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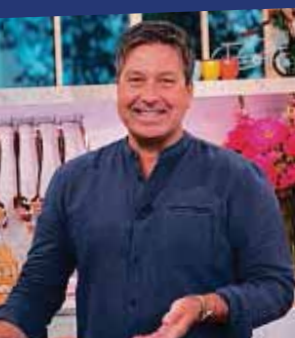


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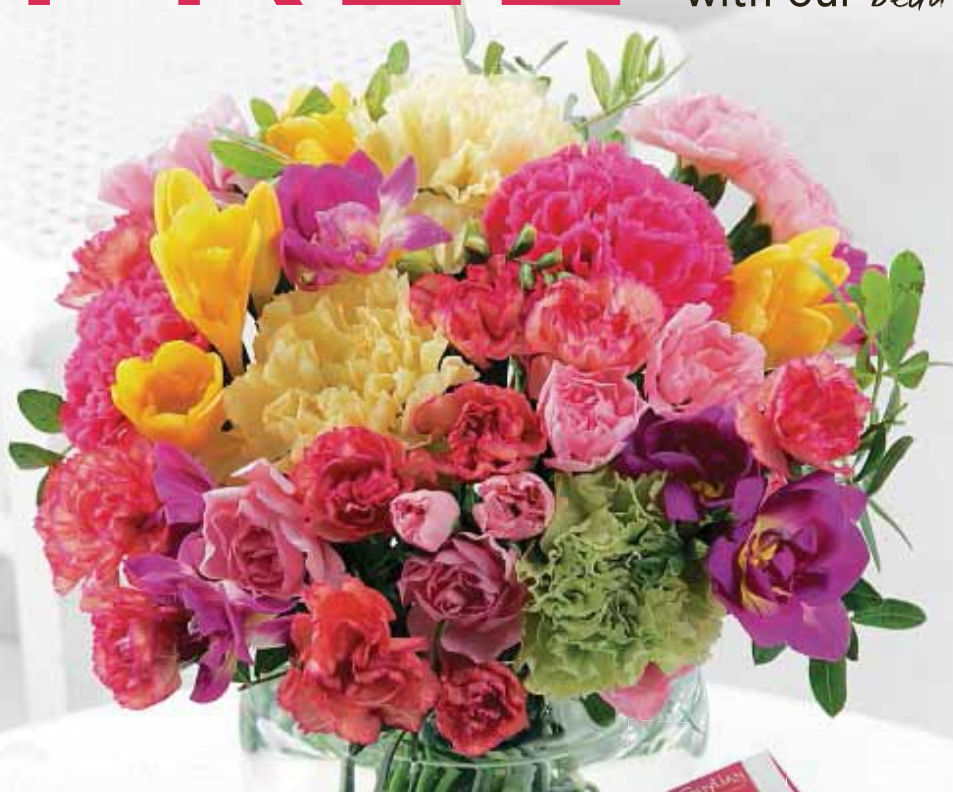
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MY WEEKLY

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My Weekly

Look what's inside...



It's International Women's Day this week and while we don't particularly need a specific day to recognise all the amazing things that women do every day of their lives, we couldn't let this occasion pass us by without acknowledging it. Our writer Claire Saul takes a look at inspirations like JK Rowling and Tanni Grey-Thompson, and we also speak to an author writing children's books about women who have made a real difference. I hope you find their stories interesting and uplifting. I know I did! Have a fantastic week.

Stuart Stuart Johnstone, Editor
myweeklyeditor@dctmedia.co.uk



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All About YOU!

The place to share your news, views, thoughts and dreams... and especially the photos that make you smile

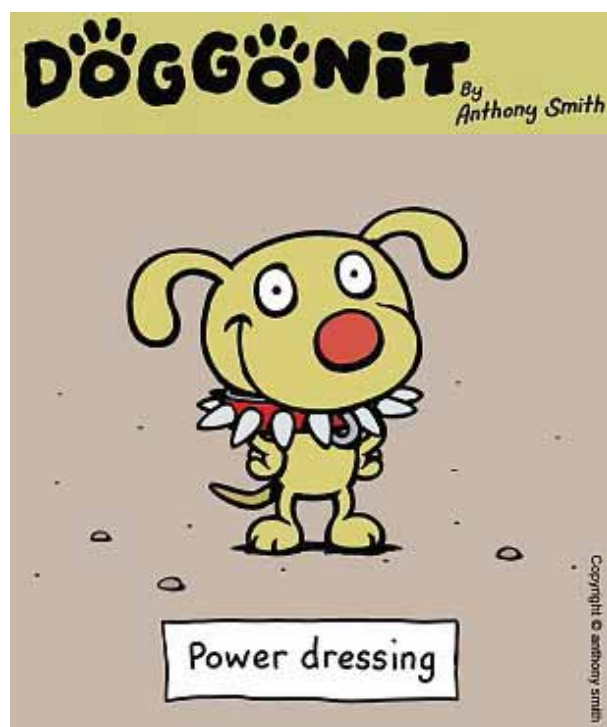
What A Beauty



Camera shy?

We always take a camera with us into the countryside. Pictures of the natural world help us keep going during the dark days of winter. Birds, animals, view, plants – beauty is all around if we look.

Roger Hedges, Much Wenlock



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PAST PICS

This is my aunt and uncle at their wedding in 1957. My uncle was on leave from the Air Force and met her chatting over the garden fence. They fell in love and he knew very quickly that she was the one, the lady he wanted to marry. They married within six weeks and are still devoted to one another 63 years later. My aunt made her wedding suit as her hobby was dressmaking.

Lorraine Goldring, Hove



Made for each other!

LITTLE TREASURES



A great read

My children Thomas (9) and Lucy Rose (4) love reading. Their favourite book at the moment is *The Wonky Donkey* by Craig Smith. But what makes it so brilliant is that they try to copy the lovely Scottish accent of the granny who made the book even more famous, Janice Clark. We think she's an absolute star!

Nicola Wilby, Alesford



Grrrrr!

My daughter Paige is obsessed with dinosaurs, so you can imagine how excited she was to receive this for her 7th birthday – she never wants to take it off!

Annette Pruden, Wellington

Photos of children under 18 should be accompanied by written permission from a parent or legal guardian

Each week we'll print some of the comments you've sent or posted.

Keep up with the latest news at My Weekly on



http://on.fb.me/my_weekly



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Old Times

For our 50th wedding anniversary, my wife Irene and I went for a picnic in the park. We found a lovely spot by the edge of the stream and had a wonderful day, just the two of us, reminiscing about all the good times. It was very romantic and made us feel like a young couple again.
Richard Emerson, Grimsby



STAR
LETTER

Romantic
reminiscing

MY PASSION

The sun has got
his hat on!



I love parks. Here I am in Stratford-upon-Avon last summer on the hottest day of the year. As you can see, the sun was in my eyes and I had forgotten my hat!

Christine Bartram, Heanor

RANT & RAVE OF THE WEEK

RANT



In issue 5507 Louise asked why Britain does not adopt the glass bottle return, sterilise, re-used option. We had that system many years ago,

with milk, lemonade and even beer bottles, with shops and public houses giving you pennies back for returning bottles. Maybe it would be considered a backward step – I'm not sure Britain would go back to it.

Lilian Smith, Preston

I really love going out for tea and cake, so, imagine my delight when I went to visit my son and daughter in London for my birthday and was treated to a proper afternoon tea in Mayfair! Thank you!

Jane Grimshaw, Warrington



RAVE

FROM OUR INBOX THIS WEEK

Snippets from readers' emails, Facebook and Twitter

♦ "I really liked the photo and story of Lindsay Harris on her wedding day in *All About You* (No5507), not just to read about her unusual-for-a-wedding, value-for-money black dress, but to see the look on her husband-to-be's face as he obviously couldn't take his eyes off her in her unusual dress. I'm sure she realises that in the person she has married she has the star prize. I read *My Weekly* every week and really like



Chris Pascoe, who makes me laugh, and Helen Lederer who is so kind to everyone who asks for advice. I especially enjoy the smashing puzzles and although I'm useless at Sudoku, I love the Suguru numbers puzzle, which I'm pleased to say I can do fairly easily. I've been getting *My Weekly* for about 30 years, since the days of *Gideon's Way* and then *Irralee's* page. Keep up the smashing work!" **Mrs Riley**

PETS CORNER

This is Jax, my four month old French bulldog puppy. We were walking to the park as normal. I had been poorly and I sat down as I felt light-headed. I got up and Jax refused to walk. I sat back down – and passed out! Jax knew something was wrong! He really is the best friend anyone could ask for.

Alexandria Horne-Smith, Taunton



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TIME for a CHAT

Catch up with all our latest news & views



Watch
something
uplifting



We're Congratulating...

At 59, Mo O'Brien has become the first deaf person ever to row across the Atlantic Ocean. Mo was competing in the Talisker Whisky Challenge, along with her all-girl team, the Oarsome Foursome. Sponsored by Resound (makers of Mo's high-tech hearing aids), the girls began their journey in the Canary Islands, finishing in Antigua after rowing an incredible 3,000 miles – and raising £50,000 for charity while they were at it.



The team's hi-tech craft. Above: Mo, Bird Watts and Linda Whittaker

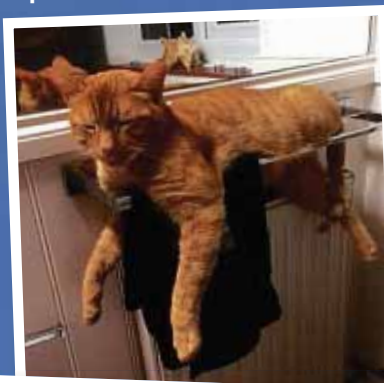


We're Thrilled...

To see that Crufts is on this week. A cornucopia of all things doggy, the climax of the weekend is the crowning of the Best In Show on Sunday, but we love the agility, obedience and flyball competitions, not to mention the heart-warming stories in the Friends for Life competition, Scruffts and all the special displays. At the NEC, Birmingham, from March 5-8, tickets and info at crufts.org.uk

We're Laughing...

We couldn't resist these sleeping pets as revealed by bed specialists Bed SOS! The winner was Amy Briscoe, from Southampton. Her cat Spartacus finds the strangest places to sleep and is pictured below doing his best impression of a towel!



Melanie Burton, from East London, found Daisy asleep half in, half out of her bed



We're Puzzled...

By a report from Fruit Bowl, the children's fruit snack company, that parents today don't know exactly what counts as one of their children's five-a-day. We're certainly not one of the 10% who think that chips count, but did you know that baked beans, guacamole, hummus and spaghetti hoops can be counted? What about a fruit yogurt, though? No, this is not on the list and neither is a strawberry milkshake! One of us was at a slimming class where someone asked if a chocolate orange counted! Definitely not!



We're Amazed...

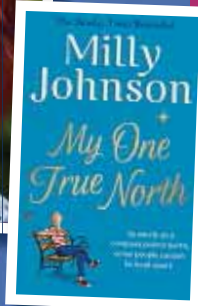
That Brooklyn Beckham, eldest son of David and Victoria, turns 21 this week. Where has the time gone? Currently working as an intern for London photographer and film maker Rankin, Brooklyn has modelled for fashion magazines and even photographed a campaign for Burberry BRIT. Mum and Dad have seemingly had to have a word with him about the number of girls he's been seeing, though. After all, if he wants to be a serious photographer he needs to focus!



Brooklyn Beckham

We're Intrigued...

By a study by Freeview on commuter viewing habits! More people are turning to Netflix, iPlayer and the like on their way to work. But what you view can have an effect on your mental state for the rest of the day. Relationship expert Sam Owen said, "During your journey to work, it's common to experience anxiety about the day ahead, but viewing anything motivating, optimistic or high-energy, like a Golden Buzzer hit on *Britain's Got Talent*, will make you feel more alert and engaged at work." You see, TV can be good for your health!



We're Celebrating...

Milly Johnson is one of our favourite authors so we were delighted that she's been presented with the Romantic Novelists' Association 2020 Outstanding Achievement Award, in recognition of her extraordinary contribution to the field of romantic fiction. Congratulations, Milly! Author of 18 novels, Milly has sold millions of copies of her books around the world. Her latest book, *My One True North* (HB, Simon & Schuster UK, £14.99) a heart-warming story of friendship and love, is out this week (March 5).



Flyball fun



Hannah Hudson, from Leeds, shared this photo of Ted and Tinks cuddled together in their bed



Sue Hindmarsh, from Teeside, shared this photo of her dogs Holly and Bella getting cosy on the sofa

We ♥ Lists...

There's a new poll of the nation's favourite chocolate bar, commissioned by the British Heart Foundation ahead of their Dechox campaign. How did your favourite fare?

1 Snickers

2 Cadbury Dairy Milk

3 Galaxy Bar

4 Bounty

5 Kit Kat

6 Twix

7 Twirl

8 Wispa

9 Mars Bar

10 Flake



We're Watching...

Don't miss the latest, modern-day remake of **War Of The Worlds**, starting this week on Fox. This eight-part drama kicks off when astronomers detect a transmission from another galaxy. But this transmission is the prelude to an alien invasion and ordinary people find themselves caught up in an extraordinary struggle. Who are these savage aliens and why are they so determined to destroy every living thing on the planet? Look out for Elizabeth McGovern, star of *Downton Abbey*, who plays a survivor.



Will Whitney get out on bail?

It's the day of Whitney's bail hearing in **EastEnders** and feeling the pressure from everyone to deliver, Gray hides his stress. As Tiffany, Keegan, Jack and Max all wait outside the court, tensions boil over and Whitney struggles to keep her cool. Meanwhile, Bex confronts Sonia about hiding her passport, but Sonia is adamant that Bex is making a mistake. Martin tries to make Sonia see sense, but can he talk her around?

Jai asks Laurel to move in with him in **Emmerdale**, but she doesn't feel that she can because Jai doesn't know the truth about what happened with Archie, and Arthur agreed with her to keep it a secret. Jai does eventually find out the truth and Laurel is happy to move in with him, but Archie is not pleased at all...

PICTURES: SHUTTERSTOCK, ISTOCKPHOTO, ATLANTIC CAMPAIGNS PENNY BIRD/TED MARTIN, BBC PICTURES, BEAT MEDIA, THE KENNEL CLUB, CHRIS SEDGEWICK



“Rhona Is A Fighter”

Emmerdale actress Zoe Henry tells us why she much prefers to have her dramas on screen than off!

If you catch Zoe Henry on a day off, more than likely you'll find her down on her allotment, out on a bike ride or, if she has her way, in bed!

Her on screen life as *Emmerdale* vet Rhona Goskirk hasn't exactly been quiet of late and Zoe finds the best way to cope is plenty of shut-eye.

“The key is early nights,” she says. “I love my bed. I average about eight hours sleep a night, but I'd have 12 hours if I could and if I'm lucky enough I'll be in bed for 9pm.”

“I sometimes go to sleep before my children, now they're older. Last night I was in bed before my 15 year-old daughter. It makes me feel old – it's total role reversal!”

It's no surprise that Zoe needs her rest, with a host of dramatic storylines, including the recent murder of Rhona's partner Graham and the discovery that his killer was actually her former husband.

“Wouldn't anybody be grateful their life wasn't like Rhona's?” Zoe laughs. “I can't even begin to tell you the stresses she has been through.”

“I'm very lucky that I'm extremely boring. I enjoy a quiet life, but not just these days, since I was born! After drama school I had a lot of fun, but I don't drink any more. I gave up two years ago.”

“It's harder to deal with hangovers when you're in

have dinner with friends rather than going to a bar. But then I'm 46, so I guess that's indicative of my age.”

Zoe shares her life with her husband, *Emmerdale* co-star Jeff Hordley, who plays Cain Dingle, and their children Violet, 15, and Stanley, 11.

The couple have been married for nearly 17 years, having met on Zoe's first day at drama school, when she was 21 and he was 23. So what

that we've grown in the same direction. He makes me laugh, which is key. Even when things aren't great, you have to find the humour and fun.”

The couple also enjoy many shared interests. “Jeff and I are both keen Lycra wearers, so we get up and do some HIIT exercise in the morning,” she reveals. “Otherwise we go for a bike ride or a run, but not together, because Jeff's much faster

“A lot has gone on and it'll take time, but I'm sure Rhona will bounce back”

your 40s and I felt less productive, even after just a couple of glasses of wine. Without drink I'm a better human being in every department, whether that's at work, or being a mum.

“I really don't like going out very much either. I prefer to

is the secret of their long-lasting love?

“Just to recognise that sometimes you don't like each other, which I think is fair enough!” she smiles. “A few friends have divorced and I think there's a lot of luck involved. Jeff and I are lucky

than me so I get cross!”

However, the couple's greatest passion is their allotment. Jeff suffers from the inflammatory bowel disease Crohn's, so they grow all their own fruit and vegetables and cook from scratch.

“The allotment is good for

As Casey Carswell in *Coronation Street*



Mum's The Word

Despite enjoying a successful career, Zoe's number one goal was always to have a family.

The actress, who previously spent time in *Coronation Street* as child abductor Casey Carswell, says, “My life is all about the kids really. My only ambition as a child was that I wanted to be a mum, so it was always on the cards.”

“It's hard as an actress, because if you disappear from the scene for a

while you become a bit invisible. I took a year out after having my daughter Violet and it was hard to get back in.

“After Stanley was born I went back to work when he was 12 weeks old, but I was more confident, so when *The Bill* offered me three episodes I was able to say, ‘I'd love to do the job, but I'm bringing my son as I'm still breast-feeding him.’ Being a parent is the hardest job in the world, but it's so rewarding.”



**Marlon and Rhona
hear the news**

de-stressing,” Zoe explains. “Jeff and I had our first weekend on there recently and it was great. Sometimes at this time of year, when it’s cold and wet, the idea of going on the allotment is awful and then I come back three hours later going, “That was brilliant! I’m so glad we did it’.”

On screen there’s still plenty of stress ahead for long-suffering Rhona. Reeling from Graham’s murder, this week she is devastated to discover Kim Tate organised a private funeral, robbing her of the chance to say goodbye.

“They’d only known each other a short while, but it was intense and they genuinely loved each other,” Zoe says. “For a lot of people a funeral is a real moment of moving on and accepting and she’s been denied that.”

