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THURSDAY, MARCH 5, 2020

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What it's REALLY like to catch corona — by the first British victim

SEE PAGES 8-9



**UK cases leap to 87 ++ Aggressive new strain found ++
With country losing battle to contain virus, we're near...**

THE POINT OF NO RETURN

By **Sophie Borland, Jason Groves
and Ben Spencer**

BRITAIN is on the brink of a critical new phase in the coronavirus crisis after the biggest surge in cases in one day.

Ministers are now expected to escalate their response which would mean no longer trying to 'contain' the disease's seemingly inevitable spread.

Instead, the focus will be on 'delaying' the peak of the epidemic until the spring or summer — in the hope that the consequences for the nation would be far less severe.

Yesterday, the Department of Health announced that 36 new patients had been diagnosed with the disease, bringing the total number of cases in the UK to 87.

It came as scientists warned that a new, more aggressive strain of coronavirus had emerged in China.

The growing scale of the outbreak has triggered huge public concern, with signs of panic buying in supermarkets and people travelling on public transport in make-shift masks. The travel industry is also in turmoil and airline Flybe was last night set to collapse following a slump of bookings since the start of the crisis.

This afternoon, the Government's scientific advisory group for emergencies will discuss moving up from the 'contain' phase to the 'delay' phase. Ultimately, the Chief

Turn to Page 2



**No No Seven!
Latest Bond
movie put
back to
November**

SEE PAGE 7

Reality check: A woman in a coronavirus mask in front of a poster for Daniel Craig's latest 007 film No Time To Die

Weather

Go to: dailymail.co.uk/weather for UK and world 5 day forecast

Map of the UK showing weather conditions and temperatures for various cities. Temperatures are in °F and °C. Weather icons indicate conditions like 'ROUGH' or 'SLIGHT'.

City	Temp (°F)	Temp (°C)
Aberdeen	6 (43°F)	10
Glasgow	7 (45°F)	10
Newcastle	7 (45°F)	10
Manchester	7 (45°F)	10
Birmingham	7 (45°F)	10
Cardiff	9 (48°F)	25
London	7 (45°F)	10
Plymouth	7 (45°F)	10
Belfast	7 (45°F)	10
B'ham	7 (45°F)	10
M'chester	7 (45°F)	10
Newcastle	7 (45°F)	10
Glasgow	7 (45°F)	10
Aberdeen	7 (45°F)	10
Belfast	7 (45°F)	10

Summary: Cloudy, showers

UK TODAY: Rather cloudy for most of England with some scattered showers. Elsewhere, partly cloudy with sunny spells and perhaps a few showers. Max 9c.

Today's weather

	9am	12noon	3pm	6pm	9pm
London	6c	7c	7c	6c	5c
Plymouth	6c	7c	8c	7c	5c
Cardiff	6c	8c	8c	6c	5c
B'ham	4c	6c	7c	6c	3c
M'chester	4c	6c	8c	6c	4c
Newcastle	3c	6c	6c	4c	3c
Glasgow	2c	5c	6c	4c	2c
Aberdeen	2c	5c	7c	5c	2c
Belfast	1c	4c	5c	5c	3c

5 day forecast

	Fri	Sat	Sun	Mon	Tue
London	9c	11c	12c	12c	13c
Plymouth	9c	11c	10c	11c	11c
Cardiff	10c	11c	10c	11c	10c
B'ham	8c	10c	10c	11c	10c
M'chester	7c	10c	10c	11c	10c
Newcastle	8c	9c	9c	10c	9c
Glasgow	7c	10c	8c	10c	8c
Aberdeen	8c	7c	10c	9c	9c
Belfast	7c	10c	8c	10c	8c

Yesterday

	24 hours to 6pm	Sun (hrs)	Rain (ins)	Temp (min)	Temp (max)
Edinburgh	6.4	0.00	-2	8	11
Glasgow	6.4	0.00	-2	8	11
Hull	6.4	0.00	-2	8	11
Ipswich	6.4	0.00	-2	8	11
Leeds	6.4	0.00	-2	8	11
Lincoln	6.4	0.00	-2	8	11
London	6.4	0.00	-2	8	11
Manchester	6.4	0.00	-2	8	11
Southampton	6.4	0.00	-2	8	11
St Andrews	6.4	0.00	-2	8	11
Stornoway	6.4	0.00	-2	8	11

Moon and Sun

MOON rises: 12.13pm, sets: 4.15am
Sun rises London: 6.36am, sets: 5.48pm
Manchester rises: 6.46am, sets: 5.55pm
HIGH TIDE London Bridge: 10.07pm
Liverpool: 7.38pm

Europe forecast

	today	c f	tomorrow	c f
Amsterdam	rain	8 46	showers	8 46
Brussels	rain	8 46	showers	7 45
Frankfurt	rain	8 46	rain	8 46

Around the world yesterday

	weather	c	f	weather	c	f	weather	c	f
Algiers	Rain	19	66	Florence	Fair	12 54	New Delhi	Sunny	26 79
Amsterdam	Fair	8	46	Geneva	Sunny	7 45	New York	Fair	13 55
Athens	Showers	17	63	Gibraltar	Sunny	19 66	Nice	Sunny	14 57
Auckland	Cloudy	21	70	Guernsey	Rain	9 48	Oslo	Snow	1 34
Bahrain	Sunny	23	73	Helsinki	Sleet	1 34	Palma	Fair	17 63
Barcelona	Fair	16	61	Hong Kong	Fair	21 70	Paris	Cloudy	7 45
Basra	Sunny	22	72	Innsbruck	Fair	6 43	Perth	Sunny	32 90
Beijing	Sunny	4	39	Istanbul	Fair	16 61	Prague	Fair	6 43
Beirut	Sunny	23	73	Jersey	Rain	8 46	Rhodes	Cloudy	17 63
Belfast	Sunny	7	45	Larnaca	Fair	21 70	Riga	Cloudy	7 45
Belgrade	Rain	7	45	Las Palmas	Sunny	22 72	Rome	Fair	13 55
Berlin	Cloudy	6	43	Lisbon	Fair	18 64	Singapore	Fair	31 88
Biarritz	Rain	14	57	London	Drizzle	8 46	Stockholm	Rain	3 37
Brussels	Fair	7	45	Los Angeles	Sunny	25 77	Strasbourg	Cloudy	7 45
Bucharest	Cloudy	16	61	Luxor	Sunny	28 82	Sydney	Rain	24 75
Budapest	Rain	8	46	Madrid	Fair	17 63	Tangier	Fair	19 66
Ch'agen	Cloudy	6	43	Malaga	Sunny	22 72	Tel Aviv	Sunny	24 75
Cairo	Sunny	23	73	Malta	Showers	15 59	Tenerife	Sunny	23 73
Cape Town	Fair	22	72	Melbourne	Cloudy	20 68	Tokyo	Rain	8 46
Casablanca	Sunny	19	66	Mexico City	Sunny	25 77	Toronto	Rain	3 37
Corfu	Showers	12	54	Miami	Cloudy	28 82	Tunis	Fair	15 59
Cyprus	Fair	21	70	Milan	Sunny	11 52	Vancouver	Rain	8 46
Dubai	Cloudy	23	73	Montreal	Sunny	3 37	Venice	Fair	10 50
Dublin	Fair	8	46	Moscow	Mist	5 41	Vienna	Fair	9 48
Dubrovnik	Fair	11	52	Mumbai	Fair	28 82	Warsaw	Cloudy	6 43
Faro	Fair	18	64	Nairobi	Cloudy	24 75	Wellington	Drizzle	14 57

KUROSU

EVERY day in the Mail you can play Kurosu, the most addictive brainteaser since Sudoku. There are only two rules:

- 1: Fill in each space with either a nought or a cross so there are no more than two consecutive noughts or crosses in any row or column. Important note: diagonals don't count.
- 2: Each row and column must contain three noughts and three crosses.

Today's difficulty rating ★★★

		X			X
			O		
X					
	O				
				O	O
O		X		O	

PLAY more Kurosu and 26 addictive puzzles like them every day on your smartphone or tablet with Mail Plus, your Mail newspaper on your screen. Get a FREE trial today at dailymailplus.co.uk

Solution, see Puzzles & Prizes back page

Continued from Page One

Medical Officer Professor Chris Whitty will make a final decision, but a Whitehall source said a shift 'now looks inevitable'.

This would mark a major turning point in the outbreak and could lead to new guidance on social distancing – including a ban on handshaking – as well as the cancellation of some sporting events and other mass gatherings.

In an interview yesterday, Professor Whitty warned the virus was probably already spreading person-to-person in the UK and an epidemic was looking 'likely'. On another dramatic day:

- Italy took the extraordinary step of closing all schools and universities until next month and prepared to shut down cinemas and theatres after the death toll in the country rose to 107;
- Researchers believe the original strain of the Covid-19 virus has mutated into a more aggressive type after crossing from animals into humans in Wuhan late last year;
- In response to panic buying in shops, it emerged retailers are considering rationing essentials such as toilet paper and anti-bacterial cleaners;
- King's College Hospital in London was partially locked down after two patients tested positive for the virus;
- The Government was criticised after it said it will no longer publish daily

'No hugging and kissing'

updates on the locations of new coronavirus cases;

- Boris Johnson spoke to French president Emmanuel Macron to discuss an international response to the outbreak;
- Andrew Bailey, who will take over as the new Bank of England governor on March 16, said he had already discussed plans for an emergency lending package for business;
- The producers of the new James Bond film announced that its release was being put back by seven months;
- Ministers said workers would get statutory sick pay from the first day they are off work, not the fourth;
- The Italy vs England Six Nations game was postponed.

If the Government does decide to move to the 'delay' phase there are likely to be a raft of new measures to slow the spread of the disease.

These could include 'social distancing' guidelines such as advising people not to shake hands, hug or kiss and to stand a certain distance away from others. The advice could be even more strict for the over 65s, the group most at risk of catching coronavirus in the first place and then dying from complications.

A Whitehall source said the final decision over whether to switch to a strategy of trying to delay the spread could

Parliament may be shut down to help halt virus

THE Houses of Parliament could shut their doors or allow MPs and Lords to vote remotely in a bid to stop the spread of coronavirus.

Commons Speaker Sir Lindsay Hoyle has held talks with England's Chief Medical Officer to discuss plans for if the outbreak gets worse.

MPs yesterday suggested holding debates by video link and introducing electronic voting so politicians do not need to travel to Westminster.

There are particular concerns about how the virus could affect members of the House of Lords, who have an average age of 70. More than a hundred peers are over 80 years old. The disease has been found to be more dangerous for older people.

At Prime Minister's Questions yesterday, the SNP's Carol Monaghan raised fears that MPs could bring the infection back to Parliament from their constituencies.

She said: 'Every week 650 of us come here from every part of the UK, spend several days operating in close proximity and meeting people from all over the world, and we then return to our constituencies, potentially becoming the very vectors that we are trying to

By John Stevens
Deputy Political Editor

shut down.' In response, Boris Johnson said: 'The chief medical officer and the chief scientific adviser, together with the Health Secretary, will be saying a little bit more in the next couple of days about what we are going to do to delay the advance of coronavirus – in Parliament and in other large gatherings.'

The Prime Minister's spokesman said: 'Discussions are already taking place with parliamentary authorities and scientific and medical advisers.'

'I'm sure Parliament will be led by the advice of the experts in terms of taking the steps it needs in order to protect the people who work there.'

A Parliament spokesman added: 'We are monitoring the situation closely and continue to work with the Department for Health and Public Health England. We have taken a range of precautionary measures including placing information posters across the Parliamentary Estate encouraging thorough handwashing.'

It is understood the Commons has now used more soap in the last week than it normally does in a month.

PANIC IN THE STREETS

come as early as today. Schools are unlikely to be told to close however – despite measures taken by Italy and Japan – as ministers are worried about the impact on the economy, the NHS and pupils' exams.

The Department of Health is expected to publish separate guidelines for the elderly in the next few days which will explain whether or not they need to avoid public places or

even hospitals. Many elderly patients attend frequent outpatient appointments or rely on social care visits, making them very susceptible to becoming infected.

At King's College Hospital, one of those who tested positive was a patient on a ward for frail elderly people who have suffered fractures or falls, the Daily Telegraph reported. Around 18 other patients on

the same ward are being tested. The other patient was said to be a King's College London university student in the School of Immunology and Microbiology.

Professor Whitty said yesterday it was 'likely' the disease was being transmitted in the community. 'At this point in time we think it is likely – not definite – that we will move into onward transmission and an epidemic here in the UK,' he told Radio 4's Today programme.

Officials hope by delaying the peak of the epidemic until the summer, the overall number of cases will be lower. This is partly because children may be off school for the holidays – who would otherwise spread the disease – and the virus may well lose its potency as the weather gets warmer.

Scientists yesterday said the move by ministers to only release bulletins on a weekly basis was a 'massive breach of trust' as people deserved to know whether certain parts of the country were virus 'hotspots'.

Clarifications & corrections

■ A FEATURE in Saturday's paper about the world's oldest man, Bob Weighton, included a photograph with the caption: 'In a sailor suit with his siblings and their nanny.' We are happy to clarify that this was in fact a picture of Mr Weighton with his siblings and grandmother.

ipso. Regulated

■ To report an inaccuracy, please email corrections@dailymail.co.uk. To make a formal complaint go to www.dailymail.co.uk/readerseditor. You can also write to Readers' Editor, Daily Mail, 2 Derry Street, London W8 5TT or contact IPSO directly at ipso.co.uk

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What do you mean, I'm just your puppet?

Spitting Image is back
...and guess who's
in the firing line

By **Eleanor Sharples**
TV and Radio Reporter

THEY'VE faced their fair share of flak over recent months. Now Harry and Meghan are first in the queue for more mockery.

The couple may be stepping back from royal duties but that won't stop Spitting Image lampooning them when it returns to TV after 24 years.

Rubber puppets of Harry and Meghan have already been made, with other victims of the topical satirical show set to include Boris Johnson, his chief adviser Dominic Cummings, Donald Trump, the



Rubber royals:
Harry and
Meghan get the
Spitting Image
treatment

PUGH



Duke of York, Kanye West and Beyonce. The series, which will air this autumn on streaming service BritBox, will also feature Vladimir Putin, Bernie Sanders, Elon Musk, RuPaul, Adele and James Corden in puppet form.

The original programme ran on ITV for 18 series between 1984 and 1996, attracting up to 15million viewers.

Spitting Image co-creator Roger Law is back as executive producer and promises the new show will be 'more outrageous, audacious and salacious' than ever. 'Pub-



Lampooned: Donald and Melania Trump, and sketches of how Dominic Cummings may look



lic service satire announcement,' he said. 'I've refused to resuscitate Spitting Image for years but when my pension ran out and my palm was crossed with silver what could an old man do?'

It is the first original commission announced by BritBox, the British TV and film streaming service launched by the BBC and ITV last year to take on Netflix. Development of the puppets is already under way. As with previous

series, scripts will be written and new puppets made nearer to airtime.

The producers behind the revival said: 'With the world getting smaller and more turbulent, the time couldn't be more appropriate for an iconic British satirical take on global events.'

Mr Law added: 'With scandalous scripts and A-list characters, it will be the people's programme! We will take back control from the likes of BoJo, Trump, Harry

and Meghan, Elon Musk and Kim Kardashian. We will be dazzled and amazed by Jurgen Klopp and Beyonce, we will have regular weather updates from our roving reporter Greta Thunberg.

'And the message for the doomsayers is, this autumn we will get BritBox done.'

WATCH MORE AT **11+**
mailplus.co.uk/briefings

So emulsional! Paint firm pulls 'sexist' pink shades

A MAJOR paint brand is pulling its pink pots from the shelves of a high street retailer - because it fears their names are 'old-fashioned gender stereotypes'.

Valspar will rebrand the shades called Dollface, Sweet Angel, Girly Girl and Ladylike.

In a move that will delight the 'woke' generation, it will rename

Daily Mail Reporter

them in 'empowering, gender-neutral terms' including Woke Up Like This, Unstoppable, Fearless and Like a Boss.

Valspar, whose paint is given great prominence in B&Q stores, is also scrapping pots called Shy Girl, Dolled Up, Faint of Heart and

Dainty Delight and is inviting new name suggestions online.

A company spokesman said: 'Valspar is holding its hands up and acknowledging some of its pink paint names are formed of old-fashioned gender stereotypes which no longer have a place in modern-day society.'

The firm consulted Jane Sun-

derland, an honorary professor and expert in gender matters at Lancaster University, as part of its rebranding.

Dr Sunderland said: 'Traditional ideas such as "pink is for girls" often contain stereotypes about gender that restrict aspirations and opportunities.'

'These are out of place in the

21st century where gender equality is expected. The language we use matters.

'The term dollface suggests an object and a possession, whereas girly girl implies someone who can't really be taken seriously.'

The new names will appear on Valspar's website in April and in stores from later this year.

PANIC IN THE STR

Stores look at rationing of vital household goods as fears rise that they may be forced to shut

By **Sean Poulter**
and **Ruth Sunderland**

RETAILERS are considering rationing household essentials such as toilet paper in response to panic buying, with some shoppers spending £900 online.

This tactic has been used by supermarkets in Australia after shoppers battled over loo rolls, with one shocking report of a woman pulling out a knife.

Stores are also planning for a worst-case scenario of a major virus epidemic where large numbers of their staff have to stay at home. In such circumstances executives would have no choice but to implement temporary closures.

A study suggests around half of retailers are having problems ordering new stock, particularly from overseas, as a result of coronavirus. The survey was commissioned by Retail Economics, which

'Consumer confidence'

also warned: 'Over a third – 39 per cent – of consumers are worried about product shortages as a result of the coronavirus, which has led to almost one in ten consumers to stockpile.'

Shoppers visiting Costco warehouses reported a shortage of both anti-bacterial cleaners and toilet paper. At the same time, a snapshot Daily Mail survey suggested there is a national rush to buy toilet paper, kitchen roll, large packs of pasta, rice, disinfectant, wipes, painkillers and Calpol medicine for children.

Shop staff complained that some people have grabbed trolley-fulls of toilet rolls and other essentials, leaving others empty handed.

One industry source said: 'Retailers regularly place limits on items in order to avoid one customer clearing them out.'

Just as supermarkets are seeing a



EMPTY SHELVES



Shortage: Hand gel on sale for £50 on Amazon following panic buying

spike in sales of canned and packaged products, there has also been a surge in online grocery orders.

A leading retail source said people are spending 5 to 10 per cent more than usual on an average online basket. And some shoppers have been spending up to £900 at one go.

The source said: 'We don't want people panic buying. There's no need to go over the top but it is not a bad idea to have a few things in the cupboard anyway, regardless of coronavirus.'

He added: 'There could be issues around large numbers of people being off sick. If, for example, the staff at the abattoir or the poultry

farm can't get to work then we won't get the supplies.'

Retailers are taking emergency measures to cope with the impact of coronavirus on factories and suppliers overseas. Some have started stockpiling pasta, mozzarella and coffee to reduce the threat to imports.

Chief executive of Retail Economics, Richard Lim, said: 'While the impacts may not yet be apparent on shop shelves, around a third of retailers suggested that "continuity of supply" is currently their biggest concern.'

'Of even greater concern for other retailers is the impact on consumer confidence. Consumers are also increasingly nervous about access to essential items.'

Andrew Opie, of the British Retail Consortium, said: 'Disruption to supply chains has been limited, and the availability of products remains good.'

'Retailers are working closely with their suppliers and monitoring consumer behaviour to anticipate changes in future demand.'

Comment – Page 16

BUCKETS, BAGS, MA



Eye-catching: A London commuter yesterday in a suit... and mask



Unhappy shopper: Bus passenger wears plastic bag on his head

More aggressive strain emerges in China

A NEW, more aggressive strain of coronavirus has emerged in China, scientists warned last night.

Researchers believe the original strain of the Covid-19 virus has mutated into a more aggressive type after crossing from animals into humans in Wuhan late last year.

By late January this strain accounted for 70 per cent of cases in the Chinese city, with the original down to 30 per cent, they said in a research paper.

However, they added that strong containment measures – including locking down Wuhan – meant the new mutation may already have been controlled and the original was back in the ascendancy. Experts

By **Ben Spencer**
Medical Correspondent

believe this may explain the slowdown in the epidemic in China in recent weeks.

Both strains are circulating in Wuhan but the scientists, at Peking University and the Institut Pasteur of Shanghai, believe the new one has probably not spread further afield in large volumes.

Although they found traces of the more aggressive strain in other parts of China, they said it was 'significantly more prevalent in Wuhan than in other places'.

Experts fear the presence of a second strain could slow attempts to develop a

vaccine. They stressed that the assessment is at a very early stage and needs verifying.

More than 20 teams around the world are working on a jab based on DNA code the Chinese government made available at the start of the crisis.

A team at Imperial College London, for example, said it was ready to start human trials of an experimental vaccine in weeks.

The accuracy of that original code is key to the development of a vaccine and a second strain in circulation may be a setback.

But experts pointed out that modern vaccine technology means it is not an insurmountable challenge to reformulate the code of each candidate jab. The flu vaccine,

for example, is reformulated each year depending on which strains are circulating around the world.

By the time a vaccine is ready, which is unlikely to be for at least 18 months, it should be possible to fine-tune it to match whatever mutations have emerged.

The researchers, whose findings are published in the National Science Review, the journal of the Chinese Academy of Sciences, identified the less aggressive strain as 'S' and the second as 'L'.

Virologist Professor Jonathan Ball, of Nottingham University, urged caution 'when interpreting these kinds of computer-based studies, interesting as they might be'.

EETS AND SHOPS

SKS...JUST TO COMMUTE



Desperate measures: One woman tries to stay safe under a plastic storage container

- Coronavirus cases in the UK jumped to 87 after 36 were announced yesterday, the highest daily jump yet
- Boris Johnson announced workers would be entitled to statutory sick pay from their first day in self-isolation
- Retailers began looking at rationing household essentials in response to panic buying
- Scientists warned that a new, more aggressive strain of the virus had emerged in China
- Producers of the new Bond film postponed its release by seven months

CORONAVIRUS BULLETIN



- A dog was infected in a suspected human-to-animal transmission
- Airline passenger demand plummeted, with cash-strapped Flybe set to collapse last night
- Health Secretary Matt Hancock held talks with social media firms to stop fake news about the virus
- Italy has closed schools and universities nationwide for two weeks

HOW DANGEROUS IS CORONAVIRUS?

About 14 per cent of people who contract the Covid-19 coronavirus are taken to hospital – with severe symptoms including breathing problems and pneumonia. About 5 per cent need intensive care. But the majority who get the virus suffer nothing more than a cough and may never know they are infected. So far, some 51,000 people around the world have already recovered from coronavirus – and that just includes the numbers who received a diagnosis.

HOW MANY PEOPLE DIE?

Officially, the death rate so far has been just over 3 per cent. But experts believe the true mortality rate is probably between 1 and 2 per cent. This is because most mild cases have not been picked up by doctors or reflected in the official numbers – so the death rate is inflated.

HOW DOES THIS COMPARE WITH OTHER DISEASES?

Seasonal flu kills roughly 0.1 per cent of people. So Covid-19 is between 10 and 20 times more fatal. But it is far less dangerous than SARS – the virus that ripped across China in 2003 – which killed 10 per cent of patients.

BUT DOESN'T CORONAVIRUS SPREAD MORE EASILY?

Yes, but not dramatically. The best estimates suggest every person with Covid-19 passes it on to 2.6 people, on average. For flu that number is 1.5.

CAN IT BE SPREAD WITHOUT SYMPTOMS?

Initially scientists feared carriers who had no symptoms could pass it on. That is now in doubt. What is likely, however, is those who have mild symptoms are putting it down to a cold and going about their normal lives – which puts others at risk.

HOW LONG IS IT BEFORE SYMPTOMS APPEAR?

Again, unclear. Initially scientists said this could take up to two weeks. But recent evidence suggests the incubation period could be as long as a month – particularly among children. The average, however, is much shorter. A Chinese study said the average period of symptom onset was 5.4 days for adults and 6.5 for children.

WHO IS AT RISK?

The virus can affect anyone – with a study of the first 41 infected people revealing two thirds did not suffer from any pre-existing condition. But the middle-aged are most likely to get it – 78 per cent of those infected in China have been aged 30 to 69.

WHAT ABOUT THE OLD?

Only 3 per cent of people infected so far have been over 80 – but if they get it they are more vulnerable. Analysis of 72,000 cases in China suggests for over-80s the death rate is 15 per cent. For those in their 70s the death rate is 8 per cent and for those in their 60s, 4 per cent.

Q&A

by Ben Spencer

WHO ELSE IS VULNERABLE?

Those with other conditions – such as diabetes, heart disease, high blood pressure and kidney problems – are likely to suffer severe complications if they become infected.

WHAT ABOUT CHILDREN?

Children seem to be low-risk. Less than 1 per cent of the Chinese cases have been under the age of ten – and if children do get the virus it's often a mild form. They do, however, retain the virus for longer than adults. A study last week found the virus was still present in the stools of some children for a month after they contracted it.

DOES GENDER MATTER?

Men are marginally more likely to get the virus than women. It is not clear why this is.

HOW DO DOCTORS TEST FOR COVID-19?

Anyone who has symptoms – particularly if they have travelled to an at-risk area – are told to report to A&E, where they are sent to an isolated 'pod'. They are tested using a cheek swab which is sent off for analysis at one of 12 Public Health England labs, a process that takes between 24 and 48 hours. Any positive test is double-checked at the main PHE lab in Colindale.

WHAT TREATMENT DO PATIENTS GET?

There is little doctors can do to tackle the virus, but they can treat the symptoms – such as fever and respiratory problems. Antivirals and antibiotics are also used, mainly to keep secondary problems at bay. In the most serious cases patients are put on life-support equipment.

WHAT ABOUT A VACCINE?

Even though the Wuhan virus appeared only a few weeks ago, 20 teams around the world are already manufacturing vaccines. Chinese authorities provided the DNA code for the virus early on in the outbreak, enabling scientists to get to work straight away. A team at Imperial College London is ready to start human trials within weeks.

HOW BAD COULD IT GET?

The Government said in a worst-case scenario, up to 80 per cent of the British population could become infected. Scientists predict the UK would see a coronavirus peak two to three months after sustained person-to-person transmission becomes established. There will then be two to three months of decline, meaning an outbreak could last up to six months. Scientists believe it will then become endemic – returning every winter along with flu.

VIRUS PANIC SPREADS



Threat: Napoli's San Paolo stadium is sanitised yesterday

By **Mario Ledwith**

ITALY closed all schools and universities yesterday as its death toll from coronavirus soared to 107.

Authorities also ordered top-flight football and sporting events to be played without fans as part of desperate measures to stop the illness sweeping the country.

The number of people killed there spiralled by 28 in 24 hours yesterday – the highest total in a day. The majority were aged over 65.

Cases have surged past 3,000 with scientists warning coronavirus may have been there weeks earlier than first believed.

The crisis led to England's Six Nations game against Italy in Rome on March 14 being called off last night.

Attempts to contain the spread in the Mediterranean country – the epicentre of the European outbreak – have so far proved futile. At least a dozen of the UK's cases have been people who had recently returned from Italy.

Last night leaders were finalising unprecedented plans to limit human contact in daily life. Under the wide-ranging blueprint, people will be asked to stop greeting each other by kissing or shaking hands and advised not to stand within three feet of others in public.

Ministers are also preparing a widespread shutdown of Italy's cinemas and theatres to curtail the virus's rapid spread. Italy's Prime Minister Giuseppe Conte last night said the measures were needed to stop its health service from crumbling amid warnings the toll is more severe than currently known.

He said: 'We are focused on taking all measures for direct containment or delaying the spread of the virus.'

'The health system risks going into overload, and we will have a problem with intensive care if an exponential crisis continues.'

Cases from Italy have been reported across the world.

And yesterday two groups of Italian tourists, totalling 15 people, were being held in isolation

in India after testing positive for the virus.

The Netherlands last night became the latest country to advise against travelling to the worst affected areas of Italy, while Tunisia stopped ferry services.

Authorities in Rome have created two 'red zones' affecting 11 towns with 50,000 people in the wealthy Lombardy and Veneto regions in the north of the country. They are considering extending the zone to the city of Bergamo after a cluster of cases there.

The overwhelming majority of the deaths have occurred in northern Italy. But infections have

spread to all but one of its 20 regions, including 16 in Sicily.

Officials said 297 of those affected remain in intensive care. With restrictions currently focusing on northern Italy, the government met yesterday to decide how measures

'Risk of going into overload'

could be rolled out nationwide.

Education minister Lucia Azzolina said all schools and universities will close from today until March 15. She said: 'It wasn't a

simple decision for the government. I hope pupils can return to school as soon as possible.'

Additional measures being examined will allow for at least one parent to take leave from work to look after young children affected by closures, while financial aid for babysitting could be provided.

The blanket closure will see around 8.4million students forced to stay at home.

All sporting events will take place without fans present for at least the next month.

Six Serie A matches that were postponed last week will be played this weekend. That includes one of

the biggest matches of the season, the Juventus-Inter game.

Economy minister Roberto Gualtieri said: 'We will do everything necessary to reduce disruption to the minimum.'

Under additional leaked plans, people will be told to avoid crowded public gatherings if possible and advised to stand at least 1m (3ft 3ins) apart.

A draft decree set out plans to ban 'events of any nature that entail the concentration of people and do not allow for a safety distance of at least one metre to be respected'.

More practical steps will include telling people not to share cups or bottles, while over-75s will be advised to stay at home.

People could be instructed not to cough and sneeze in handkerchiefs to avoid hands coming in contact with 'respiratory secretions'.

The outbreak has already had a crippling effect on Italy's tourism. Airlines across the world have cancelled flights there due to travel warnings and a slump in demand.

Confuturismo, the tourist industry's confederation, said the sector was 'on its knees' and estimated it could lose as much as £6.4billion.

The government yesterday reported the first death south of Rome in the Puglia region.

Sportsworld – Back Page
m.ledwith@dailyemail.co.uk

107 DEAD IN ITALY

Toll soars as schools are shut, sport curbed and human contact limited

Deaths rise to 10 in one US state

At least ten people have died in just one US state after contracting coronavirus, it emerged last night.

The latest figure puts the overall death toll in America at 11 – ten in Washington state and one in California.

The US health department confirmed that a tenth person had died in Washington state last night, with 39 cases reported in the greater Seattle area. Most of those who died were residents of a nursing home in Kirkland, a suburb east of Seattle.

Across the US, 149 cases have so far been

recorded across more than a dozen of America's 50 states.

California last night announced its first death – with six patients yesterday diagnosed in Los Angeles County – bringing the total number infected in the area to seven.

The elderly patient, who has not been identified, died after contracting the virus during a cruise from San Francisco to Mexico. The patient suffered from underlying health conditions, medics said.

The figures come just hours after President Trump played down the disease. He said ear-

lier yesterday: 'A lot of people are doing domestic business now. They're staying in this country. They feel safe.'

'If you look at the percentage, we have a very small percentage of infections.'

Elsewhere in the US, six people across New York are battling the virus, with one man in a critical condition last night. There are other clusters of cases in Nebraska and Texas.

Last night, the public health department in Washington state said it did not have enough coronavirus tests to meet current demand, according to CNN.



Later showing: Daniel Craig with *No Time To Die* co-star Ana de Armas

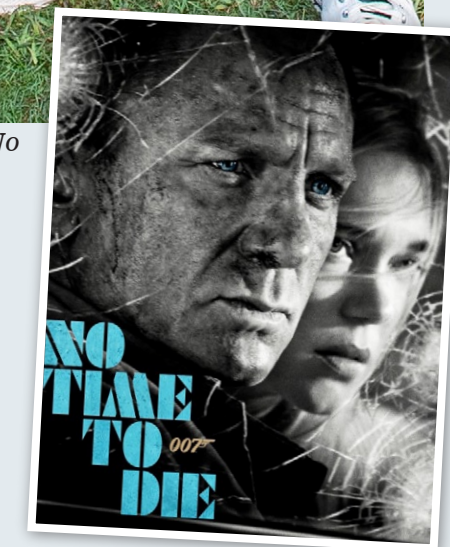
This is no time for a movie, Mr Bond

THE release of the latest James Bond film, *No Time To Die*, has been pushed back by seven months because of coronavirus.

Due for release in the UK on April 2, the film, starring Daniel Craig, Ana de Armas and Rami Malek, will now not appear until November 12.

Bond producers Michael G Wilson and Barbara Broccoli have said that they made the last-minute decision 'after careful consideration and thorough evaluation of the global theatrical marketplace'.

The move is expected to cost producers millions as they work to negotiate new deals with advertis-



By **Baz Bamigboye** and **Jennifer Ruby**

ers and sponsors. Cast and crew were scheduled to undertake a global press tour and premieres. Some feared being trapped overseas because of quarantine measures.

The London premiere was scheduled to take place at the Royal Albert Hall on March 31.

November is traditionally the release month for Bond films but the latest was pushed back due to a change of director, and on-set mishaps and creative differences.



Fear of flying: A near-empty BA flight from London to Milan yesterday

Flybe close to collapse amid corona chaos

By **Tom Payne**
Transport Correspondent

THE airline industry was in turmoil last night as Flybe teetered on the brink of collapse and others warned of plunging demand amid the coronavirus crisis.

An incredible image posted on social media yesterday showed a near-empty British Airways flight from London to the virus-hit city of Milan.

Flybe was poised to go into administration as it cancelled flights due to plunging demand because of coronavirus.

Some 2,000 jobs would be lost as a result of closure.

A Glasgow to Birmingham flight was diverted to Manchester last night as pictures on social media appeared to show a Flybe plane impounded at Glasgow airport.

The embattled airline was reportedly waiting for its last scheduled flight to land before announcing it would cease operating. A source told the BBC: 'The game is up.'

Peter Smith, an ITV journalist, tweeted: 'Has Flybe just ceased operating in front of my eyes?'

'Waiting to board a Flybe flight to Birmingham and all of their flights have just been cancelled.'

The future of Flybe - Britain's biggest regional airline, which carries eight million passengers a year - has been hanging in the balance over an £106million bill for unpaid air passenger duty.

Bosses were thrown a lifeline in January after the Government agreed to defer the payment, and had been hoping to secure a £100million state loan to keep the airline afloat for longer. But it emerged yesterday that minis-

...as airlines warn of plummeting demand

ters are set to reject the crucial bid for funding.

Flybe serves almost 200 UK destinations and is the main airline serving smaller regional hubs. Many of these airports face being cut off by Flybe's collapse, which could tarnish the Government's hopes of improving regional transport links.

Figures from the International Air Transport Association yesterday showed that airlines had suffered their worst month in a decade because of the outbreak.

The group's chief economist Brian Pearce said airlines were now in 'a crisis zone', with passenger numbers at their lowest rate since the Icelandic volcanic ash cloud disaster of April 2010.

Association director-general Alexandre de Juniac said he

feared the decline was 'just the tip of the iceberg'.

The photo of the BA flight yesterday came as Boris Johnson agreed to investigate a claim by Tory MP Paul Maynard that airlines were flying near-empty planes for fear of losing prized take-off 'slots'.

In recent days, BA, Virgin Atlantic, Ryanair and EasyJet have cancelled more than 1,000 flights across Europe, the US and Asia. Many passengers are shunning flights for fear of catching the virus, or being stranded abroad. Industry insiders say the Easter holidays will be the big test of families' willingness to travel.

Flybe declined to comment. A Department for Transport spokesman said: 'We do not comment on speculation.'

Hong Kong dog catches illness 'from its owner'

THE pet dog of a Hong Kong patient has tested positive - and is thought to have caught the virus from its owner.

The pomeranian, which belongs to a woman of 60, has a 'low level of infection,' officials in the city said yesterday.

They said experts from universities and the World Organisation for Animal Health had

unanimously agreed it is 'likely to be a case of human-to-animal transmission'. Despite testing positive, the pomeranian has not shown any symptoms.

All pets of Hong Kong virus victims will be quarantined for two weeks, beginning tomorrow. The former British territory has recorded 102 human cases, with two deaths last month.

VIRUS PANIC SPREADS

Don't worry, Charles, I'm just self-isolating



TAKING cover in an old one-man air raid shelter; it was difficult for Camilla to resist making a coronavirus quip.

With Charles looking on and smiling, the Duchess of Cornwall joked at the London Transport Museum: 'I'm self-

isolating.' She and the prince were visiting the museum yesterday to mark 20 years of Transport for London (TfL).

The duchess wore gloves but Charles did not, and the couple shook hands with some of those they met. The pair had

enjoyed a ride to the museum on an electric bus, boarding the red double-decker at a bus stop outside Clarence House built for the occasion.

They were joined by TfL staff and school pupils on the ten-minute trip to Covent Garden.

Sick pay shake-up for sufferers

WORKERS who self-isolate will be entitled to their £94.25-a-week statutory sick pay from their first day at home instead of having to wait four days.

Ministers removed the waiting time so that those with symptoms are not under financial pressure to go into work.

Speaking at Prime Ministers Questions, Boris Johnson said individuals who self-isolate are 'helping to protect all of us by slowing the spread of the virus'.

'Nobody should be penalised for doing the right thing,' he said. Labour leader Jeremy Corbyn welcomed the announcement but pressed the PM on whether it would apply to workers

not entitled to statutory sick pay. He said they should not have to make the 'terrible choice between health and hardship'.

According to think tank the Resolution Foundation, around two million employees do not earn the £118-a-week to qualify for payments, while an estimated five million self-employed workers are also ineligible.

Mr Johnson replied that he was 'very much aware' of issues faced by the self-employed and those on zero-hours contracts.

The TUC - which had called for prompter payments - welcomed the Prime Minister's announcement as an 'important step forward' but warned 'it's not enough'.

Sony and Nike send staff home

NIKE and Sony are the latest big firms to evacuate offices in a bid to prevent an outbreak of coronavirus among staff.

Sony Pictures Entertainment said it has closed its base in Soho, London for the week.

It told staff someone at the firm may have been exposed to Covid-19 on a recent trip.

In a memo to employees it said: 'The health and well-being of our employees is of the utmost importance'.

Nike also shut down its headquarters in the same area, where 150 staff work, while the offices are deep cleaned.

It comes after accountants Deloitte shut an office in the City of London over the bug.

City - Page 11

Hancock's fake news ultimatum

HEALTH Secretary Matt Hancock has held talks with social media firms to stop fake news spreading about the coronavirus, it emerged on Tuesday.

On Monday the Prime Minister warned tech giants in particular needed to be 'responsible' to prevent conspiracy theories fuelling public panic about the infection.

Boris Johnson said it is vital everyone works together to 'convey the right messages'.

It is understood Mr Hancock then had a 'positive meeting' with social media firms, such as Facebook and Twitter, on Monday evening.

Universities braced for exam crisis

UNIVERSITIES are drawing up coronavirus plans, including lowering grade requirements for affected A-level pupils.

Admissions body UCAS is also considering pushing back deadlines for university applications if exams have to be delayed.

UCAS said: 'Extensions [to the August 31 application deadline] will be considered.'

It also said universities would be expected to take into account school closures when looking at applicants' grades.

It came as Goldsmiths, University of London, put one of its halls on alert after a visitor caught the disease. A student is self-isolating in the south London halls after hosting the guest, thought to be from Italy.

CONNOR REED, a 25-year-old expat from Llandudno in North Wales, has worked in a school in Wuhan, China, for almost a year. In November, he became the first Briton to catch the coronavirus. From coughs and aches to burning up and spending an evening in hospital, here's how he beat the illness that is sweeping the globe.

Day 1 — Monday November 25: I have a cold. I'm sneezing and my eyes are a bit bleary, but it isn't bad enough to keep me off work. I arrived in this country to teach English as a foreign language — but now I'm a manager at a school in Wuhan, the city in central China where I have lived for the past seven months.

I speak Mandarin well, and the job is interesting. My cold shouldn't be very contagious, so I have no qualms about going to work. And I live alone, so I'm not likely to give it to anyone. There hasn't been anything in the news here about viruses. I have no cause for concern. It's just a sniffle.

Day 2: I have a sore throat. Remembering what my mum used to do when I was a child, I mix myself a mug of honey in hot water. It does the trick.

Day 3: I don't smoke and I hardly ever drink. But it's important to me to get over this cold quickly, so that I can stay healthy for work. For medicinal purposes only, I put a splash of whisky in my honey drink. I think it's called a 'hot toddy'.

Day 4: I slept like a baby last night. Chinese whisky is evidently a cure for all known ailments. I have another hot toddy in the evening.

Day 5: I'm over my cold. It really wasn't anything.

Day 7: I spoke too soon. I feel dreadful. This is no longer just a cold. I ache all over, my head is thumping, my eyes are burning, my throat is constricted. The cold has travelled down to my chest and I have a hacking cough.

This is flu, and it's going to take more than a mug of hot honey, with or without the magic whisky ingredient, to make me feel better.

The symptoms hit me this afternoon like a train and, unless there's an overnight miracle, I will not be going to work tomorrow. It's not just that I feel so ill — I really don't want to give this flu to any of my colleagues.

Day 8: I won't be in work today. I've warned them I'll probably be off all week. Even my bones are aching. It's hard to imagine I'm going to get over this soon.

Even getting out of bed hurts. I am propped up on pillows, watching TV and trying not to cough too much because it is painful.

Day 9: Even the kitten hanging around my apartment seems to be feeling under the weather. It isn't its usual lively self, and when I put down food it doesn't want to eat. I don't blame it — I've lost my appetite, too.

Day 10: I'm still running a temperature. I've finished the quarter-bottle of whisky, and I don't feel well enough to go out and

'Getting out of bed hurts and it's so painful to cough'

get any more. It doesn't matter: I don't think hot toddies were making much difference.

Day 11: Suddenly, I'm feeling better, physically at least. The flu has lifted. But the poor kitten has died. I don't know whether it had what I've got, or whether cats can even get human flu. I feel miserable.

Day 12: I've had a relapse. Just as I thought the flu was getting better, it has come back with a vengeance. My breathing is laboured. Just getting up and going to the bathroom leaves me panting and exhausted. I'm sweating, burning up, dizzy and shivering. The television is on but I can't make sense of it. This is a nightmare.

By the afternoon, I feel like I am suffocating. I have never been this ill in my life. I can't take more than sips of air and, when I breathe out, my lungs sound like a paper bag being

by Connor Reed

crumpled up. This isn't right. I need to see a doctor. But if I call the emergency services, I'll have to pay for the ambulance call-out myself. That's going to cost a fortune. I'm ill, but I don't think I'm dying — am I?

Surely I can survive a taxi journey. I decide to go to Zhongnan University Hospital because there are plenty of foreign doctors there, studying. It isn't rational but, in my feverish state, I want to see a British doctor. My

'I'm sent for a battery of tests lasting six hours'

Mandarin is pretty good, so I have no language problem when I call the taxi. It's a 20-minute ride. As soon as I get there, a doctor diagnoses pneumonia. So that's why my lungs are making that noise. I am sent for a battery of tests lasting six hours.

Day 13: I arrived back at my apartment late last night. The doctor prescribed antibiotics for the pneumonia, but I'm reluctant to take them — I'm worried that my body will become resistant to the drugs and, if I ever get really ill and need them, they won't work. I prefer to beat this with traditional remedies if I can.

It helps, simply knowing that this is pneumonia. I'm only 25 and generally healthy: I tell myself there's no reason for alarm. I have some Tiger Balm. It's like Vicks vapour rub on steroids. I pour some into a bowl of hot water and sit with a towel over my head, inhaling the fumes. I'm going 'old school'. And I've still got the antibiotics in reserve if I need them.

Day 14: Boil a kettle. Add Tiger Balm. Towel over head. Breathe for an hour. Repeat.

Day 15: All the days are now blurring into one.

Day 16: I phone my mother in Australia. There was no point in calling her before now — she'd only worry and try to jump on a plane. That wouldn't work: it takes an age to get a visitor's visa to China. I'm glad to hear her voice, even if I can't do much more than croak: 'Mum, I feel so ill.'

Day 17: I am feeling slightly better, but I don't want to get my hopes up yet. I've been here before.

Day 18: My lungs no

My eyes are burning. My bones ache. I've never been this ill in my life

From the first British victim, a gripping account of what it's REALLY like to catch corona

longer sound like bundles of broken twigs.

Day 19: I am well enough to stagger out of doors to get more Tiger Balm. My nose has cleared enough to smell what my neighbours are cooking, and I think I might have an appetite for the first time in nearly two weeks.

Day 22: I was hoping to be back at work today, but no such luck. The pneumonia has gone — but now I ache as if I've been run over by a steamroller. My sinuses are agony, and my eardrums feel ready to pop. I know I shouldn't, but I'm massaging my inner ear with cotton buds, trying to take the pain away.

Day 24: Hallelujah! I think I'm better. Who knew flu could be as horrible as that, though?

Day 36: A tip-off from a friend sends me hurrying to the shops. Apparently, the Chinese officials are concerned about a new virus

that is taking hold in the city. There are rumours about a curfew or travel restrictions. I know what this will mean — panic buying in the shops. I need to stock up on essentials before everyone else does.

Day 37: The rumours were right. Everyone is being told to stay indoors. From what I've heard, the virus is like a nasty dose of flu that can cause pneumonia. Well, that sounds familiar.

Day 52: A notification from the hospital informs me that I was infected with the Wuhan

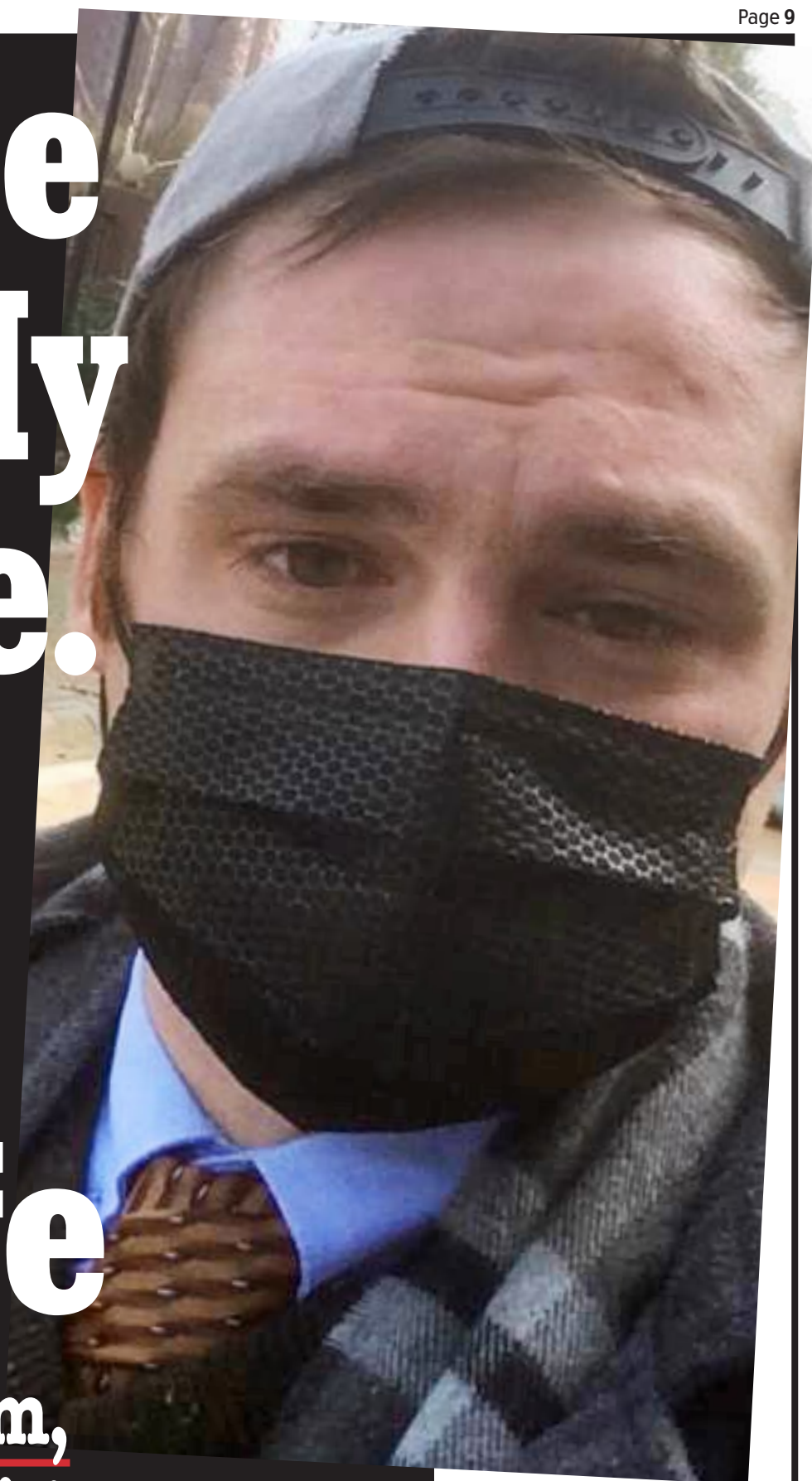
coronavirus. I suppose I should be pleased that I can't catch it again — I'm immune now.

However, I must still wear my face mask like everyone else if I leave the apartment, or risk arrest. The Chinese authorities are being very thorough about trying to contain the virus.

Day 67: The whole world has now heard about coronavirus. I've told a few friends about it, via Facebook, and somehow the news got out to the media.

My local paper back in Llandudno, North Wales, has been

My kitten's been under the weather... two days later, he's dead and I don't know why



Survivor: Welshman Connor Reed, 25, works at a school in Wuhan, China. Inset: His cat, which died during his illness



in touch with me. Maybe I caught the coronavirus at the fish market.

It's a great place to get food on a budget, a part of the real Wuhan that ordinary Chinese people use every day, and I regularly do my shopping there.

Since the outbreak became international news, I've seen hysterical reports (especially in the U.S. media) that exotic meats such as bat and even koala are on sale at the fish market. I've never seen that.

The only slightly weird sight I've seen is the whole pig and lamb carcasses for sale, with their heads on.

Day 72 — Tuesday, February 4: It seems the newspapers think it's

terrific that I tried to cure myself with hot toddies.

I attempt to explain that I had no idea at the time what was wrong with me — but that isn't what they want to hear.

The headline in the New York Post says: 'UK teacher claims he beat coronavirus with hot whisky and honey.'

I wish it had been that easy.

By **Vanessa Allen**
and **Simon Walters**

MPS last night called for the embattled chief executive of Save the Children UK to be sacked after a damning report into the charity's mishandling of sex claims against senior managers.

The Charity Commission accused Save the Children UK (SCUK) of 'serious failures' and of jeopardising public faith in the entire charity sector.

The commission's findings heaped pressure on chief executive Kevin Watkins, 64, who was on the board of trustees when complaints were made against former CEO Justin Forsyth and policy director Brendan Cox.

Conservative MP Pauline Latham said: 'Kevin Watkins was a trustee. He was on the inside track, he must have known the right people to get the job he got. Anyone tarnished with that reputation should go.'

In 2018, Mr Watkins was criticised by MPs for spending £114,000 on lawyers to try to stop reports of inappropriate behaviour being exposed by the media. Miss Latham said: 'He was wrong to spend money that should have gone to children.'

Mr Watkins admitted the charity had made matters worse for the women when it failed

Now boss of Save the Children blames sex probe for lost £16m

From yesterday's Mail

to respond appropriately, and mishandled media inquiries about the complaints.

The Charity Commission said SCUK broke its own regulations after three women complained about the behaviour of Mr Forsyth. One of the women said there was 'a widespread cultural problem of sexual harassment at the charity', and harassment allegations were also made against Mr Cox, the husband of murdered MP Jo Cox.

Both men left the charity after the complaints and have since apologised for their conduct. SCUK said it accepted the report's findings and apologised to the women affected.

The commission found there were 'serious weaknesses in the charity's workplace culture, and serious failures in the way the charity dealt with complaints about behaviour at its head office'. It said it was highly unusual for it to investigate internal staff conduct at a charity, but the issues at SCUK were so serious that it was forced to launch an inquiry.

The report also found there had been a further five complaints of sexual harassment at the charity's head office in Farringdon, central London, between 2016 and 2018, and 13 complaints of bullying.

Commission chairman Baroness Stowell said misconduct at a high-

profile charity risked undermining public faith in the entire sector.

She said: 'When mismanagement occurs at a charity that is a household name, it risks undermining the work of other charities who rely on public confidence and goodwill to thrive and prosper.'

'This is not only about treating complainants with the seriousness and respect they deserve, it is also about demonstrating that no one gets a pass because they are doing important work or are motivated by the desire to help some of the most vulnerable people around the world.' Mr Forsyth, 54, who worked for Tony Blair and

Gordon Brown in Downing Street, was initially accused of inappropriate behaviour by a woman at SCUK in 2012, when he was chief executive.

She did not make a formal complaint after he apologised, but Mr Forsyth was told his behaviour 'must never happen again' and that he would not receive his annual bonus that year.

Two other women then complained about him in 2015.

Mr Cox, 44, was accused of sexual harassment later that year and SCUK filed a serious incident report to the Charity Commission, in which it said an employee had



'Personal mistakes': Mr Forsyth

Men at centre of sex claims

By **Simon Walters**

FORMER Save the Children UK chief executive Justin Forsyth and policy director Brendan Cox met while working at Oxfam in the early 2000s.

Mr Forsyth was first accused of inappropriate behaviour at SCUK in 2012, with two other women complaining about him in 2015.

He admitted to 'personal mistakes' after sending three young women a large number of over-familiar texts in his five years at the helm of the charity. He 'apologised unreservedly' for engaging in 'unsuitable and thoughtless conversations' which had 'caused offence and hurt'.

Whistleblowers said Mr Forsyth commented on



Apology: Brendan Cox

women's appearance, their clothes and how he felt about them. If they did not reply to texts, he would send a follow-up email and even call them in for a chat, it was stated.

A leaked email from the time recommended Mr Forsyth should not be alone with female employees.

The allegations of miscon-

duct against Mr Cox at SCUK included a claim he grabbed a woman by the throat outside a bar and told her, 'I want to f*** you'.

In February 2018 it emerged that he had been accused of sexually assaulting a senior US government official at Harvard University. The police file said Mr Cox 'grabbed [the woman] by the hips several times... and forced his thumb into her mouth in a sexual way'.

He also 'touched her inappropriately in a restaurant', it was claimed. The alleged incident occurred in 2015, shortly after he had left SCUK. Mr Cox said: 'I want to apologise deeply and unreservedly for my past behaviour and for the hurt and offence that I have caused.'

After the claims were made public, he resigned from a foundation established in her memory.

The commission's report, which followed a two-year investigation, found the charity had mishandled its response to media inquiries about the harassment claims and was 'unduly defensive'.

The charity said it accepted the findings in full, adding that improving its workplace culture was 'a critical priority'.

Mr Watkins said: 'I unreservedly apologise to the women affected by the behaviour of these two senior executives.'

Comment - Page 16



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Wills' words of Irish peace: Let's get over troubled past

THE Duke of Cambridge yesterday used his official visit to Ireland to acknowledge the 'wrongs done' and 'troubled past' of our two nations.

In a keynote speech in Dublin, William admitted the 'complexity of shared history' but vowed the royals would play their part in ensuring the relationship between Britain and Ireland remains strong.

William spoke about how moved he and his wife, the Duchess of Cambridge, felt to lay a wreath at Dublin's Garden of Remembrance on Tuesday in honour of those who died fighting for Irish independence. He

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said: 'As my grandmother said during her visit in 2011, "our islands have experienced more than their fair share of heartache and turbulence".'

'But it was also a reminder about how far we have come. It is right that we continue to remember those who suffered as a consequence of our troubled past.'

'And whilst many wrongs have been done, it is important that we are not bound by these. Today, our relationship goes far

From **Rebecca English**
Royal Editor in Dublin

beyond two countries that are simply neighbours. "We are firm friends and equal partners", my grandmother put it.'

William became the first senior royal to directly reference Brexit when he spoke of the need to keep relations between the two countries strong.

He said: 'Of course, the changing relationship between the UK and the EU will require us to work together, to ensure that the relationship between Ireland and the UK remains just as strong.'

On a visit to a beef research farm in County Meath with the couple, Michael Creed, Irish minister for agriculture, said his government was hugely appreciative of the visit, particularly post-Brexit.

The royal pair have received a warm welcome everywhere and yesterday went on a shopping trip to a village convenience store in County Kildare.

They also visited a charity-run family respite centre, helping make soup and playing a game of table tennis with the youngsters.

Kate revealed: 'We try to do this at home but our dog keeps catching the ping pong balls.' The couple also walked hand in hand on the cliff walk near Dublin.



Joke: Cambriges in Carlow yesterday

Eton master in court accused of sex assaults

A SENIOR master at Eton has been charged with sexual assault and making indecent photographs of children, it emerged yesterday.

The teacher at the £40,000-a-year private school near Windsor, which was previously attended by Prince William, Prince Harry and Boris Johnson, was arrested on suspicion of sexual assault in May last year.

The married master was suspended from his role at Eton on the day of his arrest and has since been dismissed.

He appeared before local magistrates on Tuesday and faces seven counts of sexual assault relating to three victims, three counts of making indecent photographs of children and one count of voyeurism.

A letter from the Head Master of Eton, Simon Henderson, to parents of boys at the school reveals that the teacher will face trial next month.

Mr Henderson wrote: 'The welfare and the wellbeing of the boys is my top priority. We stand firmly behind those boys and families directly involved, who have acted with great

By **Claire Ellicott**

dignity and courage throughout.' He added: 'I appreciate that many of you were very close [to him] and that you trusted him. I know that you and your sons will be shocked and upset by this news and we wish to do all we can to support you.'

A meeting was held at the school last night to discuss the circumstances of the case, and a further meeting will be held this weekend. Mr Henderson said the boys at the

'Shocked and upset by this news'

school have been told about the allegations. He promised to write to former pupils.

At the time of the teacher's arrest, a source commented: 'It is a major scandal and has come as a massive shock to everyone. It's the talk of the whole school.'

Mr Henderson has brought in a child safeguarding officer from the Royal Borough of Windsor and Maidenhead Council to provide support

and advice to the school and the alleged victims.

Eton said in a statement last night: 'Eton College can confirm that, as a result of information passed by the school to the local authority designated officer and to the police, a member of staff was arrested in May 2019, suspended from work and subsequently dismissed.'

'He has been charged with a number of criminal offences and, given the ongoing criminal proceedings, we cannot comment further about the details of this case.'

'The welfare and wellbeing of our pupils is Eton's top priority and when appropriate, as in this case, we always work very closely with the relevant external agencies, in line with our established procedures.'

Founded in 1440 by Henry VI, Eton has a reputation as one of the world's best schools. It has 1,300 pupils, a third of whom go on to Oxford or Cambridge, and has been called 'the chief nurse of England's statesmen' due to the number who go on to hold high office. Alumni include Archbishop of Canterbury Justin Welby and 20 prime ministers including Mr Johnson and David Cameron.

Nice to see you: Kate at a family respite centre in Co Kildare yesterday



Johnson: I'll

By **Claire Ellicott**
and **Jason Groves**

PM declares full confidence in embattled Home Secretary as ANOTHER bullying claim emerges and inquiry looms

BORIS Johnson vowed to 'stick by' Priti Patel over bullying allegations yesterday even as a fresh claim emerged that she threw a folder at an official during a row.

The Prime Minister told MPs he had full confidence in the embattled Home Secretary despite launching a Cabinet Office inquiry this week into claims that she bullied staff.

But his vote of confidence came as a Whitehall source told the Mail that Mrs Patel had thrown a folder at an official, hitting him in the face during a meeting in 2016. The fresh claim, which was denied by allies of Mrs Patel last night, dates from her time as employment minister.

A Whitehall source said: 'She was being briefed by officials for an event and there was a page missing and she got annoyed. At the end of the briefing, she threw the folder at him and it hit him in the face.'

'It was so aggressive. She didn't apologise. It was just like when Alex Ferguson chucked the boot at Beckham.'

A spokesman for Mrs Patel said the claim was 'categorically false'.

