.

[JG] With that said, you can have people who are a similar standard to you. If you get someone who is not as good as you and you keep winning, there is no fun in that. Also if you keep losing all the time, that's not that much fun either.





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### **What experiences have you taken from playing tennis?**

[JG] Independence. Going away for matches and organising everything you need from equipment to hits gives you independence and self confidence. You can talk to many tennis coaches and we are all up ourselves so confidence too.

### **What motivates you to turn up and coach?**

[SC] Just the fact I have loved tennis all my life. I had a coach called Gary Wakefield in Milton Keynes who coached me for £1/£2 per hour and it wasn't even his full time job. So I kept going back and I just want to give that back and hopefully if they get better and go away feeling better about themselves, that's great.

[JG] I think I was a good player and I want to give those I train the chance to be even better than me. From the moment they come in the door to an hour later, I want them to be feel better about themselves.

### **Who's the best to watch?**

[SC] It would have to be Roger Federer. At this stage in his career, he is just beautiful to watch but you got to love Rafa (Rafael Nadal) as he is the ultimate professional but he is just makes the game look like he is not even playing it. I would watch him all day.

[JG] In the past, I would say Pete Sampras because he change the way the game is played and his serve was ridiculous. In today's game, I have to agree with Seb.

Serena Williams is also amazing as she can win whenever she wants. There is no one who can get near her. If she wants to win, she will win.