Zoe, who initially joined *Emmerdale* in 2001, reprised the role of Rhona in 2010. During the past decade she’s been through countless troubles, from an addiction to painkillers to almost being killed by a tractor, but Zoe is confident Rhona will bounce back from her latest upset.

“A lot has gone on and it’s going to take a lot of time, but Rhona is a fighter if nothing else, so I’m sure she will recover from it,” she says.

If all else fails, perhaps Rhona could take a leaf out of Zoe’s book and head for the allotment or simply just take to her bed! 



**Zoe and
Jeff**

**Emmerdale is on
ITV, Mon, Tues, Wed
and Fri, 7pm, and
Thurs 7pm & 8pm**



Getting to know... John Torode

The celebrity chef on courageous cooking and why he believes that *MasterChef* is better than Christmas!

● **For me, this is the most exciting time of the year.** I love Christmas but a new series of *MasterChef*... it's ace! You're going to eat really good food and you're going to meet fantastic new people. Where else in life do you meet people who have one common goal – to be a really good cook?

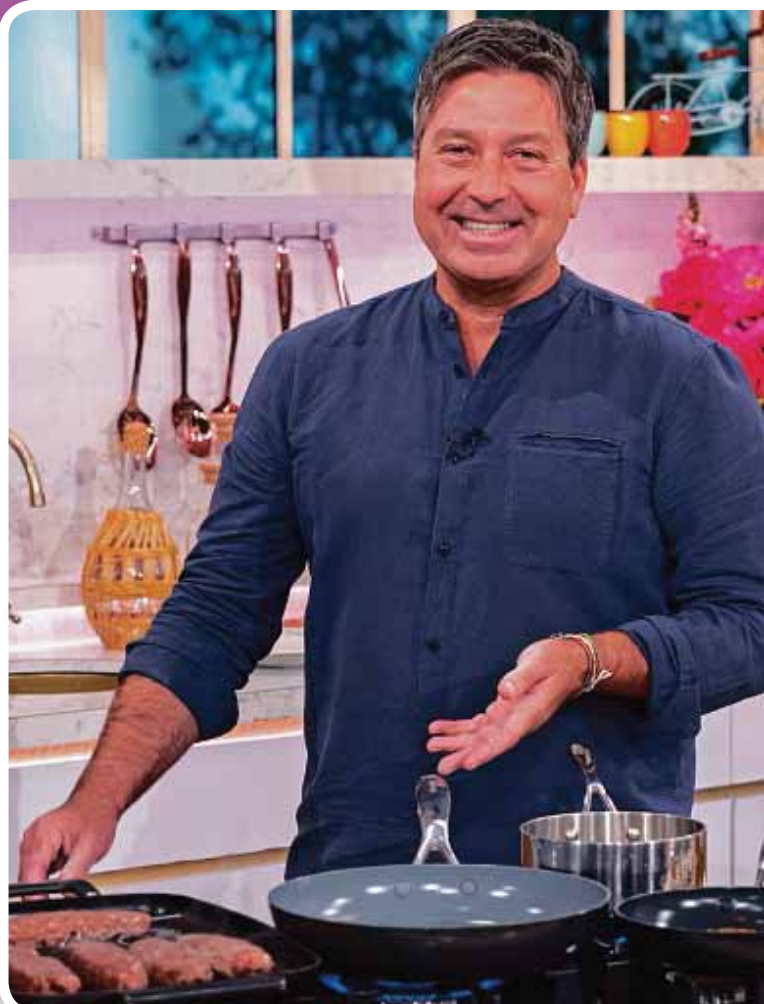
● **Gregg Wallace and I both stamp our feet [about which contestant to eliminate] at least once if not twice a series and that's really good.** One of the things that we both admire about each other is that we both care, but we have very different tastes in food, cars, people, politics and art, so I think we end up with a pretty equal judging opinion. And we respect each other's opinions. Sometimes he gets it wrong and that's OK!

● **I get bored of some foods on the show.** I am so bored of raw scallops. You can't put ten scallops in a pan and expect them to cook exactly

the same, because their structure will be different according to the location and water temperature where they're from. And if I see another piece of duck with celeriac puree...! I'd rather a dish be really bad but at least have a bit of courage behind it than boring food.

● ***MasterChef* is the toughest cooking competition on TV bar none.** But that means you've got to give it your all. What I want from contestants is a bit of passion and oomph.

***MasterChef* is on BBC1 on Mondays, Wednesdays and Fridays at 9pm.**



House Rules

● **We have a rule in our house that I don't talk about *MasterChef*, because Lisa (Faulkner, John's wife and 2010 *Celebrity MasterChef* winner) always wants to know who leaves; she gets despondent if she then sees the person on TV and thinks they're really good and I've sent them home.**

● We're just so done in after filming, often you can't eat afterwards. Yesterday we filmed all day and I went home and Lisa had made a vegetarian chilli and I did have a little.

● **During a *MasterChef* series I usually put on half a stone. I cycle a lot to try to get it off. But it's a lovely problem to have!**

● When it comes to food I don't eat, I'm not a massive fan of orange juice as my father had an orange juice factory. And I don't like kidneys – I'm not really that good with any food that passes urine.



In love with Lisa

Who, Me?

I get mistaken for other people. The other day a taxi driver said, "Don't you start knocking down walls in here," thinking I was Nick Knowles. The other thing is people will shout "Gregg!" at me.



Nick, not John!

Public Eye

I've resigned myself to the fact that I'm public property. I've actually invited myself into somebody else's lounge via the television; therefore, they are entitled to come and say hi to me.

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glenda young

the next chapter



They'd been lifelong playmates... but what now, amid all these terribly grown-up expectations?

Maggie inspected the young woman in front of her. There was a smile on Maggie's face and a twinkle in her eye

"I can't believe it's our Hetty," she said.

She turned to her younger sister Clara, put her arm around Clara's waist and pulled her close. They drank in the sight of Hetty as they'd never seen her before.

Maggie felt a warm glow inside. She'd brought up Hetty as her own child after Hetty's mum Flo had been taken by Spanish flu not long after war ended.

"Who'd have thought it? Hetty scrubs up well after all," Maggie laughed.

"You've done a grand job with her hair," Clara observed.

Maggie watched as Hetty patted the back of her head. The girl's touch was hesitant, as if she was stroking something wild and untamed that might bite her.

Which was just what the pinned-up hairdo felt like to Hetty.

"Why can I not wear my hair loose?" she sighed now.

Maggie and Clara exchanged a look.

"Loose? For a dance?" Clara said.

"Whoever heard of such a thing?"

"We've pinned it up properly, it won't come undone," Maggie reassured Hetty.

Hetty rubbed the back of her neck.

"My skin feels cold here," she complained fretfully.

"You'll soon warm up once you start dancing with Alfie in the hall," Clara said.

"Do you remember the steps Maggie and I taught you?"

"Every week, don't you know," Hetty replied in a high, fancy voice. Maggie was laughing so much that her hand dropped to attend to a stitch in her side and Hetty carried on dancing alone. She came to a standstill in front of her aunts, her face full of anxiety once more.

"I'll probably step all over Alfie's feet at the dance," she said. "He'll think I'm an idiot and I'll bruise his toes black and blue. Why do boys always ask girls out to dances? Why can't they take us for a walk along the cliff tops or on a day out picking flowers instead?"

"Because dances are for grown-up girls," Maggie said soothingly. She laid her

She came to a **standstill**. "I'll probably **step all over** Alfie's feet"

WIN! 10 COPY GIVEAWAY

Pearl Of Pit Lane by Glenda Young (Headline) is out now in paperback, £6.99. When Pearl faces a terrible choice in order to protect her family, she decides to run away, determined to find a way to survive on her own terms rather than face a life on the pit lane. If you'd like to win a copy of this powerful romantic saga, send your details in an email marked PEARL OF PIT LANE to mwcomp@dcthomson.co.uk. We'll choose the winners on Tuesday, March 17.



Hetty performed a mock curtsy in front of her aunts. Then she lifted the corners of her apron. She began swaying from side to side, stepping across the floor to a tune she hummed under her breath.

"One, two, three. And turn, two three," Hetty sang as she whirled around.

Maggie joined in with Hetty's tune and began dancing across the floor towards her niece. She dropped her voice, making Hetty and Clara burst into laughter.

"May I have the pleasure of this dance, miss?" Maggie said.

Hetty stood still, bowed to Maggie's offer and took her aunt's hands. And then they were off, waltzing around the room as Clara looked on in fits of giggles.

"Do you come here often, miss?" Maggie asked in her funny deep voice as they danced.

hands on Hetty's shoulders. "And you, my dear, are of an age now where boys aren't interested in picking flowers any more."

"Why not?" Hetty said, although she had her suspicions. She'd heard the older girls in the draper's shop where she worked talk about the things they got up to on their dates with their men friends. She had heard talk of engagement rings. She had been told about plans for weddings. She had even heard rumours that one girl was pregnant and babies had been whispered about.

Hetty didn't feel ready for any of those things and yet here she was getting ready for her first date with a boy... with Alfie.

She'd known Alfie all her life; they'd been friends since before she could remember. They'd been through school at the same time, had played games in the farmers' fields together. They were part of



a group of friends in the village who had grown up with each other. And now here she was, less than an hour away from going out on a date with him.

Alfie was one of her best friends. But something was changing between them. Hetty found herself seeking Alfie out when they were with their group of friends. She wanted to be near him, to talk to him, and it seemed he was just as keen on her.

Yet she still felt unsure about going to the dance with him, it would be the first time they'd been left alone.

She'd learned a little about what went on at the dances from the women in the draper's shop. They told her that dancing meant holding hands, perhaps holding more, like an arm or a waist. And holding meant touching, which might lead to kissing. Was that why he'd asked her to the dance? Did he really want to kiss her?

Hetty shook her head to dismiss the notion of kissing anyone, and certainly not Alfie. She would have been just as happy to have Alfie join her with her aunts at their house listening to the radio or playing a game of cards. Hetty quite liked playing cards now. She was learning to win after Clara had shown her how.

"Come on, dolly daydream," Maggie said. "We've still got to get you dressed before Alfie comes to collect you."

Hetty stood still in the middle of the living room as Maggie and Clara worked together, removing Hetty's apron, blouse and skirt. In just her petticoat and vest she looked pale and thin.

"She needs feeding up with a decent leek pudding," Clara said sagely.

"She eats well enough, as you know fine well," Maggie chipped at her sister. "But she's a growing lass, she never sits still. As soon as she comes home from work each day, she's running wild at the farm with Alfie and the horses."

Clara nodded.

"Tomboy Hetty. That's what everyone calls her. Funny, sweet, tomboy Hetty."

"Excuse me," Hetty laughed. "I am here, you know – and I can hear you both talking about me."

Maggie and Clara exchanged a look.

"Sorry, love," Maggie said, glancing up at Hetty. "We should know better. You're not a child any more." Maggie turned to Clara. "Bring the dress in."

Clara disappeared from the room and returned with a pale blue silk gown floating from a wooden hanger.

Maggie carefully lifted the dress and slipped it over Hetty's head. ➡➡

"Watch her hairdo!" Clara cried as the dress slid down over the pins in Hetty's hair. She slipped her arms in at the same time as Maggie attended to the buttons at the back.

Hetty ran her hands down her slim hips, delighting in the touch of the silky feel against her skin.

"It feels pretty," she said. "But how does it look?"

Maggie bit her lip. Clara walked around her niece taking in the dress from all angles. There was silence.

"Bring the sewing box in," Maggie declared urgently.

When Clara returned, she and Maggie began pulling the loose material together and pinning the dress at Hetty's waist. Maggie worked quickly, and the dress began to take shape on Hetty.

When she was satisfied that she could do no more to make the dress fit, Maggie broke the sewing cotton with her teeth.

"You'll do," she said to Hetty.

"She'll need shoes," Clara said.

"Couldn't I just wear my boots?" Hetty asked. "They'll be underneath my dress, no one will see them."

Maggie shook her head emphatically.



"It's the first time I've worn heels," Hetty explained.

"And you're going to need a handbag. You can use my good one," Maggie said. "I've already put a purse and clean handkerchief inside."

From out of nowhere came a cloud of sweet, perfumed air and Hetty flinched as she felt a spray against her neck.

"Cologne," Clara declared. "Every girl needs cologne."

"Is that the perfume your soldier boyfriend bought for you in France?" Hetty asked.

There was a banging at the front door.

"Not expecting anyone, are we?"

Maggie asked.

"Just Alfie," Hetty replied.

"Does it?" she asked uncertainly.

Alfie nodded.

"And your dress, it's pretty," he said.

"You look smart too," Hetty replied.

Alfie squared his shoulders and stood straight, aware he was under scrutiny, not just from Hetty but from her aunts. He missed the smile that passed between Maggie and Clara as they took in the clothes he was wearing. Alfie pulled at the

tie at his neck and wriggled his hands free at the end of sleeves that were far too long.

"Mum tied this, it's a little too tight. And it's Dad's jacket, he said it was smarter than the one I wear to work on the farm."

"Did they put newspaper in your shoes too?" Hetty smiled.

"Newspaper?" Alfie looked puzzled.

Maggie laid her best jacket around Hetty's shoulders and handed over her handbag. She kissed Hetty on the cheek.

Alfie bowed his head slightly, in a polite goodbye to Maggie and Clara then he held out his arm.

"After you," he said to Hetty.

Hetty led the way to the front door.

"Be back before ten!" Maggie called.

"Half-past?" Hetty tried.

"Quarter-past and not a minute more!" Maggie replied.

Alfie pulled at his tie and wriggled his hands free of long sleeves

"The dress will move when you're dancing. I'm not having anyone in the village complain that Maggie Surtees can't afford a decent pair of shoes for her niece. Your mother, God rest her soul, would never forgive me." She turned to her sister.

"Clara, she'll have to wear yours."

Clara looked down at her feet.

"Mine? But I've only got one pair," she protested.

"You're not going anywhere tonight, are you? Hetty is. She needs them more than you do."

Clara took off her shoes and positioned them beside Hetty's stockinged feet. Hetty slipped a foot inside one and it was immediately clear that Clara's shoes were too big.

"Get some newspaper, ball it up and stuff it in at the toes," Maggie instructed and Clara did as she was told.

It took Hetty a few hesitant steps before she felt confident enough to walk in her Aunt Clara's shoes. Maggie and Clara watched as she took unfamiliar steps.

Maggie disappeared along the hallway and returned with Alfie in tow. In his hands he carried a triangle of newspaper. Hetty wondered what it was. Was he intending to take the paper to read at the dance?

And then she noticed something nestled inside the newsprint – a cheerful bunch of sunny yellow daffodils.

"These are for you," Alfie said. He held out the bouquet to Hetty and when she took it, he dropped his gaze to the floor.

"I picked them at the farm," he explained. "I mean, they were growing wild, the farmer said I could take them. I didn't steal them. Honest, I wouldn't."

Hetty brought the flowers to her nose but the only thing she could smell was her aunt Clara's cologne. She wondered if Alfie could smell it too.

"They're lovely, Alfie. Thank you."

Alfie raised his gaze to look at Hetty.

"Your hair looks nice," he said.

Self-consciously Hetty raised her hand to her hair and touched it lightly.

The front door slammed shut. Alfie and Hetty walked in silence, unsure of what to say. There was a new shyness between them.

If they'd been on the farm together, conversation would have flowed as it always had. But now here they were, wearing unfamiliar clothes and heading to their first dance.

The village hall loomed ahead of them. Alfie paused and pulled awkwardly at his tie. When at last it felt comfortable, he turned to look at Hetty and she gave him a smile that melted his heart.

Alfie grinned, looked away in embarrassment then returned her smile with a reassuring wink.

Hetty shyly reached to take his hand in hers and they both stepped into the hall. **MW**

FICTION EDITOR SUSAN SAYS...

Look out for next week's big name author story from Jo Spain, who has written an intriguing crime story.



Cottage Garden Bedding Collection

A large bed with a quilted bedspread and matching pillows, featuring a floral pattern. An inset image shows a smaller bed with a similar quilted bedspread.

Lined Curtains with
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We have teamed up with WW, formerly Weight Watchers, to help get you healthy this spring.

For the first time ever, WW is offering more than one way to experience its programme.

Building on the success of SmartPoints® and ZeroPoint™ foods – those foods that form the basis of healthy eating habits – WW is introducing *myWW*, its most customised weight-loss programme ever, offering more flexibility and freedom than ever before.

Science-backed research shows everyone's weight loss needs are different. The *myWW* programme makes losing weight easier, with three comprehensive ways to follow the programme based on individual food preferences and lifestyle behaviours.

Based on nutritional science, *myWW* gives your body what it needs without you going hungry.

.....

The *myWW* programme gives you a choice of three plans, **Green**, **Blue** or **Purple**. It takes your personal needs into account and figures out which option suits your lifestyle best...

● **Green** guides you towards 100+ ZeroPoint foods, with a minimum of 30 SmartPoints to spend on other foods you love – perfect if you tend to eat out often.

● **Blue** is based on 200+ ZeroPoint foods to build meals around, with a minimum of 23 SmartPoints. Current WW members will recognise this plan as WW Freestyle.

● **Purple** is comprised of 300+ ZeroPoint foods – great for carb lovers! – and a minimum of 16 SmartPoints.

All three plans are as healthy as each other, all lead to equal weight loss, and all offer freedom and flexibility. New members take an evidence-based self-assessment that considers food preferences, activity levels, lifestyle and approach to weight loss, and matches them to the plan that works best for them.

The Smart Way To Lose Weight

Spring clean your health with *myWW*®: one programme, three ways to live it!

*Every food and drink has a SmartPoints value: one simple number based on the calories, protein, saturated fat and sugar it contains. Protein drives the SmartPoints value down, while sugar and saturated fat drive it up. You have a personalised SmartPoints budget based on your age, weight, height and sex. As long as you don't overspend, you can expect to lose up to 2lb a week.



Let's Talk About Stress

Everyone gets stressed, but you can choose how to respond to tense times. The next time you feel stressed, try one of these science-backed strategies...

1 Just Breathe

Take a couple of minutes to focus on your breathing. You can do this on your own or by using one of the Headspace meditations in the WW app (find them on My Day). They only take a few minutes, and you can listen to them anytime, anywhere.

2 Get A Hit Of Nature

Whether you take a quick walk in the park or hike a mountain, spending time out in nature can reduce feelings of stress. Concentrate on what you see, hear, feel and smell.