Former work and pensions secretary Iain Duncan Smith, who was Mrs Patel's boss at the time, also denied the claim, saying: 'If someone threw a file at you, you would report it, wouldn't you? There wasn't a complaint.' But the allegation is the latest in a series of bullying claims levelled against the Home Secretary in recent days – all of which she has denied.

In a bombshell resignation statement at

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the weekend, the Home Office's former top civil servant Sir Philip Rutnam accused Mrs Patel of 'shouting and swearing, belittling people, making unreasonable and repeated demands'.

Sir Philip, who branded Mrs Patel a liar and a bully, is now suing the Government for constructive dismissal. An official at the Department for Work and Pensions is reported to have received a £25,000 payout after filing a formal complaint against the department. According to legal documents seen by the BBC, the woman took an overdose of prescription medicines following the alleged bullying in 2015.

Mrs Patel has also been accused of bullying her private secretary during her time as International Development Secretary. A senior official at the Department for International Development has claimed there was a 'tsunami' of allegations of abuse by officials in her private office.

One former senior figure in the department told the Mail yesterday she had 'harassed' her private secretary to the point where he was eventually signed off sick with a stress-related condition and asked for a transfer to another department.

But, in a sign of the difficulty the Cabinet Office is likely to face in investigating the claims against Mrs Patel, another former DfID official flatly denied the claim she had bullied her private secretary.

The source said: 'Priti wanted to get a new private secretary, which is not uncommon for a new minister. It was handled a bit awkwardly but it all ended amicably. The claim she was bullying him is just not true and is being put about maliciously.'

A former minister who served with Mrs Patel urged the Prime Minister to sack her.

They said: 'There hasn't been a

Now a 'thrown folder' adds to the accusations

■ The most senior official at the Home Office, Sir Philip Rutnam, resigned, accusing Priti Patel of 'bullying' and 'belittling' staff while Home Secretary. Several are said to have been moved on as a result of clashing with her, according to The Times.

■ Mrs Patel allegedly bullied a senior civil servant out of his job while in charge of the Department for International Development during 2016-17. He signed off with a stress-related illness, it was reported.

■ Two permanent secretaries in the department were allegedly informed of bullying complaints against her.

■ A member of staff at DfID accused Mrs Patel of belittling him by cutting him out of email chains.

■ In 2015, a former aide took an overdose after allegedly being bullied by Mrs Patel while at the Department for Work and Pensions. She received a £25,000 payout.

■ Mrs Patel has been accused of throwing a folder of papers in a civil servant's face during a tense meeting at the DWP in 2016. She denies all of these claims.



Accused:
Priti
Patel at
Downing
Street

single government department in which she has worked where there haven't been complaints about her conduct, whether it was the Treasury, the Department for Work and Pensions, DfID or now the Home Office.

'She is not fit to be a minister and it is a reflection on Boris's judgment that he ever put her in the Home Office.'

In the Commons yesterday, the Prime Minister gave Mrs Patel his full backing.

Speaking during Prime Minister's Questions, with Mrs Patel sat alongside him, he said: 'The Home Secretary is doing an outstanding job – delivering change, putting police on the streets, cutting crime

and delivering a new immigration system – and I'm sticking by her.'

Labour called for an independent inquiry into Mrs Patel's conduct, and said that it had received fresh allegations against her from officials who served with her in various government departments. Party leader Jeremy Corbyn said that Mr Johnson had 'no shame in defending bullying' in his Government.

But Downing Street insisted that the Cabinet Office inquiry, which will report to Mr Johnson, would be 'robust' and would be able to look at all allegations made against

Mrs Patel. It is thought that Mrs Patel will be interviewed by senior officials about the claims in the coming days.

Her allies have claimed that 'dark forces' are trying to remove her. Mr Duncan Smith said disgruntled officials were 'in league' with each other and elements of the media as part of an effort to damage the Government.

'Some of the civil service are using Priti Patel to take on the Government,' he said.

'They're using Priti to weaken Downing Street's resolve. If Downing Street backs down, some in the civil service will say they have won, and no one will say boo to them again.'

'It's complete nonsense from start to end. I've worked with her and yes, she's tough, she's strident. But she's trying to get a job done.'



By **Guy Adams**

PRITI Patel was once asked whether she thought she was widely liked by the civil servants who worked for her. 'Probably not,' she replied. 'But you don't go to work to be liked and be popular. You go to work to be effective and to change things.'

Given recent events, that attitude is probably for the best. Because one thing few people dispute is that the Home Secretary seems to be almost universally disliked in Whitehall.

In this rarefied world, Patel is widely regarded as – if you believe her critics – a 'vicious' bully with a reputation for 'rude and dismissive' behaviour. Sometimes, she has been known to shout or even – shock, horror! – swear at staff.

When she was sacked from the Department for International Development in 2017, civil servants there reportedly responded with an impromptu rendition of Ding, Dong! The Witch Is Dead!

In one deeply hostile briefing this week, she was dubbed a 'vile, pushy, horrid thicket'. Defenders insist that she's the victim of a misogynistic vendetta orchestrated by aloof and snobbish Oxbridge mandarins who dislike taking orders from a sharp-elbowed newsagent's daughter.

Wherever the truth lies – and a formal inquiry will attempt to shed some light on this question – this increasingly messy political row exposes a deeper fault-line between Boris Johnson's newly elected administration and the civil service.

'Put simply, this is the first time for decades that we've had a radical Government, which boasts a strong majority,' is how one Whitehall insider puts it. 'Mandarins have grown used to coalition, or minority, administrations, where ministers ask civil servants what might be achieved and proceed accordingly.'

'Now they have to deal with an emboldened Government which has a clear agenda, is determined to pursue it, so is telling civil servants what to do.'

MANY Tories believe that to sack Patel now would send a clear signal that an unelected bureaucracy, rather than Boris Johnson's Government, is what really controls Britain's levers of power.

'In effect it would mean surrendering to what Dominic Cummings and others call the "blob",' says one senior party source. 'That's why it can't and must not be allowed to happen.'

Against this backdrop, simmering tensions about what one might call Patel's 'bedside manner' were made public on Saturday with the resignation of Sir Philip Rutnam, the ministry's permanent secretary, who accused her of orchestrating a 'vicious' campaign against him.

In a dramatic press conference, Sir Philip accused the 47-year-old mother of one of not only briefing against him but 'shouting and swearing' at staff, 'belittling people', and 'making unreasonable and repeated demands'. He said Patel had 'created fear' and 'needed some bravery to call out', and revealed that he intends to sue the Government for con-

stick by Priti

As row rages over who really runs Britain, is she...

Victim of misogyny ... or just a bully with a vicious tongue?



Demanding: Priti Patel admits she can be abrasive

structive dismissal. The fallout has seen similarly ugly claims aired regarding two of her other ministerial spells: at both the Department for Work and Pensions, where she was a junior minister for 14 months in 2015-16, and DfID, which she ran from July 2016 to November 2017.

At the DWP, it has emerged that a senior aide took an overdose having lost her job shortly after Patel arrived. The woman complained of being bullied and harassed, and was paid £25,000 in an out-of-court settlement.

According to legal correspondence leaked to the BBC, the former civil servant claimed that some of the abuse she suffered came directly from Patel, who in one incident shouted at her to 'get lost'. Sources close to Patel say the

claim is 'ludicrous', that the woman only worked for her for a fortnight and was 'already in the process of quitting' when she took over as employment minister. Patel denies all the claims made against her.

At DfID, two permanent secretaries were allegedly informed of bullying complaints against Patel during her tenure, while an aide was signed off with depression.

A former official in the department has told The Times that Patel 'would come out [of] her office and say, "Why is everyone so f***** useless".'

Another claimed: 'She was reviled for her rudeness and insensitivity. She could not have been more hated for the way she treated people. She was just vile.'

According to a third, 'while the

word "bullying" is used, with her it's not really personal, as if she took a dislike to certain people, it was her typical manner. One minute she would come across as rude or ungrateful, and another she would be being dismissive or hostile in the face of advice.'

The problem with these and many other complaints is they are short on detail and context.

WITHOUT knowing what prompted individual incidents, it's impossible to properly judge whether the bullying allegations are justified.

'Priti is a tough cookie, and to be frank doesn't mind being called a demanding boss because she is,'

says a friend who spoke with her this week. 'She is forceful and pushy, and is the first to admit that she can be abrasive. Part of that comes from her parents, who came to the UK from Uganda with nothing and worked 18-hour days to build up a small chain of newsagents. Her view is that staff in the Home Office need to display similar gumption. They need to be told to pull their socks up because... it's an organisation which is unfit for purpose.'

Another source says: 'If you go into a failing department, which is what the Home Office is, at some point you will need to tell people that they are failing. But there are ways of doing that, and the civil service is not used to being told something robustly. It's a world where people never fail. They just

get moved sideways.' A pressing example of the ways in which Home Office civil servants work to frustrate their elected masters was aired on Radio 4's Today programme on Monday, where former immigration minister Damian Green told how mandarins who worked for him created a secret unit to write a new immigration Bill, against his specific instructions. '[The unit] was kept in existence for about nine months,' he recalled.

On the other side, rumours doing the rounds in Whitehall suggest that hostile Home Office staff originally angered Patel by failing to show her full briefing documents because they feared she would misunderstand or misinterpret their contents.

'She is not up to the job and does not know what she's doing,' one official told the Mail. 'She refuses to listen to civil servants and instead only listens to special advisers who are young, inexperienced appointees. In interviews, unless she has a script to follow, it always ends in tears.'

BY way of an example, the source cited Patel's recent claim that the UK has 8.5million 'economically inactive' citizens who can do jobs currently filled by EU nationals when free movement ends.

'These 8.5million include students aged between 16 and 18, along with pensioners and people who are long-term sick. How can they take on low-skilled jobs? It beggars belief.' The Whitehall source also highlighted a recent broadcast interview in which Patel confused 'terrorism' and 'counter terrorism' resulting in a nonsensical pledge to be 'tough on counter terrorism'.

Staff who attempt to prevent her making such errors are accused of seeking to frustrate the Government's agenda, the source complained, when in fact they are merely attempting to help.

'The Home Office faces huge challenges, not least redesigning the entire immigration system by the end of the year. Up to now, Priti has basically been going into meetings shouting "mandate mandate mandate", and her civil servants have been replying "reality reality reality" and nothing is being achieved.'

Patel's ultimate fate rests with Boris Johnson, who will decide on her future once Sir Alex Allan, the Cabinet Office's inquisitor general, completes an investigation into the complaints against her.

It will explore whether she breached the ministerial code which states that ministers should 'treat all those with whom they come into contact with consideration and respect'.

Given this fact, it was significant that the Prime Minister invited her to sit next to him in Parliament yesterday. A signal, perhaps, that a no-holds-barred fight with the civil service is something No 10 is quietly spoiling for.

HENRY DEEDES



... sees the Home Secretary endure a Labour barrage

Mrs Patel sat motionless under fire as Boris flapped



Duff response: Boris Johnson with Priti Patel yesterday

JEREMY Corbyn's yellowing fangs were practically slobbering when he rocked up at PMQs yesterday.

On the stroke of noon, the old boy sat bolt upright, his feet breaking into an excited little tap dance. Tottering into the chamber at that very moment was Priti Patel. As the Home Secretary made her way awkwardly to her seat, Jezza's eyes pursued her the way a guileless Labrador follows a cat's progress along the garden wall.

There was a momentary hush when she took her place in the centre of the Government's front bench. Was that a sisterly nod of support across the divide from shadow Leader of the House Valerie Vaz? Chancellor Rishi Sunak caressed her shoulder as if to say 'tin hat on, old girl'.

This may have been Prime Minister's Questions but no one doubted it was the Home Secretary who was in for the roughest time. With accusations of bullying mounting by the minute, her Labour opponents smelt blood.

It took a while for Mr Corbyn to wade into the row. With a killer virus on the loose, he could hardly be seen to be getting his priorities wrong, meaning we were served up a bit of coronavirus back-and-forth as an amuse-bouche.

When Mr Corbyn *finally* got to the bullying, he did his best to cock it up – as he often does when presented with a golden opportunity. He demanded the Government commit to an independent investigation, something the Prime Minister pointed out that Michael Gove had done on Monday.

Once again the Labour leader accused Boris of being 'part-time Prime Minister' for not addressing the matter earlier. Groans thudded around the chamber. What was a decent attack line last week had since gathered several layers of mildew.

'Self-isolate!' heckled Shaun Bailey (Con, West Bromwich West).

It was only when Mr Corbyn arrived at the ever fattening folder of evidence against the Home Secretary that he began to gain traction. He pointed out there had been complaints from three different departments she had worked in down the years, which he claimed 'tens of thousands of pounds' of government money were used to cover up.

Boris put on his best show of support. The Home Secretary is doing a fine job, he insisted. 'I'll take no lessons about bullying from the leader of a party where female MPs were bullied so badly in the matter of anti-Semitism that they actually left the party.'

The Tory cheap seats roared. Of course they did. Such is British politics at the moment they'd roar at a Ken Loach comedy. Mr Corbyn then raised a recent story

about a civil servant who worked under Patel in the Department of Work and Pensions who reportedly tried to kill herself. Oooh. Gloves off time.

The Prime Minister was flapping. He branded Mr Corbyn 'a full-time neo-Marxist' who had no control over his own party. A duff response.

THROUGHOUT this heavy artillery fire, Mrs Patel sat almost motionless, her jaw clenched in defiance like a beleaguered police suspect sticking doggedly to their story. Occasionally, she would mutter something out loud – whether for the Prime Minister's benefit or her own, it was hard to say.

As the session rode on, it didn't get any easier. Matthew Pennycook (Lab, Green-

wich and Woolwich) demanded confirmation that any Cabinet member found in breach of the ministerial code would be sacked. Thangam Debonnaire (Lab, Bristol West) said under the Government 'allegations of bullying or just being incompetent get you promoted, whereas standing up to it, you lose your job'. Probably worth pointing out Mrs Debonnaire was one of a number of Labour MPs to have previously complained about life under Jeremy Corbyn.

The session overran, the first time it has been allowed to under Speaker Hoyle, who then made us endure an overly long, not to mention wildly self-indulgent, resignation speech from ex-business secretary Andrea Leadsom. Goodness it dragged on. The Home Secretary, I noticed, smiled and laughed politely throughout. Grateful, perhaps, that the focus had finally shifted away from her. But for how long?

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I'LL PHIL IN, DAD

Injured Collins reforms Genesis 13 years on ... with his son replacing him on drums

By **Dominique Hines**

THESE days his bad back stops him drumming like he used to. But when Genesis decided to reform for a tour, Phil Collins had a ready-made replacement – his teenage son.

Collins, 69, who will still sing, is reuniting with guitarist Mike Rutherford and keyboard player Tony Banks 13 years after they last performed together.

His 18-year-old son Nicholas will play drums on the tour, which starts in Dublin in November and takes in eight UK cities. Tickets go on general sale tomorrow.

'He plays a bit like me when he wants to, but I'm one of his many influences of course, being his dad,' Collins said yesterday, leaning on a walking stick. 'I'll be doing my best to play some bits on the tour.'

Nicholas, who has played the drums since he was two, was part of his father's solo tour last year.

Collins has said previously: 'It's not

'He plays a bit like me, when he wants'

because he's the boss's son that he's playing the drums, it's because he's good enough.'

Genesis formed in 1967, with Rutherford and Banks among the founder members. Neither original vocalist Peter Gabriel, who quit in 1975, nor guitarist Steve Hackett, who left in 1977, are involved in the latest reunion.

The band have sold more than 150 million albums and had a string of hits including Follow You Follow Me, Turn It On Again, Mama, I Can't Dance and Land Of Confusion.

But they were often derided after their transition from Seventies prog rock to Eighties soft rock.

Collins, who joined the band in 1970, left in 1996 to concentrate on his hugely successful solo singing career. Rutherford, 69, has also enjoyed separate success, with his band Mike and the Mechanics.



Chip off the old rock: Nicholas Collins, 18, in action



Glory days: Mike Rutherford, Tony Banks and Phil Collins in 1978



I Can't Dance: Phil Collins yesterday

By **Tom Witherow**
Business Correspondent

BOOTS has halted purchases using points built up on its loyalty card after a cyber attack on its customer database.

Hackers used passwords that had been taken from other websites in an attempt to break into Advantage Card accounts and steal customers' points to spend themselves.

This type of cyber attack can be successful if people use the same password on multiple websites.

The high street chemist said none of its systems were compromised in the attack but that it has suspended payments using the cards while the problem is dealt with.

The hack affected around 140,000 of the company's 14.4million Advantage Card holders, and Boots stressed that no credit card information had been accessed.

Boots said: 'We are writing to customers if we believe their account has been affected.'

'If their Advantage Card points have been used fraudulently we



will, of course, replace them. These details were not obtained from Boots.'

Boots launched its Advantage Card in 1997. It allows shoppers to

collect four points for every £1 they spend. Each point is worth a penny. The firm said any points will remain on shoppers' cards and they can continue to earn more to spend in the future.

The security breach comes days after a similar cyber attack – known as 'password stuffing' – affected 600,000 Tesco Clubcard holders, in which some had their vouchers stolen. The supermarket said that customers' financial data remained safe.

Jake Moore, a cyber-security expert, told the BBC: 'These lists

of passwords can be easily found on the dark web for very little, or even free.'

'It would be a good idea for people to check they have implemented two-factor authentication on each of their accounts, as this makes the password stuffing attack that much harder.'

'My further advice is to use a password manager to store your uniquely different passwords robustly online so you don't have to remember them all.'

Advantage Card holders can visit its website to reset their pass-

word. The firm added: 'To help protect online accounts, we recommend using different passwords for each site used.'

The high street stalwart has suffered from increasing competition from supermarkets and online rivals in recent years.

Its parent company, Walgreens Boots Alliance, has been forced to cut £1.4billion a year in costs by 2022 by closing stores and laying off staff.

Boots has already announced it will close 200 stores as sales and profits fall.

Hackers attack Boots' loyalty card accounts

Daily Mail

COMMENT

Hounded postmasters still striving for justice

THE cruel hounding of hundreds of postmasters falsely accused of stealing from their branch accounts was the most grotesque miscarriage of justice.

Honest men and women were thrown out of their jobs, bankrupted, imprisoned and in at least one case, driven to suicide.

And all because of disastrous faults in the Post Office's computer system. In reality, there had been no thefts.

The Post Office finally settled a High Court case with a £58 million payout to 550 wronged former postmasters, plus a staggering £32 million in legal fees.

But that is far from the end of this appalling saga. Detailed questions must be answered about when Post Office chiefs first realised the terrible mistake they had made.

Was there a deliberate cover-up? Did they plough on with these cases knowing that their flawed computer was to blame, not the postmasters? If so, was this a case of conspiracy to pervert the course of justice?

Boris Johnson has rightly promised a full inquiry and the Commons Business Select Committee announced yesterday that it will summon top executives from the Post Office and Fujitsu, who supplied and maintained the computer system, to account for their actions. The Mail sincerely hopes they will get to the truth.

In the meantime however, more than 50 postmasters who still have criminal convictions on their record are bidding to have them expunged by the Court of Appeal. Justice dictates that their plea simply must succeed.

Nothing will ever make up for all they have suffered. But at least this is a chance to give them back their good name.

Shaming of a charity

THE Charity Commission's words were, as always, carefully measured. But restrained language couldn't disguise their devastating verdict on Save the Children's mishandling of sexual harassment claims against two of its top executives.

The charity 'let down complainants, staff and the wider public'. Its attempts to resolve the complaints were so poor that they 'amounted to mismanagement'.

And there were 'serious weaknesses in workplace culture'. By Charity Commission standards, this was an excommunication.

The executives concerned, former CEO Justin Forsyth and policy director Brendan Cox (husband of murdered MP Jo Cox), have since left. But one man – Kevin Watkins – has been at the centre of events throughout this fiasco, first as a trustee of the charity and more recently replacing Mr Forsyth as chief executive.

How can this once proud charity ever hope to regain its credibility while he remains at the helm?

Don't give in to panic

KEEPING your head when all about you are losing theirs has long been regarded as a great British virtue.

With the coronavirus outbreak on the march however, some of us seem to have abandoned this legendary stoicism.

The surge in panic buying of disinfectant products, toilet rolls, pharmaceuticals and non-perishable food staples has become so intense that major retailers are considering rationing some household essentials.

We should all settle down and listen to chief medical officer Professor Chris Whitty, who has been a model of calm assurance.

Yes, this is serious, he says. Yes, we must take reasonable precautions such as washing hands. And if an outbreak is confirmed, isolation measures must be taken.

But the NHS is equipped to cope and Prof Whitty advises that no one needs to change their normal day-to-day behaviour.

Over-reaction achieves nothing and only exacerbates our difficulties.

For now at least, we have nothing to panic about but panic itself.

Sorry, we shouldn't be afraid to use the F-word

Academics now claim calling people fat is akin to racism or sexism. Nonsense, says Mail doctor

MAX PEMBERTON,

hard truths may be the only way to tackle a growing crisis

WHEN did the word 'fat' stop being a description of someone's body and start to become their identity?

Being fat is now a choice that should be celebrated — a characteristic that deserves respect from others.

To suggest otherwise — that, for example, being overweight is a fundamentally unhealthy state and might be something that an individual tries to address for their own benefit — is considered 'shaming'.

And now doctors and healthcare workers are being warned against calling patients fat in case it offends them!

In fact, a group of academics at King's College London — and 100 organisations that support them — have gone one step further. In a statement worthily entitled 'Pledge to Eradicate Weight Stigma', they outline how calling people fat is akin to racism and sexism.

Escalating

Have we all gone stark raving mad? Discriminating against people because of the colour of their skin or because of their gender is very different to stating a fact about someone's physical state which is putting them at risk.

And I worry this hyperbole and, quite frankly, nonsense from hand-wringing liberals falling over themselves not to upset people at every turn, helps nobody, least of all those battling with their weight.

Last year, a Freedom of Information request showed the NHS receives hundreds of complaints every year from patients who object to having health professionals suggest they lose weight. This 'pledge' will only encourage more complaints at a time when the consequences of obesity cost nearly half the entire NHS budget.

It's not old people or dementia or cancer that will cripple the NHS, it's fat people. Being overweight is linked to a host of conditions, from cancer and heart disease to strokes, joint and breathing problems, and diabetes, to name but a handful.

Managing type 2 diabetes alone costs us £10 billion a year, and the situation is escalating out of control.

Of course, being fat or obese is not something one should be mocked or bullied over. But

equally, nor is it something that should be ignored.

And it's certainly not something that we should pretend isn't linked to a shortened life expectancy.

To me, as a doctor, it seems bizarre that I'm now being urged to turn a blind eye to the waistlines of my patients.

Because this is not an issue that we need to debate, nor is it a matter of opinion. It's a simple fact: being fat can kill you.

I'm sure this is upsetting for some overweight patients to hear, but it doesn't make it any less true. I view it as my duty as a healthcare professional to warn them of it.

So how did we get to this point? Like so many trends, it started in America — a country which is decades ahead of us in the obesity epidemic.

There, people with weight issues have adopted the language of persecuted or marginalised minorities, such as gay or black people, to justify their size and shape and deflect criticism. Now they are 'proud' of their fatness and 'celebrate' in what has become a ludicrous cult of 'body positivity'.

But what is there to celebrate if you are so fat you can only wear tent-like clothes, can't fit into airline or theatre seats, and you need a reinforced bed

and reinforced ambulances to ferry you to hospital for treatment for the myriad health issues you suffer?

Where's the pride in being unable to walk without a stick or having to sit on a mobility scooter?

All this 'body positivity' movement is doing is facilitating a delusion. It stops people from attempting to make the lifestyle changes that will save their lives.

Our attitudes towards weight are a major factor in the scale of the problem we face, as illustrated by a fascinating survey by the Department of Health, which compared data collected in 1967 with that from 2010.

Sedentary

Although the Sixties diet was high in fat and there was far less access to gyms, people were considerably slimmer than they are now, a fact attributed to greater daily activity.

For example, fewer people had cars, and there was more manual work compared with our relatively sedentary lives.

But the 1967 survey also found that nine out of ten people had attempted to lose weight in the past year compared with 57 per cent of adults questioned in 2010. Even

more telling is the finding that, in the Sixties, of those who thought they were fat only 7 per cent failed to do anything about it. That figure compares with nearly 50 per cent now.

To be blunt: people just aren't bothering to lose weight any more.

In part, this may be because so many more people are now overweight, it is becoming viewed as 'normal'. But I think increasingly people just refuse to take responsibility for their behaviour.

Insidious

Instead of acknowledging that they are fat because they stuff their faces on a regular basis, they prefer to blame the Government, the food manufacturers, their genes etc.

And if someone is confronted with the reality of being fat or obese, they fall back on the insidious language of identity politics and claim they are being victimised or picked on.

Some activists argue that being overweight is not a choice. Sorry, but it is. There may be complex reasons why someone is obese — poverty and poor education are factors — but this doesn't absolve people of responsibility, of choosing to eat more food than their body needs.

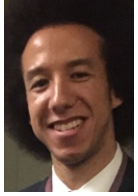
There is undoubtedly a group of obese people who have deep-rooted underlying psychological problems — they may use food as an emotional crutch — and I meet many of them in my outpatient clinics. They need help and it pains me that we are so lacking in adequate services for them.

But I also know that the majority of overweight people simply don't care. When their joints crumble because of their bulk, or they need surgery to clear out their blocked arteries, or they develop diabetes, they know the NHS — that is us taxpayers — will pick up the tab.

It is incumbent on all of us to change this attitude — to make being overweight socially unacceptable, just as smoking is because of the risk it poses to health, and to the rest of us.

We could sort out all the NHS's funding problems in the bat of an eyelid if only people would take responsibility and lose pounds by eating less and moving more. What is at stake is the future of the NHS.

And as a doctor I will continue to make patients aware of that fact, whether or not it hurts their feelings.



by Calvin Robinson

AS DYSTOPIAN portraits of Britain go, few can be more arresting. Imagine a world where black people are the oppressors and whites are a downtrodden underclass; where being Caucasian is enough to consign you to an inferior life without hope.

'Albion', as this fictional country is called, was colonised by an African empire 700 years ago and is now a vassal state.

That is the apartheid fantasy conjured up in the BBC's new blockbuster drama series, *Noughts + Crosses*, which starts tonight and can be watched in its entirety on iPlayer after the first episode is aired.

As a mixed-race man, I was certainly intrigued by what I assumed would be a well-meaning attempt to encourage viewers to question the notion of unconscious prejudice. Of course, any programme that challenges us to think more carefully about race — just as *The Handmaid's Tale* spawned a global discussion about gender roles — is to be celebrated.

But as soon as I started watching the first episode, it became clear it was less a TV show than a political statement. In places, at its worst, *Noughts + Crosses* stoops to naked race-baiting, stirring up antipathy under the pretence of attacking racist attitudes.

And that's a great shame, because it has a superb cast who make us care about the characters even when the situations are contrived and ludicrous.

At its heart is a Romeo and Juliet love story that I think will captivate viewers, played out between two young actors who look fantastic together.

The six-part series is based on five best-selling novels by former Children's Laureate Malorie Blackman.

The first, *Noughts & Crosses*, appeared in 2001 and was partly inspired by the murder in 1993 of black teenager Stephen Lawrence by racist thugs in London.

The books are written for 'young adults', an audience that has grown out of Harry Potter and is ready for 'Serious Issues...'

THE teenage lovers here are Sephy (Masali Baduza), the daughter of the Home Secretary, and her childhood friend Callum, the son of her family's white housekeeper (Helen Baxendale). Callum (Jack Rowan) is about to join the Army. Sephy is preparing to go to university, where she wants to study politics. Both are starting to find out who they are, now that childhood is ending.

At a party for Sephy's mother's birthday, where Callum is expected to serve champagne to guests, he cuts his finger. Sephy helps bandage it. Their eyes meet. Their hearts beat with an audible twang. And then Sephy's boyfriend Lekan appears and steers her away. Their love is forbidden before it is even conscious.

In this world, black girls can never fall in love with white boys, because of the gulf in status. Blacks are Crosses, whites are Noughts and the two are not the same.

Even the most liberal black politicians and professors believe white people are sub-human. The all-black police treat white youths as vermin and the black-dominated media backs them up.

It's an interesting set-up and as a teacher in a North London school I would certainly encourage young teenagers to try reading the books. But there's always a danger when adults try to appropriate material that was never meant for a grown-up audience — and the BBC blunders straight into that trap.

They've turned a love story, set against a dystopian background, into an earnest political diatribe. The result is cringeworthy.

On TV, *Noughts + Crosses* becomes a crude parallel that equates modern Britain with

racist South Africa in the 1970s — where, in a reversal of roles, black police can kill white youths just because they feel like it, and claim they were acting in self-defence.

In an unsubtle jibe at contemporary policing, stop-and-search is portrayed as akin to state-sponsored murder. This is a deliberately dishonest and incendiary misrepresentation of law and order today.

All the evidence shows that, used properly in the real world, stop-and-search is an effective

deterrent against knife crime and other violent offences. It discourages youths from carrying knives and machetes. Only a broadcaster without a clue about real race issues in London could suggest that the real Metropolitan Police are behaving like South African snatch squads under apartheid.

But doesn't that typify the BBC's outlook today? Competing to be 'woke-ier than thou', writers and executives think the race issues faced by black Britons are no different to those confronted by

black citizens in apartheid-era South Africa.

Instead of taking the love story of Sephy and Callum, and weaving it into a nuanced tapestry of racial inequalities and hidden obstacles, they've painted a crude cartoon.

All this will do is polarise viewers, encourage divisiveness and drown out the real debate.

Of course there are serious issues in this country, stemming from multiculturalism, immigration and nationalism. I know a lot about them. But I didn't see any

A bold BBC drama imagines an 'Albion' in which a black ruling class subjugates whites. So why does this teacher have deep reservations...

A brave new look at Britain? No, I fear it's a recipe for division

Tangled love affair: Sephy (Masali Baduza) and Callum (Jack Rowan) in *Noughts + Crosses*

of these real problems reflected in *Noughts + Crosses*.

Indeed in parts, the drama was so ridiculous that I burst out laughing. At the aforementioned birthday party, the white waiters looked utterly humiliated, like whipped animals, barely able to raise their eyes. The black guests shouted orders at them with comic-book arrogance.

That picture makes no more sense with the colours reversed. Lots of young people from all racial backgrounds and across the class spectrum work as waiters or bar staff. There's no shame in it — quite the opposite.

In fact, the idea that white, working class men are inherently racist and violent was so ingrained in the writers' minds that they couldn't help referencing it. Even though the drama is premised on the fact that it is black people who promote a racist hierarchy, at one point a rabble-rousing Nazi tries to incite youths into launching a white supremacist rebellion.

PREDICTABLY a thing that can't be broadcast in the real world was also missing: any positive reference to the British Empire. Among the cultural elite in real life, any suggestion that the empire brought benefits around the world, such as railways, education and the abolition of slavery, is considered a sign you're a racist.

Indeed, *Noughts + Crosses* alludes to this, by having the ruling class prepare a grotesque 'celebration of excellence' to mark centuries of African empire.

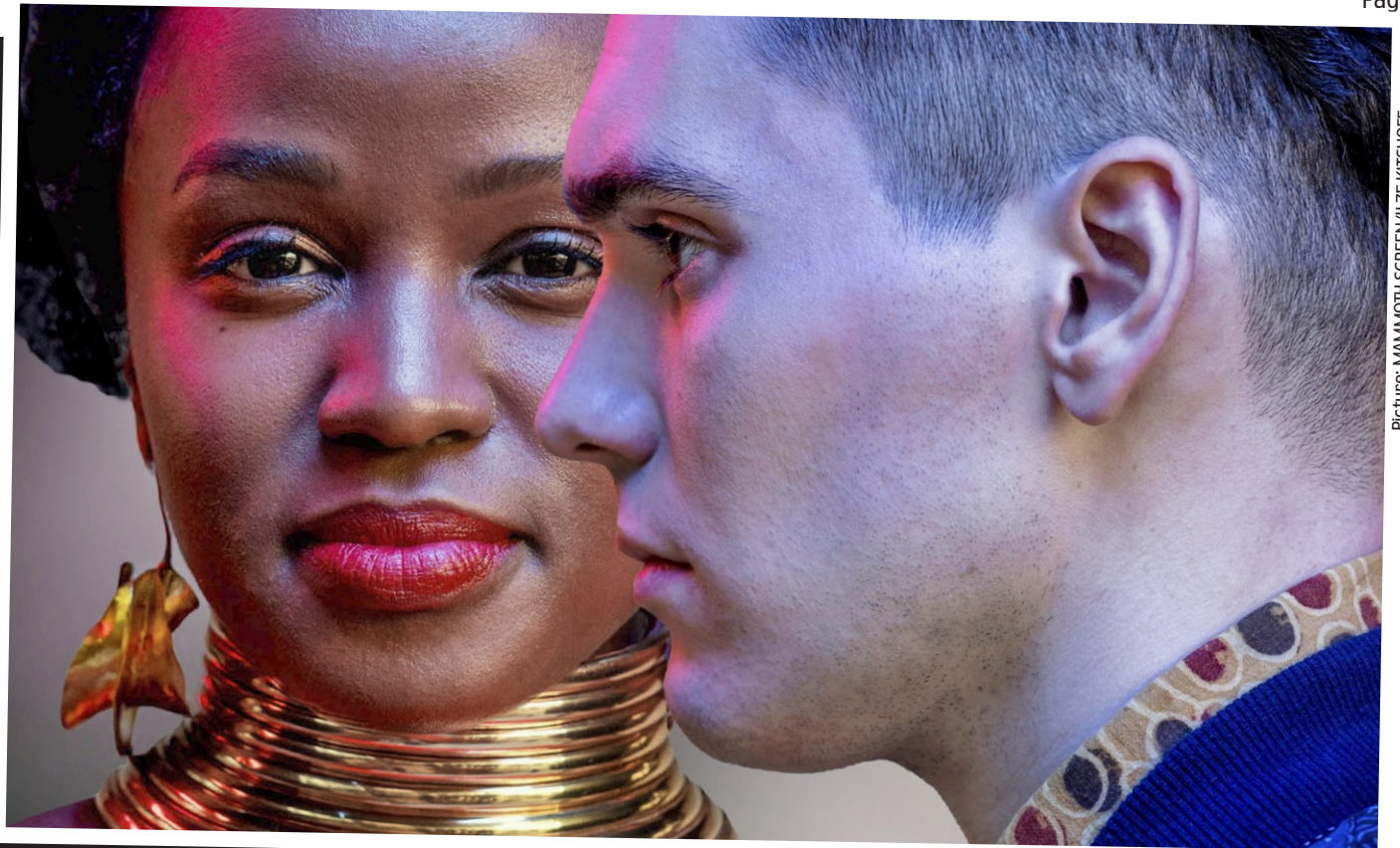
Drama that preaches will always fail. But that doesn't mean television can't address race and class.

When I was growing up, my favourite show was *Red Dwarf* — set on a spaceship adrift in the outer reaches of the galaxy.

One of the characters, Dave Lister (played by Craig Charles), was mixed-race. Another, Rimmer, was a hologram of a middle-class man (Chris Barrie).

I can't remember one overt reference to their different racial backgrounds, or even to the chasm between them in class. The comedy was all about their incompatible personalities, not their skin colour. They just couldn't stand each other, and they were stuck together for eternity.

They were real people, the complete opposite of heavy-handed symbols of race or class — something that was sadly missing in *Noughts + Crosses*.



Picture: MAMMOTH SCREEN/ILZE KITSHOFF

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Stephen Glover

Why boycott Polanski's new film? It's a sad truth that wicked men can make great art

FAMOUS Polish film director Roman Polanski is a very wicked man. Or, to be more precise, 43 years ago he did a very wicked thing.

By his own admission, he engaged in unlawful sexual intercourse with a 13-year-old girl, Samantha Jane Galey, now Geimer, in Los Angeles. She claimed in court that she had been drugged, raped, and forced to submit to various sexual perversions.

Polanski denied he had done these things but, following a plea bargain, confessed to unlawful sexual intercourse. When he feared he was about to be flung into jail, he fled the U.S. He has not returned there for fear of arrest.

This is the background to a huge furore over a film he has directed, *An Officer And A Spy*, which is based on a novel by the distinguished British author Robert Harris.

It tells the true story of the treatment of Jewish army officer Alfred Dreyfus, who was persecuted by the French authorities towards the end of the 19th century.

By most accounts, it is a brilliant film. It won the Grand Jury Prize at the 2019 Venice Film Festival. Last week, Polanski, who is 86, was awarded the prize for best director at the Cesars, the French 'Oscars'.

Whereupon leading actresses walked out in protest, and the ceremony's female host refused to continue. One star, Adele Haenel, who is known as the face of the French #MeToo movement, sarcastically shouted 'Long live paedophilia, bravo paedophilia' before storming out.

My sympathies are entirely with those who couldn't stomach the fetid of Polanski. They were being asked to celebrate the success of a convicted — plus absconding and seemingly unrepentant — rapist. I think I might have walked out too.

BUT expressing one's personal feelings is one thing. Trying to have a film banned is another. That is effectively what has happened to *An Officer And A Spy* as a result of pressure from movements such as #MeToo.

Although the film has been seen by more than 1.5 million people in France, and by many others throughout Europe, it will not be shown in Britain, America, Ireland or anywhere else in the English-speaking world.

Its distributors apparently fear a backlash if it is shown in these countries, where feminist lobby groups are more powerful than they are on the Continent. One could justly say that the film has been boycotted.

Is this right? I don't think so. It seems to me there is a distinction between on the one hand expressing personal distaste for Polanski and electing not to see his film, and on the other hand stopping everyone else from watching it.

The sins of an artist should not be confused with the work of art which he or she produces. It is a hard truth to swallow that many proficient, and even great, artists are bad people — sometimes very bad.

Let me offer some examples. About two decades ago, there was a huge controversy about the artist Eric Gill, and in particular his beautifully wrought Stations Of The Cross, which adorn the nave of the Roman Catholic Westminster Cathedral in London.

Gill, who died in 1940, was a devout Catholic. But long after his death he was outed as a serial paedophile who sexually

abused two of his daughters and had an incestuous relationship with one of his sisters. He even experimented with bestiality.

How, it was asked, could Gill be celebrated by the Church? The uncomfortable fact was that a man who was indubitably a dangerous sexual deviant had, in his stone carvings of Christ's Passion, movingly portrayed the Divine.

During the controversy I went along to Westminster Cathedral. I found, admittedly after something of a struggle, that I was able to put the enormous human failings of Eric Gill out of my mind and appreciate his wonderful carvings as works of high religious art.

If the works of bad men — they are usually men — were banned, there would be many vacant spaces in our art galleries, and a lot of empty shelves in our remaining public libraries.

The wonderful Italian painter Caravaggio was often violent, and, in 1606, killed a man in a brawl. He fled after being convicted of murder. Like Eric Gill, he produced works of great religious art.

Paul Gauguin, the 19th-century French post-impressionist whose fine portraits were exhibited recently at the National Gallery in London, took three under-age wives in Tahiti, and infected them all with syphilis. He

eventually died from syphilitic complications at the age of 54.

Writers are sometimes no better. The 16th century playwright Christopher Marlowe was frequently in trouble with the law before being stabbed to death in a brawl in a Deptford pub.

Charles Dickens anatomised unforgettable rogues in his magnificent novels. In his own life he dumped his wife Catherine (who had borne him ten children) to take up with the young actress Ellen Ternan. He even publicly accused Catherine of having a 'mental disorder'.

And so it goes on. The American novelist Norman Mailer stabbed his wife with a penknife in 1960, and nearly killed her. His compatriot, the great modernist poet Ezra Pound, was a fascist and a supporter of Mussolini, as well as an anti-Semite.

Nor are composers exempt from moral failings. German Richard Wagner was a virulent anti-Semite whose views influenced Adolf Hitler and the Nazis. Is his music any less sublime?

Whether a wholly wicked person could produce a great work of art may be seriously doubted since art demands a high degree of human empathy, of which very bad people seem incapable.

But it is surely incontrovertible that many great artists, whose

works we revere, have been no better than the rest of us, and sometimes a lot worse.

And yet I suspect that most people can see that we should try to appreciate a work of art without dwelling on the moral imperfections of the person who produced it.

So why boycott Polanski's film? I admit there is a difficulty in that he is still on this earth. The sins of dead artists inevitably recede into history, and are bound to bother us less than those of living ones.

THE fact that Roman Polanski has not paid any legal penalty for his crime, and that his victim is alive and presumably still affected by the attack (though she says she has forgiven him) is undoubtedly troubling.

I certainly think he should return to the U.S. and finally accept his punishment. But I should be astounded if he did. After all these years, he appears to have convinced himself that his crime was less heinous than it was — if a crime at all.

Attempts by him to compare his own treatment with the terrible punishments meted out to Dreyfus, the hero of his film — the poor man spent five years on Devil's Island in French Guiana and another seven trying to clear his name — have understandably infuriated Polanski's critics.

Abominate the man, or his act, but let Roman Polanski's film be watched — that is my message. It is simply one of the mysteries of life that bad men can produce good, sometimes great, art.

Ephraim Hardcastle



AFTER 'Glovegate' at the Palace, HM will not be happy to learn that coronavirus fears might

prompt the cancellation of Emperor Naruhito of Japan's state visit in May. The Queen does not like her diary disrupted. There have only been three state visits since 2017 and two have been problematic. Donald Trump's visit was pencilled in and rubbed out of the schedule several times and King Felipe's tour was postponed twice because of political woes at home in Spain and abroad.

MENTION of the sacking of ITN's Alastair Stewart over his angry ape tweet proved less popular with CEO Anna Mallett than advice on the coronavirus. In her first town hall address to staff yesterday she cited confidentiality as her reason for not explaining what happened to Alastair, adding: 'It has been a difficult time for all of us.' Mostly for Stewart methinks.

KATE'S enthusiastic sipping of a foaming stein of Guinness in Dublin contrasts with her grandmother-in-law the Queen's reaction when offered a pint of stout during her visit to the same venue 11 years ago. HM briefly stared at the stout with a 'will I or won't I?' expression before moving on, leaving the pint intact.

FLEABAG's hot priest Andrew Scott, pictured, doesn't cut the mustard with designer Tom Ford, who muses: 'He's a great actor and he's very attractive in a quirky way but would I use him for Tom Ford? Well, I'm not too sure his appeal would transfer to two-dimensional print.'



WENDY Craig, receiving her CBE from a gloved Queen this week, has long remained tight-lipped about her brief fling with the late Sir John Mortimer, which resulted in son Ross. When it finally emerged in 2004 that Ross was the Rumpole creator's offspring, rather than of her late musician husband Jack Bentley, Craig, now 85, remarked: 'It is just not something that I want to talk about... and it's not something I will ever want to talk about.' Mortimer himself said of fathering Ross, born in 1962: 'It was the Sixties and we were all a lot more excitable then.'

FORMER tennis world No 1 Billie Jean King, a heroine to many women, says she is 'thrilled' to become a Barbie, the doll seen by many as an affront to the modern liberated woman. King joins such women as Florence Nightingale and Ella Fitzgerald in Mattel's line-up of 'Inspiring Women' Barbie dolls. King famously took on male tennis player Bobby Riggs in a match dubbed the 'Battle of the Sexes' in which she trounced him.

JAWS star Richard Dreyfuss, 72, labelled his What About Bob? co-star Bill Murray a 'drunken bully'. Now he says he'll write to tell him: 'As far as I'm concerned, it's over.' Will grumpy Bill, 69, reciprocate?

LORNA Clarke, the BBC's first controller of pop, emails staff seeking new radio station managers: 'Please cascade to your teams as appropriate.' With WIA gobble-dygook like that, it's no wonder Lorna is tipped for the top at the BBC.

Email: john.mcentee@dailymail.co.uk

WATCH

STEPHEN GLOVER

Yes, Roman Polanski is morally repugnant, but should we be denied his new film?

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Crustaceans?
They're all so
VERY crabby

SIR, I was interested to read the open letter sent by leaders of Women's Aid and the Women's Equality Party in which they called on the Oxford University Press to abolish its dictionaries' 'sexist' definitions of the word 'woman'. I share their outrage that the Oxford English Dictionary continues to include synonyms such as 'chick', 'popsy', 'wife' and 'maid', along with sexist examples such as: 'God, woman, will you just listen?' The prejudice does not end there. As a leading chicken, I believe the domesticated fowl community has for too long had to suffer the use of the word 'chicken' to mean 'cowardly', eg. 'I bet you wouldn't leap over that stream — you're chicken!' It so happens that we chickens are well known for our courage and fortitude. History is littered with examples of brave chickens. The time has come for the OED to remove all trace of this singularly waspish definition.

Geoffrey Chicken (ret'd),
The Coop, Taunton, Somerset.

mice are very comfortably off and our historic nests are the envy of the world. Most of us are able to afford two or three holidays a year and live in some of the country's best abbeys and cathedrals. It is high time the compilers of the OED stopped being so crabby.

Michael Mouse,
Second Hole on the Right,
The Old Rectory, Norfolk.

WE, THE undersigned, wish to object in the strongest possible terms to your previous correspondent's use of the adjective 'crabby' to mean 'irritable and surly'. The crab community has been subjected to this type of thoughtless abuse for far too long. Enough! Far from being irritable, we are well-known for our sweet nature and generous with our compliments. To suggest otherwise is crabbist and offensive. These catty definitions must cease.

Charles and Caroline Crab,
directors of Crustaceans
Against Abuse.

AS A leading wasp, I take exception to the thoughtless letter above. For centuries, wasps have remained silent while successive dictionaries have offensively defined 'waspish' as 'querulous, testy and peevish'. Of course, no definition could be further from the truth. We wasps pride ourselves on our easy-going charm and good manners, and only sting people and animals as and when it is necessary. It is time these outdated insults were eradicated. The compilers of the OED must act energetically and decisively. This is no time for sluggishness.

Wendy Wasp, Action on
Wasp Abuse, Wimbledon.

AS CHAIRMOLLUSC for Justice for Slugs, I take grave exception to your previous correspondent. Contrary to the abusive definition of 'sluggish behaviour' as 'lacking energy, slow to respond', we slugs are, in fact, remarkably alert, energetic creatures, leading busy and productive lives. Our campaign to end such gratuitous insults has suffered from poor funding. Some of us are as poor as church mice. But our struggle will never cease!

Susan Slug,
Justice for Slugs, Southwold.

THOSE of us in the pressure group Proud To Be A Parrot are upset by your correspondents' casual use of the verb 'to parrot' in its meaning of 'to repeat mindlessly'. Parrots are internationally recognised as highly intelligent creatures. We boast many members in Mensa and currently occupy all the key positions in the British Cabinet. For any dictionary to suggest otherwise is unacceptable. I call on all other members of the animal kingdom to join us in our campaign to fight thoughtless prejudice wherever it occurs. This is no time to be sheepish.

Pretty Polly Parrot,
Portsmouth.

IN THIS day and age, I find it hard to believe that Mr and Mrs Crab should indulge in their deeply wounding and ill-founded remarks against the cat community. Through our cuddliness, elegance and calm, cats have become the most popular of all household pets. If we were in any way gossipy or given to tittle-tattle, as the Oxford English Dictionary definition of 'catty' suggests, then we would never have established such a remarkable reputation. As it is, our owners value our extraordinary sense of discretion. How dare the Crabs continue to parrot the offensive term 'catty' in its outdated meaning of 'spiteful and malicious'!

Cat Stevens, Cat Deeley
and 124 others.

Nothing could be further from the truth. The vast majority of church



'I only asked Priti if she thought she'd survive the bullying allegations'

To order a print of this Paul Thomas cartoon or one by Pugh, visit Mailpictures.newsprints.co.uk or call 0191 6030 178.

By **Jason Groves**
Political Editor

RISHI Sunak is set to signal the end of the decade-long freeze in fuel duty in next week's Budget – but has ruled out a so-called mansion tax, Tory sources revealed last night.

The new Chancellor is under intense pressure to maintain the fuel duty freeze, with Tory backbenchers warning a rise in tax would alienate voters.

But, in meetings with Tory MPs this week, Mr Sunak has signalled that he wants to use the Government's big majority to break the cycle of freezing fuel and beer duty every year. One MP said: 'There was a lot of concern about fuel duty but his response was not encouraging at all.'

'He said keeping the freeze on fuel and beer duty would cost him £1.3 billion this year and set a precedent for the rest of the parliament which the Government could not afford if it wants to pay for its priorities.'

Treasury sources played down the prospect of an immediate rise in fuel duty next week, but acknowledged that the Chancellor could use his statement to signal that the freeze will not go on indefinitely.

The need to meet climate change targets is likely to be used as cover for duty rises.

As a first step, Mr Sunak will slash subsidies for the 'red diesel' used by off-road vehicles. The subsidy, which costs the Treasury £2.4 billion, will in future only be available for farm vehicles, with the construction

industry expected to use normal diesel, which attracts five times as much duty.

Former minister Robert Halfon warned against any rise in fuel duty, saying the move would alienate 'millions of people, who as Boris Johnson said, lent us their vote. It could be the shortest political loan in history.' The

'Response was not encouraging'

Chancellor has ruled out introducing a mansion tax.

The idea of an annual levy on high-end homes was said to have been favoured by the PM's chief adviser Dominic Cummings but was opposed by many Tory MPs and has now been dropped.

Treasury sources said Mr Sunak had been forced to scale

back ambitions for the new Government's first Budget because of economic uncertainty created by the coronavirus.

The Chancellor will press ahead with a promised increase in the threshold for paying National Insurance, which will deliver a £100 tax cut for more than 30 million workers.

And he will set out his philosophy for future Budgets. A source said that Mr Sunak was in favour of 'simpler, fairer, flatter and lower taxes', but acknowledged that he had little room for manoeuvre next week.

Mr Sunak is also expected to dramatically cut back entrepreneur's relief following concerns that it is being used as a vehicle for tax evasion.

The move has prompted anger among some Tory MPs, who fear it will send the wrong signal to business. But Mr Sunak is

said to believe there are more efficient ways to encourage entrepreneurs.

A Treasury source said: 'The coronavirus is going to change the tone of the Budget and possibly also the content.'

'The essence of the Budget now is going to be the manifesto pledges – delivering on the promise to cut national insurance and delivering on infrastructure. Other things will have to wait.'

Mr Sunak will deliver his first Budget just three weeks after taking the job following the dramatic resignation of Sajid Javid last month.

Although his former role as Treasury chief secretary meant he was already immersed in decisions about spending, he has faced a race against time to get on top of proposals for tax changes.

Sunak 'set to axe the freeze on fuel duty'

Post Office to face MPs over hounding of innocent staff

By **Tom Witherow**
Business Correspondent

THE IT scandal that saw hundreds of Post Office staff falsely accused of stealing from tills will face an official inquiry.

MPs on the Commons business committee will this month grill former bosses and a Government minister on how postmasters were branded thieves, bankrupted and in some cases jailed.

For years the Post Office denied there was anything wrong with its IT, but it emerged the Horizon counter-top computer terminals were riddled with bugs.

In December the Post Office capitulated after a long legal battle costing £32 million of taxpayers' cash on legal costs before paying out £58 million and apologising to wronged postmasters.

Many still carry criminal convictions and there are now more than 50 postmasters hoping to see their overturned in the Court of Appeal.

The Director of Public Prosecutions is considering whether staff from Fujitsu, who installed the IT system, should face prosecution. Last week Prime Minister

'Sub-postmasters had lives ruined'

Boris Johnson announced an independent inquiry into the scandal.

It is expected the committee's findings will inform this wider inquiry.

Labour's Rachel Reeves, chairman of the business committee, said: 'Hundreds of sub-postmasters have suffered considerable distress, and many have had their lives ruined. It's right to examine what the Post Office and the Government have learned from this scandal.'

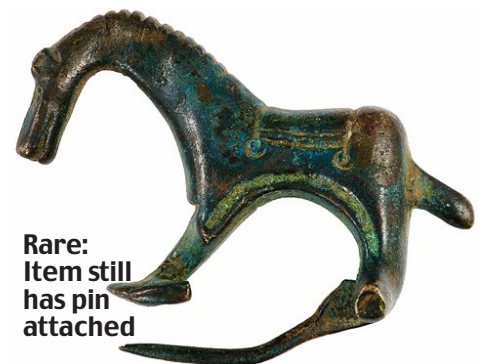
Jo Hamilton, who was convicted after inexplicable losses of £36,000 at her village post office in South Warnborough, Hampshire, said: 'It's fantastic news, we've been asking for an inquiry for so long now. My conviction means I just do cleaning. We'd like some redress financially.'

Andy Furey, of the Communication Workers Union, said: 'Hopefully this will ensure those responsible for creating so much misery of so many innocent postmasters will be held to account.'

Yesterday the Post Office said: 'We will engage positively with this inquiry.'

Comment: Page 16

Horse brooch find from Roman rein



Rare:
Item still
has pin
attached

A ROMAN horse brooch said to be 'in a league of its own' has been found in a field. Detectorist Jason Price, 48, unearthed it in Leasingham, Lincolnshire – near the site of an important Roman settlement.

He said: 'I thought it was litter, but as I cleaned it, my jaw fell. I was shaking.'

Lisa Brundle, of the county council, said it was only the second of its type found in the UK. 'But this is in a league of its own, with the realistic depiction of a saddle,' she said. The cast copper-alloy item from 200-410AD is not classed as treasure by law as it is not made of precious metal.

Victims will be told when attacker freed

VICTIMS of violent or sexual crime will get the automatic right to know when their attacker is to be released from jail.

In cases where the offender is jailed for 12 months or more, their victim will be told when the criminal is moved to an open jail or considered for release.

Victims of foreign criminals will also be updated on when the offender's deportation is due to take place.

The measures are set out in a new draft version of the Victims' Code, published by

By **David Barrett**
Home Affairs Correspondent

ministers today. Eligible victims will be automatically referred to the Victim Contact Scheme, which gives updates on offenders as they serve their sentence. Currently, fewer than half of victims or their next of kin sign up for the scheme.

It will also give victims greater flexibility over when and how a Victim Personal Statement can be made. A new victims'

law further expanding their rights is due to be published later this year.

The draft code will be consulted on for six weeks, ministers said.

Yobs caught carrying a blade on two separate occasions could be hit with a new 'knife Asbo' even if they have not been convicted.

The so-called Knife Crime Prevention Orders, being piloted by the Metropolitan Police from April 6, will apply to children as young as 12, as well as to adults.

Flack: CPS and police in clear

PROSECUTORS insisted yesterday they were right to charge Caroline Flack with assault after two reviews concluded the case had been handled correctly.

Miss Flack, 40, killed herself after learning the CPS was still pursuing allegations that she attacked her sleeping boyfriend Lewis Burton with a lamp. After her death, the TV star's managers accused the CPS of 'a show trial'.

But a CPS review concluded it was right to charge Miss Flack despite Mr Burton not supporting the case. A separate review by the Independent Office for Police Conduct also cleared investigating officers.

Minister: BBC out of touch with the Shires

By **Paul Revoir** Media Editor

CULTURE Secretary Oliver Dowden will today tell the BBC it must do more to get in touch with the 'whole of the United Kingdom' after it missed key political trends like the backing for Brexit.

In his first speech since he took over from Nicky Morgan last month, Mr Dowden will make clear that he wants the corporation to move beyond a 'narrow urban outlook'.

While singling out the global respect the BBC commands, comparing its reputation to the NHS, he will warn that institutions have to change if they want to 'retain support and relevance'.

He will say that without 'genuine diversity of thought and experience' the BBC will 'miss what's important to people' and 'seem distant and disengaged'.

Mr Dowden will add the corporation 'must reflect all of our nation, and all perspectives'.

He will also raise the issue of whether the corporation has guarded its 'unique selling point of impartiality' across all of its output.

The Culture Secretary's comments come after the BBC has in the past been accused of being slow to pick up on the public mood on issues like immigration and the growing support for Brexit.

Addressing industry leaders from media,

'Move beyond a narrow outlook'

telecoms and technology, Mr Dowden will ask whether the BBC is 'ready to embrace proper reform' to 'ensure its long term sustainability for the decades ahead'.

The Government is currently consulting on whether to decriminalise licence fee evasion, which will be followed by a new licence fee settlement and mid-term charter review in the coming years.

The BBC is also taking on responsibility for funding free TV licences for over-75s.

The Government has suggested that the licence fee could be scrapped at the end of the charter in 2027.

Mr Dowden, speaking at the Media and Telecoms 2020 & Beyond conference, will say that in the world of increased choice from the likes of Netflix and YouTube, the BBC needs to focus 'even more strongly on relevance and representation'.

But he will say that the corporation is 'cherished' and it 'would be crazy to throw it away'.

He will add that the BBC has helped build our British sense of self through shows such as *Fawlty Towers*, *Gavin and Stacey* and *Blue Planet*, which brought generations together.

JOE-BIDEN



From **Tom Leonard**

IN NEW YORK

IT was the night the dead walked again – or at least one of them.

'Sleepy' Joe Biden, as Donald Trump calls the former US vice-president, had headed into crucial 'Super Tuesday' voting as the lost cause of the Democrat nomination battle after a lacklustre campaign.

Now he's 'Smokin' Joe', very much back in the running after winning at least nine of the 14 states voting in primary elections on Tuesday. He'd gone from 'joke to juggernaut in 72 hours', as one commentator put it.

In the process, he dashed the hopes of his 'democratic socialist' challenger Bernie Sanders, who had been convinced he could wrap up the nomination in the first few weeks of the primaries.

Sanders won four states including – though yet to be confirmed – California, which carries the highest number of the delegates who will finally anoint the party's presidential nominee in July.

The comeback kid – Mr Biden is 77 to

'Joke to juggernaut in 72 hours'

Mr Sanders's 78 – gave a jubilant victory speech which, in his gaffe-prone tradition, started with him mixing up his wife and sister as they stood behind him.

'It's still early but things are looking awful, awful good,' he told a rally of a few hundred supporters in Los Angeles. 'Just a few days ago the press and the pundits had declared the campaign dead... I'm here to report we are very much alive. And make no mistake about it, this campaign will send Donald Trump packing.'

Mocking his Democrat rival's radicalism, he added: 'People are talking about a revolution. We started a movement.'

Mr Sanders remained defiant and confident of victory, telling a rally: 'You cannot beat Trump with the same old, same old kind of politics.'

The final results from California will take weeks to arrive but Tuesday at least established that the Democrat nomination will be a two-man contest between candidates with sharply differing manifestos as well as personal styles.

Left-winger Elizabeth Warren was a distant third, failing even to win her home state of Massachusetts, and billionaire Michael Bloomberg quit after securing only 12 delegates (compared with Mr Biden's 380 and Mr Sanders's 328).

Mr Bloomberg had stood largely because he feared the Biden campaign would fizzle out and fail to stop Mr Sanders. In defeat, he said he would be endorsing Mr Biden, calling him a 'great American'.

His endorsement is a boost for the cash-strapped Biden operation, which has raised far less money than Mr Sanders and couldn't even afford to campaign in some of the states where it won on Tuesday.

While Super Tuesday was an astonishing political resurrection for Mr Biden, it was an act of pragmatism for many Democrat voters rather than a ringing endorsement of his vision.



Wife Jill fends off protesters

WHEN vegan protesters stormed Joe Biden's victory speech, it wasn't a bodyguard who jumped in to protect the presidential hopeful – it was his 68-year-old wife Jill.

Mrs Biden, pictured above in green, stepped in as her husband delivered a speech in Los Angeles, California.

She quickly threw her body in the way of one woman before wrestling another female activist away seconds later.

The protesters were holding anti-dairy

industry placards in Tuesday night's demonstration. The moment has since gone viral with social media users calling for the former teacher to be made US defence secretary if Mr Biden wins the election.

This is not the first time Mrs Biden has acted as security for her husband.

When a man began shouting at Mr Biden during a New Hampshire rally last month, Mrs Biden jumped up and kept the heckler at bay before paid security guards intervened.

