



Who's got all the pies? It's Stuart Laming, Joanna Philips and David Crawford

Albion pies at the Amex

The American Express Community Stadium will be the first stadium in the country to bake its own pies, 'Albion pies', in-house in a unique partnership between the Amex catering team and Shoreham-based baker Joanna Philips from Piglet's Pantry.

Joanna will bring in her expertise and a small team to work alongside the kitchen team at the Amex to bake 'hearty and delicious' pies from her recipes on the day of the match, to ensure maximum flavour and freshness.

David Crawford, the new sous chef at the Amex who has just come from home of English Rugby, Twickenham, to work with the stadium's top chef, Fred Tobin, will work alongside Joanna.

He said: "The team here tried a variety of superb local pies and thoroughly investigated all avenues, but Joanna's won the day and this unusual partnership approach was struck upon as the best solution to make sure that our pies meet the high standard of catering which we want to achieve at the Amex."

The larger pies will be served in all 15 of the stadium's kiosks on matchdays in a specially designed blue

and white box with a seagull design, and a smaller version will be served during half time to all the corporate hospitality members. Further varieties and flavours will be introduced throughout the season.

New public catering manager, Stuart Laming, who has come from the O2 in London, will oversee the kiosk service and he is delighted that the quality of the food will be so good.

He said: "We expect our Albion pies to be the star of the show in the kiosk food offer, though we will also be offering quality Sussex sausages and gourmet burgers, as well as healthy options, a good range of snacks and a full bar service.

"We will be making 5,500 pies for the first matchday and it's going to be very exciting to see how fans respond to them."



Getting back to work



Dolly Shew, seated, then standing James Pickard, Gaynor Roberts, Steve Morris and Chris Green SLIPPED discs causing sciatic pain are usually one of the more serious types of back conditions, sometimes requiring invasive procedures such as spinal injections or even surgery. With NHS waiting lists and rehabilitation it is not unusual for patients to be off work for between three and six months. The knock on effect for the employer or self employed business person can be colossal.

Hove based Sussex Back Pain clinic is one of only five authorised providers in the UK offering a new treatment from the USA – IDD Therapy. The average course of this non-invasive, non-surgical treatment is said to be six weeks and at a fraction of the cost.

Steve Morris, of Sussex Back Pain clinic, said he was very excited about acquiring one of the IDD Therapy units. He said it was always disappointing to send a patient back to their doctor where their only hope was strong pain killers or invasive procedures.

"I have always believed that any invasive procedure to do with your back should be the very last resort, due to the degree of risk involved," he said. "This machine now allows me to offer my patients a choice for a less invasive and far more comfortable procedure, which over the last six years in the USA and Europe, has prevented many painful and invasive procedures from taking place."

■ To find out more visit www.sussexbackpainclinic.co.uk
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