

Woman

PARENTING **Lower risk of stroke**
 CHILDREN who eat a lot of dairy are less likely to die from strokes in adulthood than those who consume little, researchers have said. Diets rich in calcium, including dairy, can cut the chance of dying from stroke by as much as 60 per cent, say experts from the Queensland Institute of Medical Research in Australia and the University of Bristol.



Broke? Dig up your carats



What's it worth? - Angela Kennedy and Anastasia Grabov have their gold tested by valuer Sarah Chidekh

SARAH Chidekh scrutinised the jewellery through an eye glass and made an offer. "I can give you £10," she told its owner, Holly Ward, as she sat watching with anticipation. "That will do," said Holly, who works at Essex University. "They were just an old necklace and gold hoop earrings from the Eighties that I am not going to wear again. "They were nothing of great sentimental value and I probably would have just put them in the bin," she added smiling, walking away with a cheque. Holly is just one of hundreds of people across Essex and the UK who are making the most of a new craze where unwanted gold, silver and platinum can be sold to make a bit of cash. But instead of taking the bling to a pawn shop or jewellers, women are getting together, holding gold parties and making an occasion of it. At one such party held in the Slug and Lettuce in Colchester High Street, women, like Holly, took along old or broken jewellery to find out how much they could get for it. The gold party concept was the brainchild of the company's chief

By LOUISE MACKENZIE
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 executive, Krista Waddell, 29, who came up with the idea when she went to a party where people were selling jewellery. Concerned about being ripped off and fake items, she turned the idea on its head and 18 months ago a new business, Glitter 2 Green, was created. Born, raised and living in Las Vegas, the mum now travels between America and the UK attending the parties and overseeing operations. The UK arm of the company, based in London, is called Ounces to Pounds and it also has an office in Australia. Ms Waddell, who attended the Colchester party with valuer Sarah, told Gazette Woman: "I was in England for a conference last year and everything in the news was about the recession, so I thought, why not bring the gold party idea to the UK? "I have always dreamt of living in London, which I was then able to realise, and although it was slow starting, it has really taken off in the last two months. We have credibility behind us, people are telling

their friends and they are having fun. Some people even say that the money they have made has helped them." With seven representatives and more needed, the company trains them on how to use the valuing equipment and computer software to work out how much the jewellery is worth. "The values are based on each day's price for gold, silver and platinum. "The owner of the jewellery gets back between 60 to 80 per cent of value of the piece, depending on its volume and weight, and the host of the party picks up ten per cent of the total amount sold.

When we first started doing this people did wonder whether the cheques we pay out would bounce, but now they know we are not a fly-by-night thing

"The cheques are paid by Ounces to Pounds, which then melts the previous metals down and sells it on." The gold parties are becoming so popular now that representatives are taking ten bookings a day and diaries are being filled up as far in advance as the new year, when some people are holding pay off your credit card parties. Anyone can be a gold party host and Krista explained that several guests often sign up to host their own parties before the end of the night. It was the first gold party to be held in Colchester, though Ounces to Pounds has attended others across the county and has one coming up in Southend on August 29. The target market is usually women in their 40s and older, who have built up a stash of unwanted jewellery over the years. Depending on the quality of the jewellery one ounce - about one teaspoon - of gold could fetch about £150, so it is no wonder people are seeing gold parties as a way of making a little extra cash. "When we first started doing this, people did wonder whether the cheques we pay out on the night would bounce, but now they know we are not a fly-by-night thing. "We have eliminated much of the risk factor of paying out for fake jewellery and unless the parties are held in pubs or halls, they cannot be advertised to minimise problems with unwanted guests. "People who hold the parties in their homes must know all the guests personally," explained Krista. The party's host was Make Jewellery magazine, based in Hawkins Road, Colchester. Editor Lorraine Luximon said: "Gold parties are the new jewellery party, and the ideal credit crunch way to make, rather than spend



It's a deal - Krista Waddell with her gold

money. Most of us have a few trinkets stashed away in drawers, but why leave them to gather dust, when you can make money from them?" At this party Holly was the only one to make a bit of cash, as others decided not to sell. But Sarah explained that at some parties they can make huge payouts. "The biggest payout we have made at a party in the UK so far was about £6,000, and the largest payout for a single piece of jewellery was £800. A man brought in a chain he had bought from Turkey ten years earlier and paid £100 for it. Men always have the best gold, because it is heavy. He left a very happy man." "The key is to utilise lots of

How to avoid swine flu

CHILD MINDERS and nurseries should take soft toys away from children to stop the spread of swine flu, according to official guidance. Sharing pencils, crayons and musical instruments should also be discouraged, and school assemblies avoided in the case of a pandemic, it says. The guidance is in documents published by the Department for Children, Schools and Families on planning for a human flu pandemic.



