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T&Cs APPLY

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**JOANNE
FROGGATT**

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REAL-LIFE SPLIT**

**PINCH OF NOM
UNMASKED**

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women
behind
the diet
sensation

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THEN HE POPPED UP ON MY SCREEN!

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SPREAD?**

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of FAT in
a week!**



FERN
Days of
silence

ULRIKA
Struggling
to get up

COLEEN
Forced
to sell

**THE
DIVORCE
FILES**

H
HEARDY

MARCH 10 2020 ISSUE 10



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You gotta have friends...

Did you ever sit at school as a teenager wondering how life would pan out?

Would you marry Donny Osmond or the best-looking boy in the rugby team? What would your kids' names be and where would you live? I would wish I could be 50-year-old me just for an hour, so I could see how it all worked out. Oh, how glad I am now that was never going to happen... divorced by 34. One child. Left by number two and not sure I can ever commit to living full-time with potential 'hubby' number three. So when celebs like Ulrika find their lives not only torn apart, but written about in magazines and papers, I get why some days, as she says, her self-esteem is low. So, what else should a friend do, but take you out and cheer you up? Let's face it, nothing changes your mood like a laugh with your girlfriends. Here's to many more laughs, Miss Jonsson, who you will see on page 10, is now happily dating again.

**EDITOR
SIOBHAN
WYKES**



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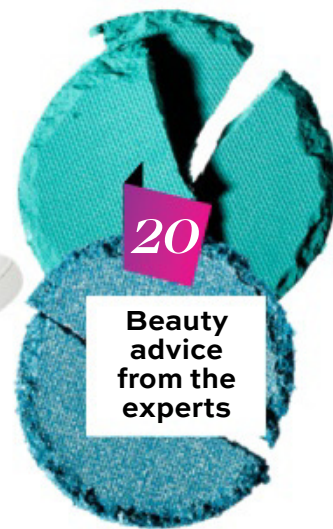


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Instagram/Pennywellfarm

START YOUR week with a smile

2

THREE'S COMPANY...

1

...But if this is the crowd, we're in! These little beauties, nicely cocooned in a tree, are just too cute not to picture. Posted to one of talk show host Ellen DeGeneres' Instagram pages (@pawsup) we've fallen in love with these furry friends. Wonder if there's room for us in there?



Susanna and Bob are on screen on GMB, left, six years after she left BBC Breakfast

Good Morning, again!

Everyone is thrilled to see Susanna Reid, 49, and Bill Turnbull, 64, back together again, presenting breakfast telly. The pair originally presented the *BBC Breakfast* show until she joined ITV in 2014. No one seems happier about the union than Susanna herself, though, who is getting a break from Piers Morgan while he has some time off. Is it just us, or does Susanna seem to be getting younger, too?! She's looking great.

Who wowed the crowd?

Statement jumpers can be a seriously stylish addition to your weekend wardrobe. We're dotty about Jane Moore's M&S cashmere knit, which the 57-year-old teamed with leather trousers. Emilia Fox, 45, below right, is 'pout and about' in her lip print, while Denise van Outen, also 45, left, looks flash in her bright lightning bolt print.

Instagram/janepmoore



Comfort is the way forward as these gorgeous girls let their statement jumpers do the talking

best this WEEK

3

CLEAN UP BRITAIN!

Glamorous Gloria Hunniford, usually busy fighting the consumers' corner in *Rip Off Britain*, has grabbed her litter picker and hit the streets to join a campaign to spring clean our streets. The 79-year-old has been wielding her bin bag in the Kent countryside outside her Sevenoaks home – and she still looks chic! You go, Glo.



A DELECTABLE DESSERT

Want the indulgence of posh pub grub without leaving home? The M&S Gastropub range has had an upgrade with more than 50 dishes to choose from. For us, a meal out isn't the same without pudding and M&S does not disappoint. Just try looking at this delicious Millionaire's Shortbread Cheesecake, £2 each, without wanting to grab a spoon...



START YOUR
**week with
a smile**



A snakey situation

6 When it comes to which outfit we want slithering into our wardrobes, we have to say Dame Helen Mirren, 74, wins every time. The actress adds a touch of berry to her Victoria Beckham shirt and skirt, with simple, classic accessories to let her outfit do all the talking. The same can't be said for Jessica Simpson, 39, whose top-to-toe look, complete with boots and even sunglasses, is quite the sight for sore eyes.



Dame Helen's statement ensemble teamed with heeled boots is the perfect combo, while Jessica's outfit missed the mark

WINNING LOCKS

We absolutely adore this throwback picture posted by the queen of country, Dolly Parton. The stunning 74-year-old asked her followers whether we should bring back that hairstyle, but we're not sure we'd have time to craft our barnet like that every morning before our 9 to 5 (ahem) job. Still, Dolly's known for her big hair and colourful outfits, so if she's game, we'll give it a go, too!



Instagram/dollyparton



THE ONE WHERE THEY REUNITED...

7

Could we *be* any more excited?! Almost 16 years after the last episode aired, the cast of *Friends* are set to reunite for a one-off untitled, unscripted special in May this year. The special, along with the original 236 episodes, will be available to subscribers at the launch of HBO Max – a new streaming service in America. We're desperately waiting to hear if, when and where it will be available in the UK. Fingers crossed everyone!



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Bloomin' lovely

Attractive man? Check. Adorable dog? Check. Does it get much better than this? Actor Orlando Bloom shared this snap of him and his dog, Mighty, on Instagram. The duo attended Milan Fashion Week together and, if this picture is anything to go by, Mighty will have been a hit. Bless.

10

GO NUTS FOR SOAP & GLORY

Longing for summer? The weather may be unpredictable, but you can at least transport yourself to more tropical climes courtesy of Soap & Glory's new Magnifi-Coco collection, complete with pun-tastic names (fancy the Clean-A-Colada Body Wash?). Better yet, the products are all under £10. Time to clean up!





The nightmare that haunts Judy

She may be living a quieter life, but Judy Finnigan admits she can't escape the memories of her past...



Richard put his foot in it while interviewing Ant

Fans were delighted when, last Friday, they were treated to a blast from the past. Switching on *This Morning* – rather than usual hosts Ruth Langsford and Eamonn Holmes – viewers were surprised to see Richard Madeley and Judy Finnigan back in their old stomping ground.

'It feels like we've been defrosted,' quipped Richard, 63, as the show opened.

It was a rare return to live TV for the couple – who were full-time hosts between 1988 until 2001 and returned to the programme for a stint last year for the first time in 19 years.

And Judy, 71, revealed that, even though she's no longer a TV regular, she still suffers anxiety about live television.

Promoting the new series of *Saturday Night Takeaway*, Declan Donnelly was talking about pre-broadcast stress and said: 'You have all those anxiety dreams. I have a TV in my bedroom with the red standby, I wake up in the night and I see that red light and I'm like: "We're on, I'm not ready".'

Judy instantly agreed, jumping in to add: 'I haven't done television in such a long while but I still get that dream. When you turn up to a studio and you know you are going live at any second, you haven't got a clue, you haven't got a script – you don't know what is happening – you are stuck with that for the rest of your life.'

Richard couldn't resist teasing his wife, saying: 'I think I'm going to get a red light in our bedroom and pull a switch at 3am!'

Nowadays, Judy prefers to lead a quiet life in Cornwall, concentrating on writing her novels and spending time with her grandkids.

It will come as a disappointment to *This Morning* viewers, who were delighted to see the duo back on screen.

'Just finished watching *This Morning* with Richard and Judy. It was delightful. Judy, you were brilliant. Making little mistakes added to the show. Well done to you both. More please!' said one, while another added: 'I've just gone back in time! Richard and Judy are back, Yaay'.

But some things don't change – viewers were treated to Richard, once again, putting his foot in it. Talking about the perils of live television, he asked Ant McPartlin: 'Have you ever had a complete breakdown? I don't mean personally?'

'Well, that's happened,' Ant quipped, referring to the scandal around his battles with drink and prescription drugs, his arrest for drink driving and his stint in rehab.

Oh, Richard. How we have missed you.

She's in the thriller that's gripping millions. But *Liar* star Joanne Froggatt has had her own off-screen drama...

Joanne's secret split



All eyes are on Joanne Froggatt right now, who has reprised her role as Laura Nielson in ITV's hit drama *Liar*. Millions tuned into the first series, which saw teacher Laura turn the tables on evil surgeon Andrew Earlam, who drugged and raped her. And, at the end of the first series, which aired in 2017, it appeared that someone had taken revenge on the twisted medic, who was revealed to have raped 17 women, as he was pictured lying

in the marshes, with his throat cut.

Joanne, 39, promises that this second series will be just as gripping as the cliffhanger ending that kept viewers guessing. 'It's going to surprise people, make them jump and produce all sorts of emotions. It moves at such a pace,' she said.

And it seems that Joanne's off-screen life has not been without its drama. Recently the star, who played head housemaid Anna Bates in *Downton Abbey*, quietly revealed that she has separated from her husband, IT consultant James Cannon, after eight years of marriage. 'We have actually been apart

for some time,' she revealed, adding that she was 'looking to the future,' and intending to 'embrace this year and see what happens.'

But she also confessed, of turning 40, 'I thought I'd win an Oscar, be married with three kids and living in Hollywood... and then you go through the reality of life and nothing works out the way you expect...'

Joanne said in a 2013 interview that her character Anna's love for her husband Mr Bates 'would last forever'. Sadly, the same was not to be for her own marriage.

In fact, the split came as a shock to showbiz watchers

– outwardly, their relationship seemed rock solid. Indeed, back in 2015, she spoke of how happy she was not to be with someone in the same industry.

Though she's now a single lady, Joanne confirmed that the former couple still plan to work alongside each other.

And the 39-year-old, who has no children, revealed that she hasn't ruled out becoming a mum in the future, saying: 'If it happens, it happens. And if it doesn't, I hope I'll still feel I can live a happy and fulfilled life.'

Certainly, the return of *Liar* must be bringing positive things – and perhaps welcome distraction. As Joanne said: 'A lot of people came up to me in the street when it was shown in the UK. Which is the best reaction you can hope for.'



Joanne as *Downton's* Anna Bates



With *Liar* co-star Ioan Gruffudd

'If I don't become a mum, I hope I can still live a happy and fulfilled life'

The Divorce Files

One in two marriages fail. And these celebrities have been very honest about how tough it can be, especially when you're over 50...

Finding yourself suddenly single at any age can be a struggle – particularly after decades of life as part of a twosome. From moving house to dating or trying to paint on a smile in front of others, these three celebrities admit there will be ups and downs – but you can get through it...



Coleen and Ray separated back in 2018

COLEEN NOLAN

'Under strain' and 'forced to sell her house'

You could have been forgiven for thinking that with her second marriage to musician Ray Fenton, following her divorce from Shane Ritchie, *Loose Women* panellist Coleen Nolan had found her happy ever after.

But, after 11 years of marriage, they called time on their relationship, separating in 2018. At the time, Coleen admitted: 'The past couple of years have been horrendous.' She described, sadly, how she'd hoped to save the relationship but, in the end, realised things had gone too far. 'We've really tried – it gets to a point where you think, it's not working, and we can't get it back together.'

Coleen's £800,000 country home in Wilmslow, Cheshire, has been sold and her and her

daughter, Ciara, 17 (she also has two sons Shane, 31, and Jake, 27), are planning to move on – but the popular *Loose Woman* is now looking to the future. Fulfilling a long-cherished dream to buy to a farm. 'It's all a big change for me,' she admitted. 'I kind of had to sell my house anyway. It went on the market when Ray and I separated.'

And she recently admitted, 'I'm putting a lot of strain on myself buying this house.'

Maybe, it's time to meet a nice farmer, Coleen. Just don't mention the 'M' word: 'In my mind and heart now, I just don't see the point of marrying again...'

Romance is clearly a touchy subject. When Phillip Schofield teased on TV that she and her sisters are all single, she snapped: 'Yes, alright – don't rub it in!'

ULRIKA JONSSON

'They'd say, "She's failed again"'

When it comes to being open about her relationships, Ulrika Jonsson has never been backwards in coming forwards.

But the stunning Swede did raise eyebrows when she admitted that her marriage to third husband, advertising executive Brian Monet, 50, had come to an end – and that they'd only had sex once in eight-and-a-half years. Speaking about the painful split last May on *Loose Women*, the mum-of-five confessed that 'every minute of every day was incredibly tough,' adding that 'the first torture was thinking about the children and then the second one was, "When this comes out... the papers, this is her third marriage, she has failed again..."'. The 52-year-old admitted that, in the final stages of their marriage, she and Brian went to marriage counselling, describing it as her 'last hope'. Sadly, her attempts to breathe new life into the relationship failed, and the couple called time on their union.

'There are no winners in the demise of a marriage that has four children and has managed to survive the building of a house, family fallouts, moody teenagers and professional ups and downs,' she admitted. At one stage, she revealed on Instagram that she was 'struggling to get up in the mornings.' But, after a period spent keeping her head down and licking her wounds, things are very much on the up for Ulrika. She recently revealed that she has a new relationship: 'Yes, folks! At 52, after a marriage set against a barren sexual landscape and five-year hiatus – I have had sex again!'

We're very happy for you, Ulrika!



Ulrika with ex-hubby Brian Monet



FERN BRITTON

Pressure made her feel 'under the cosh'

Fans were shocked when author and presenter Fern Britton announced that she was separating from chef husband Phil Vickery after 20 years of marriage.

She had once revealed the secret to her happy marriage was freedom: 'He says, "I will be half an hour". That might be a couple of days. We don't crowd each other...' But clearly, in the end, there were cracks too deep to fix with some time apart.

Perhaps there were signs of tension going back years. After her 2010 *Strictly* stint, Fern revealed that Phil hated her fake tan so much, it led to a fight, and days of silence. 'We didn't speak for four days,' she said.

The couple's split was announced in February on her Twitter account, saying, simply: 'After more than 20 happy years together, Phil and I have decided to go our

separate ways. We will always share a great friendship and our lovely children.'

For the former *This Morning* host, the end of her marriage follows the loss of her father, actor Tony Britton, just before Christmas aged 95.

The mum-of-four, 62, who once described Phil, 58 as 'my life's great love', later took to Twitter, admitting to feeling 'under pressure', telling her 68.1k followers that she felt 'under the cosh'. But Fern, who has been open in the past about her struggles with depression, is looking to the future with hope: 'Life is for living.' She recently posted a picture of window boxes saying, 'Reasons to be cheerful. Sweet peas and geranium cuttings doing well. Honeysuckle outside kitchen window greening nicely, Simply daffs doing their job of joy.' Let's hope that she carries on finding joy in the every day, and celebrating new beginnings...



Left:

Jacket, £45, M&Co
Dress, £19.50, M&S
Shoes, £7, Primark
Belt, £4, Primark
Necklace, £18, Next

Centre:

Dress, £19.50, M&S
Mac, £58, Next
Scarf, £10, Lovisa
Bag, £27, Dorothy Perkins
Shoes, £55, Next

Right:

Dress, £19.50, M&S
Necklace, £18, Next
Sandals, £39.99, Deichmann
Bag, £12, Dorothy Perkins



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‘I’d rather cook, than go out!’

Rylan Clark-Neal talks *Ready Steady Cook*, improving his culinary skills, and why he’s become quite the home bird...

He’s one of TV and radio’s most hard-working stars. Now, the ever-entertaining Rylan Clark-Neal is adding another string to his bow, as he gets set to present the return of iconic BBC One cookery show, *Ready Steady Cook*. Here Rylan, 31, tells us why he was dying to get involved with the much-loved cooking competition, which is returning after a 10-year break, how he loves rustling up meals at the plush Essex home he shares with

hubby, Dan, and why he never takes anything for granted...