3 Reach Out

One proven way to handle tough moments: get support from people who care about you. Call or text a friend or family member; you can tell them what you're going through or just catch up. Either way, you're likely to feel better.

4 Use Your Tools

Think about similar stressful moments you've faced in the past. What helped you manage? Maybe it was talking to friends, going to yoga class or cuddling a pet. Whatever got you through then could work for you now. ➔



Meal Plans

Because we know that everyone likes a bit of flexibility we've put together these mix & match meal ideas so that you can create your own weekly meal plan based on what *myWW* plan you have chosen.

You'll find breakfasts, lunches and dinners ranging between 0 and 10 SmartPoints, along with some snacks. There's a variety of fresh fruits and vegetables throughout to help you get your 5-a-day, but feel free to switch them for your favourite seasonal fruits and vegetables.

We also recommend that you drink plenty of fluids throughout the day, between 6-8 glasses. This can include coffee, tea, milk, no added sugar squash, diet drinks and of course water.

Don't worry if you don't use them all, weekly SmartPoints and rollovers keep things flexible and liveable.

Breakfasts

Avocado, Lime & Feta Toast

Serves 1 | Prep time 5mins |
Cook time 5mins

SMARTPOINTS **8** **7** **7**

In a small bowl, roughly mash **80g avocado** with **1tbsp 0% fat natural Greek yogurt** and the **juice of ½ lime**, then **season** to taste. Toast **1 slice WW Soft Malted Danish Bread** and spread over the mashed avocado. Crumble over **20g light feta** and scatter over **1tsp snipped fresh chives**, then serve.



Banana & Hazelnut Porridge

Serves 4 | Prep time 10mins |
Cook time 10mins

SMARTPOINTS **6** **6** **3**

Put **120g porridge oats** in a large pan. Add **500ml skimmed milk** and **250ml water**, stir well, then put over a medium heat and bring to the boil. Reduce the heat and simmer for 3-4min, stirring continuously, until thick and creamy. Stir **2tsp date syrup** into the porridge so it's rippled but not completely combined. Divide the porridge between 4 bowls and top each one with **half a sliced banana** and **¼tsp of chopped toasted hazelnuts**, then drizzle each bowl with another **½tsp of date syrup**.

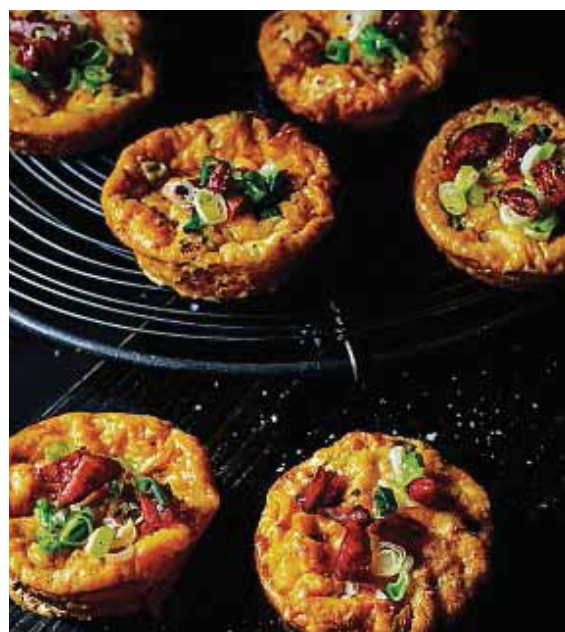


Chorizo Egg Muffins

Makes 12 | Prep time 5mins |
Cook time 20mins

SMARTPOINTS **3** **1** **1**

Preheat the oven to 180°C, fan 160°C, gas mark 4. Whisk **12 eggs** in a large jug with **100ml skimmed milk** and **50g medium-fat soft goats' cheese** and **season** well. Mist a frying pan with **calorie controlled cooking spray** and fry **75g diced chorizo** for 3-4 minutes. Add **4 trimmed and sliced spring onions** and cook for 1min. Add the chorizo mixture to the jug with the eggs and mix well. Lightly mist a 12-hole muffin tin with cooking spray and pour in the mixture. Bake for 15-18min until firm and golden.



Lunches

Spicy Barbecued Fish Wrap

Serves 6 | Prep time 15mins |
Cook time 15mins

SMARTPOINTS **4** **4** **4**

Mix **1tbsp honey**, **1tsp Cajun spice mix** and **1tsp lime juice** into a paste, then smear all over **3 x 100g coley fillets**. Place the fish in a freezer bag and keep chilled until ready to cook. Combine **3tbsp reduced-fat mayonnaise**, **2tbsp chopped fresh coriander** and **2tsp**

lime juice, **season** and chill until ready to serve. Cook the fish over medium coals or place under a hot grill for 10-12min until nicely charred, with the flesh just starting to flake. Warm **3 x 40g wholemeal tortilla wraps** on the barbecue or in the oven and spread each with **1tbsp of the lime mayonnaise**. Add some **watercress** or **rocket** and the fish and wrap tightly. Cut each wrap in half and pop a **lime wedge** on top to serve.



Ribollita

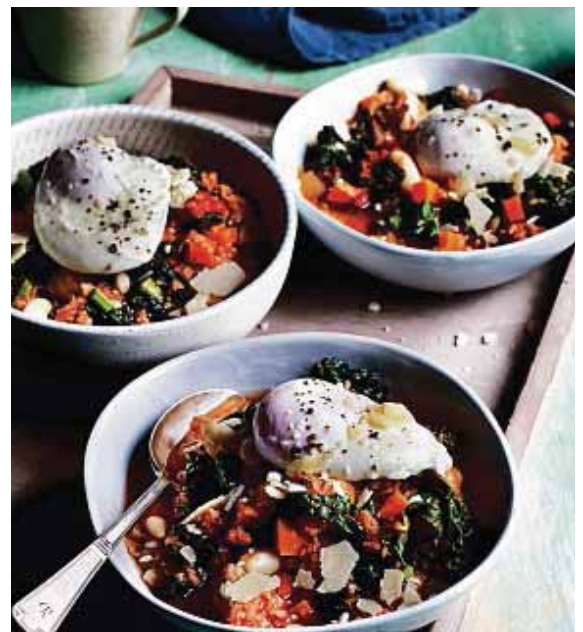
Serves 4 | Prep time 15mins |
Cook time 45mins

SMARTPOINTS **8** **5** **5**

Heat **1tbsp olive oil** in a pan. Add **1 onion**, **1 carrot** and **2 celery sticks** (all finely diced) then cook slowly for 8-10min or until soft. **Season** to taste, then stir in **3 crushed garlic cloves**, **1tsp fennel seeds** and **1tsp dried herbs**. Cook for another minute. Pour in **400g tin chopped tomatoes** and **400g tin cannellini beans**, along with a good splash of **water**. Simmer for 5min, then add **120g**



kale and **150g ciabatta bread**, torn into chunks. Cover and cook on a low heat for another 30min, checking occasionally if it needs more water. Just before serving, poach **4 eggs** in a pan of simmering water for 2-3min. Spoon the soup into 4 bowls and serve with a poached egg on top, then sprinkle over **15g vegetarian Italian-style hard cheese**. You can freeze the soup on its own.



Ham, Mozzarella & Artichoke Omelette

Makes 1 | Prep time 5mins |
Cook time 10mins

SMARTPOINTS **6** **2** **2**

Lightly whisk **2 eggs** and **20ml semi-skimmed milk** together in a small bowl. Mist a nonstick frying pan with **calorie controlled cooking spray** and set over a medium heat. Pour in the egg mixture and tilt the pan so the base is covered. Leave for a minute to allow the eggs to set, then push the cooked edges into the centre using a spatula, letting any uncooked egg run into the gaps. Repeat until the omelette is almost fully set. Top



one side of the omelette with **30g roughly torn honey roast ham**, **40g drained and sliced tinned artichoke hearts in water**, **25g torn light mozzarella** and **1tbsp chopped fresh flat-leaf parsley**. Fold the omelette over the toppings and cook for a further 2min until the cheese has melted. Slide onto a plate, scatter over more **chopped parsley** and serve with **mixed salad leaves** and **freshly ground black pepper**. ➔





Dinners

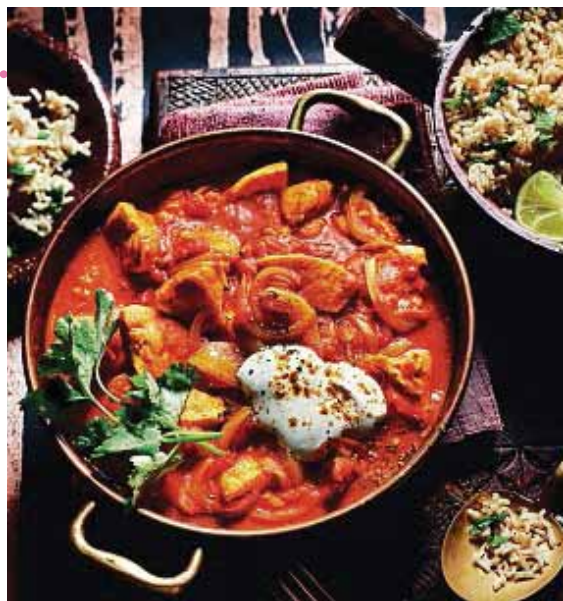
Chicken Curry

Serves 4 | Prep time 10mins | Cook time 35mins

SMARTPOINTS **8** **6** **6**

Mist a large pan with **calorie controlled cooking spray**, add **1 finely sliced onion** and cook over a medium heat for 6-8min until soft. Add **2 crushed garlic cloves** and **3cm piece grated fresh ginger**, and cook for another minute, then stir in **3tbsp mild curry powder** and cook for a further 2min. Add **650g diced skinless chicken breast** and cook for 2min, stirring to

coat in the spice mixture. Add **400g tin chopped tomatoes** and **200ml stock** (made with ½ chicken stock cube) bring to a simmer and cook for 15-20min until the chicken is cooked through and the sauce has thickened. Cook **2 x 250g packs microwave brown basmati rice** to pack instructions, then stir in the juice of ½ **lime**, and **2tbsp chopped fresh coriander**. Serve the curry with the rice and **lime wedges** to squeeze over. Divide **80g fat-free natural yogurt** between the dishes and sprinkle with a **pinch of garam masala** and extra **coriander leaves**.



Traditional Roast Beef Dinner

Serves 4 | Prep time 15mins | Cook time 10mins

SMARTPOINTS **8** **8** **7**

Preheat the oven to 180°C, fan 160°C, gas mark 4. Coat a large casserole dish (with lid) with **calorie controlled cooking spray**. Heat over medium-high heat. Sprinkle a **1.2kg beef rump steak**, trimmed of all visible fat with **1tsp black pepper** and **¼tsp salt**. Place in the dish and scatter **2 sliced onions** around the beef. Cook for about 8min, occasionally turning the beef and stirring the onions, until browned. To make the gravy, pour **400ml water** into the dish; stir in **1 crumbled**

vegetable stock cube, **1½tbsp balsamic vinegar**, **1tsp dried thyme** and bring to a boil. Cover and cook for 1½hrs. Place **450g scrubbed and quartered potatoes** and **450g sliced carrots** around the beef; cover and bake until beef and vegetables are tender. Remove one potato from the pot and purée in a blender. Stir into the gravy to thicken. Transfer the beef roast to a cutting board and slice against the grain into 16 slices. Serve with **vegetables** and **gravy**, garnished with **chopped fresh parsley**.



Tuna Pasta Bake With Parmesan Gremolata

Serve 4 | Prep time 15mins | Cook time 40mins

SMARTPOINTS **8** **8** **3**

Preheat oven to 180°C. Spray a 1.5 litre capacity baking dish with **calorie controlled cooking spray**. Cook **200g wholewheat fusilli** according to pack instructions. Drain. Meanwhile, heat **2tsp olive oil** in a large saucepan over medium heat. Cook **1 finely chopped red onion** and **1 finely chopped fennel bulb**, stirring, for 5min or until softened. Add **2 crushed garlic cloves** and **½tsp chilli flakes** and cook, stirring, for 1min. Add **400g tin chopped tomatoes**, **2tbsp tomato purée**, **1 chopped courgette**, **40g**

pitted and sliced olives, **120g tin tuna in spring water** and **60ml water** and bring to the boil. Reduce heat and simmer for 10min or until thickened. Add pasta and toss to combine. Spoon mixture into prepared dish and sprinkle with **40g grated Parmesan**. Bake for 20min or until the top is golden. Meanwhile, combine **2tbsp chopped parsley**, zest of **1 lemon** and **10g grated Parmesan** in a small bowl. Serve pasta bake sprinkled with Parmesan mixture (gremolata).



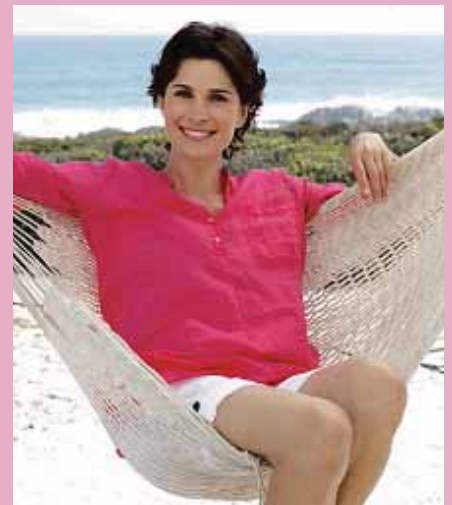
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Sign up to WW digital or join a WW Workshop to find out your personalised SmartPoints budget. Please visit www.ww.com/uk/find-a-meeting or call 0345 345 1500.

Wellness Wins

WW, formerly Weight Watchers, launched Wellness Wins™ in January 2019. It is an innovative rewards programme that recognises members for everyday behaviours that are proven to lead to healthier habits. Members will earn "Wins" for tracking meals, activity, and weight. Wins can be redeemed for a range of products, services and experiences designed to inspire members on their wellness journeys – from custom WW products available exclusively for members to special offerings and experiences curated through new partnerships with imaginative companies. 

Snacks

2 x rye crispbread with 35g medium fat soft cheese

4

4

4

15g peanut butter with chopped apple

3

3

3

1 x 20g bag Propercorn Lightly Sea Salted Popcorn

2

2

2

Boiled egg with spinach

2

0

0

4 x Milk chocolate Mikado sticks

2

2

2



INSPIRATION
& ADVICE

HOME comforts

We show you easy and glamorous ways to incorporate the 1970s boho trend into your home



Ask The Expert

What is the easiest way to remove old silicone sealant from around my shower?

Chris Moorhouse, Director for Décor, Building and Gardens at Wickes, says, "Start by cleaning the area with tile cleaner. Remove as much of the old sealant as possible with a sealant remover tool. UniBond Remover & Smoother Tool (£4.20, Wickes) is great for damage-free removal. Next, apply UniBond Silicone Sealant Remover (£12, Wickes) ensuring all of the sealant is fully covered. Leave for at least 3 hours then gently remove the swollen sealant with the remover tool. Wipe clean with a dry cloth, removing all residue. After a final clean with methylated spirit, apply new sealant. The UniBond Speed Anti Mould Silicone Sealant (£12.50, Wickes) provides a hygienic barrier by creating a permanently flexible seal."

Wickes

The 1970s are having a comeback! Or at least in our home interiors, and right now we're seeing lots of boho-chic décor, teamed with more glamorous, disco-style pieces – according to the design experts at AzaleeInteriors.co.uk.

Hand-crafted textiles and accessories were popular at the time and macramé is a huge 1970s trend that is back with a bang! It's really easy and budget-friendly to incorporate into your interiors too.

Try a macramé wall hanging over your bed, or as part of a gallery wall. Using macramé plant hangers are also the "in" thing for displaying ferns or succulents and they help add height to a room.

If you're feeling particularly crafty, macramé is a great DIY project and the materials used in the craft help to create a free-spirited vibe to your décor.

Rattan furniture was another huge '70s trend that has made its way back and it has huge boho-vibes. The furniture is usually light and airy, so it's easy to incorporate into any room. You should



£15,
Debenhams



£30,
George Home



£18,
Mintandmay.co.uk



£5.59,
Annie Sloan



£14,
Emulsion
from Crown



Sofa and coffee table from a selection



Wallpapers £175 (for 3 rolls)
Mindtheg.com



go for a standout piece such as a shelving unit or a side table or chair.

Rattan shelving units are particularly stylish as they can be dressed up with accessories such as plants, books or photo frames. The best thing is, they work with any wall colours, so you can keep it calm and neutral or go for something a little more daring!

Plant up woven belly baskets or use pampas grass

in a vase to create a coastal '70s beach house look. And to vamp it up a bit, add colourful, comfy cushions and bold artwork pieces for your glamorous finishing touches.

For walls and paintwork, think vibrant pattern and warm colour schemes.

To get the look, try a feature wall in retro wallpaper. Designs of the times included psychedelic geometric designs and heavy

florals. Paint the other walls in '70s-inspired colours for that boho vibe. Along with beige and brown, popular shades included hot mustard, burnt orange, olive green and deep burgundy.

A few accessories reminiscent of the times such as a shag-pile rug, smoked glass mirror, pendant light or oversized table lamps, will add an authentic touch to complete your look. **MW**

Tip!

Dried grasses such as pampas grass often featured in '70s decoration schemes, placed in tall vases standing on the floor or on console tables and sideboards, the feathery fronds add glamour to any room. There's a good selection to buy on **Etsy.com** and try charity shops for vintage vases.



Tins £45 (set), Vases from £14, Radio £149.99, Teacup £35, John Lewis

Stir Up A STORM!

Fast, healthy and super-tasty – that's why we all love stir-fries...



Banging Beef With Pak Choi And Peppers

Enjoy the fiery hit of chilli in this bright, colourful stir-fry.

Ingredients (Serves 2)

- ◆ 250g rump or sirloin steak, cut into strips
- ◆ 10g root ginger, finely grated
- ◆ 1 large garlic clove, crushed
- ◆ 1tbsp light soy sauce, plus extra to season
- ◆ 2tbsp groundnut or vegetable oil
- ◆ 1 red onion, finely sliced
- ◆ 1 red pepper, deseeded and finely sliced
- ◆ 1 yellow pepper, deseeded and finely sliced
- ◆ 2 celery sticks, finely sliced
- ◆ 1 small red chilli, deseeded and finely sliced
- ◆ 2 heads pak choi, sliced
- ◆ Salt and freshly ground black pepper

1 Put the steak strips into a bowl (not a metal one). Add the ginger, garlic, soy sauce, 1tbsp oil and black pepper. Toss together, cover and marinate for 15-20min.