Great day out?

IF you've taken the kids to a museum recently and had a great family day out, now's the time to show your appreciation. Nominations are being taken for the 2009 Guardian Family Friendly Museum Award, which is the only museum award judged by families. E-mail to award@kidsinmuseums.org.uk



We're still spending despite a recession

By LOUISE MACKENZIE
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FASHION-CONSCIOUS shoppers are spending the same or more on clothes, despite the onslaught of the recession.

It is claimed seven out of ten people are continuing to buy designer clothes during the credit crunch, according to the Yougov Research: the Vogue Business Report 2009, and it seems many fashionistas are refusing to let go of their shopping habit, even if it means breaking the bank.

The survey, which quizzed 2,500 women who regularly read glossy magazines, also revealed more than half thought it was important to stay fashionable despite the recession and a further 59 per cent admitted to buying more or the same amount of clothes as pre-recession.

Colchester model and beauty queen Joanna Peagram, likes to keep her style quite simple, despite spending hundreds of pounds a month on the latest labels.

"I spend about £300 a month on designer clothes and I have been buying what's on trend at the moment, which is a more of a casual vintage look. Whereas before it was skinny jeans, now it is jeggings and ripped jeans. This means I can team the designer items up with high street clothes and it looks less obvious," explains the 22-year-old.

"I do love to go into boutique shops and I also love to shop in Bluewater, Lakeside, Freeport and I am in London a lot of the time," explains Joanna, who is with PA Model Agency and won Miss East Anglia last year.

"I haven't been too affected by the recession. I still get a lot of jobs, but I find I have to negotiate the price more now. However, I can't see myself cutting down on shopping just yet."

However, there is good news for those who cannot afford to spend hundreds of pounds because Michelle Claire Durrant, who runs the personal stylist business Michelle Claire Styling, based in Southend, believes high fashion can be achieved with high street items.

"The recession is definitely not a reason to give up fashion. It's a time to reflect on what you have, what you need and sniff out those bargains," explains Michelle. "The key is to utilise lots of



Cool - Aebra Vest, from Kate Moss collection at Top Shop, £22

styles in your wardrobe to reflect your personality with just a few on trend pieces. Fashionistas have become recessionistas, so every cloud has a silver lining.

"You have just have to find it in hard times. I have helped my clients understand the wardrobe basics, bargain buying, sales for key pieces, an investment purchase and only buy if its an absolute necessity." Vicky Robinson has benefited

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since becoming a clever shopper after working with Michelle.

"I actually spend less now than I did before, because I only buy what I need and what suits me. I used to go into a shop and pick something out that I liked, but now I find something and then think 'how am I going to wear this?'" explains Vicky, who lives in Southend.

"I have also become braver with fashion and where before I wouldn't have worn skinny jeans, now I know how to wear them and what T-shirts suit me."

And Michelle has some great tips for people shopping on a budget.

"Ripped jeans and a T" are great from the high street and then a vintage blazer can easily be incorporated by purchasing it from a charity shop, for example. Utilise and recycle any jeans you haven't been wearing for a while and make a tear or cut where you would like say at the top of the thigh or knee to give you that distressed look.



Smart - Premium Boyfriend blazer from Top Shop, £60

"The items I would select are an M&S', Warehouse distressed jeans, or utilise what I already have, and as an extra purchase look out for something like the Debut at Debenhams crochet vintage style sleeved top to layer over the T to wear with those distressed jeans. An alternative feminine look is lace with the distressed jeans, large statement pearls, high heels.

"For a key item to compliment the distressed jeans and T purchase some lace gloves."

For more information, visit www.michelleclairestyling.com



Casual - blue ripped Dustin jeans, Red Herring at Debenhams, £29

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Travelling light!

THE largest payout in a single transaction made by Ounces to Pounds' parent company Glitter 2 Green, was to a Saudi Arabian woman, said Krista. "We paid her \$26,000 for a bunch of necklaces. She and her husband had decided they wanted to travel the world and she took along all this jewellery. "But the problem was she was always over the limit at customs, so she decided to get rid of it to make their journey easier. "She never wore any of it and they didn't need the money, it was just to make their journey easier," added Krista.



Still spending - Joanna



Great tips - Michelle



Clever shopper - Vicky

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