Voters overwhelmingly told exit pollsters their priority was to oust President Trump by choosing a candidate with the best chance of doing so.

Mr Biden has long been seen as the sort of centrist candidate capable of winning back working-class white voters who defected to Mr Trump in 2016.

Many Democrats also say that after four years of Trump chaos, they want a return to relative normality rather than another radical shake-up, which Mr Sanders has promised.

Wall Street clearly agreed with that sentiment as share prices jumped yesterday after the Biden success.

He was helped enormously on Tuesday by fellow moderates Pete Buttigieg and Amy Klobuchar dropping out of the race and urging their supporters to back him. And he was also saved by black voters who

support him principally because of his connection as vice-president to Barack Obama (who has yet to endorse anyone). They propelled him to victory at the South Carolina primary last weekend and on Tuesday ensured he won states across the South.

Mr Biden also did well in northern states such as Min-

'We are very much alive'

nesota and Massachusetts that he had never been expected to win. Mr Sanders, meanwhile, continued to do well with Latino and more liberal voters.

However, the real division between their supporters isn't ethnic but demographic, with older voters flocking to Mr Biden and the young pulled

towards the idealistic senator from Vermont. Worryingly for Mr Sanders, a radical Left veteran who has much in common with Jeremy Corbyn, turn-out by younger voters was relatively low on Tuesday.

Once again, the US media appear to have misjudged the conservatism of the electorate. Swept away by the youthful euphoria for Mr Sanders and his string of celebrity supporters ranging from Jack Nicholson to Ariana Grande, they had largely written off Mr Biden.

He has, admittedly, performed badly in TV debates, where he has been hesitant and faltering, with no bold new ideas. He is also by his own admission a 'gaffe machine' and there has been speculation that he suffers from cognitive impairment.

But his rival has arguably even more serious drawbacks.



Out: Michael Bloomberg

Bloomberg bows out

MICHAEL Bloomberg quit the White House race yesterday after spending more than \$500million (£390million).

The billionaire suffered a disastrous Super Tuesday which saw him secure just one territory – American Samoa. But he failed to win any of the 14 states up for

grabs to win the nomination for the Democrats. Mr Bloomberg, 78, said: 'Defeating Donald Trump starts with uniting behind the candidate with the best shot to do it. It's clear that is my friend and a great American, Joe Biden.'

Mr Trump tweeted: 'Mini Mike Bloomberg just "quit"

NUM!

Biden is favourite to take on Trump after his Super Tuesday



Mr Sanders promises a huge increase in public spending on areas such as free university education and healthcare, as well as a heavy wealth tax and company shares for workers.

Many believe his far-Left agenda simply makes him unelectable as president.

The Sanders campaign has accused the Democratic establishment of plotting to ensure he doesn't get the nomination, as it did when he stood against Hillary Clinton in 2016.

Mr Trump, who repeated this claim in a tweet yesterday, would prefer to fight Mr Sanders, against whom he can find far more ammunition.

Mr Sanders, for example, has praised Fidel Castro's government and other Left-wing Latin American foes of the US and he honeymooned in the Soviet Union with his wife.

A video has been unearthed

showing a semi-naked Mr Sanders at a table strewn with vodka bottles during this trip, having a noisy post-sauna dinner with his communist hosts.

During the same trip, he delivered a fierce condemnation of US foreign intervention. All of this would be perfect fodder for the Republicans' ruthless attack machine.

Mr Biden and Mr Sanders are not only ideologically far apart, they're also very different personalities. While Mr Sanders seems permanently about to explode with outrage, Mr Biden's main strengths are perceived to be his empathy and ability to connect with people.

As both try to widen their support base so they can win the contest outright, it is Mr Sanders – seemingly the unstoppable front-runner a couple of days ago – who now faces the greater challenge.

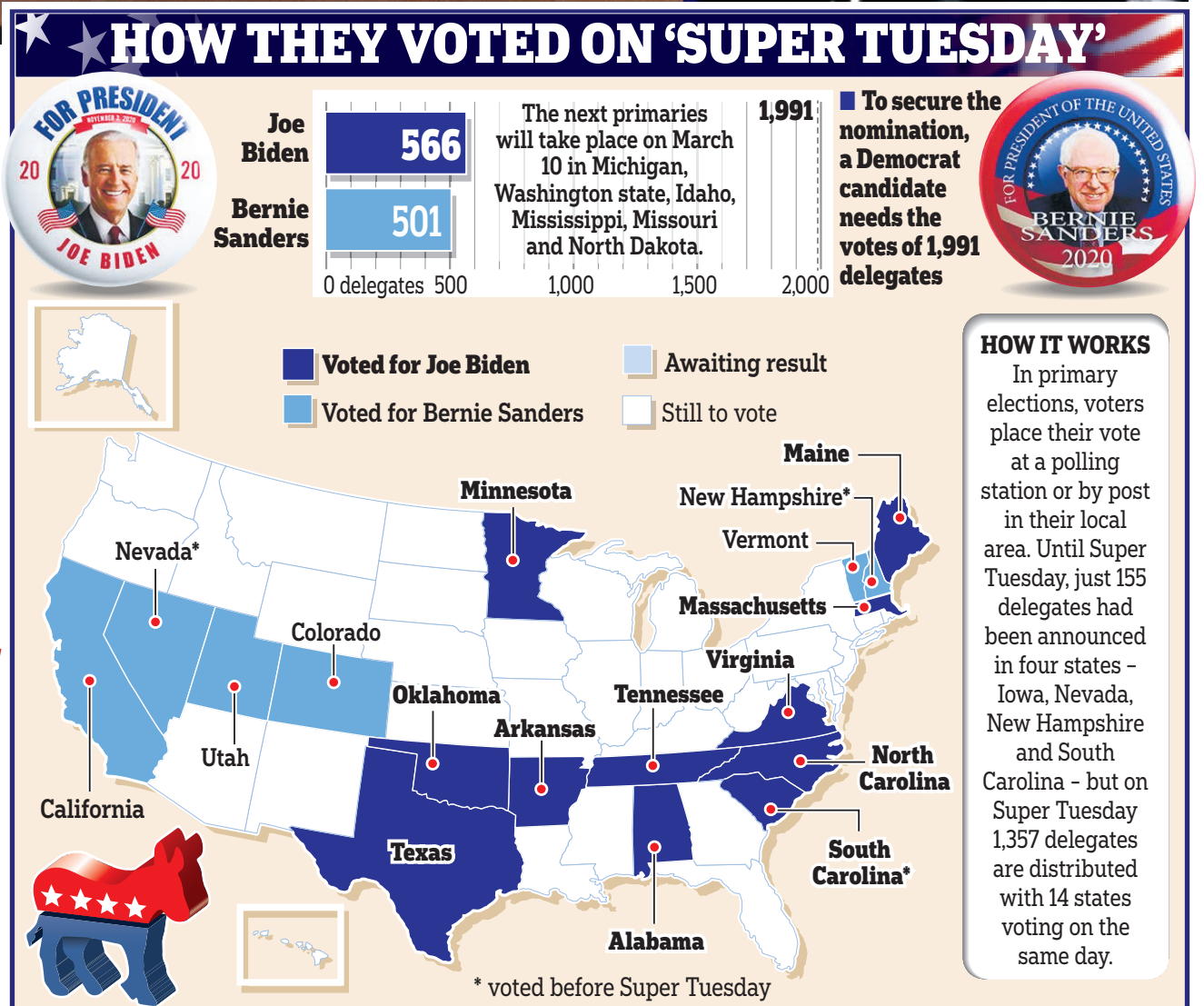
after £400m campaign

the race for President. I could have told him long ago that he didn't have what it takes, and he would have saved himself a billion dollars.

'Now he will pour money into Sleepy Joe's campaign, hoping to save face. It won't work!'. Last night, Elizabeth Warren, who failed to win her

home state Massachusetts, was also on the verge of pulling out – turning it into a race between Mr Biden and socialist Bernie Sanders.

It is not clear if Mr Bloomberg, who is worth around \$60 billion (£47 billion), would re-allocate all his funds to Mr Biden's campaign.



Record 1 in 4 pregnant women has an abortion

PREGNANT women are more likely than ever to have an abortion, figures showed yesterday.

Nearly a quarter of pregnancies led to a termination in 2018 – the most since records began in 1990.

The Office for National Statistics figures, the most recent available, showed the proportion had gone up from 22 per cent a year earlier.

Meanwhile, the number of babies conceived in England and Wales fell for the third year running, to 839,043. And the conception rate for girls aged 17 and below dropped for the 11th year in a row – the longest continued fall since records began. Teenagers in deprived areas

Daily Mail Reporter

were more likely to get pregnant but less likely to have an abortion.

Women over 40 were the only ones whose chances of conceiving rose, for the third year running.

Clare Murphy, of the British Pregnancy Advisory Service, said: 'What these figures show is a drop in the overall number of conceptions and, within that, a small increase in the proportion that end in abortion.'

'Women take the prospect of becoming a parent extremely seriously and want to achieve financial security and ideally a home of their own before doing so.'

I feel sick! Disgust at green meat in chickens

By Kamal Sultan

SHOPPERS at the UK's big four supermarkets told of their disgust after finding green meat in their roast chickens.

The discoloration was reported in birds sold by Tesco, Sainsbury's, Asda and Morrisons.

It sparked complaints and some customers said they were left feeling sick. It is unclear whether the chickens came from the same supplier.

The meat, likely to be discoloured due to bruising, is safe to eat but is only discovered after the chicken has been cooked and cut into.

Posting a picture of her roast chicken online, Kelly Smith from Yateley, Hampshire, wrote: 'Everyone be careful eating chicken from Tesco. It's bright green and looks like a chemical in the meat.'

Twitter user Gilly complained of the same green stain and tweeted a

'Not harmful but not appealing'

photo of the Sainsbury's chicken she bought last month.

Sainsbury's customer service team apologised to Gilly and said: 'Green muscle meat is not harmful but certainly not appealing.'

Morrison's customer Amber North said she felt sick after she cooked her chicken, cut into it and found the meat was green. She tweeted: 'The smell made me feel so sick. Lucky our children didn't eat any before we realised it was green.'

Sam Mundell from Gosport, Hampshire, also spotted green flesh in her Asda chicken bought last month.

The meat's green appearance is thought to be because of a disease called deep pectoral myopathy, or green muscle disease. It occurs when birds flap their wings too hard which starves muscles of oxygen and bruises them, turning them green.

The issue is more common in birds bred specifically for their meat which are inactive for long periods of time,



Asda: Sam Mundell's chicken



Sainsbury's: Gilly's green dinner

as their circulatory systems cannot cope with short bursts of exercise.

A Tesco spokesman apologised and said it wants to ensure the highest standards for all its food. It asked that customers with affected meat return it for a refund and so it can be investigated further. A Sainsbury's spokesman said it was investigating with its supplier.

Morrison's and Asda could not be reached for comment.

OUR DREAM KIT

How one British couple restored a French chateau to its original glory – complete with 1,500 antique cooking implements they still use to make meals



Ancient pile: Robert Deeley's restored chateau dates back to the 1160s

YOU won't find any of the latest juicers, blenders or fashionable steam ovens in Robert Deeley's kitchen.

But if dangle spits, bottle jacks and faggot ovens from centuries long past are more your taste in culinary gadgets, then the cavernous room with its flagstone floor and two roaring open fires in his French chateau will definitely get your juices flowing.

Briton Mr Deeley, 77, has been collecting historic cooking utensils since he was six years old when an aunt gave him an early English copper drinking pot. He now has more than 1,500 weird and wonderful items dating from the 13th to the 19th centuries.

He even uses some of them to roast joints of meat like cooks would have done in medieval times – and today his food preparation can be more like Game Of Thrones than MasterChef.

When Mr Deeley, a former farmer and antiques dealer, began restoring the historic chateau in Gascony in 1990, the kitchen was a ruin with a tree growing through the ceiling. Now it is like a fully-working museum of gastronomy, while he and wife Melanie, 71, and their faithful Labrador Teal, eight, live in a wing of the castle above.

Mr Deeley explains the chateau, which dates back to the 1160s, had probably not been used since the Napoleonic era in terms of a working kitchen before he and Melanie restored it.

'It had no roof on when I came here, and it hadn't been touched since the French Revolution in 1789 so it was unique in that everything was as it was,' he says. 'I put the roof back on and the ceiling, and restored the two monumental fireplaces, one at each end.'

The cooking utensils, farming equipment, bowls and cutlery that now populate the kitchen have been gathered from all over England, France and elsewhere in Europe and form a working social history of the kitchens used by our forebears.

Mr Deeley, a great-great grandfather, adds: 'You can go to loads of National Trust homes and see rows and rows of copper sauce-



by David Wilkes

pans, but I've tried to collect the things that possibly our ancestors would have used in a humbler home, too.

'For the cooking I have things like a dangle spit, which is brass with two knobs on the end. You wind it up and it rotates one way with the meat and then rotates the other way – and then you wind it up again.'

'We have faggot ovens, which cooked the food by charcoal or bundles of sticks.'

'I have a medieval fork and scummer, which dates back possibly to the 13th century, so I can eat dinner having used an 800-year-old utensil to remove it from the cauldron.'

Bottle jacks were used to turn meat when cooking over an open hearth in the 18th and 19th centuries. The contraptions had to be wound up on a spring to

make the joint – hanging from an attached hook – twist from side to side while roasting.

His collection also includes hasteners, used in front of an open fire to reflect heat back onto a joint of meat hanging from a hook. The combination of bottle jack and meat hastener was designed to get the meat evenly roasted without constant attention from the cook.

Mr Deeley hopes that one day he will be able to find a buyer for his collection when it becomes too much hard work to look after.

He says: 'My wife has been incredible to put up with me. I'm the eccentric I suppose. I would never have done this if I hadn't had her help.'

Mrs Deeley admits: 'It's a lot of work to keep the collection together and to clean it all. We don't have many servants like they would have done in medieval times – there's only me.'

'I think it would be a shame for Rob's collection to be broken up, I don't think anyone else could get what he has got together very easily now.'

CHEN... WITH NO MOD-CONS!

Lord and master chef: Robert in his cavernous chateau kitchen surrounded by historic utensils dating as far back as the 13th century



Wonder wall: Just some of Robert's 1,500 weird and wonderful kitchen utensils



Turning point: Duck is roasted on a brass spit complete with fat tray and ladle, dating from 1650 to 1660



Heavy metal: Brass and copper cooking pans among the hundreds Robert has collected over 70 years

Rainforests 'can't save us from CO₂'

They're losing ability to absorb greenhouse gas

By **Colin Fernandez**
Environment Correspondent

TROPICAL rainforests are losing their ability to absorb greenhouse gas as rising temperatures are killing trees, researchers warn.

Within 15 years, the Amazon rainforest – known as the 'lungs of the world' – will start to produce more carbon dioxide than it sucks in from the atmosphere, they believe.

And they say that rainforests' ability to trap CO₂ has already fallen by one third since the 1990s, posing a 'big concern for the future of humanity'. Scientists had predicted that rainforests would eventually stop storing CO₂ and start to release it, as dead trees release greenhouse gas when they decompose. But the new findings are worse than the most pessimistic predictions and suggest the process will begin decades earlier than forecast.

Vast rainforests such as those along the Amazon and Congo rivers are among the biggest natural absorbers of CO₂. The gas is produced by burning fossil fuels,

and when it hangs around in the atmosphere it traps heat like a greenhouse. Trees help to stop the build-up by removing CO₂ from the air and storing it as wood.

Climate models typically predict rainforests will go on giving humans a helping hand in dealing with emissions for decades.

But the study – published in journal *Nature* – suggests they have already started to switch

from being a carbon 'sink' to being a source of extra CO₂. Researchers who tracked 300,000 trees over 30 years in Africa and the Amazon said it appeared the overall uptake of carbon by intact tropical forests peaked in the 1990s.

By the 2010s, the ability of these forests to absorb CO₂ had declined by a third on average.

The boost to growth that extra CO₂ provides is increasingly being countered by higher tem-

peratures and drought. These issues slow growth and can kill trees, causing carbon losses, the researchers say.

The area covered by intact forests also declined by almost a fifth in the face of deforestation – and CO₂ emissions from human activity jumped by 46 per cent over that time.

As a result, intact forests removed 17 per cent of carbon emissions caused by humans in

the 1990s but only 6 per cent by the 2010s.

The study was led by the University of Leeds. Senior author Professor Simon Lewis, from the school of geography at Leeds, said: 'Intact tropical forests remain a vital carbon sink but this research reveals that unless policies are put in place to stabilise Earth's climate, it is only a matter of time until they are no longer able to sequester carbon.'

Greta: EU just pretending to act

GRETA Thunberg yesterday accused the European Union of 'pretending' to urgently tackle climate change.

It came as EU leaders unveiled proposed laws to cut greenhouse gas emissions to net zero by 2050.

But the climate activist, 17, who travelled to the European Parliament for the discussions, was scathing.

She told MEPs: 'When your house is on fire, you don't wait a few more years to start putting it out.' She said the EU was

ignoring reality by focusing on an emissions target 30 years away.

The Swedish environmentalist added: 'Here you are... pretending that you can be a climate leader and still go on building and subsidising new fossil fuel infrastructure.'

The new climate laws would create powers to set tougher goals for governments every five years. But these powers would only kick in after 2030 – which will be too late, say activists.



Scathing: Miss Thunberg at the EU yesterday



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Charles's angels: The Three Degrees, with Sheila Ferguson circled, on stage with the prince in 1978

By James Tozer

THREE Degrees singer Sheila Ferguson is battling a property development she claims threatens to destroy her priceless collection of musical memorabilia.

The Seventies soul diva, who famously danced on stage with Prince Charles after performing at his 30th birthday party, stores decades worth of mementoes from her career in garages near her former home on the banks of the Thames.

However a multi-million-pound redevelopment project on the adjoining property has blocked the garages and may cause them to collapse, according to the singer and her ex-husband, businessman Christopher Robinson.

They have joined forces again to battle developer Gordon Naylor after he started demolishing the £1.4million house behind the garages, as well as digging out land around them, to build a luxury four-bedroom riverside home.

Philadelphia-born Miss Ferguson, 72, was a member of The Three Degrees from 1966 to 1986, singing lead vocals on some of their best-known songs, including their 1974 number one hit When Will I See You Again?

She was one of Prince Charles's favourite singers and the girl group performed at his request at his 30th birthday party

'Didn't want to be a notch on Charles's bedpost'

in 1978, when he danced with her on stage. She recently said in a TV interview that she exchanged letters with Charles, but denied rumours they were romantically involved, adding that she 'didn't want to be a notch on his bedpost'.

The singer later pursued a solo career and married property developer Mr Robinson in 1980, settling in Bray, Berkshire, and having two daughters, before they divorced in 2004. She remains a familiar figure on television screens in her adopted country, appearing on Loose Women and reality shows I'm A Celebrity and The Real Marigold Hotel.

According to court documents, Mr Naylor has planning permission to redevelop the site, including putting up a brand new house in the affluent private road in Bray, home to Heston Blumenthal's famous Michelin-starred The Fat Duck gastropub.

And by the end of last month, his workmen had begun excavating immediately next to and behind the walls of the garages, digging to a level below their foundations.

Nicholas Isaac QC told a hearing at Central London County Court the demolition work is 'clearly threatening the structural integrity' of Miss Ferguson's garages. He

added: 'She is a former member of The Three Degrees and stores albums and memorabilia there.'

The building project, the barrister said, has left the garages 'exposed to the elements or inadequately protected'. In addition, a fence has been erected and building materials piled up, stopping the ex-couple from being able to

get to their property. They also claim that work on the site started in November without a valid party wall agreement in place – a legal document which sets out the respective rights and responsibilities of a property owner during building works and those of the owners of adjacent buildings.

The ex-couple have applied for a



At risk: Garages where Miss Ferguson stores her collection

WHEN WILL I SUE YOU AGAIN?

Three Degrees diva fights developer over threat to her musical memorabilia



Soul sister: Singer Miss Ferguson is still belting out hits from her Three Degrees days

court order which would see the work stopped until they have agreed exactly what it will entail.

Mr Isaac claimed that Mr Naylor – who was not in court or represented by lawyers – had shown a 'wholesale disregard' for his obligations under the Party Wall Act.

The QC asked for a court order to halt the work until the neighbours have settled their disagreements and to prevent Mr Naylor or his contractors from obstructing access to the garages. He said it

was 'difficult to reach any conclusion other than Mr Naylor has cynically decided to ignore his obligations under the act simply because he considers it is more convenient, and presumably profitable, for him to act in that way'.

Judge Nicholas Parfitt ordered that Mr Naylor allows access by the former couple's surveyor into the garages to evaluate the risks to their property. He adjourned a hearing on the application for a full injunction until a later date.

Thieves target charity shops as police 'ignore' crime

CHARITY shops are facing a 'painful' epidemic of theft as police turn their backs on retail crime, a report warns today.

Figures show losses from criminal activity across the retail sector topped £1billion for the first time last year, and even charity shops run by volunteers are considered fair game by thieves. The British

By David Barrett
Home Affairs Correspondent

Retail Consortium (BRC) said 424 cases of violent or abusive behaviour against shop workers were reported each day in the year to April, up 9 per cent on the previous 12 months. But seven out of ten retail-

ers said the police response to crime was poor or very poor.

Robin Osterley, chief of the Charity Retail Association, said: 'The fact people are volunteering in these circumstances can be incredibly destructive for their morale.'

The report noted a trend for thefts of small amounts, with the perception that

police will not attend if the stolen goods are worth less than £200. Clothes were the main items taken from charity shops, along with bric-a-brac and vinyl records.

BRC chief executive Helen Dickinson called for a stronger police response to retail crime and legislation for tougher sentences for those who assault staff.

Baseball bat horror

Beaten to death, boy of 16 'caught in revenge attack as 30 met for gang clash'

A BOY of 16 was beaten to death after visiting a friend in hospital who had been attacked at school a day earlier, his family say.

Shanur Ahmed's body was found on Tuesday morning, hours after 30 youths armed with baseball bats were seen gathering near a train station.

His grieving family yesterday blasted police after they warned officers on Monday evening – when the student went missing – that he may be in danger.

They believe Shanur was inadvertently caught up in a dispute between two gangs.

Yesterday relatives wept on finding the boy's glasses and his tissues lying scattered at the scene near a pool of blood – which had yet to be examined by forensics officers.

Police later returned to collect the evidence.

Shanur, an A-level student at Newham Sixth Form College in east London, vanished at 6pm after going to see a friend in hospital who had been attacked.

His worried parents contacted

By **Rebecca Camber**
and **Amelia Clarke**

his friends, who said they had seen a message circulating on social media suggesting something had happened to him near a railway station.

His family, who live in Manor Park, east London, drove past Gallions Reach station three times – where a witness had seen the youths with baseball bats.

But tragically, they did not realise the teenager lay dying from head injuries yards away in the scrubland. His uncle Asad Ahmed, 40, said of the message circulating

'Every parent's dream child'

on social media: 'The information was passed to the police. It may have been couple of inexperienced officers dealing with it at the time.'

'When we found out that he is in danger, he may have been stabbed or is in need of help, the protocol from the police, we understand, is they should have deployed a search party, along with a helicopter. Having come today to the



Tragedy: Shanur Ahmed's body was found in scrubland, where police collected his glasses yesterday

scene where he was lying down, I think a police helicopter would have picked it up straight away.

'Today, rather than mourning a death of a child, we probably could have saved a life.'

He added: 'We're aware there was an altercation at his college, but not with him, there was another child, who was hospitalised.'

Shanur visited the friend at hospital but 'thereafter we've not had any contact with him,' he said, adding: 'This was totally out of

character for him to be out. We've lost a child who was bright, he had a bright future. He had plans to go university. He was a child every mother would want, every parent's dream child.'

Another uncle, Zahed Ahmed, said: 'My thinking is, it was a gang murder. So you want justice, because my nephew was innocent, totally innocent.'

Scotland Yard said officers were looking at a possible link to the previous attack at school. It is

believed that the murder may have been a revenge attack for the school incident.

Two rival gangs armed with baseball bats are thought to have met near the station on Monday evening to settle the dispute.

Detective Chief Inspector Larry Smith said: 'We need anyone with information to tell us what they know. In particular, we want to speak to anyone who was in the vicinity of Gallions Reach at around 8pm on Monday.'



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Elegant: Dame Kristin in a 'trademark' strapless gown

Kristin fears roles 'trap me in fashion timewarp'

MOST of the women she has played on film seem effortlessly stylish. But Kristin Scott Thomas says she fears getting sartorially stuck in the era when she was at her 'most successful and admired'.

Dame Kristin, 59, who starred in *The English Patient*, *Gosford Park* and *Four Weddings And A Funeral*, has sworn never to do another fashion photoshoot as she is usually put in clothes associated with her best-known characters.

She told Susannah Constantine's podcast *My Wardrobe Malfunction*: 'The one thing I'm terrified of is that we stick to the style that you are most admired and recognised for. People love me in those strapless gowns, they love me with my hair up, they love me looking like a classic statue-

By **Claudia Joseph**

type person. Or they love the English Patient white shirt-trousers type thing.

'So every time I go to do a fashion shoot, which I've sworn I will never do again... they put me in a white Armani shirt and a pair of pants. It's so boring.'

Dame Kristin, who was once listed among the 50 best-dressed women over 50, added: 'You get stuck in that period when you are most successful and most admired and you keep hanging on to that.'

'You see that with women who won't change their make-up, or women who won't change the length of their skirt. That's so dangerous and I really want to avoid that.'



Casual allure: In *The English Patient*

By **Lucy White**
City Correspondent

THE very public rift between twin brothers who own The Ritz has escalated sharply, with one threatening to sue the other if they sell the famous hotel for anything less than £1billion.

Estranged billionaires Sir Frederick Barclay and Sir David, 58, head up a family business empire which bought the five-star Mayfair hotel in 1995.

But it was revealed at the start of this year that overseas buyers were lining up to purchase the London landmark, which has hosted royal and celebrity guests throughout its 114-year history.

Sources close to the deal claim wealthy investors from Saudi Arabia and Qatar have expressed an interest, while Bernard Arnault – the 70-year-old French billionaire behind Louis Vuitton owner LVMH – is also reported to be in the running. It is understood offers have been received in the region of £700million to £800million.

But Sir Frederick and his daughter Amanda are said to be afraid that Sir David and his sons, Aidan and Howard, who head up day-to-day business operations through the family firm Ellerman Investments,

Feuding on the Ritz: Brother's £1bn sale threat



From the Mail, February 29

will cut them out of proceeds made from The Ritz sale.

Earlier this year, the Mail reported Sir Frederick took legal action in the High Court, which is ongoing, against his nephews over accusations they had bugged a room in The Ritz in order to eavesdrop on his conversations with Amanda.

Sir Frederick and his daughter have a much smaller stake in Ellerman – a sprawling business empire that includes The Ritz, the Telegraph newspapers and The Very Group of

online retailers – than Sir David and his sons.

While it is Ellerman, under the leadership of Aidan and Howard Barclay, which has been running the official sale process for The Ritz, Sir Frederick has been courting bidders in separate negotiations, and, in a warning shot to the rest of his family, has now signalled he will pursue legal action if the hotel is sold for less than £1billion.

Sir Frederick said: 'I can disclose that there have been a

number of competing offers for this first-class hotel in excess of £1billion.

'There is no place for any sale at less than full value. A sale below the proper value would give rise to further litigation.'

'This would be regrettable. I hope we can get these family matters resolved so that we can all move on.'

A £1billion price tag for the luxury hotel, which has 111 bedrooms and 25 suites that cost as much as £5,450 a night, would be the equivalent of around £7million per room.

A spokesman for Ellerman said: 'Neither Sir Frederick nor Amanda Barclay have any relevant legal interest which would allow them to disrupt the sale process of The Ritz.'

l.white@dailyemail.co.uk



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Millionairess in cash row throttled mother

By Izzy Ferris

A MILLIONAIRE businesswoman throttled her mother and tried to bite her father's hand during a bitter row over money, a court heard.

Rachael Tudor, 49, was left a £4million business by her partner when he died of a heart attack in 2014.

As director of R Tudor Holdings and Advantage Chemicals – both chemical trading companies – she was asset rich but cash poor so borrowed £280,000 from her parents, Robert, 76, and Janet, 75, in August 2018 when they sold their home as part of a downsizing plan.

Mr and Mrs Tudor then went to live with their daughter until their new house had



Confrontation: Rachael Tudor, 49

been renovated and she assured her parents that the loan would be repaid within four to six weeks.

But Tudor, from Redmarley in Gloucester-

shire, initially only repaid them £124,000, Cheltenham magistrates heard.

She later gave her parents a cheque for the balance before 'confronting' them and telling them to leave her house on October 8 last year. Tudor denied assaulting her mother but was found guilty after a two-day trial.

Giving evidence, Mrs Tudor said: 'I came downstairs after I heard Robert and Rachael having an argument and she started shouting and screaming at me.

'She said, "You've had your money now – get out and give me your key" I told her that she would get what she deserved.

'My daughter then flew at me. It was utter mayhem. She put both her hands around my throat. She was trying to get the house key from my husband and her arms were flailing all over the place.'

Mr Tudor recalled: 'Rachael thrust a cheque for £150,000 at me and told me and my wife to get out. She demanded the key and I refused, keeping it in my right hand. She lunged at me and grabbed my hand – she tried to bite my hand but I moved it away.

'Then she grabbed my wife around the neck with both hands. I couldn't believe what was happening. My wife fell to the floor and I ushered [her] out of the kitchen door.'

The magistrates heard that Mrs Tudor suffered red-

'There was a lot of jealousy'

dening to the neck and an arm injury and was taken to Cheltenham General Hospital after the assault.

Tudor claimed: 'My mother reached over my father and punched me in the face, drawing blood from a split lip. I had given them a cheque and after my mother hit me I just wanted them out of my home.'

She said: 'My mother shouted, "Let me at her, Bob, I'm going to kill her", but my father restrained her and they walked away to their vehicle outside the property.

'There was a lot of jealousy from my mother and father about my inheritance.'

The magistrates imposed a conditional discharge for 18 months as well as a restraining order prohibiting her from contacting her parents for two years. Tudor was also ordered to pay £1,500 prosecution costs.

Grenfell fire safety 'worse after refurb'

FIRE consultants warned the refurbishment of Grenfell Tower could make safety matters worse five years before the inferno.

They emailed each other about risks to the designs. Concerns included having no sprinklers and pressures on a single escape route.

Cate Cooney, of safety firm Exova, wrote: 'They are making an existing c**p situation worse, so it's a matter of... making the new stuff work.'

The emails were yesterday shown to the inquiry into the 2017 fire, which claimed 72 lives. The hearing in Paddington, west London, continues.

March 5, 2020

ON THIS DAY

FROM THE DAILY MAIL ARCHIVE

MARCH 5, 1940

THE new Dalai Lama, spiritual and temporal ruler of Tibet, has been enthroned at Lhasa in a five-hour ceremony. He is a Chinese peasant boy, born six years ago at the exact moment when the previous Dalai Lama died.

MARCH 5, 1957

CAUGHT tearing Elvis Presley's portrait from Love Me Tender film posters, David Lowe, 17, told Wolverhampton magistrates yesterday: 'I am a Presley fan. I wanted his picture.' It cost him a £2 fine.

HAPPY BIRTHDAY

CRAIG and CHARLIE

REID, 58. The Scottish twins, aka The Proclaimers, have had hits with Sunshine On Leith, Letter From America and I'm Gonna Be (500 Miles). The latter includes the Scottish word 'haverin', which means to talk nonsense. Charlie has lamented: 'The band is nowhere near as famous as the song and we never will be.'

BERNARD ARNAULT, 72. The French tycoon, Europe's richest person with a £77 billion fortune, is the boss of LVMH, the world's largest luxury goods company, which includes brands Louis Vuitton, Moët & Chandon and Christian Dior. Apple's Steve Jobs once told Arnault: 'You know, Bernard, I don't know if in 50 years my iPhone will still be a success, but I can tell you, I'm sure everybody will still be drinking your Dom Perignon.'

BORN ON THIS DAY

RACHEL GURNEY (1920-2001). The actress from Buckinghamshire made her name as Lady Marjorie Bellamy in TV's Upstairs, Downstairs and was hailed as 'one of the most elegant and serene exponents of well-bred femininity and aristocratic assurance'. But Gurney – who was brought up at Eton, where her father was a housemaster – said she wished she had been cast as a servant: 'They are much nicer people.'

SIR WILLIAM BEVERIDGE (1879-1963). In 1942, the Bengal-born British economist wrote what became known as the Beveridge Report, setting out how Britain should be rebuilt after World War II. It resulted in a 'cradle to grave' social security system and the NHS. His report spoke of the abolition of 'Want'. 'But Want is only one of five giants on the road of reconstruction,' he said. 'The others are Disease, Ignorance, Squalor and Idleness.'

ON MARCH 5...

IN 1946, Winston Churchill first spoke of an 'Iron Curtain' dividing the Soviet Union and the West.

IN 1956, Frank Sinatra released Songs For Swingin' Lovers. It would top the UK's first album chart four months later.

WORD WIZARDRY

GUESS THE DEFINITION:

Midden (14th century)

A) A dunghill. B) A dull, indescribable colour. C) Halfway.

Answer below

PHRASE EXPLAINED

Spill the beans – meaning to divulge private or secret information indiscreetly or unintentionally; from 1900s American horse racing, with 'spill' meaning to talk and 'beans' meaning information.

QUOTE FOR TODAY

'The main thing about acting is honesty. If you can fake that, you've got it made.'

George Burns,

U.S. comedian (1896-1996)

JOKE OF THE DAY

WHAT did the hungry donkey say when it only had thistles to eat? *Thistle do.*

Guess The Definition answer: A.

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COSTA DEL CLEETHORPES!



Seaside traditions: Sticks of rock for sale, and the pier and beach at Cleethorpes

By **Chris Brooke**

VISITORS brave enough to take a dip in the sea at Cleethorpes are unlikely to describe the experience as tropical.

And certainly they won't see many palm trees on the town's beach.

However, councillors have decided that a 72ft palm tree made out of steel is just what the Lincolnshire resort needs to entice families back.

The tree will be higher than the Angel of the North sculpture which overlooks the A1 in the North East, and will be the centrepiece of a £600,000 regeneration scheme on the town's North Promenade.

German artist Wolfgang Weileder came up with the palm tree idea after being commissioned by North East Lincolnshire Council to design a landmark work of public art.

North Sea resort's big idea to bring back visitors... a 72ft steel palm tree

Critics have laughed at the idea of such a tree in a resort that's hardly tropical, but Mr Weileder insisted: 'In the light of climate change there might be palm trees growing on our coasts soon anyway.'

The tree will be lit up at night and rubbish collected from beaches will be used to help make an artwork 'shadow' of the tree on paving under it.

The project will include 'contemporary works of art' on the shutters of businesses along the prom to create an outdoor art gallery.

There will also be 'dynamic swirling' lights and 'funky fitness furniture' to sit or exercise on. It is all being paid

for by the Government's coastal communities fund.

The scheme is designed to 'boost footfall' at the resort, which in its heyday was a hugely popular destination for holidaymakers from York-

'It will just be laughed at'

shire's industrial towns. Despite a mixed public reaction, the tree was approved yesterday by the council's planning committee.

Stephen Harness, committee chairman, admitted he did not like the sculpture at first but added: 'Sometimes an idea

has to sit for a period of time. This may encourage more people to come to the resort.'

However councillor Tim Mickleburgh described the palm tree as 'barmy' and said: 'What on earth does a palm tree have to do with Cleethorpes?'

The reaction was even less welcoming on a local news site's social media page. Rachel Nolloth said: 'Can't believe what I'm reading, I'll give it five days before its covered in graffiti and trashed.'

Rick Oakes said: 'Perhaps try to get more visitors, with attractions and upgrades, not something that will just be laughed at!'

Anne's hero sells medal for £50,000



Former boxer: Ronnie Russell

A BRAVERY medal awarded to a former boxer who fought off a man trying to kidnap Princess Anne has sold for £50,000, more than double its estimate.

Ronnie Russell, 72, said he was 'blown away' by the price a private collector paid for his George Medal.

Mr Russell sold the award to pay for his funeral after

Daily Mail Reporter

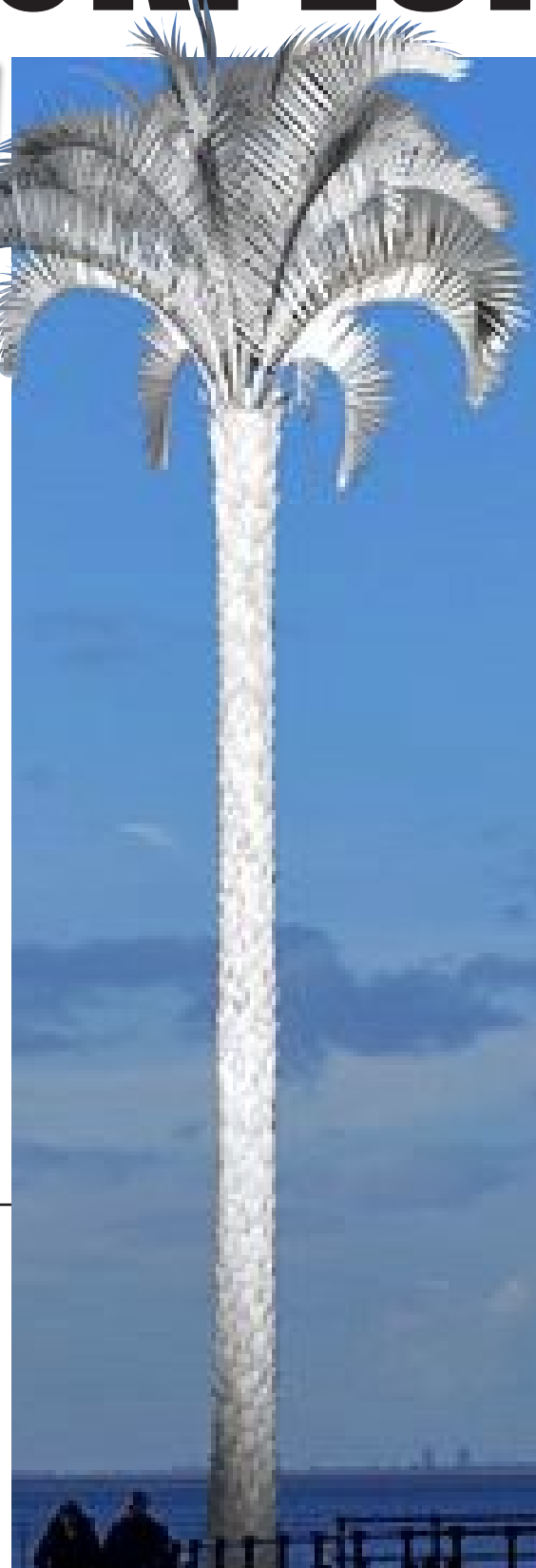
being struck by health problems, but says the extra money will give him opportunities to do things he never thought he could.

The former heavyweight boxer punched Ian Ball twice as he tried to kidnap Anne at gunpoint in central London in March 1974. Mr Russell

said: 'I never believed it would sell for this amount. I am absolutely blown away.'

He was awarded the medal by the Queen, who told him: 'The medal is from the Queen, but I want to thank you as Anne's mother.'

The George Medal is the second highest civilian award for gallantry after the George Cross.



Exotic: How the steel tree sculpture will look

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SPECIAL REPORT

from David Jones

ON THE SOMERSET LEVELS

NO ONE who saw Bryony Sadler's reaction, after being informed that floodwater had poured into her family's smallholding — a handsome Victorian rectory set on a seven-acre plot in the Somerset Levels — will easily forget her anguish.

Having remained in the house for a month, watching the inexorable advance of a foul green tide from the swollen River Tone, four miles away, she had just been evacuated along with her husband, Gavin, their two young children, and their menagerie of animals: dozens of chickens, a pony, rabbits, guinea pigs and two dogs.

And in a scene that became an emblem of the catastrophe that had beset hundreds of families living on the Levels, as violent storms battered western England, a BBC camera crew captured the moment the police phoned her with the news she had been dreading.

Mrs Sadler's first reaction was to clasp her head in her hands in despair. 'We've virtually lost it all, then,' she uttered through tear-stained fingers, envisaging the end of an idyllic rural lifestyle that had taken years to build.

That was in the winter of 2014, when the Levels — a vast, low-lying natural drain for the network of tidal rivers flowing off the surrounding hills, and prone to serious flooding — were deluged by some of the worst floods in memory.

As the 160,000-acre expanse was submerged, hundreds of homes were destroyed and the farmland became a vast lake. The village of Muchelney was turned into an island — intrepid former Mail reporter Paul Harris got there by rowing boat.

What an extraordinary contrast with the scene that greeted me in the Levels.

While many areas of England and Wales have been inundated after huge rainstorms — this week it was the turn of towns in East Yorkshire along the River Aire, last week it was Shrewsbury, Ironbridge, and Worcester along the River Severn — in the Levels, by some small miracle, the streets and houses are dry.

Admittedly, rainfall in the area in January and February 2014 was almost twice as heavy as it has been in the first two months of 2020, yet this month's rain was still 70 per cent above average.

Furthermore, the autumn of 2019, when 526.9mm of rain fell, was far wetter than that of 2013, when 389.5mm did, so we might have expected the water-table to rise even higher this time around.

Given such wet weather, 44-year-old Mrs Sadler feels sure that the roads and fields would have been underwater in bygone years.

YET although her Alexa smart speaker annoyingly parrots the latest flood alerts, there is not the slightest sign of the disastrous 6ft surge that forced her family to 'live out of boxes' for nine months, until their home and business were restored by way of a £500,000 insurance pay-out (some Levels residents had no coverage and are still suffering the consequences).

'You can see a few puddles on the fields, and the ground around the house is a bit soggy,' she told me, gesturing through the window. 'But it really isn't much, considering the amount of rain we've had.'

It certainly isn't, as I saw when strolling down the road people rowed along in 2014.

Yes, water lapped the hedgerows, but this is normal for the Levels in winter. It would have needed to

rise by many feet before impeding passing cars.

Since new Environment Secretary George Eustice was attacked by the Farmers' Union for the Government's perceived tardiness in tackling the flooding crisis (he responded by pledging to spend 'record' amounts on defences, but laid much of the blame on climate change), this begs some pertinent questions.

How have the Levels managed to hold back the torrents? Why is the area better protected now than in 2014? And could the

methods that worked here be used with similar effect elsewhere?

Of course, when it comes to topography, no two areas are alike; and the means of combating upstream floods, for example, will differ from tactics used in an area such as the Levels, which lie close to the coast and rise only a few feet above sea-level.

Nonetheless, according to David Hall, chairman of the Somerset Rivers Authority, the work that has reduced the risk of flooding in this unusual West Country swathe, with its Dutch-style man-made

dykes, could be adapted as a 'template' for other flood-prone areas.

And he believes they could learn invaluable lessons by studying the intriguing story behind the great Levels flood of 2014.

At the heart of the story lies an ideological power struggle between a powerful Green lobby — hide-bound by idealistic but dangerously impractical EU wildlife directives — and more traditional guardians of the countryside.

The Levels have been flooded periodically since early medieval times, when monks first reclaimed

the boggy land for farming. However, until 25 years ago, a water-management system, modernised and refined over the centuries, ensured its houses largely remained dry.

It hinged on regularly dredging the silt that washes up from the Bristol Channel and slows the flow of the four main rivers. Unless this is removed, during heavy rainfall it can cause them to burst their banks. A series of pumping stations also removed excess water.

But matters changed when stewardship of rural England's land,

2014



Pictures: SWNS

PROOF YOU CAN TURN BACK THE TIDE

2020



Unscathed: The Somerset Levels this week and (top left) in 2014 — the church is at the back. Left, David Jones in the lane you had to row down in 2014 (far left)

take into account issues of biodiversity and climate change. I feel I have been vindicated quite substantially over the past few years. 'People were desperate just to do something, but dredging doesn't solve anything. It just moves the flow of water down to the next pinch point.

'What was always needed was systems ... that hold back the flow of water, so that it comes down gradually, rather than in a rush. 'These effective solutions that I was thinking about in my time at the EA are what people are now talking about. So I am not lying awake thinking I have done something wrong.'

A bold assertion. However, by 2012, two years before the tumultuous floods, Mrs Sadler, who lives in Moorland, near Bridgwater, and other Levels residents were so concerned by rising water levels they formed a pressure group to lobby for a resumption of silt dredging.

A local farmer also wrote to then Prime Minister David Cameron, warning of impending disaster.

Their pleas fell on deaf ears. The result was a flood so devastating that it cost Somerset £200 million in lost tourism revenue alone.

Ruined farmland and crops, damage to property, and the massive evacuation and mopping-up operation cost hundreds more millions.

It also cost then Environment Secretary Owen Paterson his job. Partly because he was ridiculed by the media for wearing town shoes, rather than wellingtons, when he went to inspect the flooded Levels, Mr Cameron deemed Paterson to have 'had a bad flood' and sacked him soon afterwards.

In the eyes of many Levels-dwellers, however, the North Shropshire MP is a hero. Mrs Sadler, for one, says she 'adores him'.

For while Mr Cameron was seen flitting about in a helicopter, and delivered suitable soundbites, Paterson instigated an innovative and effective action plan.

It was implemented that same summer, soon after the floodwater had subsided — a refreshing departure given that government schemes are usually mired for an

eternity in red-tape. Though dredging was recommenced, after 20 years, there is far more to it than that. New pumping stations have been built, sumps dug to hold excess water, sluice-gates put in place; some villages are now protected by walls known as 'bunds'.

Further upstream, the cascade of river water has been slowed by erecting barriers called 'leaky dams', planting more trees, and encouraging farms to plough the land so that run-off sinks into it.

In all, 150 preventative actions have been taken, overseen by the Somerset Rivers Authority, a body which Mr Paterson also created.

By 2024, his plan should have its *pièce de résistance*: a £100 million tidal barrier stretching across the River Parrett estuary.

Much of this is being funded by a special levy added to Somerset's council tax; some residents outside the Levels object to paying this.

Yet floods indirectly affect everyone in the county by hitting the local economy and transport, and it is cheaper to fund improvements than repair widespread damage.

All this is a salutary reminder to Boris Johnson and Mr Eustice — who have faced criticism in recent days for their tardy response to the floods — of what can be done with sufficient drive and good will.

When I spoke to Mr Paterson this week, he was clearly still angry at being scapegoated by Cameron, and dismissed as the 'Wally without Wellies' ('I had two pairs with me in the car,' he fumed).

In truth, he said, he had rushed to the Levels of his own accord when the full extent of the disaster became evident.

Looking for solutions, he consulted farmers and landowners. A broad outline of the emergency plan was written that same night.

'It is all about listening to the people who really know how to manage the countryside,' he told me, suggesting the same should be done at the latest flood flashpoints.

THOUGH this is disputed by some engineers, he believes the fundamentals of his Levels flood prevention plan would apply elsewhere.

'It's like having a huge bath with a blocked plughole. If you just un-bung it, the water will drain away,' he says.

Mr Paterson is scathing of Baroness Young's 'catastrophic' policies, and dismissive of those who argue that flooding is the inevitable result of climate change, implying that it cannot be eradicated.

With Britain having just left the EU, he argues, we have the opportunity to manage the environment, free of European diktat. In this, he is looking to his successor, Mr Eustice, to take a strong lead.

Is he doing enough to fight the floods? 'He's only been in the job a few weeks — give him a chance!'

Back in her renovated old rectory, Bryony Sadler agrees that other flood-hit areas could learn from experiences on the Levels.

'There's no point deciding what to do from an office in London,' she says. 'You have got to engage with the community.'

Earlier this week, her heart sank when a nearby river suddenly rose. It happened because two of the four pumps were switched off, she says. When the EA was alerted, they were turned on again.

'It shows how the flooding we had in 2014 could happen again without proper management,' she says.

'If the people in power hadn't listened to us, we might have been in the same situation as the rest of the country this week.'

'But if they stop maintaining the rivers in the Levels, it could happen again here, too.'

The Somerset Levels were devastated by floods in 2014. So how have they survived this year's deluges? Answer: by ignoring modern eco-zealots and using simple ideas of old

rivers and coastline fell under the remit of the Environment Agency, formed in 1995.

The work of local drainage boards was hampered by the new agency's zealous enforcement of EU waste-removal regulations, with habitat directives placing 'sustainability' and 'biodiversity' ahead of the need to safeguard homes, businesses and farmland.

These Brussels-concocted rules made it almost impossible to dispose of tonnes of dredged-up silt.

Matters worsened considerably after 2000, as many locals recall,

when Baroness Young of Old Scone, a Labour peeress who had previously run the Royal Society for the Protection of Birds and Natural England, became chief executive of the EA.

Intent on creating havens where wildlife could flourish, she determined to transform the Levels into a vast wetland suitable for water-voles and wading birds.

To this end, she actively promoted flooding by withdrawing funds for dredging and pumping.

If she had her way, she remarked, she would plant 'a limpet-mine on

every pumping station'. Indeed, in a lecture to a House of Lords Committee, she said her recipe was cheap and simple: 'For instant wildlife, just add water'.

However, people living on the Levels will tell you that her tenure was a recipe for disaster.

Baroness Young is unmoved. She insists that dredging has not stopped the Levels flooding.

'The Somerset Levels were intended to be flood plains,' she says. 'Dredging the Levels for farming at all costs is not my idea of a balanced solution. You have got to

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Blind lord 'groped hotel masseuse and asked if she performed extras'

By **Rebecca Camber**
Chief Crime Correspondent

A BLIND Paralympic swimming champion and peer grabbed a masseuse's bottom and asked if she 'did extras' at a top hotel, a court heard yesterday.

Christopher Holmes of Richmond, 48, is accused of sexually assaulting the beauty therapist, groping her and asking to touch her breasts during a 90-minute treatment at a London hotel spa.

The nine-time gold medallist, who was one of Britain's most successful Paralympians, denies sexual touching. He claims he only ran his hands down her body to find out what she looked like.

The peer, who joined the House of Lords in 2013 after working for the London 2012 Olympic and Paralympic Games, told police: 'It is always difficult to ask to touch sighted people, but it is a basic human instinct to want to know what somebody looks like.'

Southwark Crown Court heard that the masseuse was nearing



Denies claims: Lord Holmes

the end of an £150 treatment on March 7 last year when Holmes manoeuvred her between his legs and asked: 'Can I see how you look?'

The woman agreed, 'thinking that this was what blind people do', but tried to pull away after Holmes ran his hands over her

face, shoulders and sides, resting his hands around her hips, jurors heard. Prosecutor Linda Strudwick said: 'Mr Holmes stopped her by grabbing her buttocks. He said "nice" and he asked if he could touch her breasts.'

'He asked if she "did extras", pointing to his crotch.' The court heard that Holmes had already removed the paper underwear he had been asked to wear.

The prosecutor said: 'This was a deliberate sexual assault, or sex-

'He grabbed my bum ... I felt ashamed'

ual touching. He knew that the sighted are often embarrassed around blind people and he used that.' Yesterday the masseuse wept as she gave evidence behind a screen. She recalled: 'His legs were around my body either side. I was in the middle.'

'I thought that he wanted to just touch my face or something. I thought blind people do that. I was feeling very uncomfortable so I was moving my body away.'

'He was touching my face and

my shoulders and then grabbed my bum and squeezed it. I felt confused. I felt ashamed.'

'He asked if he could touch my boobs. I said this is making me uncomfortable and then he put his hands towards his crotch and asked if I do extra. I said, "no I'm a professional".'

The masseuse claimed she quickly finished the treatment but didn't run out as she feared his guide dog might attack her. 'I panicked as he is blind.' She informed her manager, who described her as 'shaking' and went to the police the next day.

The peer, who has campaigned for better access for the disabled in public places, insists the touching was innocent. He told police: 'It is a bit strange to be massaged by someone without knowing what they look like.'

'I cannot be sure exactly where my hands rested but there was absolutely no intention to touch her in a sexual way. At no time did I touch her breasts or genital area.'

He denied asking for 'extras', adding: 'I did not ask my therapist for sexual services of any kind.' The trial continues.

PUGH



'The depression started when the price of anti-depressants soared'

Price-fixing drugs firms fined £3.4m

FOUR drugs firms have been fined for illegally increasing the price of antidepressants.

The companies have been told to pay fines totalling £3.4million for price fixing - and £1million in compensation to the NHS.

King Pharmaceuticals and Auden McKenzie colluded to fix quantities and prices for nortriptyline, the Competition and Markets Authority said.

Two other firms - Lexon and Alissa Healthcare Research - were fined for illegally sharing information to try to keep nortriptyline prices up.

Nortriptyline is prescribed by the NHS and is used to relieve the symptoms of depression.

INSIDE THIS SATURDAY'S **Daily Mail**

Delicious way to reverse type 2 diabetes

GOOD HEALTH 2020

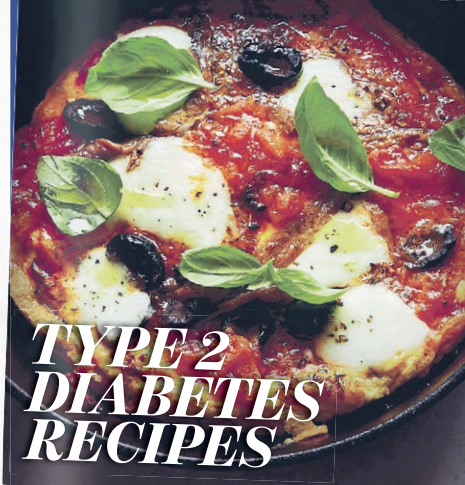


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BEYOND
LIMITS

By Liz Hull

A NURSERY school teacher was almost killed by her contraceptive coil after it became embedded in her womb and caused sepsis.

Jessica Cowgill, 25, repeatedly visited her GP complaining of agonising cramps, but they were dismissed as period pains and tests failed to show anything was wrong.

Eventually she went to hospital and doctors realised she was suffering from life-threatening infection sepsis.

She was rushed into emergency surgery where she had to have the coil, one of her fallopian tubes, an ovary and part of her uterus removed.

Miss Cowgill remains in hospital more than three weeks later.

Yesterday she said she feared her fertility could have been damaged and called for the copper coil to be banned.

Miss Cowgill said: 'I know the coil sounds like a good idea and low maintenance but it's not worth the outcome I've had. My experience has been terrifying and exhausting.'

'I'm still unsure as to whether I'll be able to have children - the doctors seem positive that I will as I still have my right tube and ovary.'

'But I wouldn't want anyone else going through this for the sake of contraception when there are many other forms available.'

Miss Cowgill, from Blackburn, had the coil fitted when she was 20. It is a type of device that can be kept in situ for ten years.

During the various ultrasounds, doctors did not identify it as the problem and claimed it was in the correct place.

She had suffered agonising cramps for years but thought the pain was due to her periods.

She repeatedly went to her GP and last year was sent to see a specialist gynaecologist.

He examined her and performed an ultrasound scan but could not

Almost killed by my coil

Teacher's birth control device gives her sepsis

Daily Mail
END THE SEPSIS SCANDAL

find anything wrong. Another trip to A&E earlier this year was also inconclusive and she was sent away with antibiotics.

However, the pain intensified and in February she was admitted to the Royal Blackburn Hospital.

There, doctors scanned her again and rushed her into theatre when they realised what was wrong.

Miss Cowgill added: 'I've been having stomach pains for quite a while now and I've been seeing

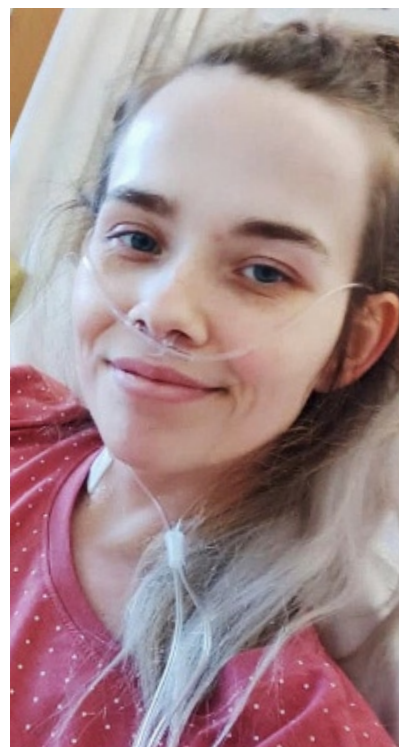
doctors to get to the bottom of it, but nothing came of it. I kept getting sent home. I took myself to A&E (and) I could barely walk through the doors.'

'Within a few hours I was being rushed into theatre and told I needed major surgery, which had a 50 to 79 per cent mortality rate.'

'They removed my left ovary and fallopian tube as well as my copper coil contraception, I was also full of stomach ulcers.'

However, after the operation the pain continued and she was forced to have a second surgery when medics realised some of the infected tissue was still there.

Miss Cowgill, who is engaged to fiancé Nathan Grogan, 27, added: 'It's been the scariest experience of my life but I'm coming out so



Strong: Jessica Cowgill yesterday

much stronger. My bloods are showing that the infection is clearing up nicely.

'Visually, my wound looks healthy and is beginning to knit back together but it won't be for about a year until I have my reconstructive surgery after my body has formed a hernia.'

The contraceptive coil, or intrauterine device (IUD), is a T-shaped birth control device which is inserted into the womb.

The copper damages sperm and affects their mobility, meaning they cannot join with an egg, protecting against pregnancy.

The Daily Mail has long campaigned for greater awareness of sepsis symptoms and quicker treatment for patients to limit the numbers seriously affected.

McCartney: I had a little help from my friend Chaucer

Daily Mail Reporter

PAUL McCartney says the 'dirty bits' of Chaucer helped him to become a better songwriter.

The former Beatle said studying English literature - also including the works of Shakespeare and Thomas Hardy - inspired him as a teenager.

In 1953, Sir Paul was one of only three children out of 90 at his primary school to pass the 11-plus exam, meaning he could attend a grammar school, the Liverpool Institute.

Sir Paul said: 'I had this one guy who was English literature teacher and he turned me on.'

'He just showed me some things. He showed me the dirty bits in Chaucer. And for a 16-year-old boy, (it was) "wow, I'm loving this!" I said, "are you sure I should be reading this?"'

'He says, "it's not in the curriculum but..." With him as my teacher I did OK. It's the only exam I did well in. But I did love learning about Shakespeare, learning about Thomas Hardy, looking at poetry.'

'So I think, it's just a theory, that when I left school and then started getting into music, I think that kind of stayed with me and I thought I naturally produced these words and rhythms that were better than what I had done before.'

Tamsin: Corset agony sent me to osteopath



Restrictive role: Tamsin Greig in *Belgravia*

AS THE star of a period drama, she had to wear a corset for 12 hours a day on set. But Tamsin Greig said she was forced to see an osteopath as a result.

The actress plays Anne Trenchard in ITV series *Belgravia*, written by *Downton Abbey* creator Julian Fellowes.

However, she found the role rather too restrictive, insisting on being taken out of the undergarment at lunch as

By **Eleanor Sharples**
TV and Radio Reporter

she struggled to move. The six-part historical drama, adapted from Fellowes's 2016 novel, tells the story of upper-class families in 1840s London.

Miss Greig, 53, said yesterday: 'I was under the care of an osteopath quite quickly. I should have prepared myself

before filming by actually wearing a corset for a couple of hours a day. To suddenly be in one for 12 hours a day is pretty tough because we're used to being able to move our spines. We had a half hour for lunch and I began to insist that I had to be taken out of it.'

Belgravia, which also stars Philip Glenister and Tom Wilkinson, begins on March 15 and airs at 9pm.

By **Ben Spencer**
Medical Correspondent

GOING to work on an egg won't do you any harm after all.

Plans to bring back the 1950s slogan – made famous by TV adverts starring comedian Tony Hancock – were vetoed in 2007 because it failed to promote a balanced diet.

Experts feared that eating too many eggs raised cholesterol – a major cause of heart attacks and strokes.

