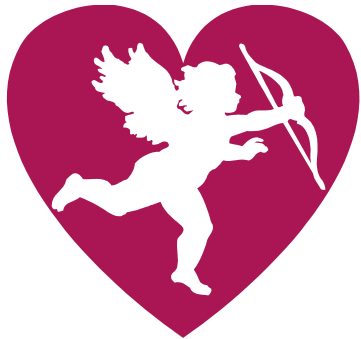


Speed Dating

Tammy reports on last month's speed dating antics at the Hatter...

Who goes to speed dating these days? And how can you make a judgement on someone in just 150 seconds? Then again that's probably as long as it takes to check out the guy at the bar who engages me in conversation before his jealous girlfriend snarls at me and drags him away. At least 'single' is assumed when one embarks on a speed-dating night.



As the crowd of gents and ladies arrived I was impressed to find that all of them were attractive and one should have problems on picking-up due to appearance alone.

The café set a perfect venue for a group of 30 something's looking for whatever they wanted? Which was what? Friendship or dare I say it – sex?

The evening started with some irritation at the lack of organisation. But since the Darren the promoter doesn't get paid, and all the proceeds go to MENCAP, the rough should be overlooked by the smooth. And the smooth was Smoooooth!

As glasses were topped up, chat-up lines shifted from the nervous to the unexpected and even to the witty and evolutionary! Alex told me that after a few drinks he was "having a good time now" and it was "really good to meet some interesting people." His wink to a lady got a shy giggle and a number exchanged.

Tom exclaimed that it was, on questioning, the "best night of my life!" I'm not entirely sure I believed him but with or without a girlfriend he could chat me up anytime!

Everyone mentioned that a few people were interested in them and the night came with a "highly recommended" seal of approval, although a "bit of a laugh".

Julie also thought the night was a success, saying that this could be "the spark that ignites the flame" when asked about love and sex, she replied "anything's possible" even after 2.5 minutes! Another impressed chap said that speed dating was "what people have been waiting for all of their lives."

Well, I'll just have to wait and see if its tea for two when our singles next come into Mad Hatters'.

Mad Hatter Monthly

Free

May 2005



Coffee Culture

A while ago I told someone how much I loved going for coffee and was cut dead with: 'coffee is just hot water with a bit of froth.' So, did I justifiably smack him over the head with an espresso pot? No, but the patronising git did make me think about café culture and the institution that is the coffee shop.

Nowadays, to say let's meet for a coffee is the same as an invite down the pub. Cafés have become the hub of the community, especially in this caffeine loving city of ours. Where else can you expect to see a buggy propped up next to a group of teenagers; listen to two friends having an intense debate; or smile at a smooching couple? Alright, most places but work with me here will you!

Luckily, as well as the usual chains, Boho Brighton is teeming with independent and quirky cafes. There's no better place to imagine you're sipping café au lait on the streets of Paris than here.

A coffee shop is the ideal haven to escape

from your day and stop; sit down with a cup of your favourite 'froth' and unwind. With a yummy slice of cake what more could you want? Ok, Johnny Depp serving would do it.

There's no need to feel awkward about being on your tod, or worry you're screaming out to the local wierdo to be your best mate either. Sitting in a café gazing philosophically into space or looking lovelorn is a must. Prop a volume of Baudelaire next to your coffee cup and you really have gained the ultimate status in café chic. If French poetry isn't quite your thang, then a listen in on other people's conversations will keep you amused. C'mon we've all done it and it's a great alternative if you miss your usual fix of Eastenders.



Continued overleaf....

Inside MHM this month

- ✓ Win a £200 NLP therapy voucher!
- ✓ Catch up with Norris' Adventures
- ✓ Stone of the Month is Rose Quartz
- ✓ Speed Dating
- ✓ MHM view

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Coffee Culture

From front cover...

Meeting friends for a coffee gives a sophisticated air to a plain old gossip too. Thank you Friends and that iconic sofa. Chandler and the gang bantering under a darts board just wouldn't be the same.

