



WomansWork

The Notebook For Buckinghamshire

December 2012

Hi Readers

I'm glad to see so many of you are promoting yourselves and events around a very busy time of year. Each Notebook has different opportunities, events etc. so if you can find the time, take a look. I wish you all a very happy Christmas and a prosperous New Year. Read on and Enjoy!

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My News

The Notebooks

Sadly this will be the last Notebook from me and many of you have told me how much you will miss them. I will miss you as well as it's been my pleasure to help you in your business journey and I have got to know so many of you on a personal level.



The good news is that I will still be promoting you and your business via Twitter: @womansworkuk You can also promote yourselves, your business, your events, arts & crafts, websites etc. on the WomansWork Facebook group at <https://www.facebook.com/groups/167602106592991/> Come and join the group and make contact with a fantastic mix of very supportive women.

The WomansWork Website

This will remain in place as a source of information and to find out what resources are happening in your area. You can continue to advertise on the WW website with advertising links to the webpage of your choice. I will contact you again in the New Year when the website has been updated.

Free Shewee Extreme

I would like to say a huge Thank You to Shewee, the portable urinating device for women, as I've been fortunate enough to be given a box of Shewee Extreme for free. So, I would like to offer these to one lucky person from each of the counties the Notebook covers, 11 in total. If you email me your name and address, with Shewee and your county in the subject heading of the email, I will put these into a box and draw ONE lucky winner from each of the counties.



- This offer closes on the 24th December 2012 and I had better get some jiffy bags ready for the New Year.

Your News

White Wash Soaps

All White Wash Soaps products are made from scratch in small batches using traditional methods and pure natural ingredients to ensure purity and quality. Using organic, fairly traded and locally sourced ingredients, which are kind to you and kind to the environment. Visit www.whitewashsoaps.co.uk



Inviro Solutions

A OneStop Business Saving You Money and Time as:

Emergency Locksmiths, Professional Handymen, Property Maintenance and Energy Saving Experts.

Unmissable Discounts for Winter Repairs and Eco Improvements

Fitting Insurance Compulsory Security Locks, residential & commercial properties until 15th December.

CRB/Police Vetted, City & Guilds & CSCS qualified, H & S compliant, Fully Insured.

Telephone Flo Graham on 01494 671 308 or 0785 383 9670 for lockouts and burglary repairs. Visit <http://InviroSolutions.co.uk>

Merry Christmas From The Gift of Learning

● 10% off for **WomansWork** readers! Why not give 'The Gift of Learning' to your child this Christmas and grab a 10% saving? The Gift of Learning Educational resources, toys and games, which are suitable for all children, including those with special educational needs. Did you know 1 in 5 children have special educational needs of some sort? That means the chances are you will know someone who knows someone who could benefit from a visit to The Gift of Learning's website, so please share. Check out their fun, affordable ideas and enter the code **WW12** at the checkout when asked to claim your 10% off. Valid until 20th December 2012. Visit <http://www.thegiftoflearning.co.uk/>



CYM Course

Saturday 8th December in Milton Keynes, 10.00am - 2.30pm. Covering many topics related to health and wellbeing with a focus on stress and depression. Anyone is welcome to attend to this free event. To sign up please email info@climbyourmountain.org

The One-Click-Solution For Your Business

Today, your customers want simple and fast answers to their questions. A video can deliver professional and comprehensive information just with one click. Tell your customers with greater impact about yourself and your service, answer FAQs, show how to use your products, give instruction or present a "living" catalogue about you and your business.



Do you have the capability to achieve this? The answer is a resounding yes, everyone can do this. I will show you step by step what to do and will explain in simple steps everything you need to know. Take advantage by booking the "Marketing Video Formula" full comprehensive online course:

- Produce low budget videos with a professional touch
 - No technical mumbo-jumbo, no rush
 - Learn more about Internet marketing strategy, define your target group, video hosting etc.
 - You won't need expensive equipment
 - Once you have the knowledge, you are able to produce as many videos as you like
 - Do it whenever you want and be creative.
- You will get unlimited access to the course website, you can do this in your own time and join the course whenever you like.
- Special offer until 28th February 2013 of £ 247. Use this promotion code: **ww2012** (20% off or payment by instalment for readers of **WomansWork**) with a 30-Day-Money-Back guarantee too. For more information and registration visit <http://one-click-solution.com/>

Your Opportunities

Free Mentor Training

Get Mentoring is an initiative to unlock, train and support a community of enterprise mentors across the UK. The aim is to recruit and train thousands of mentors from the micro, small and medium-sized business community. Free training can be accessed in one of two ways:



- Workshops
We are running free training workshops in towns and cities across the UK.
- Online Learning
We've also developed an online version of the workshop for those who prefer to train at home. Visit <http://getmentoring.org/> for further information.