But now a 30-year study of 210,000 Americans, led by Harvard University researchers, concluded that eating one egg a day would do nothing to raise the risk of cardiovascular disease – including heart attacks and strokes – compared to eating fewer than one a month.

The study, published last night in the *British Medical Journal*, suggested the original fears about heart disease may have been linked to other factors. Those who ate more eggs, for example, also

Cracking! You really can go to work on an egg

ate more red meat – which could be behind the link.

After researchers took such dietary factors into account, along with others such as age and lifestyle, they found there was no association between egg consumption and cardiovascular disease.

They wrote: 'Results from this cohort study and updated meta-analysis show that moderate egg consumption – up to one egg per day – is not associated with cardiovascular disease risk overall.'

In a linked editorial, Professor Andrew Odgaard at the University of California Irvine said the results of the study

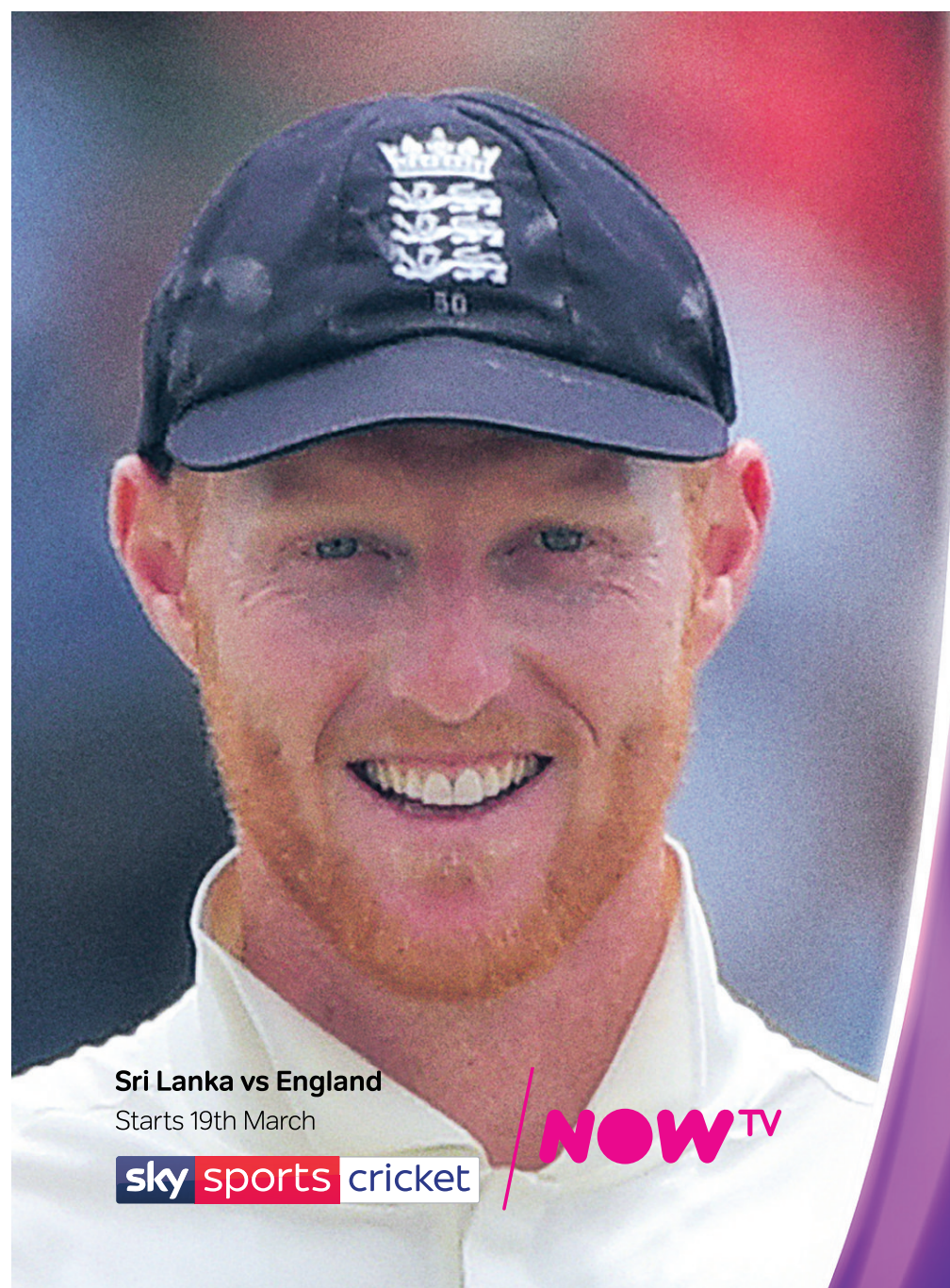
'Put people's minds to rest'

were convincing. But he added: 'We should not put all our eggs in this observational basket for formal guidance on eating eggs.'

'If frequent egg consumption

is occurring in the context of an overall dietary pattern known to be cardio-protective, or eggs are being consumed for essential nutritional needs, then it is probably nothing to worry about.'

Dietitian Dr Carrie Ruxton, adviser to the British Egg Information Service, said last night: 'Given that eggs are rich in protein and nutrient-dense, providing one of the few dietary sources of vitamin D, it's great that we can put people's minds to rest.'



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Young Tennant hopes to be a Ty-me Lord!

DAVID TENNANT'S adopted son Ty has spoken of the moment he first met his father on the set of Doctor Who.

Ty's mother Georgia Moffett had a guest role on the show in 2008 when she began dating her future husband. 'It was great, I was five when I first met my dad, my mum was working on Doctor Who,' says Ty, 17. 'I watched him on TV as the

hero, and it was crazy how much your life can change.'

Ty made his own big-screen debut last year as Christopher Wiseman in Tolkien and would love to play the Doctor — which would make him the third Time Lord in his family.

David played the role from 2005 to 2010, while Georgia's dad Peter Davison portrayed him in the early Eighties.

■ YOU can't say the Duke of Beaufort doesn't speak his mind. 'Let's not beat about the bush,' Harry Beaufort — who is known to his friends as Bunter — tells his Twitter chums. 'Meghan Markle would be the daughter-in-law from

hell.' The Beauforts were once on first-name terms with English monarchs and his family sheltered Queen Mary at Badminton House during World War II. It is unlikely the Duchess of Sussex would find succour there now.

diary@dailymail.co.uk
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SHAK

Tragic McQueen muse's treasure trove is revealed in surprise sale



Soulmate: Annabelle with Alexander and (right) in 2015

SHE was a close friend of Kate Moss and Naomi Campbell — and married a Rothschild.

Now, two years after the sudden death of socialite Annabelle Neilson, aged 49, there is to be one final, dazzling glimpse into her partnership with the fashion designer Alexander McQueen, whose muse and confidante she was.

Neilson's collection of McQueen couture is, I can disclose, being sold at auction in London later this month. 'We're already taking conditional report requests from

museums in America and Australia,' Kerry Taylor, of Kerry Taylor Auctions, tells me. 'McQueen is one of the most famous British designers ever and Annabelle was his muse. It's a very British story.'

The 123-lot sale — initiated by Neilson's family — will raise between £120,000 and £180,000.

Neilson acknowledged that she and McQueen were, on the face of it, an unlikely pair: 'East End gay boy' and 'skinny posh bird with a naughty streak', as she put it. But they instantly knew, she said, that they were the other's 'soulmate' after being introduced by their mutual friend, stylist Isabella Blow. There-

after, Neilson had a bedroom in every house McQueen owned, and was the last person to see him alive before his suicide, aged 40, in 2010.

Her own life was scarcely less turbulent. In Australia, she survived a brutal attack by a man later convicted of murder. Following reconstructive surgery, she became addicted to heroin.

She subsequently met Lord Rothschild's son, Nat, on a beach in India. They eloped to Las Vegas, marrying there in 1994, but divorced three years later. Back in England, Neilson was a member of the Primrose Hill set, describing Kate Moss as 'my sister'.

£1 MILLION PASSPORT TO RICHES

£1 MILLION PASSPORT TO RICHES
Daily Mail The Mail

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TODAY'S CITIES — THURSDAY, MAR 5

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INSIDE Saturday's Daily Mail there was a unique Passport to Riches weekly gamecard, and the first four cities were printed on a Passport to Riches page inside the newspaper. Today, in the 'TODAY'S CITIES' box (to the left of these instructions), are four new cities.

HOW TO PLAY

1. Use your unique gamecard from Saturday's Daily Mail to play this week's game (final week).
2. Every day, circle the four cities on your gamecard which match the four cities in the 'TODAY'S CITIES' box (to the left of these instructions).
3. We will print the names of four different cities inside the Daily Mail and The Mail on Sunday every day on the Passport to Riches page, until Friday, March 6.
4. If at any time until Friday you match ALL of the cities in a single column (downwards), you will win the prize shown above it. The player on the example gamecard on the left would win £10,000.

HAVE YOU MATCHED ALL OF THE CITIES IN ONE COLUMN ON YOUR CARD?

HOW TO CLAIM

- If you have matched and circled ALL of the cities in a single column (downwards) on your gamecard, call the claim line on **0345 071 2722** between 9am and 4pm, no later than Friday, March 6, 2020.
- Make sure you have your gamecard ready when you ring for verification. Calls will be charged at local rates.
- Claims will not be accepted after 4pm on Friday, March 6, 2020.

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TERMS AND CONDITIONS: *£1 million is the total prize fund over four weeks. Game open to UK residents aged 18+ only. If you need help with your gamecard, please call 0345 071 2722. Prizes are spread across four separate issues of the gamecards available inside the Daily Mail on February 8, 15, 22 and 29. The promoter reserves the right to declare as void any claims resulting from printing, production or distribution errors. You must retain original newspaper and follow our instructions to verify a claim and claim your prize. Prize must be claimed between 9am and 4pm on the Friday following each gamecard being issued i.e. February 14, 21, 28 and March 6. All entries must be available for verification. Prize will be transferred to winner within 28 days from verification. Publicity may be given to winners and images may be published in the paper and on our website(s). Winners must co-operate fully for publicity purposes. Winners' names are available by sending SAE to 'Passport to Riches Winners' at Promoter's address, up to one month after relevant closing date. Promoter: Associated Newspapers Ltd, 2 Derry Street, London, W8 5TT.

ESCAPE



Game Of Thrones Gwendoline goes on the warpath for women

GAME Of Thrones star Gwendoline Christie, who is 6ft 3in, is wielding the sword of truth on behalf of women.

‘It’s widely known that guys have had their own way for a long time,’ she tells me.

‘The society around us tries to dictate to us what it means to be a woman and what it means to look feminine or act in a lady-like

manner. What’s even more troubling is it’s solely based on the way we look.

‘I have experienced it first-hand. I’m dreaming of a future where we have more female characters that are loved for their actions and achievements, not the labels that are imposed on them by society.

‘I don’t want it to exist only in fiction, but in real life, too.’

Prince’s Trust gave me my acting career: Idris

LUTHER star Idris Elba says he would have turned his back on acting if he hadn’t received a grant from Prince Charles’s charity — the Prince’s Trust.

‘At the age of 16 I left school and had dreams of being a big actor and went to the Youth Music Theatre until I realised how expensive it was going to be,’ he told me at WE Day UK 2020 at Wembley. ‘But because

of the determination I’d had implanted in me, I didn’t give up.

‘After applying to the Prince’s Trust and receiving a £1,500 grant, it changed my life.

‘Sometimes the smallest things help you grow and these opportunities have helped shaped me as a person, as a parent, as a husband, a friend and a rapper. It will shape the legacy I will leave behind.’

■ **FOOD** critic Jay Rayner isn’t in the business of doling out advice for free. ‘I get repeated emails from small restaurants, big restaurants, saying: “We’d love you to come in and try and give us your feedback.” That’s not my job, and you’re worth £100 million. I’m not coming in to give you advice for free. Who the hell do you think you are? I won’t even do consultancy for them.’ Crumbs!

■ **LOVE** Island presenter Laura Whitmore says she is proud of the Be Kind movement that has flourished in the wake of the death of Caroline Flack. ‘I’m really proud of it, but I think it’s something that has always been there, but it hasn’t had the attention before because it wasn’t seen as glamorous or juicy,’ she tells me.

‘I think if we all are kind to ourselves and others then we’ll be making a positive change.

‘It was literally so hard getting through to the end of the series because of everything that has happened, but it’s so nice to be back home.

‘I just wanted to get back home to see my dog and my family and friends.’



Shady Lady Pamela is one glam granny

WHAT a groover! The Queen’s bridesmaid Lady Pamela Hicks, 90, still knows how to put on a good spectacle.

She celebrated the birthday of her daughter India’s partner David Flint Wood by wearing sunglasses with the words ‘David rocks’ emblazoned on them.

India — who was expelled from Gordonstoun school in Scotland, alma mater of her godfather Prince Charles, for entertaining boys in her room — spent holidays at her father’s self-built home in the Bahamas.

She still lives there with former ad executive Flint Wood and their five children.

CHANGES TO THE INVESTMENT MANAGER FOR MOST OF OUR INVESTMENT FUNDS.

If you have a pension or investment with Scottish Widows, Halifax, Bank of Scotland, Lloyds Bank or Clerical Medical, we want to make you aware of changes we’re making to our investment management arrangements.

We’re replacing Aberdeen as the investment manager for most of our funds. The day-to-day investment management of most of our actively-managed funds started moving to Schroders at the end of September 2019. This will be completed by April 2020. Aberdeen will continue to manage our passively-managed and property funds until 2022.

The change applies to a number of Scottish Widows, Halifax and Clerical Medical funds. Scottish Widows will still own the funds and remain responsible for defining how the funds should be managed. We’ll continue to monitor the performance of the fund and the investment manager.

Your existing fund and policy charges will not change because of this new arrangement. Transaction costs may increase in the short-term for some of the actively managed funds as investments are bought and sold with the aim of generating higher returns. However, these will be capped and monitored by us in order to limit their impact on short-term performance.

Although you don’t need to take any action, we’ve provided more information about the changes at www.scottishwidows.co.uk/fundchanges



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After several days at sea, Cape Town awaits. South Africa's most cosmopolitan city is home to an array of attractions including the world-famous Table Mountain and Robben Island, where Nelson Mandela was imprisoned. To experience the best

of its surrounding wildlife, however, take a tour of the Cape Peninsula and head for the Kirstenbosch National Botanical Garden. From penguin colonies to primates, there's loads to see on the outskirts of this remarkable city.

Your other destinations on the South African coast are Port Elizabeth, known for its striking pea-green mosque, and Durban, awash with handsome colonial architecture. The Indian Ocean islands of Mauritius and Reunion then provide a palm tree-fringed taste of paradise where you'll savour lush hiking trails and shallow azure waters before you make for the west coast of Australia. End your voyage in lively Perth, a city remote yet packed with attractions.

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femail MAGAZINE

**SUSANNA
REID:**

I'll take a self
help book over
a novel any day!

PAGE 55

Picture: GETTY / POSED BY MODEL

Convictions are
at a record low
... and here one
brave woman
reveals a reason
why: seeking
justice can feel
like another
form of abuse

The diary of my rape case

AFTER the horror of rape, you would hope bringing an attacker to justice might offer some form of closure.

Yet the reality is far more complex — and, sadly, the experience of reporting sexual offences can be both gruelling and disheartening for victims. A look at the

INTERVIEW by Rebecca Evans

numbers illuminates the scope of the problem. It's estimated that each year, more than half a million women are sexually assaulted, as well as more than 100,000 men. Yet official figures show

that only one in six rape victims ever report what happened to police.

Of those who did, just 1.7 per cent of allegations resulted in a charge or summons in 2018. And the most recent

statistics show that even in the small proportion of cases where a suspect is identified and a prosecution is pursued, half the victims drop out during the process.

The reasons are complex but there is no denying the road to justice can be brutal. It involves intimate medical checks, hours of police interviews,

TURN TO NEXT PAGE

INSTAGLAM



CARA DELEVINGNE

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FROM PREVIOUS PAGE

graphic statements and gruelling cross-examination in court. And then there's the fact that fewer than 5 per cent of all rape cases result in conviction.

Although U.S. rules are different, the recent trial of disgraced film mogul Harvey Weinstein, convicted last month of two charges of rape, has made the issue a global talking point.

Six women took the witness stand at his trial; but given the statistics, it's not hard to understand why victims in less high-profile cases may decide against doing so.

Last week, British pop star Duffy wrote on social media that she too had been raped and imprisoned by an attacker but kept silent about it for years. It is not known whether what happened led to criminal proceedings but there is no doubt about the devastating impact on the singer's life.

Ultimately for victims, it takes both courage and determination to try to hold attackers to account. Here, two such women reveal their painfully honest diaries — and very different outcomes.

FIRST Charlotte, 26, a mother-of-three from the East of England, who was raped seven years ago by her then boyfriend, shares her story...

June 24, 2012

I FEEL humiliated and worthless. Earlier this evening my boyfriend Simon raped me in our bedroom.

We'd had a row about nothing much when he suddenly dragged me upstairs. I tried to hide under the bed but he violently sexually assaulted me. It was excruciating. He said he would stop if I came out from under the bed, but he then grabbed me and raped me. I tried everything to stop him but he was too strong.

I was left in so much pain. I managed to lock myself in the bathroom while he tried to smash the door down.

Terrified, I waited hours until it sounded like he'd left. Then I made a dash for my car but he reappeared and stood in front of the bonnet, saying he'd taken an overdose. He started throwing up, apologising, and saying he would kill himself if I left.

I'm too ashamed to tell anyone, to tell the police or my family or see a doctor. It's difficult to explain how humiliated, down-trodden and worthless I feel.

We have been together for three months. He seemed so charming when we met through friends. I'd just come out of a relationship and he was attentive and kind.

We soon started living together at my dad's house. Dad runs his own multi-million pound company and stays with his partner most of the time so we have the place to ourselves.

Simon recently quit his job and is now dependent on the money I earn as an administrative assistant for my dad's company.

I know he is troubled — he has shown flashes of temper before and has hit me sometimes, but never this.

Sadly, this isn't the first time this has happened to me. When I was 14 I was raped by a relative and told the police but nothing came of it. So maybe that's why I have written this down — just in case I feel strong enough to tell anyone, there's a record of it.

July 2012

I'M STILL with Simon and we are seeing a relationship counsellor. Knowing things were volatile between us, his mum suggested we have sessions with a family friend. He does seem to be sorry for what he did and in a moment of honesty, told his mother.

I felt so humiliated but she told me she had been raped when she was younger and found a counsellor very helpful.

I told the counsellor what Simon had done to me. She explained to him that it was rape. He got really angry and threw a table across the room. He struggles so much with anger

I tried to hide under the bed but still my boyfriend attacked me, then raped me



that I feel sorry for him sometimes — but also frightened.

August 2012

I KEEP having flashbacks of the rape. The smallest of things set me off, such as Simon leaning over me to get the television remote one night, which made my blood run cold — or whenever I hear him slam the door.

It was too much and in the end I found the strength to leave him. He didn't take it well, saying he would kill himself and me.

I've no idea where he's living but I'm with my mum now, who has been very supportive. She doesn't know what Simon did. I feel too ashamed to tell her.

The only person I've told is my sister Louise.

June 2015

THREE years on, I have a new partner, Jack, and we have two

children: a daughter, two, and a son, one. From the outside it looks like I've moved on — but the rape colours everything.

Sometimes I flinch when Jack touches me. He knows what Simon did. I told him one night while we were in bed and I freaked out. I had to explain why I was struggling with being intimate. He was very understanding and promises me he will never hurt me and that we will take our time until I feel ready.

I worry I'll ruin our relationship. I've suffered severe post-natal depression and had counselling, which helped me realise how deeply traumatised I am.

I struggle to get out of bed, I don't look after myself, wash or eat enough. I've been self-harming too. It feels like a release.

I haven't felt strong enough to return to my job; I feel so broken.

July 2015

TODAY I saw Simon in town. He didn't see me, but I had a panic attack and my hand let go of the buggy and it rolled into the road. I managed to catch it in time but I can't shake the terror of knowing he's so close to where I live. I need to do something.

August 2015

I'VE finally done it. With my sister Louise there for moral support, I went to the police station and reported him.

I felt nervous walking into the station, but the male officer on the front desk took me seriously and I was then interviewed by a man and a woman who took my statement. It was difficult as they wanted a lot of intimate detail. I had the account I wrote at the time and I gave it to them.

I feel so scared in case Simon

...AND ANOTHER VICTIM

LAURA, 19, from East Sussex, was raped by a stranger at a party three years ago. She says:

August 31, 2017

I CAN'T take in what happened last night. I feel so dirty and ashamed. I didn't want to go to the party but my friend Rachael wanted to see her boyfriend. As soon as we arrived, she went off with him.

A man called Mike, whose flat it was, made a beeline for me. He kept leering, saying I was pretty. He was 20 years older, and was telling me to take some cocaine he had with him. I've never done it and I said no, but in the end I thought if I took some he'd leave me alone.

Instead, he pulled me into a bedroom and pushed me down. After he'd raped me, I tried to leave but his friends wouldn't let me, and he

raped me again. This time I tried to fight, repeatedly shouting: 'No!' But he pushed me on to the bed. When he was finally too drunk or drugged up to care, I managed to leave at about 5am. I walked home in a daze — there were no buses — then sat at my dressing table and started to cry.

September 1, 2017

I WANT to tell the police but, as I'm 16, it would mean my parents would have to know.

They adopted me as my birth parents were drug addicts, and I'm so ashamed I took cocaine. I don't want them to be disappointed.

I was afraid I could be pregnant or have a disease so went to a clinic but, thankfully, I'm OK. I cry a lot on my own, though. I've told two of my close friends but not Rachael.



Picture: 2 BROTHERS PICTURES FOR ITV

Chilling: Ioan Gruffudd and Joanne Froggatt in ITV date rape drama Liar

retaliates but also a sense of relief. Since my children were born, the feeling has been growing that I need to protect them and that means making sure he never hurts anyone else.

It all seems like a blur, having to re-live it all in my statement. They wanted to know every little detail, what he did and when. They said it was historical rape but that it was never too late to report it and it was good that I had.

I know I've done the right thing but I'm worried what Simon might do now.

September 1, 2015

SIMON has been arrested and granted bail but is not allowed to contact me.

I feel terrified he is going to hurt me. I have had heavy-duty locks installed on my doors and the police have told me there is a red-flag alert, so if I phone them, they

will come immediately. I've been assigned an officer, Hannah, who deals with sexual offences.

She says my case will succeed and Simon could go to prison for 12 to 15 years. She told me he had guilt written all over his face in his interview. I don't know if she's saying this to make me feel better but it's good to hear.

As it was so long ago, she says they need to gather evidence and will be speaking to both my and Simon's friends and family to get character references. I feel uncomfortable, embarrassed and scared by this but I know they need to do it. I told her the counsellor should have a record.

I speak to Hannah every week on the phone and she keeps me up to date with things.

September 5, 2015

SIMON has been charged with rape but our counsellor says she's

destroyed all her notes, which means that, other than character references, it is now my word against his. I gave a video statement at the police station for court. It took hours and it was hard going through it all again so graphically — the shame, the pain, the violence — these are memories I've tried to bury.

Jack supports my decision to report Simon. I'm really struggling with my mental health, though. I just can't cope with life and the responsibilities of being a mother.

Hannah has put me in touch with a woman named Nikita, an independent adviser from Refuge (a charity supporting others like me) and we've arranged to meet.

April 2016

IT HAS been really tough waiting for the trial, which is due to start next month. Things have ended with Jack. I'm not strong enough

to be in a relationship right now, so I ended things. Being a single parent to two young children will be hard but Nikita has been a lifeline. We meet for a coffee every week and she is always there on the phone to help me with whatever I need.

She took me to the court to show me where I'll stand, where Simon will be and the judge and jury. She explained I can give evidence from a different room via video link or behind a screen. I decided I wanted the jury to see me in person. I want them to see my face and see I am telling the truth.

Nikita explains there will be a barrister presenting my case in court who works for the Crown Prosecution Service. I feel quite overwhelmed by it all.

May 2016

MY HAND is shaking and I can hardly see to write for tears.

I gave evidence at the trial today. I've failed completely. Simon's defence barrister, a woman, paid for with legal aid, I believe, tied me in knots, dismissing it as a sex game that went wrong.

I don't know how long I was on the stand but it felt like for ever.

Nikita had warned I'd be cross-examined but I'd thought it would be the criminal, not the victim, who was grilled. I broke down and we had to have a break.

At one point the barrister said I was only doing this for the criminal injury compensation (around £11,000 on conviction) but I hadn't known about this when I reported him. My dad's a wealthy man. I don't need money.

She asked me why I hadn't reported it earlier, she asked if it was not true that we had a good sex life. It was just awful.

Afterwards, my mum held me as I sobbed. My family couldn't be in court in case they got called as witnesses. Being cross-examined felt like being raped all over again. I am starting to doubt he will be found guilty.

My sister Louise gave evidence. Heavily pregnant, she found it tough. She told how she once saw Simon trying to break my arm but the defence lawyer was hard on her, too.

She came out and collapsed on the floor. She felt she wasn't heard in court and that she'd failed me.

Afterwards, Nikita told me the counsellor refused to come to court, saying her car had been smashed up and she was too scared to testify. Why don't they make her? Or at least insist she gives a written statement?

Later in the month

THE worst of days. I am too numb to cry. Hannah phoned to say Simon has been found not guilty.

The jury didn't agree there was enough evidence beyond reasonable doubt.

The next thing I knew, I woke up in an ambulance after suffering a panic attack and blacking out.

My life has been on hold for so long and it feels like it's all been for nothing.

Why was I told over the phone? It feels like it all meant nothing and I have failed. I can't cope with the pain of it all. I feel like there's nothing left of me. I don't know if I can carry on.

March 2020

NEARLY four years on, I still regret reporting the rape. Even if Simon had gone to prison, the scars of what I went through in court will stay with me for ever.

I have a new partner, Tom, who works in retail, but I don't feel strong enough to go back to work. We met through a friend and he is such a good man.

We had a beautiful little boy Joshua two years ago. But for all the good things in my life, I still struggle to cope.

I've tried to kill myself countless times since the trial and spent time in hospital as my mental health continues to decline. I'm on antidepressants but it's not helping, so I'm waiting for a referral to see another therapist.

Tom knows I feel low and tries to support me the best he can.

I know I have children and therefore shouldn't be thinking about suicide but I can't shake the feeling they would be better off without me. Knowing he got away with it is more than I can bear. I know someone else is going to go through what I did because I didn't do well in court. I feel like I've failed my daughter and worry about her safety. It's exhausting.

Although Nikita stayed in touch, I never heard from the police again after that phone call from Hannah.

Honestly, I would say that unless things change, if it happened to me again, I wouldn't report it.

Rape trials shouldn't have random members of the public on the jury. It should be specialists such as doctors or psychologists who can understand and empathise. And you shouldn't be cross-examined so brutally. It was relentless and so distressing.

But what truly haunts me is the fact that 12 men and women on the jury thought he was innocent and I was lying. And he is a free to do this again.

■ SEVERAL names have been changed to protect identities.

■ FOR support call the free 24-hour national domestic abuse helpline on 0808 2000 247 or go to nationaldahelpline.org.uk.

SHARES HER VERY DIFFERENT DIARY

November 2017

IT HAS just been my 17th birthday and my life has turned upside down. Rachael found out Mike raped me and told the police — who told my parents. It's a relief they know. Mum hugged me and said it was my choice what I wanted to do now.

I've decided to take it further. We phoned the police and an officer, Sophie, came the next day to take a statement.

It was hard to say in front of Mum — I didn't want Dad there as I felt too ashamed — but Sophie was kind. She did ask about my sexual history but she was understanding. I asked if Mike would know and she said yes, which scared me. She said he'd be given a restraining order.

December 2017

MIKE has been arrested, charged and remanded in custody. As there's no physical evidence, it's going to be my word against his, but he has a record of other crimes.

Sophie helped me record a video interview at the station, which took three hours and will be used in court.

I don't want my siblings to know yet. It's dawning on me I'll have to tell strangers in graphic detail what happened.

April 2018

I CAN tell my parents are worried about me. Sophie said I can give evidence from another room or behind a screen, but I've decided I want him to see me.

May 2018

WHEN I faced him in court, he didn't even look at me. I was shaking as I started to speak. I knew it was important to tell the jury how he had hurt me.

His barrister said so many lies! He said I initiated it or took drugs willingly. But they believed me. He was found guilty.

If things hadn't gone my way, I would have been very scared that he would find and hurt me.

Later that month

WE WENT back to court today for sentencing. I read out my

Convicted: Mpilo 'Mike' Mthunzi



victim impact statement. The lawyers talked about his criminal past, which the jury weren't allowed to know before, including drugs, possessing a machete and grabbing a woman round the throat.

Then the judge told Mike — whose real name was Mpilo Mthunzi — that he would go to prison for 16 years for raping me and supplying drugs. I cried happy tears.

March 2020

I'VE decided to become a police officer. I've found strength in this, and I am determined to make the best I can of my life.

■ LAURA'S name has been changed.

It's spring's tricky new neckline. Here's the way to wear it



<<

Top, £18, warehouse.co.uk; jeans, £49.95, massimodutti.com; belt, £65, baukjen.com; bag, £95, Iris & Ink at theoutnet.com



Dress, £28, Warehouse at johnlewis.com; shoes, £245, russellandbromley.co.uk



<<

Floral dress, £285, rixo.co.uk; earrings, £95, thehoopstation.co.uk; necklace, £22, orelia.co.uk (same jewellery throughout)

Green dress, £49.99, zara.com; flats, £195, russellandbromley.co.uk

Styling: EMILY MONCKTON Photographs: SYLVESTER RAY Fashion assistant: ALEXANDRIA DALE



Top, £7, Red Herring at debenhams.com; skirt, £46, topshop.com



It's hip to be SQUARE!

WE KNOW of the hemline index theory — hems go up if the economy does.

But I hereby introduce another philosophy: the neckline connection.

As the news gets grimmer, our thirst for vaguely historical silhouettes gets more extreme.

The revival of the square neck is a case in point. Previously the least cool cut imaginable, they haven't been in since, ooh, about two centuries ago (if you don't count a brief 1960s moment).

But they've been making a surprise comeback of late.

They look particularly fetching on the Little Women-inspired prairie dresses that we cannot seem to get enough of.

They've even hit the red carpet, with stars including Renee Zellweger and Helen Mirren sporting them at recent events.

The big selling point is the way this shape elegantly exposes the collarbone and

elongates the neck. It's a neckline that can whisper 'softly feminine'. But it can also shout 'buxom milkmaid', if you're not careful.

How to pull it off? The easiest way to try the trend is to invest in a square-necked top to update your jeans, like this classic striped Breton from Warehouse (top left).

If you have a bigger bust, choose a higher, narrower cut — more of a rectangle than a square, if you will. If

you're in the market for exposing a little more skin, wearing a balconette bra underneath is a must to give you the right shape.

Opt for block colours and simple silhouettes — as seen with most of the pieces here — for a more grown-up way to wear it.

Personally, I'll be pushing the envelope with a piece that gets double points for historical referencing — this balloon-sleeved polka dot blouse by Ganni (top right).

It may not make the news headlines any less awful, but at least it will give my look (and me) a gentle, Austen-esque lift.

by Jess Wood

Unmissable pullout to transform your best friend's life



HOW TO HAVE A HEALTHIER HAPPIER PET



by **Emma Milne**

CELEBRITY VET AND AUTHOR

WHEN I was a little girl, our adopted mongrel Penny was fed tinned dog food, biscuits and some table scraps. It was easy. We never even thought about her diet.

Fast-forward 40 years and the way we view food and nutrition has totally changed. Not only do we worry about over-processed products, poor quality ingredients, allergies and what's 'natural' — but we also have ethical and environmental concerns about the impact meat production has on the climate.

As with many things, this has spilled over into how we feed our furry friends, too. As a result, there's an explosion of choice in any supermarket or pet shop — and a whole new world of options online as well.

All these concerns are important and understandable, but so much choice can be overwhelming for owners. Should you feed wet food or dry? Or is a combination preferable? (Actually a combination is always good if you can afford it — especially for cats.) And what's best; a natural, homemade diet or good old easy kibble?

THE internet is certainly a double-edged sword when it comes to information. Stories abound of domesticated animals thriving on raw foods, grain-free or gluten free and so on, but these are just single experiences and are not backed up by science.

As a nutrition adviser, I have heard concerning tales, such as the litter of standard poodles fed nothing but raw mince. Puppies have very specific needs for vitamins and certain minerals.

These can be severely lacking in raw meat diets. So it's no surprise that it caused bladder stones and growth problems for these large, growing dogs.

The trend for raw food for dogs and cats was essentially triggered by a distrust of big food companies. It's increasingly popular but, like many vets, I am opposed to it. The health risks to animals and humans alike are undeniable.

The belief behind it is that dogs should eat as they did in the wild. But the fact is dogs are not wolves. Fundamentally, dogs can digest carbohydrates; they evolved alongside us eating scraps and scavenging. They would hunt and catch things like rabbits, mice and rats.

Raw feeding is also known to cause the spread of some very

serious bacteria and parasites that are a major risk to human and animal health.

These are normally killed in the cooking process and, to compensate, the advice is to freeze raw foods for a certain

time period before serving. The trouble is, although some parasites can be killed by freezing, some bacteria cannot.

Many studies have shown the spread of salmonella, E.coli and campylobacter, some of the main

culprits in severe food poisoning, from raw-fed animals.

Last year, scientists at the University of Zurich found evidence of antibiotic-resistant bacteria in 61 per cent of the raw dog food samples tested and

warned that they could spread to humans.

Grain-free is another pet food fad. A result of the perceived rise in allergies in humans being projected on to animals. In fact, the major causes of allergies in cats and dogs are meats like beef and chicken; gluten allergy is incredibly rare.

People view grains as 'fillers' in food and believe it's merely there as a cheap alternative. Yes, it is cheaper but grains are a great source of fibre for gut health and certain vitamins.

Again we need to exercise caution. There have been cases of heart disease in dogs on grain-free food and research is ongoing into the possible reasons for this.

Vegan and veggie diets, if balanced and complete, can be fine for dogs. If you do want to feed your dog a plant-based diet, please make sure it is balanced for dogs' needs.

It can be very difficult to get right at home — buying

Din-dins is served!

But are you giving them the right food?



Picture: GETTY

FOUR OF THE BEST PET FEEDERS

Barkshire Automatic Pet Feeder

£19.99, petplanet.co.uk

ABLE to dispense up to four meals, this cat feeder can hold both wet and dry food and is easy to clean.

Cat Mate C3000 Dry Food Cat Feeder

£65, petsathome.com

THIS feeder can be programmed to give your cat three meals a day. An anti-tamper self-closing nozzle and snap on lid ensure your pet can't snack in between!



WOPET Automatic Pet Feeder Food Dispenser

£44.37, wopet.com

THIS feeder (pictured) has a removable hygienic feeding tray that is dishwasher safe, and can be set to dispense four automated feedings per day.

PetSafe Smart Feed Automatic Dog and Cat Feeder

£161.09, amazon.co.uk

CAN dispense up to 12 meals for your cat at set times and you can feed them at other times using your smartphone via the smart feed app.

TURN TO NEXT PAGE

HOW TO HAVE A HEALTHIER HAPPIER PET

FROM PREVIOUS PAGE

pre-prepared food is far easier. Cats, on the other hand, are obligate carnivores, which means they must have certain ingredients found only in meat.

Some people do want to make their cats vegetarian but my opinion is if you don't want a carnivore as a pet, don't get a cat!

In terms of their food, in general the 'super premium' brands such as Purina Hills and Royal Canin are better, but price is not always an indicator of quality.

Cats should ideally be fed wet and dry because they don't take well to changes later in life, so if they need a certain food for a medical condition, it's better if they are already accustomed to it.

Pet food is certainly a minefield these days, but there are key things to remember. First, you need the right food for your pet's age or lifestyle. For example, it's very important for puppies to have specific puppy food because they need different levels of minerals and also more calories than adult dogs.

Older animals may need senior diets to keep them in tip-top shape. Usually

older animals need fewer calories, they also have slightly different mineral levels to help in the early stages of organ problems, and many have supplements to help joints as our pets, like us, get creakier with age.

It's also essential that the food you feed is 'complete and balanced'. If the packet doesn't say this, don't buy it.

You may want to home-make a diet (cooked, I hope!) but remember that dogs' needs are different to ours so ensure you are following expert advice, not just a random recipe book 'cooked up' by someone unqualified.

It's very difficult to get home-made diets right, even for us humans.

Let's not forget our small furry pets, too. Rabbits, guinea pigs and degus need lots of long fibre like grass and hay.

And remember, never, ever feed muesli-style foods. These make selective eating and deficiencies and obesity very common.

Essentially, they pick out all their favourite bits so miss out on nutrients. It's a bit like offering children a bowl containing Brussels sprouts and sweets. You know what they'd eat first. So nuggets — they're like a complete kibble for rabbits and rodents — are the way forward.

Grain-free? Raw? Three owners reveal how special diets have given their animals a new lease of life

MENUS THAT WORKED MIRACLES

BANISHING GRAINS HAS HELPED JACK'S EPILEPSY

JULIE MAXTED, 58, runs dog gate company Dog-g8.com with her husband Peter, 61, from their home in Horsham, West Sussex. The couple have three grown-up children, a seven-year-old dachshund Jack and a cat called Benjy. She says:

JACK is a much-loved member of the family and is very cheeky.

In fact, thanks to him and our tabby cat Benjy, it's like Tom and Jerry around here — Jack will sit by the cat flap so Benjy won't come in, then Benjy will dab Jack with her paw and he squeals like a girl! They wind each other up.

We've had him since he was a puppy but when he was about four, he kept having fits and we thought we were going to lose him.

His eyes would go glassy, he'd start shaking and saliva would come out of his mouth. He looked quite frightened and all we could do was cuddle him until it subsided. We were so worried — he's so dear to us.

He went to the TV Supervet — Noel Fitzpatrick's practice — to be tested and he was diagnosed with epilepsy. Luckily, there was nothing more seriously wrong with him.

He's not on any drugs so we went online to see what we could do for Jack and we found case histories of dogs where going grain-free really helped. A family friend also suggested it.

It's not known why such a diet would help epileptic dogs, but since we switched Jack's diet to Butcher's grain-free recipes, usually the wet



Peace of mind: Julie with her beloved dachshund Jack

tripe varieties in tins, it has helped him enormously.

After about three or four months of his diet, we realised the food was beginning to work because he hadn't had a seizure for a while.

From having a fit every couple of weeks, he now only has about one every six months. They're no less severe but they're far less frequent.

We had no idea a diet could have this effect and we would not go back. While Jack's epilepsy is never going to go away, it has given us peace of mind.

EMMA'S VERDICT: Whatever has made this difference it's clear the result is good.

Gluten-free diets are known to help Border terriers with a syndrome like epilepsy but that doesn't need to be grain-free, just gluten-free.

If you do go grain-free, speak to your vet about the brands which are most reputable.



WITHOUT A SPECIAL DIET, M

AMANDA McNALLY, 39, is a PA at Cats Protection, and is married to university lecturer Mike, 59. They live in East Sussex with their daughter Beatrice, seven, and cats Tully, 17, and Doris, ten. She says:

WHILE there is a large age gap between our two rescue cats, both have ended up having the same medical problem: kidney disease.

Tully was first. He was a year old when we got him — his family had emigrated and he needed a home. He's huge with a strong personality. He hates dogs and will attack them in the street and used to sit on walls and whack people as they walked past.

About five years ago I noticed that although he was perfectly happy, he was drinking and urinating excessively.

Being a former vet nurse, I

had my suspicions and took him for a check up at the vet. The urine analysis showed proteins were increasing — which ultimately can lead to kidney disease. Because it was a very slow onset, we thought we'd change his diet to see if it slowed it down.

Our vet recommended one by Royal Canin called Urinary S/O, which helps prevent the formation of stones in his bladder that stop him from going to the toilet.

Kidney disease can lead to too much protein in cats' urine and this food can help reduce it and help prevent urinary tract infections, which both my cats suffered from before they were diagnosed with kidney disease.

Tully's been on it ever since and, around two years ago, also had to begin medication for kidney disease.

About the same time Doris,

a shy girl who'd been found in an abandoned fridge in someone's garden nine years ago, began showing the same signs as Tully.

The only difference was that she went downhill really quickly. She drank and urinated huge amounts every night, lost ten per cent of her body weight and started being sick. Because of our experience with Tully, I picked up on it really quickly, got the tests done and she went on medication and a special diet straight away.

They'll both be on a special diet and medication for the rest of their lives — it keeps them going — and we go to the see the vet for a check-up every six months to check the kidney disease hasn't progressed.

Despite their illness, both the cats are perfectly happy

PUZZLES & PRIZES

£3,000 TO BE WON EVERY WEEK!

SUDOKU FILL in all the squares in the grid so that each row, column and each of the 3x3 squares contains all the digits from 1 to 9. **SOLUTIONS TOMORROW**

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

Difficulty rating ★★★★★

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

Difficulty rating ★★★★★

PRIZE SUDOKU

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

**WIN
£500**

REVEAL the three shaded squares for your chance to win £500. **HOW TO ENTER:** Call 0901 292 5009 and leave today's three-number answer (reading left to right) and your details. Or text **SUDOKU** to 65700 with your answer and name. Texts and calls cost £1 plus standard network charges. One weekly winner chosen from all correct entries received between 00.01 Monday and 23.59 Friday. Answers change daily at 00.01. UK residents aged 18+, excl NI. Full terms apply, see Page 72.

GENERAL KNOWLEDGE CROSSWORD

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

PLAY our accumulator game! Every day this week, solve the crossword to find the letter in the pink circle. On Friday, we'll provide instructions to submit your five-letter word for your chance to win a luxury Cross pen. UK residents aged 18+, excl NI. Terms apply. Entries cost 50p.

WIN A LUXURY CROSS PEN SEE BELOW

ACROSS

- Actor who played Sir Bernard Cutting in Carry On Matron (7,8)
- A person who bribes or intimidates a jury (7)
- A sacred object among Algonquian tribes (7)
- Crease-resistant fabric made from acrylic fibre (5)
- 1685 battle in which Royalists defeated the Duke of Monmouth's rebels (9)
- Play in which Mrs Malaprop appears (3,6)
- Underground cell or chapel (5)
- _____ lizard, stand-up comedian and activist (5)
- Region around Glasgow in Scotland's central belt (9)
- Hurdles (9)
- Spiral-horned southern African antelope (5)
- Amelia, U.S. aviation pioneer who disappeared in 1937 (7)
- Continental boarding house (7)
- English title of a long narrative poem by Dante Alighieri (3,6,6)

DOWN

- A term for the oak (4,2,3,6)
- Clouds of dust and gas in space (7)
- Eurasian rose with fragrant foliage and small pink flowers (9)
- Egyptian god with the head of a falcon (5)
- Shamelessness (9)
- Jessica, Blue Sky actress (5)
- _____ Joshua, Watford-born British heavyweight boxer (7)
- Character who finances the voyage in Treasure Island (6,9)
- Carlo, Everton and ex-Chelsea Premier League winning manager in 2010 (9)
- Konstantin, Mikhail Gorbachev's predecessor as leader of the Soviet Union (9)
- Variety of potato with a red skin and yellow flesh (7)
- John Lennon's peace anthem and best-selling solo record (7)
- Counting frames with movable beads (5)
- Franz von _____, Austrian composer of light operas (5)

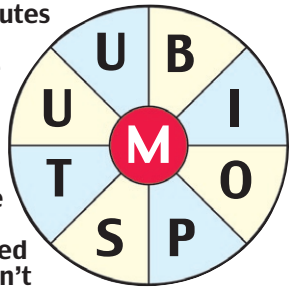
SOLUTION TOMORROW

WRITE YOUR LETTERS IN THESE SQUARES

Mon	Tue	Wed	Thu	Fri	

WORD WHEEL

YOU have ten minutes to find as many words as possible using the letters in the wheel. Each word must use hub letter and at least three others, and letters may be used only once. You can't use plurals, foreign words or proper nouns. Verbs ending in 's' permitted. Clue for today's nine-letter word: Pushy opium bust carried out. **RATING:** 10 words, average; 15, good; 20, very good; 25 or more, excellent. **SOLUTION TOMORROW**



SUDOKU X

				1	
			2		
3	6		5		

PUT 1-6 once in each row, column, diagonal (highlighted to form an X) and horizontal 3x2 box (ruled). **SOLUTION TOMORROW**

NAME GAME HIDDEN in the grid is the name of a rugby player. Answer the questions, then re-arrange the letters corresponding to your answers to fill in the name. **SOLUTION TOMORROW**

BOX 1: England rugby prop Joe Marler (pictured) also plays for which Premiership team?
Harlequins (B)
Leicester Tigers (C)
Saracens (H)

BOX 2: Which new animated fantasy film tells the story of brothers Ian and Barley Lightfoot?
Once (T)
Onward (O)
Spellbound (K)

BOX 3: Singer Aurora, and ten Elsa voice actresses, performed which Frozen II song at this year's Oscars?
Lost In The Woods (P)
All Is Found (A)
Into The Unknown (D)

BOX 4: In what year did the

eruption of Mount Vesuvius bury Pompeii?
AD 79 (F)
AD 179 (R)
AD 279 (D)

BOX 5: Actress Petronella Barker was the first wife of which actor?
Sylvester Stallone (I)
Jack Nicholson (Y)
Anthony Hopkins (N)

BOX 6: Sir Peter Scott was a famous 20th century British name in which field?
Ornithology (E)
Left-wing politics (T)
Biology (M)

BOX 7: North Star and The Lonely Skier are among the works of which late British novelist?
Richard Adams (K)
Hammond Innes (N)
William Golding (U)

BOX 8: Oolong tea comes from which country?
India (M)
Sri Lanka (Q)
China (E)

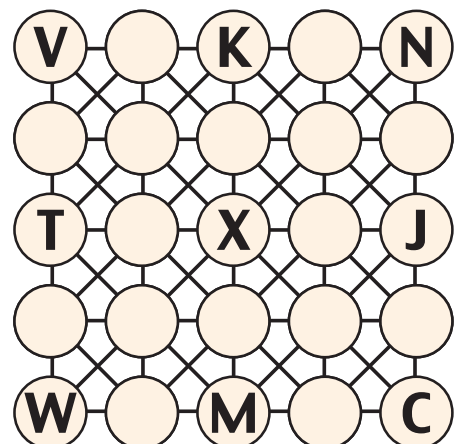
Wednesday's answer: **KATIE MELUA** (1K, 2E, 3L, 4A, 5I, 6M, 7A, 8U, 9E, 10T).



Picture: GETTY

GOKEN

ATOMIC
AQUIFER
FIB
GARDEN
GRAVY
HUMP
JERK
PIXEL
SWOT



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

INSERT letters to form listed words, moving between adjacent cells horizontally, vertically or diagonally in any direction. Insert all remaining letters of the alphabet (except Z) in the grid so all listed words are spelt out. **SOLUTION TOMORROW**

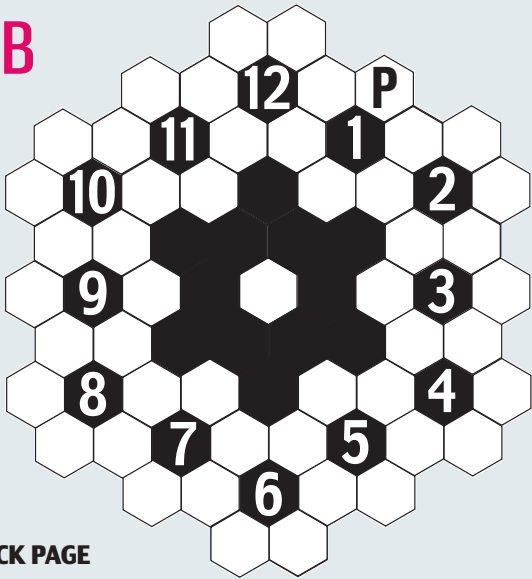
PUZZLES & PRIZES

HONEYCOMB

ALL the solutions read clockwise around their numbers. The solution to clue number 1 starts from the given letter.

- 1. Package
- 2. Devastate
- 3. Car port
- 4. Painter
- 5. Peak
- 6. Wine bottle
- 7. Joined
- 8. Carved
- 9. Disfigure
- 10. Motor home
- 11. Rubbish
- 12. Flexible

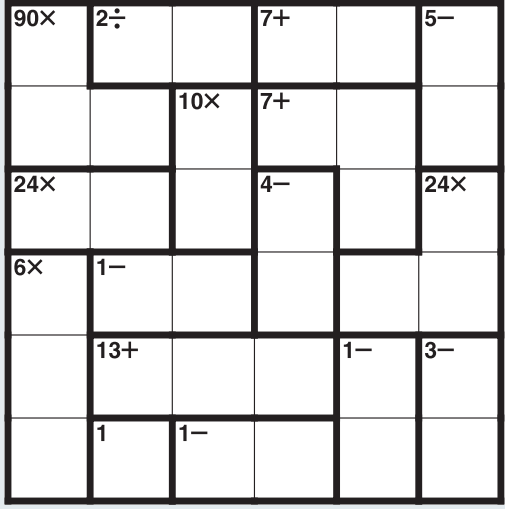
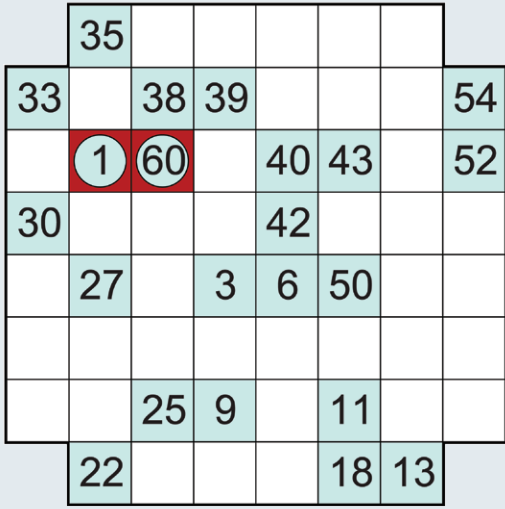
SOLUTION: PULLOUT BACK PAGE



HIDATO

COMPLETE the grid so that all the numbers, 1 to 60, connect consecutively – horizontally, vertically or diagonally. Hint: you don't have to begin with 1 or 60. Working on the mid-numbers might give you a better start.

SOLUTION TOMORROW



MASTERQUIZ

- 1. The city of York is located at the confluence of which two rivers?
- 2. Who was captain of the German FIFA World Cup final losing team in 1966?
- 3. What part of the body is protected by a piece of armour called a poleyn?

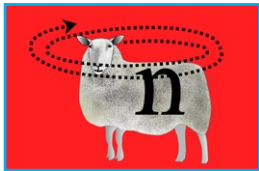
- 4. Which player scored the only try in England's recent Calcutta Cup win over Scotland?
- 5. In Shakespeare's play Hamlet, the line 'The lady doth protest too much, methinks' is spoken by which character?
- 6. What symbol was adopted in 1773 as the hallmark of silver made in Birmingham?

SOLUTION: PULLOUT BACK PAGE

PITCHERWITS™



1a. Stroppy girl gets bolder in hot dog environment (6,4)



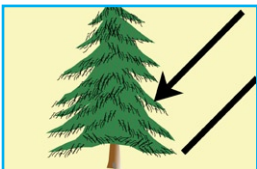
9a. Americas' weld, worn out (3,5)



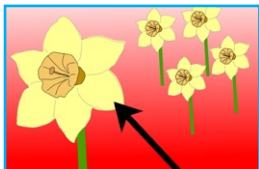
11a. Ideal he could break with a fib to come? (3,5)



17a. Hatches treatment went bad (not on purpose) (6,4)



1d. 'Sub' railway going through lichen-covered barn (6,4)



2d. An aphid becoming a little swimmer (7)



5d. Be virtually a burden to poor characters (6,4)

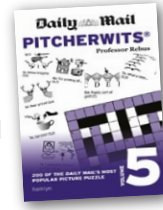


10d. Lord to make a bid for the Dodo (3,4)

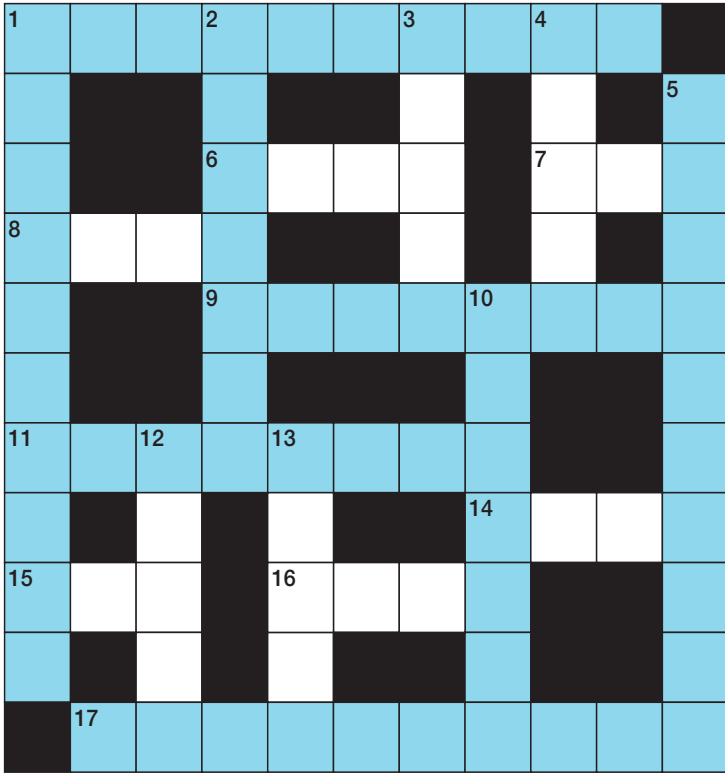
PIT your wits against Pitcherwits – the exciting puzzle where some of the answers are in pictures! The solutions to the visual clues fit into the shaded spaces on the grid.

SOLUTION TOMORROW

PITCHERWITS BOOK OFFER



DAILY Mail Pitcherwits Vol. 5 by Professor Rebus is published by Octopus Publishing priced £8.99. Offer Price £7.19 (20 per cent discount) with free P&P. Order at www.mailshop.co.uk or call 01603 648155.



ACROSS

- 1 Picture Clue
- 6 They say a window can give you a twinge (4)
- 7 Google's sticky beginnings (3)
- 8 Near the old 'Nightingale' front (4)
- 9 Picture Clue

DOWN

- 11 Picture Clue
- 14 Girl's fellow is talk of 'The Archers' (4)
- 15 Stunning backdrop for Hazel (3)
- 16 Against a piece of circumstantial evidence (4)
- 17 Picture Clue

DOWN

- 1 Picture Clue
- 2 Picture Clue
- 3 Irene went in to make it fresh (5)
- 4 Regal, but up to getting the beer! (5)
- 5 Picture Clue

DOWN

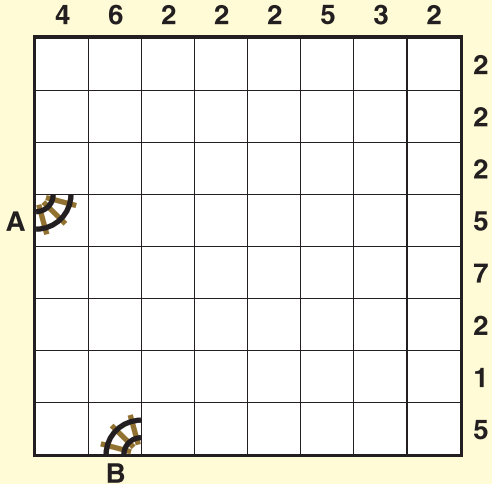
- 10 Picture Clue
- 12 Extraordinary piece has more to offer (5)
- 13 With ear to environment of pump (5)

YESTERDAY'S SOLUTION – ACROSS: 1 Non-stick pan. 5 Drops by. 9 Heed. 10 Dido. 11 Nehru. 12 Olio. 13 Even. 14 Serfdom. 16 Overbalance. DOWN: 1 North Borneo. 2 Nod. 3 Pry. 4 Newborn babe. 6 Red nose. 7 Push off. 8 Be due to. 14 She. 15 Men.

TRAIN TRACKS

LAY tracks to enable the train to travel from village A to village B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.

SOLUTION TOMORROW



MINDBENDER

- 1. Mona and AJ have bought three times as many Lil Rascal albums between them as Kevin, who has bought half as many as Esme. If the four of them have bought thirty Lil Rascal albums altogether, and AJ has bought one more than Mona, how many has AJ bought?
- 2. What connects Watteau, sweep and chapel?

- 3. Which recently appointed Cabinet member may be MINDING A LLAMA?
- 4. Which of the following words is the odd one out: merlin, caracara, kestrel, osprey?
- 5. Starting with A, add a letter and shuffle to make a new word each time until you reach STATESIDE.

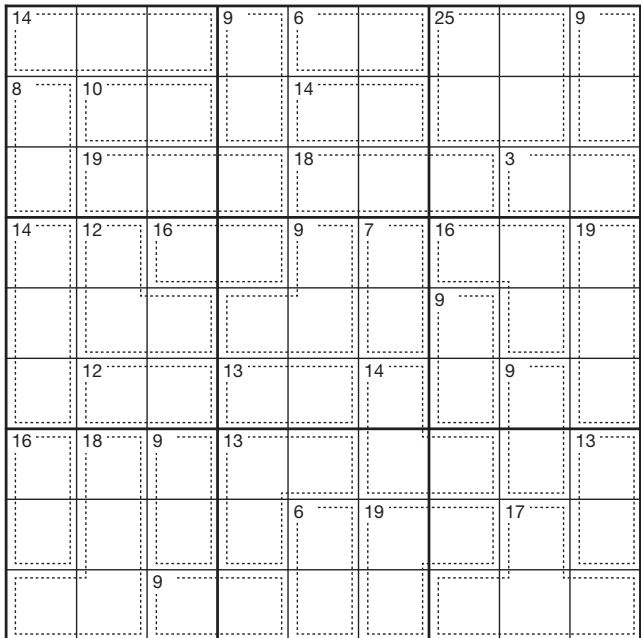
SOLUTION: PULLOUT BACK PAGE

KILLER SUDOKU

FILL in squares in the grid so each row, column and each 3x3 square contains all digits from 1 to 9. Each set of cells joined by dotted lines must add up to the number in the top-left corner. Numbers can't be repeated within each set of cells.

SOLUTION TOMORROW

NEED A CLUE? Call 0901 293 6238 or text KILLER to 65700 and receive four clues to today's puzzle. Calls and texts cost £1 plus your standard network charges. Today's clues available between 00.01 today and 23.30 only.



THE JIGSAW CHALLENGE
How quickly can you rearrange the tiles to put the picture back together?

SLIDESHOW: TV TREATS
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QUICK QUIZ

- 1. In which decade did American author John Steinbeck write the novella Of Mice and Men?
- 2. In Roman numerals, which number is represented by LXXX?
- 3. What is the name of the new album by Canadian singer Justin Bieber?
- 4. How many vowels are there in the second row of letters on a QWERTY keyboard?
- 5. Nicknamed The Millers, Rotherham United Football Club currently play in which English division?

SOLUTION: PULLOUT BACK PAGE

KENKEN

EACH row and column should contain 1 to 6 without repeats. Numbers in cages must combine to produce the target number shown at start of that cage using, in any order, the mathematical sign given. Single-box cages can be filled with the number given. **SOLUTION TOMORROW**

	P	V	M	
F				S
F				T
Y				T
	D	L	Y	

SERIALISE
NINE TO FIVE
FIT the scrambled letters of the given word into the grid to form six five-letter words across and down. **SOLUTION TOMORROW**

WORLD'S SMALLEST, HARDEST CROSSWORD

ACROSS
1. Lhasa __ (Tibetan dog) (4)
5. Copy a DVD to hard drive (3)
6. Small cask (3)
7. Letter of the Old English alphabet (4)
DOWN
2. A victim (4)
3. An emblem (4)
4. Military procedure (sl) (2)
6. Unit of power (abbr) (2)
SOLUTION TOMORROW

1	2	3	4
	5		
6			
7			

CROSS NUMBER

THERE MAY BE MORE THAN ONE SOLUTION

		1		21
				20
	6			18
			7	20
8				27
18	25	16	26	25

By Linus Maurer ©2015 King Features Inc.

