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the INDEX MAGAZINE

150,000 readers

(based on national readership, 4.2 readers per copy)

Media Pack

INDEX is a monthly lifestyle magazine with regular core features on property, fashion, health, local news and events, interiors, celebrity interviews and more, all written by a team of experienced journalists, most of whom also work for national newspapers and magazines.

The high quality of the editorial is matched by strong visuals and design, giving INDEX Magazine a unique value both for readers and advertisers.

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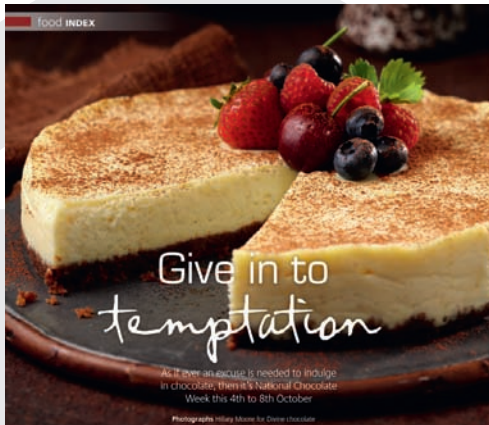
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Mary Berry's wonderful white chocolate cheesecake

Serves 8
Cooking time: about 45 minutes

You'll need

- 250g butter
- 150g dark chocolate
- 150g digestive biscuits

For the filling

- 300g Divine white chocolate, broken into pieces
- 400g full fat cream cheese
- 2 eggs
- 150ml sour cream
- 1 tsp vanilla extract

To serve

- Dusting of Divine cocoa powder
- Soft fruits and berries, including raspberries, cherries and blueberries, to decorate

1. Preheat the oven to 160°C, 320°F. Grease and line the base of a deep 20cm springform cake tin with non-stick paper.

2. For the base, melt the butter and chocolate in a small saucepan over a low heat. Stir in the crushed digestive biscuits



Linda Collister's fabulously divine brownies

Rich and fudgy brownies studded with juicy raspberries, nuts and white chocolate chunks are the stars of the recipe created for Divine by Linda Collister, author of the BBC's Great British Bake Off cook book.

Makes 24 pieces
Cooking time: 30-40 minutes

You'll need

- 7 x 100g bars Divine dark chocolate
- 100g unsalted butter, at room temperature
- 200g caster sugar
- 4 large free-range eggs, at room temperature
- 1 tsp vanilla extract
- 40g plain flour
- 40g Dutch cocoa powder
- 1 x 100g bar Divine white chocolate, chopped
- 150g fresh raspberries

1. Preheat the oven to 180°C, 350°F. Grease and line a 20cm x 30cm x 3cm deep brownie tin or baking tin.

2. Break up the dark chocolate into squares and put into a heatproof bowl over a pan of hot, but not boiling, water, making sure the base of the bowl does not touch the water. Leave to melt, stirring occasionally. Remove the bowl from the pan.

3. Beat the butter and sugar together in a bowl using an electric whisk until light and fluffy. Gradually add the eggs, beating well after each addition.

4. Add the vanilla extract, melted dark chocolate and stir in gently using a spatula. Sift the flour and cocoa into the bowl then fold in the nuts and chopped white chocolate until the mixture is evenly blended.

5. Spoon half the mixture into the prepared tin and spread evenly. Scatter over the raspberries, top with the remaining mixture and spread evenly. Bake for 30-40 minutes until the mixture has firm when pressed. Remove from the oven and cool in the tin for a week rack. When cold cut the brownies into 24 squares.



Gregg Wallace's chocolate pudding

'Is there a better one?' You mix it all together, so it's in the oven and when it comes back it's got a tight crusty sponge on top and a lovely chocolate sauce underneath. Quite brilliant!