Apprenticeship Grant

The National Apprenticeship Service is offering a wage subsidy grant of £1,500 to assist employers to offer 16 - 24 year olds, employment through an apprenticeship programme. For details see www.apprenticeships.org.uk or call the National Apprenticeship Service on 0800 150600.

Cash Enterprise Awards

There are eight initial heats taking place during March 2013. In each heat our panel of local judges are looking for outstanding companies to win Best Start-up and Best Enterprise.



- Best Start-up
Secure a cash prize of £1,000. Enjoy mentoring, networking and business support. Receive recognition and publicity from coverage of the Awards. Be awarded an overall cash prize of £10,000 to invest in your business. Receive a practical two year programme of mentoring support from senior Lloyds TSB figures.
 - Best Enterprise
Award the winning company a cash investment of £5,000. Provide local mentoring and invitations to networking events. Receive recognition and publicity from coverage of the Awards. Receive an overall cash prize of £50,000 to invest in your business. Take advantage of a two year programme of enhanced mentoring support from senior Lloyds TSB figures.
- Closing date: 31st January 2013. Visit www.lloydstsbenterpriseawards.com/what-you-could-win/

Your Arts & Crafts

A Towel Isn't Just For Christmas

These pure Egyptian cotton bath towels make stunning wedding, christening or birthday presents! Available in 4 classic colours, every soft, fluffy towel is personalised with handmade fabric letters. For bespoke designs or unusual fabrics. Original, handmade gifts you can't buy on the high street. Visit

www.janehamerton.com or call Jane on 01473 405 993.



Natasja
Qualified Bio Sculpture
Technician - Since 2003
www.mygelnails.com
07502 314 667

Events

Free: Let's Talk Starting In Business

Luton

- 13th December 2012
- 23rd January 2013
- 26th February 2013
- 26th March 2013
- 24th April 2013
- 21st May 2013
- 25th June 2013

Bedford

- 4th December 2012
- 8th January 2013
- 5th February 2013
- 5th March 2013
- 4th April 2013
- 2nd May 2013
- 4th June 2013

Potters Bar

- 5th December 2012
- 10th January 2013
- 7th February 2013
- 7th March 2013
- 9th April 2013
- 9th May 2013
- 6th June 2013

Watford

- 11th December 2012
- 15th January 2013
- 12th February 2013
- 12th March 2013
- 16th April 2013
- 15th May 2013
- 11th June 2013

Stevenage

- 14th December 2012
- 21st January 2013
- 19th February 2013
- 19th March 2013
- 18th April 2013
- 16th May 2013
- 18th June 2013.

9.30 - 3.30. Free of Charge. Supports anyone who is considering starting up a business and has a business idea. This workshop teaches you how to start a business based around your business ideas, it guides you through the process of how to start your own company and it advises you on key issues you should consider when starting up in business. If you are yet to decide on a legal structure for your business, or if you are a start up considering business support, or need to improve your business skills, this course is appropriate for you.

■ Call Wenta on 0845 371 0891 to book your place or for further details.

Business Expo 3.0

Friday March 8th 2013 at MK Dons Stadium, Stadium MK, Stadium Way, Milton Keynes, Buckinghamshire MK1 1ST. A Free event. An international exhibition. Visit

<http://www.national-expo.co.uk/visitors/>

LinkedIn For Business Networking

4th December, 9.00am - 11.30pm at Training Team Silbury Court, West Silbury Court, West Central Milton Keynes, Buckinghamshire MK9 2AF. Cost £45. During this taster session you'll learn how to use Facebook to your benefit and join other professionals in using it to develop and grow your business. Learn how Facebook can be an efficient, cost effective means of communicating with your customers. For further details contact 01908 259009.