Today's challenge time: 8 mins 4 secs | Your working time: Min Secs

SOLUTION TOMORROW

FILL each square with a number, 1 to 9. Horizontal squares add up to totals on right. Vertical squares add up to totals on bottom. Diagonal squares through centre add up to totals in top and bottom right.

CODEWORD

EACH number in our Codeword grid represents a different letter of the alphabet. Today 24 represents P, so fill in P every time the figure 24 appears. You have two letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares. **SOLUTION TOMORROW**

COMPLETE Codeword to reveal the six-letter word in the shaded boxes. **HOW TO ENTER:** Call 0901 293 6232 and leave your six-letter answer and your details or text 65700 with the word CODE, your answer and then your name. Texts and calls cost £1 plus standard network charges. One weekly winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Saturday. Answers change daily at 00.01. UK residents aged 18+, exc NI. Terms apply, see Page 72.

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

YESTERDAY: 1 M 2 U 3 F 4 L 5 E 6 R 7 A 8 D 9 S 10 H 11 B 12 N 13 O 14 I 15 P 16 C 17 G 18 T 19 X 20 Z 21 W 22 J 23 V 24 K 25 Q 26 Y

**** Volume Thirteen Now Available! ****
£6.95 (inc p&p) cheque/postal order payable to Knight Features: B207 Trident Centre, 89 Bickersteth Rd, London SW17 9SH
Credit card orders via www.codewordbook.co.uk
Selected previous volumes also available. Allow 14 days for delivery. 7619

NEED A CLUE? Text the word CODEWORD to 65700 to receive FOUR clues to today's puzzle or call 0901 293 6200. Texts and calls cost £1 plus your standard network charges. Today's clues available between 00.01 today and 23.30 only.

	6	3	21		17	22		34	35
6				16				14	
29				6				10	
		4			30				
11	13			6					
15					23				
23				4			12		
		6			6		39		
26	28			14			17	16	
14			11		23				
		14			23				
24			35						
			11						
30				16					
			33		3			14	16
4									
3			4			23			

KAKURO

FILL in the blank squares of the grid using only the numbers 1 to 9, without repeating any number in any line of blank squares. The lines must be filled in with numbers which add up to the total in the shaded box at the top or beginning of each line. A number in the bottom half of a shaded box gives a downwards total; in the top half, it's a horizontal total. **SOLUTION TOMORROW**

SCRABBLE® BRAND

The board on the right shows four rows of letters from a typical Scrabble game. Use each row to form a word of 2-7 letters and write it in the blank squares provided. Then add up the score for each row. Don't forget to use the double and triple word and letter scores — and add a 50-point bonus for every 7-letter word. Blank tiles can be used for any letter but have no score. See tomorrow's paper for the solution.

SCRABBLE® and SCRABBLE® Tiles are registered trademarks. All rights in the game are owned in the USA by Hasbro Inc, in Canada by Hasbro Canada Inc, and elsewhere by J.W. Spear & Sons Ltd, a subsidiary of Mattel, Inc.

T	T	E	E	S	D	W
Y	R	W	D	A	A	T
U	A	N	L	A	A	N
A	O	E	I	L	G	S

PAR SCORE 65-75 by JUDD

FOUR RACK TOTAL TIME LIMIT: 20 MIN

Yesterday's solution: NUGGETS 68 UNCLOG 9 FLACCID 65 SUPINE 24 JUDD'S TOTAL: 166

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

WORD SEARCH

THE listed words can all be found in the grid — running forwards, backwards, up, down and diagonally — EXCEPT ONE. For a chance to win, discover which word from the list can't be found in the Word Search.

- ARCH
COLUMN
CORNICE
CUPOLA
MULLION
- ORIEL
PILASTER
ROUNDEL
SPIRE
TRANSOM

HOW TO ENTER: Call 0901 293 6234 and leave your answer and details or text 65700 with the word WORD, your answer and your name. Texts and calls cost £1 plus standard network charges. One winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Friday. Answers change daily at 00.01. UK residents aged 18+, exc NI. Terms apply, see Page 72. **SOLUTION TOMORROW**

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PUZZLES & PRIZES

WIN £500

BRIDGE MASTERCLASS



♠ AJ7
♥ AKQ
♦ A9764
♣ 96

♠ K982
♥ 532
♦ Q83
♣ A107

N
W E
S

♠ Q6
♥ 10984
♦ K52
♣ J842

♠ 10543
♥ J76
♦ J10
♣ KQ53

YOU are East and partner has lead ♠2 against South's contract of only 2NT (1♦-1NT; 2NT-P). Dummy plays low and your ♠Q wins. What next?

THIS is the full deal from yesterday's defensive problem. You can see more easily now how returning partner's suit, or exiting passively with a heart, will give declarer time to set up his diamonds.

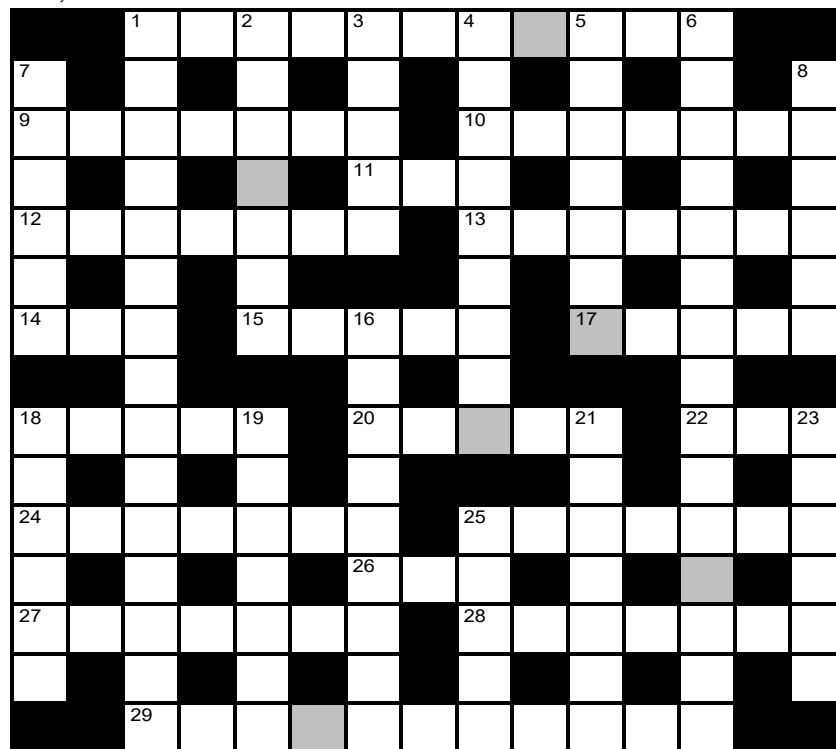
It is therefore critical that you switch to clubs immediately and, in this case, you play your fourth best ♣2.

With continued good defence declarer will not now be able to make his contract.

PETER DONOVAN

CRYPTIC CROSSWORD

No 16,265



FOR your chance to win, solve the crossword to reveal the word reading down the shaded boxes. **HOW TO ENTER:** Call 0901 293 6233 and leave today's answer and your details, or TEXT 65700 with the word CRYPTIC, your answer and your name. Texts and calls cost £1 plus standard network charges. Or enter by post by sending completed crossword to Daily Mail Prize Crossword 16265, PO Box 28, Colchester, Essex CO2 8GF. Please include your name and address. One weekly winner chosen from all correct daily entries received between 00.01 Monday and 23.59 Friday. Postal entries must be date-stamped no later than the following day to qualify. Calls/texts must be received by 23.59; answers change at 00.01. UK residents aged 18+, exc NI. Terms apply, see Page 72.

ACROSS

- 1 Miserly Scot defiles ground (5-6)
- 9 Waterlogged rotten US sequoia is axed (7)
- 10 Calm expanse of water (7)
- 11 Swimmer has no time at first for her (3)
- 12 Block old crossword originally cryptically clued (7)
- 13 One of two put on by athlete's coach (7)
- 14 Start to treat pair in cricket unreasonably (3)
- 15 Remove crystals from gadget Victor rejected (2-3)
- 17 Suitably small apartment on banks of Liffey (5)
- 18 Short games of rugby start off fifty-fifty (5)
- 20 Group's club champion (5)
- 22 Top-class male's objective (3)
- 24 Energy supplier got name confused (7)
- 25 Unmusical sound from first of clarinets Rattle condemned (7)
- 26 Slimy stuff goes off occasionally at the start (3)
- 27 Pet bounds over, captivating Monica's heart (7)
- 28 He works with Clive producing wheels (7)
- 29 Stop Tyneside hosting platoon returning after party (11)

DOWN

- 1 Change lunch for eccentric duke's religious organisation (6,2,7)
- 2 Round, fat and verbose (7)
- 3 Make certain Republican's left result (5)
- 4 Restless writer's case (9)
- 5 Keyboard solo played staccato, with no introduction (7)
- 6 'The Real Thing' — or just its leading part? (8,7)
- 7 Floor arrangement (6)
- 8 Rush special hot dish (6)
- 16 With this muddle, cost is unsettling microbiologists (9)
- 18 She deviously traps various men in snare (6)
- 19 Kind agents tour the City (7)
- 21 Pagan female hoards articles (7)
- 23 Assembled clothes cupboard to sell (6)
- 25 Want company doctor (5)

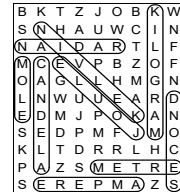
NEED A CLUE? Text TIP to 65700 to receive FOUR answers to today's crossword, or call 0901 293 6236. Texts and calls cost £1 plus standard network charges. Today's clues available between 00.01 today and 23.30 only.

SOLUTIONS TO YESTERDAY'S PUZZLES

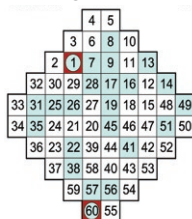
SUDOKU	PRIZE SUDOKU
3 7 9 5 4 2 8 6 1 1 5 4 8 6 7 3 9 2 2 6 8 9 3 1 7 4 5 4 3 1 2 7 6 5 8 9 6 8 5 3 1 9 2 7 4 7 9 2 4 8 5 1 3 6 8 1 7 6 2 4 9 5 3 5 4 3 1 9 8 6 2 7 9 2 6 7 5 3 4 1 8	4 1 3 9 6 7 5 8 2 8 5 2 4 3 1 7 6 9 9 7 6 5 8 2 4 3 1 1 8 4 3 5 6 9 2 7 5 2 9 8 7 4 3 1 6 6 3 7 1 2 9 8 4 5 3 9 8 6 1 5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

WORD SEARCH

Missing word: HERTZ



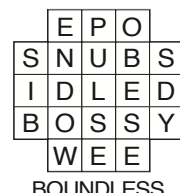
HIDATO



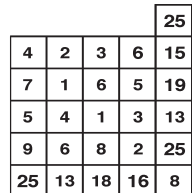
KAKURO



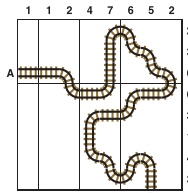
NINE TO FIVE



CROSS NUMBER



TRAIN TRACKS



WORD WHEEL: amount, anatto, atman, atom, aunt, auto, automat, automaton, manat, manatu, manta, mantua, matt, moat, moot, motto, mount, moutan, mouton, mutant, muton, mutt, mutton, notum, onto,

otto, ottoman, outman, tamanu, tana, taunt, tauon, taut, toman, tomato, toon, toot, tout, tuan, tuna, unto.

GENERAL KNOWLEDGE
CROSSWORD — ACROSS: 1 Anne Hyde.

5 Warmth. 10 Cedilla. 11 Ottoman. 12 Tango. 13 Hitchcock. 14 Leonard Cohen. 18 Misanthropic. 21 Glissandi. 23 Agony. 24 Liberal. 25 Trotter. 26 Russia. 27 Ben Nevis.

DOWN: 1 Alcott. 2 Nadine. 3 Halloween. 4 Death on the Nile. 6 Aitch. 7 Mammoths. 8 Hong Kong. 9 Doctor Dolittle. 15 Chinatown. 16 Smuggler. 17 Astilbes. 19 Rostov. 20 Cyprus. 22 Sarri.

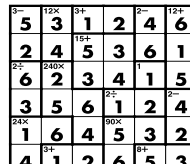
30-SECOND CHALLENGE

www.30secondchallenge.com

START on left with number given and follow instructions as you go across. In 30 seconds, beginners have to complete their own challenge; intermediates have to complete their own challenge and the beginner's; advanced players have to complete their own challenge and the intermediate's. **SOLUTION BELOW**

	Beginner	51	-9	÷7	x8	DOUBLE IT	1/4 OF IT	+11	÷5	x12	1/4 OF IT	YOUR ANSWERS
Intermediate	1/7	x84	TIMES ITSELF	5/8 OF IT	TIMES ITSELF	3/100 OF IT	-18	4/5 OF IT	3/10 OF IT	-17		
Advanced	1/8	x128	TIMES ITSELF	-40	PLUS 12½%	LESS 33⅓%	-47	LESS 20%	75% OF IT	x5		

KEN KEN



SUDOKU X



CRYPTIC CROSSWORD No. 16,262

ACROSS: 1 Creepy-crawly. 8 Overeat. 9 Treacle. 11 Quintuplet. 12 Heir. 14 Intercom. 16 Corner. 17 Bow. 19 Treaty. 21 Part-time. 24 Deft. 25 Santa Claus. 27 Reneged. 28 Barking. 29 Disingenuous.

DOWN: 1 Chemist. 2 Electorate. 3 Put-up job. 4 Cutter. 5 Aged. 6 Lectern. 7 Conquistador. 10 Error message. 13 Monte Carlo. 15 Mop. 18 Waste bin. 20 Effendi. 22 Italics. 23 Lapdog. 26 Ugli.

SMALLEST HARDEST CROSSWORD — ACROSS: 1 Jat. 4 Busy. 5 Ante. 6 Tor. **DOWN:** 1 Juno. 2 Astr. 3 Tye. 4 Bat.

SOLUTIONS TO TODAY'S PUZZLES

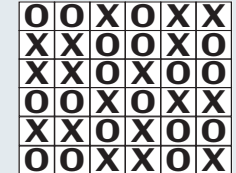
QUICK QUIZ: 1 Thirties. 2 80. 3 Changes. 4 One. 5 League One.

MINDBENDER: 1 Eight Lil Rascal albums. 2 They are all types of wedding dress trains. 3 Amanda Milling. 4 Osprey; the others are types of falcon. 5 One way is: a, as, sad, said, aside, asides, seaside, steadies, stateside.

MASTERQUIZ: 1 Ouse and Foss. 2 Uwe Seeler. 3 Knee. 4 Ellis Genge. 5 Gertrude. 6 Anchor. **HONEYCOMB:** 1 Parcel.

2 Ravage. 3 Garage. 4 Artist. 5 Summit. 6 Magnum. 7 United. 8 Etched. 9 Deface. 10 Camper. 11 Refuse. 12 Supple.

KUROSU:



30-SECOND CHALLENGE: Beginner: 21. Intermediate: 37. Advanced: 345.

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EDWIN BANDEEN, ABERDEEN



DID YOU KNOW?

THE first commercially prepared pet food went on sale in the 1860s. U.S. businessman James Spratt created the formulation after watching stray dogs eat stale biscuits at Liverpool docks. Spratt's Meat Fibrine Dog Cake was a mix of wheat meals, vegetables, beetroot and beef blood.



ND
LES

MY CATS WOULD DIE

and love cuddling up to me on the sofa in the evening. And even though she is smaller and shyer, Doris isn't afraid to bash Tully on the head if he steps out of line and dares sit closer to me than her!

EMMA'S VERDICT: Urinary problems are very common in cats and often related to the stress of living with other cats so the Royal Canin Urinary S/O is great to treat that. Some diets like this can be a little too acidic once renal issues start so it might be worth talking to Royal Canin about whether it's a good time to switch to a full renal support diet. Prescription foods can do wonders and, although medication can help, diet is still the best proven way to prolong life in cats with kidney disease.

Pampered puss:
Amanda
with Tully
the cat



Loving the new diet: Crossbreed Sammy with owner Amy

I FEED HIM RABBITS' EARS ... WITH THEIR FUR ON!

AMY DE-KEYSER, 31, works for the RSPCA and lives in Horsham, West Sussex, with her husband and their 14-year-old crossbreed dog Sammy, a tortoise and three chickens. She says:

I ADOPTED Sammy six years ago from a small charity where he'd been fed on quite cheap dried food and I knew I didn't want him on that.

When I started agility classes with him — he's an active, working dog who really enjoyed them — I asked others what they fed their dogs and everyone was using raw food.

The aim is to replicate what they'd be eating as wild dogs so I introduced it gradually to his diet and we haven't really looked back since.

Immediately, Sammy's coat started to look glossy, his eyes sparkled and his bowel movements got a lot less stinky.

I buy him frozen raw food from the pet shop, which is in cubes because it also contains vegetables and berries. It's a 'complete' food, which means it has everything in it Sammy needs.

I also try to give him offal and I buy whole sprats too because oily fish is as good for dogs as it is for humans, as the fish bones help with food digestion.

My mum also regularly makes a bone broth for Sammy and her dog too, which I mix into his food. With

raw food, you have to freeze it first for two weeks to kill off all the bad bacteria before you use it, so you have to make space in the freezer.

I know there is some controversy surrounding it but I think that's because of a lack of understanding.

I get that domestic dogs aren't the same as in the wild and I understand that people want to feed a diet that has been through millions of tests but if you're doing it right, raw food is a good option for lots of dogs. Although it is always worth speaking to your vet before changing your pet's diet.

I've tweaked Sammy's diet over the years — he recently had some teeth out so he doesn't get raw chunks of meat any more. Instead, I buy it already minced. And I give him an arthritis supplement tablet too now.

Sammy always cleans his bowl. He particularly loves dried rabbit ears — still with their fur on (which I'm told is good for digestion).

I've never seen him so excited over something so disgusting!

EMMA'S VERDICT: Dogs are not wolves and can't be fed like them. Their calorie and nutrient requirements are totally different.

If you want to home-prepare a diet because you don't like the idea of processed food please cook it and be sure it is balanced.



Pictures: MARTIN SPAVEN / MURRAY SANDERS / SHUTTERSTOCK

HOW TO HAVE A HEALTHIER HAPPIER PET

by Felicia Bromfield

THINK dog food and you'll most likely envisage meat. So what's it like for pooches whose owners decide to turn them vegetarian — or even vegan?

The environmental impact of pet food — which is estimated to be responsible for a quarter of the ecological impacts of meat production, in terms of the use of land, water, fossil fuels, phosphates and pesticides — is one reason some are advocating vegan diets. There are also ethical reasons concerning animal welfare.

The latest annual PDSA wellbeing report shows that 1 per cent of dog owners feed them a commercially prepared vegetarian or vegan diet. With 9.9 million dogs in the UK, this is a considerable number.

PDSA vet Olivia Anderson-Nathan says: 'It's an interesting ethical dilemma if you are vegan: how do you make the best decision for your pet?'

'Not eating meat may come down to your stance on animal rights or welfare, but keeping your pet healthy is part of your obligation as a pet owner. Dogs can be healthy on a vegan or vegetarian diet because they are omnivores, and it's possible to commercially produce vegetarian or vegan food that contains all the vitamins and nutrients they require.'

'If you're thinking of changing your pet's diet, always speak to your vet first. I would always recommend you buy a complete, life-stage appropriate food from a reputable pet food manufacturer rather than attempt to make it yourself at home.'

'Home-made diets can be tricky to get right. And the issue with nutritional problems is that you don't immediately see symptoms — unless you've fed them something poisonous. But if their diet is unbalanced, it can lead to serious health problems such as heart failure.'

'If you do want to do it yourself, ensure you work closely with a specialist, such as a reputable veterinary nutritionist.'

The issue with plant-based diets for cats is their need for certain essential nutrients they can't get outside of animal products. One example is taurine, an amino acid they require for eye and heart muscle function.

OLIVIA says: 'I wouldn't recommend a vegan diet for cats because they are carnivores. Without the nutrients contained in meat, they can become seriously ill.'

'While it's possible to artificially synthesise some of these nutrients, such as taurine, there's a lot of complexity in nutrition such as whether the body is able to absorb and process nutrients in the same way, so for now I'd recommend a meat-based complete diet to keep your cat healthy.'

Meanwhile, several pet food manufacturers are trying to find ways to increase the sustainability of their products.

'Insect-based diets are another new trend on the market,' says Olivia. 'They require less space to farm, less water and less food.'

Is making your dog vegan a recipe for disaster?



Pictures: LUCY RAY PHOTOGRAPH

THEY GOBBLE UP EVERY LAST BIT

RUTH SANDERSON, a 30-year-old animal behaviourist from Lincolnshire, tells TANITH CAREY why her three rescue dogs, Yorkshire terrier Barry, 18 months, greyhound Kelly and collie-cross Molly, both 14, are meat-free. She says:

WHEN people hear that I feed my three dogs a vegan diet, they probably imagine me feeding them handfuls of grass.

But at feeding time, you will see them eating the same kind of kibble as other dog owners provide. The difference is that their food is made from plants, not animals. It has the same nutrients as normal dog food, just different ingredients.

My partner Marcus and I are ethical vegans, so it seemed wrong to feed our dogs the bodies of other once living creatures.

At the same time, we wanted to make sure that whatever we feed our dogs is nutritionally complete. We discovered it was possible.

Even more encouraging, a vegan diet has been found to be better for them in terms of longevity and health.

As our dogs are rescue animals, before they came to us they were

fed meat-based diets. None of them could tell the difference when we switched them to plant-based foods. We feed them Benevo, from a British vegan dog food company, that offers a choice of both wet and dry food, and they gobble up every last bit.

People still say: 'If you offered vegan dog food or steak, they'd choose a steak.'

But given the choice, they'd eat chocolate, too, and that's not good for them either.

The first plant-based dog foods were developed not to be vegan but to be hypo-allergenic by removing ingredients such as milk protein and meat allergens. So it's no coincidence all our dogs have shiny eyes and glossy coats.

We'd never feed them anything that wasn't nutritionally optimal for them. We're delighted we can do that with a diet which has caused no suffering to any other animal.

EMMA'S VERDICT: Dogs are omnivores and so can have a vegan or vegetarian diet. It's good that the owners have checked this food is balanced and complete for dogs, because their needs are different from ours.



They seem to be, from early studies, a good source of protein, but more research is needed.

'We don't know that much

about animal welfare of insects — historically, it was thought they didn't feel any pain — but our

understanding of that may be changing as we learn more about how invertebrates work.'

For now, look at the sourcing of

THE VEG ALL DOGS NEED

PDSA vet Olivia Anderson-Nathan recommends:

CARROTS: A nutritious snack without the calorie count of biscuits or other treats.



BROCCOLI: A good source of protein and fibre. Dogs can eat it raw, steamed or boiled.



PEAS: Dogs tend to like peas because they're quite sweet-tasting. Always cook them so they are soft. They are high in protein and low in calories.



your meat — how is it produced: extensively or intensively?

'There is a lot of discussion about meat by-products in pet food, but in a way by-products are more sustainable because you're using the whole animal, rather than just the prime cuts,' Olivia says.

Overall, vets agree that the best food for a healthy pet is one that's complete and that they will eat.

TOMORROW: PROTECT PETS FROM POLLUTION

ear it — and how to smooth your chest before you do

The £1,400 'facelift' for your décolletage

by Lucia Ferrari

DIRECTOR and screenwriter Nora Ephron, best known for romantic comedies *When Harry Met Sally* and *Sleepless In Seattle*, regretted not having taken better care of her décolletage in her book *I Feel Bad About My Neck*.

And she's not alone. It's a curious fact that while many of us will slather expensive creams and serums on our faces, we halt the application at our chin.

Botox doctor Sophie Shotter agrees that neglected necks and chests can be more of a giveaway of your age than your hands. 'The main problem is most of us don't apply enough SPF to necks and chests,' says Dr Shotter.

'The skin is thinner than on our faces and more likely to show wrinkles. There are fewer fibroblasts (collagen-producing cells) in this area, so the skin is less elastic.'

When we hit the menopause, a reduction in oestrogen can make the skin drier still. Is it any wonder our chests can look more creased than our faces in the morning?

Even the eternally youthful Cindy Crawford suffers. 'When you're 20, pillow lines go away in 15 minutes, but everything takes a bit longer in the 40s and 50s,' she said.

As a 48-year-old sun-worshipper, I have to agree with Cindy. But thanks to spring/summer's square necklines (see left), I want to make amends before jumper season ends.

Fortunately, Dr Shotter has a new treatment available that aims to soften 'neckline lines' as well as creased, crepey-looking skin and sun damage pigmentation spots.

'It is a multi-layered approach to collagen boosting,' she says.

'It's a peel, microneedling and at-home clinic-strength aftercare.'

'It's like visiting the dentist — the treatment is all very well, but you must continue with good habits at home.'

I do hope it isn't as terrifying as

visiting the dentist. My initial consultation establishes how many sessions I'll need (four treatments one week apart).

More damaged skin can require up to 12 sessions. I am given a Brightening & Filling Peel by Peel2Glow (£49, amazon.co.uk) to apply to my chest the night before the microneedling. It uses glycolic and mandelic acids to exfoliate and boost collagen production, and brightening vitamin C.

The microneedling itself, which creates tiny puncture wounds, can be done with barely there, 0.5mm needles, to a more toe-curling 3mm, but it's usually not more than 1.5mm for the neck or chest area.

The healing process stimulates collagen production.

The holes also let skincare products sink in more deeply.

With a layer of numbing cream, the microneedling is tolerable. I'd give it a four out of ten on the pain scale, and it's over in ten minutes. A serum is then massaged in to soothe my skin. The redness lasts for about 72 hours.

I'm given a trio of products to apply at home over the next few

weeks. The first is Cyspera Intensive Pigment Corrector (£139), a 15-minute mask that softens the look of pigmentation. It's followed by AQ Active Serum (£157) containing plant-based active ingredients, and SkinBetter Science InterFuse Face And Neck moisturiser (£111).

I found the additions to my nightly routine a faff. But, if it de-crepes my décolletage, it will be worth it.

After the second microneedling session there is a noticeable improvement, and by the end of my course, I'm delighted. My skin looks firmer, smoother and is even less creased first thing in the morning.

I'll definitely be booking a yearly top-up but, meanwhile, I will try to remember to always take my facial routine down to the bra line.

■ **DR SOPHIE SHOTTER'S** Decollete Complexion Fix, priced from £1,400 (for three clinic microneedling sessions, at-home peels and all after-care products). Available at *Illuminate Skin Clinic in Kent* (illuminateclinic.co.uk) and *London's Cosmetic Skin Clinic* (cosmeticskinclinic.com).



Top, £155, Ganni at irisfashion.co.uk



Dress, £145, kitrystudio.com; heels, £146.25, lkbennett.com



Picture: KI PRICE

Get the glow: Lucia has a microneedling treatment

DON'T WORRY, THERE ARE CHEAPER OPTIONS...



The Light Salon's Boost Décolletage Bib, £445, thelight-salon.com

THIS looks like a priest's white collar attached to baby's bib, and raised a few eyebrows from my husband as I wore it watching Netflix. Like in-salon LED treatments, it delivers infrared light to the skin.

The light stimulates collagen to smooth wrinkles and firm skin. I love it (and the results). You can easily roll it up to travel with it, too.



Natura Bisse's Inhibit Tensolift Neck Mask, £22, naturabisse.com

A BIODEGRADABLE sheet mask great for plumping the skin. It contains hyaluronic acid and gives you an instant glow, making it great before a party.

Bioeffect Body Intensive Serum, £80, bioeffect.co.uk

IT'S one of the most effective body serums I've ever tried. Skin looks smoother after a week. Trials show this can improve skin thickness by 60 per cent. It's great for upper arms, too.



25 things you only know if you go to slimming clubs



by *Claudia Connell*

WITH spring just around the corner, the thought of peeling off winter layers will be sending people flocking to diet clubs.

But ever since comedy show *Little Britain* introduced Marjorie Dawes, the patronising leader of fictional slimming group *FatFighters*, who told members to eat dust, people may be concerned about what's in store.

Let me enlighten you. You see, over 20 years, I've been to four different groups in person and one online. I love the camaraderie of diet groups, but I've been to enough to know that the character of Marjorie Dawes isn't that far-fetched.

Here are some of the secrets you only find out once you've signed up...

1 AT FIRST, you'll roll your eyes at the 'strippers' — three months later, you'll become one. These are the women who hold up the weigh-in queue while they remove almost everything they're wearing, even earrings, so they're a few ounces lighter.

2 YOU will be lied to more than a politician lies to the public. Sweet potato fries are just as delicious as regular ones! Lie. You'll prefer courgetti to actual spaghetti! Lie. One bite of anything fattening will satisfy a craving! Lie. Turkey bacon tastes just the same as the normal kind! Lie.

3 EVERYONE loses 4lb in their first week...then half a pound in the second week, despite having eaten exactly the same things.

4 MOST groups will have a husband-and-wife team. At the start they will be happy and supportive of one another. Six weeks in, when he's lost a stone and she's only down 5lb, things will turn frosty. Eventually they'll start arriving separately.

5 IT'S only a matter of time before someone will tell you the cautionary tale of a very fat woman who got thin... and her husband left her. No one knows if it's true, but it's a good excuse to forget about those last 5lb.

6 EACH group meets on a set day. Choose wisely. Mondays are to be avoided at all costs, while Fridays are the most coveted. You can't let your hair down at the weekend with the thought of a Monday weigh-in looming. I'll drive ten miles out of my way to avoid one. But I suspect they're more conducive to weight loss!

Tough love: Matt Lucas as *FatFighters* leader Marjorie Dawes in TV's *Little Britain*



Picture: BBC

Only fools go to a Monday night weigh-in. Sweet potato fries AREN'T as nice as chips. And why must yoghurt be the answer to everything!

10 IF YOU don't like yoghurt you're in trouble. Weight-loss groups are obsessed with it. Breakfast in a hurry? Yoghurt. Pick-me-up snack? Yoghurt. Alternative to cream? Yoghurt. Best salad dressing? Yoghurt. If you never see a yoghurt again it will be too soon.

11 WEIGHT Watchers and Slimming World have 'free foods', of which you can eat unlimited amounts. They include chicken and eggs because 'no one is going to eat six chicken legs in a row or ten poached eggs'. Know your audience, Linda — you haven't seen me at an all-you-can-eat Chinese buffet.

12 YOU will starve yourself on the day of your weigh-in. Weak with hunger, you'll stand on the scales in the hope

that a few hours of starvation have cancelled out your two-day binge. You'll revive yourself with a G&T (slimline) and a ploughman's (less slimline) at the pub next door.

13 YOUR leader could land a job in the diplomatic corps. Like the one from my group who sat smiling, saying: 'We find it does work for most people, Carol' when Carol insisted she had stuck rigidly to the plan, despite not losing an ounce in six weeks.

14 EVEN if there are 100 women in your group, you will never bump into them at the gym. Instead, you will run into the 'Slimmer of the Week' while exiting McDonald's with a mouth full of fries.

15 YOU'LL be told to cook everything in Frylight, since it has only one calorie per spray. They won't tell you it takes 400 sprays to produce enough to fry a mushroom.

16 A LOT of women will be wearing jeans that fall down when they step on the scales. It's not because they've lost weight. Just that no one wears a belt to a slimming club. Belts have heavy buckles, and every ounce counts.

17 NO MATTER how long you attend, the 'table of interest' will never live up to its name. It's here that leaders place non-fattening foods they recommend. At some stage it will feature a diet version of Ferrero Rocher that Debbie has made using Bran Flakes and claims tastes 'just like the real thing'.

18 EVERY group has one woman who loses and then regains the same 2lb. She'll have been there when you signed up and she'll be there when you leave a year later, at the exact same weight. She seems strangely content with this state of affairs.

19 EVERY now and then a solo man will join. He'll lose 10lb in his first week and will never be seen again.

20 AT SOME point you'll find yourself green with envy that someone got a tummy bug on holiday, meaning they could stuff their face at the all-inclusive hotel and still record a 2lb weight loss on their return.

21 IF YOU ever win Slimmer of the Week, your winner's basket is guaranteed to contain tinned tomatoes and a packet of sugar-free jelly.

22 YOU will develop the sleuthing powers of Miss Marple when Sheila claims she didn't lose weight because she was 'celebrating her birthday'. Her fourth this year.

23 YOU will claim your new exercise regime is why you haven't lost any weight. A Legs, Bums and Tums class once a week in the local library is bound to build huge, heavy muscles, right?

24 YOUR leader will say there is no reason you can't enjoy good fish and chips — just take the batter off and have extra peas instead of chips.

25 EVERY woman needs her group support pack. Not to help you lose weight, but to boost your mood if you gain. They will form a protective semi-circle around you and say things like, 'But your jeans definitely look looser' and, 'It's probably water retention'. True sisterhood.

Susanna Reid

From red carpet to real life... Reid all about it

Forget Hilary Mantel... I'm hooked on self-help books

THE bookcase in my living room appears to reflect a well-read woman with a broad taste in classic and modern literature.

The shelves advertise the intelligence of their owner, with Dickens, Orwell and Austen proudly sitting alongside Booker Prize winners.

But I have a confession: the books sit under a layer of undisturbed dust, their spines largely unbroken.

The reason? In another, less public room sits my secret bookcase, and it isn't literary at all. It is packed, wall to wall, with self-help books.

The Power Of Now by Eckhart Tolle is there with Men Are From Mars, Women Are From Venus, and Marie Kondo's The Life-Changing Magic Of Tidying Up.

Love, Care, Trust & Respect demands my attention next to last year's must-read Indistractable, which provides tips for getting off your mobile phone.

I must have almost 50 of these life manuals, with a few more on my Kindle e-reader. Inside each well-loved tome, pages are folded over so I can find my way back to key sections, and I'm not afraid to scribble notes in the margins.

For any problem that crops up, I have a book that provides the solution. Except that, instead of fixing my problems, these have created another one — I'm addicted to self-help books.

Intellectual snobs like to sneer at them, but I don't care. They provide truths I find soothing, and techniques that have been genuinely helpful in both my career and my personal life.

I've had only one proper failure, and that's Marie Kondo. I read her decluttering book cover to cover, but it hasn't transformed my messy house — I gave up when I couldn't get my head round her T-shirt folding method.

Yet I'll still grab a copy of the next instalment of life-affirming domestic self-help — housekeeping guru Mrs Hinch's The Little Book Of Lists. She uses cleaning to control her anxiety (and make her home picture-perfect) and I can't wait to wallow in her advice.

Is it any wonder her book has



Addicted: My secret shelf

racked up double the pre-orders of The Mirror & The Light, the long-awaited final novel in Booker Prize winner Hilary Mantel's Thomas Cromwell trilogy? I'll buy both for my shelves, but there's no prizes for guessing which is more likely to gather dust.

Last year, sales of the self-help genre rose 20 per cent, probably because we are all looking for reassurance in turbulent times.

My interest in self-help began when I was a child in the Seventies. My mum had a book she would consult regularly: Passages by Gail Sheehy, which deals with the challenging stages of growing up.

Susan Jeffers's Feel The Fear And Do It Anyway stood me in great stead when I applied to be the first female editor of the student newspaper at university — something I may not have had the guts to do without it.

DR STEVE PETERS'S The Chimp Paradox helped me through tough times on Strictly. There was a tricky week where I messed up a dance and Dr Steve's advice of not listening to my own self-criticism kept me on track.

Five years ago, reading Year Of Yes by Shonda Rhimes made me think twice about saying no too quickly, and resulted in me taking on extra work and even going to more parties, while Ten To Zen by Owen O'Kane taught me how to control my reactions when I'm on live television.

I really do love them all. Needless to say, I don't agree with new research that suggests I'm looking at the wrong bookcase.

Professor Philip Davis says that — gasp — self-help books are not effective. His findings suggest the

challenging language of writers such as Dickens sends rocket boosters to the brain, which improves our mental health.

'Great' literature shifts our thinking into a higher gear, relieving depression, chronic pain and even dementia. Hmm.

I did recently read a 'great' novel because my son is studying it for his GCSE exams: Strange Case Of Dr Jekyll And Mr Hyde.

I was amazed by how much I enjoyed cracking the complexity of the language.

To be honest, I felt a bit sorry for the teenagers who have to wade through it, accustomed as they are to the short captions of Snapchat and Instagram.

After an hour of reading, I genuinely felt I had nourished parts of my brain that hadn't been activated for a while.

But I'll still turn to my secret shelf for reassurance when things go wrong — the knowledge in there has helped millions of people to control their stress, find love, boost their self-confidence, give up smoking, get a promotion and get off their phones.

You won't convince me Robert Louis Stevenson can do all that.



Picture: LEZLI + ROSE
/ Hair and make-up:
IAN MCINTOSH / Styling:
DINAH VAN TULLEKEN

Forget Venice, I'll stick with Streatham, Emma

EMMA THOMPSON and her husband, Greg Wise, have become citizens of Venice. I'm not sure whether it's just laziness, or fear of one of life's most stressful events — moving house — but you won't budge me from South London.

Born in Croydon, I've always stuck to my roots (apart from a brief foray into the exotic north of Crouch End).

I've lived in my house for 20 years and, while I love to travel, I don't dream of moving abroad. Give me home comforts



and shops, schools and friends' welcoming kitchens within walking distance any day. Venice is gorgeous, but you couldn't drag me much further than Streatham.

Name my favourite child? I can't even tell my three boys apart!

CAN you believe one in ten parents admits to having a favourite child? Are they mad?

Imagine if the survey had been done the other way round and you discovered your children had a favourite parent and it wasn't you.

More than half of those surveyed picked the youngest, a quarter the eldest, and the poor middle child was only the favourite with 18 per cent of the parents.

The number of mums and dads who have a favourite could be even higher, because many are too embarrassed to confess to it. There's also the astonishing fact that

daughters are more likely to be picked as favourites than sons — that is never going to be an issue with me as I only have boys.

My problem at home is quite different: I struggle to say the right names for each of my boys and regularly use each interchangeably, much to their annoyance.

I once asked a memory expert why that is, and he told me it's because I love them all equally, so there's nothing in my instant recall to tell them apart.

Excellent scientific evidence to let me off the hook — and prove there are no favourites in my house.

MY RECIPE FOR SUSANITISER

WHEN a GP recently told me that hand sanitiser is effective against the new coronavirus, COVID-19, only if it is at least 60 per cent alcohol, I joked that I might as well wash my hands with vodka.

Well, a Twitter user then sent me a recipe for DIY vodka sanitiser that a bright spark at GMB made up overnight as 'Susanitiser' (right).

It requires 2 tbsp vodka (60 per cent to 70 per cent ABV), 3 tbsp aloe vera gel and 15 drops of essential oils.

I have no idea if it works, but it smells lovely and, in my teetotal days, uses up unwanted booze.



femail INTERVIEW

EVERYDAY AGEISM

IT'S the last tolerated prejudice. But Femail's had enough. It's time we called out those day-to-day moments when we're patronised for no longer being young...

I HAPPENED upon a call-in on the radio last week. Listeners were being asked how long they had kept up their 2020 resolutions.

One lady triumphantly explained she hadn't needed to make any new ones because she'd kept to the one she had made in December 2018 — from January 1, 2019, to March 2020 she had not spent a penny on herself. Not on going to the hairdresser, not on having her nails done, not on any new item of clothing; nothing if it was just for herself.

'Well,' she explained, 'I'm 60, aren't I? Who is looking at me anymore but myself?' What



by Christa D'Souza

stopped me from calling in and giving her a piece of my mind, I don't know, but please God, I hope none of you were listening in and thinking what a very good idea, more money for the grandkids. It is precisely this attitude that keeps everyday ageism alive and kicking. Precisely what keeps

the Invisible After 50 myth germane.

Lady, if you don't go out immediately and splurge on something utterly frivolous for yourself, I've a mind to track you down and get something for you myself.

FREE INSIDE THIS WEEKEND'S

The Mail

ON SUNDAY



SPRING
UPDATE
BURSTING WITH
GORGEOUS SHOES,
BAGS & ACCESSORIES



PABLO PICASSO was many things — an artistic genius, one of the most important, talented and prolific painters of the 20th century and, according to reviewers of the latest exhibition of his work, Picasso And Paper, at the Royal Academy, 'corruscatingly brilliant'.

But he was also a violent bully who changed his sexual partners as often as his painting style, beat up lovers, drove two of them to suicide and declared that women 'were machines made for suffering'.

Even his own granddaughter described him as a misogynist who 'submitted women to his animal sexuality, tamed them, ingested them and crushed them onto his canvas'.

But 85-year-old Lydia Corbett will not hear a single word against him.

'I am the only one who says good things about him,' she says. 'He was always gentle with me — he put me at ease, like a proper father figure.'

Theirs was an unusual pairing that spanned just a few sun-drenched weeks in the pottery town of Vallauris on the Cote d'Azur back in 1954.

'He was so kind and funny and did everything to give me my confidence back,' she says. 'He gave me so much. I will always love him.'

Today, she lives in a cosy house in Devon awash with paintings, sculptures and pottery.

Back then, she was Sylvette David — aka, Picasso's Girl With The Ponytail, the study of more than 60 portraits — a 19-year-old blonde bombshell engaged to a furniture designer called Toby Jellinek.

With her high ponytail and slender, freckled neck, she was ethereally beautiful, but also cripplingly shy, naive and emotionally damaged.

'I was shut in, very shut in — young, innocent and full of fear,' she says in her accented English. 'I had been given too much freedom as a child and abused by my mother's husband — it shook me for life. I think he could feel that I was broken.'

Picasso, meanwhile, was 73 and mired in his own crisis.

HE HAD been dumped by his long-term partner Francoise Gilot, whom he'd been dating since he was 61 and she 21 and who had likened him to Bluebeard, the folktale serial killer.

She was the first of all his women to leave him and he was bruised, vulnerable and felt close to death.

Then, in April, he spotted the beautiful Sylvette chatting in the sun with friends, felt invigorated by her youth and knew he had to paint her.

So he sketched a large charcoal likeness and dangled it over a wall behind which she was chatting.

'I could not believe he wanted to paint me,' she says. 'I could not believe he had noticed me!'

Frankly, it's hard to believe anyone not noticing her — particularly not a painter with a penchant for much younger partners. But she insists her self-confidence was at rock bottom.

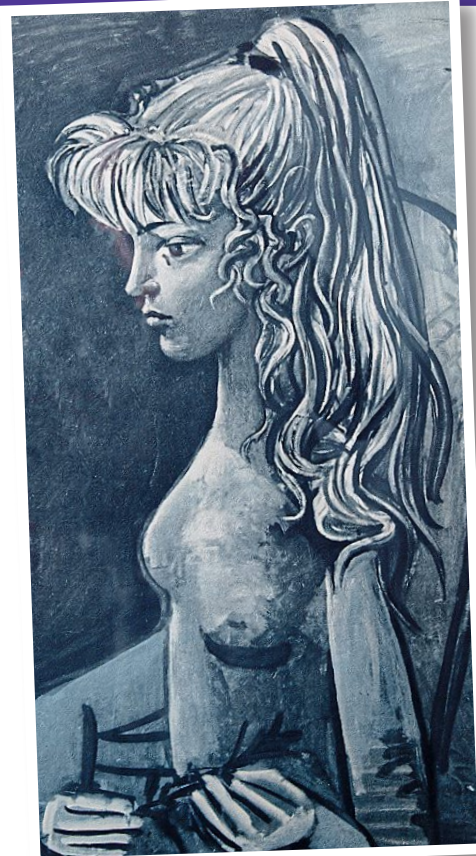
'I had bad legs and thick ankles!' she says. 'I was always covered in long skirts and long sleeves.'

Over the following weeks, Sylvette sat for six hours a day as he created a series of portraits in various media — drawings, sculptures and paintings — and the result, known as his 'grey period' because most of the works were in greys, blacks and whites, was the most intense series of portraits he ever did with one model.

It wasn't easy for her.

'I was afraid of old men. I ran away from them — so he was a real test.'

But despite his bullying reputation,



'Grey period': A nude from Picasso's The Girl With The Ponytail series

INTERVIEW

by Jane Fryer

she insists Picasso was different. 'He was young-looking and brown and clean as a fiddle. He didn't smell of garlic or wine like most old men — I never saw him drinking, or drunk. He smelled of roses.'

Each day, she'd sit for hours in the studio, gazing out of the window as Picasso painted in utter silence.

When he was creating, he was prolific and focused. He'd work quietly and steadily — confident, never tutting or swearing — at the end of each day showing her the finished work and the next, starting a new piece.

'He used to say that when he went into the studio he left his body outside,' she says.

She meanwhile, would empty her mind. 'I didn't think much. I was really quite simple. I'd just sit.'

She loved the peace among the mess of frames, metal, stones and bits of old timber. When he wasn't painting, Picasso was extraordinarily energetic. He'd dress up and put on funny glasses, don a moustache or a cowboy hat and prance about. He'd paint spiders so lifelike on the studio floor, he would scare himself silly.

'He was always trying to make me laugh,' she says. Very occasionally, he succeeded. But she insists their relationship was never more than that.

'No, no, no,' she says with a stern look. 'It was never that. I was hopeless at the sex. Sex never crossed my mind and I never talked about it. I wouldn't take any money in case he wanted me to pose nude for him.'

Though the old goat did once paint her from his imagination.

'I think maybe he was hoping I'd say: "Oh alright then." But I was such a prude. I'd been brought up on a nudist colony but I'd never been comfortable taking my clothes off.'

There was one moment when things could have turned. When he took her by the hand and led her up the stairs to a tiny bedroom with a chair and a bed, on which he started leaping about and beckoning to her.

'I thought: "Well I'm not going to jump on the bed, too!" If you're 19 and he's 73, he's like a granddad — or

Today she's an artist who lives quietly in Devon. But for one glorious summer when she was 19, Lydia became a muse who captivated the mercurial painter

My golden weeks as Picasso's Girl with the Ponytail



Pictures: TOM WREN/ SWNS

at the very least a father figure.' Albeit not, perhaps, in *his* head. (Of his lovers, many had been young and vulnerable. He cheated on his partners, beat at least one unconscious and once said: 'There are only two kinds of women — goddesses and doormats'.)

These calm weeks were not to last. In June, he met Jacqueline Roque, 26, and she became his new inspiration and second wife.

But not before news of Picasso's beautiful blonde muse had leaked out to the world, and she became briefly famous in her own right.

The Sylvette series was exhibited in Paris to critical acclaim with Time magazine announcing a new epoch in Picasso's creativity — his 'ponytail period'.

Brigitte Bardot copied the ponytail and soon everyone was doing 'a Sylvette'. Journalists and fashion writers turned up from all over.

'I used to hide in the cupboard at home when they came, and shout: 'Send them away, mummy!''

There were also love letters from all over the world — 'most of them were asking me to marry them.'

There was no big, dramatic fare-

well with Picasso. 'I thanked him for giving me so much — he gave me immortality, confidence, memories and love.'

She gave him a rather lovely handmade clay sculpture of a woman, which is still in the family archive, and he gave her the pick of his paintings of her, and she chose a beautiful, lifelike study.

And that was that. He moved to Cannes with Jacqueline and Sylvette to England with Toby.

THREE years later, when Toby was in hospital, she sold the painting for £11,000 to an American.

'He was very nice and said he'd maybe leave it to me when he died,' she says. 'But he went senile.' Still, she has no regrets.

Sadly, things didn't last with Toby. When she was 27, he fell in love with her best friend. Her heart broken, she found solace in God and changed her name to Lydia.

She saw Picasso once more, in 1965. She was 31 and he was 85, was still smoking like a chimney and

now deaf. 'He had aged well and was pleased to see me,' she says.

She didn't see him again, though she thought of him often. When he died, aged 91, in 1973, and more and more stories emerged about his bullying, his drinking, his horrible behaviour towards women — people started looking for Sylvette to tell her story.

But she was now Lydia, a mother of two, living in Devon. A second husband, Rawdon Corbett, cheated on her, but she pulled herself up and, aged 45, took up painting.

Now she has exhibited at the Tate and has two more coming up over the next few months.

'We touched each other's lives in a lovely way,' she says. There was no doubt he was touched by her.

When later Bardot — by then a huge star — begged him to paint her, Picasso retorted sharply: 'No. I've done Sylvette now!'

But what does she think of the others — the women who were beaten and cheated on?

'I don't know. I don't understand it,' she says. 'I remember Francoise was a bit upset — she didn't come and say hello. Jacqueline was very



Father figure: Lydia with Picasso in 1954 and, above, in her studio

nice to me — she wasn't even jealous. But of course she started drinking and killed herself...

Despite producing at least 60 works during that heady summer, Picasso's grey period has been all but wiped from his biographies. 'I

don't know why people don't talk about my period,' she says. 'Maybe they don't think it's interesting because there was no sex.'

Or perhaps that is exactly what makes it so very poignant.

■ Iwassylvette.com

Perfect parties make the other mums hate me

(What do you mean you didn't have a live Harry Potter owl at yours?)

AS LIVE owls swooped around my garden and 15 children raced about on broomsticks playing a game of Quidditch, one incredulous parent joked: 'You've certainly set the bar high.'

Who would spend ten hours crafting foam 'brooms' and chopstick 'wands' for a six-year-old's birthday party?

And yet, when my daughter Matilda requested a Harry Potter-themed bash, I found myself slipping down a rabbit hole of extreme party planning.

Which is how I ended up spending more than three hours transforming brown paper bags into themed party bags with the help of some marker pens.

And it didn't stop there. I meticulously cut out and stuck wings on 40 Ferrero Rocher chocolates to turn them into Golden Snitches from the Quidditch game, then cut up labels for bags of a wizard's favourite sweets, Bertie Bott's Every Flavour Beans.

By the time I started to make the broomsticks, my back was aching and I was nearly in tears. What was I thinking?

When most parents start to organise their children's birthday parties, they wisely book a soft-play centre, a magician, or take them to Laser Quest. I just wish I

by *Debbi Marco*

could do the same — and I could tell from my husband's rolling eyes when I presented my last party plans that he felt the same.

I don't think many of my fellow parents are too impressed with my over-the-top creations, either. 'You do make the rest of us look bad,' said one friend, when I asked her what she thought of my ideas.

When my best friend, who had only just thrown a Harry Potter party for her daughter, heard I had real owls, she bluntly told me she hated me and that I always have to go one better. I like to think she was only joking.

As the mother of a nine-year-old son and six-year-old daughter, I've been to my fair share of children's birthday parties, and I've found there are two camps of parents — those who throw money at the problem and are as hands-off as possible, and those who keep it fairly low-cost, but have to put in a lot of work themselves.

Regardless of the amount of effort the parents put in, the guests always seem to enjoy the parties. But the pressure often comes afterwards, when other

children want something similar for their own birthdays, and it is increasingly hard for parents to say no.

Then, of course, there's the amazing images on social media, while Pinterest — a website that allows users to save images to virtual pinboards — is saturated with extravagant and inventive ideas that mothers feel inspired, even compelled, to emulate.

But why do I spend more hours than is sensible creating something that will be over and forgotten by the next day?

Birthday parties have always been important to me. My mum would always make mine and my sister's birthday cakes from scratch, and it was usually an ambitious and elaborate design.

FOR me, it all started with my son's fourth birthday, when I decided to throw him a space-themed party. I hired a local hall and then set about designing everything. Obviously, there was the rocket-shaped cake, along with 'moonstones' for a hide-and-seek game, which were pebbles spray-painted silver and gold.

But my crowning glory was the jet packs I made for each child, which are still talked about by many of my friends today.

It was easy, I reasoned to my husband, Matt, who declared early on that he was having no part in

this madness. I just needed to spray-paint a couple of two-litre water bottles, attach some tissue paper flames, and then use silver ribbon to style them into backpacks.

However, I quickly learned that what looks simple online, and might be quite cute to make for one or two children, quickly becomes a huge project when you have to make 15 of them.

I had to collect 30 water bottles and spray-paint them in the garden, which left me feeling dizzy from the fumes and ruined our picnic table. I cut out strips of red and orange tissue paper for flames to tape on, and then co-opted my father-in-law David to help me attach silver ribbon, so the kids could wear them on their backs.

While David and I sat at the kitchen table for four hours assembling them, Matt went to the pub in protest.

But the kids loved them and the parents were equally impressed. One mum told me she was often asked where she got the jet pack from and raved about the party.

But I know my obsession with the perfect party doesn't go down that well with everyone.

'I think you're lucky you've got all this spare time to spend on these crafts,' said one mum after the Harry Potter party, through slightly gritted teeth. I know

Wizardry: Debbie's daughter Matilda at her Harry Potter-themed party

she's right. I work part-time from home, so I do have more time than most parents.

But all my hard work was worth it when I heard the screams of excitement as our party guests raced through the 'brick' wall to Platform 9¾ into our house, where they discovered the ghost of Moaning Myrtle in the toilet — really a cardboard cut-out.

I have to admit, I was lucky to get live owls at the party as it was a favour from a local mum who keeps them as pets, but it certainly added the wow-factor.

However, after all the back-breaking work for this party, I think I'm going to give myself a break for the next one and take the kids out for pizza with a few friends. Unless Pinterest comes up with something a bit more interesting, of course.



Picture: DEBBI MARCO

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Superdrug ☆

by Jenny Wood

LIKE so many things in life, when it comes to pillows, it's what's inside that counts.

Forget feathers, foam or polyester, now we have personalised, ergonomic, high-tech pillows with space-age stuffing, said to beat wrinkles, keep you cool or smell of pineapple.

This week, John Lewis launched a pillow that it claims can stop snoring.

But advances in pillow technology aren't cheap. So, is it worth paying upwards of £30 for a 'premium' pillow?

SNORE NO MORE



Anti-snore pillow, £35, John Lewis

THIS pillow seems like any other; but give it a squeeze and you'll notice the S-shaped foam core. This helps support your head and neck to minimise snoring. It can't be washed, however, and the basic cover feels a bit scratchy. But if you're a persistent snorer, at £35, it might be worth a try. **COMFORT FACTOR: 2/5**

THE PERSONAL TOUCH



Nanu personalised pillow, £35, nanusleep.co.uk

WHEN given your height and weight and whether you sleep on your side, back or front, plus whether you prefer a soft, medium or firm pillow, Nanu claims to make one that's 'perfect for you'. Guaranteed for two years and hypoallergenic, it's reasonably priced for something bespoke.

Comfortable and good quality, it's a step above the average. **4/5**

KEEP A COOL HEAD



Medigel cooling pillow, £115, penelopebedroom.co.uk

THE bottom layer is a 'viscoelastic memory foam developed for NASA', which moulds to your head. But it's on top that the magic happens, with a blue 'CoolTech' gel-like layer, designed to decrease body temperature. Personally, I wasn't a fan — it felt weirdly chilly under my cheek — but would be a godsend in a hot summer, or for night sweats. **1/5**

OUT OF THIS WORLD



Simba Hybrid pillow, £99, simbasleep.com

THIS contains hundreds of small foam 'Nanocubes', made from recycled materials, which you add or remove to adjust height and firmness. There's also a padded cotton cover 'inspired by the technology developed for space suits', to absorb heat when needed to regulate temperature.

Although it took a bit of faffing to get the firmness I wanted, it gave me a great night's sleep. **4/5**

IRON OUT WRINKLES



Yu-nu moisturising pillowcase, £35 for two, Nanusleep.co.uk

THIS beautifying pillowcase suggests you can boost your skincare regime in your sleep. The good quality cotton has been 'enriched with the same organic probiotics found in fruit and vegetables', and is 'clinically proven to reduce

wrinkle depth'. The probiotics can take 12 washes; hence it's recommended you alternate two cases, washing weekly for six months. It didn't give me pillow-wrinkles, however, it could take time to see if it tackles those caused by ageing.

But at £35 every six months, it's far from a budget option. **3/5**

GET A LITTLE FRUITY



Slumberdown Scented Berry Bliss/Tropical Twist, £7.49, Amazon.co.uk

INFUSED with 'subtle scents known to positively boost your mood' this is available in either a berry or a tropical pineapple and passionfruit fragrance, released when you lie on it.

It claims to make your bedroom 'a relaxing haven'. The scent lasts up to 20 machine washes, although I found it barely noticeable after a few minutes. **2/5**

A BIT ON THE SIDE



Babylon pillow, £100, Penelope bedroom.co.uk

THIS four-leafed clover shaped pillow has been

developed for side-sleepers, fitting perfectly between shoulder and face. Made of viscose, it moulds to your body like memory foam, but without as many chemicals. Only the pillowcase is washable, and there are two in the pack — just as well, because it looks strange squeezed into a rectangular case. I was sceptical, but it gave me the best sleep of all the pillows I tried. **5/5**

POCKET-SPRUNG



Silentnight pocket sprung pillow, £21.99, Amazon.co.uk

LIKE a mattress, this has pocket springs for 'superior long-lasting, flexible but firm support'. The cotton cover is good quality, but can't be washed (because of the springs).

It's strange to feel everything bouncing back into shape when you roll over but it gave me a very restful sleep. **4/5**

FOLD-UP SUPPORT



Three-fold Folding wool pillow, £69, Devon Duvets.com

AN INGENIOUS invention, this

is like a flat-ish duvet that folds up and into the built-in cover. You can roll up one of the three sections, creating extra neck support. It's eco-friendly, and made in the UK with 'platinum grade' unbleached British wool.

This is also dust mite resistant and can be machine washed. It was a little too supportive for me, but got a big thumbs-up from my husband. It smells slightly, well, organic — although apparently this should fade. **3/5**

SUITS EVERY GUEST



Sealy Dual Comfort pillow, £51.96, Amazon.co.uk

WHY settle for one pillow when you can have two-in-one? One side is filled with soft polyester; the other contains more structured memory foam, so you can flip it depending on how much support you need.

The cover and polyester insert can be machine washed, but the foam section can't. I found the firm side a bit unforgiving but the squishy side was, as Goldilocks might say, just right.

This was my husband's favourite of all the pillows. Great for a guest room. **3/5**



Can a smart pillow stop you snoring?

...not to mention moisturise you while you sleep or cool you down? We put new high-tech bedding to the test

WE TRY BEFORE YOU BUY

LATEST LIPGLOSS

The Mail's beauty columnist ELSA McALONAN puts a selection of the latest lipglosses to the test

Daily Mail FEMAIL SEAL OF APPROVAL

BEST

NATURALLY BEAUTIFUL
THE non-sticky texture is infused with Australian Kakadu Plum. Nude By Nature Moisture Infusion Lip Gloss, £19, Boots, **5/5**

SERIOUSLY HYDRATING
THIS tinted glossy serum has instant and long-term plumping effects. Too Faced Lip Injection Extreme, £22, johnlewis.com, **5/5**

SUBTLE SHINE
THIS provides full coverage colour and delivers a vinyl style shine. KVD Vegan Beauty XO Vinyl Lip Cream in Rosita, £18, debenhams.com, **4/5**

BETTER

PLUMPING POWER
ULTIMATE combo of high shine and volumising power. Iconic London Lip Plumping Gloss in Nearly Nude, £19, iconiclondoninc.com, **4/5**

BUDGET BUY
THIS lacquer lip gloss is formulated with vitamin E and provides great shine. e.l.f. Lip Lacquer, £3, elfcosmetics.co.uk, **4/5**

SUPER PIGMENTED
A HIGH-impact gloss that is suitable for all skin tones and the colour lasts and lasts. Sleek Makeup Lip Shot, £4.99, Boots, **3/5**

WIDE CHOICE OF SHADES
WITH a deliciously sweet taste, this feels buttery soft and comes in 34 shades. NYX Professional Makeup Butter Gloss, £5.50, Boots, **3/5**

GOOD

LONG-LASTING
THE lightweight formula contains argan oil and feels so light. Rimmel London Oh My Gloss!, £6.49, Superdrug, **3/5**

**The
Femal
Face-off**

As the Scots fast-track a controversial new idea...

