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**UN**

**CONFIDENTIAL**



with restaurateur

*Lorraine Angeliss*



**Bonding at the Brompton Club**

*'Off to Kasha for a full set of long luscious lashes'*

Back in London and the fun continued.... my best friend Caroline Hallet (ex bond girl - a View To Kill ) came to celebrate her birthday, in style. Lash extensions was her only request for a birthday treat, so off to Kasha for a full set of long luscious lashes. She said she felt a bit like the donkey in Shrek but looked sensational. Another night of Dancing, eating and drinking at the Brompton club. Amazing place that allows you to dance anywhere including tables, chairs and the posh banquette seating - it was bonkers.



*Not exactly glam!  
Me 'Glamping'*

Next birthday celebration was a very special night at the Ivy Club. I was delighted to be amongst several cast members from Downton Abbey - we were terribly star struck. Funny isn't it.. you try not to look at famous people yet can't seem to help yourself!

My lovely little Annies has been awarded the Zagat 2012 best restaurant award and to top off my excitement, Rock & Rose was named amongst the top ten restaurants in England and Ireland for Atmosphere and ambience! I am absolutely thrilled to bits and very grateful.

Much as I love summer, winter is also a season I adore. I just love open fires, cosy nights, comfort food and lots of warm cuddles... Can't wait particularly for the cuddles! Watch this space.

*Love, Lorraine X*

OMG its all been too crazy..... October is my Birthday month and for some strange reason so many friends and family have October Birthdays too.

I was invited to a Glamping weekend at the Taste of Honey music festival with my friend Wendy, we were told it would be very glamorous. My imagination ran away with me, I built up a picture in my head of some devine experience, pure luxury and VIP treatment. Wrong.... It was a disaster. We arrived at the site to find our luxury accommodation for the weekend was a teepee with two blow up beds and nothing else. Oh well I thought I would just have to make the most of this experience and get into the groove. I tried and I couldn't it was ghastly from start to finish, never seen so many crusty hippies in one place since a Reading festival in the 70s - I was not happy. It was so cold at night I couldn't sleep and the dreadful house music played till dawn - didn't sleep for 48 hours and felt almost insane.

Decided to spend my Birthday in Marbs this year and it didn't disappoint. Landed at Malaga airport drove straight to trendy beach bar, sun shining, rose wine & seafood paella for lunch.... my idea of heaven..... Birthday night spent dancing till 4am in very high heels, walking was difficult the next day but worth it! All in all a glorious week of sun and fun!

*'...didn't sleep for 48 hours...'*

**Gina Hemmings launches new health and fitness academy in Kew-Running club starts 7/11**

People in Kew and elsewhere are being offered a new way of getting fit with one of Britain's leading celebrity health and fitness trainers.

Gina Hemmings, who owns Gina Hemmings Health & Beauty in Kew village, is launching a new fitness academy in January to give local people the opportunity to meet up and share the fun of exercise and fitness in an affordable and convenient way. Among a host of new health and fitness packages, Gina is inviting locals to join her free running club every Monday evening from 7pm with personal trainer Steve Haddleton. Steve will take you on a 5km course around Kew, and it's all for free—starts 7th November.

Gina's new academy will also offer affordable Boot Camp circuits to suit everyone, so that both ladies and men can join classes that suit the local mum, businessman and even children, having school drop off circuits to suit the mum to "man camp" for guys only.

says Gina: "After two years of running my health and beauty salon in Kew, I knew it was time to make the most of my other strengths and experience in the fitness industry and start a brand new club where people can get fit and socialize at the same time. It's almost the complete health and fitness retreat without ever leaving Kew. "



**Leigh Linton**

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I am a freelance personal trainer experienced in helping others accomplish their body goals! Qualified in Personal Training, Zumba, Power Plate, Nutrition and much more, I can make achieving your dream body fun, but not quite pain free. Your wobbly bits are my obsession (not in a weird way) and I have made it my goal to spot reduce fat that exercise alone cannot shift....

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