

LEADING LADIES *of SUSSEX*

In celebration of International Women's Day, we shine a light on some of the county's formidable females who are making a name for themselves in their chosen fields





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LEADING LADIES

SAMANTHA KAYE

Focused on clarity and connection, this chartered financial planner supports clients in turning financial complexity into opportunity

Tell us about your business?

As a chartered financial planner with True Potential and a fellow of PFS, I'm committed to helping people build stronger, more confident relationships with their money. Across my career, I've seen how life events, career changes and shifting financial pressures can make long-term planning feel overwhelming for many individuals and families. My role is to bring clarity to that complexity.

I take an education-led, collaborative approach to financial planning, helping clients understand their options and make informed decisions that support both their immediate needs and long-term ambitions. Whether someone is navigating a major life transition, planning for retirement, or simply wanting to feel more in control of their finances, I focus on providing practical guidance that empowers them to move forward with confidence.

At its heart, my work is about helping people recognise their financial potential and giving them the tools to create secure, fulfilling futures.

Where did it all start?

My career began many moons ago as a fresh-faced law graduate stepping into the world of financial services at Legal and General. It was there that I first immersed myself in the complexities of pensions – from personal pensions to final salary schemes and everything in between. That early experience gave me a solid grounding in a subject that, at the time, I assumed most people understood.

As the years went on, it became clear just how misunderstood pensions really are. Despite being one of the most powerful tools for long-term financial security, they remain an area many people feel uncertain about or disengaged from. That realisation shaped the direction of my career, fuelling my commitment to demystifying pensions and investments generally, and helping people appreciate the crucial role they play in building a secure financial future.

Who are your clients?

I work with a broad range of clients – individuals, families, business owners and company directors – all looking to plan ahead and make sure their money is working effectively for them. Many come to me for



PHOTO: TRUE POTENTIAL

'The foundation of my success lies in the relationships I build with my clients'

support in turning their financial goals into reality, whether that involves preparing for retirement, securing their children's future, or navigating the complexities of starting or exiting a business.

No two clients are the same, so I tailor my approach to their specific circumstances, priorities and ambitions. By taking the time to understand what matters most to them, I'm able to create clear, practical plans and provide ongoing guidance to help them stay on track as life evolves.

The secret to your success?

The foundation of my success lies in the relationships I build with my clients. Financial advice isn't one-size-fits-all – it's deeply personal. By prioritising genuine human connection and taking the time to understand what matters most to each individual, I'm able to create tailored

solutions that make a meaningful difference. My passion for helping people, combined with a commitment to long-term support, ensures that clients feel valued, understood and empowered at every stage of their financial journey. It's this blend of expertise, empathy and ongoing guidance that underpins the results we achieve together.

What does the future look like?

The financial landscape is evolving at pace, and the next decade promises to be both dynamic and demanding. We're seeing significant shifts – around bringing pensions into the scope of inheritance tax planning, to the realities of people living longer and needing their money to stretch further. At the same time, more wealth than ever before is being passed down through the generations, creating new opportunities as well as new complexities for families.

All of this means there's plenty to keep me occupied for the foreseeable future. It's an exciting time to be in financial planning, and I'm committed to helping clients navigate these changes with clarity, confidence and long-term vision.

truepotential.co.uk/samantha-kaye

PROMOTION

LUCINDA COMYN

Comyn and James Estate Agents (Pulborough)



Tell us about your business, who inspires you and the secret to your success?

We are an independent estate agency selling town and country properties in Pulborough, West Sussex. We recognise that each client's requirements are different and instead of a 'one-size-fits-all' approach, relying on property websites, we offer a proactive service to best suit the market, be it local, national or international.

I love helping sellers and buyers achieve their aims with the minimum amount of stress - If they are happy, then so am I.

The secret to my success comes from considerable experience gained from a wide variety of professional jobs in different businesses in London and Sussex - including the Institute of Directors, solicitors, the wine trade, gold bullion trade, executive search, fashion, modelling, city directors lunches, estate agency, florists and more.

property@comynandjames.co.uk | comynandjames.co.uk

MICHELLE PRATT

Fruitology



Tell us about your business, your USP and what the future holds for Fruitology?

Fruitology was conceived during lockdown back in 2020 and I relaunched it in Sept 2023 with an additional bottle size and new seasonal flavours. I operate the business from my home, as well as being a full-time mum to my two neurodiverse children.

Fruitology is made from fruit, botanicals and sugar, nothing else added, no additives or preservatives. The fruit is also freeze dried, so all the flavours and nutrients are retained while giving it a longer shelf life. An alcoholic spirit of your choice can then be added to the bottle to create a delicious fruit infusion. This can be drunk either with a mixer, added to sparkling wine or used to blend an imaginative cocktail.