Ready Steady Cook, You Are What You Wear, Radio 2... do you ever stop, man?!

No! But if I am being completely honest, I know where I came from. Going back to the *X Factor* nearly eight years ago now, and to go that full circle is quite strange. I try not to think about what has happened and how quick it’s happened to me. A lot of that is luck – but then at the same time, I do work hard. Sometimes, other things have to take a bullet, as I am at work – but that’s all I know. I never grew up in this world,

and I never had the things I have got now. For me, I am in a very lucky position, where I can say ‘No’ now. I’ve been there for a few years, which is lovely.

Do you get stopped more in the street, these days?

Genuinely? I don’t go out! I just like being at home, or being at work. If anyone says, ‘Let’s go out’, I go, ‘No, let’s cook!’ I wish I could do my job and not weirdly have what we all went in for in the first place – fame! I am so lucky to have a nice job.

So how does it feel to take over as presenter of Ready Steady Cook?

Oh, it’s so lovely. Watching *Ready Steady Cook* was my childhood. To now be on it is amazing.

Was it a ‘no-brainer’ to accept this gig then?

It wasn’t a no-brainer, it was an ‘Are you sure?’ brainer! It was a bit like MI5 for a while, as it is such a big brand and you want to do it justice. For a week, we called it red peppers and then someone went, ‘Oh, that reminds me of *Ready Steady Cook*,’ and so we had to change

Rylan’s stepping up to the plate in his new role



Rylan cooks for hubby Dan



His TV debut on 2012’s *X Factor*



'Big Brother is a reality now'

Rylan opened up recently about the horrific abuse he gets from Twitter trolls. The presenter, who confessed that he regularly receives death threats and homophobic slurs, wants technology companies to make it possible to trace those behind online abuse. He said, 'I don't think it eliminates free speech, I think it eliminates a**holes... We live in a world where it's very easy to be traceable, *Big Brother* is a reality now, so I think accounts should be accounted for.' He added,

'Trolling is wrong, but I do quite like knowing that not everyone likes me and that I can change people's opinions. If I literally had a penny for every time someone said 'Ah, I used to think you were a right this, or a right that, but now I really like you...?'



With fellow *BB* host Emma Willis

'There is no ego on set. And it all comes down to the food – it's the chefs who have the hard job!'

that straight away! For months before it was announced, I used the word 'padron', as I like padron peppers!

It's an iconic programme – are you nervous?

I was a little bit. But I am with any job I do whether it is new, old or an iconic show. We did a test day in a cookery school beforehand. I had not met the five chefs and I thought, 'Please don't be hard to work with'. But within 10 minutes, I made a joke and they were laughing! All the nerves went out the window. There is no ego on set. And it all comes down to the food – it's the chefs who have the hard job!

We gather there are no plastic bags on set...

If we could be 100 per cent plastic-free, we would be. We're being as sustainable as we can. I like a bottle of Evian – trying to smuggle a bottle of Evian on set was like a drug deal!

A new 10-minute challenge has been introduced. Are you cooking 10-minute meals at home with Dan?

Yes, but definitely without the pressure of 10 minutes! I really did enjoy getting stuck in on set, though. I made toad-in-the-hole last night – Dan was very impressed!

Are you a better chef now, thanks to *Ready Steady Cook*?

No way can I say I am a chef. Absolutely not! But I would definitely say I am a better cook. Just picking up little things, like adding one more ingredient to turn a dish from a butter chicken to a tikka masala makes a big difference. It saves time and money.

And how about being a less fussy eater now?

I've got less fussy. I had never eaten venison, because I think 'oh, Bambi!' but they made it into a burger, and I was like, 'Ah, it doesn't taste like deer!' I am still to be turned on fish or mushrooms...

So, what's next for the man that's done everything?!

I don't have an answer to that question! When I was on *MasterChef*, I was quite a wildcard. To then do Radio 2, everyone was like 'What?' Hopefully, it will be the same on *Ready Steady Cook*. This show is all about the punter. They are so me and you. It's not, 'Oh yeah, I have been on 28 shows'. It's for Jean, watching in her living room!

● ***Ready Steady Cook* returns to BBC One on Mon, 2 March at 4.30pm.**



Karen had unanswered questions about her beginning

‘I found my o

Karen Harris spent 21 years trying to solve the mystery of her birth...

Holding my newborn son in my arms I felt so many emotions: awe, wonder and strength. My love for this tiny boy made me feel like a lioness. I would do anything for Matthew. I would protect him until my last breath. And that brought other thoughts to the surface, too. Questions about my own beginning.

Who was my real mother and father? And how could they have given me away?

When I was seven, my mum and dad, Peter and Sylvia, sat me down and explained they had adopted me.

I didn't mind – I had a wonderful childhood and was very loved. In fact, knowing Peter and Sylvia had 'chosen' me made me feel special.

Sure, I had questions... 'Who do I look like?' I'd wonder, staring at my own reflection.

But it wasn't until I was 27 and felt the power of love for my first-born, Matthew, that I needed to know. I wanted to understand, solve the puzzle...

Over the years, I'd casually gathered little trinkets of information about my past.

My birth name was Maxine. My mother and father had apparently lived next door to each other in Croydon. Young and unmarried, they were ill-prepared for parenthood, but reluctant to give me up.



Trevor and Karen got on like a house on fire

Mad on Facebook!

I contacted social services. Through them I found a woman's name – Margaret Green – and the address she had lived at when I was born.

I wrote to her.

By some miracle, someone who knew her still lived at that address and forwarded the letter on to her. Just days later, my phone rang.

'Is this Maxine?' Margaret asked tentatively. 'I've been looking for you for years.'

I couldn't believe it – she'd been looking for me!

We wasted no time in meeting. Margaret came to visit me at my house in the Midlands, where we chatted for hours. I told her about her grandchild Matthew.

She'd gone on to have other children and, gradually, I met my half siblings. We are still close now.

But there was still something – or rather someone – missing from the puzzle.

Margaret lost touch with my father, but she knew his name was Trevor Sinden. She also knew that he had been an apprentice electrician.

I thought about finding him on and off over the years – for 20 years in fact – but in the end he found me...

Again, it was my son, Matthew, then 29, who turned out to be the key to solving the mystery.

'You should be on Facebook,' he suggested.

'I don't even know how to log in,' I'd laughed. But he did have a point...

So, I set myself up a profile. I mainly used it for the marketplace and to keep in touch with my friends.

Then one day – a name popped up on my home page in 'suggested friends'.

The name was familiar: Trevor Sinden.

I could barely bring myself

to click on his profile. But there it was... Trevor Sinden... 72... an electrician, and if there weren't enough clues already, he once lived in Croydon.

I closed the tab, too nervous to possibly unlock the puzzle.

But then opened it again.

Feeling nervous, I decided to send him a message.

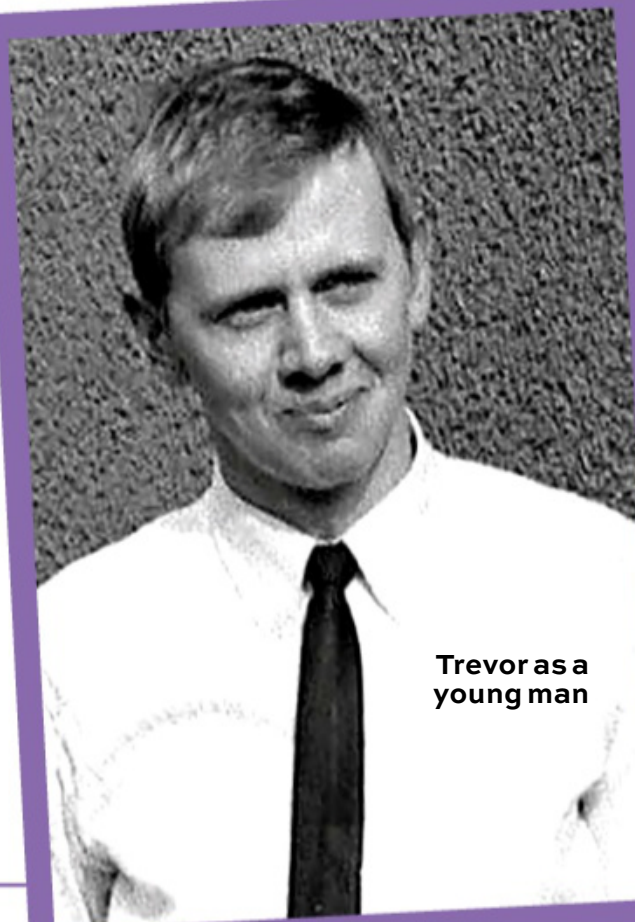
'I like your pictures, especially the ones of you in the Sixties,' I wrote.

It was a dry first message, but it did the trick. He replied within seconds.

'Why thank you!'

Slowly but surely, we developed a proper conversation out of awkward small talk, gradually realising we had a lot in common, and

'I'd thought about finding him myself over the years'



Trevor as a young man



Karen met her dad for the first time in Lyme Regis

'If there's one thing I've learned'

'Family means everything – even if you have to wait to meet them.'

the cogs started to tick in his brain until he asked the important question.

'Are you my daughter?' he asked. Heart racing, I replied a simple 'yes'.

By some miracle, he was ecstatic.

It turns out he still had friends and family in Croydon – who knew the extended members of Margaret's family, so Facebook had found a connection.

We agreed to speak on the phone. We got on like a house on fire...

So much so, I invited him to meet me while we were on a five-day holiday to Lyme Regis, Dorset – it was halfway from his home in Kent to where we now live in Cornwall.

A month later, I waited for him on a beach path, and the moment I saw him in the distance, I knew it was him.

There was something about him that was so familiar.

He was there, arms wide open. We embraced and it felt like home.

Finally, the missing piece of the puzzle.

We chatted and chatted; every silence filled with another burning question from one of us. He told me about his other children – my half siblings.

And cousins I never knew of, and I told him of my children – his grandchildren: Matthew, Laura, 27, Rost, 23 and Harry 22 and of my husband Mark.

Now, we talk most days.

I'm 56 and my family tree keeps getting bigger and bigger!

Now Margaret and Trevor are even in touch with each other...

I've never felt more grateful for the people I have, not just the family I have found, but the family that took me in, too.

Breaking the Ice

As we find out who will be crowned winner of *Dancing on Ice* this Sunday, John Barrowman – in his final column, picks his winners...

MOST IMPRESSIVE MOVE

This one goes to Ben Hanlin. He was the first celebrity to do the headbanger. Others tried, but it didn't have any 'bounces' – so it wasn't a real headbanger! When Ben did it, he was bouncing Carlotta up and down! (turn to page 50 for an interview with Ben). But it's a tie with Perri, when he did the shopping trolley. Who knew you could do a dance with a shopping trolley?! Everyone will be going mad in the supermarket aisles now...



BIGGEST JOKER

It's got to be Joe Swash. He's a total joker and he has the best banter. Anytime you see Joe, he gives you a hug, a smile and a big kiss. Doesn't matter who you are, or what your preferences, Joe's in there snogging you! Joe's like a Jack Russell on skates. Fine when he's under control, but when he starts getting some speed, he's like a deer in the headlights!



FUNNIEST MOMENT

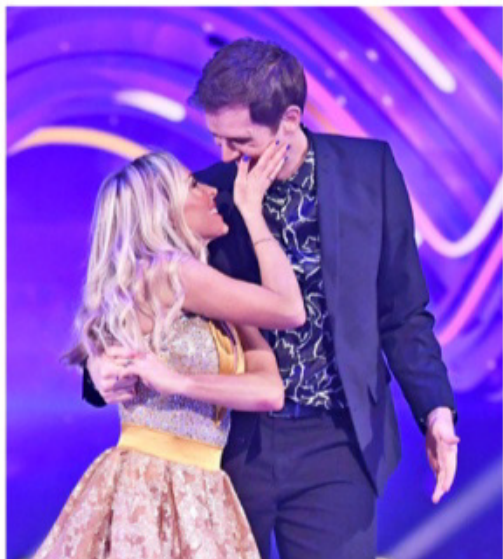
Oh, this has to be Lisa George getting her skate caught under her chair, sliding, trying to get up and all of us not laughing at her, but laughing with her – you could see that moment when she just gave up and was like, f*** it! She almost flew into the rest of the set. Tom must have been thinking, 'How do I get her out of this?!' Hilarious!



EVERYONE WAS LAUGHING WITH LISA

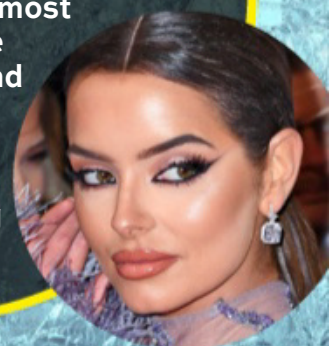
BIGGEST FLIRT

Kevin Kilbane. He's getting married after this show! OK, he wasn't flirting with everyone, but he was flirting with one person in particular and wow, did that flirting pay off. His skating partner, Brianne, fell for those big, Bambi eyes and that charm! Kevin did his flirting in private, didn't make a big deal of it, but man, did they both get the prize...



BIGGEST DIVA

She's sassy, she's not afraid to talk back, and if she doesn't like something she'll soon tell you (she was known to do so frequently, with her partner Alex, and Torvill and Dean!) – but she does it in the most charming way! So, the Biggest Diva Award – and I think everyone will agree – must go to Maura Higgins. She's a deserving diva!



WIN!

best READER OFFER

A SKATE DATE WITH DOI's MATT EVERS!

If your dream is to glide around the ice in the expert arms of a professional skater, this could be your chance! Matt Evers, our digital reporter for *Dancing on Ice*, has been part of the brilliant skating show since it first started – and he's offering his skills for a one-hour one-to-one skating session with a *best* reader (who can bring a plus one to watch!) at the lovely Queens Skate Dine Bowl in Bayswater, London, on Wednesday 18 March 2020 at 12 noon. You could be the lucky reader who wins the chance to meet Matt and pick up some top tips from the King of the Rink, as well as enjoying an overnight stay at a central London hotel, with dinner and breakfast included. Remember, you **MUST** be free to travel on 17 March, and have your skate date on 18 March. So, get your skates on and enter our fabulous competition!

HOW TO ENTER

ONLINE: Save money by entering online at hearstmagazines.co.uk/best1020 by midnight 10 March 2020.

PHONE: Call 0901 027 2736 by midnight on 10 March 2020.

Calls cost 30p per minute, plus your telephone company's network access charge, and will last no longer than two minutes. Calls from mobiles may be higher. Phone line closes at midnight on 10 March 2020. If you call after this time, you will not be entered but you may be charged. Service provided by Spoke: 0333 202 3390.

The winner will be contacted by phone to arrange their prize. Due to a tight time frame between the closing date and the date of the prize, we can only accept entries via phone and online this week.

T&Cs: Winners will be selected at random from entries received by phone and online. We will use the information you provide to process your competition entry. For our privacy notice, please see hearst.co.uk/privacy-notice. For full terms and conditions, see below.