Serves 4-6
Cooking time: About 40 minutes

You'll need

- 250g Divine dark chocolate, broken into pieces
- 200ml milk
- 2 deep round tinned, softened
- 100g unsalted butter, softened
- 150g caster sugar
- 2 eggs, separated
- 25g Divine cocoa powder, plus extra for dusting
- 400g plain flour, to serve

1. Preheat the oven to 180°C, 350°F. Grease and line a 20cm x 30cm x 3cm deep brownie tin or baking tin.

2. For the chocolate sauce, melt the chocolate in a small saucepan with the milk and heat gently until the chocolate has melted. Stir in the flour and sifted cocoa powder and with the beat just right on the top.

3. Place the mixture into the prepared tin and spread evenly over the chocolate base. Bake for 40 minutes until firm around the edges and just set in the middle. Remove from the oven. Using a small palette knife run the knife around the edge of the tin and then allow to cool and chill.

4. Remove the pudding from the oven, cut each one generally with a small palette knife and serve immediately with whipped cream.

INDEX business

The BUSINESS

If you have some business news to share, email editor@indexmagazine.co.uk

Words: Lorraine Ingham

Birth of an idea

One of our all-terrain dining gems and even the most discerning collectors are keen to have 'Lorraine and Deborah' tables, but on the other hand, when we want to feel a little special we don't always want to sit on expensive outdoor furniture to complete the look.

Now, we're showcasing a jewelry site www.ringsofthetwenty.co.uk a jewellery site that has been around since the 1960s, bringing unique contemporary and low jewelry pieces from emerging, new and established designers to a wider online audience. Sourced from across the globe, some pieces are exclusively available here in the UK through Miss Thomas with prices starting from £250 to £2,500. Company founder, Dawnie Thomas, based in Bathwick, Bath, 'There are some amazing designers and makers out there. Their work deserves to be seen and worn by a larger appreciation.'

Combat the cowboys

Checkmate.com, the award-winning trade setting company that helps people avoid cowboy builders and rogue trades, has launched its first app for the iPhone, iPad, Touch and iPod. Free to download from www.checkmate.co.uk, the app allows users to conveniently find a local tradesperson, check his or her qualifications and view feedback from previous customers all at the touch of a button.

Family values

Marnell's is a fourth-generation family company trading in East Cornwall since 1964. We pride ourselves in providing our customers with personal service, good advice, quality and value across our range of products and services.

Our service includes: furniture, carpets, beds, curtains, blinds, books, lighting, vinyl, games, models, plants, lighting and cushions.

As long-term members of the British Association of Furniture Retailers, Marnell's is a specialist furniture company carrying out local and global removals and storage either in the safe containers or self-storage rooms.

Young guns go all out

It's best to be on the ground on 7th October as the Kent Foundation for Young Entrepreneurs launches their fundraising bid, Miles and Soles. The event has a medical theme, reflected through its name around four main heritage locations - Pembury Place, Haver Castle, Lightfoot and the Clock Tower.

Participants can take part in either a 15-mile jogging or bike route for families or a shorter 5-mile route that really tests the family skills.

Over 25 years the Kent Foundation for Young Entrepreneurs has helped more than 100 people aged between 18 to 30 get started in business.

For more information, email kent.foundation@kent.gov.uk or call 01222 08481.

Happy 10th Birthday

International University of Geneva has celebrated its 10th birthday on 15th October. The university has a long history of excellence in education and research. The school of Business and Economics is a leading institution in the field of international business and economics.

A store for style

India Jane shoes and an inspiration in the application and design of softwood inlay, from India, to modern, well-settling company that helps people avoid cowboy builders and rogue trades, has launched its first app for the iPhone, iPad, Touch and iPod. Free to download from www.checkmate.co.uk, the app allows users to conveniently find a local tradesperson, check his or her qualifications and view feedback from previous customers all at the touch of a button.

