

Singletons get set for a date

RELATIONSHIP expert Jan Day is hosting dating sessions with a difference for those who are single and ready to mingle.

Meetings with Masks, which promotes different ways of relating to others, will take place at Highfield House in Harbledown from 6.30pm to 10pm tomorrow (Friday).

The workshop, run by Jan, 55, from Blean, will encourage participants to explore what they want in a relationship through a range of different exercises.

Jan, whose relationship coaching has proved a hit in places like Germany, Switzerland and Hawaii, said the session is ideal "for anyone who finds internet, speed-dating or the singles scene a bit hollow."

She said the event will allow single people to explore how to meet potential partners in a more authentic way.

The session costs £35 and can be booked at www.meetingswithoutmasks.com, by e-mailing meetings@janday.com or calling 020 8123 9831.



LOVE GURU: Jan Day

Soldiers fought to reclaim British soil

IT WAS 30 years ago that Britain fought a war in the South Atlantic. Thousands of miles from our shores Argentinean soldiers invaded the British-owned Falkland Islands and Britain's prime minister at the time, Margaret Thatcher, dispatched a task force to win them back. Among the paratroopers fighting to reclaim Goose Green was Steve Tuffen...

STEVE Tuffen is tough by name and 30 years ago was tough by nature as he fought to win back Britain's Falkland Islands from the Argentines.

The paratrooper from Arden Road, Herne Bay, was almost left for dead after being shot in the head while he was serving with 2 Para.

He said: "I have a vague recollection of the battle kicking off but the bullet left a hole in my skull the size of a clenched fist.

"It was four hours before medical teams could get to me.

"When they took off my helmet they said my brain dropped down the back of my neck."

One of the medics wanted to give him an overdose of morphine, believing he had no hope of survival. But the rest decided to give him a chance.

He was flown to Ajax Bay where surgeons fought to save him. But with no neurosurgeon he was then airlifted to the hospital ship Uganda where he could be X-rayed and patched up.

Memories

Although he can't recall being shot, Steve's memories of the battle before that are very clear.

He said: "We sailed south on board the former North Sea ferry Norland. I remember having to jump onto a landing craft at Falkland Sound wearing 150lb of kit and hanging onto my machine gun. The vessels were pitching alarmingly in a 15ft swell.

"When we jumped off the landing craft at Blue Beach in San Carlos Water the water came up to our necks and was bitterly cold. We had been told we wouldn't even get our feet wet!"

He added: "I have never forgotten that night when we had to take up defensive positions on the shore in freezing temperatures without any opportunity to dry off first.

"I had to jam the butt of my gun under my chin to stop my teeth from chattering."

As 2 Para moved out, Argentine aircraft swooped low across the hills on their way to bomb British war-



TODAY: Falklands veteran Steve Tuffen

GIJN20120613SteveTuffen-2



SOLDIER: Steve in the Paras

with perfect clarity.

After briefly returning to 2 Para he was forced to leave the regiment because of his injuries.

Today he is registered blind because he has no peripheral vision. But he has a job he enjoys and lives with his wife Lorraine. The couple have two grown-up children.

He said: "It is more than I could have hoped for 30 years ago when I lay for four hours on a bleak hillside 8,000 miles from home."

ships. It gave Steve the chance to fire his gun in anger for the first time.

He said: "I believe we brought down three planes."

They were then sent to win back Burnt Side House. He said: "The attack was so aggressive that afterwards you couldn't put your hand on the building without touching a bullet hole.

"I was firing my machine gun from the hip as we charged in. Grenades were being thrown and an anti-tank weapon was used."

Shortly after daylight the next day 2 Para began the attack on Darwin Ridge and that was when Steve was shot.

From the Uganda he was taken by helicopter to the ambulance ship Hydra which carried casualties to Montevideo in Uruguay. From there they were airlifted home by the RAF.

It was aboard the Hydra he first started to regain consciousness.

He said: "I can't speak too highly of the men aboard that ship. There was nothing they wouldn't do for you."

By this stage Steve was virtually blind, seeing the world through a blur. Back in the UK surgeons removed metal fragments from his brain.

When he came round, he could see rain drops on the ward's window pane

War and Peace at the Hop Farm

VETERANS of the Falklands War have been invited to attend the 30th War and Peace Show at The Hop Farm, Paddock Wood for free.

To mark the 30th anniversary of the Falklands War it will feature a parade of Falklands veterans with a pipe band and displays of weapons, vehicles and other equipment used in the battle.

On Friday, July 20 Simon Weston, the former Welsh Guardsman who was burned when the ship the Sir Galahad was bombed as troops prepared to go ashore, will give talks on his experiences. His recovery was featured in a BBC documentary.

The show will also feature music and dancing from the 1940s with the Jive

Aces on Friday night, a "living history" field showing wartime situations, battle reenactments, a huge display of military vehicles, models, and an eight-acre market selling military memorabilia.

There will be displays by historic aircraft and life-sized replicas of the planes that fought in the Battle of Britain. The War and Peace Show claims to be the world's biggest military spectacular.

War And Peace Show, Hop Farm, Paddock Wood, July 18-22. Tickets cost £19.30 (£17.20 children and pensioners) on the gate or £17.20 (£15.45) in advance from www.thewarandpeaceshow.com

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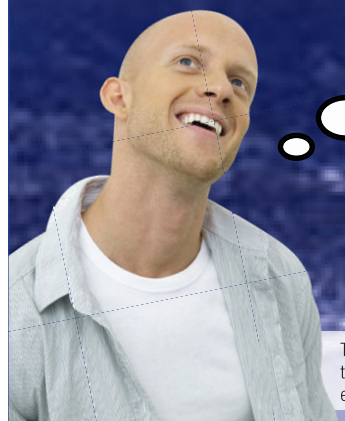
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Competition lines close on:

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Text cost £1.50 plus one standard rate message

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