Should tampons be given to all women for free?

SORRY, but the phrase 'period poverty' leaves me slightly baffled. Is it just me — or do the numbers simply not add up?

Last week, I bought pads and tampons at Aldi for my two daughters. A box of 20 Lunex tampons cost 69p, while 28 panty liners was 42p, or 1.5p each.

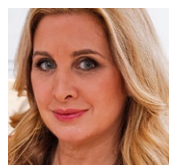
Prices are roughly the same at Tesco or any other value supermarket. And it takes about 22 pads and tampons to get through a five-day period. That means for about £1 you can buy all the monthly protection you need for the cost of a big bag of crisps.

Despite this, the Scottish Government plans to make sanitary products free 'for anyone who needs them'. Danielle Rowley, the former Labour MP who led the way on this, claims periods cost the average woman £500 a year. I'm not sure how. (Others cite a more sensible £100 — but it still sounds high.)

Don't get me wrong. I'm all for girls' empowerment. But free sanitary protection for all, regardless of need, age or income, is not the best way to achieve this.

For one thing, pads and applicator tampons are an environmental disaster. Plastic applicators, often flushed even though they should not be, are

NO



by *Tanith Carey*

AUTHOR

clogging up the oceans. Pads, which end up in landfill, can be up to 90 per cent plastic.

If there is any spare cash, it should be spent on menstrual cups, which are re-useable and better for the environment.

But then I suspect political virtue signalling is at play here. If girls are stuffing loo paper down their pants, as campaigners claim, can it really be because they can't afford pads? Isn't it

more likely they just don't have any tampons with them?

But no, it plays better to paint these girls as 'victims'.

It's often conveniently left out of the debate that the Government is supplying free sanitary products to all state schools and colleges. It has wanted to scrap VAT on the products for years, but the EU blocked this.

If campaigners really mean that some British girls are still too ashamed to talk about their periods, and don't ask their parents for what they need, that's a different issue. It's one I suspect is at the root of the problem.

If so, wouldn't the cash about to be spent on free pads for all, be better spent on training more teachers and counsellors to talk to girls about their periods, so that our young women can take charge of this basic necessity for themselves?

“Spend the cash on girls' education instead”

OF COURSE we should make tampons free. The Scottish Parliament is right. Women and girls cannot avoid periods, so why should they pay for sanitary products?

The Government provides free condoms, nicotine patches, and countless other services, yet products needed by more than half the population are seen as a luxury, and taxed as such.

Periods are expensive, too. The average annual spend on products is £77, so it's no surprise one in four women and girls is hit by period poverty.

We see period poverty as a lack of access to products, education or facilities when a woman is menstruating — and it is the poorest who are affected.

This includes single mums who struggle to feed their children, women who rely on foodbanks, are homeless, or who are on universal credit — even girls who can't go to school as they have no period products.

These girls are being hopelessly compromised. If a girl misses out on a proper education thanks to period poverty, she is less likely to overcome poverty in later life.

But because the haves aren't in dire need, they ignore it — leaving the have-nots to suffer.

Women and girls cannot live in our society without period

YES



by *Vivienne Hayes MBE*

CEO WOMEN'S RESOURCE CENTRE

products. They are not a choice. Without them, periods become unmanageable, potentially embarrassing and ultimately isolating, with numerous negative knock-on effects.

In my work for the Women's Resource Centre charity, which campaigns for gender equality, I visited a school where the girls talked about how glad they were that period poverty is finally being addressed. Not only did they no longer have to worry

about the cost or availability of products during the school day, but they also spoke of their relief that the discussion is out in the open. Normalising the fact they have periods rather than treating the subject as taboo was vital, they said.

In 2020, it is unacceptable that male policymakers are still leaving women facing shame, discomfort and isolation by denying us free access to a necessity.

Critics argue that only the poorest should get free tampons or towels — but how on earth could you means test this? This must be a benefit for all women, although not all will choose to take it up. Rich or poor, we did not sign up to have periods, and therefore we should not be forced to pay to manage them.

The Government provides standard-issue condoms free, although using these is a matter of choice. Why aren't period products available in the same way for those who need them?

“The State pays for free condoms, so why not?”

by *Fionn Hargreaves*

MANY of us worry that our fashion habits could be harming the planet. But with all the conflicting advice on offer it can be hard to tell how bad — or good — we're being.

Is avoiding fast fashion enough, or should we be wearing secondhand? Is a dress made of sustainable fabric but shipped from overseas better than a bog-standard one made locally? Is it really worth spending more on clothes built to last — and if so, how much more?

Luckily an online tool, backed by Harry Potter star and eco-warrior Emma Watson, can help with all of these questions through a quiz that calculates your fashion carbon footprint.

From unpicking your shopping habits to examining how you wash your clothes, it works out how much carbon dioxide your fashion habits are pumping into the atmosphere annually. It has found that the average consumer produces 1,620lb of CO2 via their fashion choices.

Six writers with vastly different shopping habits took the test...

THE SERIAL RETURNER



ESTHER WALKER, a 39-year-old author and mother of two

FASHION FOOTPRINT: 588lb of CO2 — nearly equivalent to one person taking a flight from London to Rome.

THERE must be people who shop sensibly, who sit down once a year with a list and buy a couple of quality items to update their wardrobe. They will not be found, as I am, scrolling like a zombie through Asos, Net-A-Porter or Zara whenever I feel even remotely bored or unhappy.

It's an illness; you don't have to tell me — I am always chasing that thrill like an addict seeking a fix.

So when I tried Emma Watson's calculator I lied, of course. I estimated down and got a fairly respectable result. Then I felt guilty and thought harder about what I'd really bought in 2019.

I'd admitted buying five new dresses and seven tops. But the truth is it was far more.

Probably double. Triple. But here's the thing: I send almost all of them back. Sometimes I find a gem like my grey Sessun cropped sweater or long black Sezane coat, but usually I am disappointed.

So I took the test again, leaving nothing out.

In other areas I like to think my green-cred is solid: I donate or resell everything I get rid of. I always cool-wash and don't use a tumble-drier, which saves lots of CO2. I also buy some sustainable brands, like my Allbirds wool trainers.

So even telling the truth, I don't feel that bad about my result. The terrible news is I now feel I can go mad and buy even more.

THE VINTAGE FAN



LARA JOHNSON WHEELER, a 26-year-old writer

FASHION FOOTPRINT: 495lb of CO2 — almost equivalent to one person taking a

plane from London to Barcelona. ACCORDING to the quiz, my fashion footprint is 69 per cent lower than the average. Not that I'm boasting. OK, just a little. But I am surprised. I'd be the first to

admit some of my fashion habits are, well, questionable.

I love clothes and shopping. Although my wardrobe is made up of secondhand finds, mostly from designer vintage shops such as Vestiaire Collective, Depop and eBay. This means a lot of packaging, which boosts my CO2 total.

Maybe I'm buying less than the average Brit because Topshop, Missguided and Zara cannot match my desire for secondhand Prada mules or the perfect Ganni dress. Still, I tend to buy clothes six or seven times a month.

Also, I lost points because I wash my clothes just after wearing them. This means I average about four or five washes per item a month. But I don't tumble-dry.

I also get pieces dry-cleaned every month, and try to handwash delicates. I sell or donate clothes rather than binning them, too.

I'm also very specific about footwear. I like Maison Margiela's split-toe Tabi boots. But these don't come cheap, so I get them resoled at a cobbler.

I'm an imperfect sustainable shopper, but I'm trying. And isn't that what counts?



As if life wasn't guilt-inducing enough, Emma Watson's launched a calculator to tell you how bad your shopping habit is for the planet. Here six style writers put it to the test...

Shock of the shop: Esther Walker and, far left, Dinah van Tulleken

FIGURE OUT YOUR FASHION FOOTPRINT

THE GREEN QUEEN



LOUISE ATKINSON, a 55-year-old writer and mother of three

FASHION FOOTPRINT: 376lb of CO₂ — equivalent to one person taking an Edinburgh to Amsterdam flight

I've recently upped my planet-saving game, shunning plastic, switching to an electric car, and taking a Ninja-like control over our recycling bin. But I really struggle with the musty smell of second-hand clothes — and I'm unable to differentiate 'vintage' from tat.

Instead I hit the shops twice a year, ideally with a knowledgeable friend who has restricted my many fashion mistakes and reined in my compulsion to overdose on wacky prints. Anything I buy has to be well-made and resilient.

So, I was thrilled to find that my mild dishevelment leaves me at 77 per cent below the average fashion footprint.

I score points for the fact that I don't have a tumble dryer and we never throw clothes away. Anything useful goes to my sister, the kids' old school uniforms go to neighbours, and the rest goes to charity. I'm happy to repair clothes, too.

There's still some room for improvement. I could switch to a cold wash, but I already use a wash bag that stops plastic microfibres

getting into the water system. I could reduce my carbon footprint by a further 60 per cent if I bought clothes secondhand. I'd be quite happy to rent clothes if I had that sort of social life, but sorry — I can't quite bring myself to contemplate the chaos of 'pre-loved'.

LAUNDRY ADDICT



AMBER GRAAFLAND, 47, a stylist and mother of two

FASHION FOOTPRINT: 1,708lb of CO₂ — equal to a flight from

London to Kuwait.

BEFORE I took this test, I'd likely have only admitted to shopping once a month. But when I began to list what I'd bought recently a different picture emerged.

Far from being a seasoned shopper buying only investment pieces, I'm a carbon emissions nightmare. If you average out what I buy annually it works out at about an item a week. Obviously, I don't shop that frequently. Sometimes I binge then lay off for a while.

Online shopping is my downfall. I might not be buying extravagant items, but the odd T-shirt here and a pair of running trousers there soon add up.

This week alone I've bought a polo neck jumper from Zara boys for my son, and a denim shirt from Arket — an investment piece.

My biggest December triumph was a beautiful sale-price Victoria

Beckham pleated lilac midi skirt. Then there's my planet-destroying laundry habits. The most washes the calculator allows you to enter per month is 30, but I do more than that. I've begun to wash my clothes at lower temperatures and on shorter cycles, but the reality is I need to cut back.

The only area it seems I excel at is 'disposal' — or lack of it. I never throw anything away. I gift or donate items instead.

Expensive mistakes are listed on eBay, the profits invested in new items. The rest are nestling safely in my childminder's wardrobe — or hiding in my daughter's.

THE ANTI-BINGE BUYER



DINAH VAN TULLEKEN, 35, is the Mail's Style Editor and a mother of one

FASHION FOOTPRINT: 351lb of CO₂ — akin to someone taking a flight from London to Frankfurt.

I BUY something only when I love it and am sure I'll be wearing it for years to come. I have a 50-wear rule — if you can't see yourself wearing it 50 times, don't buy.

The carbon calculator confirmed my carbon emissions are 78 per cent lower than the average, but being 'better than average' slightly misses the point. It could be worse but it's still unsustainable.

The calculator made me think about recent purchases, such as a

£49.99 black midi dress from Zara. Only after I had bought it did I realise it was 100 per cent polyester, not cotton as I had assumed. I have already racked up at least 20 wears, but I know it's going to end up in landfill.

I also feel like I cheated because I didn't include my daughter in my answers. I am certainly responsible for her impact, but I rarely buy her new clothes — we're lucky to get hand-me-downs from her many cousins. The washing machine runs 24/7, though.

The calculator forced me to be more conscious of all my carbon emissions, too. Even if my clothing only amounts to a shortish flight, I take real flights often — which feels hypocritical. It's time I began dressing better and flying less.

THE TREND FOLLOWER



ELEANOR STENNETT, a style writer, aged 25

FASHION FOOTPRINT: 1,712lb of CO₂ — the equivalent of one person taking a flight

from London to Ashgabat in Turkmenistan.

IN MY industry, it's easy to get sucked into needing catwalk-inspired looks — so over the years my fast-fashion shopping has increased hugely. I love the fact I can walk into my local shopping

centre and pick up designer-inspired items at a fraction of the price. Nothing makes me happier than someone saying: 'I love that top, is it new?'

For big events, such as weddings, I never wear the same outfit twice. I probably make at least three online orders a month, most of which I end up returning or just leave in my wardrobe for months.

I can't walk down Oxford Street without nipping into Primark.

In the past, I've felt pressure to trial the latest trends, even though I know they aren't very 'me', but now I'm trying to resist.

I also love hunting out hero items in charity shops. One of my best was a floral, midi-length Mango dress for £5. I do mend clothes, and give away what I don't wear.

But the Fashion Footprint Calculator has given me a scare and shows I must try to be far more conscious when shopping.

■ **CALCULATE** your personal fashion footprint at thredup.com/fashionfootprint

Blind Date

WOULD YOU LIKE US TO FIND YOU A DATE?

FANCY a posh meal with an eligible single like you? Or would you like to play cupid for someone else? Email your — or their — details and a photo to blinddate@daily mail.co.uk

A four-hour date is always a sign of a good evening

KAREN, 40

VITAL STATISTICS

SEPARATED a year ago, with a son, aged three.

CURRENT ROLE

TRAINING coordinator in civil engineering.

WOULD LIKE TO MEET

A MAN who's happy to try new things. I won't date 'woke' men, or vain gym obsessives.

DATING PAST

MY 11-YEAR relationship with my son's dad ended a year ago. Since then I have been on a few dates with men I've met online, but they are never who they say they are.

I've just turned 40 and I've never been on a blind date before, so I thought 'Why not?' It can't be worse than the dating apps.

PRE-DATE NERVES?

I DON'T tend to get nervous, but I did prepare my outfit the night before because I like to plan ahead.

FIRST IMPRESSIONS?

STUART arrived first. He'd already told the maitre d' we were on a blind date and said I wouldn't recognise him, which was a thoughtful gesture. Stuart is definitely good-looking, with lovely hair and a welcoming manner. He was wearing a smart jacket, too.

EASY TO TALK TO?

THE waiter came over four times before he could take our order — we were talking so much we didn't have time to look at the menu.

We talked about TV shows and films our generation is supposed to have seen. I was shocked that Stuart has never watched an episode of Coronation Street, whereas I have never seen Star Wars or ET.

We both enjoy cooking, and I learned that Stuart once ran a furniture shop at the end of my road.

He also lived in France for years, which may explain why he had pâté and a rare steak — he's a real carnivore. He fancied a pudding, but was happy to follow my lead and have another drink instead.

EMBARRASSING MOMENTS?

STUART spilled his mojito at the start of our date, and some peas from my plate scattered all over the floor. But we just laughed about it.

DID SPARKS FLY?

THINGS weren't flirty between us, but we enjoyed sparky conversation. People looking at us might have assumed we were a couple. We met at 5pm and I got my cab at 9.10pm — a four-hour date is always a sign of a good evening.

DID YOU KISS?

NO. AT the end of the date, Stuart walked me to my taxi and made sure I got in safely, which was lovely. We exchanged numbers and I texted him to let him know I'd arrived home.

WHAT DO YOU THINK HE THOUGHT OF YOU?

I DON'T know, though I hope he liked me in my dress. I felt really good in it.

WOULD YOUR FAMILY LIKE HIM?

WE GOT on like a house on fire, so for that reason alone I know they would love Stuart.



KAREN'S VERDICT:
9/10

LIKED: Stuart is easy to talk to. It was fabulous.
REGRETS: None.
COFFEE OR CAB? Coffee.

I went for the French double kiss. She didn't, which was confusing

STUART, 42

VITAL STATISTICS

DIVORCED two years ago, with a daughter aged seven.

CURRENT ROLE

COMMERCIAL car sales executive.

WOULD LIKE TO MEET

SOMEONE gorgeous who embraces the outdoors and looks cute in a dress.

DATING PAST

I LIVED in France for eight years, but returned to the UK after my divorce. I've tried dating apps, but it's been awful as I'm old-fashioned.

My daughter lives full-time with my ex in France, but at Christmas she said: 'Dad, I'm going to look for someone for you — I want a half-sister.'

PRE-DATE NERVES?

I DIDN'T really feel nervous, though my mum was very excited and asked me to text her updates throughout the date. I took my time over what to wear. The weather was awful, but in the end fashion won and I went for a light jacket rather than a coat.

FIRST IMPRESSIONS?

KAREN is beautiful and looked fantastic in her pillarbox-red dress. But (and I hate myself for saying this) I wasn't blown away. I wanted that 'I want the night to never end' feeling, and it wasn't there. At my age you know what you want.

EASY TO TALK TO?

KAREN makes great conversation. We talked about everything from the property I renovated in France to our children. Coincidentally, she actually grew up near where I live today.

EMBARRASSING MOMENTS?

MY MOJITO was full to the brim and I spilt it down myself within seconds of us sitting at our table. Fortunately Karen laughed, and I was able to do the same when she dropped food on the floor. It tickled us both.

DID SPARKS FLY?

I AM a flirt, and Karen has a cracking figure. After a few drinks I could have easily flirted, but it wouldn't have been fair to lead her on. The older you get, the fussier you get.

DID YOU KISS?

WHEN we met I went for the French double kiss and Karen opted for just one, which was confusing. We had a big hug before I walked her to her cab.

WHAT DO YOU THINK SHE THOUGHT OF YOU?

SHE texted to thank me for a 'perfect date', and we've agreed to keep in touch — as friends. I'm too old to be in and out of relationships if I'm not sure they are 'the one'. When children are involved it isn't fair to constantly introduce people into their lives.

WOULD YOUR FAMILY LIKE HER?

MY FAMILY would like her — especially my mum. But my mum can't force it. I'll know 'the one' when I meet her. I'm looking for love.

Interviews: SAMANTHA BRICK

STUART'S VERDICT:
10/10

LIKED: We had a real giggle together.
REGRETS: None.
COFFEE OR CAB? Coffee.

Pictures: JOHN GODWIN
Make-up: VINA ABIS
Styling: EMILY MONCKTON

Gtech

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Two cordless vacuums; one mighty combination



'Tackle your entire home with the Gtech System – our award winning upright AirRam combined with our handheld Multi for above the floor cleaning.'

Nick Grey, inventor and owner of Gtech

- Cordless
- 60 minute combined runtime*
- Multitasking attachments
- LED headlights
- Lightweight

Performance cleaning

Our AirRam is designed specifically for floor cleaning, moving seamlessly from carpets to hard floors with no settings to change. The compact Multi puts the attachments from your upright cleaner in the palm of your hand. Both vacuums feature LED headlights to illuminate your cleaning area, meaning there's no place for dirt or dust to hide.

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The AirRam has an ultra low profile handle design, allowing you to reach under tables, chairs and other furniture. The Multi's powered brush head is ideal for awkward spaces like the stairs, car interior and sofa

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Lightweight

Thanks to its streamlined design, which does away with so many bulky parts, the AirRam weighs just 3.2kg. The handheld Multi weighs just 1.5kg**, offering a lightweight cleaning option.

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★★★★★
Gtech's Trustpilot rating is
4.6 out of 5
after **65,000** reviews

†Offer only available directly from Gtech. Offer ends 23rd March 2020 or while stocks last. Δ AirLOC technology is patent-pending – WO2017/144922. *Runtimes quoted may vary depending on surfaces cleaned. **Weight = 1.5kg with nozzle; weight may vary according to attachment used. Limited 2-year manufacturers guarantee. Free attempted next day delivery services apply 7 days a week and to orders placed up until 7pm, excluding UK highlands and islands. This promotional code is not transferable and cannot be used in conjunction with any other offer or discount. See www.gtech.co.uk for full details. Grey Technology Ltd t/a Gtech, Brindley Road, Warndon, Worcester, WR4 9FB.

CANINE EXTRAVAGANZA

Crufts 2020, 3pm, 8pm, Ch4

OVER the next four days, Clare Balding hosts coverage from the world's largest dog show on Channel 4 and More4. Today's editions look at how dogs affect our mental health and lifestyles, and there are highlights of selected events. Clare also chats to Scarlett Moffatt, while WWE wrestlers pick out favourite pooches.

COSTUME COLLECTION

Secrets Of The Museum, 8pm, BBC2

JUST a quarter of the V&A's artefacts are on display, and now, their huge stores are being relocated to a new high-tech home. Curator Jane has to make sure the 3,000 costumes in the Theatre and Performance collection are fully catalogued before the move — and she unearths some memorable outfits from the archive.



PICK OF THE DAY

NOUGHTS + CROSSES, 9PM, BBC1

THIS long-awaited adaptation of Malorie Blackman's award-winning book is breathtaking. The thought-provoking six-part series tells the tale of star-crossed lovers divided by race — lighter-skinned people and the black ruling class. Callum (Peaky Blinders' Jack Rowan) is a Nought. He was friends with Sephy (Masali Baduza, pictured

with Rowan), a Cross — and the naive daughter of a black politician — when they were children. Callum and Sephy reconnect when he works at a party at her home, and their lives are now more complex in a prejudiced world. Meanwhile, Callum's brother, Jude (Josh Dylan) battles police brutality. The strong cast also includes Helen Baxendale and Ian Hart as Callum and Jude's parents.



DOWN UNDER

Griff's Great Australian Adventure, 8.30pm, ITV

GRIFF RHYNS JONES (pictured) got a taste for exploring far-flung corners of the world in his 2015 series Slow Train Through Africa; now, the comedian is back on his travels, with

a ticket in his pocket for Australia's Indian Pacific railway. Setting off from Perth on the west coast, Griff will be exploring how these thousands of miles of railroad have brought the vast continent together and made the country what it is today, from its lively cities to its loneliest towns — and he'll be meeting some colourful characters along the way.

YOUNG PATIENTS

Hospital, 9pm, BBC2

THIS week, the cameras are at Liverpool's Alder Hey Children's Hospital, which does an incredible job of caring for highly unwell kids. Elsie has had 11 operations in her eight months, and another is on the horizon. Jack, now 22, was left with a

BBC 1

- 6.00 **Breakfast** (HD)
- 9.15 **Britain's Housing Scandal** (AD,HD)
- 10.00 **Homes Under the Hammer** (HD)
- 11.00 **Wanted Down Under Revisited** (R,HD) Catching up with the Fitzpatricks, who visited Auckland.
- 11.45 **Saved on Camera** (HD) A policeman saves residents from fire.
- 12.15 **Bargain Hunt** (AD,R,HD) From Newark Antiques and Collectors Fair.
- 1.00 **BBC News at One**; Weather (HD)
- 1.30 **BBC Regional News**; Weather
- 1.45 **Doctors** (AD,HD) Part three of three. Karen tracks down Abz to get her to tell her the truth, while Rob is in trouble with his bosses.
- 2.15 **Jimmy McGovern's Moving On** (AD,HD) A middle-aged woman is forced to fight for her job and prove her role is vital. But in doing so, she reaches a surprising conclusion.
- 3.00 **Escape to the Country** (AD,R,HD) A couple hunt for a home in Cumbria.
- 3.45 **Money for Nothing** (HD) Jay Blades saves an old radio.
- 4.30 **Ready Steady Cook** (HD) A mother and daughter do battle, with chefs Ellis Barrie and Akis Petretzikis.
- 5.15 **Pointless** (R,HD) Quiz show.
- 6.00 **BBC News at Six**; Weather (HD)
- 6.30 **BBC Regional News**; Weather
- 6.55 **Party Political Broadcast** (R,HD) By the Green Party.

BBC 2

- 6.30 **Money for Nothing** (R,HD)
- 7.15 **Ready Steady Cook** (R,HD)
- 8.00 **Great British Railway Journeys** (AD,BSL,R,HD) Paington to Tiverton.
- 8.30 **Lose Weight and Get Fit with Tom Kerridge** (AD,BSL,R,HD)
- 9.00 **Crossing Divides Live** (HD)
- 10.00 **Victoria Derbyshire** (HD)
- 11.00 **BBC Newsroom Live** (HD)
- 12.15 **Politics Live** (HD)
- 1.00 **Hardball** (R,HD) Quiz show.
- 1.45 **Best House in Town** (R,HD) Three wildcard properties are thrown into the mix in St Albans.
- 2.30 **Terry and Mason's Great Food Trip** (R,HD) Terry Wogan and Miam McQueen visit Evesham.
- 3.00 **Red Rock** (AD,R,HD) Tom makes time for Patricia.
- 3.45 **The Great Interior Design Challenge** (AD,R,HD) Transforming a bedroom in a thatched cottage.
- 4.45 **Portillo's State Secrets** (AD,R,HD) The secret UFO files kept by the Ministry of Defence.
- 5.15 **Flog It!** (R,HD) From the University of Nottingham.
- 6.00 **Richard Osman's House of Games** (HD) With Chizzy Akudolu, Miles Jupp, Amol Rajan and Ellie Taylor.
- 6.30 **Great British Railway Journeys** (AD,R,HD) Michael Portillo journeys from Glasgow to Cumbria.

ITV

- 6.00 **Good Morning Britain** (HD) News, current affairs and lifestyle features.
- 9.00 **Lorraine** (HD) Entertainment and fashion news.
- 10.00 **This Morning** (HD) Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more.
- 12.30 **Loose Women** (HD) The women put the world to rights once more and invite a celebrity guest to chat about what they are up to.
- 1.30 **News**; Weather (HD)
- 1.55 **Regional News**; Weather (HD)
- 2.00 **Judge Rinder** (HD) Cameras follow criminal barrister Robert Rinder as he takes on real-life cases in a studio courtroom.
- 3.00 **Tenable** (R,HD) Quiz hosted by Warwick Davis, in which a team of five friends and family from Bromley answer questions about top-ten lists, then try to score a perfect ten in the final round; Regional Weather
- 4.00 **Tipping Point** (HD) Quiz show, hosted by Ben Shephard.
- 5.00 **The Chase** (HD) Martin, Lucy, Haroon and Karen take part.
- 6.00 **Regional News**; Weather (HD)
- 6.25 **Party Political Broadcast** (HD) By the Green Party.
- 6.30 **News**; Weather (HD)

CHANNEL 4

- 6.30 **Cheers** (R,HD)
- 6.55 **Cheers** (R,HD)
- 7.20 **The King of Queens** (AD,R)
- 7.45 **The King of Queens** (AD,R)
- 8.10 **Everybody Loves Raymond** (AD,R)
- 8.40 **Everybody Loves Raymond** (AD,R)
- 9.10 **Frasier** (AD,R)
- 9.40 **Frasier** (AD,R)
- 10.10 **Undercover Boss Canada** (R,HD)
- 11.05 **Ramsay's Kitchen Nightmares USA** (R) A restaurant in New Jersey.
- 12.00 **Channel 4 News Summary** (HD)
- 12.05 **Find It, Fix It, Flog It** (R,HD) Henry Cole restores a Kawasaki motorbike.
- 1.05 **Posh Pawn** (R,HD) Memorabilia expert Lawrence's knowledge of cars is put to the test.
- 2.10 **Countdown** (HD) Word game, with Rory Bremner in Dictionary corner.
- 3.00 **Crufts 2020** (HD) New series. Clare Balding presents highlights. See Critics' Choice.
- 4.00 **A New Life in the Sun: Where Are They Now?** (HD) Catching up with a fruit juice entrepreneur.
- 5.00 **Come Dine with Me** (R,HD) Four contestants in Sheffield compete.
- 6.00 **The Simpsons** (AD,R) Homer is banned from driving.
- 6.30 **Hollyoaks** (AD,R,HD) Edward decides to turn his attentions to Marnie and make Diane jealous.

7 PM

8 PM

9 PM

10 PM

11 PM

12 MNT

- 7.00 **The One Show** (HD) Live magazine show, presented by Alex Jones and Matt Baker.
- 7.30 **EastEnders** (AD,HD) Gray's boss urges him to make Kush plead guilty — leading to a confrontation with Kat.

- 8.00 **MasterChef** (AD,HD) John Torode and Gregg Wallace preside as six more hopefuls compete in the second heat, getting their first chance to win a *MasterChef* apron by serving up their signature dish.

- 9.00 **PICK** **Noughts + Crosses** (AD,HD) New series. Drama about two young people divided by their colour but united by love. See Pick of the Day.

- 10.00 **BBC News at Ten** (HD)
- 10.25 **BBC Regional News** (Followed by Weather)
- 10.35 **Question Time** (HD) Fiona Bruce hosts topical debate from Tunbridge Wells in Kent.

- 11.35 **Newsnight** (HD) Adam Fleming, Laura Kuenssberg and friends discuss the week's biggest stories from Westminster. (Followed by Weather)

- 12.10 **BBC News** (HD)

- 7.00 **MOTDx** (HD) Football discussion, presented by Jermaine Jenas.
- 7.30 **Villages by the Sea** (R,HD) Archaeologist Ben Robinson examines the history of Clovelly in Devon.

- 8.00 **PICK** **Secrets of the Museum** (AD,HD) Frankenstein's monster is brought back to life at the V&A. See Critics' Choice.

- 9.00 **PICK** **Hospital** (HD) A look at the work of Alder Hey Children's Hospital. See Critics' Choice.

- 10.00 **Vic & Bob's Big Night Out** (AD,R,HD) Featuring a welcome return for Novelty Island and a special rendition of That's Magic.
- 10.30 **Newsnight** (HD) (Followed by Weather)

- 11.15 **Match of the Day: The FA Cup** (HD) Action from Derby County and Manchester United.
- 11.40 **Live SheBelieves Cup** (HD) USA v England (Kick-off 12midnight). The opening match for both nations in the four-team round-robin.

- 2.15 **Confronting Holocaust Denial with David Baddiel** (AD,BSL,R,HD) The comedian investigates Holocaust denial. 3.15 Dom Does America (AD,BSL,R,HD) 4.00 Trust Me, I'm a Doctor (BSL,R,HD) 4.30 This Is BBC2 (HD)

- 7.00 **Emmerdale** (AD,HD) Dawn receives news about the custody of Lucas, and Will reveals some information from his past.
- 7.30 **Coronavirus: What You Need To Know — Tonight** (HD) Jonathan Maitland reports.

- 8.00 **Emmerdale** (AD,HD) Al has to work to get Ellis back onside.
- 8.30 **PICK** **Griff's Great Australian Adventure** (AD,HD) New series. Comedian and actor Griff Rhys Jones explores Australia by train. See Critics' Choice.

- 9.00 **Tyson Fury: The Gypsy King** (AD,HD) Following his win over Otto Wallin, Fury takes part in a WWE bout, finally has a rematch with Deontay Wilder confirmed, and parts ways with trainer Ben Davison. Last in series.

- 10.00 **News** (HD) (Followed by Weather)
- 10.30 **Regional News** (HD) (Followed by Weather)
- 10.45 **Liar** (AD,R,HD) Andrew's body is found on the Kent marshes, but Laura once again finds herself drawn into his destructive path.

- 11.45 **Dancing on Ice** (R,HD) Phillip Schofield and Holly Willoughby host the semi-final of the skating contest, in which the celebrities must each perform twice for the first time this series.

- 1.20 **Ideal World With Jane Plan** (HD) 3.00 Coronavirus: What You Need To Know — Tonight (R,HD) Jonathan Maitland investigates how people can keep themselves safe. 3.25 ITV Nightscreen (HD) 5.05 Judge Rinder (BSL,R,HD)

- 7.00 **Channel 4 News** (HD)

- 8.00 **PICK** **Crufts 2020** (HD) Highlights from the NEC in Birmingham. See Critics' Choice.

- 9.00 **Hunted** (AD,HD) The hunters subject a captured fugitive to psychological pressures, while Hayley risks returning to Wigan to be reunited with her dog — unaware she is being tracked.

- 10.00 **First Dates** (AD,HD) Healthcare assistant Anthony wants to put his wild past behind him, and bank manager-turned-performer Howard wonders if his date will recognise him.

- 11.00 **24 Hours in A&E** (AD,R,HD) A teenager is rushed to hospital with a lacerated wrist after putting his hand through a pane of glass, while another patient discusses being diagnosed with a chronic condition.

- 12.00 **100 Kilo Kids: Obesity SOS** (R,HD) 1.00 Ramsay's Kitchen Nightmares USA (R) 1.50 Home (R) 2.15 Baghdad Central (R,HD) 3.10 Dispatches (R) 3.35 Come Dine with Me (R,HD) 4.30 Location, Location, Location (R,HD) 5.25 Cooking Up a Fortune (R,HD) 5.50 Countdown (R,HD)

(R) Repeat. (HD) High Definition. (AD) Audio Description. (b/w) Not in colour. (BSL) British Sign Language.

■ Family viewing ● Generally suitable for all ◆ Caution recommended

catastrophic brain injury after being hit by a car aged eight, and his troubles are ongoing.

FILM CHOICES

A Wedding To Die For, 2.15pm, Ch5

WITH the action taking place in sunny Barbados and the craziness ladled on with a trowel, this mystery thriller really goes for it. Warned that her fiancée is a wrong 'un by a psychic, Ella (Christa B. Allen) hatches an elaborate plan for the honeymoon.

My Friend Dahmer, 9pm, Film4

JOHN BACKDERF went to school with an oddball kid called Jeffrey Dahmer. John grew up to be a graphic artist and published a graphic novel about Dahmer, who grew up to be a sadistic serial killer. This chilling drama is based on that graphic novel, and stars Ross Lynch (pictured with Lily Kozub) as the young Dahmer.



CHANNEL 5

6.00 Milkshake! Peppa Pig (R) **6.20** Mya Go (R,HD) **6.30** Fireman Sam (R,HD) **6.40** Noddy: Toyland Detective (HD) **6.50** Abby Hatcher (HD) **7.00** Thomas & Friends (R,HD) **7.15** Milkshake! Monkey's Amazing Adventures (R,HD) **7.20** Peppa Pig (R,HD) **7.30** Peppa Pig (R,HD) **7.40** Top Wing (R,HD) **7.55** Paw Patrol (HD) **8.10** Floogals (R,HD) **8.25** Becca's Bunch (R,HD) **8.40** Little Princess (R) **8.55** Ben and Holly's Little Kingdom (R,HD) **9.10** Sunny Bunnies (R,HD) **9.15** **Jeremy Vine** (HD) **11.15** **Nightmare Tenants, Slum Landlords** (R,HD) **5 News at Lunchtime** (HD) **12.15** **Paddington Station 24/7** (R,HD) **1.10** **Access** (HD) **1.15** **Home and Away** (AD,R,HD) **1.45** **Neighbours** (AD,HD) **2.15** **A Wedding to Die For** (2019) (HD) Thriller, starring Christa B. Allen, Danielle C. Ryan and Jacob Young. See Critics' Choice. **4.00** **Friends** (R,HD) **4.30** **Friends** (R,HD) The gang overhear a scandalous conversation. **5.00** **5 News** (HD) **5.30** **Neighbours** (AD,R,HD) Toadie decides not to do anything special to mark the anniversary of Sonya's death, but his family disagree. **6.00** **Home and Away** (AD,R,HD) The hospital siege escalates. **6.30** **5 News Tonight** (HD)

7.00 **The Dog Rescuers with Alan Davies** (R,HD) The comedian returns to help more sick canines, including a Staffordshire bull terrier that has a suspected broken leg and a mystery lump. (Followed by 5 News Update)

8.00 **Britain's Naughtiest Nursery** (HD) The parents of tearaway tots Tegan, Frankie and Daisy are hoping that Laverne Antrobus has just the trick to get everything back on track. (Followed by 5 News Update)

9.00 **10 Years Younger in 10 Days** (HD) Cherry Healey meets mum-of-two Julie, who has decided it is time to focus on herself, and ex-police officer Amanda, who wants to go back to the fun-loving party girl she once was.

10.00 **Me & My Beautiful Face** (HD) Individuals with facial structures different from the norm discuss the psychological challenges of their physical realities.

11.05 **Billionaire Kids: Diamond Lives** (R,HD) Documentary about the luxurious lives of children from wealthy families, as well as the companies able to make a profit by catering to the youngsters' every whim.

12.05 **Eamonn and Ruth: Blowing a Fortune** (R,HD) **1.00** The 21.co.uk Live Casino Show (HD) **3.00** **Access** (HD) **3.10** **Paddington Station 24/7** (R,HD) **4.00** **Tattoo Disasters UK** (BSL,R,HD) **4.45** **House Doctor** (BSL,R) **5.10** **Nick's Quest** (BSL,R) **5.35** **Wildlife SOS** (BSL,R,HD)

▲ Particularly liable to offend

If Dawn French gossiped like this in real life, she'd be in big trouble

HAVE you heard the latest? Look, I'm not saying this is true, but I think it probably is... I believe it anyway.

You know that one from the boy band, the one who always looked dodgy and apparently has a real drink problem? Well, what I've been told is...

Stop right now. There's a very good reason that British journalists don't deal in unsubstantiated rumour, and that reason is called 'libel law'.

Libels — damaging stories that can't be proven, whether or not they are actually true — will quickly bankrupt a newspaper, TV or radio station.

That's why Dawn French's frothy drama, **The Trouble With Maggie Cole** (ITV), is perfectly unrealistic.

Village gossip Maggie is interviewed on local radio by an unscrupulous hack who gets her tipsy on G&T and persuades her to dish the dirt on her neighbours — who is having an affair, who has money problems, who is covering up a lottery win, who has a murky past.

Maggie might believe she is right about all of it, but mere belief is no defence against a libel action.

What matters is proof and she hasn't got any — she's just the tattletale who runs the local gift shop and is married to the headmaster of the village primary school.

SHORT STORY OF THE DAY: We're spoilt for great, one-off dramas on telly this month, what with Inside No.9 and now Moving On (BBC1). Mark Addy starred in a lovely, self-contained tale about an old rugby pro coming out as gay. Real tear-in-the-eye stuff.

If the plot is implausible, the characters are wonderfully true to life.

We all know someone like Maggie — a good-hearted bossy-boots whose enthusiasm overpowers all objections. She manipulates everyone to do her bidding and has to be the centre of attention, though she's oblivious to what people actually think of her.

Hen-pecked hubbie Peter (Mark Heap) will do anything for a quiet life, and frequently has to... even asking Maggie's nosy questions for her. He's long since realised that resistance is futile, so he might as well do whatever his wife demands, before she thinks of anything else.

Julie Hesmondhalgh plays Maggie's best friend Jill, the deputy head, whose chief ambition is to find herself a boyfriend.

Maggie signs her up to a dating app without her consent, and then tells everyone that Jill isn't up to the school's top job.

It's all terrific, scurrilous fun, carried along by its own irrepressible sense of mischief. Whether it will remain light-hearted, I'm not so sure: this episode, the first of six, started at the village fete,

WELSH TV VARIATIONS

BBC1: 1.30pm BBC Wales Today; Weather: **6.30** BBC Wales Today; Weather: **6.55** Party Political Broadcast: **10.25** BBC Wales Today; Weather: **ITV: 6.25pm** Party Political Broadcast. **7.30** Hook's Line on England: A Six Nations Special. **8.30** Coast & Country. **10.45** Diet: Trust Your Gut? Tonight. **11.15** Griff's Great Australian Adventure. **S4C: 6.00am** Cyw. **12noon** Newyddion S4C a'r Tywydd. **12.05** Pobol y Rhondda. **12.30** Heno. **1.30** Dan Do. **2.00** Newyddion S4C a'r Tywydd. **2.05** Prynhawn Da. **3.00** Newyddion S4C a'r Tywydd. **3.05** Cynefin. **4.00** Awr Fawr: Peppa. **4.05** Awr Fawr: Blero yn Mynd i Ocido. **4.15** Awr Fawr: Rapsallwyr. **4.30** Awr Fawr: Sion y Chef. **4.45** Awr Fawr: Sigldigwt. **5.00** Stwnsh. **6.00** Nyrsys. **6.25** Darllediad Gwleidyddol gan Plaid Cymru. **6.30** Rownd a Rownd. **7.00** Heno. **7.30** Newyddion S4C a'r Tywydd. **8.00** Pobol y Cwm. **8.25** Rownd a Rownd. **8.55** Newyddion S4C a'r Tywydd. **9.00** Jonathan. **10.00** 3 Lle: Eleri Sion. **10.30** Hansh. **11.00** Y Stiwdio Gefn. **11.30** Mwy o Sgorio.



CHRISTOPHER STEVENS LAST NIGHT'S TV

The Trouble With Maggie Cole ★★★★★☆

Tigers: Hunting The Traffickers ★★★★★☆

where a child went running after a balloon and was hit by a car.

Nothing else was said about that. Is this some long-buried local tragedy, or something yet to happen? I have my suspicions... but I'm not one to gossip.

Former Royal Marine Aldo Kane was risking his neck to get proof of rumours in **Tigers:**

Hunting The Traffickers (BBC2). Most of the hour comprised footage from a handheld camera as Aldo broke into secret Far East farms to film the horrendous conditions where big cats were bred.

Officials in China and across South-East Asia claim the animals are being kept in

captivity to boost conservation programmes. Aldo uncovered hard evidence that the motive is much dirtier: the tigers are bred for meat and the so-called medicinal powers of their bones.

He found dead cubs piled in freezers and bloated animals caged in the basements of houses, where they were dripped to fatten them up grossly.

Everything he discovered was horrific — but the evidence led him nowhere. Aldo handed it to lobbyists, who presented it at the Convention On International Trade In Endangered Species at Geneva, who ignored it. Nothing was achieved.

It was a depressing and ultimately futile exercise.

Mail Order

Breathtakingly Beautiful Magnolia

For spring time colour nothing compares to the glorious yellow blooms of this half standard magnolia.



Large goblet shaped, lemon yellow flowers set against rich, dark green foliage

Low maintenance, hardy shrub

Magnolia Yellow Bird

This magnificent half standard magnolia, produces a sunshine of huge, yellow, long lasting flowers in late spring, just as the leaves emerge.

The foliage is dark green in colour and contrasts well with the flowers, fading to yellowy brown in autumn.

Magnolia x brooklynensis 'Yellow Bird' will tolerate sun and part shade if grown in a sheltered position.

Hurry offer ends March 19th.

Despatching March as a 5-8 branch bare root plant.

Supplied as a bare root shrub with a stem height of 70-80cm

feefo
★★★★★
"Good quality plant potted on and growing well"

WAS £24.99
Now Just £14.99
Pre order now for special offer

Standard Lilacs

Clusters of red buds open to reveal a mass of exquisitely perfumed lavender-pink flowers in May and June. Compact and slow growing, this pretty lilac tree is perfectly suited to borders and patio containers. Height: 1.5m (5'). Please note - plants supplied approximately 1m high, in leaf and ready to plant.

1 plant for ~~£19.99~~ **£9.99**

Modern Grey Pot

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FOOTBALL
Derby County v Manchester United, 7pm, BT Sport 1

WAYNE ROONEY hosts his old club in the FA Cup, after having already seen off Crystal Palace. Derby fans will also recall beating United on penalties in the League Cup in 2018.

GENIUS SITCOM
Young Sheldon, 8.30pm, E4

AS THE third series of the warm-hearted U.S. comedy continues, Sheldon decides to fake an illness to avoid a swimming test at school – with predictably disastrous results. Dr Sturgis, meanwhile, attempts to spy on Meemaw's new boyfriend.

SCI-FI TALE
War Of The Worlds, 9pm, Fox



THIS new, Anglo-French modern-day take on the H.G. Wells tales looks boring at first – but there's a tension under that steady surface, and it suddenly takes an exciting turn when the alien intention becomes clear. Elizabeth McGovern and Gabriel Byrne (pictured) star.

ICONIC PLANE
Warbird Workshop, 9pm, Yesterday

THIS new series makes a terrific start by tracking the restoration of

Satellite choice

Spitfire MJ772, and really comes to life when the engineers at Biggin Hill are visited by 94-year-old Sgt David Mitchell, who flew the Spitfire during World War II.

GEORGIAN SPLENDOUR
Phil Spencer's Stately Homes, 9pm, More4

PHIL is in West Yorkshire to visit Harewood House, built in 1759 by wealthy sugar plantation owner Edwin Lascelles. The striking stately home looks out over 1,000 acres of estate, has 150 rooms and is packed with priceless art – and Phil must be careful when he has to clean a fragile family heirloom.

FILM ROMANCE
All The Bright Places, Netflix

NETFLIX is carving out a solid niche in teen romcoms and dramas. This recent addition stars Justice Smith and Elle Fanning as suicidal teens who find happiness in the small things, and in each other.

MARRIED LIFE
Meet The Richardsons, 10pm, Dave

PART two of this scripted comedy filmed in the real house and inspired by the real lives of married comedians Lucy Beaumont and Jon Richardson. It's their chemistry that really makes it work, and their willingness to mock each other – this episode digs into Jon's crush on Countdown's Susie Dent.

HARD-BITTEN DUO
Kings Of Pain, 10pm, History



I'M about to willingly stick my hand in a piranha tank.' Adam Thorn and 'Caveman' Rob Allea (pictured) are the stars of this new reality series in which they get bitten by deadly creatures, then rank the experience on a 30-point scale. It's a weird idea, but the pair clearly have a passion for their work.

BRITISH CLASSIC
Whistle Down The Wind, 10pm, Talking Pictures TV

BRYAN FORBES'S classic, based on the novel by Mary Hayley Bell, follows three children – among them Bell's daughter, Hayley Mills – who make the wild assumption that the bearded stranger hiding out in their barn is Jesus. Perfect cinematic entertainment.

FILM FRIGHTS
Hell Is Where The Home Is, 10.15pm, Sky Premiere

HORROR in which two quarrelling couples vacation at a sleek, modern home, where tensions are replaced by violence and gore. Angela Trimbur stars.

Time	BBC 4	E4	ITV2
	9 (Scot 68)	13	6
7.00pm	Beyond 100 Days News and analysis from Washington DC and London; Weather	Hollyoaks Toby is angry when he sees Romeo leaving his flat	You've Been Framed! Gold: Yearbook Harry Hill looks at a typical year in the life of a <i>You've Been Framed!</i> star, taking in all the events in the calendar
7.30pm	The Yorkshire Dales Adventurer Paul Rose explores Wharfedale. Last in series	Man with a Plan Adam and Andi leave Kate in charge at home for the first time	
8.00pm	The Real T-Rex with Chris Packham Chris Packham uses new insights into tyrannosaurus rex behaviour to create the most accurate CGI representation	Young Sheldon Dr Sturgis spies on Meemaw's boyfriend	Two and a Half Men Walden has a date with a model
8.30pm		Young Sheldon Mary plans Jeff's wedding	Two and a Half Men Alan wins the affections of his girlfriend's ex-wife
9.00pm	The Day the Dinosaurs Died An expedition to determine if an asteroid strike triggered a catastrophe that killed off the dinosaurs	Celebs Go Dating After a first date in a shed, Liv Bentley wants to take Dom out somewhere a little more luxurious	Bridesmaids (2011,15) A woman is asked to be maid of honour at her best friend's wedding. Taking charge of the prenuptial bridal celebrations, she resolves to give her pal and accompanying bridesmaids the time of their lives, but as her efforts slide into chaos she finds the wife of the groom's boss is keen to usurp her position. Comedy, with Kristen Wiig. Includes FYI Daily
9.30pm		Celebrity Gogglebox A rolling cast of famous faces critique shows including <i>Love Island</i> , <i>Nigella: At My Table</i> , <i>The Wonderful World of Chocolate</i> and <i>Fatal Attraction</i>	
10.00pm	The Stuarts Clare Jackson examines how the Stuarts became fatally divided by religion, with Scotland becoming part of Great Britain in 1707. Last in series	11.05 The Big Bang Theory Sheldon uses his holidays to help Amy in her biology lab	11.35 Family Guy The Griffins have their TV viewing habits monitored (To 12.05)
10.30pm	Female Filmmakers: BBC Introducing Arts Janina Ramirez introduces a selection of short films all made by women (To 12.00)	11.35 The Big Bang Theory Sheldon and Kripke battle it out for an office (To 12.05)	
11.00pm			
11.30pm			

A-Z SATELLITE LISTINGS

ALIBI

Sky 132 Virgin 126
12noon Major Crimes. **1.00** Rush. **3.00** Murdoch Mysteries. **6.00** Major Crimes. **7.00** Motive. **9.00** Carter. **10.00** Ms Fisher's Modern Murder Mysteries. **11.00** New Tricks.

ANIMAL PLANET

Sky 162
12noon Jeremy Wade's Dark Waters. **1.00** My Cat from Hell. **2.00** Alaskan Bush People. **3.00** Amanda to the Rescue. **5.00** Crikey! It's the Irwins. **6.00** Bondi Vet: Coast to Coast. **7.00** Animal Cops Detroit. **8.00** Dr Jeff: Rocky Mountain Vet. **9.00** The Vet Life. **10.00** Animal Cops San Francisco. **11.00** Pit Bulls & Parolees.

BBC ALBA

Sky 169 Virgin 161
7.00am Alba Today. **5.00pm** Ceitidh Morag. **5.15** Su Shiùsaidh. **5.20** Tree Fu Tom. **5.43** Bruno. **5.45** Bing. **5.55** Stoiridh. **6.00** Dragonan – Reis chun an iomail. **6.25** Buntata Amh. **6.30** An Rud As Fhearr Leam. **6.35** Donnie Murdo. **7.00** Bailtean Fraoich. **7.30** Speaking Our Language. **7.55** Earrann Eachdraidh. **8.00** An La. **8.30** Eorpa. **9.00** Cum Greim. **10.00** Seoid a' Chidsin – The Kitchen Coves. **10.30** Fo Ghlas. **11.15** Dhan Uisge. **11.25** Eadar Chluich. **11.30** Fonn Fonn Fonn.

BT SPORT 1

Sky 413 Virgin 527
11.30am Hyundai A-League Highlights. **12.30pm** Scottish Football Extra. **1.00** Livingston v Celtic. **2.30** BT Sport Score Best Bits. **3.00** Arsenal Women v Chelsea Women. **4.30** FA Cup: Portsmouth v Arsenal. **6.00** Premier League Reload. **6.15** Ladbroke's SPFL Highlights. **6.30** The Emirates FA Cup Highlights. **7.00** Live: Derby v Manchester United. **10.00** Live FA Cup Tonight. **11.00** Premier League Match Pack. **11.30** No Filter: How Fury Beat Wilder.

BT SPORT 2

Sky 414 Virgin 528
12noon MotoGP: Australia 2019. **1.00** MotoGP: Malaysia 2019. **2.00** MotoGP: Valencia 2019. **3.00** MotoGP: Season Preview. **4.00** Sport in Focus: Jorge Lorenzo. **4.15** Arnold's Blueprint. **4.30** No Filter: How Fury Beat Wilder. **5.00** WWE Friday Night SmackDown. **6.30** WWE Monday Night Raw. **9.00** WWE NXT. **10.45** World Poker Tour Series – Season 16.

BT SPORT 3

Sky 417 Virgin 529
12noon FIA World Endurance Championship. **1.00** Fishing: On

The Bank – 2019. **2.00** Rugby Tonight. **3.00** PSA Squash: Windy City Open. **4.30** Coppa Italia: Juventus v AC Milan. **6.00** Coppa Italia: Inter v Napoli. **7.30** Live Coppa Italia: Napoli v Inter. **9.45** Bundesliga Weekly. **10.15** Ligue 1 Show. **10.45** Ladbroke's SPFL Highlights. **11.00** PSA Squash: Windy City Open.

COMEDY CENTRAL

Sky 112 Virgin 132
11.00am Friends. **3.00pm** Bad Robots. **5.00** Friends. **9.00** FILM: The Intern. (2015) (12) **11.30** FILM: Eurotrip. (2004) (15)

DAVE (DAYTIME)

Freeview 19 Sky 111 Virgin 127
12noon Timber Kings. **1.00** Top Gear. **2.00** Cops UK: Bodycam Squad. **3.00** Sin City Motors. **4.00** Top Gear. **6.00** Taskmaster.

DISCOVERY

Sky 125
9.00am Jeremy Wade's Dark Waters. **10.00** NASA's Unexplained Files. **11.00** Wheeler Dealers. **12noon** Gold Rush: Dave Turin's Lost Mine. **1.00** Alaska: The Last Frontier. **2.00** Combat Dealers. **3.00** World War Two: The Complete History. **4.00** Building Off the Grid. **5.00** Wheeler Dealers. **6.00** Fast N' Loud. **7.00** Outback Truckers. **8.00** Wheeler Dealers. **9.00** Alaskan Bush People. **10.00** River of No Return. **11.00** Richard Hammond's Big.

DRAMA (DAYTIME)

Freeview 20 Sky 143 Virgin 130
9.00am The Bill. **10.00** Classic Holby City. **11.00** Classic Casualty. **12noon** The Bill. **1.00** Classic EastEnders. **2.20** London's Burning. **3.20** Monarch of the Glen. **4.20** Bergerac. **5.25** Bread. **6.00** Hi-de-Hil. **6.40** As Time Goes By.

E4 (DAYTIME)

Freeview 13 Sky 135 Virgin 106
9.00am Mike & Molly. **10.00** The Big Bang Theory. **11.00** The Goldbergs. **12noon** Brooklyn Nine-Nine. **1.00** The Big Bang Theory. **2.00** Baby Daddy. **3.00** Mike & Molly. **4.00** The Goldbergs. **5.00** Brooklyn Nine-Nine. **6.00** The Big Bang Theory.

EDEN

Sky 166 Virgin 245
12noon Wild France. **1.00** Planet Earth. **2.00** India's New Worlds. **3.00** Super Vets. **4.00** Naomi's Nightmares of Nature. **5.00** Galapagos. **6.00** Super Vets. **7.00** Planet Earth. **8.00** Wild France. **9.00** Naomi's Nightmares of Nature. **10.00** Galapagos. **11.00** India's New Worlds.

EUROSPORT 1

Sky 410 Virgin 521
9.00am Cycling: Track World Championships. **10.30** Cycling: Strade Bianche. **10.55** Alpine Skiing. **12.55pm** Ski Jumping. **1.55** Cross-Country Skiing. **3.00** Biathlon. **4.00** Olympics: Sports Explainers. **4.05** Live Biathlon. **5.50** Cross-Country Skiing. **6.50** Ski Jumping. **8.00** Cycling: Tour of Taiwan. **9.00** Biathlon. **10.00** Alpine Skiing. **11.00** Biathlon.

FILM4

Freeview 14 Sky 313 Virgin 428
11.00am THE WAY TO THE STARS. (1945) (U) **1.15pm** A NIGHT TO REMEMBER. (1958) (PG) **4.05** THE DAM BUSTERS. (1955) (U) **6.45** NOW YOU SEE ME. (2013) (12) **9.00** MY FRIEND DAHMER. (2017) (15) **11.10** DIE HARD 2. (1990) (15) **1.35am** KILL YOUR FRIENDS. (2015) (18)

5STAR (DAYTIME)

Freeview 30 Sky 128 Virgin 151
10.05am The Nightmare Neighbour Next Door. **12.05pm** Can't Pay? We'll Take It Away! **2.00** Can't Pay? My Nightmare Ex Wife. **3.00** Neighbours. **3.30** Home and Away. **4.00** House. **6.00** Neighbours. **6.30** Home and Away.

5 USA (DAYTIME)

Freeview 21 Sky 141 Virgin 153
11.15am The Mysteries of Laura. **12.10pm** Law & Order.

FOOD NETWORK UK

Freeview 41 Sky 140 Virgin 278
6.00pm James Martin: Delicious. **7.00** Gordon Ramsay's Ultimate Cookery Course. **8.00** The Hairy Bikers' Food Tour of Britain. **9.00** A Cook Abroad: John Torode's Argentina. **10.00** James Martin: Home Comforts. **11.00** Mystery Diners.

FOX

Sky 124 Virgin 157
10.00am Bull. **11.00** NCIS. **12noon** Bones. **2.00** The Mentalist. **3.00** NCIS. **4.00** Bull. **5.00** Bones. **6.00** The Mentalist. **7.00** NCIS. **9.00** War of the Worlds. **11.00** American Dad!

GOLD

Sky 110 Virgin 124
10.40am Last of the Summer Wine. **12.40pm** Keeping Up Appearances. **1.20** Porridge. **2.00** Hi-de-Hil. **2.40** The Good Life. **3.20** Keeping Up Appearances. **4.00** Dad's Army. **4.40** Last of the Summer Wine. **6.40** The Good Life. **7.20** Porridge. **8.00** Dad's Army. **9.20** Mrs Brown's Boys. **10.00** Sandylands. **10.40** Mrs Brown's Boys. **11.20** Peep Show.

HISTORY

Sky 130 Virgin 270
9.00am Lost Worlds. **10.00** Storage Wars. **11.00** Britain's Greatest Bridges. **12noon** River Hunters. **1.00** Forged in Fire. **2.00** American Pickers. **3.00** Storage Wars. **5.00** Pawn Stars. **6.00** Forged in Fire. **7.00** American Pickers. **8.00** Britain's Greatest Bridges. **9.00** Forged in Fire. **10.00** Kings of Pain. **11.00** Truck Off!

ITV2 (DAYTIME)

Freeview 6 Sky 118 Virgin 115
8.50am Coronation Street. **9.20** Superstore. **10.15** Dinner Date. **11.15** Dress to Impress. **12.15pm** Emmerdale. **12.45** Coronation Street. **1.50** The Ellen DeGeneres Show. **2.45** Dinner Date. **3.50** Dress to Impress. **4.50** Take Me Out. **6.00** You've Been Framed! Gold.

ITV3 (DAYTIME)

Freeview 10 Sky 119 Virgin 117
8.55am The Darling Buds of May. **10.00** That's My Boy. **10.30** Inspector Morse: The Remorseful Day. **12.40pm** Heartbeat. **1.45** Classic Emmerdale. **2.50** Classic Coronation Street. **3.55** Midsomer Murders: The

RADIO 4

FM: 92.4-94.6MHZ; LW: 198KHZ

5.30 News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today. **5.58** Tweet of the Day. **6.00** Today. **8.31** (LW) Yesterday in Parliament.

9.00 In Our Time. Melvyn Bragg and guests discuss theoretical physicist Paul Dirac. **9.45** (LW) Daily Service. **9.45** (FM) Book of the Week: Guest House for Young Widows. By Azadeh Moaveni.

10.00 Woman's Hour. Including at 10.45: The Leopard, by Giuseppe Tomasi di Lampedusa.

11.00 From Our Own Correspondent.

11.30 Only Artists. **12.00** News; (LW) Shipping Forecast. **12.04** Apeirogon. **12.18** You and Yours. **12.57** Weather.

House in the Woods. **5.55** Heartbeat. **6.55** Agatha Christie's Poirot: Peril at End House – Part One.

ITV4 (DAYTIME)

Freeview 24 Sky 120 Virgin 118
9.15am Minder. **10.15** The Professionals. **11.20** The Sweeney. **12.25pm** Quincy ME. **1.30** Kojak. **2.35** The Saint. **3.40** Minder. **4.50** The Professionals. **5.50** The Sweeney.

ITVBE

Freeview 26 Sky 131 Virgin 119
9.00am LittleBe. **12noon** Income Property. **12.25** TheRealHousewives of Beverly Hills. **1.20** Vanderpump Rules. **2.15** Million Dollar Listing: NYC. **3.10** The Real Housewives of New York City. **4.05** The Real Housewives of Dallas. **6.00** Masters of Flip. **7.00** Buying and Selling. **8.00** Dinner Date. **9.00** Botched. **10.00** Married to Medicine. **11.00** Singletown. **12midnight** The Only Way Is Essex.

LIFETIME

Sky 187 Virgin 208
9.00am Judge Judy. **1.00pm** Pawn Stars. **2.00** Storage Wars. **3.00** Little

Women: Couples Retreat. **4.00** Dance Moms. **5.00** Pawn Stars. **6.00** Flipping Vegas. **7.00** Judge Judy. **9.00** Texan Million Dollar Dealers. **10.00** Storage Wars. **11.00** Hardcore Pawn.

MORE4 (DAYTIME)

Freeview 18 Sky 136 Virgin 147
8.55am A Place in the Sun: Winter Sun. **9.45** A Place in the Sun: Summer Sun. **11.50** Emergency Helicopter Medics. **12.50pm** 999: On the Front Line. **1.50** Escape to the Chateau: DIY. **2.50** Four in a Bed. **5.25** The Secret Life of the Zoo. **6.30** Crufts 2020.