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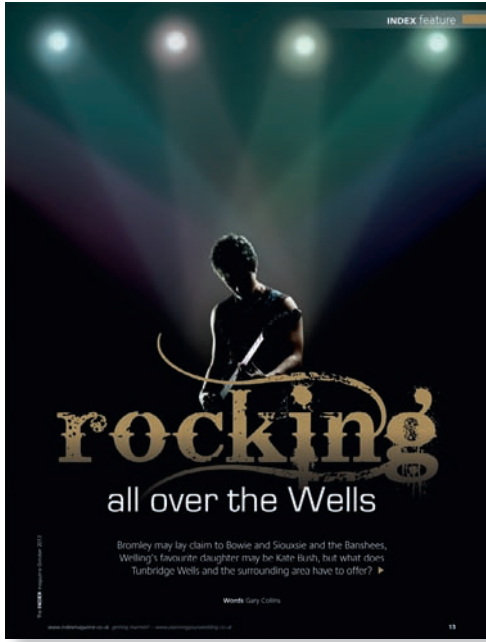
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Our strength is the business we generate for our customers

Features Travel



rocking
all over the Wells

Bromley may lay claim to Bowie and Sausage, and the Banishes, Wellington's favourite daughter may be Kate Bush, but what does Tunbridge Wells and the surrounding area have to offer? ▶

Words: Gary Collins



Take a break - a city one!

With the children back at school and the dust settling on a successful Olympic summer at home, why not hop abroad for an autumn city break? Here are three of our top choices

Words: Andy Jones/October

BERLIN

Just two hours' flight away, Berlin is one of Europe's most exciting and cosmopolitan cities. That, in itself, is testament to the German people's determination to face up to, and overcome, the trauma of the last 60 years - war-torn bombing, Allied occupation and, in 1945, the handing of the reins that which has seen families and communities, for nearly three decades, to build the city - and Europe - into two opposing ideological camps at the heart of the Cold War: the capitalist West versus Soviet-dominated Communist East.

After the Wall came down in 1989 Berlin was reinstated as capital of the reunited Germany. Despite a painful past, remnants of the horrors of Nazi or Communist rule are everywhere - in carefully preserved sections of the Wall, complete with original graffiti, or in the many memorials and museums. These includeCheckpoint Charlie (the most famous crossing point between East and West) and, 17km north of the city, the grim Sachsenhausen concentration camp used by both Nazis and Soviets. At 991 square kilometres just over half the size of London, Berlin is large, sprawling city to visit or live in.

It's not public transport. Particularly short, affordable and efficient, and a great first step towards getting your bearings is a bus tour of the city. These depart from the Kurfurstendamm, Berlin's famous boulevard. Must see attractions include the Brandenburg Gate (the last of its kind and a powerful symbol of reunification), and the architecturally impressive Reichstag, again home to the German parliament after 30 years behind the Berlin Curtain. A recently added glass dome offers panoramic views looking over the city.

Whatever you do, don't miss out on the vibrant nightlife scene that is something to look out for. Theatrical, it's no accident that the evening Berlin of 1930 was the setting for the musicalCabaret, showing that not even dark Communist rule or Nazi attempts to outlaw non-Germanic cultural influences (such as jazz) could suppress Berlin's natural party-going instincts. The long, Berlin walks in the European city that never sleeps. It's also home to the world's largest gay bar scene, with its own district, Schöneberg, offering a wide range of bars, clubs and venues.