I am constantly developing new seasonal flavours, taking inspiration from the local area and beyond.

info@fruitologysussex.co.uk | fruitology.uk

SARAH BAKHTIARI

Shoreham College



How do you define your role as principal, and what makes Shoreham College's community centred approach distinct?

As principal of Shoreham College, my role is to guide the school with clarity and care, ensuring we meet the needs of our pupils and staff today while safeguarding our long term direction. Shoreham has always been a small, community centred school built on strong relationships and a deep commitment to knowing each child as an individual.

What values guide Shoreham College's approach to pupil development, and how do they shape the school's vision for the future?

We value excellent teaching, personal development, confidence, kindness and a secure environment where pupils can thrive. Our size allows us to balance ambition with genuine care, focusing on each pupil's growth. Looking ahead, we remain true to our founders' legacy - embracing thoughtful innovation and the strength of community - so that every pupil leaves with confidence, resilience and a clear sense of purpose.

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LEADING LADIES

MELANIE WAKEFIELD

The managing director of Wakefields Jewellers celebrates its legacy and the women behind its success, delivering trusted service and timeless design for over a century

Summary of your role and the business:

As managing director of Wakefields Jewellers and fourth-generation co-owner alongside my brother Dominic, my role is to protect our family heritage while guiding the business forward with care and purpose. I work alongside an incredible team of professionals, both women and men, who share the same values of excellence, integrity and service. For this feature, I am proud to celebrate the women on our sales team, who play such a pivotal role in building emotional connections with our customers every day. Today Wakefields Jewellers is still a family-run independent jewellers with more than 110 years of history, we specialise in exquisite fine jewellery, luxury watches and delivering exceptional customer service.

Where did it all start?

Wakefields began in 1911 when my great grandfather opened our door as a small family business rooted in trust and craftsmanship. Each generation has added to that foundation, always understanding that jewellery is never just about the piece itself, but about what it represents. That belief remains at the heart of everything we do today.

Who are your customers?

Our customers are the families of Horsham and the surrounding communities, many of whom we have known for generations. We often see women return to us at different stages of their lives, from having their ears pierced as children, to choosing engagement rings and celebrating life's significant milestones. It is incredibly special to witness these journeys and to be trusted with moments that matter so deeply.

Your unique selling point?

Our USP lies in our heritage and the experience we offer. With more than a century of learning and refining our approach, we understand that exceptional service is never static. As Wakefields has grown, so too has the way we tailor each customer journey, curating a luxury experience that feels welcoming and enjoyable for all. This passion for excellence is delivered by our exceptional team, from the sales floor through to the goldsmiths and watchmakers in our dedicated on-site workshops.



PHOTO: WAKEFIELDS JEWELLERS

‘We take time to listen, to understand stories and to guide customers with sensitivity.’

We specialise in a range of in-house services from bespoke design, stone sourcing and diamond grading with expert gemmologists, through to complete watch servicing offered by our meticulous watchmaking team, ensuring our customers can have all their jewellery and watch-related enquiries expertly handled under one roof.

The secret to your success?

Connection. We take time to listen, to understand stories and to guide customers with sensitivity. Many pieces we create or restore are destined to become heirlooms, handed down to daughters and granddaughters, sometimes reimagined through bespoke design while preserving their history. Our stories and our customers' stories weave together, creating pieces that will last for generations.

How has your business changed in recent years?

While we continually honour our heritage, we have embraced technology to enhance the Wakefields experience. Our sales and workshop teams receive ongoing training to grow their expertise, from CAD design to refine the jewellery-making process, to using state-of-the-art equipment in both our watch and jewellery workshops. We can now test gemstones on site to distinguish natural from synthetic and even use an X-ray machine to identify precious metals.

These investments in technology and skills allow us to deliver an even higher level of service, proving that while we are a business steeped in tradition, we are constantly evolving with modern ways of working.

What does the future look like?

The future is rooted in community and uncompromising quality. Wakefields will continue to evolve while remaining deeply connected to Horsham and the families within it. At our heart is people and they will always guide us.

MELANIE SAVILL

Lemonade Ceremonies



Tell us about your business, and why you love what you do?

The joy of being an independent celebrant is the privilege of discovering and crafting unique stories into uplifting and memorable ceremonies. Whether it's a wedding, baby naming, celebration of life, or a funeral, I'm always inspired by what brings people together and the legacy they leave.

