

## Organic Excellence in the High Street

Since its establishment over eight years ago, The Organic Health Shop in Tunbridge Wells High Street has developed a reputation as an excellent source of things organic.

The shop stocks a large range of foods for those with special dietary requirements – such as gluten-free pasta, breads, cakes & biscuits, but also has lots of ‘normal’ organic food too. As well as ‘healthy’ pulses, grains, cereals, rice, dried fruits, nuts, honeys, jams, spreads, pâtés, pasta, flours, there’s a large range of organic ice creams, chocolates, bars and snacks.

In the chiller, amongst other things, you’ll find houmous, fefafel, yoghurt, drinks, eggs, cheese, sprouting beans, soyaburgers, tofu sausages & cutlets. Organic baby food (including milk formulae), pet foods and supplements will complete the shopping for your household.

However it’s equally important that products you put on your body are produced to the same high standards. Skin, body and hair care products include lotions, creams, toners, masks, cosmetics, soaps, deodorants, toothpastes, shower gels shampoos and conditioners from a range of famous suppliers.

For the house, there are natural and environmentally

friendly cleaning products; The Organic Health Shop also stocks Biofa natural paints and polishes.

Today’s hectic pace of life and polluted environment, means there are times that even the best quality food may not provide us with enough of the natural materials which our bodies need. Call in to see the comprehensive stock of Vitamins, Minerals and other top quality Supplements including the famous Bioforce range of organic herbals and Cortaflex, the natural solution for stiff joints.

The stereotyped idea that you need to drive an old camper van, wear sandals and only eat brown rice in order to shop in The Organic Health Shop is one the owners are keen to dispel – (but if you do you’ll be made welcome too!) Pop in to see that they sell ‘normal’ food – even crisps and chocolate!

The Organic Health Shop is at 10 High Street Tunbridge Wells. Tel: 01892 538 155



**School's Out  
Summer fun activities  
at Tunbridge Wells  
Sports Centre  
28 July – 29 August**

Tunbridge Wells Sports Centre has a battalion of activities to keep kids active and entertained over the holidays – with something to appeal to young people interested in games or making things as well as those keen on sport.

The daily camp, Action Zone will be offering racket and team sports, art and craft activities, quizzes, party and board games, bouncy castle, trampolining and swimming.

Action Zone will run weekdays from 8.30am – 5.30 pm for 5 – 12 year olds. Just bring a packed lunch and swimwear if you’re heading for the pool.

Jumpin Gyminis, for the little ones is the weekly free play session including soft play, bouncy castle, ball pit and trampoline. Parental supervision is required at all times.

Wednesday 10am – 12noon, Fridays 1pm – 3pm, 6mths – 4 years.

Tumblers, guaranteed to run off surplus energy Tumblers is a two hour fun bounce with trampolines and bouncy castle.

Mondays, 5 – 7 years, 2pm – 4pm

Fun Footie, a two hour fun football session with good advice and tips from our instructors on skills and technique. And lots of practice on the pitch culminating in a friendly game. Tuesdays, 2pm – 4pm, 5 – 7 years.

Kwik Cricket, a two hour session unravels the mysteries of the basic game with plenty of opportunity to practice bowling and batting techniques.

Thursday’s 2pm – 4pm cricket, 5 – 7 years.

There will also be the chance to try a new activity or brush up your skills with trampolining, badminton, gymnastics and dance classes for beginners and improvers.

For more information contact Katherine Cast at Tunbridge Wells Sports Centre 01892 540744 or visit the website at [www.fusion-lifestyle.com](http://www.fusion-lifestyle.com)