NAT'L GEOGRAPHIC

Sky 129 Virgin 266
9.00am Buried Secrets of WWII. **10.00** Lost Cities with Albert Lin. **11.00** Lost Worlds of the Med: Draining the Ocean. **12noon** Car S. O.S. **2.00** Wicked Tuna. **3.00** Ice Road Rescue. **4.00** Air Crash Investigation. **6.00** Car S.O.S. **9.00** Ultimate Supercar. Bentley seeks to reinvent its Continental GT. **10.00** Running Wild with Bear Grylls. **11.00** Air Crash Investigation.

RADIO CHOICE

■ THERE'S a labyrinth, cut through the turf into the chalk on St Catherine's Hill in Winchester. Some say it has been there since ancient times, others that it was walked by pilgrims as a penance – while others hold that it was carved by a schoolboy who had been banished to the hill for bad behaviour. For this week's **RAMBLINGS (RADIO 4, 3PM)**, Clare Balding joins a group of people climbing St

Catherine's Hill to walk the 624-metre labyrinth pathway.

■ **SMOKY-VOICED** Tanya Tucker is live on **THE COUNTRY SHOW WITH BOB HARRIS (RADIO 2, 9PM)** with songs from her Grammy Award-winning 2019 album, While I'm Livin'. Tanya (pictured) had her first hit in 1972 – when she was just 13 – with the song Delta Dawn, and has been performing ever since. She has the air of one of those

1.00 The World at One. **1.45** The Californian Century. Stanley Tucci tells the story of Ice-T. **2.00** The Archers. **2.15** Drama: Game Over. **3.00** PICK Ramblings. **3.27** Radio 4 Appeal. **3.30** Bookclub. **4.00** The Film Programme. **4.30** BBC Inside Science. **5.00** PM; (LW) Shipping Forecast.

5.57 Weather. **6.00** Six O'Clock News. **6.30** The Break. Jeff takes Corinne to an escape room. Philip Jackson, Alison Steadman and Mark Benton star. **7.00** The Archers. Philip springs a surprise. **7.15** Front Row. **7.45** The Book of Strange New Things. By Michel Faber.

ITV 3	ITV 4	MORE 4	PICK	QUEST	DAVE	DRAMA	5STAR	5 USA
10 6.55 Agatha Christie's Poirot Peril at End House – Part One: The sleuth meets a woman who has seemingly become unaccountably accident-prone	24 The Chase Celebrity Special Sam Quek, Basil Brush, Andi Peters and Charlie Higson work as a team to secure a cash prize for charity. Presented by Bradley Walsh	18 6.30 Crufts 2020 Clare Balding hosts live coverage from the NEC in Birmingham. Today's theme is Which Dog Is Best for Me and My Lifestyle?	11 Hawaii Five-0 The team investigate the strange death of a wealthy recluse, and Adam faces a terrible ordeal at the hands of the Yakuza	12 American Pickers: Best Of Mike Wolfe and Frank Fritz's finest finds and most premium picks in the first series, showcasing the best of their adventures and ultimate restorations	19 Room 101 With Greg James, Bridget Christie and Robert Peston 7.40 Room 101 With John Torode, Russell Howard and Katherine Parkinson	20 7.20 Last of the Summer Wine Alvin and Entwistle try their hands at matchmaking when Mervyn falls madly in love with a woman working at the local pizza place	30 Spray Tan Mums: Single and Proud Vlogging queen Danielle agrees to undergo a spot of spiritual healing with reiki master Kev	21 Law & Order A state governor's wife is murdered, and an arrest is soon made – but a key witness is barred from testifying
Lewis The Soul of Genius: The detective investigates after a botanist accidentally unearths the body of a recently buried professor who was fixated upon solving a seemingly impossible riddle by Lewis Carroll. Guest starring Cella Imrie and James Fleet, with Kevin Whately and Laurence Fox	Heathrow: Britain's Busiest Airport Estefania investigates an oddly shaped object Heathrow: Britain's Busiest Airport Estefania investigates an odd object Goldfinger (1964,PG) James Bond tracks down a ruthless gold smuggler intent on destroying the world economy by raiding Fort Knox. Spy	Grand Designs Kevin McCloud meets Andy Stakes and Jeanette Hardy, who are building a new house on top of a cliff on the west coast of Scotland Phil Spencer's Stately Homes The property expert visits Harewood House, a stately home that looks out over 1000 acres of West Yorkshire estate	Elementary Holmes is abducted by the leader of a street gang, compelling him to find the person responsible for a hit on his men The Pacific Sledge and his division are sent to assist the attack on a fortified position in Okinawa, where they are confronted by horrific evidence of the war on Japan	Salvage Hunters Drew Pritchard stumbles across a vintage exercise bike while scouring a props warehouse in Liverpool Wheeler Dealers Mike Brewer claims ownership of a 1973 Ford Mustang Mach 1, and Ant Anstead tries to restore its power by tuning up and enhancing the engine	8.20 Have I Got a Bit More Old News for You Martin Clunes hosts an extended edition of the satirical quiz from June 2016, with Jason Manford and Jess Phillips 9.20 QI Guests Jo Brand, Jack Dee, Jimmy Carr and panellist Alan Davies join host Stephen Fry, who asks questions about humans	The Inspector Lynley Mysteries When the body of a woman is found, all evidence points to suicide – but Havers is adamant foul play has occurred. Paired once more with Lynley, she sets out to uncover the mysteries surrounding the victim. The trail leads the pair to a club where Havers goes undercover to delve beneath the surface and find the killer	The Twilight Saga: Breaking Dawn – Part 1 (2011,12) Vampire Edward and human Bella get married, but her subsequent pregnancy has dangerous implications. Romantic fantasy sequel, starring Kristen Stewart and Robert Pattinson. Includes Access	NCIS: New Orleans Pride investigates a murder on board an oil rig, but his life is placed in peril when the team discover a gas leak on-site Law & Order: Special Victims Unit Benson and Barba ask witnesses to risk their jobs when a news anchor makes a rape accusation against her boss on the air
Scott & Bailey Rachel helps DCI Murray on a rape and murder case and, back at home, she makes a shocking discovery about what her brother Dom gets up to in her flat	adventure, starring Sean Connery, Gert Frobe and Honor Blackman. Includes FYI Daily	24 Hours in A&E The staff of King's College Hospital treat patients involved in road accidents, including a 12-year-old girl who has been hit by a car	10.15 Britain's Most Evil Killers The story of serial killer Trevor Hardy, dubbed the 'Beast of Manchester', who claimed the lives of three teenage girls in the Seventies	Fantomworks Dave has his dream '57 Corvette, but his plans to build it have come to nothing. Meanwhile, Ken has picked a 1954 Kaiser Darrin from his father's collection	Meet the Richardsons Jon is given career advice by Jack Dee 10.35 QI With Ruby Wax, Ross Noble and Sean Lock	New Tricks The team try to prove whether two people are really killers when they confess to a murder they could not possibly have committed	10.15 Bad Teacher (2011,15) A cynical, hard-drinking teacher hopes to seduce a wealthy substitute, making an enemy of a squeaky-clean colleague in the process. Comedy, starring Cameron Diaz and Justin Timberlake. Includes Access (To 12.05)	Law & Order: Special Victims Unit A Chicago crime resembles an old New York City case 10.55 Law & Order: Special Victims Unit The daughter of a man convicted for rape and incest seeks to change the testimony she gave and bring about her father's release 11.55 Law & Order: Special Victims Unit Crime drama, with Kelli Giddish (To 12.55)
Inspector Morse The Remorseful Day: Morse uncovers new evidence concerning the investigation into the murder of Yvonne Harrison. Last in series (To 1.15)	11.15 Wanted (2008,18) Action adventure, starring James McAvoy, Angelina Jolie and Morgan Freeman (To 1.25)	11.05 999: What's Your Emergency? Wiltshire police deal with young drivers (To 12.05)	11.15 The Force: Essex Traffic cops pursue a getaway car being driven dangerously, an uninsured driver and a reported stolen vehicle in Clacton-on-Sea (To 12.15)	How Do They Do It? The creation of the reinvented Morgan three-wheeler How Do They Do It? The creation of large-scale wind turbines (To 12.00)	11.20 Mock the Week A special edition of the show featuring highlights and out-takes from the 2011 series (To 12.00)	11.20 Waking the Dead The team are forced to delve into London's underworld to investigate a gangster's deathbed confession (To 1.55)		

PBS AMERICA

Sky 174 Virgin 273
11.50am World's Greatest: Animal Encounters. **1.00pm** Byzantium: A Tale of Three Cities. **2.05** Steven Raichlen's Project Fire. **2.40** Reconstruction: America After the Civil War. **3.55** Nuremberg – Nazis on Trial. **5.05** Byzantium: A Tale of Three Cities. **6.15** World's Greatest: Animal Encounters. **7.20** Mama Twiga in the Garden of Eden. **8.30** Reconstruction: America After the Civil War. A look at how Southern propaganda manipulated the story of the Civil War. **9.45** Nuremberg – Nazis on Trial. The trial of Hitler's deputy Rudolf Hess. **11.00** Mama Twiga in the Garden of Eden.

PICK (DAYTIME)

Freeview 11 Sky 152 Virgin 165
11.30am Caught Red Handed. **1.00pm** Police Force: Australia. **2.00** Border Patrol. **3.00** Nothing to Declare. **4.00** Border Security: Canada's Front Line. **5.00** Stargate SG-1. **6.00** Star Trek: The Next Generation.



gals in a cowboy film who has spent too long with the bad guys, and has the songs to go with it. The sassy Miss Tucker tells Bob about her career on tonight's show.

8.00 Law in Action. A special sensory room designed for child witnesses with autism.
8.30 The Bottom Line. Evan Davis asks how the coronavirus will affect commerce.
9.00 BBC Inside Science. Adam Rutherford looks at the latest research.
9.30 In Our Time. See 9am.
10.00 The World Tonight.

QUEST (DAYTIME)

Freeview 12 Sky 144
9.00am Outback Truckers. **10.00** Wheeler Dealers. **11.00** Chasing Classic Cars. **12noon** American Pickers: Best Of. **1.00** Railroad Alaska. **2.00** Deadliest Catch. **3.00** Gold Divers. **4.00** Salvage Hunters. **5.00** Outback Truckers. **6.00** Wheeler Dealers.

REALLY

Freeview 17 Sky 142 Virgin 128
11.00am Antiques Road Trip. **1.00pm** Celebrity Fantasy Homes. **2.00** Fantasy Homes by the Sea. **3.00** French Collection. **4.00** DIY SOS: The Big Build. **6.00** Celebrity Antiques Road Trip. **7.00** Antiques Road Trip. **9.00** Ghost Nation. **10.00** Paranormal Lockdown UK. **11.00** Helicopter ER.

SKY ARTS

Sky 122 Virgin 123
12noon Discovering: Richard Gere. **1.00** The South Bank Show Originals. **1.30** Watercolour Challenge. **2.00** Margaret Atwood: A Word After a Word After a Word

■ **PAUL WHITEHOUSE** plays gardener Geoff, who has a bee in his bonnet about a stolen pumpkin. He barges into Esther's shed on her allotment, interrupting a conversation between her and a lovesick man. In the repeated comedy **THE ALLOTMENT – TALKING TO THE BEES (RADIO 4, 11PM)**, Esther's allotment is, apparently, 'a quirky, warm world where troubles get lost in the long grass'.

10.45 Book at Bedtime: Apeirogon. By Colum McCann.
11.00 PICK The Allotment – Talking to the Bees.
11.30 Today in Parliament.
12.00 News and Weather.
12.30 Book of the Week: Guest House for Young Widows.
12.48 Shipping Forecast. **1.00 As BBC World Service.**

Is Power. **4.00** Tales of the Unexpected. **5.00** Discovering: Dennis Hopper. **6.00** Discovering: Sissy Spacek. **7.00** Sherlock Holmes vs Arthur Conan Doyle. **8.00** Comedy Legends. **9.00** The Directors. **10.00** Discovering: Robin Williams. **11.00** Salman Rushdie, Death on a Trail.

SKY ATLANTIC

Sky 108
9.00am Without a Trace. **10.00** The West Wing. **12noon** Blue Bloods. **1.00** CSI: Crime Scene Investigation. **2.00** The West Wing. **4.00** Without a Trace. **7.00** CSI: Crime Scene Investigation. **8.00** Blue Bloods. **9.00** John Adams. **10.20** The Sopranos.

SKY COMEDY

Sky 113 Virgin 122
12noon The Mindy Project. **1.30** Modern Family. **2.30** Everybody Hates Chris. **3.30** Parks and Recreation. **5.00** 30 Rock. **6.30** Modern Family. **7.30** The Mindy Project. **9.00** Dana Carvey: Squatting Monkeys Tell No Lies. **10.15** Sex and the City. **10.50** The Tonight Show Starring Jimmy

RADIO 2 FM: 88-90.2MHz

5.00 Vanessa Feltz. **6.30** Zoe Ball. **9.30** Ken Bruce. **12.00** Jeremy Vine. **2.00** Steve Wright. **5.00** Sara Cox. **7.00** Jo Whiley. **9.00 PICK** The Country Show with Bob Harris. **10.00** Trevor Nelson's Rhythm Nation. **12.00** Phil Williams.

RADIO 3 FM: 90.2-92.4MHz

6.30 Breakfast. **9.00** Essential Classics. **12.00** Composer of the Week: Price. **1.02** Lunchtime Concert. **2.00** Afternoon Concert. **5.00** In Tune. **7.00** In Tune Mixtape. **7.30** Radio 3 in Concert. Lauren Zhang performs Rachmaninov's Third Piano Concerto. **10.00** Free Thinking. **10.45** The Essay: Women Writers to Put Back on the Bookshelf. **11.00** Night Tracks: The Archive Remix. **11.30** Unclassified. **12.30** Through the Night.

RADIO 5 LIVE MW: 693/909KHz

6.00 Breakfast. **9.00** Your Call. **10.00** Emma Barnett. **1.00** Nihal Arthanayake. **4.00** 5 Live Drive. **7.00** 5 Live Sport: Inside Track. **8.00** Matt Dawson's Rugby Show. **9.00** Euro Football. **10.00** Question Time Extra Time. **1.00** Up All Night.

Fallon. **11.50** The Late Late Show with James Corden.

SKY ONE

Sky 106 Virgin 110
11.00am NCIS: Los Angeles. **1.00pm** Hawaii Five-0. **3.00** MacGyver. **4.00** Modern Family. **5.00** The Simpsons. **5.30** Futurama. **6.30** The Simpsons. **8.00** A League of Their Own. **9.00** The Heist. **10.00** The Force: North East. **11.00** An Idiot Abroad 2.

SKY PREMIERE

Sky 301 Virgin 401
10.15am THE COUNTERFEITER. (2018) (15) **12.30pm** GODZILLA: KING OF THE MONSTERS. (2019) (12) **2.45** KILLERS ANONYMOUS. (2019) (15) **4.30** STRAIGHT UP. (2019) (15) **6.15** UFO. (2018) (12) **8.00** GODZILLA: KING OF THE MONSTERS. (2019) (12) **10.15** HELL IS WHERE THE HOME IS. (2018) (18)

SKY WITNESS

Sky 107 Virgin 112
12noon Elementary. **1.00** Blue Bloods. **2.00** Law & Order. **3.00** The Real A&E. **4.00** Stop, Search, Seize. **5.00** Border Security: Australia's Front Line. **8.00** Ghost Whisperer. **9.00** The Rookie. **10.00** CSI: Crime Scene Investigation. **11.00** Law & Order: Special Victims Unit.

SKY WOMEN IN FILM

Sky 310 Virgin 410
12noon ERIN BROCKOVICH. (2000) (15) **2.10** WHAT THEY HAD. (2018) (15) **3.55** MARY QUEEN OF SCOTS. (2018) (15) **6.05** CAN YOU EVER FORGIVE ME? (2018) (15) **8.00** A STAR IS BORN. (2018) (15) **10.30** ALMOST FAMOUS. (2000) (15)

SKY MAIN EVENT

Sky 401 Virgin 511
7.30am Live Women's ICC World T20 Cricket. **11.30** Live European Tour Golf. **2.00pm** Live PGA Tour Golf. **7.00** Live Bettfred Super League. **10.00** The Debate. **11.00** Live NBA: The Warm Up.

SKY PREMIER LEAGUE

Sky 402 Virgin 512
10.00am Premier League Years. **12noon** The Debate. **1.00** Premier League Years. **3.00** PL Best Goals 92/93. **4.00** PL Greatest Games. **5.00** PL 100 Club: England's Finest. **5.30** Premier League 100 Club. **6.00** PL Legends: Robbie Fowler. **6.30** PL Legends: Ian Wright. **7.00** Premier League Match Pack. **7.30** Premier League World. **8.00** Gary Neville's Soccerbox. **9.00** Premier League Match Pack. **9.30** Premier League World. **10.00** The Debate. **11.00** Premier League Match Pack. **11.30** Premier League World.

SKY FOOTBALL

Sky 403 Virgin 513
10.30am EFL Greatest Games. **11.15** SPFL Greatest Games. **11.30** Football's Greatest Players. **12noon** Football Countdowns. **12.30** Football Years. **1.00** EFL Greatest Games. **1.30** SPFL Greatest Games. **1.45** One2Eleven. **2.00** EFL Play-Off Final Highlights. **3.00** Football's Greatest Players. **3.30** Football Countdowns. **4.00** Football Years. **4.30** EFL Play-Off Final Highlights. **5.30** EFL Greatest Games. **5.45** SPFL Greatest Games. **6.00** EFL: Championship Season Review 17/18. **7.00** SPFL Round-Up. **7.15** EFL Championship Highlights. **7.45** EFL Highlights. **8.00** EFL Championship Highlights. **9.00** Carabao Cup Final Highlights. **10.00** SPFL Round-Up. **10.15** SPFL Greatest Games. **10.30** EFL Greatest Games. **11.00** One2Eleven. **11.15** EFL Greatest Games.

SKY CRICKET

Sky 404 Virgin 514
7.30am Live Women's ICC World T20 Cricket. **11.30** My Icon: Charlotte Edwards. **11.45** My Icon: Ebony Rainford-Brent. **12noon** Women's ICC World T20 Cricket.

SKY MIX

Sky 145 Virgin 520
7.30am Live Women's ICC World T20 Cricket. **11.30** My Icon: Charlotte Edwards. **11.45** My Icon: Ebony Rainford-Brent. **12noon** Women's ICC World T20 Cricket. **4.00** My Icon: Sarah Storey. **4.15** NBA Classic Games: Spurs @ Heat 2013. **5.15** NBA: Indiana @ Milwaukee. **7.00** Live Premier League Darts. **10.30** Women's ICC World T20 Cricket.

SMITHSONIAN

Freeview 57 Sky 195
12noon An American Aristocrat's Guide to Great Estates. **1.00** The Green Book: Guide to Freedom. **2.00** America in Colour: The 1930s. **3.00** Drinks, Crime and Prohibition. **4.00** Tattoo Odyssey. **5.00** Air Warriors. **6.00** Aerial America. **7.00** Inside the Factory: How Our Favourite Foods Are Made. **9.00** Air Warriors. **10.00** Aircrash Alaska. **11.00** The Hunt for Eagle 56.

SONY CHANNEL

Freeview 48 Sky 157 Virgin 189
12noon Starsky & Hutch. **1.00** T.J. Hooker. **2.00** Hart to Hart. **4.00** Murder, She Wrote. **6.00** Charlie's Angels. **7.00** M*A*S*H. **9.00** Classic Who Wants to Be a Millionaire?

SONY MOVIES

Freeview 32 Sky 321 Virgin 425
1.00pm GARAGE SALE MYSTERY: THE WEDDING DRESS. (2015) (PG)

2.50 STOLEN DREAMS. (2016) (PG) **4.50** HITCH. (2005) (12) **7.10** THE PINK PANTHER 2. (2009) (PG) **9.00** ALEXANDER. (2004) (15)

SONY MOVIES ACTION

Freeview 40 Sky 323 Virgin 426
12noon THE PERSUADERS! **1.00** THE LAST DAYS OF FRANK AND JESSE JAMES. (1986) (15) **3.05** YESTERDAY'S ENEMY. (1959) (PG) **5.00** THE ANDERSON TAPES. (1971) (15) **6.55** UNITED. (2011) (12) **9.00** SNIPER: GHOST SHOOTER. (2016) (15) **11.05** FOOLPROOF. (2003) (15)

SYFY

Sky 114 Virgin 138
8.00am Teleshopping. **11.00** Stargate Atlantis. **1.00pm** Star Trek: Voyager. **3.00** Star Trek: The Next Generation. **5.00** Star Trek: Deep Space Nine. **7.00** Warehouse 13. **8.00** Merlin. **9.00** Blood & Treasure. **10.00** FILM: 30 Days of Night. (2007) (18)

TALKING PICTURES TV

Freeview 81 Sky 328 Virgin 445
11.45am FILM: I Live in Grosvenor Square. (1945) (U) **2.00pm** Rooms. **2.30** FILM: Simon and Laura. (1955) (PG) **4.20** Glimpses: Our London. **4.35** FILM: Bond Street. (1948) (12) **6.45** FILM: The Four Feathers. (1939) (U) **9.00** Funny Man. **10.00** FILM: Whistle Down the Wind. (1961) (PG)

TCM

Sky 315 Virgin 415
8.45am GUNS FOR SAN SEBASTIAN. (1968) (PG) **11.00** RIO LOBO. (1970) (PG) **1.30pm** ESCAPE FROM FORT BRAVO. (1953) (PG) **3.35** THE LONE RANGER. (1956) (U) **5.30** CORONER CREEK. (1948) (U) **7.25** FORT OSAGE. (1952) (U) **9.00** PAYBACK. (1999) (18) **11.10** EXIT WOUNDS. (2001) (18) **1.20am** DRACULA. (1931) (PG)

W

Sky 109 Virgin 125
12noon Tipping Point. **2.00** My Dream Home. **5.00** Sun, Sea and Brides to Be. **6.00** Tipping Point. **7.00** My Dream Home. **8.00** Inside the Ambulance. **10.00** One Born: What Happened Next? **11.00** Inside the Ambulance.

YESTERDAY

Freeview 25 Sky 155 Virgin 129
12noon Impossible Railways. **1.00** Secrets of Britain. **2.00** Walking Through History. **3.00** Underground Worlds. **4.00** Impossible Railways. **5.00** Secret Nazi Bases. **6.00** Nazi Victory: The Post-War Plan. **7.00** Underground Worlds. **8.00** Bangers and Cash. **9.00** Warbird Workshop. **10.00** Narrow Escapes of World War Two. **11.00** Impossible Railways.

ARIES Mar 21 - Apr 20 EVERY so often, several mediums and clairvoyants are taken into a laboratory where they're tested to see whether their psychic powers really do exist. Under the glare of the lights and the disbelieving eyes of the technicians, it's not easy to be open to receiving insights. It would be helpful if you could find a way to explain the strong instincts you're currently feeling. But if you over-analyse an intuitive idea, it tends to disappear. It would be much better to trust it and follow it. *March brings the Equinox! For your light-shedding, hope-giving, worry-quashing, month-ahead forecast, call 0906 751 5601.*

TAURUS Apr 21 - May 21 IT TAKES hundreds of years for oak trees to reach their full magnificence. Little by little they grow stronger and sturdier until they dominate the horizon. Given that they've been around for so long, we don't show them much respect. If they could talk, they'd tell us about the importance of having good roots. They know a lot about standing tall and dignified throughout the changing seasons of life, too. As Venus, your ruler, moves into your sign, stay rooted to a position you believe in. You're starting to blossom. *This is the exciting Equinox month. Take full advantage of the inspiration March brings. Call 0906 751 5602.*

GEMINI May 22 - June 22 WE KNOW how easily influenced children are — that's why TV advertisers follow guidelines during the times kids are watching. Even when they're too young to understand what's being sold, they get swept along in the excitement and try to cajole any grown-ups in the vicinity to buy whatever it is that's being offered. How they think one item will improve their lives is anyone's guess. Yet life in the material world is a bit like that for grown-ups, too. Don't be taken in by first appearances today. *A new month! An action-packed astrological picture. A forecast that could transform your life! Call 0906 751 5603.*

CANCER June 23 - July 23 WOULDN'T it be fine to have an army of servants ready and waiting to tend to our every need? Hungry? No problem. New car? Sure thing. Our every wish and desire is their command. But most of us don't deserve such treatment, do we? Actually, it's hard to think of anyone who deserves it more

OSCAR CAINER

APPROPRIATELY, as we approach International Women's Day, Venus is playing a key role. The planet linked with feminine energy today enters 'her' sensuous and productive Taurean home. Here, she encourages

us to appreciate the pleasures life brings. The world is far from being equal or fair, so it's important we still dare to dream of better things. But that shouldn't stop us rewarding the good that has already been done.



than you. Yet someone in your universe seems to think you should be treating them in such a way. If you find yourself complying with outlandish demands, make sure you're doing it for the right reasons. *For exciting news about the potential delights in store for you this month, call your March forecast: 0906 751 5604.*

LEO July 24 - Aug 23 RATHER than worrying about who's right and who's wrong, as Venus changes signs, there are more valuable ways of spending your time. The cosmos is asking you to take a broader view of the factors that seem to be taking up so much space in your mind. What's the point of making a point if, in the process, you place yourself in a more vulnerable position? If you can remain level-headed, not only will your reaction be less dramatic, but you'll also discover a much easier and kinder way to respond. *Make your dreams come true in March! Call your four-minute, in-depth forecast: 0906 751 5605.*

VIRGO Aug 24 - Sep 23 INHABITANTS of hot countries, such as Australia, have every right to be nervous around spiders. After all, when they can poison and hurt us, they deserve our fear and respect. It's when a fear is illogical that it needs to be addressed. No one needs to be scared of anything that won't actually cause them harm. As Venus changes signs today, it highlights the need to reclassify some of the reasons behind a decision you're in the process of making. There's less to be worried about than you think. *March is due to be amazing! For four minutes of news that could transform your life, pick up the phone! Call 0906 751 5606.*

LIBRA Sep 24 - Oct 23 IT'S NOT easy to know how to feel when you're uncertain about the position you're in. Is it OK to be feeling self-assured? Or would apprehension be more appropriate? If you go with the negative approach, it will be easy to interpret certain signs as being messages of gloom. Yet by taking a more positive attitude, the same signals can be viewed as inspirational. As your ruler, Venus, changes signs today, take the optimistic view and you'll encourage a process to unfold in the best way. *Even if you don't usually call your in-depth phone forecast, there's great news in your March prediction. Call 0906 751 5607.*

SCORPIO Oct 24 - Nov 22 AS A Scorpio, it seems almost ridiculous to describe you as being sensitive. It's such a banal word. It fails to convey the great depths and complexities of your emotions. Just look at the intricacy of the battlements that you've carefully built, tended and reinforced over the years to protect your vulnerable heart. Yet Venus's change of signs indicates that a development in your emotional life risks assailing those carefully constructed walls. Good! It's a reminder that your feelings are a blessing. *The Equinox month brings potential for positive change. Make March a month to remember. Call 0906 751 5608.*

SAGITTARIUS Nov 23 - Dec 21 YOU made a decision some time ago without realising where it would lead you. Although you're still not sure of where you're heading, you're starting to form a clearer picture in your mind. You seem to have tricked yourself into taking on more responsibility

than you had imagined. It's not too late to turn back. But you're intrigued about what lies ahead... so that's not what you want to do. Even though you've had to make surprising commitments, you're on the right road. *Welcome to March! Your powerful prediction for the month is ready. For inspiring insight, call 0906 751 5609.*

CAPRICORN Dec 22 - Jan 20 MANY people are content to live their lives within a series of carefully demarcated lines. Do this, but don't do that. Go here, but not there. Though these may be no more than marks in the sand, it takes courage to take that first step, break with convention and forge your own path. If you're content with the status quo, there's no problem. If, on the other hand, your thirst for knowledge and adventure isn't being met, then the time has come to make a stand. Don't be afraid to do what's right for you. *The Equinox month brings celestial creativity and real reasons for hope. To take full advantage, call 0906 751 5610.*

AQUARIUS Jan 21 - Feb 19 YOU need to speak up if you're not happy about what's going on. If there's an issue that needs addressing, you ought to address it. Despite the fact you might feel awkward about speaking up for what you know to be right, you're in a powerful position where your influence will have a measurable effect. You're not only in control of the steering wheel of your own destiny; as Venus changes signs, you've also got a surge of power in your engine. It's time to say what needs to be said. Then you can move on. *It's March! For uplifting news on how the month holds exciting opportunities for you, call 0906 751 5611.*

PISCES Feb 20 - Mar 20 NOWADAYS, people are prepared to spend more on local, organic food. It's not just a question of quality, it's about social consciousness. Who wouldn't prefer to eat wonky carrots if it prevents pesticides finding their way into our water supply? In the midst of the current ecological crisis, such an approach is certainly admirable. But if you were starving, and all you could afford was cheap food of dubious origin and quality, what would you do? Compromise can be a good thing. *To hear valuable information about the changes you can implement in March, call your month ahead forecast: 0906 751 5612.*

Landline calls cost 80p a minute, plus your phone company's access charge. From a mobile phone, dial 87177 (calls cost 65p/min for O2 network, 75p/min for all other networks). To report a phone line problem, call 0800 138 9789

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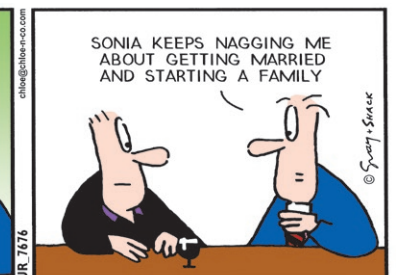
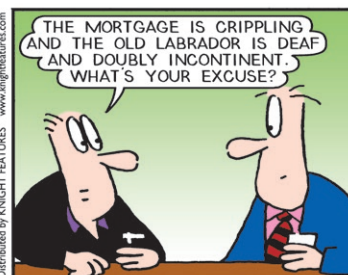


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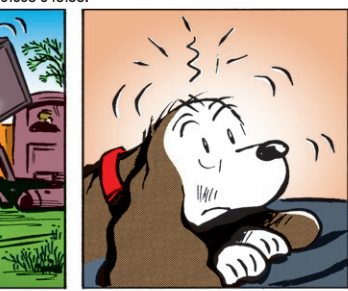
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PETERBOROUGH

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Caught, not saved, by the warning bell

SEVERAL years ago, I was working in the housing department of a rural council. There was a protocol in place for contact between council officers and councillors. Generally, councillors would discuss any issues on the phone or arrange to visit the council offices. It was an important part of the job to have this kind of interaction, and the arrangements worked well. The exception was a long-serving councillor who had retired from work and had plenty of time on his hands. He spent several hours at the council offices every day. He ignored the protocol and just dropped in to see me. This could be disruptive because he often reminisced about his war service. He had



some interesting stories and I liked him, but he took up half an hour every day. Then one of my team had an idea. She put a hand bell on her desk and said she would give it a brief ring whenever the councillor came into the

main office. This would give me time to close my office door or pick up my phone. I'm not proud of this subterfuge and it was a little unprofessional, but it worked. I didn't do this every day, just a couple of times a week when I was busy. The councillor would see that my door was closed. If he looked through the side glass, I was on the phone. So he'd go elsewhere in the building. Phew! What a brilliant solution. One day when I heard the bell, I decided to just carry on working. The councillor appeared in my office doorway. To my horror, he had the bell in his hand. I was embarrassed, but he didn't say a word. He just placed the bell on my desk and sat down. The wily old fox had caught me out.

Don Townshend,
Chelmsford, Essex.

Out of the mouths of babes

WHEN our six-year-old granddaughter Lowri visits after school, we enjoy our drama and Pilates classes. Session over, we put our shoes

back on. Lowri said: 'Wow, Mamgu (Welsh for Grandma), you can do your own laces!'

Mrs Dil Lewis,
Porthcawl, Mid Glamorgan.

Picture that!



LEM-SICK: A poorly lemon octopus grown on our tree in Spain.

Jackie Redman,
Thames Ditton, Surrey.

Wordy Wise

YOLKSWAGEN — an egg delivery cart.

MINI COPPER — short policeman's patrol car.

BENTLEG — the only way to get it in this sports car!

POORSCHIE — wrecked Boxster.

MUSTANK — horse-scented aftershave.

SAND ROVER — the hottest new beach buggy.

BONDA — James test-drives a Japanese car.

Ted Jones,
Margaretting, Essex.

Follow-up

WE WERE discussing the new family next door when my wife said they had a tortoise. I'd seen their dogs, cats, a rabbit and a guinea pig, but no sign of a tortoise, so I queried this. She said, rather louder than I thought necessary: 'I said they've got two daughters.'

Martin Hook,
Ashford, Kent.

Your Jokes

MY ELDERLY uncle told me this joke that still makes me laugh out loud.

A MARRIED couple viewed a house in the country and decided to buy it. They suddenly remembered they had not seen the WC, so wrote to the vicar who had shown them around to ask if he knew where it was. Being ignorant of the meaning of WC, he thought they meant the Wesleyan Chapel.

Imagine their surprise when they received this letter: Dear Sir and Madam, The WC is seven miles from the house. This, of course, is very unfortunate if you are in the habit of going regularly. However, it may please you to know that some people take their lunch and make a day of it. By the way, it is made to seat 500 people and the committee have decided to fit plush seats to ensure greater comfort. Those who can spare

the time walk, while others go by train and get there just in time. The last time my wife went was ten years ago and she had to stand. I never go at all. They have special facilities for ladies presided over by the minister, who renders assistance where necessary. The children sit together and sing during the proceedings. PS: Hymn sheets can be found behind the door.

Mrs Sheila Hansford,
North Bradley, Wilts.

■ SEND your contributions to Peterborough, Daily Mail Letters, 2 Derry Street, London W8 5TT

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LETTERS

Double standards

BORIS JOHNSON has announced that the Government's contingency plans to combat the spread of coronavirus could include closing schools, public buildings and cancelling big events. Rightly so.

He has also guaranteed that the NHS will have all the funding needed to battle this virus.

But why should the health service be given unlimited resources to fight Covid-19, which may or may not infect or kill people in this country, but enough cash is not available for Alzheimer's sufferers or to treat cancer and other serious diseases?

ASHLEY SMITH, March, Cambs.

Deadly illness

WHILE around 3,200 people have died worldwide from coronavirus, which is regrettable, around 44,000 people in the UK alone are expected to die from sepsis or conditions associated with it in the next 12 months.

Scientists are working hard to develop a vaccine for coronavirus, but little is being done to stem deaths from sepsis.

As soon as the pandemic is over-come, intense scientific research should begin on sepsis. But judging by its past record, it will not be a priority of the NHS and there will be many more needless amputations and deaths.

JEFFREY GRUBB,
Braintree, Essex.

Stop the spivs

WITH the financial markets in sharp decline due to the coronavirus threat, spivs in the City will make a fortune when the dust dies down.

The Chancellor should put in place a mechanism that any money made in this way is subject to a windfall tax with all proceeds being directed to the NHS.

TERRY COATES, Birmingham.

THE stock market rout because of coronavirus is likely to be only the start of our financial problems.

The indications are that the Government intends to ramp up spending this year while cutting taxes. Almost unbelievably, it intends to borrow the money, despite the enormity of the national debt.

It justifies this by an on-the-hoof distinction between 'good' borrowing — where you'll get the money back — and 'bad' borrowing, which is just for day-to-day spending.

It also points out that interest rates are low, so we'll be getting the money for next to nothing. This argument will be familiar to those who have been egged on to buy by eager estate agents and mortgage lenders.

Interest on the national debt is a major component of government spending. Spending most of your income on debt interest is a classic sign of impending bankruptcy.

ROGER SCHAFIR, London N21.

Are we prepared?

THE official advice about coronavirus is laughable. 'Wash your hands' — why don't people do this anyway?

Write to: Daily Mail Letters,
2 Derry Street, London W8 5TT
email: letters@dailymail.co.uk

CELEBRATE LIFE OF A LOVED ONE

HAVE you lost a relative or friend in recent months whose life you'd like to celebrate? Our column on Friday's letters page tells the stories of ordinary people who lived extraordinary lives. Email a 350-word tribute to: lives@dailymail.co.uk or write to: Extraordinary Lives, Daily Mail, 2 Derry Street, London W8 5TT. Please include a contact phone number.

'The NHS is prepared' — most hospital beds are already full and there are no more isolation beds.

'Self-isolate' — the self-employed can't afford to do this for two weeks.

I'm not holding my breath that the Government really has a handle on this crisis.

M. SOUTHON, Ferndown, Dorset.

WITH the coronavirus threat hanging over us, could the controversial facial recognition cameras be used to measure the heat signatures given off by infected people?

This would be a quick, non-intrusive and efficient way of monitoring airports, railway stations, ports and crowds of people.

D.M. DEAMER, York.

THE manufacturers of hand sanitisers and antiseptic hand gels must be rubbing their hands.

GARY LLOYD, Harlow, Essex.

Keep calm and carry on

AROUND 400,000 people die each year around the world from 'ordinary' flu, so why all the fuss over coronavirus? It may well be highly contagious, but as 95 per cent of cases are classified as mild or moderate, would it not prove more beneficial if we just got on with our daily lives?

Should we be unfortunate to catch this flu-like disease, at least our bodies will have the chance to develop immunity.

BRIAN WARD, Crook, Co. Durham.

YES, thousands do die each year from flu, but vulnerable people like me can have a flu jab to greatly lessen the risk. There is no such protection from coronavirus yet.

MICK WHEELER, Writtle, Essex.

Cleaning up

WHY should supermarkets provide antiseptic wipes to clean trolley handles (Letters)? We should take responsibility for ourselves.

I have been using wipes on trolleys and shopping baskets for a long time and do not expect anyone else to provide them for me.

Where would it end? Being handed a wipe when you get on a bus or enter a department stores so you can wipe down escalator handrails?

G.J. CROSS, Isleworth, Middlesex.

WE ARE quite correctly being

The hungry fox who came to tea

HOW wonderful to read about the lady who feeds badgers (Mail). One summer evening, while sitting in the garden, my wife and I became aware that something had attracted the attention of one of our cats. Looking over the fence, I saw a fox which was clearly so hungry it was eating berries that had dropped off a tree. I fetched a dish of cat food from the house and, to my surprise, the fox did not run away, but began to eat (pictured). I can only assume its hunger overcame its fear of humans. This has become a daily ritual. The foxes who visit us with



their cubs have never posed a threat to our cats and have become so used to us that they come into the garden, sit and take food from our hand.

P. MADDRA, Newton Abbot, Devon.

Come on, lads, get yourself checked

AS A prostate cancer survivor, I wish to echo the words of Jimmy Tarbuck: 'Lads, get yourself checked' (Mail). More than 50,000 men were diagnosed with prostate cancer last year, making it the most common form of cancer. This is no doubt down to more men getting tested as a result of the Daily Mail's long-running campaign for increased awareness of this disease. In November 2016, at the age of 60, I went for a routine health check and, on the advice of my wife Joanna, who is a nurse practitioner, I requested a prostate-specific antigen (PSA) test. This decision saved my life. At the time I considered myself to be in good health, fit and well, not overweight and with no family history of the disease. I was active, a non-smoker and sensible in what I ate and drank. A few weeks later, the results of the medical tests came back and most were normal — in fact, they were very good for my age. However, the PSA levels were highly elevated. My wife immediately booked an appointment with our GP for a referral to see a urologist. After further tests and investigation, it was discovered I had an aggressive, fast-growing form of prostate cancer. Surgery was the only option and, in March 2017, I underwent a radical prostatectomy. Before the diagnosis, I did not have any of the usual symptoms of the



Life after prostate cancer: Joanna and Edward Redmond

disease. Had I not had the PSA test, I have since been told my life would likely have been cut short by cancer. The good news is that, three years on, I am healthy and well with no lasting side-effects from the surgery. Thankfully, the cancer has not spread, but I am checked every three months to ensure I remain in good health. I

am working full-time and enjoying life with my family and friends. My wife and I go on holiday and are planning our retirement. Had I not taken her advice in 2016, it would be a totally different story. I would say to other men: Get yourself tested; it could save your life.

EDWARD REDMOND, Northampton.

encouraged to wash our hands regularly. But what's the last thing we all do when leaving a public toilet?

We grab the door handle, which has been handled by thousands, some of whom may not have high hygiene standards. I now wrap a tissue around my hand before I push open the door.

DOUG CULL, Horley, Surrey.

Take action now

THE Prime Minister has announced he has a 'battle plan' for coronavirus, which will be enacted 'if the virus takes hold' (Mail).

But it is clear that the virus will spread if it is not stopped. This is what has happened everywhere else.

What is the point of waiting until it takes hold and the NHS is overwhelmed?

As the World Health Organisation keeps saying, early aggressive measures, such as closing public spaces and

limiting travel, can halt it. Telling people to wash their hands is not enough.

The time for decisive action is now.

Professor GREG PHILO, Glasgow University.

PERHAPS it is time to reprint the wartime poster: 'Is your journey really necessary?'

COLIN BULLEN, Tonbridge, Kent.

I'M APPALLED at the new KFC TV advert portraying people licking their fingers.

It's rather inappropriate at a time when coronavirus is

spreading and there are health warnings about washing our hands properly and not touching our face.

LYNDA IVES-LACY, Harrow, Middlesex.

Just bin it

THE binning of tissues will not be successful if people carry on spitting chewing gum on the ground and throwing cigarette ends, plastic bottles and other waste on pavements and the side of roads.

GERALD NATHANSON, Chigwell, Essex.

Cruel bullies

I AM shocked at the reports about a new playground 'game' of pretending one child has coronavirus and so is banished for the rest of playtime. This is simply bullying.

JOHN SMITH, Warrington, Cheshire.

DURING the mad cow disease outbreak, I was in the licensed trade. People would not buy beef-flavoured crisps for fear of contracting the disease.

MIKE JONES, South Witham, Lincs.

LETTER OF THE WEEK

WIN our Letter Of The Week Magic Mug, courtesy of Printer Pix. These reveal our Daily Mail Letter Of The Week design when hot. To create personalised photo gifts (see example, right), visit printerpix.co.uk. The Letters Editor will announce the Letter Of The Week each Friday. Write to: Daily Mail, Letters, 2 Derry Street, Kensington, London, W8 5TT, email letters@dailymail.co.uk or fax on 020 7937 7493, including your full postal address and telephone number.

Printerpix



Should we import all our food like Singapore?

I AM aghast that Dr Tim Leunig, an economic adviser to the Chancellor, has said Britain should import all its food, as Singapore does. I lived there as a boy in the Fifties during the Malayan Emergency when it was marshes and jungle. All Army rations had to be imported. Today, it's urbanised with no agricultural land, so food has to be brought in at great cost. Britain has some of the best agricultural land in Europe, but has been put under pressure by population growth.

R. A. BARNARD, London SE19.

FOR years, we have been advised to

buy local and reduce air miles, so why is some expert suggesting we import all of our food?

FRANCES QUIRK, Liverpool.

YES, Singapore imports 90 per cent of its food, but its government has set a target to produce 30 per cent of its food production by 2030.

SANDY PRATT, Storrington, W. Sussex.

WHERE would we have been during World War II if we did not have the capability to produce our own food? The population would have starved. Our beautiful countryside would not look like it does without farming. Does Dr Leunig want to cover every inch with concrete?

MAUREEN WALBEY, Shepshed, Leics.

WE SHOULD be looking at sustainable farming that would reduce our dependency on shipping and flying thousands of tonnes of food here from around the world.

BARRY DAVIES, Chorley, Lancs.

THINK of the carbon cost of importing all our food, let alone all the inherent dangers. Singapore is an example of a rich nation with little agriculture. Lack of arable land is the reason that it imports most of its food, not because it is the best option. In fact, crops are being grown on its car park rooftops.

M. BRADBURY, Stoke-on-Trent, Staffs.

Straight to the POINT

■ FAR from Harry welcoming Meghan to the family she never had, she has isolated him from the family she never wanted.

DIANE HALL, Shepperton, Surrey.

■ THE Queen should pay for Harry and Meghan's security from her vast wealth. Or maybe Charles, who has got a bob or two, could foot the bill.

CHRIS MASSA, Sheffield.

■ WHY is the British taxpayer expected to pay for Harry and Meghan's security? What will we get in return?

MIKE HORGAN, Heswall, Wirral.

■ INSTEAD of saying Alexa, I called her Siri. Now neither of them are talking to me.

JULIAN PERCIVAL, Paignton, Devon.

■ I'M WAITING for the annual excuse that potholes are due to the exceptionally wet/dry/cold/mild/long/short winter.

MERVYN CLARK, Crewkerne, Somerset.

■ SAJID JAVID says he would have cut the basic rate of income tax by 2p in the Budget. Well, he would say that, wouldn't he?

BRIAN BEST, High Wycombe, Bucks.

■ FEELING depressed over coronavirus and the flooding, suddenly some good news: Emma Thompson is quitting Britain.

PETER GILBERT, Rugby, Warks.

■ ANITA RANI says she suffered a triple whammy in her BBC career by being Asian, a woman and northern. On the contrary, she's had an advantage over southern, white males.

Mrs ANN WILKES, Dudley, W. Mids.

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QUESTION Is it true that Walt Disney's housekeeper was one of America's richest women?

WALT DISNEY'S housekeeper Thelma Pearl Howard was a multi-millionaire due to gifts of shares in the media and entertainment conglomerate.

Born in 1914 as the second of five children to a poor farming family in Idaho, her young life was marred by tragedy.

When Thelma was six, her mother died during childbirth and one of her sisters was killed when she opened a stove and her dress caught fire.

Thelma got a place at business college in Spokane, Washington State, and hoped to become a legal secretary, but ran out of money and was forced to drop out.

In 1931, she moved to Los Angeles to be a cleaner. She was briefly married and had a son, Michael, who suffered from a developmental disability and was sent to a special boarding school.

In 1951, she was hired as a live-in housekeeper for Walt Disney, his wife Lillian and their two children at their sprawling estate in Holmby Hills, California.

Thelma was punctilious and reliable — she always kept the fridge stocked with the hot dogs Walt loved — was a fine cook and became a confidante and friend to the Disney children and grandchildren.

Walt called her 'the real-life Mary Poppins,' though the family's nickname for her was Fou-Fou, the closest one of the grandchildren could come to pronouncing Thelma.

She was paid a decent housekeeper's salary and every Christmas and birthday Walt gave her Disney shares as a bonus.

In 1981, Thelma retired to a modest, two-bedroom bungalow in West Los Angeles. She later moved to a nursing home where she died in 1994.

After her death, it was discovered that she had never sold any of her Disney stock, which through various splits had grown to 192,755 shares worth more than \$9 million.

This did not make her one of America's richest women — there were ten female billionaires in the U.S. by the Nineties — but Thelma was certainly very wealthy. In her will, half of her estate was left to her

A maid who had it made



Loyal: Thelma and son Michael in 1941 son, then in his mid-50s and living in a home for the disabled. The other half was used to create the Thelma Pearl Howard Foundation to benefit disadvantaged and homeless children.

Kathy Grigg, Fareham, Hants.

QUESTION Is eating an apple more effective at waking you up in the morning than a cup of coffee?

AN APPLE can't rival the jolt of a cup of coffee. There are 100 milligrams of caffeine in a cup of coffee and its effects can be felt within 30 to 60 minutes, depending if it's drunk on an empty stomach.

Caffeine stimulates alertness and can improve mood by blocking the adenosine receptors in our brain that cause sleepiness. But it can also mimic adrenaline and leave us jittery and unable to sleep.

Current evidence suggests up to four cups a day is safe for healthy adults, but it depends on the individual.

An apple contains 13g of sugar in the form of fructose. This won't provide the stimulating effects of coffee, but it will provide a slow, sustained energy release that won't make you feel anxious or reduce your sleep quality. Apples are also rich in fibre and vitamin C.

Andrew Courtney, Halifax, W. Yorks.

QUESTION On ELO's comeback single All My Love, Jeff Lynne sings the title more than 20 times. Do any other records repeat their title as often?

SOUL singer Bill Withers released Lovely Day in December 1977. It reached No. 7 in

the UK singles' chart, but only No. 30 in the U.S. A re-mix peaked at No. 4 in the UK in 1988.

What is remarkable about the song is that, with a repeated chorus, the phrase 'lovely day' occurs 103 times before the grooves run out.

Tim Mickleburgh, Grimsby, Lincs.

JOHN Lydon's Public Image Limited may be the most under-rated band of all time, overshadowed by its punk forbear the Sex Pistols.

The 1984 album This Is What You Want ... This Is What You Get includes the mesmerising closing song The Order Of Death, which features the name of the album repeated 74 times.

Darren O'Connor, Stirling.

DAFT Punk's release Around The World repeats the title 72 times. There are no other lyrics.

Graeme Jefferson, Fareham, Hants.

IN THE song Maria from West Side Story, Stephen Sondheim gets Tony to sing 'I'll never stop saying Maria' and he doesn't — 28 times.

Mike Ellis, Meols, Wirral.

IN I'M A Tiger, which entered the charts in November 1968, Lulu repeats the title 46 times.

I know this as I counted and wrote this fact on the record sleeve at the time. I still have it in my collection.

John Davies, Wokingham, Berks.

BEING a huge fan of ELO, I recently listened to an entertaining programme about songwriters on Radio 2 in which the talented Jeff Lynne was interviewed by Gary Barlow.

Lynne was possibly only half-joking when he said that as soon as he's happy with the music he's composed, he would prefer there to be no lyrics because they don't mean a great deal to him.

This may account for the repetitive nature of some of ELO's songs, including Evil Woman, which repeats the title 22 times, plus a further four times by the backing singers.

Having said that, if ELO's music had been instrumental only, just think of all the brilliant songs that their fans would have been deprived of, most famously, Mr Blue Sky.

Barbara Higgs, Marlow Bottom, Bucks.

■ IS THERE a question to which you have always wanted to know the answer? Or do you know the answer to a question raised here? Send your questions and answers to: Charles Legge, Answers To Correspondents, Daily Mail, 2 Derry Street, London, W8 5TT. You can also email them to charles.legge@dailyemail.co.uk.

A selection will be published, but we are not able to enter into individual correspondence.

TODAY'S RECIPE: Pain perdu with confit leeks

SAVOURY version of French toast. Serves: 2.

Ingredients

80g butter
1 tsp Dijon mustard
8 baby leeks
½ small bunch of parsley, chopped
½ tbsp capers, drained
4 eggs



50ml milk
60g Parmesan, grated
4 thick slices bread
Vegetable oil, for frying

Method

1 Melt 60g butter in a frying pan over a medium heat. Whisk in 80ml water and mustard. Add leeks, season, reduce heat to low and cover. Cook for 25 minutes or until tender. Remove from heat, stir through parsley and capers, and keep warm.

2 Poach two of the eggs. Beat other eggs with milk and half the Parmesan. Season. Pour into a bowl, then soak each slice of bread, turning once. Heat remaining butter in frying pan with a drizzle of oil. Fry bread until golden brown.

3 Top with leeks, pan juices, poached eggs and a sprinkling of Parmesan.

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QUESTIONS

Q: If you could harness a fork of lightning, what could it power and for how long?

John Sullivan, Glasgow.

Q: To maximise photosynthesis, would it be better to plant more evergreens than deciduous trees?

Mike Horgan, Heswall, Wirral.

Q: What is the smallest number of MPs to have taken part in a debate in the House of Commons?

David Younger, Braintree, Essex.

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- Sun 4 **Vancouver, Canada**
Transfer to the port and embark *Celebrity Eclipse*® for your seven night Alaska voyage
- Mon 5 **Cruising the Inside Passage**
- Tue 6 **Icy Strait Point, Alaska**
- Wed 7 **Cruising Hubbard Glacier**
- Thu 8 **Juneau, Alaska**
- Fri 9 **Ketchikan, Alaska**
- Sat 10 **Cruising the Inside Passage**
- Sun 11 **Vancouver, Canada**
Disembark and transfer to a hotel for your overnight stay and to begin your six night Rocky Mountaineer & Calgary Stampede Tour*. Enjoy the rest of the day at your leisure. General admission for the Vancouver Lookout* observation tower included
- Mon 12 **Rocky Mountaineer – Vancouver to Kamloops**
Travel on board Rocky Mountaineer from Vancouver to Kamloops, in the heart of British Columbia's interior. See dramatic changes in scenery, from the lush green fields of the Fraser Valley, through forests and winding river canyons surrounded by the peaks of the Coast and Cascade Mountains, to the desert-like environment of the BC Interior. Highlights include Hell's Gate in the Fraser Canyon and the Thompson River. Your day concludes as Rocky Mountaineer travels along the shores of Kamloops Lake into Kamloops. Overnight hotel stay in Kamloops (B, L)
- Tue 13 **Rocky Mountaineer – Kamloops to Banff**
Your journey continues eastwards to the mighty Canadian Rockies and the province of Alberta. Once again you will see a spectacular array of scenery as you travel across ranchlands, along rocky lakeshores, over high mountain passes and through the remarkable tunnels that form part of the rich rail history of the Canadian Rockies. Today's highlights include

Craigellachie, the climb over Rogers Pass, Kicking Horse Canyon, the Spiral Tunnels and, of course, the glaciers and snow-capped peaks of the Canadian Rockies. Overnight hotel stay in Banff (B, L)

- Wed 14 **Banff to Calgary with sightseeing**
Transfer to Calgary and along the way enjoy a sightseeing tour of Banff. Highlights include the Hoodoos rock formations, Surprise Corner and Tunnel Mountain Drive. A stop is made at the Banff Gondola to ride to the summit of Sulphur Mountain for a breathtaking view of snowcapped peaks and valleys. Spend the rest of your day at leisure before your three night hotel stay in Calgary

- Thu 15 **★Calgary Stampede Rodeo - Thrill Pass INCLUDED★**
Today, grab hold of the reins and get ready for a day at 'The Greatest Outdoor Show on Earth', the Calgary Stampede. Highlights of the day include the afternoon Rodeo where participants compete in events like barrel racing, saddle bronc, calf roping, steer wrestling and bull riding. This evening, enjoy the competition of the Chuckwagon Races followed by the energy of the Grandstand Show and world class reworks display – a perfect ending to a day filled with thrills and excitement

- Fri 16 **★Calgary Stampede Afternoon Rodeo Show★**
Enjoy admission to the legendary Half-Million Dollar Rodeo. You will see top professionals in the sport take on the untamed fury of the west's wildest horses in the Saddle Bronc and Bareback Riding events and the heartstopping action of the rodeo's most dangerous event - Bull Riding. Enjoy the remainder of the day at leisure

- Sat 17 **Calgary, Canada**
Transfer to the airport for your overnight flight to London*
- Sun 18 **Arrive in London**

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Photo Credit: Mike Ridewood / Calgary Stampede



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Saddle up cowboy as you're going for a ride in Canada's Wild West at the Calgary Stampede, the largest rodeo show in the world.

DISCOVER YOUR ITINERARY^A

• Days 1 - 3 Calgary (Hotel Stay & Calgary Stampede)

A celebration of Wild Western tradition and the great outdoors, the Calgary Stampede has a rich history that stretches back to its conception in 1912. During your two days here, you'll witness as man tries to tame beast in intense competitions from chuckwagon derbies to bull riding.



• Days 4 - 5 Banff (Hotel stay & Lake Louise tour)

On an escorted tour, you'll explore some of Banff National Park's most stunning sights such as Lake Louise. Enclosed by sharp, majestic peaks, this natural feature captures the imagination of anyone who stands before it.



• Day 6 Banff (Rocky Mountaineer rail journey & Kamloops hotel stay)

Enjoying your luxury rail journey into the heart of the Canadian Rockies, stare out at the green pines blurring past your window and savour particular highlights such as the Spiral Tunnels and Kicking Horse Canyon.



• Day 7 Kamloops (Rocky Mountaineer rail journey & Vancouver hotel stay)

• Days 8 - 9 Vancouver (Hotel stay & embark Koningsdam)



• Day 11 Juneau • Day 12 Skagway

• Day 13 Glacier Bay (Scenic cruising)

Discover jagged glaciers shedding chunks of ice that freckle the water while brown bears prowl the shore and sea otters dive beneath the sea's surface for clams.

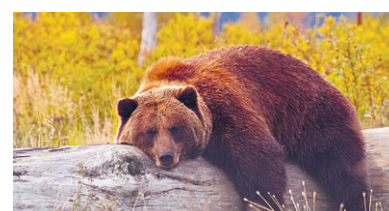


• Day 14 Ketchikan

With its rustic aesthetic, Ketchikan embodies the Alaskan spirit from the Great Alaskan Lumberjack Show to Creek Street, a colourful promenade built entirely on wooden stilts.

• Days 16 - 17 Vancouver (Disembark ship, hotel stay & tour)

Returning to Vancouver, you'll disembark Koningsdam and enjoy a city tour. You'll be taken to a few of its most iconic sights such as the sprawling Stanley Park and steaming Gastown.



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- Banff National Park
- Lake Louise
- Vancouver

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- 2 day ticket to the Calgary Stampede

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Take action on painful joints



Why new CBD oil is showing promise

COLD, wet days can make joint pain and stiffness feel worse.

We know that it's important to keep moving, but it's much harder to get out and about on slippery pathways and pavements.

However, help is at hand in the form of CBD oil, a new type of supplement that is showing real promise for people with painful joints.

So, does CBD oil have the same chemical make-up as cannabis?

The two most important compounds of cannabis are THC (tetrahydrocannabinol)

and CBD (cannabidiol). CBD oil reduces the level of THC leaving the 'legal' substance behind.

CBD oil does not produce psychoactive effects but rather appears to have excellent health benefits for those who use it.

Cannabinoids are naturally produced in our bodies. CB1 is densely populated within the brain, dealing mainly with coordination, movement, emotions and pain.

CB2 is distributed throughout the entire body and heavily present within the immune system.

CB2 receptors increase

when there is inflammation and/or pain, indicating they are working to reduce injury.

When CB1 and CB2 receptors do their job within our bodies our endocannabinoid system (ECS) can become depleted.

The endocannabinoid system works to maintain homeostasis, working alongside CB1 and CB2 receptors to monitor reactions in the body.

As with most deficiencies, supplements can be taken to replenish those energy levels and introducing CBD into the body may increase the effectiveness of the endocannabinoid system.

Scientific research is finding that CBD oil has all sorts of potential health benefits including relief from migraine, psoriasis, acne and depression.

Plus, scientists are excited about the impact CBD oil may have on pain and inflammation.

CBD oil products are selling so well in shops and online that more are being added in the form of oils (pictured top), capsules and balms.

However, it is important to buy them only from reputable sources.

There are more than 100 cannabinoids in the cannabis plant. CBD is the most well studied and understood, showing promise for treatment in humans.

Theme park fun with my powerchair

FANCY heading off on a cruise or taking a flight to warmer climes at some stage this year? A powerchair that folds down to make it easy to transport could give you more of a chance to explore the world, and enjoy breaks and days out in the UK. Folding powerchairs come in a range of sizes. They can be used inside and out, are quick to fold and can be easily put inside a car boot for shopping

trips. And they make it feasible to fly abroad, as they are compact and sturdy, and come with a lithium-ion battery that's suitable for air travel. Tony Plant (pictured right) recently took his powerchair to Walt Disney World Florida, during a wider America trip with his family. He explains: 'We had ten flights in total and they all went smoothly. The batteries lasted fine, even during a long day

at the theme parks.' Cruising is also possible with a folding powerchair or lightweight mobility scooter, meaning that you can get from the captain's table to the theatre without any strain. It's worth asking a specialist company to bring several models for you to try at home. The best companies even offer an assessment by an occupational therapist, to ensure you find the perfect powerchair for you.



Picture: SPRING CHICKEN

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£39 billion
funds made available
by the IMF to fight
the coronavirus

CORONAVIRUS CHAOS

As Bank and Treasury hold emergency talks...