Your Books

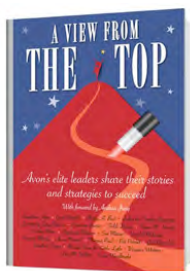
A View From The Top

An inspirational, motivational, hands on book written by women in business, for women, not just in business but to illustrate through living examples how ordinary women can achieve extraordinary things. All 22 co-authors talk of business success within AVON, however the success principles outlined can be applied to anyone in any business. All 22 stories exemplify that it doesn't matter where you come from, where you grew up, what personal tragedy and loss you can face; you can be successful if you choose to and with the right work ethic and frame of mind, anyone can be a success.

I am raising £500 from the first 300 books sold to go to my chosen charity, Breakthrough Breast Cancer. You can pre-order this exclusive book at

www.aveiwfromthetop.co.uk and there will also be a special free audio giveaway. The official launch is due to be Christmas 2012, firm date tbc.

You can find out more about me, Yoгеeta Mistry at www.yogeetamistry.com and will soon be launching two new sites, encouraging women into enterprise and explaining how to get out of debt.



Christmas Cheer

When you are at your Christmas bash this year just spare a thought for this: Alcohol is the second most calorific nutrient after fat. Fat provides 9 calories per gram and alcohol 7 calories per gram. It also stimulates the appetite causing you to nibble more, grab a kebab after the pub and encourage you to fancy a fry up the next morning. Booze is full of 'empty calories' so you will not miss out on any essential nutrients. In fact the only thing you will lose is the hangover.



On a brighter note though, a little alcohol (especially red wine) is full of antioxidants, which are good for you, but too much will be bad for the waistline. A glass a day is said to be beneficial.

If you are unfortunate enough to wake up with a hangover during the holiday season (as if!) then this is the pick me up you'll need. You'll need the juice of:

- 2 oranges – peeled
- 1 lemon – peeled
- 1 lime – peeled
- 1 pink grapefruit – peeled.

This citrus fruit mixture is a great liver and intestinal cleanser. It has a clean, tangy, pick me up taste and is perfect for detoxing and cleansing the system. It is high in vitamins C and A, plus it contains calcium and potassium. Also great to drink for a few days after a course of antibiotics to encourage the growth of beneficial probiotic bacteria in the digestive tract.

I don't like to be a complete party pooper so why not try this juice. It's healthy with a naughty twist. It is rich in vitamin A, beta-carotene, potassium and vitamin C. Vodka is one of the purest spirits and contains virtually no additives. Just blend it all in a juicer.

- 6 unpeeled, organic carrots (cut off the top and bottom)
- 4 radishes
- 2 unpeeled, quartered apples
- 1 shot of vodka (hic)

■ Wishing you a very merry Christmas from Suzina Blackman at Home Fitness Hertfordshire Personal Training, visit www.homefitnessherts.co.uk email Suzina@homefitnessherts.co.uk telephone 07930 302 102.

Save Yourself £100!

The self-assessment online return deadline is 31st January. Do you know that you can be fined £100 even if you are only one day late and this fine applies even if you don't owe any money to HMRC?

Harsh yes but for most it is easily avoidable. The return is reporting tax due from the period 6th April 2011 to 5th April 2012 so there should be no reason why you cannot complete your return now.

Not sure where to start? Then here are some suggestions: Register for HMRC online – do it now if you haven't previously used it. You will need to register by 21st January to receive the activation code in time. Have a look at the return and collate all the necessary information – this will give you time to request any missing/lost information. Have a look here for information on the records you may need:

<http://www.hmrc.gov.uk/sa/record-keeping.htm>

Not sure whether you need to submit a return – check here <http://www.hmrc.gov.uk/sa/need-tax-return.htm> or ask your accountant. Still procrastinating? – contact an accountant who can get you on the right track. The cost will be far outweighed by the benefit of knowing it has been completed correctly and on time.

● Rebecca Taylor at Parfitt Taylor Financial Management www.parfitttaylor.co.uk or call 01604 330220.



Psoriasis

About forty years ago I was diagnosed with psoriasis. It had started in my hair and soon covered all of my scalp, sometimes onto my forehead. I discovered later that it was often stress-related as well as affected by my diet, but to begin with I did not know that. I tried hiding it, growing my hair long, but that made it worse! It then appeared in other places on my body such as my elbows and knees.



At the time, my doctor prescribed a shampoo called Polytar but that was so strong it almost took the top layer of skin from my head and was very painful. I tried all sorts of creams and shampoos, finding that quite a few worked for a while. I also learned to avoid anything with lanolin in it!

