

Weight for me!

THINK of summer...hot sun and sand, beaches, pools, new swim wear... and the flab that must go between now and packing that suitcase. If this is you, Becca Clarke has the solution. She's just opened a new Weight-Watchers meeting in Ashford Road on Saturday mornings.

She says: 'I joined WeightWatchers myself a number of years ago when my boyfriend proposed. I lost nearly two stone and went down two dress sizes, and I have kept the weight off ever since. So I'm living proof it works! By making small changes I didn't have to give up my favourite foods and could even enjoy eating out and still lose weight.

'The programme is so easy to follow and with the new KickStart for 2008, I can get you off to a flying start – you could lose up to 5lbs in



your first two weeks.'

Becca stresses that she doesn't have a 'magic wand', but that she can offer a never ending supply of encouragement, support and enthusiasm 'with a sprinkling of fun'. WeighWatchers meet on Saturdays (10-11am) at the Ashford Road Community Association, Ashford Road, Canterbury.

For further details contact Becca Clarke on **0784 706 5557** or: beccawwuk@yahoo.com



Before (above left) ...and after: Becca lost two stone before her wedding day.

Summer loungin'...

THE LINE-UP for Kent music festival 'Lounge on the Farm' is to be announced soon but tickets are already on sale for the festival which has become an annual event at Merton Farm, Merton Lane, and runs this year on 11, 12 and 13 July. For more information, and to book 'early bird' tickets, log on to: www.loungeonthefarm.co.uk

Thought for food...

NATIONAL campaign Love Food, Hate Waste is being backed by Canterbury City Council and Kent County Council to reduce the city's food waste.

Research shows that around a third of all the food we buy ends up being thrown away. As reported in *District Life* magazine, the campaign was launched by celebrity chef Ainsley Harriott who said: 'You just need to care about your food and your pocket and the rest follows. We all need to take action and start changing our behaviour.'

For ideas on how to minimise food waste visit:

www.kent.gov.uk/lovefoodhatewaste.

The Hop Pocket

The Street, Bossingham
Canterbury CT4 6DY

A warm welcome
awaits you at
one of Kent's
Traditional Pubs



Free transport provided to and from the pub for a party of six or more

01227 709 866