Everything I do is personal, written with care, and delivered at a ceremony with the greatest of love and a good bit of humour. I'm committed to spreading the word that people have a choice when it comes to marking significant moments. Weddings can be anything you want, and my style is to make them the fun start to a wonderful day. Funerals or memorials can be led by a celebrant of your choice, at your chosen location and be a true celebration of life. It's your day to celebrate how you choose.

When not writing and sharing love and life stories, I'm walking the dog, volunteering for organisations including as a trustee for the local hospice, travelling, dancing and talking to strangers about their stories.

melanie@lemonadeceremonies.co.uk | lemonadeceremonies.co.uk

LAUREN DALY

Natrie



Tell us about your business, who inspires you and your secret to success

Sustainaclean is a sustainable commercial and domestic cleaning company in West Sussex, specialising in high-quality green cleaning for homes, offices and holiday lets. Driven by my own health journey and a commitment to the wellbeing of my clients, I created Natrie, a truly non-toxic, powerful all-purpose cleaner that delivers professional-level results without harsh chemicals. Unlike many eco-friendly products, Natrie contains none of the 26 major fragrance allergens or essential oils. My mission across both Sustainaclean and Natrie is to provide high-performance cleaning solutions that prioritise the health of people, pets and the planet.

My frustration to find cleaning products and services that are safe and effective, combined with a desire to create meaningful positive change, motivated me to build both businesses.

My success lies in my ability to manage multiple moving parts, staying focused and ensuring growth, values and impact remain aligned.

lauren@natrie.com | natrie.com

SARA VERNON

Seaford College



Summary of your role and the business

My primary role is director of performing arts, overseeing the music, dance and drama departments, alongside my work as a singing teacher, choir leader and director.

My daily inspiration comes from the students - their thirst for learning and drive to be the best continually reignite my love for the performing arts. I pride myself on opening pathways for students to progress into the industry, while ensuring all students, regardless of skillset, are given opportunities to engage and achieve to the best of their abilities.

Success for me lies in maintaining high standards, enthusing an exceptional team of staff and leading from the front - showing students that hard work applies to everyone. Being a finalist in the Independent School of the Year for performing arts has been a highlight.

The future of performing arts at Seaford will reflect these values: strong student uptake, excellence in outcomes for every individual and fresh ideas to keep the department dynamic and inspiring.

www.seaford.org

LEADING LADIES

JENNIE APSEY

A Legal 500 Rising Star offering strategic, compassionate guidance through high net-worth divorce and complex family law disputes

Summary of role:

I bring a wealth of experience across complex and high-stakes family law matters and I am ranked by The Legal 500 as a Rising Star, reflecting my reputation for strategic, calm and compassionate client care.

I advise clients on a wide range of family law issues including divorce and financial remedy proceedings, cohabitation disputes (TOLATA claims), pre- and postnuptial agreements and injunctive relief in cases of domestic abuse. I have extensive experience in Children Act litigation, including child arrangements orders, specific issue and prohibited steps orders, enforcement matters and cases involving the removal of children from the jurisdiction. I also advise in relation to Schedule 1 applications, and complex pension and financial conduct issues arising from separation or divorce.

Your unique selling point?

Facing the end of a relationship with someone can be highly challenging and we understand the emotional strain this can have on individuals and their wider families.

The divorce process can be particularly stressful if you or your partner have significant wealth. Our highly experienced family solicitors are specialists in high-net-worth divorce cases. They will work with you throughout the process to secure the best possible outcome for your individual circumstances.

A high-net-worth divorce can involve complex issues. There could be substantial income, property and other assets to consider, as well as child arrangements and child and spousal periodical payments. Personal assets such as inherited wealth, on and offshore investments, properties, pensions, trusts, business assets, spousal and child periodical payments all require careful consideration.

Opting for non-court dispute resolution (NCDR) methods can offer notable advantages in terms of time, cost and emotional wellbeing. These approaches facilitate a smoother and usually quicker process for all parties involved and foster the possibility of maintaining a more amicable relationship with your former partner, which is especially crucial where parties share children.

Currently, mediation stands as the most widely recognised method of NCDR for



PHOTO: MONAN GAZZETT

'The primary objective of these sessions is to address areas of disagreement'

navigating family matters. This strategy entails a series of deliberate discussions between you and your spouse, facilitated by a trained, impartial third party known as a mediator. The primary objective of these sessions is to address areas of disagreement and collaboratively devise voluntary solutions to resolve pertinent issues. Before issuing proceedings, engaging in mediation is usually

a prerequisite. Attending a mediation information and assessment meeting (MIAM) is, with very few exceptions, compulsory.