A friend introduced me to a meditation technique, which helped. I also found cutting out red meat made a big difference so I am now virtually vegetarian. I cut down dramatically on dairy products like cheese, and only have small amounts of semi-skimmed milk.

I wear short-sleeved shirts to allow the air to get to my elbows - although wearing shorts is still too much for me. I have learned to accept how I am, to treat the problem and not worry about what other people think of me.

As a result of all these different things the psoriasis has almost gone. I still maintain a healthier diet, exercising regularly and keeping myself calm and relaxed through the meditation techniques I have learned. These techniques are simple, easy to learn and did not require me to change any of my religious beliefs or anything like that.

I learned not to be embarrassed if my psoriasis was bad and I was looked at, although it was difficult one day when a very small child looked at me and said, quite innocently, to his mother 'What's wrong with that man's face?' His mother didn't know where to look, but I just smiled at her!

I have also found out how important it is to share this sort of information - there are many people, both male and female, who suffer from psoriasis to a greater or lesser degree than I do, but by sharing our experiences we are able to help each other to cope. We can also let our families and friends understand how difficult this can be for us sometimes. The important point is never to give up, but find what helps you and your body manage the psoriasis. It works for me!

● This article was written by a CSV volunteer for 'Stripping it Bare', a project run by the CSV Action Network to raise awareness of embarrassing or taboo health issues. If you would like more information or want to help raise awareness of a health issue you have experienced, we'd love to hear from you. Contact dimple.patel@bbc.co.uk or call 0116 2016644.

Top Tips For Taming Email

By Rebecca Winn www.winthinking.co.uk

As a coach it seems that increasingly I am working with people who are fighting a malignant force in their place of work. You may well recognise it. It's...email.



Yes, email. It's a blessing and a curse. On the one hand it can be dealt with at your convenience, it gives you time to prepare what you want to say in the right way, you can use it to send attachments, to say the same thing to lots of people at the same time, and it gives you an audit trail of the conversations you've had. But on the other hand... there's just too many of them!

So if you feel your email is starting to control you, rather than the other way round, here are the best 5 tips I have found for how to tame the beast:

1. Turn off the message alert function. It constantly interrupts you and distracts you away from completing something else. If you don't know a message has arrived, you won't feel drawn to check what it says.
2. Only check your email three times a day. Yes, really. Morning, lunch time, mid-afternoon, for example. After all, if you were out in meetings all day you wouldn't be replying within milliseconds, so what's the difference? Set an automated response if you wish, telling people when they can expect to hear back from you.
3. Keep your Inbox clear by having well organised folders. Three particularly useful folders are: 'Admin and How To' (for information you may want again - make sure emails in here have helpful titles like 'How to raise a Helpdesk problem'); 'Stuff to Read' (for all those circulars you get - bet you wind up deleting most of them unread, but at least they're out of your Inbox); [ACTION REQUIRED] - to keep live issues on your radar but out of your Inbox. Use CAPITALS for this one and put [square brackets] round the title as this sends the folder to the top of the list. That way it's in your face the whole time. Your [ACTION REQUIRED] folder is the one you should aim to empty every day.
4. Take action on every email as soon as you read it. The rule is: READ-ACT-NEXT. There is absolutely no advantage to you in reading an email and deciding to deal with it later. Most are quick responses - do it and they are done. If the email requires more consideration, pop it into [ACTION REQUIRED] and you won't forget about it.
5. Manage email chains by keeping only the latest message. Older versions of the same thing can really clutter up your folders unnecessarily.

Go on, give them a try, and let me know how you get on. Oh, and Merry Christmas from Winthinking!

Networking

Mum's The Boss

Tuesday 4th December in Milton Keynes Central: Lindsey Mooney, HMRC ~ Self Assessment online for the self-employed. A short



presentation on self-assessment online for the self-employed. For anyone who wants help to complete their online tax return Lyndsey will be happy to stay after the event to offer assistance. You would need to bring your HMRC Online security ID and password with you, and have the necessary information from your records for Lindsey to help you with your return. This is a great opportunity to ask an HMRC representative all those self-assessment questions that have been at the back of your mind. To book your place contact Janice 01908 200186 email janice@womenandwork.co.uk

Women In Business Network

1st Tuesday in the month, 12.00 – 2.00pm at Abbey Hill Hotel, Monks Way, Two Mile Ash, Milton Keynes, MK8 8LY. £24.