**Josh Golding** works for TennisWorks at Stony Stratford Tennis club coaching all ages from toddlers to adults.

**Sebastian Callcut** is a level 2 coach working in Milton Keynes with Stuart Lovell Tennis.

**Further info can be found online [www.tennisinmiltonkeynes.com](http://www.tennisinmiltonkeynes.com)**



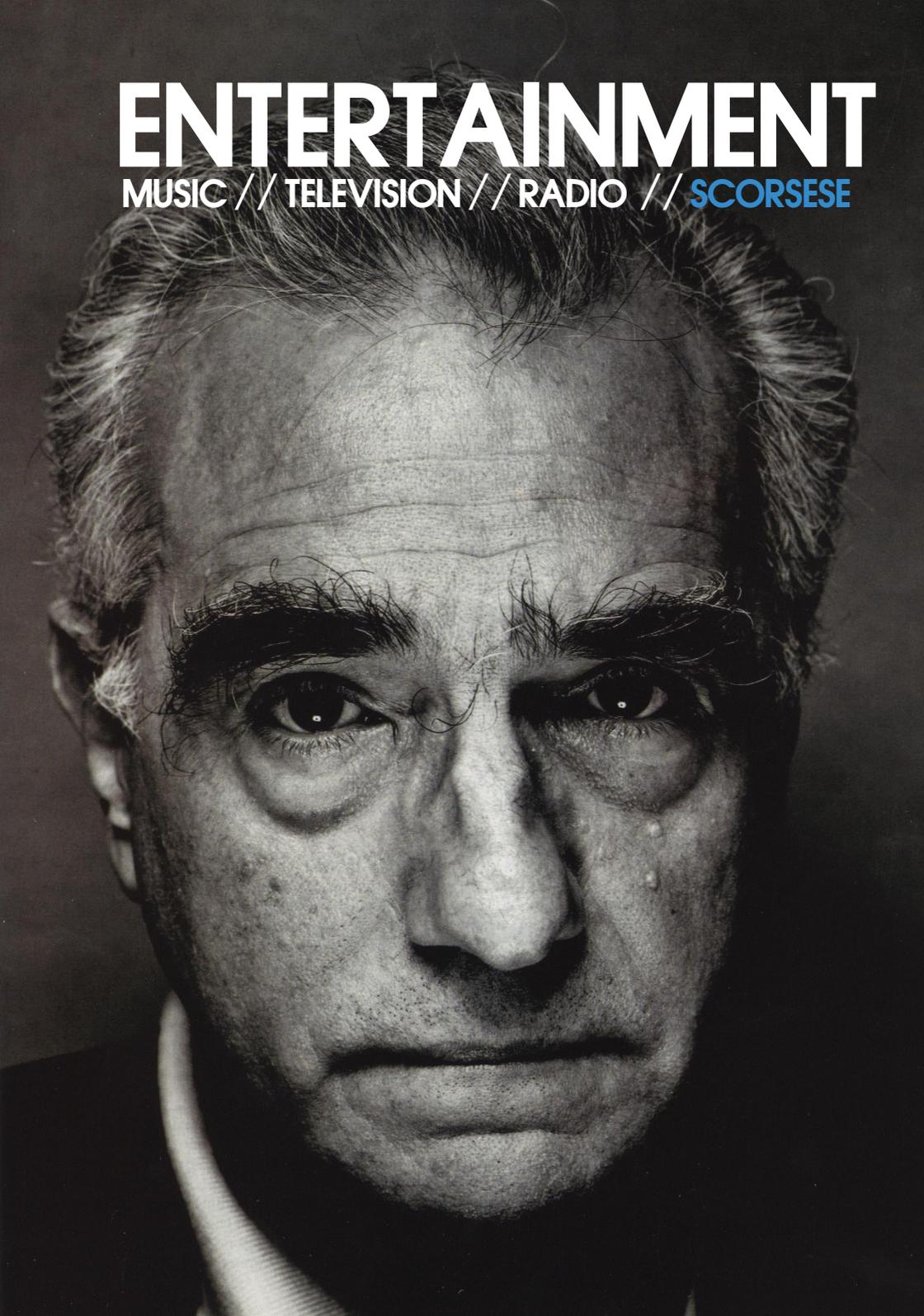


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# ENTERTAINMENT

MUSIC // TELEVISION // RADIO // SCORSESE



## "I JUST WANTED TO BE AN ORDINARY PARISH PRIEST"



If you still have not seen the trailer for Martin Scorsese's new film, *The Wolf of Wall Street*, you need to get online now. It might be one of the year's best trailers by the time 2013 is all said and done.

This edit struts along to the tune of 'Black Skinhead' from Kanye West and flashes all the symbols of excess you'd expect from a movie about a stock trader who made nearly a million dollars a week when he was only 26.

There are cars, boats, women, drugs, parties, guns, cash... and Matthew McConaughey just stealing the end of the trailer right out from under Leonardo DiCaprio.

It's a bit like watching Baz Luhrmann's *The Great Gatsby* by way of Oliver Stone's *Wall Street*. That said, DiCaprio is definitely the star here playing Jordan Belfort, whose meteoric rise and dizzying fall inspired the film. It's weird to be at a point where it's a minor stretch to see Leonardo DiCaprio play

a 26-year old (he's 38) but if the movie has this sort of energy it'll probably work out just fine. This is his fifth film with Scorsese, and we'll be watching closely to see how their partnership has evolved. Below are our top ten Scorsese movies of all time.

1. Goodfellas
2. Casino
3. Raging Bull
4. Gangs of New York
5. Mean Streets
6. The Departed
7. Taxi Driver
8. Cape Fear
9. For The Colour of Money
10. The King of Comedy





# IT'S NOT LOST... UNDER THE DOME

Season 1 | Channel 5

Before it even aired a single episode, *Under the Dome* already had quite the head start, as the new CBS drama has the benefit of highly recognizable names built right into its DNA. For starters, the “event” series is based on the Stephen King novel of the same name (King also serves as a producer) and is being executive produced by Steven Spielberg.

That right there is enough pedigree to make any other series a little jealous in terms of marketability. But *Under the Dome* is also being shepherded by award-winning comic book and former *Lost* writer Brian K. Vaughan – which should please fans of genre storytelling and help to explain the *Lost*-y vibe that the show gives off during its gripping and well-crafted premiere.

For those unfamiliar with the novel on which it is based, the series depicts the

residents of Chester’s Mill – a small, tranquil town in the Northeastern corner of the United States – who have the misfortune of being cut off from the rest of the world after an enormous, invisible and seemingly impenetrable barrier covers their little burg.

Cars, barns, cows and people unlucky enough to have been straddling the perimeter wind up with chunks (or worse) on either side of the barrier. Birds fall from the sky with broken necks, while cars and planes violently crash into the invisible wall; even sound is unable to pass through the mysterious obstruction.

*‘Season 1 is currently airing on Channel 5 and available to watch on demand.’*

Toddla T & Roses Gabor  
PANDORA'S BOX



# #TRENDLIFEMUSIC

## A quick overview of what is getting heavy rotation in our office

Following on from the Rudimental and Bipolar Sunshine collaboration, Bacardi have set another duo the challenge of writing, recording and releasing an original track together.

DJ and producer Toddla T has joined forces with the rising Roses Gabor to take part in Bacardi Beginnings.

Bacardi Beginnings is a creative project that gives emerging talent the chance to work with established artists.

The track titled 'Pandora's Box' (Bacardi Beginnings) will be released through social media, but with a twist.

The first beat of the track will be released and for each Tweet and Like the track receives, more will be revealed.

The project then opens up for budding producers to rework the track in a bid to win a production masterclass with Toddla T, remix software and for the track to be played at the next Bacardi Beginnings event.