Other forms of NCDR that lend themselves particularly well to high-net-worth cases are private FDRs (financial dispute resolution appointments) and arbitrations. These options allow the parties to choose their evaluator, location and date as well as minimise delay.

Monan Gozzett
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PROMOTION

GEORGINA DALTREY

Mortgages by Wellesley



Tell us about your business, and what the future holds?

At Mortgages by Wellesley, everything we do starts with our clients. Whether they're buying their first home, moving to the next chapter, remortgaging, or simply looking for a better rate, our experienced team is here to listen, guide and support them.

Joining the Mortgage Advice Bureau network this year marks an exciting new chapter for us and, more importantly, for our clients. It allows us to offer enhanced support, alongside intuitive digital tools that help make the mortgage journey clearer and less overwhelming. Clients can plan, explore options and track progress with expert advice close at hand.

Looking ahead, we're focused on growing in a way that never loses sight of what matters most - delivering trusted advice, building lasting relationships and helping our clients feel confident and supported through one of life's biggest financial decisions.

Your home may be repossessed if you do not keep up repayments on your mortgage.

mortgagesbywellesley.co.uk

LISA SCOATES

CaketoGo



Summary of your role and the business

I'm a cake designer specialising in wedding cakes, though I also love creating bespoke cakes for all kinds of celebrations. My passion for baking began in childhood, learning alongside my mum, herself a talented cake decorator.

What started as baking for friends and family while working part-time after the birth of my son quickly grew. I spent countless hours perfecting flavours, honing techniques and watching tutorials to develop my creative flair. Intricate details and quality ingredients are key to a special cake, and this is reflected in every creation.

I love getting to know my clients, listening to their ideas and designing a cake that complements their celebration perfectly. From intimate gatherings to weddings, birthday parties and corporate events, I enjoy the entire process, with my clients - choosing flavours and finalising designs to setting up the finished cake for everyone to admire and enjoy!

hellocaketogo@gmail.com | caketogo.co.uk

DR. ANNELIZE MEYER

Meyer Clinic



Tell us about you and your business?

I began my medical journey in South Africa, completing my undergraduate training before pursuing advanced studies in aesthetics, functional medicine and women's health.

I am the founder of Meyer Clinic, an exclusive practice in Fishbourne offering personalised, patient-centred care. I combine clinical expertise with deep insight to create tailored treatments that support skin health, restore hormonal balance, enhance natural beauty and wellbeing and optimise health.

Awarded the 2025 Menopause in Aesthetics Award, I use comprehensive hormonal testing, including the DUTCH test, to develop bespoke bio-identical hormone therapies.

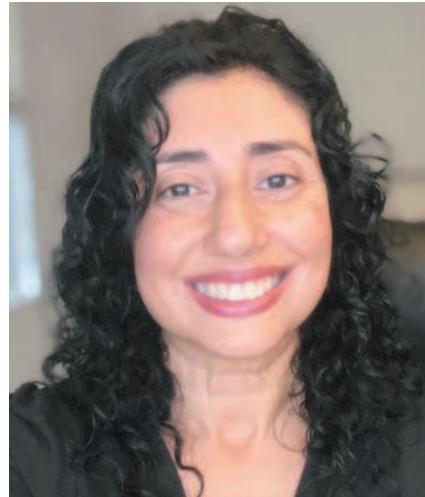
Meyer Clinic provides advanced facial, body and hair aesthetic treatments using cutting-edge technology, personalised protocols and microbiome-respecting biostimulation to achieve subtle, natural-looking results. Supported by a high-calibre team, the clinic delivers a truly comprehensive 360° approach to health and aesthetics and helps prevent future concerns.

[01243 771455](tel:01243771455) | info@meyerclinic.co.uk | meyerclinic.co.uk

LEADING LADIES

ZOE LAGADEC, JASMINE VAN LOGGERENBERG AND NICKY HISTED

With decades of experience and values-led advice, this dedicated team supports businesses and individuals through every workplace challenge



PHOTOS: MULBERRYS

Summary of your role and the business:

We are employment law solicitors and HR specialists

Who or what inspires you?

Our clients are a constant source of inspiration. From small business owners who work tirelessly to make their businesses successful in what has been a volatile and difficult few years to our employee clients facing difficult situations at work or unemployment, who nonetheless show great resilience, courage and dignity. It is how we behave when the chips are down that shows our true bravery and character. Many of our clients have been with us for decades, allowing us to really feel like an integral part of their business. This allows us to advise proactively and ensure that they navigate this ever-changing field with confidence. Over the years we have faced so many challenges together, Covid, high inflation, Brexit and many others. Working together we have provided our clients with support and encouragement and allowed them to lean on us in the face of all these hurdles.