2 Heat the remaining oil in a wok or large frying pan and add the beef and marinade, stir-frying over a high heat for 1-2min.

3 Add the red onion, peppers, celery and half the chilli and stir fry for a further 3min. Finally add the pak choi and stir fry for 1-2min more. Season.

4 Sprinkle the remaining chilli on top and serve with extra soy sauce.

Cook's tip: The easiest way to peel root ginger is with a teaspoon – it works!

Sesame King Prawns With Spring Greens

Handy frozen prawns create this tasty stir-fry.

Ingredients (Serves 2)

- ◆ 180g pack frozen king prawns, thawed
- ◆ 1tbsp vegetable oil
- ◆ 1tbsp toasted sesame oil
- ◆ 6 spring onions, trimmed and finely sliced
- ◆ 1 yellow pepper, deseeded and finely sliced
- ◆ 80g sugar snaps or mangetout, halved
- ◆ 200g sweetheart or spring cabbage, finely shredded
- ◆ 1tbsp Thai red curry paste
- ◆ 100ml coconut cream
- ◆ Salt and freshly ground black pepper
- ◆ Mixed seeds or sesame seeds
- ◆ Sweet chilli sauce, to serve

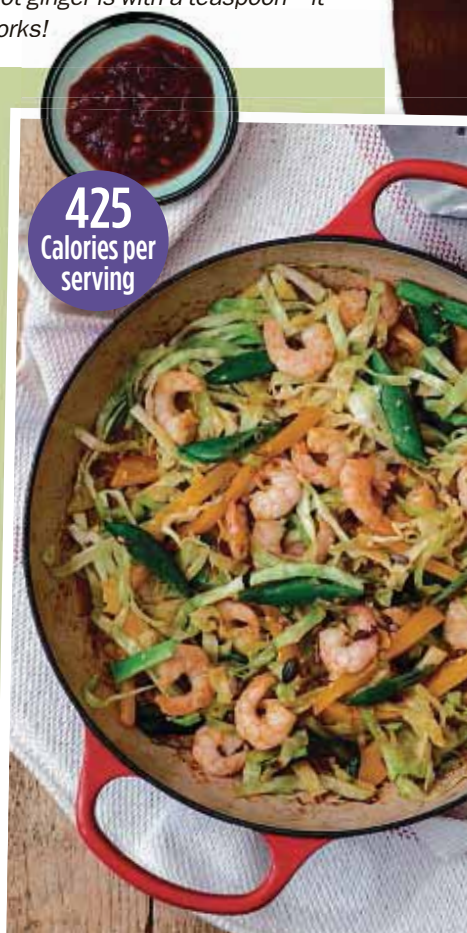
1 Pat the prawns dry with kitchen paper. Set aside.

2 Heat the vegetable and sesame oils in a wok or large frying pan. Add the spring onions, pepper and sugar snaps or mangetout. Stir-fry over a high heat for 3-4min.

3 Add the cabbage to the wok and cook, stirring for 1min, then add the prawns and cook for 1min more.

4 Mix together the curry paste and coconut cream and add to the prawns. Season and stir for a few moments to heat through. Sprinkle with mixed seeds or sesame seeds, then serve with chilli sauce.

Cook's tip: Freeze Thai curry paste in an ice cube tray in 1tbsp portions to save waste!



Chicken Satay Stir-Fry

446
Calories per
serving

The secret ingredient for this delicious stir-fry? Peanut butter powder!

Ingredients (Serves 2)

- ◆ 2tbsp groundnut or vegetable oil
- ◆ 2 chicken breasts, cut into chunks
- ◆ 1 small onion, finely sliced
- ◆ 1 garlic clove, crushed
- ◆ 100g broccoli, broken into small florets
- ◆ 100g fine green beans, sliced
- ◆ 100g baby corn, halved
- ◆ 1 medium carrot, cut into fine strips
- ◆ Roasted peanuts and chopped parsley, to garnish
- Sauce:**
- ◆ 2tbsp peanut butter powder (or use peanut butter)
- ◆ 50ml orange juice
- ◆ 100ml chicken or vegetable stock
- ◆ Few drops of soy sauce
- ◆ Pinch of chilli powder, salt and pepper
- ◆ 2tsp cornflour

1 First, make the sauce by mixing together the peanut butter powder, orange juice, stock, soy sauce, chilli powder, salt, pepper and cornflour. Set aside.

2 Heat the oil in a wok or large frying pan. Add the chicken and stir-fry over a high heat for 2-3min.

3 Add all the vegetables and continue to cook over a high heat for 4-5min, stirring constantly.

4 Give the sauce a stir and add to the wok, mixing well until thickened. Serve, sprinkled with a few peanuts and chopped fresh parsley.

Cook's tip: Peanut butter powder is available from health food shops. It's lower in fat than peanut butter and very versatile! ➔



409
Calories per
serving

5-Spiced Veggie Fried Rice

Remarkably simple – yet SO good!

Ingredients (Serves 2)

- ◆ 100g basmati or easy-cook rice
- ◆ 10g butter
- ◆ 2 large eggs
- ◆ 2tbsp milk
- ◆ 1tbsp groundnut or vegetable oil
- ◆ 1 red pepper, deseeded and chopped
- ◆ 1 small red onion, chopped
- ◆ 1 small leek, chopped
- ◆ 80g frozen peas
- ◆ 1tsp Chinese 5-spice powder
- ◆ Salt and freshly ground black pepper
- ◆ Coriander sprigs, to garnish

Cook's tip: *Vary the veg as you wish – mushrooms make a great addition.*

1 First, cook the rice in lightly salted simmering water for 8-10min, until tender. Drain and rinse with cold water. Set aside.

2 Next, make an omelette. Melt the butter in a non-stick frying pan. Beat the eggs and milk together and add to the pan. Cook until set, then fold in half and slide out onto a plate. Slice into pieces.

3 Heat the vegetable oil in a wok or frying pan and stir-fry the pepper, onion and leek for 5min, until soft. Add the rice and peas and stir-fry for 1-2min until heated through. Add the 5-spice powder and season with salt and pepper.

4 Serve with the sliced omelette on top, garnished with coriander sprigs.

Asian Boodles With Red Cabbage And Cashews

Enjoy this fantastic veggie stir-fry – suitable for vegans, too!

Ingredients (Serves 2)

- ◆ 150g smoked tofu, cut into chunks
- ◆ 2tbsp light soy sauce
- ◆ 1tbsp toasted sesame oil
- ◆ 1 green chilli, deseeded and finely chopped
- ◆ 1 garlic clove, crushed
- ◆ 1tbsp groundnut or vegetable oil
- ◆ 150g butternut squash noodles (boodles!)
- ◆ 1 bunch spring onions, finely sliced
- ◆ 150g red cabbage, finely shredded
- ◆ 100g closed cup mushrooms, sliced
- ◆ Salt and freshly ground black pepper
- ◆ 50g cashew nuts
- ◆ Mixed seeds or sesame seeds, for sprinkling

1 Put the tofu into a bowl and add the soy sauce, sesame oil, green chilli and garlic. Marinate for at least 15min.

2 Heat the vegetable oil in a wok or large frying pan and stir-fry the butternut squash noodles, spring onions, red cabbage and mushrooms for 3-4min.

3 Tip in the tofu and marinade, and stir-fry for a further 1-2min. Season with salt and pepper.

4 Serve, sprinkled with cashew nuts and mixed seeds or sesame seeds.

Cook's tip: *You could use soaked fine egg noodles, but they are not vegan-friendly!*

447
Calories per
serving



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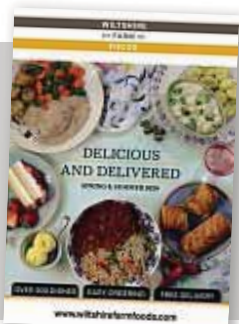
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Chris Pascoe's Fun Tales

DANGEROUS GAMES...

There's many a slip 'twixt ear and lip as Chris battles for understanding

Watching TV the other evening, I was stunned to hear a football commentator observe, "There are simply not enough top class serial offenders in world football."

This came as a surprise, as I thought there definitely were. Grabbing the remote, I rewind. "Central defenders". Well, that was a relief.

I decided I needed a hearing test, felt slightly sad that there simply aren't enough top class central defenders in world football nowadays, but decided it wasn't going to affect me greatly, so went off to write this column – which coincidentally also involves football that most certainly wouldn't be deemed top class.

My wife Lorraine and I have been discussing what sort of activities and hobbies we'd like to take up on the Isle of Wight when we move over there this year. Hearing tests will certainly be one of them, especially on an island so top-heavy with pensioners that you feel any form of medical tests are going to be top rate, but also things to do during the initial few months when, due to starting over with the cat-sitting business, we'll have a bit of spare time on our hands.

First up, for me anyway, is Walking Football. This seems to be particularly popular on the Isle of Wight, and it's just like normal football, except



Not only was I still rubbish at football, I was mainly injured

you're not allowed to run. Walking is the pace I run at anyway, so it sounds perfect for me. I stopped playing football around 15 years ago when I realised that not only was I still rubbish, but I was mainly injured, and if able to play, generally scored in my own net. The world was about to get my skills back – there are simply not enough top class walking-pace own-goal specialists in world football these days.

Lorraine isn't really a fan of football and, as the two teams I tend to follow are Portsmouth and Wycombe Wanderers, considers me not to be a fan of

football either. She does, however, like shooting people. Whether it be shoot-'em-up computer games or running around an indoor maze firing light beams at people, Lorraine just loves to shoot guns.

With this in mind, I decided to phone a tourist office on the Isle of Wight (and also never to keep a gun in the house).

"Hi," I said. "Do you know if you have any Taser-Quest centres on the island?"

"Taser Quest?" came the slightly confused reply.

"Yes, that game where people run around shooting at each other?"

"What? With Tasers?!!"

I realised I may have got that slightly wrong.

"Laser Quest! I mean Laser Quest! The game where they fire light guns at each other's backpacks!"

"Yes, we have Laser Quest here!" she said, chuckling. "Taser Quest would be a very different game indeed."

So there you have our early months on the Isle of Wight. I'll be walking around trying to kick a football, until Lorraine mercifully Tasers me... 

Our latest Fun Tales Collection, *The World's Craziest Cats & Other Stories* is available from www.dcthomsonshop.co.uk for just £7.99.



NEXT WEEK

Chris is getting on with decorating until Bodmin lends a paw

friends forever

Beautiful, confident, courageous, defiant Alysha transformed my life – would I ever have the chance to properly repay her?

By Kate Hogan

Funny how lives collide, I can't help thinking, shifting my mind from the past. I place my hand on Alysha's and catch a glimpse of the hordes of people surrounding the stage.

The festival I'd gone to all those years ago had been another world for an innocent girl like I was. Smoke burning my nostrils; the sound of music clouding my senses, while the glare of the sun burned my skin.

Alysha had begged me to go with her.

"I've no money," I said. "Mum wouldn't let me anyway. She –"

"We'll hitch-hike, Libby," Alysha said. "Tell her you're staying with me, that –"

"I can't tell Mum a lie."

Alysha laughed. "Such an innocent," she said, touching my cheek.

the day I hunched frozen like a statue in the cloakroom, while the other girls casually pulled me apart.

Their snide remarks stopped abruptly when Alysha spoke. She looked tall and majestic, shoulders thrown back ready to take on the world.

"C'mon," she said, touching my arm when the other girls scuttled away. "We'll walk home together."

I stared up at her flashing eyes, wondering whether it was her height that gave her such power to scare away a group of girls... or maybe it was something else.

We headed out of the school gates, past the same group of girls who'd made my life a misery.

"Smile," she instructed me quietly.

"Like you mean it. Never let people see that you're scared."

I'd been so upset one night, struggling to write an essay. I'd put my head in my hands.

"I can't do this," I said. "I ..."

"You're trying too hard," she said. "You need to let things flow." She'd looked at me long and hard. "You know what, Libby," she said with a half smile, "I think that maybe you're afraid of showing everyone how clever you are."

I laughed then – but something changed inside me.

Within three months my school grades were up and I was thinking I might just get through my exams.

"What is it you want to be?" she asked one night as we shared ideas and arguments over our essays.

"I'd like to look after things," I said.

"Like what?"

"I'm not really sure yet – nurse, doctor, vet, maybe. I suppose it'll depend on how well I do."

**"You're trying too hard," she said.
"You need to let things flow"**

I was probably more scared of letting Alysha down than I was of Mum being angry. Alysha, the new girl who befriended me, when no matter how hard I'd tried I'd remained outside of the group at school.

Bullied through words, jibes and isolation, I'd shrunk into myself – I'd even considered running away or ending it all, till Alysha came into my life.

"Get off her back," she'd commanded,

Mum was glad to see I had a friend at last. I'd spent my evenings and weekends studying alone for years, hoping to get the grades I might need for whatever it was I would eventually do, but no matter how hard I tried, I just didn't seem to be clever enough.

Alysha changed all that – coming to my house, practically every night, where we both did our homework. She told me it was far too noisy in her house.





"Depends on how well you decide to do," Alysha said. "No good just trusting to fate."

"And you?" I said, thinking Alysha could probably be anything she wanted.

"I'm going to be famous," she said, eyes sparking. "I play guitar and sing." She smiled. "I write songs, too."

"Ha!" I said with a slow smile. "How come you've kept it all a secret?"

"Would you like to hear me?" she asked eagerly.

Once we'd finished our exams she had me over at her house several nights

a week, listening as she practised her guitar, playing and singing in a voice that really didn't belong to a girl of her age. She was good.

"You can see why we needed to study at your house, can't you?" she said one night.

"But it's nice here," I countered. "It's cosy, and you've got all these little brothers and sisters..."

"It's a foster home," she said. "My seventh. They're not my brothers and sisters. I thought you'd have guessed that." She'd shaken her head and

laughed. "But I'm going to be someone, someday. Even if I'm no one now."

I wasn't sure what she was getting at.

I hadn't directly lied to Mum about the festival. I'd already told her about Alysha's singing, so I'd waited until she was distracted with the demands of filling in for someone at the hospital where she worked, asked could I go away for the weekend to support Alysha with her music.

"It's some sort of a camp," I said, not lying, but not telling the whole truth ➔

either. "She's asked could I go with her."

I hadn't thought it would be so easy.

We'd caught the bus out of town first, before hitting one of the A-roads that took us to the motorway. Alysha, guitar slung over her shoulder, bulging rucksack on her back, had a smile on her face that could light up the day.

"Stick your thumb out," she said.

"We're on our way."

We were picked up and dropped off by all sorts of people. Clambering into big articulated lorries, sliding down in swish fast motors, or spluttering along in old bangers. It wasn't as scary as I'd thought. Alysha did most of the talking, and when Jed pulled over in his Jeep only fifteen miles away from where we were headed, it seemed that was where he was going, too.

"You playing?" he asked Alysha as she fixed her guitar in the back.

"Might be," Alysha said. "You?"

Jed laughed. "Try and stop me. There's always a few small groups where us less well known musicians get a chance to shine."

I saw the spark in Alysha's eyes.

"Wow!" she said, when we arrived and she saw the tents and the crowds of people spread out in the smoke-filled,

moved. The stage in the distance was a blur against the heat haze that rose from the ground – or maybe it was smoke. I can't remember, just that my eyes hurt.

When the nights closed in and the bands stopped playing on the stage, Alysha would play her guitar and sing, Jed sometimes accompanying her. He played guitar better than Alysha, his voice not as good, but different, adding an extra ingredient – some rock to Alysha's blues.

She disappeared on the Sunday



careful." He turned to me. "And you, Libby. You need to be careful, too. That's why I'm driving you home tomorrow. No matter how far away you two schoolgirls live."

For a moment I felt shocked that Jed had guessed how young we both were, then somehow glad he had. I was thinking about Alysha calling him the big brother, when I realised the band she was following had finished, and Alysha would be on the stage next.

We both looked up as she made her way across the stage to the microphone. The fine, ankle-length cotton dress she was wearing was folding itself around the shape of her long slim legs. I wondered who she'd borrowed it from.

Her hands were a little shaky as she touched the microphone; said "Hello, my name's Alysha," smiling, and slipping the strap of her guitar to fit more comfortably around her shoulder.

The hush that fell when she sang was more than even I expected. She had the crowd in the palm of her hand. She was barely half way through her third song when I saw the flash of panic in her eyes as a string on her guitar snapped. She floundered but kept on singing.

"Jed," I said.

He'd glanced at the agents and photographers waiting in the wings, had his own finely tuned guitar out of its case in seconds and was up the steps and on the stage handing it to Alysha before he'd given himself a chance to think.

The roar of approval at the end of her set had us jumping and shouting. I saw the flash of cameras and a sudden rush toward her. When the guys who'd rushed to interview her gave her enough space, she came straight towards Jed.

She told him how scared she'd been, how she thought she'd probably flunked her big chance till he came to her rescue.

"You're something else, Alysha," he said, with a look in his eyes I couldn't quite interpret.

"There's a guy wants to meet me to talk," Alysha said, "Mentioned contracts – work. He's got a trailer on the –"

"We'll come with you," Jed said. "Libby, and I, and I'm taking you both home tomorrow."

"You're kidding me?" Alysha's face looked suddenly taut.

"Just tell the guy I'm your brother – manager, too. Then he can run any details past me."

"No one tells me what to do..."

Alysha said, jaw jutting forward. ➔

I saw a **flash of panic** in her eyes as a **string** on her guitar **snapped**

noisy space. I'd felt a shiver of fear.

"Where will we sleep?" I asked, suddenly feeling like a child.

Jed smiled. "If you're any good at pitching a tent," he said, "you can share mine. Couple of spare sleeping bags in the Jeep, too. Pays to come prepared."

It was good he had. He had food, a camping stove – water. All the things we hadn't even thought of.

We'd barely pitched the tent when Alysha rescued her guitar from the Jeep and started to play.

I saw the way Jed pretty much stopped in his tracks as Alysha began to sing. He wasn't the only one.