WIBN is a Business Networking organisation for women only. It is a network created for women, by women. Contact J Sarah Hodgkins on 01908 543530 for further details and to book.

Chippy Lippy

Wednesday 5th December, 7.30pm onwards at The Chequers, Goddards Lane, Chipping Norton, Oxfordshire OX7



5NP. There are no membership fees, £10 at the door. Creative Cows is run by Vanessa Rigg and Keyna Doran. They are funny, intelligent and (it must be said) slightly subversive women who started a comedy club in Chipping Campden. Apart from Stand Up Comedy, they organise and promote local acts and believe that comedy has the potential to transcend all ages and backgrounds. This is an incredibly important function in the social mash of rural towns and Vanessa and Keyna prove again and again that the shortest distance between two people is laughter. Contact Sarah-Jane on 01 386 701868 for further details and to book. Visit www.chippylippys.com

Mum's The Boss

Tuesday 11th December, 10.00am - 12.00pm at The Forest Centre (The Gallery), Millenium Country Park, Marston Vale, MK43 0PR. Cost £6.

Vickie Humber – Humber's Homemade. Vickie will be telling the story of her journey from depression to success. Contact Claire Upton to book your place on 07815 474204 or email bedford@raring2go.co.uk Or just turn up!

Oaktree Networking

- 12th December, 11.45am - 2.00pm at Harben De Vere, Tickford Street, Newport Pagnell, MK16 9EY. Cost to members £20, guests £24 including lunch.
- 9th January 2013
- 13th February 2013
- 12th December, 11.45am - 2.00pm at Campanile, Loake Close, Grange Park, Northampton, NN4 5EZ. Cost to members £20, guests £24 including lunch.
- 12th December, 11.45 - 2.00pm at The Barns Hotel, Cardington Road, Bedford MK42 0DA. Cost £24.00 and includes lunch.

Oak Tree Networking run structured, highly effective and fun, local networking meetings for people just like you, who want to expand their business through the power of word-of-mouth marketing. The meetings are monthly and open to all business sectors.

Contact Jacqui Frost on 0845 618 2902 or email info@oaktreenetworking.co.uk

Women In Rural Enterprise

12th December 7.30-10.00 pm at Flying Inspiration in Berkhamsted HP4 2DT.



Come and join our social Wire networking meeting which will help you grow your business and social connections

<http://www.wireuk.org/chiltern-dacorum-network.html>

Be amongst a positive group of women, meet new people and gain new knowledge to keep you a step ahead of your competitors. This month we are going to have a social gathering to reconnect with old, new and future members and non members. Just get in touch with Gabriella and let her know that you are coming. The Chiltern and Dacorum WIRE Network Leader is Gabriella Guglielminotti Trivel www.flyinginspiration.co.uk Contact her via email flyinginspiration@yahoo.co.uk or call 07796 306774.

Enterprise Clubs

9.30 - 11.00 Cost: Free of Charge. Monthly group meetings aimed to support local people into self-employment. The meetings are designed for those who are considering starting a business and can offer direct access to business advice from experienced advisors in a relaxed environment. The meetings will also address a range of topics some of which include help with developing your business idea, networking with other entrepreneurs and writing your business plan.

Potters Bar

- 19th December 2012
- 22nd January 2013
- 26th February 2013
- 19th March 2013

Bedford

- 22nd January 2013
- 26th February 2013
- 26th March 2013

Marsh Farm Futures

- 30th January 2013

- 27th February 2013
- 27th March 2013

Ware

- 30th January 2013
- 27th February 2013
- 27th March 2013

Stevenage

- 17th January 2013
- 21st February 2013
- 21st March 2013

Watford

- 12th December 2012
- 9th January 2013
- 13th February 2013
- 13th March 2013
- Call Wenta on 0845 371 0891 to book your place or for further details.

Training

Wenta Workshops

- Finance & Bookkeeping

Watford

6th December 2012
22nd February 2013

Bedford

25th January 2013
22nd March 2013
Stevenage

30th January 2013
10th April 2013
26th June 2013

Luton

14th March 2013
10th May 2013

Potters Bar

23rd May 2013
9.30 - 14.30. Cost: £45 in advance. For a business to succeed the finances must add up. This workshop gives you an understanding of the financial implications of running your own business. Teaching you a bookkeeping standard for the Inland Revenue.