Your unique selling point?

We believe that we punch well above our weight in our field of expertise. We're all

‘We’re all highly trained and experienced advisers who have remained committed to our values and high standards throughout our careers. We’re truly independent and driven by results rather than targets.’

highly trained and experienced advisers who have remained committed to our values and high standards throughout our careers. We’re truly independent and driven by results rather than targets. We often achieve our client’s goals without driving up costs or damaging relationships and reputations. These matter in the long-term and we seek to secure our clients’ futures in every respect. Being a boutique practice also allows us to be flexible and pivot quickly to our clients’

needs, which we value and would never compromise on. Another benefit to our clients is that as our team is spread across locations and time zones we can offer evening appointments giving clients access to help and advice when they need it.

The secret to your success?

No secret, just commitment, values and ongoing training and knowledge building. In our field there is no substitute for expertise, experience and intuitive confidence, which comes with time. We love what we do and it shows. We’ve also deliberately stayed a niche practice and by focusing solely on employment law we’ve become real experts in our field, masters of our trade.

What does the future hold?

We’re looking to expand organically and selectively. Reputation is everything and we look to work alongside those who hold our commitment to serve as highly as we do. The next couple of years are going to require employers to implement the most radical changes since the 1970s, so our advice and support will be more needed than ever. A challenge we are more than ready for.

mulberryssolicitors.com

PROMOTION

ANNETTE GARDNER

Hepburn At Home



Tell us about your business and what motivates you?

I am a home declutterer and a property stager, where I use upcycled furniture to dress rooms. I can assist people to minimise clutter in their homes or offices, or help them prepare their house for sale with clever staging, or by filling an empty property with furniture to set the scene for potential buyers.

My motivation comes wanting to help people avoid stress when putting their home on the market. I do this by working with them to streamline their possessions to present their property in a way that will attract multiple buyers and high offers. I particularly enjoy supporting people who are dealing with bereavement and clearing and selling a loved one's home at an emotional time.

I am very committed to what I do, and am calm and supportive, and I think that is the secret to my success - I always aim to go the extra mile.

hepburnathome.co.uk

CHRISTINE CHAMBERS

Christine Chambers Author and Illustrator



Tell us about your business, your secret to success and aims for the future

I'm a children's author and illustrator. My mantra is 'Happiness is creating with my hands what I dream in my mind.'

Writing was a dream I wasn't brave enough to contemplate for many years. Then in 2022, after redundancy, my husband and family gave me a gentle push towards my dream and here I am, four years later, with two books published.

My stories have been received by children and adults with warmth and happiness. I feel tremendously humbled. Being able to motivate others to be creative, I've discovered, is my superpower!

I put my success down to my family's support and my passion for imagination and creativity.

I aim to create more stories and characters. I want to inspire children to use their imagination and create their own worlds and bring them to life.

I spend my days writing, drawing or crocheting animals. Inspired by nature, childhood and a wish to spread joy.

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CATHERINE GODON

Letter Studio



QUESTION QUESTION QUESTION QUESTION QUESTION QUESTION

I have been inspired by and been passionate about design long before it became my career. My family instilled a 'buy once, buy well' mindset in me. Having moved over 20 times across three continents, I've witnessed the power of considered decisions.

After studying interior architecture and design and gaining more than a decade of experience, I'm finally in the position the seven-year-old me could only dream of. As founder and creative director, I'm the thinker who feels, the dreamer who builds and the rule-bender who refuses to settle.

My mission is to deliver interiors that feel intuitively aligned, support psychological and functional needs, and evolve elegantly without erasing what came before. I choose with intention and design with foresight to give lasting meaning to our everyday rituals. I truly believe in the power of design to enrich the human experience, and I'm excited to make a difference in people's lives in the future.

hello@letterstudio.co.uk | letterstudio.co.uk



TEMPLE SPA



**British Science-led
Skincare**

TEMPLESPA.COM |  TEMPLESPA

LEADING LADIES**LIZ WAROM**

Celebrating more than 25 years, Templespa continues to redefine wellbeing with results-driven skincare and the promise of spa wherever you are

Summary of your role and the business:

Templespa is a science-led skincare brand built on more than 25 years of formulation breakthroughs, where heritage meets innovation. We blend the finest ingredients with cutting-edge technology, we have exceptional, results-driven products that are a fusion of hyperactives, rich Mediterranean-inspired botanicals and vitamins. Templespa is an ethically conscious brand with feel-good experiences that are a reminder to create a 'spa wherever you are'. Templespa is science with soul.

Where did it all start?

The Templespa story began 25 years ago when my husband and I were on an extended break in the Mediterranean. We fell in love with everything about it, and that has inspired the brand with vibrancy and soul.