***FULL TERMS & CONDITIONS** Open to UK residents aged 18 and over. To enter visit hearstmagazines.co.uk/best1020, or call 0901 027 2736 by midnight on 10 March 2020. Entries in the incorrect format will not be considered. This competition opens on 00:01 3 March 2020 and closes at midnight 10 March 2020. Answers received after the closing date will not be considered. The prize is a skate date with Matt Evers at midday on 18 March 2020, including an overnight stay in a hotel near the skate rink, dinner and breakfast, plus travel to and from the competition winner's nearest train station to London, as well as travel to and from the rink. The winner will be randomly selected from the entries received. Entrants will be deemed to have accepted these Terms and to have agreed to be bound by them. This competition is not open to any employees of Hearst Magazines, the promoter or their immediate families, the promoter's advertising agency and sales promotion consultancy, or anyone else connected with the creation and administration of the competition. Only one competition entry, fulfilling the eligibility requirements above, will be accepted per person. Once selected, only the winner will be contacted personally using the contact details provided upon entry. It is assumed that you have the permission of your employer for any time off work which is required to claim the prize. The date specified for the prize cannot be altered and Hearst Magazines or the third party are not liable in any way to any winner who cannot attend. The winner will be notified on the day that the winner is selected via phone, or email address if a phone number is not supplied. The winner will have one working day to respond in full or another winner will be selected. Hearst Magazines' decision is final in every situation, including any not covered above and no correspondence will be entered into in respect of the validity of any such decision. Hearst Magazines shall be permitted to exclude or disqualify any entrant at any time at its sole discretion. Hearst Magazines reserves the right to exclude late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst Magazines does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt. The name of the winner will be available by sending a stamped addressed envelope to House of Hearst, 30 Panton Street, London SW1Y 4AJ, indicating the name of the competition. Entry to the competition and acceptance of the prize constitutes permission to use any entrant's name, image and any competition entry photograph, for promotional and/or editorial purposes in any format in print and non-print media without additional consultation. No purchase is necessary. Once entered, entries cannot be returned / withdrawn. Spammers will be disqualified. Prizes must be taken as stated and cannot be deferred although Hearst Magazines reserve the right to change the prize in the event of unforeseen circumstances. There will be no cash alternative. We will use the information you supply to process your competition entry. For our privacy notice visit hearst.co.uk/privacy-notice. Hearst Magazines reserves the right to (i) cancel and/or withdraw this competition and/or (ii) amend these Terms, at any time without notice. Where Hearst Magazines runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes then Hearst Magazines shall not be responsible for or have any liability for the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst Magazines be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English Courts in relation to all matters arising under or in connection with these Terms.





The BIG beauty QUESTIONS

We all want to look youthful, but why have surgery when softer options can be just as effective – and much cheaper? Husband-and-wife team Dr Aamer Khan and skin care specialist Lesley Reynolds argue it out in the pages of *best...*



Q Over the years I've developed lots of little fine lines across my cheeks, which I struggle to hide. What can I do about this?
Melinda, Southampton

DR AAMER SAYS: Forma will revitalise and rejuvenate your complexion, improving tone, filling out fine lines and boosting collagen. It suits all skin types, has no down time and is ideal for those who prefer a natural-looking approach, rather than using needles or laser. The painless procedure feels like a warm massage and uses a small hand piece emitting bipolar radio frequency energy combined with temperature sensor to monitor skin heating, so there's no chance of burning. Skin is gently warmed up with a fine probe, and this works to produce new collagen. You may get some pinkness for an hour or so. You may need up to six sessions, once a week, for an overall skin boost. From £200 per treatment or around £999 for a course.



LESLEY SAYS: You may think that the older you get, the more make-up you need but the opposite is true, as you run the risk of emphasising wrinkles. First, use a primer to help blur the appearance of fine lines and help make-up stay put. Olay Anti-Wrinkle Firm & Lift 2in1 Moisturiser + Anti-ageing Primer, £10.49, is a lightweight glistening fluid that helps give skin a smoother appearance. When choosing a foundation, avoid the words matte and long-wearing and instead look for sheer, light-reflecting formulas. I like Nude by Nature Luminous Sheer Liquid Foundation, £25. Before applying, mix it on your hand with

a drop of moisturiser, then gently press a damp make-up sponge into wrinkle-prone areas to soak up any excess. And never skip blusher. Use a creamy formula like No7 Pop & Glow Cream Blush Stick, £10, to add a dewy flush.



Q The skin around my eyes has become very sallow. How can I improve its appearance?

Janet, Crewe

DR AAMER SAYS: Xela Rederm is the latest hi-tech injectable skin booster, ideal for skin that lacks radiance. It acts like a big drink of water, featuring succinic acid, a powerful antioxidant, and hyaluronic acid. The ingredients work together on a cellular level to stimulate collagen and elastin, boosting hydration and restoring glow. First skin is cleansed and a topical anaesthetic applied, before tiny droplets of the solution are injected just beneath the surface of the skin. For best results, a course of three treatments is recommended, one every four weeks. From £300 a treatment.

LESLEY SAYS: The number one reason for sallow skin is dead skin cells and, unless you do something to actively remove the ones that don't fall off naturally, skin will look dull. Gently exfoliate once a week with liquid acids rather than a scrub, which can be drying. Filorga's new Oxygen Peel, £20, contains glycolic acid and hyaluronic acid to resurface and plump the skin and can be used daily, after cleansing, to give skin a new lease of life. Use an eye cream that contains light diffusing pigments like No 7 Lift & Luminate Triple Action Eye Cream, £19. When applying make-up avoid dark eyeshadows, which can close up the eyes, and metallic finishes that can emphasise lines. For your complexion, you can cheat a glow with one of the new radiance primers. No 7 Airbrush Away Radiance Boosting Primer, £16.50, gets you glowing in seconds. You can also liven up your complexion with a one-minute massage every morning to boost circulation.

READERS SHOULD TAKE THE ADVICE OF THEIR DOCTOR BEFORE UNDERTAKING ANY ADVICE GIVEN IN THIS COLUMN

Q My weight has fluctuated over the years and subsequently I have a series of red stretch marks. How can I tackle these and cover these up?

Kim, Liverpool

DR AAMER SAYS: Although you can't get rid of stretch marks completely, you can fade their appearance. Red ones are still in the growth phase and are at an ideal stage for treatment. The EXCELIGHT IPL system (Intense Pulsed Light), can improve the look of them by triggering your skin's natural healing process, which encourages collagen production for firmer, smoother skin. The 40-minute procedure uses a hand-held device which fires intense pulsed light at the marks to help 'break' them down. It also stimulates collagen production, so skin not only looks clearer, but smoother and tighter. It is fast, painless and safe but you may need a course of four to six treatments, two to four weeks apart for best results. From £100 per treatment.

LESLEY SAYS: Stretch marks are a little like cellulite; they plague most women and there are no perfect remedies. The best way to help prevent more is to keep your skin well hydrated to increase elasticity. You can use any moisturising cream or oil but look for ones containing cocoa or shea butter, wheatgerm oil and vitamin E. Palmer's Cocoa Butter Formula Original Solid Formula £3.65, absorbs deeply and leaves skin soft. Apply generous amounts every day after showering. A diet high in zinc (found in yogurt, brown rice and shellfish) can help prevent marks forming as it helps keep skin supple and elastic. Anything that works the muscles and increases circulation will help improve skin tone, so get plenty of exercise. Although there are loads of products on the high street that claim to reduce the appearance of stretch marks, don't expect any miracles.



PICTURES: GETTY

We're ALL TALKING about

If you haven't had time
to keep up with Twitter,
Facebook or Instagram,
we've done it for you...

JOIN THE
CONVERSATION

Is your cat cuter than Gringo?

We're still sad about Grumpy Cat's shock passing last year and are always in search of a new feline to fawn over. We think we may have found one. Introducing Gringo, aka @gringomoustachecat, a British shorthair based in France who has so far amassed 60,000 followers on Instagram. Never has a human

– let alone a cat – modelled a moustache so well. He even has his own merchandise on Etsy! Think your cat has more pet appeal? We want to see your photos! Share your pet pictures with us by messaging us on Facebook* – go to facebook.com/bestmagazine and click 'message'.



WHAT DO YOU THINK?

Tell us at facebook.com/bestmagazine

Put some welly into it!

Plant pots are all very well, but the green-fingered folk of the world are finding more inventive ways to let their garden grow, including old Wellington boots, as pictured here by blogger My Thrifty Life (cassiefairy.com). It's a brilliant way to add colour to your landscape, and saves your old footwear from the landfill. A tip from us? Ensure your boots have small holes at the bottom so water can drain away and keep your flowers thriving. Bloomin' wonderful!



GD Smith @newfieninja · Feb
[#MakeAFilmOrSongBoring](#)
99 deflated Balloons



Peter Crapp @PeterCrapp ·
Taxman Returns
[#MakeAFilmOrSongBoring](#)



Monty & Me @CosyandMonty
[#MakeAFilmOrSongBoring](#)
Meet Me In John Lewis

GOING VIRAL

Would you 'havesaurus?

If you want a giggle this week, then this is definitely the video for you. Two grandchildren were desperate to dress up as dinosaurs to meet their grandma at Victoria International Airport in Canada. What they didn't know was that she'd sneaked a dinosaur outfit into her hand language and surprised them right back when she walked through the electronic doors. It's utterly heartwarming. We can't stop watching it! Find it searching 'dinosaur airport reunion' on YouTube.



WEIRD OR WONDERFUL?

Food with character



When it comes to presenting food in an Instagram-friendly fashion, Laleh Mohmedi has just upped the ante. The mum, who goes by the handle @jacobs_food_diaries, turned her son's pancakes into a lion five years ago and has been getting creative ever since.



From Disney characters to the animal kingdom, all culinary creations are explored. We love this version of Carl from Pixar film *Up* – we'll never look at chicken in the same way again...



**FIND US ON
INSTAGRAM AT...**
@bestmagofficial

Designer Disney

What usually starts off in America makes its way over to our shores and we sincerely hope it's true in this case! Disney has teamed up with bridal boutique Allure Bridals for a wedding dress collection that imitates many of the famous characters. Prices start at \$1,200 (£930).



Trending on Twitter

##MakeAFilmOrSongBoring

We're often a bit dull and enjoy a quiet life, but it seems we're not alone. Twitter users have been changing the odd word of film and song titles to make them boring. We don't want to listen to I Can See Dreary Now The Rain Has Gone, though...



FIND US AT...
@bestmagofficial

EVERYONE'S
WAITING FOR...

The Secret Garden



Based on the novel by Frances Hodgson Burnett, *The Secret Garden* remake is set to be released in April this year and, if the trailer is anything to go by, it's going to be a cracker! Starring Julie Walters and Colin Firth, the film follows the story of an orphaned girl who discovers a magical garden with healing powers, hidden within her strict uncle's estate. It looks beautifully shot and the story is a bit of a classic, so it's no wonder we're all itching to see it.

Main image:
Jacket, £20
Dress, £12
Shoes, £20
Peacocks

Bottom:
1. Trousers, £22, Roman
2. Top, £27.99, Bon Prix
3. Loafers, £12.50, Matalan
4. Ring, £1.50, Primark
5. Tote bag, £8 Primark

HINT OF PRINT

Find yellow a little overpowering? A pretty ditsy print is a subtle way to embrace colour.



DRESS THE PART

Team a midi dress with a biker jacket for a cool and casual look.

Main image:
Jacket, £69
Dress, £49
Sonder Studio

Above:
1. Dress, £38, Roman
2. Earrings, £9.50, M&S
3. Jacket, £44.99, M&Co
4. Bag, £10, Matalan
5. Trainers, £29.99, New Look



Main image: Dress, £70, Closet London
Below: 1. Scarf, £7.99, New look
2. Dress, £38, Next 3. Coat, £60,
Joe Browns 4. Shoes, £19.99, New Look



WORK IT!

Invest in a tailored dress
to dress up or down.

Main image:
Jumper, £32
Jeans, £39
Kaleidoscope
Trainers,
model's own



CELEBRATE YOUR SHAPE

Dip in to sherbet, dandelion and
sunshine shades this Spring...



LAI BACK LUXE

Wide-leg trousers
are a fresh new
way to embrace
the new season.

Left:

1. Vest,
£4.99, H&M
2. Purse, £15,
Accessorize
3. Jacket,
£38, Next
4. Trousers,
£29.99, H&M
5. Trainers, £85,
John Lewis



Step
TO IT!

Style it out in
comfort with a
fashion-forward
trainer

**best
VALUE**

**best
DESIGNER
LUXE!**

TIP!
If your trainers
are machine-
washable, pop them
in a pillowcase on a
delicates cycle to
clean them.

WORDS: HELEN PIKE

Your stars

For the
week 3-9
March with
Russell
Grant



PISCES

20 February
– 20 March

Pisceans, like actor Freddie Prinze Jr and investigative journalist, Stacey Dooley, need some quiet time to reflect and gain fresh insight on how they want their life to be. Events and opportunities that bring new people into your life will also bring you luck.



ARIES

21 March – 20 April

Your natural charm is an asset in business arrangements and in your social life. Secret negotiations will go well. Doing a little research beforehand will put you in a stronger position. You will be devoting a lot of time to a personal interest and this should see a big improvement. Reward yourself for all your hard work.



TAURUS

21 April – 21 May

You've always done your best to be there for a friend who needs you. You would like to feel you'd always be there for them, yet they are always asking for loans or emotional support and giving nothing back. This relationship is giving you a lot of hassle. You need to start thinking about yourself.



GEMINI

22 May – 21 June

Someone or something has caused you disappointment. Try to come to terms with your feelings without letting this interfere too much with your hopes and ambitions. Immersing yourself in nature, visiting new places and trying new things can all be beneficial. Learning to relax and overcome anxiety will feel liberating.



CANCER

22 June – 23 July

Exploring foreign lands with kindred spirits will be like a dream come true. You're ready to escape familiar surroundings. Even spontaneous arrangements will have a way of working out well. Are you looking for work? Be willing to try your hand at a different type of work. You could be offered a job in a nearby city.



LEO

24 July – 23 August

You may not feel as excited about reaching a goal as you thought you would have been. That is because you will miss being with friends who have been working alongside you. Very soon, you will be getting together to work on a similar project. In romance, follow your heart instead of your head.



VIRGO

24 August
– 23 September

A partner is making plans to join forces with someone new. You sense this and understand their reason. As it is, your mind is already on your next target. This relationship isn't as strong as you thought it was and it is time to go your separate ways. Someone you meet through work will invite you to a party.



LIBRA

24 September
– 23 October

You're on the brink of achieving a cherished dream. Past hardworking efforts are starting to bear fruit. It might feel as if there's no time to savour the pleasure of this achievement as you need to prepare for a new opportunity. The offer of an exciting new position will take you by surprise.



SCORPIO

24 October
– 22 November

A bonus, financial gift or legal settlement will make you optimistic and excited. Use this money to travel. Don't think twice about a last-minute offer. Even if it means throwing a few things into a bag and taking to the road, you will get a lot out of this chance for a change of scenery.



SAGITTARIUS

23 November
– 21 December

Some helpful information or advice will be received just as you need it. If things don't work out as planned, there will be alternatives and you will discover your efforts weren't in vain. A friend or colleague will point out how you can pick up the pieces and start over again.



CAPRICORN

22 December
– 20 January

A job offer or promotion in your existing workplace will fill you with excitement. Trust your intuition as this can be a valuable aid when it comes to knowing which opportunity is best for you. It might feel as if luck is with you now as everything seems to be going your way.