I watched him watching her as the weekend unfolded. The sun grew hotter, and higher in the sky as the music played and she danced. Bangles of silver and gold jangling on her slim coffee-coloured wrists, shimmering when she

morning before I was even awake, returning several hours later beaming with energy that was palpable.

"I've got a spot," she said, grabbing me by the shoulders. "I'm on stage at two o'clock." She swung me round. "Agents up front – maybe even some TV cameras." She glanced around. "Where's Jed?"

"He's gone looking for you," I said. "Said he didn't want you falling in with the wrong crowd."

Alysha laughed. "That guy," she said. "Like some big brother."

Jed and I made it as close up front to the stage as we could as the time drew near for Alysha to play.

"She's good," Jed said quietly as we watched her moving up the steps to the platform that led to where she'd be performing. "But there's sharks in the music business. She'll need to be



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"Alysha," I said. "Jed's been looking out for us. Let us both come."

"What if they think I'm just some kinda pathetic kid?"

"You're good, Alysha," Jed said, touching her arm. "If people want to make a lot of money out of your talents, I'll be letting them know you'll be sharing that money, too."

Alysha growled.

"OK," she said. "But you need to know Jed, I haven't got a home to go back to. Just a foster place where they'll have someone else sleeping in my bed the minute I'm gone."

"Wasn't I lucky to discover that he was in love with me too?"

By the time we left the meeting, with the guy who said he could get Alysha a contract, we were all exhausted. Alysha would have been willing to sign away her soul if Jed hadn't been there; she was all for heading straight off to London there and then.

"Alysha," Jed said. "I'm taking you both home." He raised his hand to stop her saying what she wanted to. "If you then decide to speak to your foster parents and arrange to leave, that's fine – but right now I'm the responsible

adult here, and I'm taking you home."

Though Alysha complied, she left town even before our A-level results were published.

"I'll keep in touch," she told me solemnly. "Jed's got me a place to share with a bunch of girls – students. Did you know he's actually a teacher?"

I felt there was something about him that would keep Alysha safe.

The first time I saw her on television she took my breath away. Her first few albums went straight in the top ten. But she kept her word, contacting me

whenever she could. Paying for me to visit her in London. Making sure I held on to my dream of getting the qualifications I needed to become the psychologist I'd decided to become.

I wasn't surprised when she eventually married Jed. I realised he'd fallen in love with her the moment he heard her sing, but had waited. Their wedding, where I was her bridesmaid, was simple for someone as famous as Alysha had become – but it was beautiful, just like Alysha.

"He's a guy in a million," she said to me, later, at the reception "If you hadn't made me let him come with me to that first meeting at the festival I'd have probably never made it."

"I really was some kinda kid. It took me all of five years to realise how much in love with him I was. Wasn't I lucky to discover he was in love with me, too?"

We both laughed.

The more tours she did, albums she made, the less I saw or heard from her but she kept in contact for years. When I didn't receive my usual birthday card I didn't think too much of it. Guessed it was the international tours, that maybe it was lost in the post, or making its way from some far off land.

I was so busy with my work as a psychologist, my husband and family I let it slip my mind guessing I'd catch up with her, or she with me, eventually.

I hadn't expected to read the news in a magazine someone had left behind in the waiting room.

It took me two years to find her. She was less than half the beautiful girl I remembered. I hated to see how broken she was without Jed.

"I'm no one without him," she said. "Why'd he get ill and die?"

"You'll always be someone," I said. "Always were, always will be. Jed loved you more than anything. You've got to get well again. For him – for you."

I had to hold her hand, lead her back to life, just as she had with me.

"I can't do it," she said a million times over the next two years.

I'm backstage with her again now, festival in full swing, thousands of people waiting to see her onstage again. We hear her name called. She turns to me.

"Libby, I..." she begins.

"Just get out there," I say, blinking back tears and wrapping my arms around her. "Smile like you mean it. Never let anyone see you're scared."

She does, her face lighting up the day, before she hugs me and hits the stage... the roar that greets her, filling my heart with joy. 🎵

FICTION EDITOR SUSAN SAYS...

Don't miss part one of our new serial next week – *Coming Home To Kotor* is an emotional tale of one woman's search to uncover the secrets of her family's past.





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Amazing Women

As the world celebrates International Women's Day, we pick a selection of our very own inspirational home-grown talent

Campaigning Mother

Only three days after their 23-month-old son Jack drowned in a pond ten years ago, Lucy Herd's grieving husband was required to return to work. Determined to bring about positive change, Lucy launched a campaign to establish statutory bereavement leave for working parents. It was recently announced that from April, "Jack's Law" will come into force, and working parents who lose a child under the age of eighteen will be entitled to two weeks statutory leave. The campaigning success was described by Lucy as "such a bittersweet feeling and I feel proud to have achieved this in Jack's memory".



Lucy Herd

The Magic Touch

J K Rowling OBE has received multiple awards for an exceptional career which has seen her become one of the most successful authors ever – an especially impressive achievement given her impoverished start to writing as a single mum. But she has received several honours for her philanthropic and charitable work too. Most recently, in New York last December, she followed in the footsteps of such notable names as Archbishop Desmond Tutu and Hilary Rodham Clinton in being awarded the prestigious Ripple of Hope Award from Robert F Kennedy Human Rights, which honours demonstrable commitment to social change and reflects his passion for equality and justice. J K Rowling supports multiple causes. She has also established Volant, a grant making charitable trust which aids Scottish organisations helping to alleviate social deprivation. She is also the founder and president of Lumos, which helps disadvantaged children in orphanages around the world.

Sporting Superstar

A Paralympic career achieving 11 gold medals, 4 silvers and 1 bronze, 12 World Championship medals, 30 world records, plus six London Marathon victories would be enough to earn Tanni Grey-Thompson superwoman status in their own right! But even after her retirement from competitive sport, her success races on. Aside from her TV presenting career she has been on the board of numerous sports and disability related organisations and initiatives and in 2010, became an Independent Crossbench peer in the House of Lords, as Baroness Grey-Thompson of Eaglescliffe in the County of Durham, a title to add to her MBE, OBE and DBE. Alongside her early athletic career Tanni also obtained a degree in Politics and Social Administration and has since been awarded an impressive 28 honorary degrees.



Tanni Grey-Thompson

Star Quality

Judi Dench was once advised that she was unsuitable for the screen as she lacked the "right" look for the camera. That advisor must have looked on ruefully as the actress, now Dame Judi Dench, enjoyed her legendary career in film and television. Add her impressive list of theatre credits and she has seen success spanning over six decades, including an Academy Award, ten honorary awards, a BAFTA Fellowship and multiple other key industry accolades – and she hasn't stopped yet! Off-screen, Judi is an enthusiastic supporter of wildlife and nature conservation and many charitable causes.



Do You Know An Amazing Woman?

Here at My Weekly we believe that women should support women in all walks of life and that if we all come together and work in unity we can really make a difference to others' lives, our communities, and the wider world we live in. We're excited to announce that, this year, we're launching the My Weekly Making A Difference Awards to recognise the efforts of women who go the extra mile to help those around them. In April, we'll be telling you more about the awards themselves as well as asking for nominations in the various categories. Is there someone you know who deserves such recognition? Watch this space!

WORDS: CLAIRE SAUL PICTURES: GETTY IMAGES, SHUTTERSTOCK



Phenomenal Fosterer

Debbie Bright often appeared on *The Only Way is Essex*, when her daughter Lydia was a key cast member, but she was the star of the 2019 Fostering Excellence Awards in her own right, when she received the Fostering Network's President's Award for exceptional contribution to fostering. Over 250 children have been offered a caring and nurturing home by Debbie over 25 years. Debbie is a passionate advocate of the benefits of fostering in the lives of young people, and as a fostering ambassador for the government has helped to raise the profile of fostering around the UK.

Debbie Bright





WOMEN WHO SAVED THE PLANET

Writing about Fantastically Great Women, Kate Pankhurst is pretty fantastic herself!



Kate Pankhurst

With notes, scribbles and sketches strewn all over my studio, I soaked up the facts, figures and achievements of some of the most incredible women who have ever lived.

Preparing to write and illustrate my book about women who had been environmentalists, scientists, animal activists and planet wanderers, it was very difficult to decide who to include.

I had a long list of many, many fantastically great women who deserved entire books to be written about them but I only had room for 13 stories.

So I had to be ruthless.

I made sure I covered various nationalities and causes and didn't just go with obvious game-changers.

I wanted to shine a light on unsung heroines. Women who had achieved extraordinary things but might not be household names, or women everyone knew but might not know something incredible about them – like Anita Roddick, founder of The Body Shop.

Anita was the starting

illustrations. Ingeborg Beling studied bees, so I wrote her text in hexagonal honeycomb-inspired boxes and drew lots of happy bees and bright sunflowers.

Every page is bright and inviting but has its own theme, based on the period in history and the achievements and culture of each woman. It was as if every page was a new book as I drew a forest in Africa then the Earth as seen from space.

up answers to! I'm delighted that my drawings and stories spark conversation and hope children and their parents are as captivated as I was when I was compiling the project.

It's easy to feel terrified about what's happening to the planet but I believe that's all the more reason to feel hope. We need books that celebrate the huge contribution people are making to ensuring the planet is a better place to

It's a call-to-arms – we can all do our bit to make the world a better place

point for this whole project. She was such an interesting woman, and what she did for the environment should never be forgotten.

As a child, I spent most of my time drawing playful characters so I feel very fortunate that I now get to do this for a living. I create all my illustrations and do all my research in my studio in Leeds as my Dalmatian, Olive, snoozes by my feet.

Some of the stories lent themselves beautifully to being brought to life in the

Parents tell me they read my books to their kids with their phone handy, because they know their children are going to ask all sorts of questions they'll need to look

live. That's how better things come.

I end the book by giving readers a gentle call-to-arms. We can all do our bit to make the world a better place.

A Fantastic Factual Project

Kate Pankhurst, a descendant of suffragette Emmeline Pankhurst, is the author and illustrator of the hugely successful

***Fantastically Great Women* children's book series, which has been translated into 21 languages worldwide and sold over 300,000**



Ingeborg Beling

In 1920s Germany, Ingeborg Beling

studied bees. She put out lavender scented sugared water and every day, bees arrived at the same time. So she moved the hive into her laboratory, where the bees wouldn't sense changes in daylight and temperature. The bees still arrived at the same time each day. This led to the discovery that bees and all living things, from plants to humans, have a circadian sense of time. This internal clock is finely tuned to a day on Earth and the rhythm of this clock is essential for our survival. It tells us when it's best to eat, sleep and be active.



Isatou Ceesay

Isatou Ceesay grew up in the Gambia and even though

she had to leave school at a young age, she was a smart cookie. She noticed that a surge in the use of plastic bags was causing big problems in her community. Plastic takes about 1,000 years to decompose and the decaying mounds of plastic rubbish were paradise for disease-carrying mosquitoes. In 1997, she started an initiative which not only helped tackle the plastic problem but also helped women out of poverty by teaching them a trade which gave them their own income. She taught women to upcycle plastic rubbish, turning it from waste to handbags and purses. Over 20 years, women from neighbouring villages got involved and now, 40 different communities take part in the Women's Initiative in the Gambia.



Anita Roddick

Founder of The Body Shop she to run her business

differently, putting the planet above profit and making her beauty products with natural ingredients. When she opened the first Body Shop in Brighton in 1976, testing on animals was common practice, but Body Shop products have never been tested on animals. Anita was a pioneer of fair trade, ensuring farmers she worked with in developing countries were paid fairly. She also raised awareness of environmental issues and encouraged customers to recycle packaging. Although Anita died in 2007, The Body Shop business model continues to inspire others.

copies. The fourth book in the series, *Fantastically Great Women Who Saved The Planet*, focuses on women who have dedicated their lives to studying, conserving and protecting planet Earth and all its living things. MW



Olive is Kate's constant companion



Fantastically Great Women Who Saved The Planet, RRP £6.99, Bloomsbury, is available to buy from Bloomsbury.com as well as all good bookshops.

ESTD 1892
ALLINSON'S

THE MEDICAL PROFESSION TOLD THOMAS ALLINSON HIS CAREER WAS TOAST.

**URNS
OUT,
THEY
WERE
RIGHT.**

Thomas Allinson never intended to become a baker. He wanted to be a doctor. And that's exactly what he did, qualifying in 1879.

As Thomas' medical practice grew, he developed a simple set of principles, championing a propitious combination of diet, exercise, fresh air and hygiene.

He wrote prolifically about these and other beliefs, including his particular passion for wholemeal bread.

Well, simple precepts they may have been. But radical enough to scandalise the establishment, who struck his name from the medical register.

So Allinson used his loaf. He started baking; building the brand that still proudly bears his name.

These days, we remain every bit as radical, with loaves like our seriously delicious sliced wholemeal loaf called 'The Champion'.

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Bag, **£16.99**,
www.halfmoonbayshop.co.uk

Red Polka Dot Flower Collar,
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www.petpoochboutique.com



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Enjoy a fun-filled 4-night break at Warner's Gunton Hall Hotel, Norfolk with My Weekly

April 20-April 24, 2020



Stuart Johnstone,
Editor

Dear Readers,
Spring is in the air and April marks 110 years since My Weekly was first published, so we want to celebrate with you, our lovely readers! Please join us at the beautiful and tranquil resort of Gunton Hall Coastal Village – a 55-acre woodland retreat where you can relax and enjoy peaceful surroundings and have lots of fun! It's party time with My Weekly, so we will be having laughs aplenty with a variety of dance classes, making cocktails for a celebratory drink or two and much, much more. This seaside destination has loads to offer and we can't wait! I look forward to meeting you all there.



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- Air-rifle shooting
- Archery
- Free WIFI in public areas
- Quizzes and games



My Weekly

As a guest of My Weekly you will be treated to:

- Private welcome drinks, birthday cake & meet and greet with the My Weekly team
- A goody bag
- A variety of fun dance classes for you to enjoy!
- Coach trip to Southwold
- Craft session
- A cocktail making masterclass with one of Gunton Hall's experts
- Goodbye tea & coffee with the team
- There may be a couple of extra surprise activities, too – watch this space!

Half-board Menu included in the price

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Yorkshire's Hidden Gems

You'll be glad you took the time to step off the beaten track to pay a visit to these amazing attractions



Dramatic shadows

1 Hoffman Kiln, Craven Lime Works

This industrial scale lime kiln near Settle was built in 1873. A real glimpse into our industrial past, you can imagine how busy and noisy it would have been during limestone processing. However, it's now so peaceful sitting amid beautiful countryside with wildflowers and birds all around. It's free to enter and information is given on signboards around the site.

3 Himalayan Garden and Sculpture Park

Winner of the Yorkshire in Bloom Tourist Attraction Award these gardens cover 45 acres of woodland, an arboretum, 3 lakes, over 80 sculptures, and a breathtaking collection of rhododendrons, azaleas and magnolias. In spring, there's also a primula meadow and drifts of bulbs.



Open April 10 – November 1. Adults £9 (£10 in May)

4 Robert Fuller Gallery

Off the beaten track at Fotherdale Farm near Thixendale is a gallery dedicated to Robert E Fuller's wildlife paintings. You can also watch live images of owls and kestrels from cameras Robert placed in nests. There's a range of merchandise by the artist, from greetings cards, prints and sculptures, to an £8,000 original oil painting! You might get lucky and meet the artist.

Open all year except Christmas. Free entry

2 The Forbidden Corner

Tunnels, towers, statues, water fountains, grottos and a labyrinth are to be found here, among other surprises. This folly garden was built in the 1980s in the gardens of the Tugill Park Estate at Coverham in Coverdale, originally as a private pleasure garden but then opened to the public. It was voted the best European folly of the 20th century by the Folly Fellowship.

Open April to October. Adults £13. Tickets must be bought in advance

www.theforbiddencorner.co.uk



Tugill Park Estate

5 Warley Museum

When the phone box in the village of Warley, near Halifax, was taken out of commission, it was restored by the Community Association who wanted something a bit different for it – finally deciding on creating the world's smallest museum! It was opened in 2016 and contains information and items on local history, but the display changes every few months.

Open daily. Free entry



Tiny museum!



Picturesque Cornwall

TRAVEL NEWS

◆ Want to avoid the long drive to Cornwall this summer? British Airways has announced a new direct route from London Heathrow to

Newquay from July 2 to Sept 7 running five days a week (not Tues or Wed). Return fares start at £90.

◆ Premier Inn will open five new hotels in Scotland this year, including a 249-bed in Glasgow's Enoch Square.



The ruins of Easby Abbey

6 Easby Abbey

Richmond Castle towers over the pretty town of Richmond, but less than a mile away lie the ruins of Easby Abbey. Founded in 1152, it was stripped by Henry VIII's forces in the 16th century. There's still a lot to see, though – the refectory, gatehouse and canons' dormitory. The parish church on site is still in use and contains rare 13th century paintings.

Open April to October. Free entry

7 Ingleton Waterfalls Trail

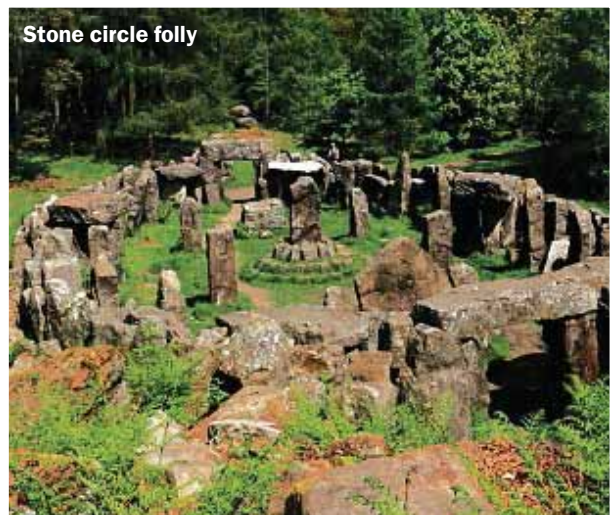
A circular walk of 4.3 miles from Ingleton, a footpath takes you along the banks of the River Twiss on to Pecca Falls, Hollybush Spout and Thornton Force. Then across country to the River Doe, and down past Beezley's Falls Triple Spout, Rival Falls, and Snow Falls. It's a challenging walk, but the rewards are spectacular.