Since its beginning, Templespa has grown into a beloved award-winning British brand with a global following, found in some of the world's most exclusive spas, hotels and homes. Yet at the heart of it all remains the same purpose that started it; to create exceptional skincare that feels like a spa in a jar and to help people feel beautiful inside and out.

Who are your customers?

Templespa has built a large and loyal following of customers. We have recruited advocates through our spa partners and hotel amenities, our 'spa to go' consultants, our social and influencer platforms and of course word of mouth.

Our customers are predominantly female from a wide demographic group. Our product ranges cover all skin types and benefits from those that either purify and balance the skin, deliver glow and radiance or visibly firm and lift. We pride ourselves on being an all inclusive brand no matter your age.

A recent customer survey informed us that our customers trust us and our products, value luxury at an affordable price, they love spa inspired self care and looking after their wellbeing, they are well informed and intentional about looking after their skin.

Your unique selling point?

Templespa is science with soul. Yes we have high-tech ingredients, great clinical



PHOTO: TEMPLESPA

'Our product names are smile inducing, our copy like chatting to a girlfriend'

data to back up our claims and 26 years of breakthrough skincare formulas but what makes us different is combining all this with warmth and inclusivity. Our product names are smile inducing, our copy like chatting to a girlfriend.

The secret to your success?

Throughout our 26 years we remained resilient, agile and embracing of change. Being relevant to consumer demands, product trends and industry changes to legislation has certainly kept us busy. Most importantly, and being an omni channel business, we have constantly pivoted to meet customers wherever they find themselves; be that in a spa, in a hotel, online, in the air, in the workplace, or at home.

How has your business changed in recent years?

Our very first brand manifesto 26 years ago recognised spas would become the new entertainment. No longer for the sick and needy but for everyone to enjoy as part of their personal wellbeing.

Today's acceptance of looking after your mental health, managing stress levels and getting good sleep has changed our industry. Connecting the dots of great skin confidence, increased energy, feeling good about yourself and finding a pocket of peace in your day all contribute to your personal wellbeing.

So our brand mantra of 'spa wherever you are' has never been more relevant.

What does the future look like?

To date we have been by choice a relatively UK centric business with our toes dipped into international waters. In 2026 we will purposefully expand internationally. Our future is very rosy indeed.

LEADING LADIES

CHARLEY HARRIS

Blending industry experience with educational insight, this director of drama champions confidence, creativity and connection through drama and dance

Brief summary of your role?

I am director of drama at a leading independent pre-prep and prep school in Danehill, near Haywards Heath, a school I have proudly worked at for the past 12 years. Alongside this, I am drama and dance editor for *SATIPS Magazine*, celebrating creative excellence across the UK prep school sector, and a freelance director.

Where did it all begin?

In 1989, I was fortunate to work with Jeremy James Taylor and David Nield of the National Youth Music Theatre (NYMT) on their production of *October's Children*. That experience proved life-changing.

I went on to become part of the company, performing at the Edinburgh Festival for four years and then touring internationally for a further six. During this time, I worked with some of the country's leading directors and performed alongside an exceptional group of young artists, including Idris Elba, Jude Law, Sheridan Smith and Eddie Redmayne.

Some of your career highlights?

A creative sidestep into fashion followed, which became an unforgettable chapter of my life. I worked as Geri Halliwell's personal stylist, contributing to several of her music videos. At the same time, my husband Charles was immersed in the music industry, and together we experienced the intensity of that fast-paced world. By 2008, we found ourselves seeking something quieter and moved from London to Sussex, drawn by green space and the opportunity to raise our two daughters in a more peaceful setting.

That move proved pivotal. In 2014, I acted on a long-standing interest in education, completing a PGCE and joining Cumnor House Sussex. I became head of Year 3 and later director of drama, a role that perfectly marries my professional experience with my passion for nurturing young people.

Who or what continues to inspire you?

Theatre remains a constant source of inspiration, from regular visits to Theatre Royal Brighton to watching and performing at Lewes Little Theatre. Live dance, particularly at The Dome in Brighton, makes me feel completely present and alive. I am also endlessly inspired by my daughters:



PHOTO: TONY BROWN PHOTOGRAPHY

'I am deeply passionate about helping children find their voices, build confidence, and develop communication skills'

watching Marnie train as a dancer at Laban in London, and listening to Louie's student radio show on Manchester's Fuse FM.

What are you most passionate about?

I am deeply passionate about helping children find their voices, build confidence and develop communication skills. What I value most in my role is seeing how creativity and free play unlock self-belief. When children are given permission to explore and fail safely, something truly magical happens.