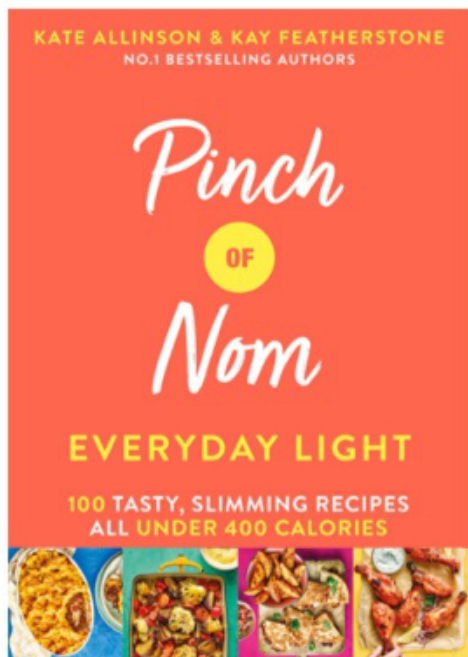


AQUARIUS

21 January
– 19 February

Group activities will open doors that will widen horizons. Teaming up with like-minded friends will be the quickest way to achieve the success you desire. You can make a valuable contribution to a team effort. People will praise you and send you congratulations, but you won't let success go to your head.

Meet unlikely diet sen



You may not know their names, but you'll definitely know their books: Kay Featherstone and Kate Allinson's debut diet cookbook, *Pinch of Nom*, was last year's bestselling title and the fastest-selling non-fiction work since records began.

Just nine months later, the follow-up went straight to the top of the chart, ousting David Walliams from the top spot.

Kay, 34, and Kate, 48, have sold more than a million copies and, to date, have only been dwarfed in UK sales by a handful of authors including *Harry Potter's* JK Rowling.

Yet, in spite of their amazing success, the couple – who met on a dating site 15 years ago and have been partners, both personal and professional, ever since – have stayed firmly in the shadows.

They've had numerous television offers, as well as countless offers from newspapers and magazines. Repeated efforts to interview them last year were batted away on account of their dislike for publicity, undergoing root canal treatment and personal tragedy; their new cookbook doesn't even bear their photo.

They've lost 12st between them and sold over a million books last year alone – meet the two modest chefs behind the diet world's latest bestseller



Kate (left) and Kay (right) shun the limelight and say 'it's not about us'

'It's not about us,' is how Kate, the quieter of the two, explains their aversion to the spotlight. 'It's about the community and the people we're helping.'

That 'community' – many of whom began following the pair when they started posting recipes after a Slimming World meeting in 2016 – is now millions-strong across social media. Their main

Facebook page alone has 1.5 million followers. They have a fanbase so dedicated that their first book topped the Amazon chart six months before it was published, thanks to pre-orders.

So, how did a pair of unknowns become Britain's biggest publishing phenomenon?

Despite what Kate and Kay think, their success

surely *is* about them. For the 400-calorie meals contained in the pages of *Pinch Of Nom* are not being touted by clean-eating types with washboard abs, but a pair who are, by their own admission, very much still 'on that journey'. They both hope they can lose another 18st between them (having already dropped 12st), bringing their total weight loss to 30st.

sations Pinch of Nom



The pair are big fans of Nigella Lawson



Pinch of Nom recipes include breakfast muffins...



...and katsu Scotch eggs

‘It’s not about us, it’s about the people we’re helping’

Surprisingly, neither woman had dieted until a few years ago. The pair were working together in the restaurant business – Kate as a chef, Kay front of house – when Kate’s mum, Kath, suffered a brain haemorrhage. The couple decided to close their much-loved eatery and help with her recovery.

‘That’s when we were like, no, work doesn’t come first

any more,’ Kay says. ‘We grieved for a long time. That was us. It was our personality,’ she says of the restaurant.

‘It was just time to give up,’ Kate chips in. ‘It would have killed us,’ Kay agrees.

Consumed by grief, eating well went out of the window, until Kate’s sister, Lisa, who lives with them and her father in the family home in New Brighton, Wallasey, suggested trying the local diet club.

What surprised them, the pair recall from that first meeting, was just how little people knew about food. Their own passion for it reignited, they began devising low-calorie recipes that were all distinctly un-cheffy: chicken tikka drumsticks, sausage casserole, fish pie – all low in carbs and cost.

At a Slimming World meeting, they overheard someone discussing a meal they had shared online; that, combined with Kate’s dad eating their concoctions for a month and losing a stone, suggested that they were on to something.

Today, those responses take centre stage. To decide what will end up in their cookbooks, the pair post recipes on a secret Facebook group for its members to try.

Two large women promoting an enormously successful healthy living plan is not, they know, the norm. Kay checks off the phrases routinely used to describe them – ‘jolly’, ‘middle-aged’, ‘fat’ – the latter of which didn’t bother her. Until it did. ‘It’s an ownership thing,’ she explains.

‘We own it, we are [fat], we know this, someone telling us that isn’t going to achieve the right message. It’s going to do more harm than good.’

Kay – the ‘gobby’ one of the two – first messaged Kate on a dating website 15 years ago. Or at least she thinks she did – she can’t exactly remember who began the conversation, nor its opening line.

On their first date, they drove to Rhyl in north Wales had a flat Coke, and Kay (‘they call me Calamity Kay’) hit her head on her door; the rest is

history. ‘When you live and work together, it’s a bit of a weird dynamic,’ she admits. ‘But we do try to carve out some time for ourselves outside work which can be difficult, especially now.’

Shunning publicity means they are rarely recognised on the street – though a recent trip to Costco, where a shopper began shrieking on realising she was sharing a conveyor belt with Pinch of Nom, reminds them things are changing.

But to them, the chefs they love – even though they’ve taken a big bite out of their book sales – are the real markers of the culinary A-list. Their favourites – who they say they ‘look up to’ and ‘would die if they met’ include Nigella Lawson and Angela Hartnett.

Yet modest Kay and Kate are being spoken of in the same breath – last month, their publishers held an awards ceremony for passing the million book sales mark (which they did inside five months), an honour extended to a small number including Douglas Adams and Otto Frank, Anne Frank’s father.

‘I think it caught us all with a proper bit of a tear,’ Kay says. Kate inhales sharply, demonstrating their shock: ‘That was massive for us, and just a little bit overwhelming.’

Their next book, due in June, is a meal-planning guide: the Pinch of Nom formula is, they say, to ‘give people what they want and hopefully they will come back’. Which all signs say they will. In their millions.

Pinch of Nom Everyday Light by Kay Featherstone and Kate Allinson (RRP £20).

Ever noticed that, despite your best efforts, you pile on 3-4lbs a year? This 'creep-on' weight is often caused by hormonal changes. Follow our midriff crisis plan to shift stubborn weight around your middle

HOW IT WORKS

- 1** Mark Gilbert, Nutritionist at The 1:1 Diet by Cambridge Weight Plan, says: 'Menopause is considered a high-risk stage for possible weight gain as hormonal shifts interrupt sleep, mood and any gain can shift body fat towards the waistline.' Make sure you have support while you diet, as you're likely to get demotivated when weight-loss is slow.
- 2** In our 40s, the change in hormones can decrease bone density and lean muscle mass, making it harder to lose weight. You need muscle to burn fat, so it's vital to get the right combination of protein and fats with quality carbs to help you stay strong.
- 3** Diet expert Dr Marilyn Glenville (marilynglenville.com) explains: 'As the production of oestrogen slows down, the body tries to compensate by making you fatter. Fat around the middle makes its own oestrogen to make up the loss from the ovaries. 'Research shows slimmers on low-carbohydrate diets had more weight loss at six and 12 months than those on low-fat diets, so it's important to eat good fats, including olive oil, eggs and seeds, as well as quality carbs.
- 4** Clinical trials by new probiotic ProVen Probiotics ShapeLine revealed that having the right combination of probiotics in the gut can aid long-term weight loss. Taken daily, it can prevent rebound weight gain, £29.95 for 30 at provenprobiotics.co.uk
- 5** Follow our midriff crisis diet plan you could lose 5lbs in seven days.

Lose 5lbs in 7 days
**The Midriff
Crisis Plan**

MONDAY

Lose-your-waist breakfast:

Fuel it up: 1 Greek yogurt, 1 chopped banana, handful of walnuts, ½tsp each of ginger and turmeric.

Flat-out lunch: 2 seeded crisp breads topped with 2tbsp cream cheese with chives, 2 cherry tomatoes, handful of watercress.

Slim-it-down supper: **Turkey Bolognese:** 30g lean turkey mince, 1 can chopped tomatoes with herbs, 1 clove of chopped garlic, 3tsp fresh whole wheat spaghetti. 1 pear.



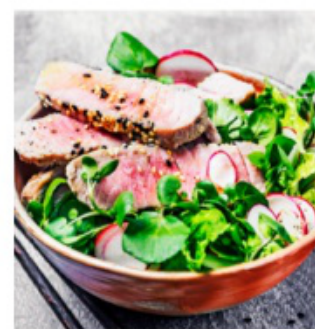
TUESDAY

Lose-your-waist breakfast:

2 poached eggs, with handful of spinach and 3 chopped mushrooms, stir-fried in 1tsp of olive oil. Glass of unsweetened orange juice.

Flat-out lunch: 1 ripe avocado, mashed with black pepper and chilli flakes, spread on 1 slice of whole grain toast. Small bunch grapes.

Slim-it-down supper: 1 medium tuna steak, brushed with olive oil, 1tsp red pesto, grilled for 10-12 minutes, served with mixed salad leaves, drizzled with olive oil, 3tbsp couscous. 2 kiwis.



WEDNESDAY

Lose-your-waist breakfast:

Top 1 slice of sourdough toast with 4 chopped cherry tomatoes, pan-fried in 1tsp of olive oil.

Flat-out lunch: **Salmon salad bowl:** Toss together salad leaves, cucumber, 1 sliced green pepper, 1 grated carrot. Add 1 pan-fried salmon steak, 1tsp chilli flakes. Drizzle with olive oil and lemon.

Slim-it-down supper: 1 small steak or cod steak brushed with olive oil and pan-fried for 5-10 minutes. 3tbsp sweet potato mash. Handful each of broccoli and courgettes. 1 wedge of melon.



THURSDAY

Lose-your-waist breakfast:

1 small bowl of porridge made with almond or semi-skimmed milk, handful of blueberries and pine nuts. Glass of unsweetened orange juice.

Flat-out lunch: **Crab and avocado salad:** Combine 1 small chopped avocado, 1 small can crab meat, flaked with 1 chopped tomato, red onion slices, 1tsp mayonnaise.

Slim-it-down supper: 1 chicken breast, brushed with 1tsp chilli oil, pan-fried for 15-20 minutes, served with 3tbsp brown rice, mixed salad leaves drizzled with olive oil. Handful of strawberries.



FRIDAY

Lose-your-waist breakfast:

Cowboy baked beans: Fry ½ small onion and a clove of garlic in 1tsp of olive oil until soft, add 1tbsp tomato purée and 1tsp hot paprika. Stir in 1 can baked beans. Serve on 1 slice wholemeal toast.

Flat-out lunch: Veggie soup, with 1tbsp Parmesan shaves. Green salad with olive oil and lemon.

Slim-it-down supper: **Mediterranean fish bake:** 1 medium cod fillet, 1 large can chopped tomatoes with herbs, 2tsp tomato purée, 1 chopped red pepper, 1tsp chilli flakes. Bake for 20 minutes in moderate oven. Serve with a handful of green beans.



SATURDAY

Lose-your-waist breakfast:

Bowl of unsweetened granola, with a handful of fresh berries, 1tbsp Greek yogurt.

Flat-out lunch: Can sardines in tomato sauce on 1 slice of sourdough toast, with a handful of watercress and rocket.

Slim-it-down supper: **Bun-less BLT:** 1 beef or chicken burger, grilled for 8-10 minutes, with a handful of lettuce, red onion, tomato slices, sweet potato fries.



SUNDAY

Lose-your-waist breakfast:

1 boiled egg, 1 slice sourdough 'soldiers'. Small tub of melon cubes.

Flat-out lunch: **Greek salad:** Crunchy lettuce, cucumber, green pepper slices, 2 chopped spring onions, 60g crumbled feta cheese, handful of pitta olives. Drizzle with olive oil and lemon.

Slim-it-down supper: 2 slices roast chicken, 3tbsp sweet potato mash, handful each of carrots and sweetcorn.



TUMMY LOVE SNACKS

Choose one each day

- Skinny latte
- Handful of strawberries
- 1 pack Munchy Seeds Honey Seeds, £2.50 at Sainsbury's
- Large wedge watermelon
- 6 almonds
- 2 squares dark chocolate
- 2 cubes cheddar cheese, few grapes





Mum Guje is
still waiting
for answers

On 4 December 2005, a lifeless young woman was found face-down on a Scottish beach. It was the start of a controversial case that still refuses to give up its secrets, almost 15 years on

Secrets of THE BODY on the beach

At first, the man out walking his dog on Prestwick beach thought it was a sunbather. Then logic kicked in. It was 8.30am on a cold December morning – who on earth would be sunbathing at that time of year?

But there was no doubt that someone – a woman – was lying face-down on the sand, motionless, that Sunday morning.

She was Annie Kristina Börjesson, a Swedish national, aged 30. Her jacket and rucksack – which included her passport and purse – lay beside her.

The discovery of Annie's body sparked a mystery that still baffles, almost 15 years on.

Within hours, before even a post-mortem was conducted,

police decided that there ‘were no suspicious circumstances surrounding her death’. In other words, it was a cut-and-dried case of suicide.

But Annie’s family, friends and many others disagree, so much so, the case has become a cause célèbre, most recently the subject of a Sky News Storycast: *What Happened to Annie?*

Annie’s mother, Guje, has campaigned for years to get crucial evidence released that has been declined so far ‘on the grounds of public interest’. She says: ‘I cannot lay her to rest until I know. Who did it and when she died. My husband feels the same. This is so important to us.’

Described as a bubbly and vivacious young woman, Annie had everything to live for. Beautiful, sporty, fluent in six languages and a talented musician, she’d fallen in love with Scotland after moving there in late 2004 and was living in Edinburgh, working for a whisky company.

So how did she end up lifeless on a cold, deserted beach 80 miles away in Ayrshire?

The day she died, Annie was planning to fly out of Prestwick airport to go home to Sweden. She’d booked a hair appointment, arranged to see her best pal for Christmas shopping and paid the next month’s rent on her apartment.

Were these the actions of someone planning to take her own life?

One of the last sightings of Annie was at Prestwick airport where she visited the short-stay car park, after which she was seen looking ‘angry and agitated’. Was this a rendezvous that went wrong?

There was no CCTV in the car park, like so many of the routes Annie took that day. Her family are concerned that there’s been no attempt to piece together the time between 4pm on the Saturday

when she was last seen on CCTV and when her body was discovered over 16 hours later.

It’s one of many mysteries that dog this case. There was no suicide note, either.

A mystery man she’d met in a nightclub – who claimed to be a famous ex-Scottish rugby player, then turned out to be an impostor, was never traced. According to Annie’s best pal, Maria Jansson, he later turned up unexpectedly at the swimming pool she used and really spooked her: ‘She said he gave her a look that scared her, a really nasty glance.’

Fears of foul play – not suicide – were raised when ‘significant bruising’ was identified on Annie’s body by the funeral company who transported her back to Sweden, also by the Swedish undertaker who saw her. Huge chunks of her beautiful, waist-length blonde hair had been ripped out.

There was heavy bruising on her head and body, and what looked like thumb impressions on her neck – blue and black marks. Home Office forensic pathologist, Dr Stuart Hamilton, has said: ‘This is the most concerning aspect of the whole thing... Bruising could only happen before she drowned. Is it possible she came to harm before?’