Open all year. Adults £7



Spectacular waterfall trail

Stone circle folly



8 Druid's Temple

The Druid's Temple is one of Yorkshire's most interesting follies, built in the woods at Bivouac on the Swinton Estate near Masham. It is believed to have been built by William Danby, who was owner of the Swinton Estate in the late 18th century, at a time when interest in Druidism was high. The site contains a main temple along with numerous other stone formations just waiting for visitors to discover.

No entrance fee but charge for car park



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DC THOMSON
Travel

laws of attraction

Would Janey's dream board work – or might it end up driving away the good things she already had?

By Jacqui Cooper

Janey had spent the best part of a wet Saturday afternoon happily cutting out pictures from magazines and pinning them to a newly purchased corkboard. Now she stepped back to admire her handiwork.

"What is it supposed to be?" asked her husband Declan, peering over her shoulder.

Janey hadn't heard him come in. Quickly she slipped the final photo into her pocket before he could catch a glimpse of it.

"My dream board," she said proudly. "According to an article I read, we can attract things into our lives just by focusing on them."

Dec laughed.

"Well if that's true it would go a long way to explaining Aunt Sadie's slug problem. Because as you know, that's all she talks about these days. She's just off the phone now about the havoc they've wreaked on her cabbages."

Janey smiled.

"That's exactly it," she said.

"It's called The Law of Attraction. If Aunt Sadie is constantly thinking about slugs, then she'll just keep attracting more slugs. Which is why from now on, I intend to focus only on the good things in life. Things I really want. Like all the fabulous, wonderful things I've put on on my board, see?"

Dec peered at a photo of a squat, sleek sports car.

"A car like that doesn't look very practical if you ask me. Or very comfy."

"It's a dream car," Janey explained loftily. "It represents my dream to one day own a car which doesn't have a leaking sunroof. A car that will start when I want it to and actually get me from A to B without breaking down."

"And what about this one?" Declan continued, frowning at the board.



"A big house on a hillside in Los Angeles? You've never mentioned that you want to live in the States."

"I don't necessarily want to live in Los Angeles," she said patiently. "As I say, it's a representation of my dreams. I want a nice house. And I think we can both agree that this one here is a very nice house."

Declan studied the picture.

"If I were you, I'd focus more on somewhere with an indoor pool," he suggested, poker-faced. "An outdoor one like that would be pretty much wasted in our climate."

Was he making fun of her board, or making fun of her dreams? Annoyed, Janey picked up the corkboard and carried it into the bedroom.

However Declan wasn't finished and trailed after her.

"What about the pirate? I can't imagine what he's doing there.

Unless – oh, wait – don't tell me he's your dream man?"

He was laughing at her now.

"A representation of my dream man," she told him loftily.

"I hate to tell you," said Dec, "but I doubt Captain Jack Sparrow here is the type to take the bins out every fortnight. And I don't think he'll remember to buy milk on his way home from all that looting and marauding, either."

Janey blinked back tears. He didn't get it. Here she was, fast approaching thirty, in a boring job, and driving a clunker of a car with no change in sight. She and Dec both worked all hours but they never seemed to have money left at the end of the month for essentials, never mind the odd luxury.

While she loved him dearly, what was wrong with dreaming bigger, wanting a better future for both of them?

He realised he'd upset her. ➔

"Hey Janey, love, you know I was only teasing, right?"

"Whatever."

Keeping her back to him, she defiantly propped up her dream board on the chest of drawers where she could look at it every day.

Dec lingered a moment longer as if he had more to say, but then left without another word.

On her way to work the next day, Janey saw a fancy sports car, very similar to the one she'd pinned to her board. The driver was revving impatiently at a red light. The car doors opened upwards and the seats looked worryingly close to the ground.

She had a sudden image of driving Aunt Sadie to the shops in it. Even if they got her in, her rather ample bottom would be practically scraping the road and it would take both her and Dec to lever her out.

On top of that, as far as Janey could see the car didn't appear to have a boot of any kind. Where would they put the shopping bags?

That evening, she went through her magazines again and replaced the car on her board with a different model. This one was still sporty, still nice – just

you a hundred-grand car, or a flash house in LA with huge gates and an infinity pool.

"And as for a pirate, even I know I don't have a swashbuckling bone in my body. But this car? And a house like that one? I think I could do that. In fact, I promise I will. One day."

Janey stared at him in amazement. He had seen her dream board as a slight on

his ability as a provider? On their life together? Only now did she read the anxiety in his eyes.

"Oh Declan," she said softly.

"Don't you see it's not up to you to give me these things? I don't even want *them* particularly."

"I told you, I want what they represent. Financial security. A nice house. But I want us to build our dreams together. A home, a –" She stopped, suddenly distracted, peering at him. "Is that a goatee?"

Declan stroked his chin a little self-consciously.

"I've just started growing it. I know I'm no Johnny Depp, but what do you think?"

She laughed. "I think it's gorgeous."

"You do?" He grinned. "There's something I'd like to add to your dream board. If that's OK?"

"It's *our* dream board. And yes – of course it is."

Shyly, he held out a picture of a baby: a little girl.

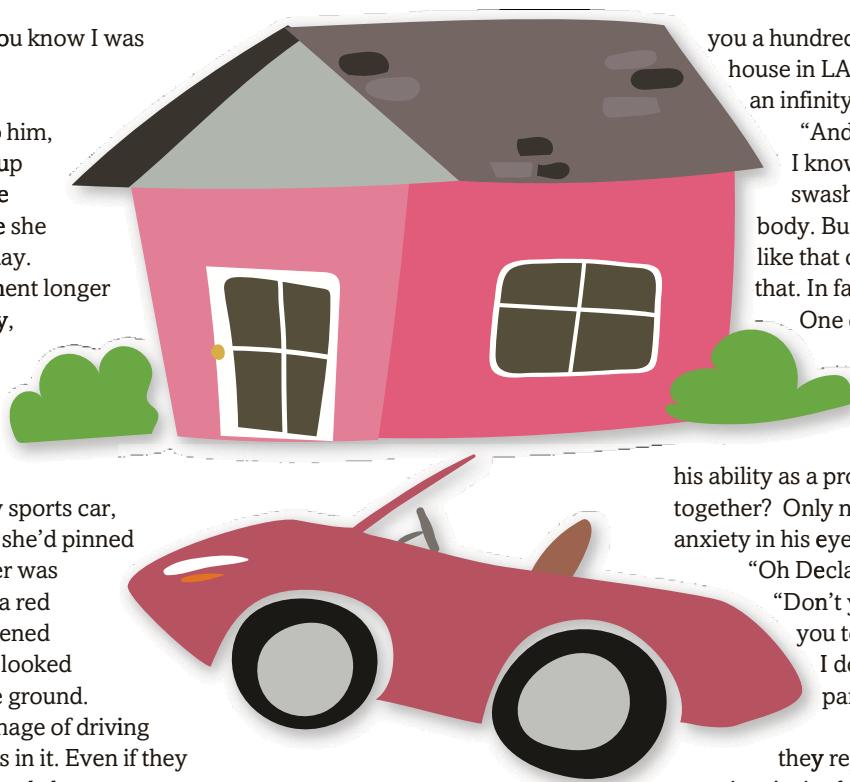
"I know we talked about kids and decided now wasn't the right time. But I've been thinking and, well... not necessarily now," he said quickly, watching her face. "But I thought... maybe... one day?"

Janey's heart swelled. Slowly she opened her hand to reveal the picture she had been carrying around with her. It was a baby boy.

"One day," she agreed. Standing on tiptoes, she kissed him, knowing with heart and soul that whatever the future brought, her dream man at least was already sorted. 

.....
FICTION EDITOR SUSAN SAYS...

Find more lovely stories online at www.myweekly.co.uk, where every week we add another story from our archives.



As soon as she got home she looked the property up on the estate agents website, poring over all the photos.

Four bedrooms, two bathrooms, a playroom and a kitchen with French windows opening out into the garden. It was everything Janey could ever wish for. Her heart quickened as she realised that far from being on the other side of the world, her dream house was actually right here in her home town.

Downloading one of the pictures, she printed it out. Taking down her dream board, she removed the house in LA, then replaced it with the new picture.

She still had another photo – the secret one she had been carrying around in her bag for days now. The one she hadn't dared to pin up once Declan started poking fun at her activities.

She was still dithering about whether or not to pin it on now when Dec came to stand beside her, taking in the changes she had made to the board.

"Now that, love, that I could give you," he said quietly.

She frowned at him.

"What do you mean, give me?"

He shrugged. "Well no matter how hard I work, I doubt I could ever give

"Oh, Declan. Can't you see it's not up to you to give me these things?"

maybe a better fit for her lifestyle.

A week or so later, when she gave Aunt Sadie a lift, her aunt's eyes were bright with excitement.

"I have some news!"

"Is it about slugs?" asked Janey, wearily. "Because I think we've said all we can –"

"Not slugs, no," said Sadie. "You know that house at the end of my road? The one you've always liked? Well, it's up for sale!"

Janey did know the house. As a child she'd loved the quirky, round windows, the rambling-rose covered porch and the garden swing. She'd always lingered when she walked past it, dreaming about what it would be like to live in such a lovely house.

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4. Fatigue	☐	☐
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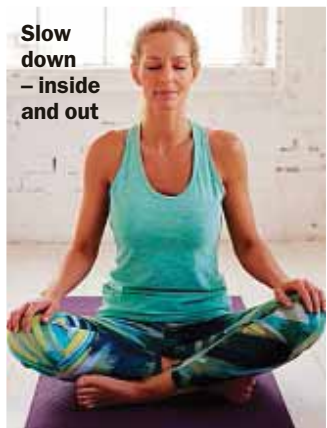
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12

Anti-Ageing Tips And Tricks

There are a few scientifically proven ways of slowing the ageing process. Read on – and stay youthful!

Slow down – inside and out



1 Sort Out Stress

Stress can age your brain, increase your blood pressure, and disrupt your sleep, all of which combined can make you look older. And common stress-relievers – drinking alcohol, eating badly and upping caffeine intake – only make matters worse. Make time for a daily walk, consider a yoga class and explore meditation to calm your mind.

5 Stand Back When Opening The Oven Door

That eyebrow-singeing blast when you open a hot oven isn't good for your skin. "Sudden changes in temperature can all take their toll and can cause a rapid increase in the size of blood vessels leading to a 'weather-beaten' appearance and a ruddy complexion," explains consultant dermatologist Dr Nick Lowe (www.cranleyclinic.com).

2 Watch Your Weight

Being thin adds years to your face. American scientists who studied twins with different weights found that, at 40, those with a Body Mass Index (BMI) four points higher looked up to four years younger. But don't go too far the other way. While it might not necessarily show in your face, obesity can age a person by nearly nine years, according to a study published in The Lancet.

3 Join The Library

As you grow older, the mind starts to falter and the memories start to fade. One of the ways to help slow, or even reverse, the process is to keep the mind active. Reading is an easy and enjoyable way of doing this. As is doing logic-based puzzles, like Sudoku, which have been shown to slow – or even prevent – the onset of mental decline in old age.



Increase your book consumption

Make your skin look younger!



4 Make Time For Romance

Regular sex helps people look youthful for longer, says Dr David Weeks, former head of old age psychology at the Royal Edinburgh Hospital. His research shows that older men and women with an active love life look between five and seven years younger than their actual age. "Pleasure derived from sex is a crucial factor in preserving youth. And it is a major contributor to quality of life," he explained.

6 Use A Glass

Drinking from sports bottles and through straws causes the same pursing action as smoking – and, therefore, the same fine lines and wrinkles around the mouth. Use glasses or a wide-mouthed water bottle.



7 Move It!

Exercise could not only keep skin younger but may also even reverse skin ageing in people who become more active late in life, according to Canadian research. In studies of those aged 20 to 84, researchers found that, after the age of 40, the men and women who exercised frequently (around three times a week) had visibly younger looking skin – in areas that weren't usually exposed to the sun – than those who exercised only once a week. You don't need to join a gym – even brisk walking will do.



Feel great... look great too

11 Say No To Sugar

Research has found that high blood sugar speeds up the ageing of the face. Apparently, every additional millimole per litre increase in blood sugar – which in healthy people is usually between five and six mmol/l – adds five months of ageing to their facial features! Don't add sugar to tea, coffee or cereals; choose unsweetened wholegrain cereals over sugar-coated varieties; avoid refined carbs and switch to natural sweeteners made from plant extracts, such as Stevia.

12 Eat An Orange A Day

Your diet affects your skin – and the ageing process, say dermatologists. And diets deficient in vitamin C compromise collagen production. Up your intake of citrus fruits such as oranges and satsumas, papaya, peppers, strawberries and kiwi fruit, along with dark green veggies, such as broccoli.



9 Cut Back On The Booze

Apart from reducing absorption of key nutrients required by the skin, alcohol dehydrates the skin, as well as the rest of the body, which can lead to sallowness, deepening of wrinkles and dryness. It causes small blood vessels in the skin to widen, which can lead to broken capillaries on the face. Try to cut back and have consecutive alcohol-free days.

10 Put Down Your Phone!

Frequent squinting at a Smartphone or tablet screen can deepen lines around the eye area, plus looking down at the device can cause "tech neck", when the skin in the neck area and jawline loses elasticity and definition. Take regular breaks from gadgets and sit up straight when using them.

DON'T MISS IT!



NOURISH is a beautiful health & wellbeing book, brought to you by the team behind My Weekly. It's your ultimate guide to health and happiness, packed with wonderful ideas, tips and practical advice to give you all the best ways to soothe your Mind, Body and Soul. From mindfulness and sleep to gentle exercise and energy boosters, Nourish, just £6.99, will have a revitalised and fresh new you covered. Available from www.dcthomsonshop.co.uk/nourish or by calling 0800 318 846.

Time to hit the off button



8 Switch Off The Box

While we all know that spending hours in front of the television is bad for your waistline, you may not know that it can also shorten your lifespan. Researchers from the University of Queensland found that for every hour you watch TV you may shorten your life by as much as 22 minutes. Furthermore, research has suggested that watching TV could increase your risk of developing Alzheimer's disease.



My Weekly's favourite GP **Dr Sarah Jarvis**
from TV and radio writes for you



CBD Oil – The Myths Debunked

A decade ago, no one except doctors had heard of CBD. These days, CBD oil – and the health claims that accompany it – are everywhere. Every health food store sells CBD oil, mouth spray or body cream; you can even order CBD-infused cappuccino.

Unlike cannabis, CBD doesn't cause a "high" and is legal in the UK. It's being hailed as a miracle cure – but how much is hype?

Cannabis contains over a hundred chemicals, but two have caused the greatest stir where medical research is concerned. The first is THC – that's the ingredient that causes the "high" recreational cannabis users are after. The sale of THC, except in a very limited number of medicines, is illegal in the UK. The second is CBD.

If you believed the hype, you'd think

CBD provided all the benefits of medical cannabis but without the side effects. But why is it suddenly so popular? It has been legal to sell CBD oil products for years.

The answer probably lies in recent research showing that some cannabis products do work for some conditions.

For instance, at the right doses it can relieve chronic pain, muscle spasms and stiffness, sickness caused by chemotherapy, and some forms of severe epilepsy. The NHS has recently approved a cannabis-related medicine for muscle spasticity caused by multiple sclerosis and some rare forms of epilepsy.

One popular claim for CBD oil is that it improves sleep.

This is probably because for medical cannabis, one of the main side effects is drowsiness. But interestingly, new research shows that even among people taking medical cannabis for another reason, the benefits of improved sleep wear off over time. Another study showed taking CBD had no impact on mood or anxiety.

CBD products you can buy have to be sold as food supplements rather than medicines. That means they don't go through the same level of testing as medicines – and that includes proving they actually contain what they say they do.

An investigation tested 30 products available on the high street. It found almost 2 in 3 didn't have the amount of CBD claimed on the packaging. In fact one, which sold for £50, contained no



“CBD can interact with medicines you're taking, making them less effective or causing new side effects”

FROM MY SURGERY

COLD FINGERS

February may be over, but there's still time to take an online test developed by the charity Scleroderma and Raynaud's UK for Raynaud's Awareness Month. Raynaud's phenomenon is a painful condition which causes the blood vessels in the fingers (and sometimes toes) to close down with cold. If you think you might have it, head to www.sruk.co.uk/takethetest – if you have it, there is help available.

SKIN CANCER ADVANCE

Although much of the publicity for skin cancer goes to melanoma, the second most common type of skin cancer, called squamous cell cancer or SCC, can spread too. Until now the options have been limited if surgery or radiotherapy aren't suitable. However NICE has just approved LIBTAYO® (cemiplimab) for intravenous use within the NHS Cancer Drugs Fund for patients with SCC which has spread – so that's some good news.

TOO LATE TO GET FIT?

Many of my middle-aged patients look aghast when I suggest they should start exercising. Many feel that it's too late to help their health. However new research shows that even if you've been a couch potato all your life, there are huge health benefits to being (or getting) fit in middle age. Keep it up for seven years and you could cut your risk of dying by a quarter – and even reduce your cancer risk by 11%.



CBD at all. Even if they do contain the amount they claim, this is often miniscule compared to levels that have been proven to work. You can now buy CBD-infused cakes, lollipops, even ice cream. They might have 5-10mg of CBD in them. By contrast, studies use up to 150 times that much when testing to see if CBD can treat a medical condition effectively.

That doesn't stop sellers making a wide range of claims. Adverts say CBD products help with anxiety, mood, pain, insomnia, tiredness, even depression. The UK drug watchdog has contacted over 180 sellers in the last three years about making claims they weren't allowed to.

But you don't have to go far to find people just like you and me who swear by CBD – they are completely convinced it

should take the credit for turning their lives around.

Are they all lying? No. They may well feel marvellous when they take CBD – but this could be the famous placebo effect. The mind is a powerful thing, and if you are convinced you'll benefit, you're far more likely to feel better.

That's why drug producers aren't allowed to make any claims until they have carried out placebo-controlled trials. In some studies, at least 1 in 3 people see significant improvements when they're in the placebo arm – they're not getting any active drug at all.

The bottom line – most CBD products won't do you any harm. But the vast majority won't do you any good either, and they could make a big dent in your wallet.

NEXT WEEK: Could you be a blood donor?