My drama programme is not about perfection, but connection. At Cumnor, drama and dance are far more than subjects; they are spaces of expression, discovery and joy. From Reception to Year 8, every child takes part in a creative

journey that celebrates imagination and nurtures confidence.

What does the future hold?

Looking ahead, our Year 7 production of *Matilda the Musical Jr* later this month promises to be a major highlight. I will also be expanding Cumnor's drama outreach programme and, in a full-circle moment, directing *The Ragged Child* with NYMT as part of their 50th anniversary celebrations. The Royal Gala Performance will take place in the presence of HRH Prince Edward this July.

Cumnor House Sussex
cumnor.co.uk
@cumnorhousesussex

LEADING LADIES

EMMA RAW

The BRAologist is redefining bra fitting through expertise, empathy and education, helping women feel supported, comfortable and confident every day

Summary of your role and the business

I am founder and bra fitting specialist at The BRAologist, a customer first bra fitting practice and boutique, offering expert one-to-one consultations and access to quality bras that truly fit, delivering comfort, confidence and wellbeing for every life stage and lifestyle.

Where did it all start?

The BRAologist was born out of a simple but powerful realisation: the high street is failing women, especially in East Sussex. I was in need of new bras and quickly discovered the only way to buy good quality bras was online or to travel from Hastings to London or Brighton – which I did, and came home tired, frustrated and empty handed. Even visiting stores that pride themselves on exceptional service, the experience was rushed, sales-led and impersonal, with cramped changing rooms and little to no expertise. I believed there had to be a better way, so I decided to undertake professional training in fitting and help others to navigate the lingerie world.

Who are your customers?

My customers span all ages, sizes and life stages. I've worked with teenagers needing their first bra, bridal parties, those navigating pregnancy, breastfeeding or menopause, or recovering from surgery and people whose bodies have changed over time, which of course all bodies do. I am LGBTQIA+ inclusive.

Your unique selling point?

The BRAologist's unique selling point is simple: it is about finding solutions and helping customers to feel comfortable and supported in their day-to-day lives. It is about fitting properly. Consultations are one-to-one and by appointment only, creating an unrushed and personal experience led by expertise rather than sales targets. I assess by eye, without a tape measure, and explain why certain shapes, sizes and styles work or do not, so customers leave informed, confident and feeling great.

The secret to your success?

Kindness, trust and empathy. Every consultation begins with a conversation. We talk about what is going on in the client's life, how bras are or are not working and what they have been experiencing physically



PHOTO: THE BRAOLOGIST

and emotionally. For many, this is the first time anyone has asked these questions. Having the space to talk and be heard can be unexpectedly emotional. The boutique is in my home, offering a quiet, private and relaxed environment, a world away from bright lights and busy shop floors.

How has your business changed in recent years?

The BRAologist has only been open for a year, and yet in that time I've discovered 94 per cent of my customers have been wearing an incorrect bra for their body, higher than the 80 per cent often quoted. However conversations happening in the fitting room reflect a wider cultural shift. Women are

increasingly questioning why discomfort has been normalised and are starting to see bras through a health and wellbeing lens, rather than as a purely retail purchase. From the start, the business has been as much about education and advocacy as it is about fitting.

What does the future look like?

I want fewer women wearing the wrong bra, fewer women living with unnecessary pain, and far more women feeling supported, comfortable and confident in their bodies. If we can change how women experience something they wear every day, the ripple effect on both mental and physical health is extraordinary.

thebraologist.co.uk



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LEADING LADIES

Kirsty Keep, Sarah Sutherland-Booth, Francesca Milling & Emma-Kate Henry

Four leaders from the Lancing College family of schools reflect on their roles, their communities and what inspires them as they shape the future of education

Summary of your role and your school

Kirsty Keep, headmistress

Lancing Prep Hove:

My role at LPH is wonderfully varied, but the constant is prioritising children's wellbeing. I see my job as saying 'yes' to great ideas – from robotics and food education to outdoor learning – and helping them become reality.

Sarah Sutherland-Booth, headmistress, Dorset House:

Dorset House is an idyllic prep school in the South Downs where we combine academic rigour with creativity and a deep commitment to preserving childhood. I am proud to be the school's first headmistress in its 240 year history.

Francesca Milling, head, Lancing Prep Worthing:

LPW is a vibrant, nurturing and forward-thinking community. I feel privileged to lead a school where children don't just learn, but truly flourish, supported by kindness, curiosity and ambition.

Emma-Kate Henry, senior deputy head, Lancing College:

My role oversees the daily operational and pastoral life of the college, including boarding. It's dynamic, varied and centred on supporting pupils and staff across the community.