Other odd things came to light. Tests showed



‘Bruising could only happen before she drowned. Did she come to harm before?’

that tiny ‘water skeletons’ in Annie’s bone marrow failed to show any evidence of her being in salt water. The family wanted another test on her lungs to prove whether Annie died in the Prestwick seawater, but they were refused.

Annie’s emails in the run-up to her death had been wiped – along with her phone call records. Her Filofax – ‘she always had her Filofax journal,’ says Maria, ‘we used to joke it was an extension of her’ – remains missing.

Annie was acting strangely in the weeks before she died, going out to use a phone box on winter nights and telling family not to call her on the phone in her apartment. In her last phone call from her mum, at 6.15pm on the Friday before she died, Annie told her: ‘You have to respect this, but I have to take care of myself,’ in response to her raising the family concerns over her.

‘Maybe it was just a jealous boyfriend... I have no idea. Annie’s dead... so anything is possible,’ her mother has said.

One theory is that Annie was mistaken for an American journalist with a similar name who was investigating the CIA at the time. It was the height of the War on Terror when secret rendition flights of European and Middle Eastern terrorists from Prestwick airport to places like Guantanamo Bay were going on.

Could Annie have been murdered this way? Her family think not – but they remain convinced she was murdered, that it wasn’t suicide or an accident and are demanding answers.

In response to the renewed claims that police didn’t follow protocol in its handling of the case, detective superintendent Paul Livingstone, from the specialist crime division, said in December: ‘Annie’s death was fully investigated at the time and has also been subject to review.’



1

Stop the nail nightmares

'Acetone-based nail polish removers can increase nail dehydration, causing weaker and flakey nails. Instead, look for essential oil-based formulas. Nails benefit from cream as much as hands! It's the best way to inject moisture into weather-worn, dehydrated nails.'

Leighton Denny MBE,
award-winning beauty expert

2

Get an ageless glow

'Avocado is rich in vitamins, fatty acids and plant steroids called sterolins, which help to soften skin and heal scars. Mash up half of one into a creamy texture. Massage on to skin and rinse off after 20 minutes. For very mature skin types, add 1 tbsp of manuka honey.'

Charlotte Vohtz,
founder of Green People

3

SUNDAY IVY

Ace your base

'For a natural, light finish, a damp sponge is best. It absorbs even less foundation and other products so more goes on your face and less stays on your sponge. **Sunday Ivy The Purple Rain Beauty Blender, £8**, works with your facial contours for an even application.'

Chaymae Samir,
founder of Sunday Ivy

15 beauty hacks from the experts

Easy ways to look great from those in the know

9

Get a bronze medal

'For more mature women, the right bronzer colour can make all the difference. Our skin tends to become more matte with age so you want to use a golden brown rather than a grey brown which makes the face appear sallow and sunken.'

Ariane Poole, make-up artist

10

Easy cuticle care

'Soak nails in warm water then gently push cuticles back using a cuticle stick. Trim them with a good quality cuticle nipper; squeeze them together and release, then lift the tool away from the skin, working your way around the nail. Don't pull at your skin with them as this can cause soreness and cuts!'

Pierra George-Robertson,
SensationNail manicurist

11

Wrap yourself in cotton

'Before using cotton pads, add some water to them, then follow with a cleanser like Eucerin DermatoCLEAN 3 in 1 Micellar Cleansing Fluid, £9. This stops the cotton dragging your skin upon application.'

Caroline Hitchcock,
facialist

4

Supercharge your serum

‘Most people make the mistake of applying serum onto dry skin. Applying on damp skin will lock in hydration more effectively. Ensure it’s completely settled into the skin and not tacky to touch before SPF is applied during the day.’

Dr Rekha Tailor, Health & Aesthetics

5

Banish puffiness

‘Keep a teaspoon in the freezer overnight and use the cold smooth surface to apply your eye cream or serum, moving the spoon from the inside corner of the nose outwards towards the outside of your brows. The cold temperature and movement will instantly de-puff and aid lymphatic drainage.’

Alison Young, beauty expert and broadcaster

6

Wake up tired eyes

‘Brew a cup of strong green tea, leave to stew for 10-15 mins. Pour into an ice cube tray and freeze. Place cubes around the eye area, moving around in clockwise circular motions from the top of your brow bone to the inner corner of your eyes. The antioxidants will help to reduce dark circles.’

Hayley Hems, founder of HHSKIN Clinic London

7

Help strengthen your teeth

‘The vitamin C in strawberries can prevent inflammation and reduce the risk of periodontitis. Vitamin C doesn’t whiten your teeth, but it improves your dental health by strengthening them. It’s also an antioxidant and can prevent oxidative damage.’

Dr Mervyn Druian, The London Centre for Cosmetic Dentistry

8

Calm down red skin

‘If your skin is irritated due to the colder weather, try grinding some oats into a powder, mix with filtered water to make a paste and apply it for a soothing fix.’

Denise Rabor, make-up artist

acks
perts
12

Hydrate from the inside out

‘Replace at least one glass of water a day with one serving of raw fruits or vegetables; you will be able to stay hydrated significantly longer. Eating foods that are rich in structured water, especially raw fruits and vegetables, will help you get the added boost of important antioxidants, fibre and other nutrients.’

Dr Howard Murad, founder of Murad Skincare

13

Use protection!

‘You wouldn’t touch a hot styling tool with your bare hands, so why would you put a hot tool on your hair without protecting it first? Always dry your hair completely before using a hot tool. Damaged hair can be more prone to breakage.’

Michael Shaun Corby, global creative director, Living Proof

Bye bye, flyaways

‘To tame those annoying flyaway baby hairs, blast a little hairspray into your palm, dab your fingers into it and gently smooth and press the stray hairs down.’

Scott Cornwall, Knight & Wilson Hair Expert

14

15

Blush crush

‘The point on your cheek where the base of your nostril meets your eye is where you naturally start to blush, so if you need a little extra colour, dab it here and blend in.’

Amanda Bell, Pixi make-up artist





Dear Vanessa

Our celebrity agony aunt, Vanessa Feltz, tackles your problems with her usual wit, wisdom and humour

MY COLLEAGUE IS TAKING ADVANTAGE



An office colleague is always taking time off work and saying she is 'sick'. It's me that gets into hot water with the boss – who will make sarcastic comments like, 'Oh surprise, your friend's ill again!' She *is* my friend, but my patience is wearing thin. I'm sick of taking the stick for her lazy ways – I'm sure 90 per cent of the time there's nothing wrong with her.

Nicola, Liverpool

Don't breathe a word of your suspicions to the boss. You may be thoroughly fed up with your pal, but don't start ratting her out to management. The conversation that needs to take place is between you two. If her 'illnesses' result in an increased workload for you, tell her. Either she'll confide in you that she has more serious health issues than you realised, or she'll say she's amazed you don't throw more sickies yourself. Either way, if there's any formal warning or firing to be done, that's your boss's business, not yours.

WHEN IS IT MY TURN?

I have slaved away at work my entire life, and always helped other people. I'm 52, a single mum with three teenage kids and an elderly mother, who I am constantly running between when I'm not working part-time jobs. I have no time for me and feel like I'm living life in black and white. I'm exhausted and tired – the future just feels bleak. Is there any hope that I can get some joy from the rest of my life?

Moira, London

You are part of the 'squeezed middle', the generation who through no fault of its own is coping with the demands of adolescent children and elderly parents at the same time. No wonder you are exhausted. Here's the key: make the teens help with the oldies and invite the oldies to share their stories and enthusiasms with the teens. While they are together carve out a space for yourself. You could visit an exhibition, see some stand-up comedy, get your nails done, have coffee with a friend or try a spot of online dating. You are an important individual and many people depend on you, but you deserve a good wodge of me-time – and a dollop of hope.





I'M GOING CRAZY WITH TIREDNESS

I've never been a great sleeper, but since the menopause, together with a stressful job in finance, I find I just cannot fall asleep at night. Of course, the more I think about my insomnia the worse it gets. I think I'm slowly going mad. I'm constantly ratty with my partner and kids, because I'm getting no rest so when I get home at night I'm in bits! I sometimes take sleeping tablets, but this can't be a long-term solution. Please help.

Eve, Glasgow

I hate to break it to you, but sleep and the menopause are mortal enemies. If you do finally sink into slumber, then various things like a hot flush, night sweats and horrible anxiety are more than likely to wake you up. I would definitely make an appointment with your GP. You know, HRT could well be the answer. You could also buy a copy of Dr Philippa Kaye's new book, *The M Word*. It tells you everything you've always wanted to know about the menopause. I'm such a fan, I wrote the foreword! Know that there is light at the end of this very sleep-deprived tunnel.



On the couch with Mandy...

Therapist Mandy Saligari, from Channel 5 show *In Therapy*, is an addiction, parenting and relationship expert.



HOW DO I STOP BEING SUCH A PUSHOVER?

I've been told throughout my life that I'm a bit of a doormat, and let people get away with things too easily. After my sister was caught stealing from me a few months ago (both my money and some family jewellery), I was devastated, but I told her I forgave her. Now I find myself wondering why? I'm starting to think everyone is right. I love my sister, but why would I rather forgive and forget than have it out with her? I say I've let things go, but I think about them for ages afterwards, getting more and more resentful – which is worse, but I just can't seem to help myself. Why am I like this and what can I do? I don't want people taking me for a fool any longer.

Rosie, Cardiff

MANDY SAYS:

In my view, it's immensely positive that you have decided to take this step. It is time to treat yourself with more respect – and also to make sure that you do not enable anyone else, in this case your sister, to behave in such a dishonest way. As social beings, we all affect each other and by standing up for yourself you promote self-esteem. You ask why you forgave your sister for stealing from you, but I don't think you did, as you went on to seethe in resentment, probably beating yourself up as much as her!

Relationships with siblings are set up in your childhood years and all the dynamics that happened there will be playing out today. Think about it. When and why did you become the emotional shock absorber – and is that how you want to carry on? Although it may feel easier to seemingly forgive, I think this is more likely based on your experience of conflict, which was clearly negative and needs addressing now. Standing up for yourself and pointing out what is true for you means you are in your corner, and the knock-on effect is that you are fighting for the better part of her.

The resentment you experience suggests that deep down, you know this. Your inner voice is arguing silently with how you outwardly behave. Listen to that voice, as there will be truth in its messages and feelings, although they are likely to be distorted, after so much repression. I suggest you speak to someone you trust. Failing that, journal your resentments – until you have said it all, and are left with one simple message of self-esteem: 'I'm not prepared to put up with this any more'. Standing up for yourself is assertiveness – standing up to someone else can be aggressive. Make sure you do the former. You're worth it.

Mandy x

See mandysaligari.com

● Got a problem you'd like Mandy to answer?
Email her at AskMandy@hearst.co.uk.

Sweet

These easy-peasy puddings are quick to make and delicious to eat.

treats!

Cheat's molten chocolate puddings

We used Lindt balls, but give it a go with any soft-centred chocolates you have.

Hands-on time: 20min

Cooking time: 25min

Serves: 8

492 cals, 34g fat (30g saturates), 40g carbs (37g total sugars), 6g protein, 1g fibre

**200g butter
200g dark chocolate,
roughly chopped
4 medium eggs
125g caster sugar
2tbsp plain flour
2tbsp cocoa powder
8 Lindt balls**

1 Preheat the oven to 180°C (160°C fan) mark 4 and lightly grease 8 125ml ramekin dishes, (or dariole moulds). Melt the butter and chocolate together in a heatproof bowl set over a pan of barely simmering water (make sure the bowl doesn't touch the water). When melted, lift the bowl off the pan and set aside to cool.

2 In a separate bowl, whisk together the eggs and sugar, using an electric beater, until light and fluffy. Fold in the chocolate mixture, followed by the flour and cocoa.

3 Spoon the mixture into ramekins, leaving about a third of the mixture in the bowl. Press the chocolates into the centre of the ramekins and top with the remaining mixture.

4 Transfer to a baking sheet and cook for 15-20min, until just set. Dust with cocoa and serve with cream and berries, if you like.

GET AHEAD

Prep up to the end of step three and chill until ready to cook, make up to two days in advance. Complete recipe to serve.

best RECIPE BOOKS

Mini key lime pies

This mixture thickens as you combine it. Chill the filled cases in the fridge for a firmer set.

Hands-on time: 15min, plus chilling

Cooking time: 5min

Makes: 12

358 cal, 23g fat (14g saturates), 32g carbs (24g total sugars), 5g protein, 0.5g fibre

**150g digestive biscuits
75g butter, melted
350ml double cream
405g can of light condensed milk
Juice and zest of 5 limes
12 x lime jelly sweets to decorate (optional)**

- 1** Whizz the biscuits in a food processor or bash in a freezer bag with a rolling pin, until they resemble breadcrumbs. In a medium-sized bowl, mix the crumbs with the melted butter. Press into the base of 12 muffin cases and place into a muffin tin.
- 2** In a second bowl, whisk 300ml (10fl oz) cream to soft peaks. Stir in the condensed milk, lime juice and zest. The mixture will thicken. Spoon into the muffin cases and chill for 2 hours.
- 3** Whip the remaining cream to soft peaks, spoon on to each pie and add the lime jellies.



Boozy milk jellies

Simply cut out the cassis if you're making these for the whole family to enjoy.

Hands-on time: 10min, plus cooling

Serves: 8

296 cal, 4g fat (3g saturates), 54g carbs (46g total sugars), 7g protein, 0g fibre

**2 x 135g packet raspberry jelly
170g tin of evaporated milk
50ml cassis**

- 1** Mix the jelly with 200ml boiling water, stir and allow to cool.
- 2** Stir in the milk, cassis and 300ml cold water. Divide among six lightly greased 125ml jelly moulds. Chill and allow to set for 3hrs. Serve with fresh fruit and ice cream.

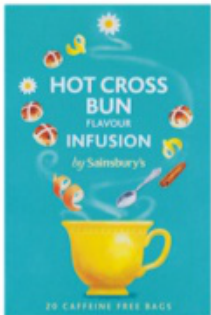


Food in a flash

MAKE LIFE EASIER IN THE KITCHEN WITH THESE SPEEDY MEAL IDEAS AND SUPERMARKET BUYS

Time for tea

With Easter just around the corner, enjoy a guilt-free treat now! Sainsbury's Hot Cross Bun Flavour Infusion, £1, has all the delicious flavours of the traditional spiced flavours of orange, lemon peel, cassia and cloves, in a bag. Enjoy this caffeine-free brew with a buttered bun, if you fancy!



CHOCs AWAY!

Cheers to Mum!

Raise a glass on Mothering Sunday with a glass or two of Philizot champagne, £16.99, available from Aldi. This crisp rosé makes the perfect tipple to enjoy over brunch, or as an aperitif before lunch or dinner.



Perfect pudding

Indulge in the ultimate comfort dessert without making it from scratch, with the new Proper Puds range by Charlie Bigham's. Available in five varieties, including our fave – Sticky Toffee Pudding. Not cheap at £5.50, but it serves four and simply bung it in the oven for around 20 minutes. Ideal after a Sunday roast. Pick one up in Waitrose.

PIE'S THE LIMIT

For a meat-free meal that's got a flavour punch, pick up a Higgidy Aubergine & Spinach Masala Pie, £3.90, Sainsbury's. The spicy blend of aubergine, red lentils and spinach tastes delicious on top of the vegan shortcrust pastry. It's best enjoyed warm with a side of chunky chips, or extra veggies.



