



How To Stay Healthy and Live Longer

The Medical Evidence

For the second of our charity fundraising lunches, we are delighted to welcome Roger Allsopp as our speaker at Les Cotils on **Friday 15th December 2017 at 12:15 for 12:30.**

Roger Allsopp worked in Guernsey as a consultant surgeon for 30 years. In 2006 at the age of 65, he stopped working in clinical practise but continued to be involved in medical research.

In 2011 Jonathan Ross compared him to a particularly private part of Alan Sugar's anatomy but it was not until the Guernsey Press described him as an 'elderly man' in 2014 that he got the message.

Roger feels that he has a vested interest in the study of what it is that keeps us alive and well.



About the Charity

Hope for Guernsey

This local charity supports medical research which will have a direct benefit to Islanders, both now and in the future.

Menu

Pan fried fillet of sea bass, noisette butter, lemon & fine herbs (GF)

Aromatic Indian korma, coconut cream, caramelised vegetables, chickpeas and lentils, basmati rice, poppadum & garlic naan (GF, V)

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Madagascan vanilla bean & clotted cream brulee, vanilla glace (GF)

Chantilly creamed profiteroles, Belgian dark chocolate & Baileys fudge sauce

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Freshly brewed tea or coffee

Tickets cost £20.00, including a donation to Hope for Guernsey.

How to Book

To book your place, confirm your menu choices and make payment, please call Kerry on 750481 or email Kerry@lescotils.com by Thursday 7th December 2017. Payment can be made by cash, card or by bank transfer, using the following details: Bank: HSBC, Sort Code: 40-22-25, Account No: 04082761.



/LesCotils

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