- Your Website and Social Media

Watford

30th April 2013
30th May 2013

Stevenage

19th December 2012
14th February 2013
7th June 2013

Luton

16th January 2013
13th June 2013

Potters Bar

21st February 2013
28th March 2013

Bedford

26th April 2013
9.30 - 14.30. Cost: £45 in advance. An online presence

can be essential for many businesses in today's market. After grasping website jargon and how to create a website easily, this workshop provides you with essential advice to optimise your website for search engines. This workshop will also demonstrate how social media such as Twitter and LinkedIn can be useful online marketing tools.

- A Taste of Marketing

Bedford

24th May 2013

Watford

31st January 2013
27th June 2013

Luton

6th February 2013

Stevenage

8th March 2013

Potters Bar

17th April 2013

Turnford

17th May 2013
9.30 - 14.30. Cost: £45 in advance. Without research and paying customers your business will not succeed. This workshop helps you understand your market, ensures you have the tools to find your market, and then suggests the best methods to target them.

- Business Planning

Stevenage

8th May 2013

Potters Bar

29th January 2013
20th June 2013

Bedford

28th February 2013

Watford

21st March 2013

Luton

11th April 2013
9.30 - 14.30, Cost: £45 in advance. Starting a business can be an exciting and daunting experience. This workshop helps you evaluate your business idea in more detail and manage your business plan. By the end of this workshop you will be able to write your own business plan and have a clear idea of what else you need to focus on to ensure you have a viable business.

- Call Wenta on 0845 371 0891 to book your place or for further details.

Useful Information

HMRC: New Addresses For Incoming Post

We are making changes to the way we handle post sent to us. The provision of new PO Box addresses <http://www.hmrc.gov.uk/news/hmrc-addresses.htm> will enable us to respond more quickly and efficiently.

Business Record Checks

HMRC have re-launched their programme of Business Record Checks (BRC) and will be sending out letters to businesses that it believes may be at risk of keeping inadequate records. The letters are then followed up by a phone call where HMRC aim to assess the businesses record keeping affairs.

If HMRC deem the record keeping 'inadequate' they will then visit the business to provide 'tailored educational support' and follow up after 3 months to check that the necessary improvements have been made. Businesses that fail to comply will be liable to a penalty. The BRC programme will be rolled out region by region with East Anglia falling into the first tranche with visits commencing 26th November 2012.

For further information visit the HMRC website at <http://www.hmrc.gov.uk/dealingwith/bus-record-checks.htm>

Your Websites

www.lactivist.net

Mum and Me magazine enables new mums to access useful information without scary, sensationalist stories and without being bombarded by advertising from large corporations. The content supports gentle parenting and breastfeeding by introducing positive role models and images.

www.thelivingrooms.co.uk

Eco-friendly furniture and giftware, ethically traded to support producers and craftsmen around the world.



www.houseofelliotcollection.com

www.getmorecustomers.co.uk

SwitchboardFREE is designed to offer its users the ability to handle and organise their inbound calls effectively and ensure they "Never Miss A Call Again". Most companies rely on inbound telephone calls. In many instances, inbound calls are the life-blood of a company and this product is of value to nearly all businesses. You get a free switchboard, FREE 0843/0844 numbers connected to your virtual receptionist, redirected calls, and with a simple to use setup.

That's all from me. Best wishes for the future
Lesley

Facebook: [WomansWork Group](https://www.facebook.com/WomansWorkGroup)

Twitter: [@womansworkuk](https://twitter.com/womansworkuk)



acting-party
Presents
The Infamous Gathering
A new interactive family game
No scripts to learn, no speaking necessary,
just funny essential.

★★★★★
BEST PERFORMANCES OF THE YEAR

STARRING
YOU AND YOUR FAMILY
And please, rise you can rope into playing

AND YOUR HOST
GRAHAM SEED
BEST KNOWN FOR THE SULTRY TONES OF THE LATE NIGEL PARGETTER FROM **THE ARCHERS**

FOR ONE NIGHT ONLY
or however many times you want to play

Download the complete audio and game
www.actingtheparty.co.uk/family-party
Available from 15th December 2012

TAKE THE WHOLE FAMILY TO THE PANTO FOR JUST **£10!**

WRITTEN BY C. HAINSTOCK DIRECTED BY BOSSY BOOTS
T&P: www.actingtheparty.co.uk (includes full game rules)

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