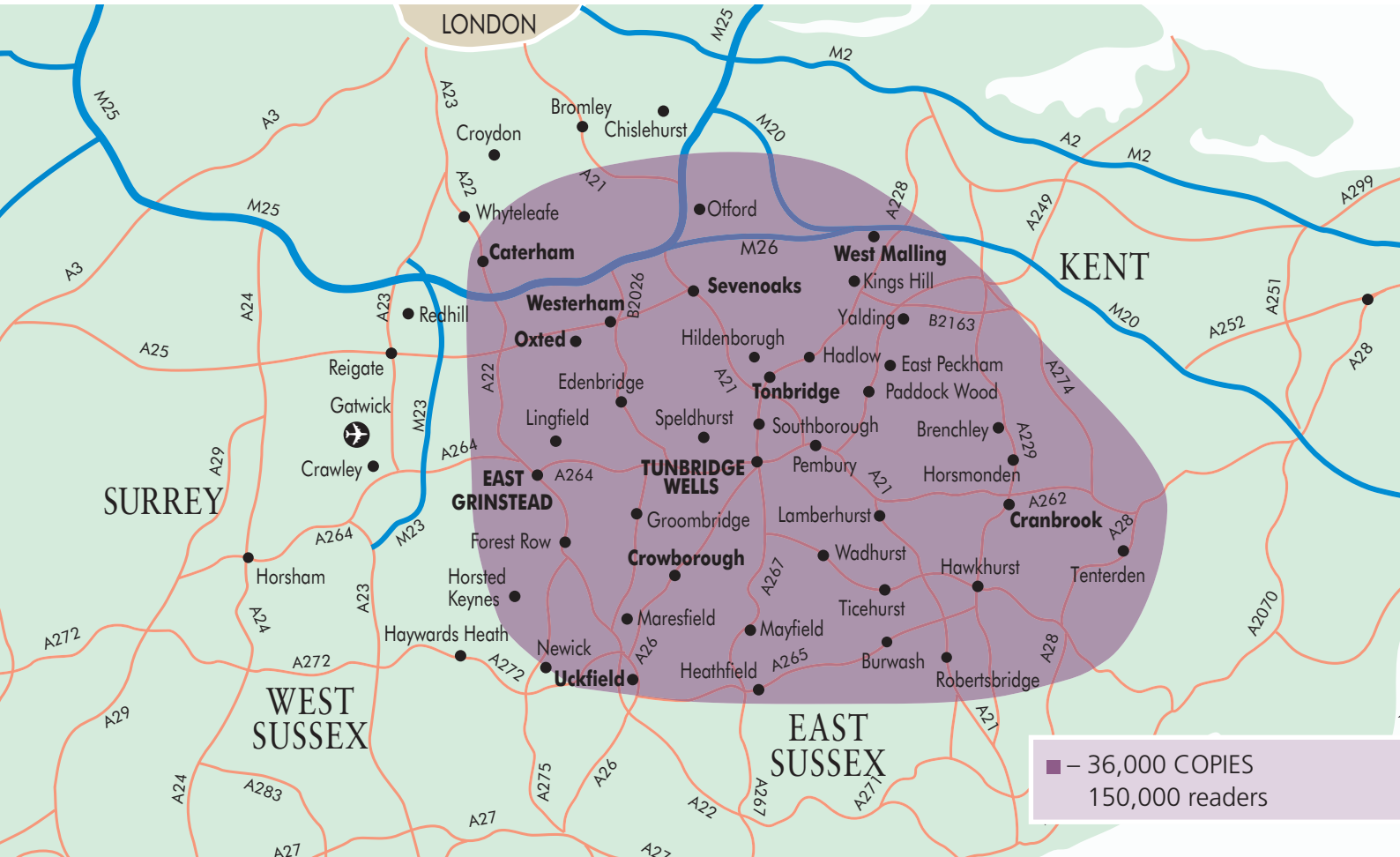
Prague is another city with a troubled past. Prague is now popular as a tourist destination, particularly for stag nights. As in Berlin, historic and cultural sites well worth seeing and exploring. But if you don't do anything after you simply must visit some, or all, of the well kept parks. Getting around is easy. The metro system is efficient and easy to use. Though, and there are plenty of fun bike-riding options. Or popping over to the famous Danubius Palace Home to the Danish royal family is something, the most famous being the performance Tivoli Amusement Park. Tivoli is one of the oldest and the most famous having the performance Tivoli Amusement Park. Tivoli is one of the oldest and the most famous having the performance Tivoli Amusement Park.

COPENHAGEN

Fans of the popular Danish TV drama seriesBorgenwill already be familiar with Copenhagen's landmarks. Linger over an afternoon meal on beautiful Nyhavn or shop in Strøget, the world's longest pedestrian street features, the most famous being the performance Tivoli Amusement Park. Tivoli is one of the oldest and the most famous having the performance Tivoli Amusement Park.

PRAGUE

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