

My Milton Keynes

Nancy Stevens is an image consultant who has been running Altered Image, an independent image consultancy in Woburn Sands, for six years. Her aim is to make everyone feel good about themselves. To find out more visit www.alteredimage.co.uk



Shopping

John Lewis, thecentre:mk

I am able to do a lot of my clients' shopping here and if it's good enough for them, it's good enough for me. As my clients vary in size from 6-26 and are aged between 19 and 70 there is something for everyone. The customer service is second to none and I feel secure that if I purchase anything from John Lewis, it will work, or if not I can take it back with no quibbles.

Bravissimo, thecentre:mk

I thanked the God of Lingerie when Bravissimo came to MK.

As a very well proportioned 30H cup, I had struggled to find bras and had to resort to various dull shades of beige, black and white (yawn) for most of my bra-wearing life. For the first time in my life I own a fuchsia bra and a turquoise bra with matching knickers and boy, does it make me feel so much more feminine.

Their approach is simple, they suss you out without the aid of a tape measure and most women are overwhelmed by the fact they will go down at least two sizes across the back and go up three cup sizes. Great for the ego!

TK Maxx, Bletchley

This is a bit hit and miss and you have to have your wits about you but this season I have got some phenomenal bargains there. I bought all my gym gear there and a faux fur coat reduced twice from £90 to £30. I feel like a '40s film star wearing it although it does make me look like a Mafia wife! I also purchased some fab pink accessories for my kitchen which I am doing up in pink.

Restaurants

The Red Lion, Milton Bryan

This is an intimate, yet comfortable country pub with open fires. I am usually disappointed with customer service in this country but the staff here are wonderful and the food never fails to live

up to expectation. It has a great ambience with that lovely old style pub feel and it hasn't lost its soul by going all "gastro".

Cafe Blue, Woburn Sands

This quaint little cafe opened up in the High Street in November and is quite rightly doing a roaring trade. It's what the town has needed for a very long time and the owner, Nicola Brookes, is an extremely hospitable host. They do a superb breakfast from the full English to smoked salmon and scrambled eggs on toast. Yummy. I am also rather partial to her scones, and she does old fashioned milkshakes for kids for after school.

Nandos, Xscape, CMK

This Portuguese South African chicken restaurant always offers great value. I have the same dish every time: Lemon and herb chicken, spicy rice and corn on the cob. I'm a movie buff, this is a great place to go before or after the cinema in Xscape. I like the fact that it has no pretensions and is just a great place to grab a bite to eat.

Bars

The Swan, Woburn Sands

This is a tricky one as I am teetotal, so traditionally haven't been a fan of pubs. Since the smoking ban was enforced, though, I'm happy to go into them and spend time catching up with friends. They're all quite used to my quirky drinking habits of sipping hot water and lemon! I like The Swan in Woburn Sands as it's at the top of my road and I suppose it is the closest I get to having a "local".

Giraffe, thecentre:mk

For their excellent smoothies. My boys feel really at home here as the staff are very family friendly and make them feel very welcome. They play a great selection of world music, too.

Cafe Blue, Woburn Sands

They do a great hot chocolate and have comfy couches on which to relax, chill out and read the papers or Style.

Leisure

The Shopping Centre, CMK

I love the mall in CMK. Without it I couldn't do my job. We are incredibly fortunate to have such a vast array of shops to suit everyone's needs. I think it's great that there is something of interest in Middleton Hall throughout the year, too.

Redways and Parks

The redways and lakes are amazing. I have recently started the Parks Trust runs on the first Sunday of the month. I would recommend anyone who, like me, is exercise and fresh air phobic to have a go.

This is a great outing for the family and my boys follow me on their bikes shouting unflattering comments. It is also free!



Shake on it
Nancy takes her sons for traditional milkshakes at Cafe Blue in Woburn Sands