HERE TO HELP

THIS WEEK: Mindfulness

By Kate Binnie, registered yoga teacher, co-creator of NatiaCares.com



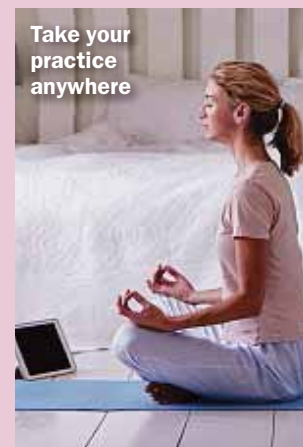
Q How do I practise mindfulness when abroad or travelling for business?

A Using an app is a great way to keep up mindfulness practice if you are away from home. If you find an app that suits you, it can provide a sense of stability and continuity that is really important if you are travelling, under pressure or moving across time-zones.

Keeping up a simple practice is key to maintaining the benefits of yoga and meditation. It doesn't have to be much, but ideally it's regular. Just coming to your breath, releasing tension with a few simple twists/joint releasing

exercises and then sitting for a few minutes is enough. I co-developed an app, NatiaCares, which provides mindful interventions to support those affected by cancer, but there are plenty of others available to suit anyone's needs.

Take your practice anywhere



FOCUS ON... SLEEPY DRINKS

Naturally relaxing

Pukka's luxuriously healthy herbal **Night Time Latte**, £4.99 for 15 servings from Amazon, contains a plant based dairy and sugar-free blend of organic oat, coconut milk and nutty carob bean, infused with nature's finest night-time herbs; lavender and chamomile, ashwagandha and nutmeg. When added to milk (Pukka recommend almond), the result is a smooth, creamy and warming drink which aids natural relaxation before bed.



Delicious and soothing

If you want a good night's sleep, try **Passion Flower Tea**, £2.99 for 20 sachets from naturboutique.co.uk. This tasty tea is one of the few single-ingredient



passion flower teas available in the UK and comes courtesy of herbal tea specialists Natur Boutique. Simply boil the kettle and let this tea, which is also high in anti-oxidants, soothe and relax you before bedtime.



Mike, with his daughter and granddaugther.

Meningitis - adults can get it too

Seventy-four-year-old Mike, from Kent, fell ill with meningococcal meningitis in September 2018.

He is backing Meningitis Now's 'Adults Get it Too' campaign, to raise awareness of the increased risk of this devastating disease among older adults.

"I went up to bed a little before my wife, Meg. I had been below par all day. I didn't join my running group in the morning and cancelled my volunteering stint at the local theatre.

"My wife came upstairs to find me sprawled over the bed, sweating profusely and

unconscious. She called the emergency services.

"This call certainly saved my life. How do you repay a debt like that? I was in a coma and on a ventilator at the Princess Royal University Hospital. I came to six days later.

Many after-effects

"I was profoundly deaf and wheelchair bound. My eyesight was impaired, and I was doubly incontinent. My legs 'fizzed' all the time.

"I was in hospital for seven months, the last 20 weeks being in rehab at Orpington Hospital.

"The NHS were superb.

They saved my life and have worked very hard on my rehabilitation. But it wasn't enough. I needed more time in rehab and have gone backwards since leaving.

Back home

"Since coming home I'm dependent on carers. This has been good for me but not for my wife and 28-year-old autistic son, Andrew.

"I've been told I will never walk again but I'm hoping that physio will help me get more independence.

"My worst problem seems to be neurological. My 'fizzing' legs have worsened and feel like they are burning and are about to explode.

"But I am lucky to be alive and see and hold my granddaughter Lexi born to my youngest daughter Maria and spend more time with family, with visits from my sister and nephews from Australia soon.

Improve my physical condition

"I hope to really get to grips with physio to improve my physical condition. Although I feel I've gone backwards since the attack, I am alive and kicking and positive about the future.

Meningitis Now is the only charity dedicated to fighting meningitis in the UK.

With over 30 years' experience, it is working towards a future where no-one in the UK loses their life to meningitis and everyone affected gets the support they need to rebuild their lives.

In the UK, an estimated 22 people a day will contract viral or bacterial meningitis.

For more information, visit [MeningitisNow.org](https://meningitisnow.org). Freephone helpline 0808 80 10 388.

Call 01453 768000 or go online at meningitisnow.org/adults to request an awareness pack that includes a signs and symptoms card, leaflet and window sticker.

"I want everyone to know that adults can get it too. This is the second time for me, so I know this especially well. Twenty-five years ago, I had viral meningitis from which I made a full recovery, but this time I have not been so lucky.

Positive about my future

"Meningitis has been a devastating experience, and I have lost a year of my life. But I'm still here and very positive about my future."

Meningitis - Adults Get it Too

Many people still believe that meningitis only affects babies and young children; this is not the case. Anyone can be affected by meningitis - but adults, especially those over 65 face an increased risk, as our immune systems weaken as we get older. **To find out more and to order a free awareness pack visit: meningitisnow.org/adults or call 01453 768000.**

Key Facts

- Meningitis is inflammation of the membranes that surround and protect the brain and spinal cord, usually caused by bacteria or viruses.
- Some bacteria that cause meningitis also cause septicaemia (blood poisoning).
- There are around 8,000 cases of all types of meningitis each year across the UK.
- Meningitis and septicaemia can affect anyone at any time, but certain age groups are more susceptible - the under-5s are most at risk, particularly the under-1s; teenagers and young adults are the second most at-risk group; and those over 65 are also at increased risk.

**Meningitis
now**



Celebrity agony aunt **Helen Lederer** gives you her heartfelt advice every week



Ask Helen

As someone who has been a social worker, mother, wife and divorcee I have been around the block a few times. I'm humbled to answer your questions and feel that if a problem can be shared it can be halved – at the very least.

No-One's Taking Care Of My Garden

I went through a successful hip replacement recently and I'm now back at home, recovering slowly. However, there is a problem – looking out of the window at my neglected garden is driving me mad but my husband refuses to have a thing to do with it. I can't bear the thought of it turning into a wilderness, but my husband says he's not giving up golf to plant a few bulbs! Should I just hire a gardener and not consult him?



I suspect that you might know other keen gardeners who would offer short-term help

The world is divided into gardeners and those who have no affiliation with the joys of horticulture. I can tell that you are a natural gardener – and it must be so upsetting to see the garden you have cherished go to ruins in front of your own eyes! You must remember you are convalescing from surgery. The way forward must be to rest, get better but at the same time prevent any further deterioration of your garden. If

your husband is just not interested in taking over your role, then the search is on to find someone who will. Why not start with your friends and neighbours? Are any of them able bodied gardeners? Or perhaps there's someone in your local circle who wouldn't mind being told where to weed and cut back the odd hedgerow? I suspect you might know other keen gardeners and, I am sure, they would offer short-term help.

Or maybe you have a son or daughter who would love to rescue your outlook? If your budget allows, could you hire a gardener to do a few hours a week? If you calmly inform your husband about these arrangements – he may even offer to help. He might not want to stand by and watch other people helping you out in this way. Perhaps the odd game of golf could be sacrificed to save face. Good luck – it's all doable.

Write to Helen Lederer at: Ask Helen, My Weekly, 2 Albert Square, Dundee DD1 1DD.
Helen is unable to enter into private correspondence with readers.



HOLIDAY SAVINGS

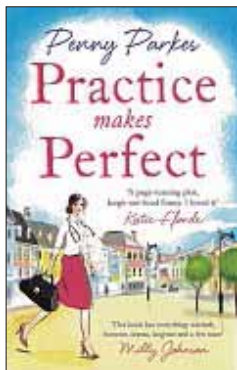
How many times have you had to purchase headphones on an aeroplane to listen to a film or music and then discarded them immediately after the holiday? It's an expensive habit, but there's no need to do that anymore, thanks to AirFly Pro, a tiny Bluetooth adaptor that allows wireless headphones to be used in situations where only wired headphone jacks are available. Two people can share audio using any brand of wireless headphones or earbuds. You can plug in to listen to TVs at the gym or even send music or directions wirelessly from an iPhone or smartphone to a car's AUX IN – making an old stereo system Bluetooth compatible. The clever AirFly Pro, £49.99, is available from Apple stores and twelvesouth.com.

BESTSELLING FICTION

A little March madness is good for the soul and we hope our fiction selection lifts your spirits this month. If ordering six or more the books are £4 each, with a free bestseller of our choice worth £6.99. If ordering less than six, the books are £5 each.

Just add the relevant p&p - 5+ books £7.99* (*£9.99 for Shetland, Outer Hebrides Isles and Isle of Man); 3-4 books £5; 1-2 books £4.

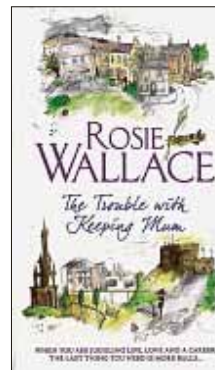
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BESTSELLER WHEN
YOU BUY SIX
BOOKS OR
MORE



PRACTICE MAKES PERFECT

Its nomination as an 'NHS Model Surgery' is causing the team major headaches. Dr Carter's obsession with work is masking unhappiness elsewhere while Dr Graham's favourite resident is facing a difficult diagnosis. Welcome to the surgery at Larkford, a hotbed of rivalry and romance.

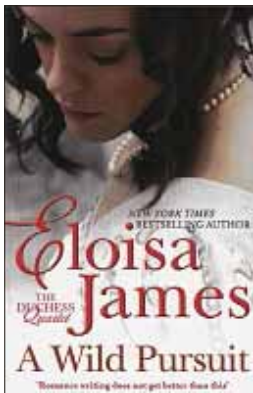
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THE TROUBLE WITH KEEPING MUM

Annie has a demanding job in government, a teenage son with problems at school, and a mother whose behavior is getting increasingly erratic. There just aren't enough hours in the day, especially when two men are on her mind and a First Minister is plotting to end her career.

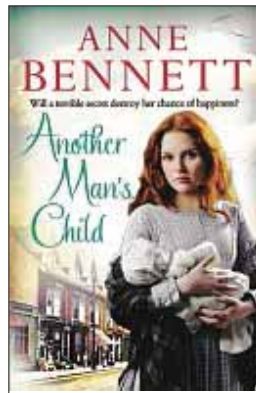
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A WILD PURSUIT

Scandal follows willful and wild Lady Beatrix wherever she goes. Three years earlier, the debutante was found in a compromising position. Now branded unmarriageable, her family has called her a vixen, and Beatrix sees no reason not to go after what - and who - she wishes.

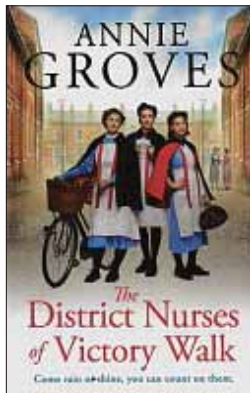
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ANOTHER MAN'S CHILD

Pregnant Annabel plans to throw herself on her brother's mercy and asks Celia if she will accompany her to Birmingham. But neither foresee the events that will follow, and soon Celia will be forced to choose between the man she loves, and the love of a vulnerable child.

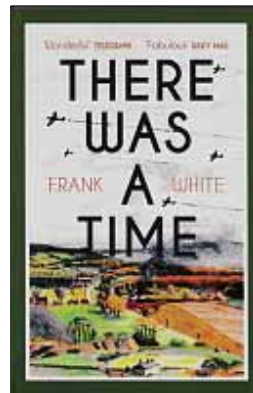
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THE DISTRICT NURSES OF VICTORY WALK

Alice and her best friend Edith are based in the East End when war breaks out. With everyone on high alert, the nurses know it's up to them to keep calm and carry on as they tend to London's sick and injured ...but have they got what it takes?

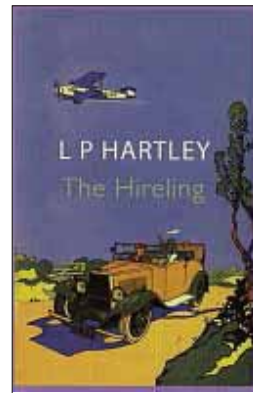
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THERE WAS A TIME

1940 Lincolnshire. From pub to church, struggling single mother to the lady of the manor, the paper boy to a traumatised bomb disposal volunteer, this is a community of people with their stories weaved together with passion, betrayal, intrigue and suspense.

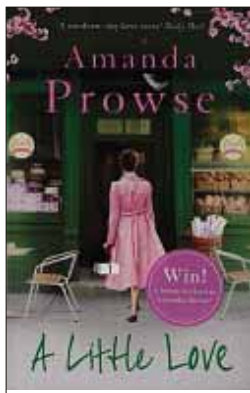
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THE HIRING

Lady Franklin, an eligible young widow, unburies herself to Leadbitter - a gallant, hard-bitten ex-soldier who has invested his savings in the car he drives for hire. He in turn beguiles her with stories, drawing her out of her self-absorption and weaving a dream-life with Lady Franklin at its heart. A reckless step brings their tangled story to a dramatic conclusion.

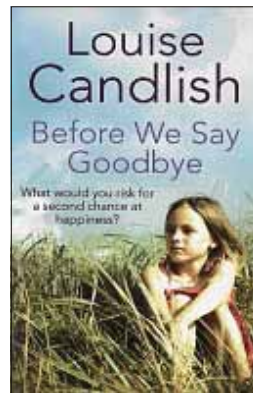
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A LITTLE LOVE

Pru is not the confident, successful, sixty-six year old businesswoman she appears. She has done shameful things to get to where she is today. And she will do anything to protect the secrets of her past - especially when, for the first time in her life, she has finally fallen in love.

8



BEFORE WE SAY GOODBYE

Olivia cannot understand why her mother's last act should be to send her the address of Olivia's first love. Intrigued, she tracks him down and soon falls for him all over again. But there is a problem. For Olivia already has a husband and two sons. And where does this second chance at happiness put them?

9



THE EXCLUSIVES

Beginning with one ill-fated night, this tale charts the agonising spiral of friendship gone wrong, the heartache and betrayal of letting down those closest to you and the poisonous possibilities of what we wouldn't do when everything we prize is placed under threat.

10

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Consumer expert **Sue Hayward's**
savvy finance tips and advice



Money Talk

Sue's Guide To Picking The Best Credit Card

Credit cards can help spread the cost of big ticket items or give a boost to your bank balance with cashback.

There's no one-size-fits-all card, so here's my guide to what's in the pack...

0% Cards Two types of these. Look for cards with a 0% deal on new purchases if you want to spread the cost of big buys. Right now, there are deals from Sainsbury's Bank and MBNA that last for more than two years.

Need breathing space to clear your balance? Look for a 0% deal on balance transfers. Switch across what you owe, and you can repay it interest-free.

Cashback Cards You can earn up to 5% cashback but often for a limited time. Handy if you're making a big purchase like a holiday.

The American Express Platinum Everyday card pays 5% on spending, with up to £100 cashback over the first three months. The rate then drops to 0.5%.

Bag Freebies Want a card for occasional use and you can clear it every month?

Look for ones with gift cards or freebies. Supermarket credit cards may come with points, some offer air miles and Amazon's Platinum Mastercard comes with a £20 Amazon voucher plus points on spending.



Best For Holidays The card you use on the high street can cost overseas. You may pay £5 to withdraw cash and up to 3% more on spending. Best for zero fees all round include the Halifax Clarity and Santander Zero credit cards.

SUE'S TIPS:

- ◆ Always make at least the minimum monthly repayment each month, or you can lose a 0% deal and pay interest.
- ◆ Average credit card interest is 17% so if you can't clear your balance switch to a 0% balance transfer card.
- ◆ There's no such thing as a joint credit card. You're liable for the bill if your partner has a second card on the account.

3 WAYS TO SAVE

◆ We waste £50 of food a month. Forget peering at dates. Why not label food in the fridge with a sticker saying which day of the week it needs eating by? Makes life easier!

◆ Meerkat Meals from **comparethemarket.com** means 2 for 1 deals at independent outlets plus Prezzo, Bella Italia, Café Rouge, Giraffe plus too. I got this deal when I bought a £5 travel policy via the website.



◆ Free backstage tours for groups at The White Rock Theatre in Hastings, while Questors Theatre in Ealing do free backstage tours every Wednesday evening plus a free drink!

At Your Service

Anyone 55 or over can make their will for free this month. www.freewillsmoonth.org.uk is backed by charities including Dogs Trust, Mind and NSPCC. It's free as charities hope you'll consider a gift in your will.

Dear Sue... Cashback At Shopping Centres

I heard some shopping centres have cashback apps?

◆ Intu shopping centres offer cashback, but not in every store. Their sites include Lakeside, Manchester's Trafford Centre, the Metrocentre at Gateshead and Cribbs Causeway, Bristol.

You download its Pocket app,

add in your payment cards and when you pay in store you can earn an average 5% cashback. Stores include the Fragrance Shop, H. Samuel and Ed's Easy Diner and you can earn 3% cashback on parking. Transactions are tracked to your cards and cashback paid out once you've built up £5.



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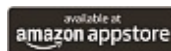
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What do you do every day that makes your life easier? Here are your **Top Tips!**



Bright Ideas



Mould-Free

When polishing, use a squirt of furniture polish on a soft cloth to clean window seals. It helps to keep them clean, supple and mould free.

Jean Leatham, Lichfield



Safety First

If you break a glass, use a piece of bread to sponge the area where the pieces shattered. It picks up the smaller slivers of glass that you can't see.

Jane Whitaker, Birchington

**WIN
£25**

WE WANT YOUR TIPS! Send your terrific tips and photos to Bright Ideas at the address on page 4 and we'll pay £25 for every one used.

Hold Tight

When the hook on my hanging clothes airer broke it seemed a shame to throw away all the strong hooks attached to it. Instead I detached them all and now they're handy for fastening food bags.

Andrea Illingworth, Runcorn



Lighten Up

Use a highlighter pen when doing wordsearch or puzzles. It makes it much easier to see where you're up to as you go along.

Lynda Glennon, Thornton Cleveleys



Box Clever

My daughter needed a new toy box for her bedroom, so I found this old blanket box in a charity shop. I painted it white and added some stickers – and my daughter loved it!

Helen Cooper, Kidderminster

Added Extra

When I go away I pour my unused milk into ice cube trays so as not to waste it. Then I use it in a smoothie on my return! I don't waste a drop.