Theo's meals in 20 mins

MasterChef finalist and dad-of-three Theo Michaels knows time's short in the kitchen. Here, he shares a simple and delicious recipe...



£1.49
PER SERVING

Chicken veggie rice

This quick and simple recipe is great for a fast mid-week meal and can easily be converted into a plant-based dinner. I use pre-cooked rice for utter convenience, but you could go old school and cook it from scratch the day before.

PER SERVING
CALS 423 FAT 14.8g
SERVES 4

2 chicken breasts, diced into small cubes
65g smoked pancetta
100g button mushrooms, sliced
2tbsp olive oil
3 cloves garlic, sliced
160g frozen peas
Chicken stock (1 cube)
400g pre-cooked white rice
30g fresh parsley, chopped
Sliced green chilli, for garnish

1 Fry the chicken pieces, pancetta and button mushrooms in the olive oil for five minutes to give

them a little colour, before adding the garlic. Leave to warm through for another minute.

2 Add the frozen peas and chicken stock and simmer for five minutes until the chicken is cooked through and the stock has almost fully reduced – you want a little left in the pan.
3 Fold through the pre-cooked rice and cook until it is piping hot, then remove from the heat. Season and garnish with chopped parsley and sliced green chilli.

TIP For a plant-based version, leave out the chicken and pancetta and double the mushrooms. And a little chilli adds a nice kick!

CAROL
McGIFFIN

THE WAY
I SEE IT...

Wise words
from our feisty,
fearless
and funny
columnist

best for STRAIGHT TALK

We need to protect freedom of speech

‘T here is no doubt about it, free speech is under threat in this country. It’s quite serious, too.

So much so that a journalist, Toby Young, has set up the Free Speech Union, an organisation that will help and support people whose opinions and views are slowly being silenced. There are various tiers of membership and fees range from £25 to £250, so it’s by no means free to join. But then, neither is any union. It’s kind of the same thing. It buys protection.

I admire him for stepping up - but it depresses me that we even need something like this, in our supposedly democratic and free country. But, sadly, we do.

Because there is an army of self-styled moral bullies who appear

to be getting away with dictating the narrative of public opinion and closing down, or de-platforming anyone who disagrees with or challenges it. Mostly because they are the ones shouting the loudest. They are intolerant of anything that is right-leaning and right-minded.

But no one should need or have to pay to protect themselves for what they think or say. And, while it might make life easier to keep schtum, we shouldn’t because it means the fascistic mob have won. So, if we want to preserve the privilege of free speech, one that many people died fighting for, we can’t let that happen, we have to speak up in numbers and not be cowed by the onslaught that might follow.’

I’m loving...

AIRBNB

While in Australia recently, we used Airbnb for the first time. We’d never used it before because I’d heard so many horror stories of people getting scammed or ripped off. But I’m now a convert. I love the idea of having a whole home from home to yourself so you can get up, make coffee, cook if you want to and do your own washing.

You can also stock up at supermarket prices instead of paying ludicrous (£5 for a Kit-Kat!) prices in hotels!

CHEERSTO
AIRBNB

I’m loathing...

VIRGIN VOYAGES

I love a cruise and have nothing against Virgin. But these new Virgin Voyages look like they’re trying way too hard to be cool – give me a Jane McDonald-style mega-ship any day. The Scarlet Lady is apparently aimed at millennials... News flash: Really cool people aren’t just the young – they’re the ones who only attend anything if it’s free. Normal people won’t go on this ship because it’ll be full of wannabes. I’d have a rethink on this one, Mr Branson...

TOO COOL
FOR SCHOOL

Sign,
Matalan

£4



Laundry
bag, Habitat

£7



£10

Sink tidy, Amazon



£3.50

Cotton candle, Primark



£4.70

E-cloth,
Amazon



£11

Peg bag, Sophie Allport



£6.99

Laundry
basket, B&M

Sanctuary apron, £4; Regeneration wire basket, £7; Method cleaning products, from £2.50; Make Today Amazing ornament, £8; Elements glass canister medium, £8; Hygge candle blush pink, £5; Geo Global Ochre Vanilla Bean & Pepper Diffuser, £9; Clear glass fishbowl, £5; Blush pink planter and wood stand, £14; Laundry powder grey storage tin, £10; Ochre leaf pattern ceramic tapered vase, £5; Sorbo wooden dish brush, £1 All from Dunelm

EVERYTHING BUT THE *ki*

Preparing for a spring clean? Kit

best for HOMES

TOP TIP!

Out with the old,
in with the tidy!
Clear out your
cleaning cupboard
to get focused and
organised to tackle
the rest of your
home.

Washingbrush,
National Trust

£4



**Storage
box,**
Garden
Trading

£20



Laundry basket, Habitat

£20



**Dust pan and
brush,** Matalan

£7



Laundry storage,
Amazon

£12



**Get the
Look**

Kitchen sink...

yourself out with these brilliant buys



BEST BUDS
Newborns Alfie and Sofie are settling in at Pennywell Farm. Let's hope the piglet isn't 'hogging' all the space...



HOP TO IT!
Want to shower these furry friends in cuddles and affection? These two are all ears...

Instagram/godstonefarm

SPRING HAS SPRUNG!

Prepare to say 'aaah' when you catch a glimpse of these cute babies...



WE LOVE EWE
Lambing season is well underway both here and across the pond, with sheep Bo-Peep giving birth to this cosy babe in arms.

Instagram/beybrooklyn



FUN AND FROLICS
This little pygmy goat has a taste of freedom in his big pen for the first time... perfect for frolicking around!

Instagram/bakewiczfarm



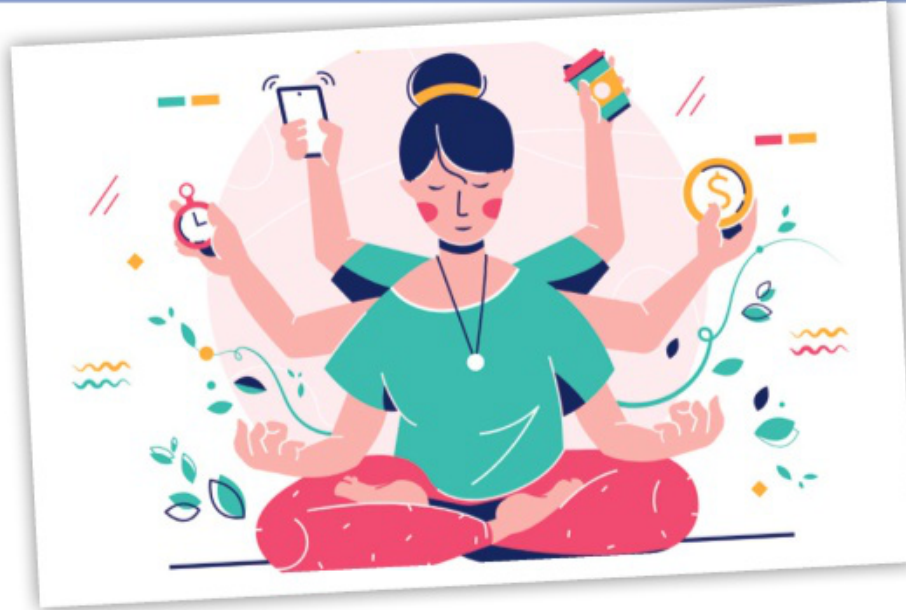
EGG-CITING ADDITIONS
Freshly hatched at Godstone Farm are these absolutely adorable chicks, just in time for Easter!

Instagram/godstonefarm

WORDS: HELEN PIKE PICTURES: INSTAGRAM, PENNYWELL FARM



There are so many ways to learn about money in a fun way, but it doesn't have to involve reading. There are some great free podcasts that will help you to be better with money, in an informative and entertaining way. But, with so many to choose from, which ones are worth a download? Here are our top picks...



1 IN HER FINANCIAL SHOES
Dedicated to women and money, this podcast will get you thinking about all the money moves you need to know, such as how to deal with financial stress, managing your finances when you're self-employed and how to teach your teenagers about money. It's run by Catherine Morgan, a certified financial planner – so she really does know what she's talking about.

2 CASH CHATS
If you want regular tips and tricks to help you get more out of your money – whether that's bagging things for free (we like the sound of that!) or getting the best deal on your broadband or TV package, then this is the podcast for you. It's run by Andy Webb, the founder of becleverwithyourcash.com, who will help you make every penny count.



5 best money podcasts to manage your finances

FINANCIALLY Fabulous

Join our campaign and get your finances sorted at hearstmagazines.co.uk/ffbest for money-saving tips and brilliant advice on being financially savvy.

3 DAVE RAMSEY

If you're struggling with money, in debt or just need to know how to get a grip on your spending, then this podcast is for you. His money-saving tips are popular across the globe. He opens up lively discussions, which range from why budgeting is not a straightjacket to how not to damage yourself in the name of generosity. The debate will make you think twice about all those 'bad' money moves.

4 INFORMED CHOICE RADIO

This podcast is a mix of the latest financial news as well as advice that will help you invest and manage your long-term finances. Every week, founder Martin Bamford, delivers news updates as well as talks with authors, experts and other inspirational people that will help you take action with your finances.



5 MONEY 101

Produced by BBC Sounds, and featuring *best's* finance editor Kalpana Fitzpatrick, this podcast is aimed at a millennial/Gen Z audience. Really informative and relatable, you'll hear from ordinary people talking about their issues and get answers to everyday questions about finances. Kalpana gives top tips and advice in each episode.



WORDS: FINANCIALLY FABULOUS MONEY TEAM
PICTURES: GETTY

1

This week's must-see TV

1 **How To Look Good Naked** WEDNESDAY, REALLY, 9PM NEW SERIES

Watch out, ladies! Gok Wan's back and he's on a mission to make women – including pairs of mothers, daughters and cancer survivors – feel good about their bodies, with his naked therapy. And, according to the super stylist, we need him more than ever. Gok says: 'In the age of Instagram models and beauty influencers, we're in an epidemic of body hatred, a crisis of body confidence and scrutiny. *How To Look Good Naked* is about feeling comfortable in your own skin, regaining your confidence and showing off your own body, no matter what the shape or size. I cannot wait to be a part of the show once again!' We can't wait either, Gok!

2 **Crufts** THURSDAY, CHANNEL 4, 3PM, WITH MORE COVERAGE ON MORE4

Tails will be wagging at the world's greatest dog show, broadcast live from Birmingham's NEC, presented by Clare Balding. Handsome hounds will strut their stuff – competing for the coveted Best in Show – and the coverage kicks off with flyball, agility and heel work to music.



2

Big Soap Story



CORONATION STREET

Ali is convinced Gary's trying to kill Ryan. James lies to his manager and assures him he's not gay. Elsewhere, Geoff hints to Yasmeen that Alya is out to get him.

EASTENDERS

Linda makes good progress, but is hurt that Mick doesn't trust her. A figure from Rainie's

dark past comes back to haunt her, while Gray is determined to represent Whitney.

EMMERDALE

Charity tells Tracy about Vanessa's diagnosis. Will confides in Cain and he decides to confront DI Malone. And Laurel worries that Arthur is up to his old tricks.



3

3 **Curvy Brides Boutique** FRIDAY, TLC, 8PM NEW SERIES

Jo and Alison return to ensure that a host of bigger brides feel beautiful on their big day. The ladies include Lauren, who has battled severe mental health problems, and heartbroken Nikita, whose dad won't make it to her dream day. Tissues will be needed.

4 **Noughts and Crosses** THURSDAY, BBC ONE, 9PM NEW SERIES

Malorie Blackman's futuristic bestseller, set in a world where black people rule over a white underclass and following the fortunes of two star-crossed lovers, is now a glossy drama, starring Jack Rowan and Helen Baxendale.



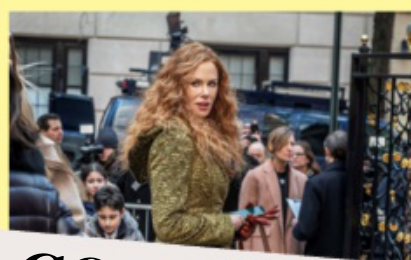
4



5

5 **100 Kilo Kids: Obesity Crisis** WEDNESDAY, CHANNEL 4, 9PM

This documentary focuses on Bristol Royal Infirmary – the frontline in the childhood obesity crisis. For Tommy, 23st at 14 and six-year-old Liliana, whose appetite is out of control, it's make or break.



COMING UP

THE UNDOING

Nicole Kidman plays a therapist whose life is torn apart in this slick thriller that also stars Hugh Grant and Donald Sutherland. Sky Atlantic this summer.



CATCH UP

PRISON

Discover what life is really like behind bars, in this no-holds-barred documentary filmed, in part, at women's prison HM Prison Foston Hall. All 4.



10 MINUTES WITH... JASON WATKINS ON...



...his new character, DS Dodds

He is a great character and so well drawn. He is slow, interesting, very bright and slightly unworldly in some ways. He has this rather brilliant analytical brain and an open naivety about him. Then it was mixing that with almost the complete opposite in DCI Lauren McDonald, played by Tala Gouveia. It's a great clash of characters. I just thought, 'That could have legs to it.'

...why audiences love crime drama

You're thinking, 'Who has done it? How have they done it? How did they get away with it?' We're fascinated by human behaviour and crime.

...if he will ever retire

Actors just keep going. I'm lucky. I'm in a position where I can choose a bit now. It's a mixture of trying to earn a living and trying to find really interesting projects. Hopefully I'll be acting for a long time.

...his character's odd culinary habits

Dodds likes to dip his chips in butter. Now, that's delicious, but when you have to do a scene over 15 times for various camera angles it becomes something entirely different. I wouldn't recommend it.

● **McDonald & Dodds** is on ITV on Sundays at 8pm.

THEY SAID WHAT?!

EastEnders hardman **Danny Dyer** has become yoga's most unlikely pin-up. Appearing on *This Morning*, he said, 'Me and my wife go to hot yoga, It's a real test of your soul.' And he tried to get **Eamonn Holmes** in on the act, saying, 'You wanna get yourself a nice pair of trunks and come join me. Couples yoga!' After a double hip op, **Eamonn** might struggle with that downward dog...

It's the feel-good musical we've all been waiting for. *Hairspray* will launch in the West End this spring with a cast that includes Michael Ball, Paul Merton, newcomer Lizzie Bea as Tracy Turnblad and the sensational Marisha Wallace as Motormouth.

**Watch
ONE
thing!**

BEHIND THE SCENES WITH *best*

'I've worked a lot – I can't complain'

Rita Simons, 42, played Roxy in *EastEnders* for 10 years, before her character was killed off. The mum-of-two is now a star of musical theatre and plays Velma Von Tussle.

What did you know about *Hairspray* before you signed up for this?

Well, I knew the main points of the story – which are, it's set at a time in the Sixties where they were not down with integration. I know my character, Velma, who is the producer of a dance show, does not want to tolerate any form of integration – and then the lovely Tracy comes along, and it all goes from there.

Do you like playing baddies?

Oh I LOVE it! I've played quite a few now and they are so much fun.

***Hairspray* is set in 1962, when white and black kids couldn't dance together.**

Do you think these issues still need to be highlighted today?

Absolutely, because the Sixties is not *that* long ago. Back then, it was commonplace

to be racist and not tolerate integration of any kind, but in the age we are living in now it's thankfully totally inappropriate. We've come so far, and yet it does still happen – so it is an important message.

You have done quite a few musicals now...

Yes, I've just done *Everybody's Talking About Jamie* – I had the stage door opposite Michael Ball in *Les Mis*! And then I did *Legally Blonde*, as hairdresser Paulette. This will be my next big musical. I am so looking forward to it.