How you like your liquid coffee bean is the modern day equivalent to having your signature analysed. Chilled, laid back and like to watch those grains of sugar sink into the foam? Classy cappuccino slurper. Hyper your middle

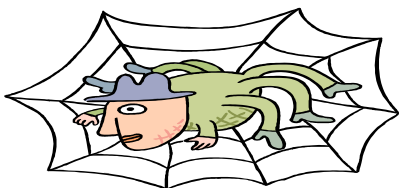
name? Espresso fan. Smooth and sophisticated? Latte lover.

A bit naughty? Mocha mad. Throw in a shot of flavoured espresso and you're a coffee connoisseur.

There's no argument about it. Coffee is more than 'just hot water with a bit of froth'. It's an experience and one you're having right now. Now that's the end of my rant because I really need that coffee break!

Submitted by **Monica Perdoni**

Norris



Last month, Norris, the Hatter's pet spider waved goodbye and set off on his spiderdelic travels. But he's been in touch since...

Dear All, since my departure last month, my slip in to the Hatter's computer has turned out to be the hand of destiny. I found myself spinning – tumbling through strange sights and noises. They went on and on and I thought my end had come.

However, I must keep this text short as so much has happened and is still happening. I was rescued by a youthful spider who is a member of an elite space-travelling posse. They call themselves 'extreme surfers'. I'm now staying at a YSCA on a satellite. At present we are over the Pacific. The view! I

can see the North and South poles glistening, a beautiful dawn, midday and sunset all at once out of one window. Out of the other window – black space. And the stars are so bright here, they dazzle!

I must end as I'm on a rigorous training programme. The extreme surfers wish me to join their group and they say – to learn to skip through time and space, and something else called the sound current. Bye, until next time....

Crystal

Rose Quartz

**Silicon dioxide with manganese oxide.
Taurus and Libra.**

This stone is gentle and claming. It will calm, cool and heal emotional wounds. Gently balances all centres bringing them to the correct emotional levels. Can also be used to dissolve stress and tension. It is said to diminish burns and blistering due to heat. It's good for the complexion and vibrates to the number 7.

MHM view

Red & yellow and green & blue.
I can see a leader—little bleeder!
The world is in furore!



There's something missing. That something is unattainable, yet a something everyone has. We're looking for it. The troops have been all over the world looking. There's no reward, but when its found the everything will be restored. Like when you loose your favourite way of thinking and you've had a stroke (but not of luck) and then you try approach a problem only to dribble in a teacup. Well when the troops return we'll all see that treasure, despite the fact its invisible to every single eye. Even the third! There's no rush however. These troops weren't made for fighting. Just keep on making coffee sonny boy. Put your finger on it?

Competition

Mad Hatter Monthly has partnered with Hypnotherapist & Licensed NLP Practitioner, Richard Slade to offer one lucky reader a voucher (worth £200) to stop smoking forever in our free to enter competition.

Richard, who has consulting practices in Central London and Brighton, is a member of the Hypnotherapy Society and Association for Professional Hypnosis & Psychotherapy (APHP). Having stopped smoking himself through hypnotherapy 5 years ago, this gave Richard the enthusiasm and impetus to fine tune his own techniques which have in the region of a 95 % success rate, with a 1 1/2 hr session. Richard is so confident of achieving successful outcomes with his clients that he offers a free booster session if ever needed.

This unique system combines hypnosis with Neuro Linguistic Programming (NLP). This takes the power of hypnosis to a new level, helping people to take control of their lives without the desire to pick up a cigarette ever again.

Smokin' Facts

- This habit causes approximately 330 deaths in the UK per day (source: ASH).
- 20 cigarettes daily over an average lifetime will cost around £100,000 (incl. inflation).
- Smokers in their 30s/40s have 5 times the amount of heart attacks as non-smokers (source: ASH).
- In the largest research of its kind (6,020 subjects) the results show that hypnotherapy is more effective than any other method eg nicotine gum, acupuncture, medication, patches etc (source: New Scientist issue October 1992).

Question

Answer and enter to win!
The Hypnotherapy & NLP techniques that Richard uses achieve the following approximate success rates:

- a) 25 % b) 50% c) 95%

Name:
Address:.....
.....
Tele:.....