Jean Milne, Worthing



Aggie MacKenzie's Expert Tips...



■ TODDS coconut scourers (£3 from hauslife.co.uk) are eco-friendly, 100 per cent biodegradable alternatives to plastic, lasting 6-8 weeks. TODDS offer employment to 42 villagers in Sri Lanka; they're paid a living wage and further provided for by an employee provident fund.



■ Some leftover wine at the end of a bottle? It won't taste great the following day, so add it to your vinegar bottle – red wine to red wine vinegar, white to white wine vinegar. Overnight the lot will turn to pure vinegar.

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Brain Boosters

Puzzles to do just for fun or to win some great prizes!

Sudoku

Fill in each of the blank squares with the numbers 1 to 9, so that each row, each column and each 3x3 cell contains all the numbers from 1 to 9.

Turn To
Page 65 For
Solutions

			6		7			
	9						8	
7		1				6		5
4		7				5		6
	3		2		5		4	
1								3
		2	1		8	9		
		8	5		9	3		
			7		6			

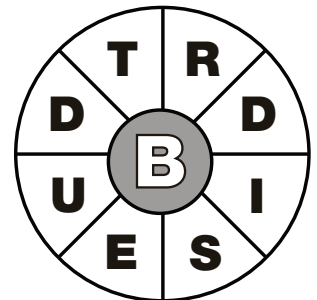
Word Wheel

You have ten minutes to find as many words as possible using the letters in the wheel. Each word must be three letters or more and contain the central letter. Use each letter once and no plurals, foreign words or proper nouns are allowed. There is at least one nine-letter word.

Average: 40 words

Good: 41-60 words

Excellent: 61-79 words



Codebreaker

3	25	13	10	11	20	19	13	11	13	10		3	23	1	
23		11		25		1		20		15		11		16	
16	25	10	25	16		19	20	24	16	25	20	24	10	23	
6		23		10		2				16		2		2	
2	23	16	10	11	17		2	26	23	11	16	19	2	15	
		11								17		7		5	
1	8	6	19	8							22	8	10	25	
25														25	
25	16	1	2							5	25	25	8	14	
18		16		1							16				
2	25	23	22	8	13	19	16		7	8	13	19	10	15	
10		2		6				2		20		4		23	
11	3	26	23	19	8	2		3	8		25	22	11	6	2
13		23		8		23		20		9		20		18	
14	23	8		12	6	8		17	19	1	19	6	19	10	21

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	S	3	4	5	6	7	8	E	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	U	24	25	26	

1	16	25	25	18	2	S	19	14	8	E
---	----	----	----	----	---	---	----	----	---	---

Each letter of the alphabet has been replaced by a number. The numbers for the first name of our pictured celebrity are given.

Work out which number represents which letter in the grid to reveal which soap Sue starred in many moons ago?

Suguru

Fill the grid so that each cell in a bold outlined cluster of cells contains the digits 1 and 2, a cluster of 3 cells contains 1, 2 and 3 and so on. No same digit should appear in any neighbouring cell, not even diagonally.

		4		
5		1		5
		3		
		5		

More
Puzzles
Overleaf

Turn To
Page 65 For
Solutions

All Muddled Up

We've taken the names of three television shows starring Gaynor Faye and mixed up the letters. Can you say what they are?



DRAFT FINES

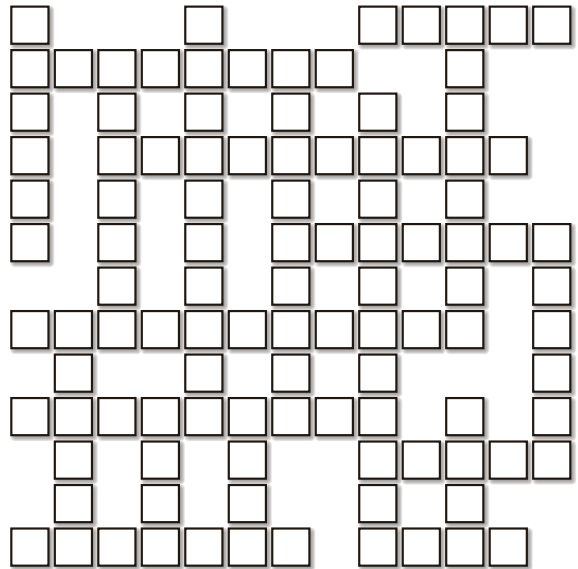
APHID FLEETINGLY

ALM REDEEM

Kriss Cross

Try to fit all of the listed words back into the grid.

4 letters	QUAIL	UNARMED	EDELWEISS
PIER	6 letters	WITLESS	10 letters
RACE	LENDER	8 letters	TRANSVERSE
SELL	NEATEN	AESTHETE	WINCEYETTE
TELL	STIGMA	ENLARGER	11 letters
5 letters	7 letters	9 letters	INTERMINGLE
OPERA	LAWSUIT	BARPERSON	VERTIGINOUS



Discover the hidden word
in the shaded squares and
enter by post or email

Missing Link
No 631

ACROSS

- 8 Milk, Packing, Train (5)
- 9 Camera, Disc, Powder (7)
- 10 Almond, Peppermint, Vanilla (7)
- 11 Controlled, Frequency, Local (5)
- 12 Intelligence, Language, Plea (9)
- 14 Ball, Card, Snooker (3)
- 15 Cat, Controller, Puppy (3)
- 16 Fan, Hood, Juice (9)
- 19 Job, Special, Sympathy (5)
- 21 Abuse, Low, Wood (7)
- 23 Charge, Rate, Stamp (7)
- 24 Bark, Shell, Slalom (5)

DOWN

- 1 Colour, Pension, Rhyme (6)
- 2 Control, Pet, Photo (8)
- 3 Age, Can, Six (4)
- 4 Idol, Sight, Smoke (6)
- 5 Pine, Plant, Stand (8)
- 6 Green, Home, Slip (4)
- 7 Ground, Master, Two (6)
- 13 Parlour, Sundae, Vanilla (3,5)
- 14 Cold, Fire, Rat (8)
- 15 Disk, Hat, Larynx (6)
- 17 Market, Rogue, Sole (6)
- 18 Gold, Oats, Over (6)
- 20 Break, Food, Lane (4)
- 22 Fight, Sure, Turkey (4)

TO ENTER:

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BY EMAIL: Send your answer, name and address to mwlink@dctmedia.co.uk

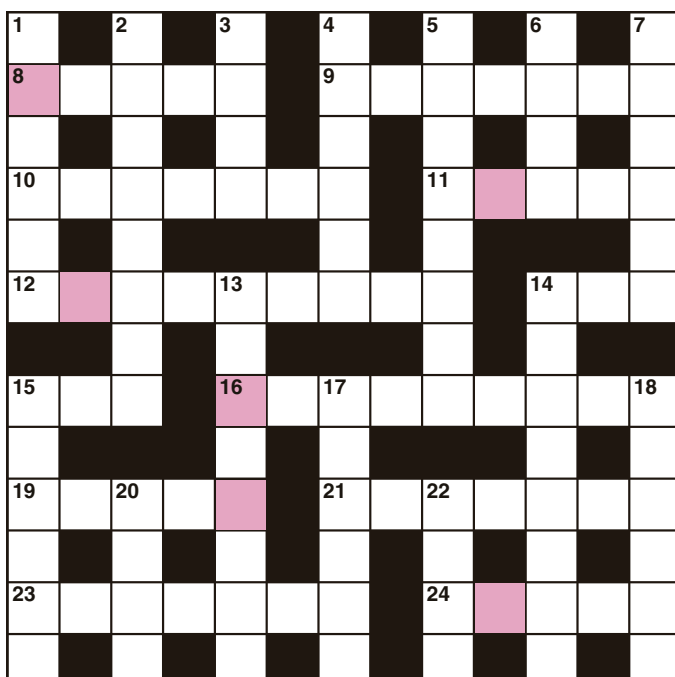
Closing date 9am, March 13, 2020

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Entry
now by
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The answer to each clue is a word which has a link with each of the three words listed. This word may come at the end (eg **HEAD** linked with **BEACH**, **BIG**, **HAMMER**), at the beginning (eg **BLACK** linked with **BEAUTY**, **BOARD** and **JACK**) or a mixture of the two (eg **STONE** linked with **HAIL**, **LIME** and **WALL**).



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blind date

Confidence is a truly beguiling quality – even sometimes when it's completely misplaced...

By Angela Wooldridge

I'm just like Velma in *Scooby-Doo*. I can't see a thing without my glasses. I never expected that to be so useful on a blind date.

The cafe was a bright oasis of warmth. Thank goodness I'd picked somewhere familiar. My date hadn't seemed keen when I'd suggested it, but now I knew I could make it there blindfolded.

I pushed back my hood, blinked the raindrops from my lashes and shrugged philosophically. Even if I'd been wearing my glasses they'd have steamed up coming in from the cold. I straightened my shoulders and counted the tables from the door.

"You must be Matt!" I was nervous and late, which made me come across as super-cheery to make up for it.

The man-shaped blur glanced up in surprise from putting his coat on.

"Actually I'm –"

I thrust my hand forward. It had been a rotten evening so far, and I was determined that this date wasn't going to be another failure to add to the list.

"I'm Molly. So sorry I'm late. The Underground was chaos, and to top it all

we'd be in a right mess."

His attention drifted past my shoulder to the other side of the cafe, and I held my breath. Had my stream of chatter scared him off? Or was there someone better looking and less flustered over there he'd been about to chat up? I blinked myopically in the same direction, but it was all just a big colourful blur.

"Yes, but my friends call me Rob." He turned back to me, shrugging his jacket back off and I breathed a sigh of relief. "So, Molly, what would you like to drink?"

Silly really, I reflected as I sat down. I wouldn't have been so determined to continue the date if it hadn't been such a performance to get here – especially as he'd seemed a bit full of himself in his messages.

I rummaged in my bag as he gave our



couple of messages from you." My eyes widened as I took in what they said, and I looked back at Matt – Rob – whatever he wanted to call himself, in disappointment. It looked like I'd been right after all.

It was a shame, because he had a wicked smile that was currently directed at the other side of the room again.

"I love that you wear glasses," he said. "And even more that you lost them."

Puzzled, I followed his gaze to the fourth table from the other side of the door.

The too-smooth good looks of the man just leaving were spoiled by his sulky expression as he thrust his phone into his pocket and tossed a bunch of convenience store carnations into the bin.

My mouth formed a perfect O as I turned back to my... my... not-my-date-after-all.

"Did you want the flowers?" he asked me contritely.

I shook my head slowly.

"Good." He grinned again as our waitress set our drinks in front of us. "So, Molly, tell me about your day." MW

.....
FICTION EDITOR SUSAN SAYS...

For book news, recommendations and My Weekly fiction chat, follow me on Twitter @MWFictionEditor



someone just crashed into me and knocked my glasses flying."

They'd been my best pair that framed my eyes nicely, and whoever-it-was had barely noticed me in a tangle at his feet, let alone the glasses catapulting through the air. Despite the busy street, I swear I'd heard them crunch beneath the tyres of a black cab.

"I think –"

He still looked ready to leave, so I rushed on. "Fortunately I'd memorised what table you said you were seated at. Fourth one along." I beamed at him.

"Thank you so much for that, otherwise

order, and triumphantly unearthed my spare glasses. My friend, Diana, called them my science-nerd specs – but I hadn't a hope of seeing the specials board without them.

My date, now that he was in focus, had the slightly scruffy, roguish charm that Diana and I often drooled over in movies and I silently thanked whoever had bumped into me. I'd never have had the guts to approach him if I'd seen him first. I crossed my fingers and hoped he wasn't all surface.

My phone pinged imperiously.

"Oh, I'm sorry," I said. "I missed a



STARRY INSIGHTS WITH RUSSELL

WEEK: MARCH 3 – MARCH 10, 2020

PISCES FEB 20 – MAR 20

You can't continue living in hope. You must be willing to make an effort. Stop dreaming and start making your dreams come true!

Astro Tip: Don't jump to conclusions.

ARIES MAR 21 – APR 20

Don't overspend. As the old saying goes: look after the pennies and the pounds will take care of themselves. Check an old arrangement.

Astro Tip: Rethink a relationship.

TAURUS APRIL 21 – MAY 21

You may misunderstand changes your partner wants. If this is a surprise, it will take a while to adapt – so be prepared!

Astro Tip: Don't get lost in details.

GEMINI MAY 22 – JUN 21

If you make a mistake, take responsibility, admit it, and learn from this lesson. If you hope to impress someone then step up your efforts.

Astro Tip: Time to show your serious side.

CANCER JUN 22 – JUL 23

Sharing ideas on social media gives helpful feedback to nudge you closer to your goals. A partner or close friend is acting strangely.

Astro Tip: Try to be very discreet.

LEO JUL 24 – AUG 23

You're tired of the caustic comments of a team member who is not aware of how much hard work you've put in. By the end of the week they will be apologetic.

Astro Tip: Be cautious.

VIRGO AUG 24 – SEPT 23

You can't be too careful with money. Someone will try to push you into a long-term plan, but get more quotes and take time to think.

Astro Tip: Make the first move.

LIBRA SEP 24 – OCT 23

An easy come, easy go attitude could cause misunderstandings with a partner who is hoping for more commitment.

Astro Tip: Go through any small print.

SCORPIO OCT 24 – NOV 22

You feel sociable and want to have fun but take care not to attract the wrong kind of attention – intense flirtations may not lead to true love.

Astro Tip: Listen to your brain as well as your heart.

SAGITTARIUS NOV 23 – DEC 21

Your flexible outlook is needed to handle an unexpected event. Later information will confirm you have made the right choice.

Astro Tip: Trust your own judgement.

CAPRICORN DEC 22 – JAN 20

Ignore a colleague when they start acting as if they know better. If they're sensible, they'll step back because they can learn a lot from you.

Astro Tip: Look out for new contacts.

AQUARIUS JAN 21 – FEB 19

You have a lot to do so this is not the best of times to make decisions about health matters. Your judgement is not as reliable as it could be.

Astro Tip: Promote your own skills to others.

Don't Miss Our
Next Great Issue!
My Weekly

Victim or Murderer...?

Joanne Froggatt stars in a new series of *Liar*



Tarts For Springtime



PLUS • Clever short cuts to save you time • Frankie Bridge on mental health • Could your blood save a life? • Declutter your home and feel great • Get your beauty sleep • Three great crime stories

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Solutions To Brain Boosters On Pages 61 & 62

KRISS KROSS

ENLARGED QUAIL
WINCEYETTE
SILVER WITLESS
INTERMINGLE
BARPERSON
TEEC
UNARMED
SELL

WORD WHEEL

The nine-letter word is
DISTURBED

ALL MUDDLED UP!

Fat Friends, Playing the Field, Emmerdale

CODEBREAKER

Phrase: Brookside

CONTAMINANT CUB
UABOMBHAR
ROTOR IMPROMPTU
LUTTSRRSS
SURTAX SQUARISH
BELIEVETO
ORBSWOED
KRBR
SOUVENIR ZENITH
TSLSMSGU
ACQUIESCE OVALS
NUUEUMJMK
DUE FLEXIBILITY

SUDOKU

3	5	4	6	8	7	2	1	9
2	9	6	3	5	1	4	8	7
7	8	1	4	9	2	6	3	5
4	2	7	8	1	3	5	9	6
8	3	9	2	6	5	7	4	1
1	6	5	9	7	4	8	2	3
5	7	2	1	3	8	9	6	4
6	1	8	5	4	9	3	7	2
9	4	3	7	2	6	1	5	8

SUGURU

1	3	4	2	4
5	2	1	3	5
3	4	5	2	1
2	1	3	4	5
3	4	5	1	2

MISSING LINK 628

ACROSS: 8 Honey 9 Surface 10 Intense 11 Total 12 Panoramic 14 Ran 15 Fat 16 Satellite 19 Error 21 Advance 23 Lantern 24 Canoe

DOWN: 1 Shrimp 2 Instinct 3 Hymn 4 Esteem 5 Critical 6 East 7 Berlin 13 Reserves 14 Reigning 15 Feeble 17 Trains 18 Eleven 20 Ring 22 Vice

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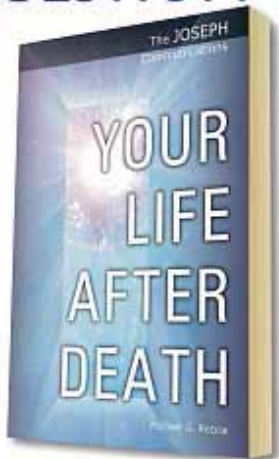
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◆ March was the first month of the Roman calendar – which is why December is named after the number ten; it was the tenth month.

WOW! Pink Floyd's *Dark Side of The Moon* entered the *Billboard* Top 200 chart in March 1973... and stayed there for 14 years.

◆ Cockney favourite *Down At The Old Bull And Bush* was originally composed as a German drinking song called *Under The Anheuser Bush*.

◆ Almost all US and NATO-led wars, from Vietnam onwards, have started in March – the month named after the Roman god of war.

◆ New York deployed its first meter maids in 1960. It was seven years before they employed a male traffic warden.

The McVitie's Digestive biscuit was invented in 1892 by Alexander Grant



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◆ The 1928 drama *Underground* was the first feature film to include scenes on the London Underground.



◆ In America, the number of vasectomy requests surges by 50% in the first week of March.

◆ Ian Sharman holds the record for the fastest marathon run while dressed as Elvis: 2 hours, 42 minutes and 52 seconds.

◆ There is a town in Scotland called Fattiehead.

◆ The first person to buy a car was Emile Roger of Paris, who bought a petrol-powered Benz.



Laetitia Sage was the first Englishwoman to travel by a balloon, in 1875



WOW! There were 200 eager spectators in Marie Antoinette's bedchamber when she gave birth in 1778.



The Boomtown Rats were the first Irish band to have a UK No 1 hit, with *Rat Trap*, in 1978

◆ Katherine Brookes holds the record for the longest flute-playing marathon: 25 hours and 48 minutes.

◆ A poem written to celebrate a wedding is called an *epithalamium*.

◆ There are 26 monarchies in the world, including 12 in Europe.

◆ The French call *leapfrog saute-mouton*, which means "leap sheep".

◆ The Phillips screw head was invented by John P Thompson, who sold the design to businessman Henry F Phillips.



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