It sounds like you've been keeping really busy!

The last time I was at home for a substantial amount of time was nearly two years ago. I had a few months off after the *Legally Blonde* tour but, apart from that, since leaving *EastEnders* I've been on the road constantly. I've been lucky. I've worked a lot since I left, so I really can't complain!

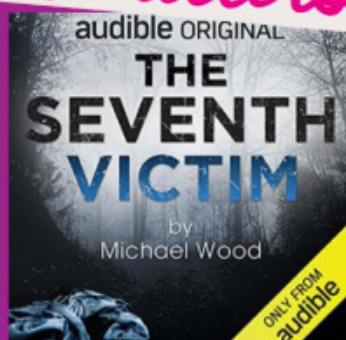
● *Hairspray* runs at the London Coliseum from 23 April to 29 August.



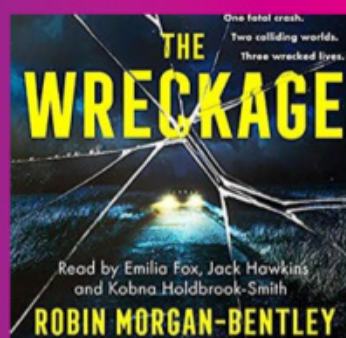
HAIRSPRAY

'I love playing baddies!'

DON'T MISS AUDIO BOOKS *Thrillers*



THE SEVENTH VICTIM,
MICHAEL WOOD
Joanne Froggatt and Mathew Horne narrate this chilling tale of a mother's fight for justice for her murdered son, who the police believe was the victim of a serial killer. Audible original



THE WRECKAGE,
ROBIN MORGAN-BENTLEY
Emilia Fox and Jack Hawkins narrate this tremendously spooky story that describes the aftermath of a fatal traffic accident, which brings two lonely strangers together. Audible



THE ESTATE,
LIZA COSTELLO
Irish actress Denise Gough narrates this chilling tale. It follows Beth, who hopes a new home and a new man will help her escape her demons. Set in the wake of the Irish recession, it's gripping stuff. Audible

OUT AND ABOUT *Films*

DRAMA



MILITARY WIVES

Inspired by a true story, this heart-warming film celebrates a group of army wives who help each other overcome their fears for loved ones away in combat by forming a choir. Kristin Scott Thomas is outstanding as the

Colonel's wife trying to raise morale among the women, while Sharon Horgan provides laughs as unconventional Lisa. You'll laugh and you'll definitely cry, so make sure you pack plenty of tissues!

★★★★★ Out now

THRILLER



ESCAPE FROM PRETORIA

This gripping prison escape drama, starring a spellbinding Daniel Radcliffe, is based on the true story of two white South Africans, jailed for fighting apartheid in the

notorious Pretoria Prison. Attempting their great escape with makeshift, wooden versions of wardens' keys, there are no Harry Potter-esque spells here – but this white-knuckle ride is pure magic.

★★★★★



DRAMA/COMEDY

MISBEHAVIOUR

Miss World and Miss Women's Lib – is there room for both? Set in 1970 and telling the true story of the Women's Libbers who stormed the show to protest, where do women find themselves 50 years on? Still fighting for equality, that's where. Written by women, produced by women and starring Keira Knightley, it's well worth a watch.

★★★★★

Tony Cowell



BEST'S CELEBRITY INSIDER TALKS TO BEN HANLIN

'My daughter was suddenly fighting for her life'



Working his magic at a London Palladium gig

Magician and former *Tricked* presenter Ben Hanlin, 33, will be bringing some magic to *Dancing on Ice* in the semi-final next Sunday. Ben, who has children Elvis, two, and Delilah, eight months, with wife, Briony, talks about his time on the hit show, reveals why he first became interested in magic at school – and opens up about the nightmare of watching doctors fight to save baby Delilah's life, after she was diagnosed

with the potentially life-threatening condition, sepsis.

You've done so well on *DO!* Judge Christopher Dean predicted you could go all the way...

I thought I'd be at home watching it on the telly by now. But you're only as good as your last skate. There are three spots in the final, so I'd like to think I have a chance. You'll know by the time you read this whether I was right!

Why did you sign up?

It's one of those shows I've looked at for years, but had always been too busy. I also

thought I don't want to fall and break my wrist, because I need it to perform magic tricks. But there was a temptation to try something new. You don't realise just how much work is involved – since the New Year I've spent seven days a week on the ice. It's mad, but worth it.

How important has your pro skating partner, Carlotta Edwards, been?

She's amazing. I've spent more time with Carlotta than I have with my wife and kids in the past few months! I said to her on day one: 'Look, you are the boss, so tell me if what I'm doing is good or bad.' She's very honest with me and helps to focus my energy.

What about the judges' comments?

When they big you up you feel amazing, but I admit I'm not very good at receiving criticism. Early on, I didn't feel Ashley (Banjo) or John

(Barrowman) were particular fans of mine. My performances were quite stiff, a bit like a robot on ice. But I ended up winning them over and that means the world to me.

Your baby daughter recently had a terrifying battle with sepsis....

Yes. I wasn't going to come out and talk about this until I knew Delilah was over the worst. Thankfully, she's 100 per cent better now, but it was a huge shock. I didn't know what sepsis was when she fell ill [it's a dangerous condition in the blood that can cause multiple organ failure, amputations and even death, if not treated in time], but my wife called an ambulance because her temperature was 103 and her skin was mottled. The hospital gave her amazing attention and they left us to sleep on the floor, while the doctors treated her through the night. Things like this end up putting your life into perspective. One minute, all I cared about was the scores I'd get from the judges – the next, I realised my daughter may be fighting for her life. When it comes to your kids, nothing else seems important. It was a real wake-up call.

Is it true you got into magic as a shy schoolboy?

Yes. I became obsessed with illusionist David Blaine in the Nineties and thought he was

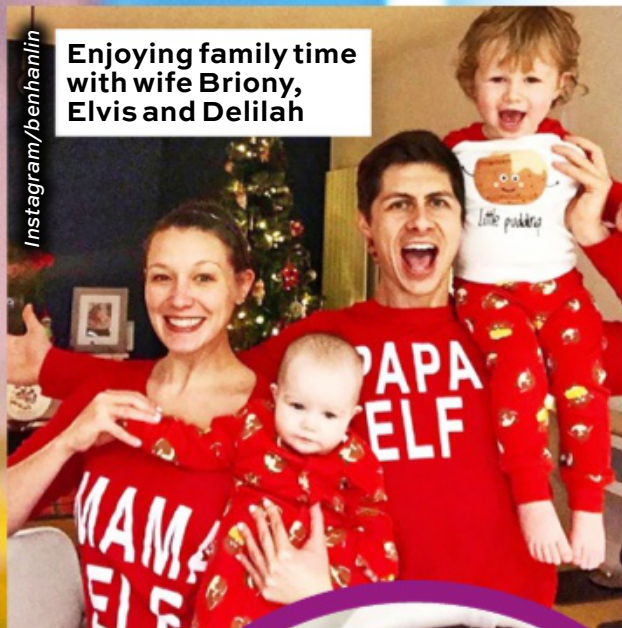


Pranking Ruth Langsford on *This Morning* back in 2013



Ben has wowed judges with his skating skill

er
ly
r



Enjoying family time with wife Briony, Elvis and Delilah

Instagram/benhanlin



Delilah's illness was a 'wake-up call' for Ben

Instagram/benhanlin

the coolest thing I had ever seen. I was desperate to learn magic, so I started secretly practising at the back of my classroom. At school, I eventually realised I wasn't a particularly good-looking kid – I wasn't great at football, I wasn't in a band – so I began to practise my magic and found I could stand out a bit. So, yes, it did help with the girls and building up my confidence. Every teenager needs something to latch on to – and for me, that was magic.

You found fame on YouTube – how did that happen?

I quit my job as a recruitment consultant and moved back home with my parents to try to give the magic thing a go. Dynamo paved the way on TV, along with Derren Brown. I started making films on YouTube and Facebook, where I would stalk celebrities and doorstep them with magic tricks. I first got Fearne Cotton, then Michael McIntyre through his car window. I then got carried away and went to Hollywood and got Quentin Tarantino and Mickey Rourke. This was seen on YouTube by a TV production company, and the next thing was I had my own show on ITV2 called *Tricked*, where I pranked people such as Gemma Collins and Rylan Clark-Neal. I love magic, but I wanted to do something different with it.

You're on tour later this year. What can fans expect?

Oh, just me, doing my comedy magic! Seeing it done live is quite different to TV. So I hope people will be surprised at what I can do on a live show.

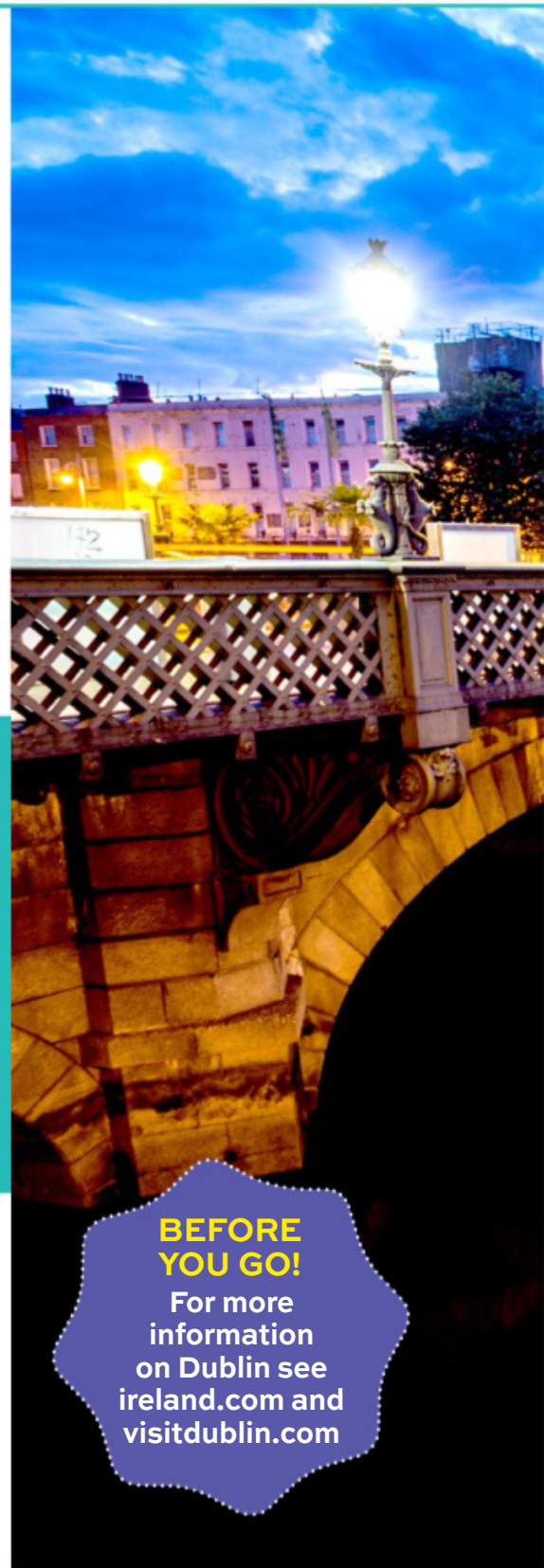
'I was frightened, because I didn't know what sepsis was... It puts everything into perspective'

● For details of Ben Hanlin on tour and tickets, visit livenation.co.uk

The delights of Dublin...

Rich in visitor attractions, Georgian streetscapes and charismatic locals. Dublin will capture your heart as it offers you 'a hundred million welcomes'

BEST TRAVEL WRITER **GILLY PICKUP**



BEFORE YOU GO!

For more information on Dublin see ireland.com and visitdublin.com



Dylan Hotel boasts a plush bar



TRAVEL SNAPSHOT

Dublin's 'Fair City' is split in two by the River Liffey. It has an incredible literary heritage, lively music scene and a glut of parks, galleries and museums, many of which are free. Stroll round the Temple Bar district with its cobbled pedestrianised streets lined with cafés, bars, independent shops and markets. And don't miss a peek at the incredible illuminated 9th-century manuscript, *The Book of Kells*, in Trinity College.



INSIDER'S GUIDE

Besides the usual attractions, Dublin has its quirky must-sees, too. Take, for example, the Art Deco Stella Cinema, where you can have snacks delivered to your seat while watching a film. In Marsh's Library, visitors can see the cages readers were locked in to prevent them from stealing the books! What's more, the library is haunted (so they say). There are optical illusions aplenty in the National Leprechaun Museum. Besides rooms full of oversized furniture, you can journey to the end of the rainbow to see if there really is a crock of gold waiting there...



Stella cinema has an Art Deco vibe



Oysters are a popular delicacy

The city has a lively music scene and a glut of parks, galleries and museums

GETTING THERE:

✈️ Dublin can be reached in just over an hour from most UK airports. We flew British Airways from Heathrow. Prices from £24 each way. See ba.com. Once in Dublin the Leap Visitor Card (leapcard.ie) is a reusable, pre-paid travel card for use on bus, tram and suburban train (Dart). It also includes travel to and from the airport.

STAYING THERE:

🛏️ The stylish Dylan Hotel (dylan.ie) is tucked away in a residential corner of Dublin, but within walking distance of the town centre. It's an ideal place to stay when visiting the city and staff are friendly and helpful. From £147 per night including free Wi-Fi.



Visit 'the hags with the bags' on Ha'penny Bridge



DON'T MISS

Take a Liffey River cruise (dublindiscovered.ie) and sail past the Jeanie Johnston ship, in which emigrants sailed across the Atlantic in hope of a better future, and the Ha'penny Bridge, which got its name from the original toll price. At one end of the bridge is a statue of two women chatting, with shopping bags at their feet. This meeting spot is nicknamed 'the hags with the bags'.



FOOD AND DRINK

Traditional dishes include boxty (potato pancake), champ (mash with scallions) and coddle (a bacon, potato and sausage stew). Cockles and mussels are popular, too, while other delicacies include oysters, usually paired with Guinness, Dublin's signature drink. Join a Guinness Storehouse tour (guinness-storehouse.com/en) then have lunch with a view at Gravity Bar.

MEALS ON WHEELS

Experience Dublin differently by hopping aboard a Routemaster bus for a Vintage Tea Tour (vintageteatours.ie). You'll see many city sights including Phoenix Park, home to fallow deer and the Irish President's official residence. The afternoon tea itself includes sandwiches, fruit scones and more pastries and desserts than the average person can handle. They cater for various dietary requirements and give you a box so that you can take away what you can't eat.



Instagram/stellacinemas

Beautiful beaches and
clear waters await

prima
HOLIDAYS
UK SOLO TOURS

**TWO
FABULOUS
SOLO BREAKS**
Take yourself away
with other *Best*
readers!

An island adventure in *Jersey*

With stunning scenery, sandy beaches and plenty of sunshine, Jersey is a great place to escape to

Even though it's only nine miles long, Jersey is the largest of the Channel Islands. From the rugged cliffs of the north to the long beaches of the south and west, it's a beautiful island with a fascinating history – plus it's only a short flight from the UK.

On this five-day break you'll have plenty of time to explore on your own, then enjoy an included full-day tour of the island's highlights. You'll be based at the three-star Merton Hotel in St Saviour, with plenty of restaurants to choose from and dinner included each evening.

You'll travel in a small group of other *Best* readers and, with no single supplement to pay, it's a great opportunity to be independent and make new friends along the way.