JUST BLAZE & BAAUER FT JAY Z  
HIGHER



JANELLE MONÆ FT ERYKAH BADU  
Q.U.E.E.N





TOGGYAZZAEV



# CHANGE YOUR LIFE

Iggy Azalea's distinctive tracks have become a regular addition to every club across the world over the past few months and 'Change Your Life' is about to join the list.

Earlier this year Iggy Azalea stormed into the limelight with the huge success of warm-up single 'Work' which gave a gentle nod to Iggy's previous cult-classic mixtapes and rapidly accumulated millions of hits around the world.

More recently Iggy made her mark with top 15 single 'Bounce', fuelled with a thumping beat, pristine hooks and laced with Iggy's signature crisp flow it rapidly infiltrated the hottest dancefloors across the globe.

Iggy's newest offering 'Change Your Life' is her biggest song yet.

Produced by The Messengers (Christina Aguilera, Chris Brown, Pitbull), it showcases the full range of her talent – blistering verses and a gigantic hook set to dominate the airwaves over the coming months. On top of that, none other than man of the moment T.I. has come on board and delivered a second verse in his own irresistible style.

Following her support dates with legendary rap star Nas, Iggy has played to packed out tents and stages at various festivals such as Glastonbury, The Great Escape and Wireless Festival.

Iggy has also recently announced the incredible news that she will be accompanying Beyonce on the Australian leg of her worldwide Mrs Carter Show, bringing her unrelenting energy, attitude and confidence back to her home country.

# CHANGE YOUR LIFE



# SWIFTY LITTLE ONE



By Adam Tudor-Lane | @car\_witter

Ok it may not be a hot hatch in terms of BHP; the Swift Sport comes with 136hp so it's more of a warm hatch. At £13,500, it's a bargain for the money. One thing I love about the Swift Sport is the fact that there is only one trim level, no long list of never ending options, just one spec and that's it. Much like the Model T – you can have it in any colour as long as it's black!

The Swift is a difficult car to look at, from some angles it looks squat and low, while from others it just looks tall and rather upright in its stance. All round I think it looks very smart and modern. From the front, you instantly notice the black headlights, along with anthracite trim that sets the Sport apart from other models.

This second-generation Swift is much curvier than its predecessor, the way the rear lights mould into the boot line looks fantastic, it mimics the curves in the headlights and bonnet. At the rear, there is a deep roof spoiler and diffuser; with twin exhaust pipes, this adds to the cars sporty nature. 17" multi spoke alloys finish the car off nicely.

Even at 50mph, in third gear, you can put your foot to the floor and be pushed back in your seat. Once you get used to this high rev power you can really have some fun! The only way I can describe the engine is a Honda VTec, its very similar in the way the power delivery seems to come from nowhere in the higher revs.

Torque wise, the Swift has 160Nm, which is pretty standard for 1.6 petrol, it's mind-boggling where the performance comes from without a turbo! The chassis is truly great as well; it takes all manner of corners pretty much perfectly flat every time. There's no fighting for grip, or squirming, it just goes through and carry's on.



This is where the "Hot hatch perfection" comes in to play. With only 136hp a 0-60 time is a reasonable 8.7 seconds, however with the car only weighing 1,045kg it feels far faster!

The VT engine in this car is simply incredible, up until around 4000 revs the Swift seems a little slow and mundane.... but once you let the revs past that magic 4000rpm you are greeted with a racy exhaust note and lots of acceleration!

Even accelerating through a slow corner in a low gear, you get no tyre scabble; it simply grips and pulls away. The tyres are quite skinny being 195/45/R17's but this doesn't seem to have had an adverse effect.

It's such massive fun to drive! I had a smile on my face every time I took the car out over the week I had it. The Swift will egg you on with its eager engine, pushing you to try the next corner that little bit faster, and with it welcomes you with yet more grip, and more power!

Once you have the car revving into the 6000 mark the noise is one of just raw power, I found myself muting the stereo a lot of the time, just to hear the engine and exhaust. On the motorway the car is a little bit loud, if you are trying to have a conversation with someone you find yourself raising your voice slightly, but the noise isn't too intrusive.

If you need to overtake in the Swift, you will have to shift down two gears to find the correct power needed, but once there it pulls well and kept up with the pace of things.

The brakes are sharp and responsive, but when under harder braking, it felt like the car took a little longer than I expected it to come to a stop. Especially as it is such a light car! Ride is firm but not at all crashy; it's more than comfortable enough for every day driving.

Inside the Suzuki you immediately notice how hugging the seats are, they are deep and hold you perfectly. Making you instantly feel connected and part of the car. Standard sport trim means you get some excellent kit, including Bluetooth hands free, iPod connection, climate control, keyless entry, push-button start, folding mirrors, and cruise control.