Who are your customers?

KK: While parents might be seen as customers, it is the children we serve. Our families value freedom, joy in learning and education that goes beyond pure academia.

SSB: Our families are largely local, which strengthens our close-knit community and shared sense of belonging.

FM: Our pupils are at the heart of every decision, supported by strong partnerships with parents who trust us with their children's education and wellbeing.

EKH: Our pupils are our priority, with parents as key partners. We work together to ensure a personalised, supportive experience for every child.

What is your school's unique selling point?

KK: Space! Both physically and creatively. Our children have room to explore ideas and learn freely.



L to R: Francesca Milling, Kirsty Keep, Sarah Sutherland-Booth, Emma-Kate Henry.

PHOTO: LANCING COLLEGE

'The future and the optimism of children, who believe they can shape the world, and I believe they can'

SSB: We genuinely preserve childhood while preparing pupils for the next steps in education and life.

FM: A deep sense of belonging, combined with the intimacy of a small prep school and the strength of the Lancing College family.

EKH: There is not one individual thing. We are a sum of the parts to be wholly unique but... Lancing College is a scholarly, values-led community, intellectually curious, socially aware and committed to being a force for good.

What inspires you?

KK: The future and the optimism of children, who believe they can shape the world, and I believe they can.

SSB: The children, their pride in their school and the joy they bring to learning every day.

FM: The children's growth and kindness, the dedication of staff and the transformative power of education.

EKH: Our phenomenal pupils and the extraordinary environment in which we live and work.

How has your school changed recently, and what does the future look like?

KK: We've invested in technology, facilities and co-educational sport. With outdoor projects and future trips ahead, the school feels full of energy and optimism.

SSB: Joining the Lancing family and new leadership mark an exciting chapter, with plans to expand curriculum, life skills and boarding provision.

FM: LPW continues to grow in ambition and opportunity, with an exciting, joyful future for our pupils.

EKH: The future looks bright. With new leadership and strong partnerships, we are well positioned to lead in curriculum innovation and pastoral care. Watch this space!

LEADING LADIES

JANE LOWE

Inspired by her grandmother, The Ivy Dementia Centre's founder is redefining dementia care through warmth, community and a deeply human approach

Summary of business and your role?

Ivy in essence is a day centre specialising only in dementia. Because of our holistic and more importantly human approach, it loses the label of 'day centre' very quickly and becomes a gathering, a hub of warmth, laughter and love.

Alongside running the company and supporting the companion team I am also a neuroscientist, the core of my work revolves around the families of our clients. Providing education and advice ranging from practical suggestions for situations at home, through to funding for sessions if necessary.

Who inspired you to do what you do?

Ivy is named after my grandmother, the catalyst behind it all. She had alzheimer's, and there was very little in the way of support. I wanted better, I wanted to make a difference, I could see a better way forward for dementia as there are no preventers or cures.

Who are your clients?

Our clients utilise Ivy for stimulus, for that sense of community and belonging to something akin to a club that's exclusive to them. And if they are living with family that care for them at home, the family receive the necessary respite to enable them to carry on and keep caring and supporting for their loved ones living with dementia – I like to think that we are in a small way sharing this responsibility through Ivy. Clients young and old, anyone affected by dementia are supported at the centre. No formal referrals are necessary, the families know their loved ones better than any memory assessment might prove.

Your unique selling point?

Our USP is that Ivy is unique. In how the team exudes genuine care and kindness towards our clients, in how everyone interacts with one another, our normalisation makes us unique.

Dementia is what has pushed people towards Ivy, but Ivy pushes back at dementia and does not allow it to enter our normality; it has no place in our conversations. We work on our clients' strengths, not their weaknesses. We do not look at them as Mr or Mrs X with dementia, we see Jean or Geoff, Cathy or Stephen, and we are the lucky ones that they choose to chat and joke



PHOTO: KYE DAVIES

'Our clients utilise Ivy for stimulus, for that sense of community and belonging to something akin to a club'

with, share stories from times gone by with, or surprise us with their hidden talents of which there are many. Not only are we lucky enough to receive their handshakes and hugs along with the occasional wolf whistle, they hand us their trust.

The secret to your success?

There is no secret. Just be real and surround me with a team that share that one same outlook – the welfare of our clients come first.

We have independently built our own centre which was my goal.

What does the future look like?

I hope to continue educating and supporting families living with dementia. I would like the future to be more accepting, talking openly about dementia as we would about other topics. This all stems from the top, the future is in our hands, and we need to drive positive change.

ivyhouse-dementiacare.com