REASONS TO BOOK YOUR RESORT HOTEL

The three-star Merton Hotel in St Saviour, close to the buzzing capital St Helier, is a destination in itself, with a huge indoor pool area as well as a heated outdoor pool, fitness centre, evening entertainment and six great restaurants.

EXPLORE JERSEY

There's plenty of free time and a bus pass included, so you can travel around the island solo and customise the itinerary to suit you.

**NO SINGLE
SUPPLEMENT!
FIVE DAYS
FROM £469pp***

UNIQUE ATMOSPHERE

Just a short flight away, Jersey is close to the UK yet has a distinctly French feel, with its culture a unique mix of both.

NO SINGLE SUPPLEMENT

There's no single supplement to pay and group sizes are small, so you'll have time to relax, meet new people and share the holiday experience with fellow *Best* readers.

Explore the island
with a free travel pass



YOUR ITINERARY

DAY 1 Fly to Jersey

DAY 2 Explore the island at leisure

DAY 3 Tour of Jersey's highlights

DAY 4 Explore the island at leisure

DAY 5 Fly back to the UK

YOU WILL GET THE CHANCE TO...

- Fly to Jersey with one piece of checked-in luggage and airport taxes and transfers included.
- Spend four nights at the three-star Merton Hotel in St Saviour, with breakfast, and dinner each evening.
- Take an island highlights tour, including St Brelade's Bay, La Corbière Lighthouse, St Ouen's Bay and Gorey Harbour.
- Benefit from a two-day Liberty bus pass for free travel.
- Call on the services of a Just Go representative in Jersey.

HOW TO BOOK

PRICE: From £469pp*

DATES:

20 to 24 October 2020

TO BOOK, CALL

03330 606 659,

quoting **BEST JERSEY**

VISIT prima.co.uk/bestjersey
for more details and to see the full itinerary

*Prices correct at time of going to press. £50pp discount already included in the price; quote Best Jersey at time of booking. Final price will depend on your chosen airport, airline and flight time. Flights are ATOL protected. This trip is exclusive to Hearst UK and may be promoted by other Hearst brands. For full terms and conditions, visit prima.co.uk/bestjersey

DISCOVER MORE about *Prima's* growing collection of celeb-led



Visit the Ha'penny Bridge in Dublin



Marvel at the cliffs on the Wild Atlantic Way

Discover Ireland's Wild Atlantic Way

Visit Galway and Dublin and explore this famous coast, including the Cliffs of Moher and The Burren

On this solo holiday, you'll see the breathtaking coastline of the west of Ireland and enjoy the craic in two of Ireland's most popular cities. The 2,500km Wild Atlantic Way has six distinct regions, and you'll discover the wild cliff coast around Clare and Galway.

Travelling to Dublin by ferry from Holyhead, over the course of six days you'll visit Brigit's Garden in Galway, take in the stunning Cliffs of Moher and see the unique limestone landscape of The Burren.

You'll also have time to enjoy the lively atmospheres of Galway (European Capital of Culture for 2020), Limerick and Dublin.

REASONS TO BOOK INCREDIBLE SCENERY

The cliff-top walks of the Wild Atlantic Way offer breathtaking views. See the Cliffs of Moher, with stunning vistas towards the Aran Islands and Galway Bay.



Sheep live on the rugged coastline

**NO SINGLE
SUPPLEMENT!
SIX DAYS
FROM £599pp***

CELTIC CULTURE

Brigit's Garden is set within 11 acres of native woodland and wildflower meadows, and represents four traditional Celtic landscapes.

GALWAY AND LIMERICK

The seaside town of Galway is 2020's European Capital of Culture and lovely Limerick is home to St John's Cathedral, which boasts the tallest spire in Ireland.

NO SINGLE SUPPLEMENT

There's no single supplement and you'll stay in a double room at all hotels.

JustGo!
Holidays

TRIPSMITHS

OUR TRAVEL PARTNERS With over 20 years' experience, **Just Go!** offers great value holidays with like-minded people to discover destinations, iconic events and historic properties across the UK and Europe. Let **Just Go!** take care of everything for you, so you can enjoy a relaxing and hassle-free break. **Tripsmiths** partners with the world's leading tour operators and select media brands to deliver exclusive travel experiences.

YOUR ITINERARY

DAY 1 Ferry from Holyhead to Dublin and arrive in Mullingar **DAY 2** Brigit's Garden, Galway and Lisdoonvarna or Shannon **DAY 3** Limerick and Bunratty Folk Park **DAY 4** The Burren and Cliffs of Moher **DAY 5** Dublin **DAY 6** Ferry back to the UK

YOU WILL GET THE CHANCE TO...

- Travel by coach and ferry (also available by air at a supplement).
- Spend a night at the four-star Bloomfield House Hotel in Mullingar with a welcome drink, dinner and breakfast.
- Stay three nights at a three-star hotel in Lisdoonvarna (June/July departures) or a four-star hotel in Shannon (September departures) with dinner and breakfast.
- Enjoy one night at a three-star hotel in the Dublin area with dinner.
- Dine on three lunches, including one in the famous Durty Nelly's pub.
- Take excursions to Brigit's Garden, Galway, Limerick, Bunratty Folk Park, The Burren, Cliffs of Moher, Dublin.
- Go on guided tours of Galway, Limerick, The Burren and Dublin.

HOW TO BOOK

PRICE: From £599pp*
DATES: 28 June to 3 July, 12 to 17 July and 6 to 11 September 2020
TO BOOK, CALL
03330 600 003,
quoting BEST IRELAND
VISIT prima.co.uk/bestireland
for more details and to see the full itinerary

*Prices correct at time of going to press. Network of coach pick-up locations throughout England & Wales. £50pp discount for readers already included in the price; quote Best Ireland at time of booking. This trip is exclusive to Hearst UK and may be promoted by other Hearst brands. For full terms and conditions, visit prima.co.uk/bestireland

trips, cruises, tours and breaks at prima.co.uk/bestholidays

One of the most popular stars on *Baywatch*, Yasmine Bleeth all but disappeared from view 17 years ago...

Who's that girl?

WORDS: SHELLEY SPADONI

Twenty years since we last saw her strutting her stuff in that iconic red swimsuit on *Baywatch*, Yasmine Bleeth looks quite unrecognisable.

The former glamour model, now 51, who shuns the spotlight these days, was snapped as she walked her dog in Southern California.

Voted one of *People* magazine's 50 Most Beautiful People in 1995, and FHM's US 100 Sexiest Women two years running from 2002, she even launched a successful beach ranged called Yaz Wear.

Today, though, it would seem there is little trace of the beach babe everyone fell in love with in the Nineties.

The bubbly brunette first

worked in TV as a child – but her fame skyrocketed when she landed the role of Caroline Holden in *Baywatch*, alongside Pamela Anderson and David Hasselhoff. It was meant to be a guest appearance, but she proved so popular that she spent the next four years sprinting athletically across the sand, while showing off her incredible figure. In 2001, Yasmine moved on to a role in another American TV hit – *Nash Bridges* with Don Johnson. She was heading for the big time...

But the star had begun to experiment with drugs, something she later hinted was sparked by her stormy relationship with *21 Jump Street* actor, Richard Grieco.



Yasmine's downward spiral culminated in 2000, when the New York native entered rehab clinic Promises in Malibu for cocaine addiction – where she met her current husband, strip club owner Paul Cerrito.

A year later, Yasmine was arrested in Detroit on cocaine-related charges. After pleading guilty to operating a vehicle while impaired and to possession, she was sentenced to two years' probation.

In April 2003, she penned a heart-wrenchingly honest essay about her addiction, confessing that she once collapsed during a photo shoot – and went five days without sleeping. 'Consciously trying to



Yasmine got her break on *Baywatch*

stay off drugs is now part of my life and always will be', she said.

We may not have instantly recognised the former *Baywatch* beach babe, but judging by her mega-watt smile and how she hugged her gorgeous dog, it would seem that Yasmine has finally found peace away from the limelight and crushed the demons that hounded her...

'Consciously trying to stay off drugs is now part of my life and always will be'



Yasmine was arrested in 2001



Alongside fellow *Baywatch* stars David and Pamela

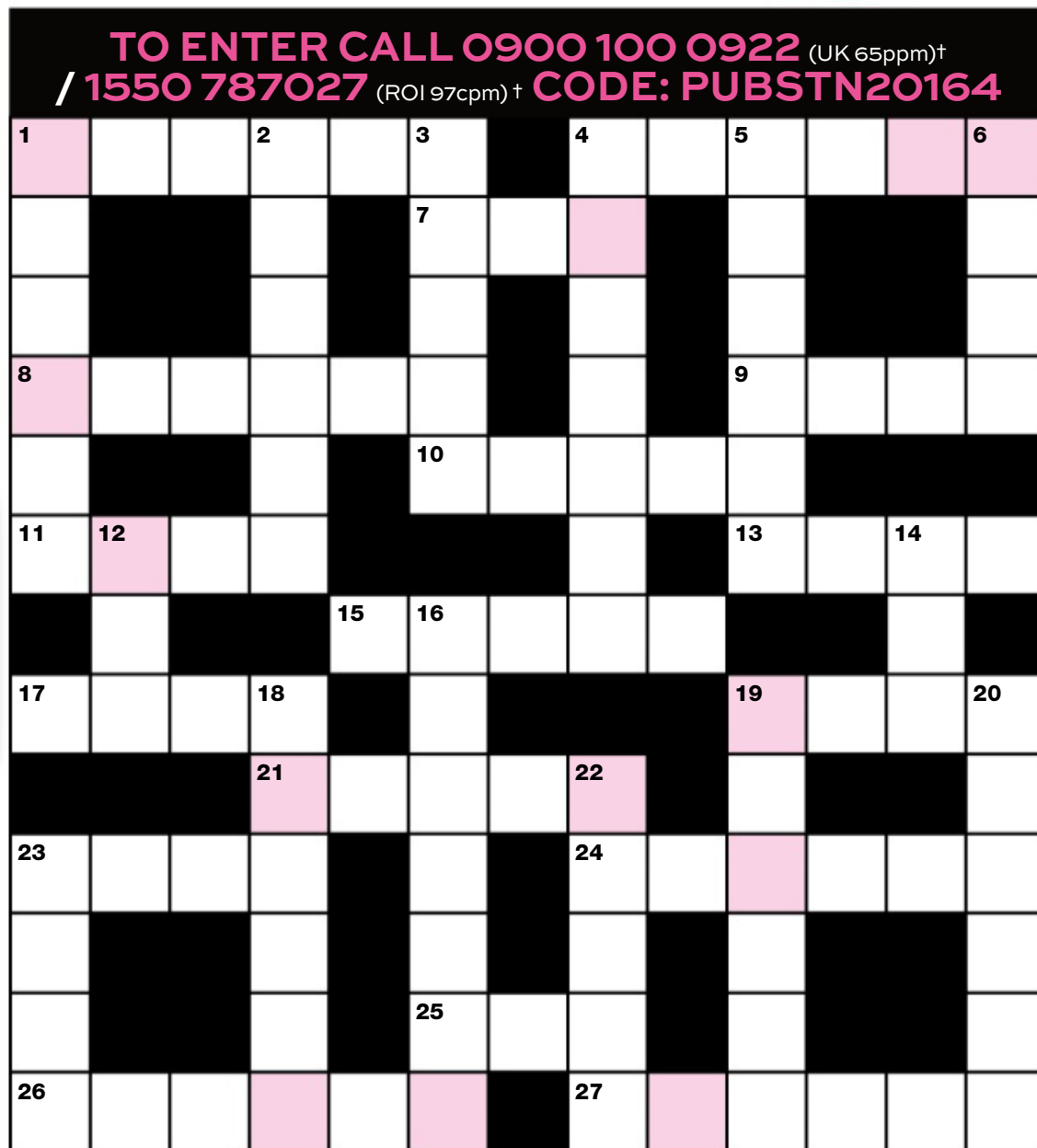
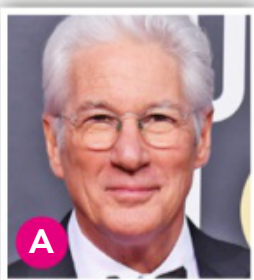
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PRIZES

Use the anagrams, straight, cryptic, quiz and picture clues to solve the crossword. When completed correctly, the pink squares, reading top to bottom, left to right, will reveal the answer to the question below:

Which Samoan-born chef is 1D's co-judge on *MasterChef: The Professionals* (6,7). This is your prize answer. See below for details on how to enter.



ACROSS

- 1 What bird is the subject of the One For Sorrow rhyme? (6)
- 4 Use this CONKER to calculate (6)
- 7 What is the French word for 'Me'? (3)
- 8 What kind of household staple can be cut pile, frieze, saxony or plush, eg? (6)
- 9 Which chess piece is also known as the castle? (4)
- 10 What is Beatle Ringo's surname? (5)
- 11 ___ as houses, expression (4)
- 13 Another name for the Abominable Snowman (4)

- 15 Potatoes (slang) (5)
- 17 The ___ must go on, expression (4)
- 19 See 4D
- 21 Which is the first month of the year to have 30 days? (5)
- 23 **PICTURE B** What is the male called? (4)

- 24 Followed orders (6)
- 25 **ANAGRAM** KIN
- 26 Group of seven musicians (6)
- 27 ___ and ready to mingle, saying (6)

DOWN

- 1 **PICTURE C** What is the first name of this Michelin-starred chef? (6)
- 2 ___ Rain, single, album and film – recorded by and starring Prince (6)

- 3 Gives off, radiates (5)
- 4 & 19A **PICTURE A** Who is this? (7,4)
- 5 Kirsch is brandy made with the fermented juice of what fruit? (6)
- 6 Stop breathing down my ___, saying (4)
- 12 Cigarette debris (3)
- 14 Road covering (3)
- 16 Rich cold dessert made with whipped

- cream, eggs and fruit (7)
- 18 **ANAGRAM** TAWELL
- 19 It ___ one ear and comes straight out the other side, saying (4,2)
- 20 RE NUDE: I found I could tolerate it! (6)
- 22 ___ can be deceiving, expression (5)
- 23 Black ___, Dick Turpin's horse (4)

ANSWERS

MEGA CROSSWORD
05/2020
OH YEAH

ACROSS

1 Albert 4 German
7 Ire 8 Hoddle
9 Echo 10 Tiger
11 Miss 13 Tony
15 Ocean 17 Plug
19 Calm 21 Alpha
23 John 24 Larder
25 Cue 26 Kettle
27 Nestle

DOWN

1 Anthem 2 Erodes
3 Tibet 4 Georgia
5 Rupert 6 Nemo
12 Ill 14 Nil
16 Caprice
18 Gannet 19 Caress
20 Marple 22 Alien
23 Jerk

PICTURES: GETTY

best PRIZE PUZZLES ENTRY COUPON ISSUE 10

Crossword ANSWER CODE: PUBSTN20164

Send to: best Prize Puzzles (10/20), Hearst Magazines UK, The Data Solutions Centre, Worksop, S80 2RT. Print in ink.

One entry per household. Postal entries to reach us by closing date of 20 March 2020. Winners will be drawn at random from correct entries received by post and phone. Names and counties of winners available on request. No correspondence can be entered into. The editor's decision is final.

Name _____
Address _____
Postcode _____
Date of birth** _____
Home telephone** _____
Mobile telephone** _____
E-mail address** _____

**optional information

WINNING CHEQUES
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THE COUPON!

*For full T&Cs see p3.
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your competition entry.
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(closes 20 March 2020 for
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