# SWIFT

## Sport

For £13,500, that level of kit is just amazing! Externally, even HID's (with washer jets) and Fog lamps are standard on the Sport. Some of the plastics inside are a little hard, but they don't look cheap and are well textured to give a modern feel to the dash.

All of the switchgear and stereo was solid, which added to the well-built quality feel of the car. There were no cabin shakes, creaks, or rattles when going along rough roads either. Another thing to mention is how good the standard stereo is, clear and crisp when turned up loud, with a

decent amount of bass. The boot is rather small with a deep lip to it, but you aren't buying this car for its big load capacity! Rear seats are very comfy, and springy, with enough headroom for an adult. Legroom is ok too as long as you don't have a six footer up front.

There are two quirks I found with the car.... when locking, the door mirrors do not fold automatically, but there is a button to fold them inside the car, by the window switches. It didn't quite make sense to me, as they are normally automatic on locking with most cars?



The other thing was the driver's seat did not have a latch to pull the seat forward for passengers to get into the back. Only the passenger seat had this lever.

You can still push the driver's seat forward, (by pulling the lever used to adjust the back rest) but it just seemed strange one side having it, and one not!



## Conclusion

If you want a nippy, engaging, drivers car, that you can still pootle around in every day, AND return good MPG, then this is definitely the car for you.

It's easily fast enough to have lots of fun in, the engine and exhaust note will make you smile whenever you hit the high revs. Inside is comfortable, and has oodles of kit, most, not found on cars at this price.

If you are thinking of buying one of the other hot hatches out there, I urge you to take a Swift Sport on a test drive before you commit yourself to any of them!

The Suzuki Swift Sport should be THE benchmark, in handling and setup; that all manufacturers of hot hatches should strive for!

By Adam Tudor-Lane | @car\_witter



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# VOLKSWAGEN GROUP UK LOOKING FOR RECRUITS WITH DRIVING AMBITION



Volkswagen Group UK is looking to fill some 20 new Field Force job vacancies. With opportunities available across the country, Volkswagen Group UK is searching for experienced managers and sales people who are looking for a dynamic career journey.

Employing over 800 people nationwide, Volkswagen Group UK is looking to attract confident, enthusiastic and experienced talent to its growing business. Successful recruits will have the opportunity to work across some of the UK's best known and top-selling car brands; Volkswagen, Audi, SEAT, ŠKODA and Volkswagen Commercial Vehicles.

This creates opportunities to work across different brands, as well as potential opportunities in the wider Volkswagen Group with its aspirational brands such as Bentley, Porsche, Ducati and Bugatti, as well as in Volkswagen Financial Services. This range of brands is unequalled in the motor industry.

With one in every five vehicles sold in the UK being a Volkswagen Group UK vehicle, the organisation is calling for people who want to be part of a successful sales team.

The company is offering a range of Field Force career opportunities spanning the UK, including area sales managers; area service and parts managers; area fleet managers; and regional and national sales, parts and service and fleet sales managers.

The company is keen to search outside of the traditional automotive industry, looking at talent within retail, and FMGC – anywhere where there is strong brand experience and customer-orientated attitudes.

Fiona Roberts, HR Director of Volkswagen Group UK, comments; "Volkswagen Group is the second largest automobile company in the world, making our global strength and reach incredible.

We have strong, recognisable brands and are looking for the brightest talent that can help to grow and develop our portfolio and, in turn, develop and grow with us.

"We are constantly seeking to improve customer satisfaction and deliver the best possible service, and for this we need excellent people who are dedicated to delivering their best. As a result, we ensure that our people are not only rewarded and recognised, but we also give them the best possible career journey that takes them places – literally."

Volkswagen Group employees have the opportunity to work across its diverse portfolio of automotive brands, giving them experience across a wide variety of companies, departments and locations in the UK and globally.

Volkswagen Group UK, ranked in the top 25 companies as a Great Place to Work, prides itself as having a competitive and attractive employee package, which starts with a new car every six months and includes a range of flexible benefits covering finance, health and lifestyle areas and even the opportunity to buy extra holiday.

Candidates can find out more about job opportunities at Volkswagen Group UK by visiting [www.vwgontheroad.co.uk](http://www.vwgontheroad.co.uk)

# NEXT MONTH IN TRENDLIFE ...

## GREG RUTHERFORD'S JUMP INTO FASHION

Olympic gold medallist Greg Rutherford follows up on his success on the field

by launching his own clothing range.

## CHRISTMAS ALREADY?

We get creative and look at the best presents you can get with £5, £20, £100 and £1,000. And then we give three away.

## CONSOLE WARS

With the new xBox and PS4 hitting the stores any day now, we take a look at the best the gaming industry has given us.

## PLUS OUR USUAL EXCITING FASHION & LIFESTYLE NEWS