Lifeline for firms crippled by virus

by James Salmon

PLANS to provide emergency loans to stop small firms going bust during the coronavirus crisis are being drawn up by officials at the Bank of England and the Treasury.

Andrew Bailey, who takes over as Bank Governor on March 16, told MPs he has discussed ways to help British business grappling with the outbreak with Chancellor of the Exchequer, Rishi Sunak.

Describing Covid-19 as the 'most pressing issue that we face', he said he would 'have to move quickly' to address the threat of the disease on employers and the wider economy when he takes over from Mark Carney.

The comments came as Bailey was quizzed by MPs on the Treasury committee about his suitability to be Governor.

The 60-year-old, who is chief executive of the Financial Conduct Authority (FCA), said: 'I think it is quite reasonable to expect that we are collectively going to have to provide some form of supply-chain finance in the not-too-distant future to ensure the shocks from the virus are not too damaging to firms... particularly to small firms.'

'We will have to move very quickly to do that. I have met the Chancellor and we have talked about this.'

Bailey said support could be provided by the Bank, which is drawing up plans, or the Government. He said officials would 'look closely at evidence' before launching any emergency package.

A string of companies have warned their supply chains have been hit by Covid-19, which has locked down much of the Chinese economy and is wreaking havoc.

There are fears that small firms in supply chains may run out of cash, and be unable to obtain a loan to keep going. It is reported that high street banks are already rolling out emergency loans to firms across the UK amid fears

that factory disruptions in China are threatening supply chains and cash flow.

Barclays, Santander and Royal Bank of Scotland have begun contacting thousands of business customers to check if they are under financial strain and need overdrafts or short-term loans.

Sunak has promised more help for households and businesses in his first Budget next week, with the Treasury expected to spend billions to manage the impact of the epidemic.

As the Bank of Canada became the latest central bank to slash interest rates, Bailey also refused

to rule out an emergency cut, echoing the move by the US Federal Reserve on Tuesday.

The Bank of England's Monetary Policy committee which sets interest rates is not due to announce its decision until March 26, but can cut rates before then.

The urgency was underlined yesterday by International Monetary Fund boss Kristalina Georgieva who said the rapid spread of coronavirus will wipe out any chance of stronger growth this year.

The Washington-based economic watchdog now expects global growth to fall short of the

2.9pc registered last year. Appearing in front of MPs, Bailey also faced questions over his track record at the FCA. MPs took turns to criticise the regulator for being slow to protect consumers during a series of scandals including the fall of London Capital & Finance and the implosion of Neil Woodford's investment empire.

Bailey said the FCA had tackled high-cost consumer credit and launched insider trading cases, which resulted in a conviction.

In a message to his successor, he said the role at the FCA was 'hellishly tough'. He added: 'But I don't regret it for a moment.'

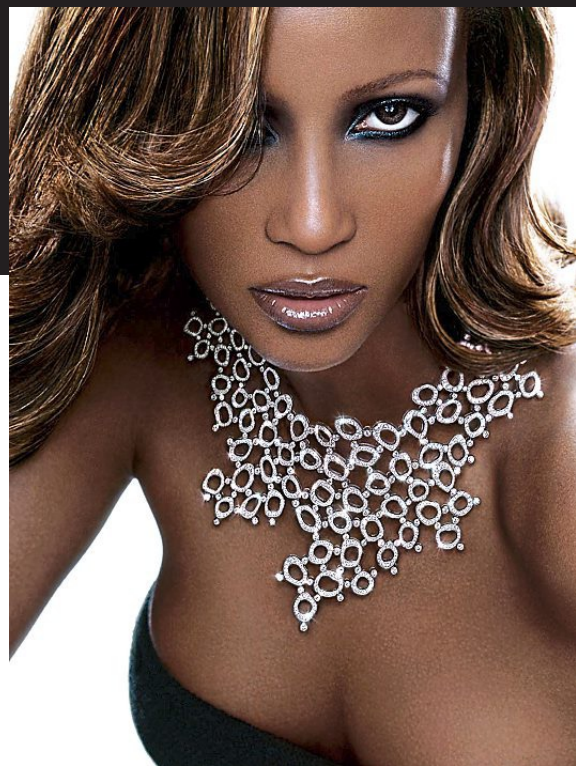
DIAMOND SALES LOSE SPARKLE

SALES at the world's best-known diamond group have been hit.

De Beers said demand has slumped in China, the biggest luxury goods market, which makes up around 15pc of world sales.

Rough diamonds sales fell 28pc to £278m at its second auction of the year, compared with the same period last year. That was 35pc down on the £431m in the previous sales round, reversing what seemed to be an industry recovery.

De Beers boss Bruce Cleaver said: 'Following an improvement in demand for rough diamonds during the first sales cycle, we recognised the impact of Covid-19 on customers focused on supplying the Chinese.'



■ **RECESSION FEARS** The coronavirus outbreak threatens to plunge France and Italy into recession, European finance ministers have been warned.

Both France and Italy contracted in the final quarter of last year and could do so again in the first quarter of this year, leaving them in recession.

The warnings came in a European Commission briefing note on the impact of the outbreak seen by Bloomberg.

■ **CANADIAN CUT** Canada's central bank has cut interest rates to help shield the economy from the coronavirus.

Just a day after the Federal Reserve made an emergency cut to borrowing costs in the US, the Bank of Canada followed suit by reducing rates from 1.75pc to 1.25pc.

'It is likely that as this virus spreads, business and consumer confidence will deteriorate,' the bank added.

■ **AIRLINE GROUNDED** Low-cost European carrier Wizz Air has revealed plans to slash routes, cut costs and freeze recruitment as part of measures to offset plunging demand amid the outbreak.

The airline said that it will reduce flights from March 11 to countries affected by the virus – mostly to Italy – and is looking at cutting capacity by about another 10pc between April and June.

■ **BOOKING BLUES** Budget travel accommodation website Hostelworld has warned that the disease has led to big falls in bookings.

The spread of Covid-19 since late January has prompted people to travel less, and therefore there is less demand for places to stay.

The company said: 'As the coronavirus has spread from region to region, we have observed a material reduction in bookings and an increase in marketing cost as a percentage of net revenue.'

■ **SALES SURGE** Cook-it-yourself food delivery service Mindful Chef has seen a massive increase in the last week as fears surge in the UK.

The business, which delivers a box of ingredients to customers' front doors, said that deliveries had increased by 165pc in the last week.

In other countries gripped by the virus, such as China, there has been an increase in deliveries as people self-isolate.

Intu on the rocks as shares crash to new low

SHARES in Intu crashed to record lows after the shopping centres owner abandoned plans to raise up to £1.5bn – fuelling fresh fears over its future.

The troubled company hoped the emergency cash call would cut its £4.5bn debt as it grapples with falling rental incomes.

But it scrapped the move as ructions on financial markets triggered by the coronavirus made investors reluctant to commit.

It came just weeks after Hong Kong investor Link Real Estate Investment Trust pulled out of the fundraising.

Intu said: 'Intu has engaged in extensive discussions with shareholders and poten-

by Matt Oliver

tial new investors regarding a possible equity raise. Following these discussions, Intu has concluded it is unable to proceed.

'The board believes the uncertainty in the equity and retail property investment markets precluded a number of potential investors from committing capital.'

The setback was a major blow to boss Matthew Roberts' turnaround efforts and triggered a brutal sell-off. The shares hit a record low, down 41pc, or 4.36p, to 6.28p, leaving its market capitalisation at £85m.

That knocked £16m off the value of tycoon

John Whittaker's 27.3pc stake, held through Peel Group, which was worth just £23m.

The turmoil sent shares in its rivals Hammerson, British Land and Capital & Counties tumbling.

Analysts at Peel Hunt branded the Intu's shares 'increasingly worthless'. They have fallen 80pc in the past year. Intu, which owns the Trafford Centre in Manchester and Lakeside in Essex, insisted it was still discussing options to tackle its debts.

It said these could include restructuring the debts, trying to raise cash again at a later point, or selling more properties.

The company banked about £200m last

year by selling Spain's largest shopping centre in Zaragoza. Its property portfolio was worth £8.4bn overall as of June.

But it said that if the value of that portfolio continues to fall it could be at risk of breaching the terms of its overdrafts – potentially triggering demands for repayments of about £143m.

It may have to repay another £34m in loans if its rental income drops 10pc.

Liberum analysts Tom Musson and Christopher Spearing said Intu faced having to sell its properties at a discount.

Analysts at JP Morgan Chase said: 'Intu is between a rock and a very hard place.'

Hedge fund pins hopes on Sirius bidding war

by **Francesca Washtell**

THE hedge fund managed by millionaire Crispin Odey is talking up the prospect of a bidding war breaking out for Sirius Minerals.

Sirius shareholders on Tuesday approved a £405m rescue takeover of the Yorkshire potash firm by FTSE 100-listed miner Anglo American.

But Odey Asset Management, which has a 1.4pc stake in Sirius and like many retail shareholders opposed the Anglo deal, has not given up hope of a better offer.

The hedge fund believes another group such as Canadian potash producer Canpotex could swoop.

Henry Steel, a portfolio manager at Odey, said: 'Now comes the fun part where we wait and see if Canpotex or the Belarussians turn up to take control of this project.' He added: 'We could end up in a bidding war.'

Analysts were sceptical, however.

Chief pockets £6.8m from Anglo takeover

SIRIUS Minerals chief executive Chris Fraser (*pictured*) walks away from the deal with £6.8m for 124m shares.

When the stock peaked at nearly 44p in 2016, his holding was worth £54m.

He was handed the bulk of his shares when he reversed his company, York Potash, into a firm called Sirius that was already listed on the London Stock Exchange.

Fraser, 45, was paid £18.6m

for York Potash by Sirius in 2011 and stays in his role for at least a year once the takeover completes.

Anglo American has said there will be no changes to his salary, set to be £486,400 in 2019. He will earn the same in benefits and pension, which were £13,000 and £8,000 respectively in 2018, as well as being eligible for annual bonuses and long-term incentive plans.



John Meyer, mining specialist and head of research at corporate broker SP Angel, said the prospect of another bid 'seems relatively

unlikely'. He added: 'Building the mine is a technical challenge which should not be underestimated.'

'The marketing and sale of 10m tons a year of Sirius's fertiliser product is an even bigger challenge than the mining.'

'You can have all the sales contracts you want but if the farmers decide they don't want to buy that much new fertiliser, then they won't and your product will go unsold.'

'Added to that, in the short-term the coronavirus outbreak means acquisitions are not top of anyone's agenda at the moment.'

He added: 'Everyone's batten-

ing down the hatches.' The vote to approve Anglo's takeover ended a tense stand-off between many retail shareholders - who wanted a better deal - and the company, which supported the 5.5p a share offer.

Odey joined forces with private investors in slamming Anglo's bid for being too cheap - branding it a 'mockery'.

He built up a 1.4pc stake in the company in the run-up to this week's crunch vote and voted against the takeover, saying Anglo's offer should be at least 7p per share.

The average price Odey paid when it bought Sirius stock was

4.9p - cheaper than the 5.5p Anglo bid.

Odey could have made as much as £1m from the deal but would stand to make even more if a higher offer came in.

Sirius needed rescuing after it failed to secure £400m worth of funding last September.

This was crucial to unlocking another £1.9bn that it needed to finish building its £4bn Woodsmith mine, close to the seaside town of Whitby, which would feature a tunnel leading to a processing plant on Teesside.

After the bungled funding round Sirius said it would go back to the drawing board and either bring on a strategic investor or work out another way to tap the City for cash.

Anglo swooped in with its proposal in January, after it declined to become a strategic investor and said it wanted to buy the whole thing.

Under the current timetable Sirius's shares will be delisted from the stock market on Monday, March 16.

Anglo got the approval of 80pc of Sirius shareholders who voted on the deal.

It needed to secure at least 75pc of the votes.

Sirius shares had languished below 5p per share in the days running up to the vote, indicating there was some unease about whether the deal would go through.

But its stock jumped last night by 17.5pc, or 0.82p, to 5.49p.

Waitrose to close two stores

STAFF at two Waitrose branches have been told their stores will close - becoming the first casualties in swingeing cuts proposed by the John Lewis Partnership's new chairman.

Dame Sharon White, 52, who joined last month from regulator Ofcom, said she would have to make 'difficult decisions about stores and jobs'.

Staff at branches in Waterlooville, Hampshire, and Helensburgh, in Scotland, were told this week their stores would close, putting hundreds of full

and part-time jobs at risk. It will form part of today's announcement to go with annual results expected to show profits 'significantly lower' than in 2018.

There may also be charges worth hundreds of millions due to a massive writedown on the value of its properties. Underlying pre-tax profits for the group are predicted to drop 40pc to £95m, compared with 2018, says retail analyst Nick Bubb.

The results mean staff face losing their bonus for the first time since 1953. John Lewis Partner-

ship employs more than 80,000 people at 50 John Lewis shops and 338 Waitrose supermarkets and convenience stores.

It closed 12 unprofitable supermarkets in 2019, axing 1,100 jobs. In September it said underlying pre-tax losses were £25.9m, compared to profits of £800,000 for the same period in 2018 - the first half-year loss in its history.

Over Christmas Waitrose like-for-like sales went up by just 0.4pc while sales at John Lewis dropped by 2pc. Waitrose declined to comment.

Metro risk boss out after just two weeks

METRO Bank asked its new interim chief risk officer to leave just days before he was due to take up his responsibilities.

Grahame McGirr joined on February 10 but was ousted just two weeks later, five days before he was due to fill the role on March 1.

A source close to the bank said McGirr was 'not a good cultural fit', but declined to give any further information.

The lender said: 'The bank has asked Aileen Gillan, chief risk officer, to remain until the end of March, while it recruits a new interim.'

The departure comes at a tumultuous time for Metro Bank after the departures of chief executive Craig Donaldson and chairman Vernon Hill.

■ BARCLAYS has announced changes it says will lead to the loss of 250 jobs. Workers from several sites are being brought together, while a site in Leeds is closing following the landlord's decision to sell it for residential development.

British economy outshines rivals

BRITAIN'S economy is growing at the fastest pace for nearly 18 months as it leaves major European rivals in its wake.

Research group IHS Markit said its activity index for the UK economy, where scores above 50 show growth, rose from 52.8 in January to 53 last month, the strongest reading since September 2018, adding to evidence that the economy perked up following the General Election.

The UK score was also higher than those registered in Germany, France, Italy and Spain.

But the report found that manufacturing and services industries increasingly felt the impact of the coronavirus outbreak as February wore on.

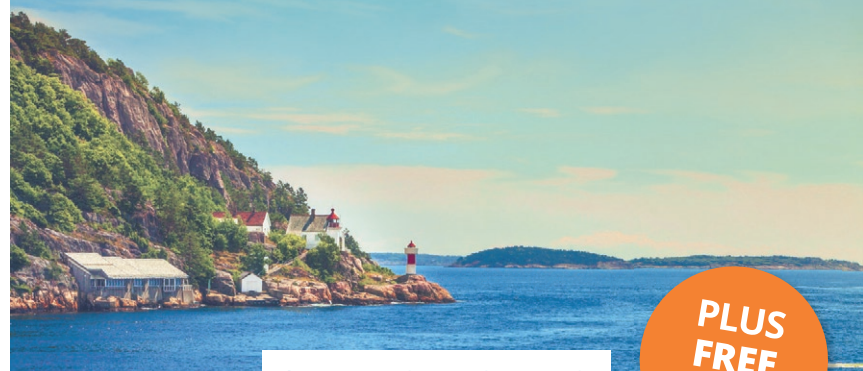
It is feared that the epidemic could tip economies around the world into recession.

Chris Williamson, chief business economist at IHS Markit, said: 'UK business activity grew at the fastest rate for almost one-and-a-half years. Whether this can be sustained is starting to look increasingly at risk. A key question will be the extent to which Covid-19 affects the economy.'

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Bailey applies the balm

NEVER waste a good crisis. Andrew Bailey's first appearance before the Treasury Select Committee as anointed Governor of the Bank of England was meant to be an imbroglio.

Blowhard MPs wanted to eviscerate him over Financial Conduct Authority (FCA) shortcomings in handling the Woodford scandal and the implosion of London & Capital Finance.

Bailey was never going to be fazed by any of that. As the Bank of England official at the centre of the banking firestorm in 2007-09 this always was going to be water off a duck's back.

Bailey is calm and wisdom personified. He is a central banker whose curiosity about the soundness of the Co-op Bank and its discredited chairman Paul Flowers was piqued when, on a routine inspection visit, the bank entertained him lavishly at a country house hotel and insisted on buying the most expensive claret on the wine list.

No one could be more agitated about the failings of Link as the authorised corporate director at the Woodford funds or the FCA's slow response to the liquidity mess than this writer.

When confronted directly with these criti-

Alex Brummer

CITY EDITOR



cisms, Bailey was able to treat the sting by explaining carefully the limits of rule-based EU regulation and pointing out much of what went wrong on his watch is peripheral to what the FCA does.

All of this, although serious for people who lost money by trusting in Woodford, pales into insignificance when one starts to think about the coronavirus. Panic shopping, the plunge in financial markets and the devastation of the travel industry are early symptoms of the disruption.

The bigger danger will come from firms pushed to the brink by interruption of supply chains, cash flow blockages and banks pulling up the drawbridge. The Bank of England stands ready to use its powers to help by opening special credit windows for

affected firms and lowering the cost of money. Bailey offered the practical reassurance needed at a moment of acute stress.

It's hard to argue against that.

On the brink

JUST two years ago, property and shopping centre giant Hammerson proposed a £3.4bn all-share offer for Intu, owner of the Trafford Centre. The bid fell apart amid investor resistance and, after another stock market beating, Intu is now worth just £85m.

Intu hoped to pull back from the brink of disaster by raising £1bn to £1.5bn from existing investors. But with markets highly volatile, as a result of Covid-19, that avenue has been closed.

The weakness of the retail sector has seen the value of Intu assets savaged. At the same time, rental incomes have come under pressure from tenants seeking better deals, simply to survive, and the group is sitting on a debt mountain of £4.5bn.

The shares now stand at a 95pc discount to net asset value, and the company is frozen out of capital markets with the auditors expressing 'material concern'.

It looks like airline Flybe has beaten Intu to become the first big commercial victim of coronavirus uncertainty. Intu chief executive Matthew Roberts has not abandoned hopes of rescuing matters through asset

sales. But with debt of £4.5bn and the loans-to-value ratio (which sets covenants) tumbling, it is a race against the clock.

Bond markets are unconvinced about prospects. A £375m convertible bond is trading at half its value.

Another £485m bond secured against the Metro Centre in Gateshead is trading at a less alarming 79p in the pound.

Intu's route out is dependent on the kindness of lenders. A possibility is that private equity might pick off the better assets. It is hard to think this is going to be a propitious time to sell retail property of any kind.

Anglo tangle

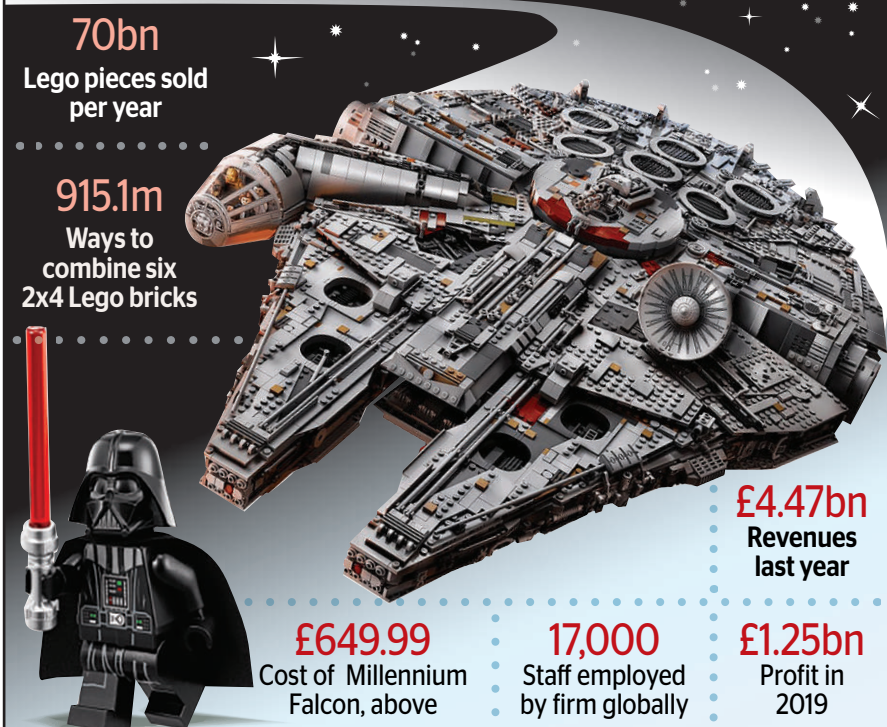
IN THE end, the plea by Sirius investors for a better deal was comfortably rolled over by Anglo American.

No one is going to be grieving if Odey Asset Management lost out even if, on this occasion, it was on the side of the gods. It would be nice to think that a higher bid might come along – you never know.

My quarrel is with Anglo and its bankers who showed a distinct lack of imagination in failing to design a deal which offered small investors an appropriate stake in any future upside.

A company with Anglo's honourable South African heritage should have known better.

LEGO PUTS BUILDING BLOCKS IN PLACE FOR EXPANSION



MINIATURE figures of Star Wars characters, wizards from Harry Potter and Marvel superheroes helped boost annual profits at Lego.

The Danish toy giant said profits rose from £1.22bn to £1.25bn in 2019, after sales rose from £4.22bn to £4.47bn. Best sellers included Star Wars and products such as Lego City and Lego Technic.

It opened 150 stores last year, taking its total to 570 worldwide, and plans more, with around 80 set to be in China. It is also trying to make its bricks more environmentally

friendly by experimenting with plant-based plastics.

Niels Christiansen, the company's chief executive, said: 'It was a strong year where we outperformed the toy industry and grew consumer sales and market share in all our largest markets.'

Lego said there was single-digit growth in western Europe, including the UK, and the Americas.

China, a key focus, enjoyed 'strong' double-digit growth.

It marks the second year of profit growth after sales fell in 2017.

Gulf in UK life expectancy alarms L&G

by Lucy White

BRITAIN must get better at investing in its own economy to help shrink the chasm in life expectancy between the rich and the poor, the boss of Legal & General has said.

Nigel Wilson sounded the alarm over the fact that people in some areas die at 58 while expectancy is as high as 85 in wealthier neighbourhoods.

He called on the UK's pension savers to squirrel away as much as they can to improve quality of life in retirement.

Higher savings would result in more money invested by asset managers in vital infrastructure projects – boosting the economy in the long run.

It came as L&G, Britain's biggest retirement savings firm which manages £1.2trillion, said it made £155m last year from people dying sooner than it thought they would.

Chief executive Wilson (pictured) told Radio 4's Today: 'Lots of poorer people are not living as long as we expect in our major cities. Life expect-

ancy in some poorer areas is 58, in the richer areas is 85. That's an amazing difference.

'What we want to do is get people to live healthier, longer lives, and make more money during their lives, by investing in the economy and growing real wages a lot quicker.'

Wilson said he was particularly keen to plough money into cities outside London where the difference in life expectancies between richer and poorer is starkest.

He told the Mail:

'Manchester, Leeds, Sheffield, Cambridge, Oxford, Edinburgh, Glasgow, Newcastle – they're all good places to invest.'

'We moved our life-time mortgage business to Solihull – it's been a big success. We're

big in Cardiff and Hull. For the country to be successful, we need to invest across the UK.'

Wilson has urged the Government to set up an infrastructure bank to invest in vital projects such as transport and health initiatives to tackle childhood obesity.

His rallying call came as L&G said its operating profit, excluding the boost from higher-than-expected mortalities, rose 12pc to £2.1bn in 2019. The 63-year-old also called on investors to increase the amount of money they are allocating to 'green' projects and technologies.

He said: 'Britain can become a world leader in offshore wind, in solar technology, in nuclear fusion and carbon storage.'

'We've got enormous opportunities because our scientists and young people in university are producing all of this incredible technology.'



Walmsley lands £8.4m payday

GLAXOSMITHKLINE boss Emma Walmsley was handed a £2.5m pay rise after a bumper year of sales at the drugs giant.

The 50-year-old boss saw her package rise to £8.4m in 2019, up from £5.9m in 2018.

It included her £1.1m salary, £422,000 in pension contributions and benefits, a £1.8m bonus and £5.1m in performance bonuses.

The rise came after an audacious deal to merge Glaxo's consumer business with rival Pfizer, with the executive plotting to later spin it off as a standalone company.

Shingrix, Glaxo's blockbuster shingles

vaccine, notched up sales of £1.8bn, which it said made it 'the most successful biopharma launch of the last ten years'.

Star scientist Hal Barron, 58, saw his pay fall by £223,000 to about £6.3m, with finance chief Iain Mackay paid £2.3m after joining in January 2019.

Glaxo's annual report yesterday said its legal costs rocketed from £117m to £363m last year, after it settled with insurers who accused it of misleading them in a wrangle over drugs made at a Puerto Rico plant in violation of US standards.

Walsh in the money as profits fall

INTERNATIONAL Airlines Group's departing boss Willie Walsh saw his pay jump to £3.2m last year – despite tumbling profits at the British Airways owner – and stands to retire with millions in share bonuses.

The annual report showed Walsh had a 5.5pc rise, up from £3m in 2018, with an £883,000 bonus and £1.2m in shares.

He stands to get 1.1m shares worth £5.2m under long-term bonus schemes over the next four years, if targets are met.

More shares worth around £1.1m are due

in annual payouts between this month and March 2022. This is on top of £288,000 for pay and benefits for 2020 before he steps down on March 26, while he is also eligible for a proportion of the 2020 annual bonus, worth up to £425,000.

Details come just a week after IAG posted a 33.6pc fall in profits to £2.6bn for 2019.

Walsh is retiring after a 15 years with the company. His successor, Luis Gallego, will be paid £820,000, and possible bonuses worth up to £3.3m a year.

FTSE 100 6815.59 97.39 1.45%	FTSE 250 19742.83 60.18 0.31%	FTSE All Share 3795.38 46.29 1.23%	DOW 27090.86 1173.45 4.53%	NIKKEI 21100.06 17.33 0.08%	HANG SENG 26222.07 62.75 0.24%	DAX 12127.69 142.30 1.19%	Brent Spot 51.61 0.55 1.05%	Gold 1642.24 35.20 2.19%
H:7686.61 L:6580.61	H:22108.29 L:18640.65	H:4257.93 L:3673.61	H:29551.42 L:24815.04	H:24083.51 L:20261.04	H:30157.49 L:25281.30	H:13789.00 L:11346.65	H:68.91 L:49.67	H:1674.81 L:1447.60
£/\$ 1.2835 H:1.3348 L:1.2066	£/€ 1.1533 H:1.2038 L:1.0762	Tourist Rates	Aus\$ 1.83	DenKr 8.15	JpnY 130.78	SAR 18.47	TurkI 7.44	
			Can\$ 1.63	Euro€ 1.09	NZ\$ 1.90	SwFr 1.17	US\$ 1.22	
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Shares bounce back as central banks step in

MARKETS regained steam as traders pinned their hopes on other central banks following the US example and cutting interest rates.

Investors initially balked at the Federal Reserve's shock move on Tuesday to make the first emergency cut to rates since the financial crisis.

The measure was intended to combat the effects of the rapidly spreading coronavirus and stimulate the economy.

But it 'raised more questions than answers', CMC Markets' chief market analysts Mike Hewson said, because it made people question what the Fed was seeing that traders weren't.

But the Bank of Canada followed suit yesterday, and markets in Europe climbed as expectations rose that the Bank of England and European Central Bank could do the same.

US stock markets climbed, with the Dow Jones adding 3.1pc, or almost 800 points, and the Nasdaq and S&P 500 rising almost

MARKET REPORT

by Francesca Washtell

3pc. Wall Street was also buoyed by former vice-president Joe Biden making sweeping gains in the so-called 'Super Tuesday' vote, which is the biggest day for presidential primaries for the US Democratic party.

The disappointing result for Bernie Sanders, who is seen by many investors as a hostile candidate for markets, boosted traders' moods.

Back on this side of the pond, the FTSE 100 rose 1.5pc, or 97.39 points, to 6815.59, even as the UK notched up its biggest day-on-day increase in coronavirus cases, bringing the total number to 87.

The mid-cap FTSE 250, which is less exposed to global events,

edged 0.3pc higher, up 60.18 points, to 19,742.83.

Consumer goods maker **Reckitt Benckiser** rose 5.4pc, or 314p, to 6100p as sales of soaps and hand sanitiser soared in the wake of the Covid-19 epidemic.

Oil prices fell by 0.8pc to \$51.50 a barrel as members of the Opec cartel mulled whether to cut their production further.

The lockdown in China in particular has meant far less oil would be used than normal, fuelling fears that there will be too much available which will push prices even lower. And gold prices also fell 0.2pc to \$1,637 an ounce, as the metal started losing its shine in the wake of central bank efforts.

Guarantor lender **Amigo** rose 3.7pc, or 1.45p, to 40.55p, after its founder and former boss James Benamor once again left the board. He has stepped down as a non-executive director of the firm, which has been branded a 'legal loan shark' by MPs, with immediate effect.

He left the board for the first time in September 2018, then

rejoined last December, and still owns 61pc of the company, which is up for sale.

Oilfield and engineering services provider **Wood Group** made gains after the Competition and Markets Authority gave the green light to the £250m sale of its nuclear business to US group Jacobs. Shares rose 2.8pc, or 10.2p, to 370p.

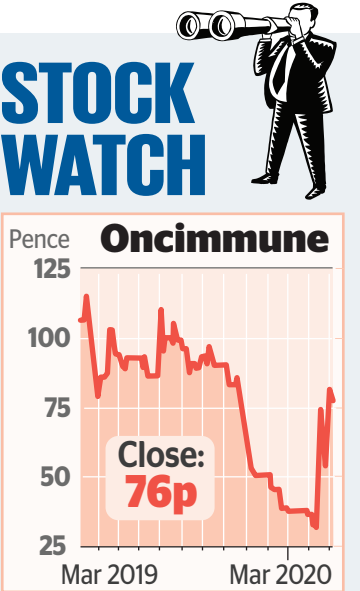
Elsewhere, packaging group **DS Smith** was a hit after putting out a relatively mundane update.

It hasn't been affected by the coronavirus yet, business is still going well, and the sale of its plastics division has completed.

The company's stock climbed 1.1pc, or 3.4p, to 325.9p.

Biffa was flat at 286p as the waste and recycling group said higher demand for recycled plastic offset a fall in demand for recovered paper last year.

And **ITV** and **Domino's Pizza** trailed into the red ahead of issuing financial results today. The media group fell 0.2pc, or 0.2p, to 116.5p, while Domino's shed 1.1pc, or 3.5p, to end at 305p.



■ **CANCER** detection specialist **Oncimmune** fell 6.8pc, or 5.5p, to 76p after it launched a lung cancer test in the US with a company called Biodesix.

Its test helps identify people who are more likely to have lung cancer if they have a suspicious nodule and it will be marketed alongside Biodesix's test, which helps identify people whose nodules are less likely to be cancerous.

This mean doctors can do a comprehensive check with just one blood sample and avoid invasive procedures.

		High	Low
Aerospace & Defence			
Aston Martin.....	297½	+4¼	1181 291
BAE Systems.....	613¼	+1¼	669 443½
Meggitt.....	555¼	+5½	697½ 489½
QinetiQ.....	342¼	+¼	387¼ 267
Rolls-Royce.....	607½	-28½	941¼ 600½
Senior.....	151½	+6¼	235 141¼
TI Fluid Systems.....	205½	+10½	273 155¼
Ultra Electronics.....	1970	+7	2292 1497
Banks			
Banco Santander.....	286	+1¼	402 283¼
Bank of Georgia.....	1513		1755 1252
Barclays.....	138½	-1	192½ 136½
BGEQ Group.....	1637	-49	1818 1252
HSBC Hldgs.....	512½	+2½	680½ 509¼
Lloyds Banking.....	48½	-¼	67¼ 48½
Royal Bank of Scot.....	168¼	-2¼	270½ 168¼
Stan Chartered.....	558½	+20¼	738½ 538¼
TBC Bank Group.....	1272	-4	1706 1150
Virgin Money UK.....	144½	-2½	220½ 104½
Beverages			
Barr (AG).....	540	-6	975 526
Brivvic.....	904	+22	1068 850
C&C Group.....	335½	+5½	410½ 3½
Coca-Cola HBC.....	2604	+22	3074 2299
Diageo.....	2832	+22	12362½ 2765½
Chemicals			
Croda Intnl.....	4706	-38	5375 4554
Elementis.....	99	+¼	184½ 98½
Johnson Matt.....	2528	+27	3454 2475
Synthoner.....	273¼	-3¼	420¼ 273¼
Victrex.....	2122	-6	2540 1845
Construction & Materials			
Balfour Beatty.....	245¼	+2½	293½ 194¼
CRH.....	2786	+29	3100 2279
Galliford Try.....	151½	+1	190½ 102½
Grafton Gp.....	845½	-6	990 645½
Ibstock.....	243¼	-8½	322¼ 208½
Marshall's.....	721½	-4½	876 543
Polypipe Group.....	550	+2½	619 372¼
Electricity			
Contour Global.....	176½	+1½	222½ 163
Drax Gp.....	268	+1½	386¼ 251
SSE.....	1643½	+65½	1686½ 1008
Electronic & Electrical Equipment			
Halma.....	2070	+16	2244 1600
Morgan Advanced.....	281¼	-4½	324¼ 232½
Oxford Instruments.....	1424	+14	1654 963
Renishaw.....	3416	+8	4638 3232
Spectris.....	2766	-20	3005 2234
Equity Investment Instruments			
3i Infrastructure.....	300	317½	270½
Aberforth Smr Cos.....	1258½	+18	1546 1114
AJ Bell.....	363½	+3½	477 285
Alliance Trust.....	777		876 730
Apax Global.....	166	+5	185½ 148½
AVI Global Trust.....	716	+1	802 695
Baillie Giff Japan.....	698	+8	848 675
Bankers InvTst.....	961	+15	1032 851
BBGI Sicav.....	160½		170 156
BlackRock Smir.....	1576	+46	1794 1298
BMO Global Smir.....	130¼	+1½	150 126
Caledonia Inv.....	2975		3180 2875

TOP RISERS	CLOSING PRICE	DAILY CHANGE	REASON
Genus	3612p	+5.74%	Dividend pile-in
Reckitt Benckiser	6100p	+5.43%	Soap demand
TI Fluid Systems	205.5p	+5.17%	Ford deal
Senior	151.9p	+4.69%	Broker note
Hill & Smith	1440p	+4.65%	Robust results
City of London IT.....	396½	+3½	448½ 382
Edin Inv Trst.....	545	+5	652 528
European Opp.....	821	-2	926 708
F&C Inv Trst.....	700	+5	786 672
Fidelity China.....	236	+3	253 205½
Fidelity Euro.....	254½	+4½	272 218
Fidelity Spec Val.....	239	-1½	280½ 230
Finisbury G&I Tst.....	826	-3	958 795
Foresight Solar.....	117	+1	127 112
GCP Infra Inv.....	123½	+4½	134 117
Genesis Emg.....	743		818 686
Greencoat UK.....	143½	+½	152¼ 133¼
Harbourvest.....	1750	+18	1868 1406
Herald Inv Trst.....	1356	-4	1530 1205
HG Capital Trst.....	267½		267½ 237
HICL Infr.....	174¼	-½	183 156½
JPM America.....	466½	+1	524 421
JPM Emerg Mkt.....	991	+9	1088 878
JPM Indian IT.....	646	-5	790 628
JPM Japan IT.....	395	+1	477½ 383
Jupiter Fund.....	305½	-10¼	432 300
Law Debenture.....	590		654 552
LXI REIT.....	132¼	+1½	140½ 125
M&G.....	202½		251½ 193½
Mercantile IT.....	243	+1	278½ 188
Monks Inv Tst.....	940	+5	1026 809
Murray Intl Tst.....	1092	+14	1286 1056
Next Energy Solar.....	117½		126½ 114
Pantheon Intl.....	2255	+55	2620 2020
Perpetual Inc&Gth.....	289½	+1	342 282½
Pershing Square.....	1392½	+8	1578 1224
Personal Assets.....	43200	+450	44050 39950
Polar Cap Tech.....	1590		1746 1220
Pollen Street.....	872	+16	884 802
Renewables Infra.....	135½	+½	139¼ 115½
RIT Cap Partners.....	2000		2180 1886
Schroder Asia.....	444	+3	485½ 424½
Scottish Inv Tst.....	740	+7	849 715
Scottish Mortgage.....	610	+4½	653 472
Sequoia Econ Infra.....	113		118½ 110
Smithson Inv.....	1278	+30	1388 1105
Syncona.....	246½	+2½	275 203
Temple Bar IT.....	1226	+16	1486 1162
Templeton Em.....	792		876 731
Vietnam Enter.....	420		509 404
VinaCapital Vietna.....	292	+7	357½ 270½
Witan Invest.....	204½	+2½	235 196
Wide Healthcare.....	3180	+80	3330 2495
Food Producers			
Assoc Brit Foods.....	2268	-11	2708 2106
Bakkavor.....	106½	+1½	149½ 93¼
Cranswick.....	3534	+84	3852 2488
Greencore Gp.....	218½	+4½	281¼ 193½
Hilton Food Gp.....	1030	+18	1118 905
Tate & Lyle.....	731	+4	801½ 663¼
Unilever.....	4459½	+24½	4775324 4112½
Forestry & Paper			
Mondi.....	1659½	+48½	1846 1510½
General Financial			
3i Group.....	1026½	+6½	1184½ 942¼
Ashmore Gp.....	478¼	+2¼	570 397¼
Brewin Dolphin.....	305	-4¼	375¼ 287½
Close Brothers.....	1281	+2	1663 1227
Coats Group.....	58½	-½	86¼ 58½
Finabril.....	49½	-1¼	215 49½
Hargravs Lansdwn.....	1482½	-37½	2433 1482
IG Gp.....	725¼	+6	725¼ 474¼
Integratn.....	483	+3	529 337
Intermediate Cap.....	1721	+54	1877 999
Intl Public Ptnshps.....	165	+1¼	171¼ 146¼
Investec.....	392½	+3½	518½ 385½
IP Group.....	66		100½ 55¼
John Laing Gp.....	356¼	-1¼	402 328½
London Stock Ex.....	7994	+130	8542 4538
Man Group.....	144½	-5½	175½ 130½
Onesavings.....	392¼	-3	452 313½
Paragon.....	461½	+3½	553½ 388
Plus500.....	957½	+7	957 495
Provident Fin.....	420½	+5½	583¼ 356
Quilter.....	152½	+¼	174¼ 124¼
Rathbone Brothers.....	1698	+16	2540 1680
Schroders.....	2884	-42	3443 2541
TP ICAP.....	383¼	+3¼	417½ 270
Health Care Equipment & Services			
Convatec.....	187	-5½	220½ 132½
Mediclinic Intl.....	364¼	+11½	415¼ 293½
NMC Health.....	1000		2942 700
Smith & Neph.....	1778½	-15½	1990 1444½
UDG Hlthcare.....	723	+1½	832½ 551
Housebuilders			
Barratt Devel.....	773½	+15¼	878½ 552¼
Bellway.....	3763	-21	4310 2698
Berkley Gp.....	4886	+71	5474 3437
Countryside Prop.....	485½	-4¼	540½ 277½
Crest Nicholson.....	452	-3½	519 332
McCarthy & Stone.....	134¼	+2½	158¼ 123½
Persimmon.....	2972	+30	3298 1836
Redrow.....	754½	+5	848 533
Taylor Wimpey.....	211½	+3¼	236¼ 142½
Vistry Group.....	1304½	-7	1478 975
Industrial Transportation			
Clarkson.....	2510	-40	3110 2200
Fisher (James).....	1892	+64	2260 1680
Royal Mail.....	164½	+3¼	268½ 161½
Signature Avi.....	291¼		406 291¼

TOP FALLERS	CLOSING PRICE	DAILY CHANGE	REASON
Signature Aviation	266p	-6.11%	Analyst note
Restaurant Group	93.05p	5.34%	Coronavirus worries
Hammerson	191.2p	-4.73%	Rival's woes
William Hill	139.75p	-4.48%	Market mood
Rolls-Royce	607.4p	-4.47%	Investor sentiment
Industrials			
Bodycote.....	763	-4½	971 652
Hill & Smith.....	1440	+64	1510 1049
IMI.....	1031½	-8½	1206 906
Melrose Ind.....	205½	-1½	248½ 160¼
RHI Magnesita.....	2868	-88	5000 2868
Rotork.....	301½	-4½	341¼ 269¼
Smith (DS).....	325½	+3½	394¼ 307½
Smiths Gp.....	1567½	+10	1769½ 1378
Smurfit Kappa Gp.....	2734	+50	3010 2096
Spirax-Sarco.....	8825	+70	9415 6915
Vesuvius.....	415	-15½	642 341
Weir Gp.....	1305½	+32½	1814 1250½
Leisure Goods			
Games Workshop.....	6655½	+40	7350 2800
Watches of Switz.....	300	+9½	392¼ 270
Life Insurance			
Aviva.....	350½	+4½	438½ 343¼
Legal & General.....	261½	-3½	318½ 216¼
Phoenix Gp.....	713	+5	803 634¼
Prudential.....	1288½	+25½	1790 1263
St James Place.....	995½	-20½	1199½ 913½
Stan Life Aberdeen.....	285¼	+5¼	336½ 238½
Media			
4imprint.....	3080	-50	3500 2150
Ascential.....	335½	+5¼	421¼ 319
Auto Trader Gp.....	521½	+4¼	607½ 469½
DailyMail&GenTst.....	744		877 632
Euromy Inst.....	1084	+12	1498 1036
Future.....	1174	-2	1572 736
Informa.....	651	-4¼	892 651
ITV.....	116½	-2	156½ 103½
Moneyprmtk.com.....	315	-½	417¼ 307¼
Pearson.....	565½	+11¼	927 550
RELX.....	1933½	+12½	2099 1606
Rightmove Group.....	613½	-12	701¼ 495
WPP.....	761½	+6½	1077½ 740½
Mining			
Anglo American.....	1917½	+14½	2266 1666½
Antofagasta.....	790½	+12	1022½ 752
BHP Group.....	1499½	+36¼	2049 1418½
Centamin.....	139¼	-1½	153½ 79½
Evraz.....	328½	-2¼	709½

CARLISLE RTV

2.15 —RACINGTV.COM 'HANDS AND HEELS' HANDICAP HURDLE (CONDITIONALS/AMATEURS) (5) £7,463 added (£3,899) 2m 3f 61yds (4)

1	62545P	MUROOR 85 (V) (D2) (S) V Thompson 7-11-12	Mr B Bromley (5)	71
2	21LP-46	ECHO EXPRESS 201 N Richards 8-11-8	Mr L Hodgins (5)	75
3	13-45PL	COURT DISMISSED 37 (P) (S) D McCain 10-11-7		

4	74-5P16	SOUTHEAST ROSE 37 (S) M Todhunter 7-11-5	J Williamson	77
5	75-L242	BARNAY 17 (P) (BF2) Jennie Candlish 5-11-3	T Gillard	78
6	3612/L3	THE PINE MARTIN 37 M Hammond 10-10-12	Emma Smith-Chaston	76
7	3PUUL3	EMISSAIRE 17 (T) Miss L Russell 6-10-11	Mr C Wadge (3)	76
8	OL-7344	GOLD FIELDS 21 Laura Morgan 6-10-4	Mr L Dobb (5)	73

Probable SP: 2 Barnay, 9-2 Gold Fields, 5 Southeast Rose, 11-2 The Pine Martin, 6 Emissaire, 7 Echo Express.

FAVOURITES: ———— 3 1 (W 11-12). AGES: ———— 11 6

2019: Jurys Out 6 11 9 (Connor Brace) 2-1 Fav Miss V Williams 9 ran.

2.50 —INTRODUCING RACING TV NOVICES' HANDICAP CHASE (4) £10,900 added (£6,173) 2m 4f 198yds (4)

1	22-4P14	UPTOWN HARRY 38 (BF) Mrs J Walton 6-12-2	R Chapman	—
2	22-5413	ETILIA DE SIVOLA 59 (B) (S) J Ewart 6-11-12	B Hughes	76
3	54-4P17	MANETTI 38 (S) N Alexander 8-11-6	Lucy Alexander	75
4	26-2321	LASTIN' MEMORIES 38 (B) (S) Miss S Forster 8-10-6	J Hamilton	78

Probable SP: 6-5 Lastin' Memories, 5-2 Etilla De Sivola, 4 Uptown Harry, 6 Manetti.

FAVOURITES & 2019: No corresponding race.

3.25 —PLOUGH NOVICES' HURDLE (4) £7,000 added (£4,549) 3m 123yds (4)

1	1/32-211	FIRST ACCOUNT 8 (S) K Dalgleish 6-11-9	C Nichol	78
2	1111-F3	GLITTERING LOVE 37 (P) N Richards 8-11-3	B Hughes	—
3	27-F532	PORTSTORM 46 I Duncan 5-11-3	C O'Farrell	77
4	7-4324	SKIDDAW TARA 46 N Richards 6-11-3	R Day	71

Probable SP: 6-4 First Account, 7-4 Glittering Love, 3 Portstorm, 14 Skiddaw Tara.

FAVOURITES & 2019: No corresponding race.

4.00 —EVERY RACE LIVE ON RACING TV HANDICAP CHASE (4) £10,400 added (£5,848) 2m 4f (6)

1	7U21-32	UP HELLY AA KING 53 (T) (C) (S) N Alexander 9-12-7	G Cockburn (3)	76
2	136-UB6	DIVINE PORT 13 (PT) (C) (S) Miss P Robson 10-12-7	T Gillard (7)	70
3	P-L2L4P	ORIONINVERNESS 61 (PT) (D3) (S) Miss L Russell 9-11-12		

4	6P-PTU5	INTO THE BREACH 14 (P) J Ewart 7-10-13	B Hughes	74
5	L76B32	REAL ARMANI 31 (T) Mrs J Walton 8-10-10	R Chapman	78
6	L31235	KITTY FISHER 38 (D) (S) Miss S Forster 10-10-10	J Hamilton	76

Probable SP: 9-4 Real Armani, 5-2 Up Helly Aa King, 4 Into The Breach, 13-2 Orioninverness, 8 Divine Port, 10 Kitty Fisher.

FAVOURITES & 2019: No corresponding race.

WINCANTON RTV

1.50 —IRISH THOROUGHBRED MARKETING MARES' NOVICES' HURDLE (4) £6,500 added (£4,224) 1m 7f 65yds (15)

101	F-2P	AKARDASHIAN 35 (T) J Scott 5-11-0	M Griffiths	—
102	L	BLAZING DESTINY 58 (H) D Steele 6-11-0	N F Houlihan (3)	—
103	51	BORN IN BORRIS 46 C Tizzard 6-11-0	H Cobden	—
104	777	CHINA FLOWER 39 T Lawes 5-11-0	T Cannon	—
105	L-4	CUCUMBER GIN 353 Nicky Martin 6-11-0	B Carver (5)	—
106	P	HIMEMIYA 35 M Blake 7-11-0	K Edgar	—
107	118H	HOLLYMOUNT HOLLY 49 K Bailey 6-11-0	D Bass	—
108		JUST TARA Louise Cabbie 8-11-0	B R Jones (3)	—
109	0-48	KAYE SERRA SERRA 13 A Honeyball 5-11-0	R Dingli (3)	—
110	59	LITTLE RIVER BAY 90 P Hobbs 5-11-0	A Coleman	—
111	4P-LP10	MARILYN MONROE 8 A Honeyball 7-11-0	A Coleman	—
112	13-UPLO	MRS TROUT 44 (H) K Bishop 10-11-0	Miss T Eyston (7)	—
113	31406L	NOTAWOODFALIE 65 Jonjo O'Neill 5-11-0	J O'Neill Jr.	—
114	40	WHOOPEY 322 H Daly 5-11-0	T J O'Brien	—
115	80H	MOSSY GLEN 47 J W Mullins 4-10-6	J McGrath	—

Probable SP: 11-8 Hollymount Holly, 3 Born In Borris, 4 Little River Bay.

FAVOURITES: ———— 1 AGES: ———— 4

2019: Miranda 4 10 12 (Harry Cobden) 2-5 Fav P Nicholls 11 ran.

2.25 —DOWNLOAD THE STAR SPORTS APP NOW! MAIDEN HURDLE (5) £5,000 added (£3,249) 2m 3f 166yds (12)

201	08RL4	ALKADEMON 32 Miss L Blackford 6-11-2	S Houlihan (3)	—
202	9P5	ARDBRUCE 24 J W Mullins 7-11-2	J McGrath	—
203	21-4	BLAZER'S MILL 63 (BF) Oly Murphy 6-11-2	R Johnson	58
204	052P	BUCKHORN GEORGE 64 C Tizzard 5-11-2	J O'Neill Jr.	71
205	6	CALL SIMON 90 P Hobbs 5-11-2	T J O'Brien	—
206	504	HOW'S THE CRICKET 35 J Farrelly 5-11-2	R Dunne	—
207	22LP0P	INTO THE WOODS 8 (BT) D Pipe 6-11-2	T Scudamore	—
208	5P0	LEGENDE DE MINUIT 13 H Fry 6-11-2	J J Burke	—
209	5/234F2	MICKEY BUCKMAN 14 G Mc Moore 7-11-2	Joshua Moore	78
210	1/3	SENDING LOVE 26 P Nichols 7-11-2	H Cobden	77
211	PPP-7L	THESTOPPERDUNNE 105 (P) K Bishop 7-11-2	J Best	—
212	9H	SAM MIGUEL 35 C Heard 4-10-7	L Heard	—

Probable SP: 2 Mickey Buckman, 5-2 Sending Love, 4 Buckyhorn George.

FAVOURITES: ———— 1 3 1 AGES: ———— 6 5

2019: Storm Arising 5 11 2 (Harry Cobden) 11-8 Jifav P Nicholls 10 ran.

3.00 —JULIA DUFF 60TH BIRTHDAY HANDICAP HURDLE (5) £6,511 added (£3,249) 2m 3f 166yds (18)

301	6-L2P9	FENRIR BINDING 77 (T) G Smyly 5-11-12	J Nailor (5)	71
302	17-6L26	STREETS OF FIRE 47 (T) J R Auvray 6-11-10	H Nugent (5)	72
303	12/5P1-P	KALARIKA 60 (BT) (S) C Tizzard 7-11-10	H Cobden	—
304	PU-5L78	ESPRESSINO 44 (H) C Dannon 6-11-9	B Carver (5)	72
305	67947	KENDU 42 (P) N Hawke 5-11-7	D Noonan	—
306	1-6/80	FIRST DESTINATION 120 Robert Stephens 8-11-6	T J O'Brien	69
307	117-347	GOODGIRLTREX 34 Kayley Woolacott 10-11-5	Mr J Newman (7)	67
308	PLT-3U1	DR OAKLEY (7ibex) 8 (C) (S) Henry Oliver 6-11-5	M Davies	67
309	66-544P	EN COEUR 86 J W Mullins 6-11-3	J McGrath	73
310	LLP7LP	SPRING STEEL 32 (T) Alexandra Dunn 11-11-3	Miss T Eyston (7)	—
311	323L-P	CASSIVELLAUNUS 45 (B) (S) G Steele 8-11-0	N F Houlihan (3)	—
312	1223-48	I'M IN CHARGE 251 (T) (G) J Dannon 14-11-0	N Schofield	—
313	56-0863	HARRY HAWK 49 P C Dando 8-10-13	M Bastyan (5)	74
314	6220LP	OUR NEST EGG 39 (HT) P Henderson 7-10-12	P Brennan	71
315	U76554	NO NO TONIC 32 (P) M Gillard 6-10-8	Mr F Gillard (7)	72
316	7LL	KAPITALISTE 32 (P) Alexandra Dunn 4-10-7	A Wedge	72
317	0-P0154	TRUE THOUGHTS 76 (T) (C&D) (S) Mrs L Young 5-10-5	G Sheehan	71

318 7L0L45 CANDYMAN CAN 44 (H) Miss L Hurley 10-10-2 Page Fuller (3) | 71 |

Probable SP: 9-4 Dr Oakley, 7 Harry Haze, 8 No No Tonic, 10 Kalarika, 12 Goodgirlteresa, 11 Streets Of Fire, Candyman Can, 14 True Thoughts.

FAVOURITES: 1 0 1 2 0 — 0 0 3 (W 11-3). AGES: 6 6 6 7 1 — 6 7 7

2019: Amzac Magic 7 11 7 (Nick Schofield) 4-1 Jack Barber 14 ran.

TRACK FACTS: JACKPOT MEETING. R-H course. GOING: Soft-good to soft in places. Top jockey: Harry Cobden. Top trainer: P Nicholls.

Placed in the race last year: 4.45 Barbrook Star (1st). Headgear first time: 1.50 Akardashian, Blazing Destiny, 2.25 Into The Woods, 3.00 Cassivellaunus, Kapitaliste, No No Tonic, Streets Of Fire, 3.35 Bill And Barn, Calypso Jack, Deewhy, Putdecashonthedash, 4.10 Hygrove Percy. Longest travellers: Calypso Jack (3.35) & Deewhy (3.35) 148 miles. Drop in Class: 1.50 Whoopey is down 2 grades on last run (Class 2 to Class 4); 2.25 How's The Cricket (2). First run since wind surgery: 1.50 Cucumber Gin, 2.25 Blazer's Mill, 3.00 Kalarika, En Coeur, True Thoughts, 3.35 Mr Washington, 4.10 Cilaos Glace, 4.45 Spider's Bite.

ROBIN GOODFELLOW

2.15	Barnay	
2.50	Lastin' Memories	
3.25	Portstorm	
4.00	Real Armani	
4.35	Cracking Destiny	
5.10	Skipping On	
5.45	Honda Fifty	

GIMCRACK

2.15	Gold Fields	
2.50	Manetti	
3.25	First Account	
4.00	Kitty Fisher	
4.35	Elusive Red	
5.10	Ripstick	
5.45	Lanty Sleat	

4.35 —WATCH RACING TV NOW NOVICES' HURDLE (4) £7,000 added (£4,549) 2m 1f (8)

1	6-P#	ARCANJA 55 G Bewley 6-11-1	J Bewley (3)	—
2	PPBP1/9	COCKLE BAY 38 (T) Miss L Russell 8-11-1	D R Fox	50
3	143-122	CRACKING DESTINY 33 A Whillans 7-11-1	C Bewley	—
4	6390L	ELUSIVE RED 17 F Murtagh 6-11-1	L Murtagh (3)	42
5	LL#	IBN AL EMARAT 13 F Murtagh 5-11-1	S Quinlan	54
6	4-344	MINT CONDITION 13 Jennie Candlish 6-11-1	B Hughes	78
7	364-343H	SHAW'S BRIDGE 13 (H) K Dalgleish 7-11-1	C Nichol	63
8	PF5	AFRICAN GLORY 46 M Todhunter 6-10-8	R Day	—

Probable SP: 6-4 Cracking Destiny, 13-8 Mint Condition, 3 Shaws Bridge.

FAVOURITES & 2019: No corresponding race.

5.10 —EDEN HANDICAP CHASE (4) £10,900 added (£6,173) 1m 7f 207yds (6)

1	311316	MAH MATE BOB 53 (D) (S) G Bewley 8-12-1	J Bewley (3)	77
2	43137F	LE FRANK 45 (T) (C&D) (S) Miss L Russell 8-11-12	B Campbell (3)	76
3	L-4P/L3	SKIPPING ON 5 (HP) (C2) (S) Laura Morgan 11-11-9	P Cowley (5)	71
4	3-23114	CHARLIE SNOW ANGEL 53 (T) (D) (S) Miss S Forster 1-11-6	J Hamilton	74

5	521325	RIPSTICK 30 (D) (S) J Walton 9-10-1	C O'Farrell	78
6	227332	BLACK KETTLE 85 (D) (S) M Hammond 10-10-0	A Cawley	77

Probable SP: 3 Black Kettle, 7-2 Skipping On, 4 Mah Mate Bob, 9-2 Le Frank, 5 Ripstick, 8 Charlie Snow Angel.

FAVOURITES & 2019: No corresponding race.

5.45 —JOIN RACING TV NOW INTERMEDIATE OPEN NH FLAT RACE (5) £4,000 added (£2,599) 2m 1f (4)

1	424	GRUMPY MCGRUMPLACE 16 K Dalgleish 5-11-2	C Nichol	—
2	2-2	HOLLY FIFTY 84 D Whillans 6-11-2	C Whillans (3)	—
3		LANTY SLEA N Richards 5-11-2	R Day	—
4	0	THE GAP 302 Mrs A Hamilton 5-11-2	D McMenamin (3)	—

Probable SP: 7-4 Lanty Sleat, 2 Honda Fifty, Grumpy Mcgrumplace, 16 The Gap.

FAVOURITES: 0 0 1 1 2 2 0 1 AGES: 5 5 5 4 4 4 5 5 5

2019: Rintulla 5 11 2 (Daryl Jackson) 2-1 Fav B Pauling 7 ran.

TRACK FACTS: PRINCIPAL MEETING. R-H course. GOING: Heavy. Top jockey: Brian Hughes. Top trainer: D McCann. Headgear first time: 3.25 Glittering Love. Longest travellers: Arcanja (4.35) & Mah Mate Bob (5.10) 282 miles. Drop in Class: None today. First run since wind surgery: 4.50 Orioninverness.

ROBIN GOODFELLOW

1.50	Hollymount Holly	
2.25	Blazer's Mill	
3.00	Dr Oakley	
3.35	Putdecashonthedash	
4.10	Midnight Midge	
4.45	Le Boizelo	
5.20	Time To Tinker	

GIMCRACK

1.50	Hollymount Holly	
2.25	Call Simon	
3.00	Streets Of Fire	
3.35	Putdecashonthedash	
4.10	Darsi In The Park	
4.45	Abussion	
5.20	Captain Biggles	

3.35 —STARSPORTS BET NOVICES' HANDICAP CHASE (4) £8,800 added (£4,809) 3m 1f 30yds (12)

401	P5-31P3	CLONDAW BISTO 27 (B) (S) Miss S Smith 9-12-0	T J O'Brien	76
402	3P-12P2	PADDY'S RUNNER 91 (P) Christian Williams 8-11-12	A Wedge	68
403	4-4375	FOOTLOOSE 28 (T) J Snowden 6-11-12	G Sheehan	72
404	LLP2FP	BILL AND BARN 34 (V) J W Mullins 9-11-11	N Schofield	75
405	3-L43/L1	HIT THE HIGHWAY 91 (PT) (C) G Gordon 11-11-10	T Cannon	76
406	3-L522F	PUTDECASHONTHEDASH 39 (PT) K Burke 7-11-9	T Bellamy	78
407	23/L-35P	MR WASHINGTON 41 (PT) David Dennis 7-11-0	S Twiston-Davies	—
408	P6-OL8P	DARSI ROSE 32 (P) Miss L Hurley 7-10-6	E Austin (7)	—
409	20-9937	MR MAGIL 32 (T) K Burke 8-10-5	B Godfrey (7)	—
410	2-2/LP/LP	CALL A DOODLE DOO 34 Miss V Williams 8-10-5	C Deutsch	65
411	LP-LF	DEEWY 41 (HT) Mrs L Jewell 7-10-0	NON RUNNER	—
412	0-6L7P	CALYPSO JACK 41 (V) Mrs L Jewell 7-10-0	D Crosse	—

Probable SP: 11-4 Hit The Highway, 3 Putdecashonthedash, 6 Clondaw Bisto, 7 Footloose, 8 Bill And Barn, 10 Cock A Doodle Doo, 12 Mr Magil.

FAVOURITES: ———— 0 1 2 (W 11-9). AGES: ———— 10 7 7

2019: Findusatgorgombe 7 10 6 (Bryony Frost) 3-1 J Frost 9 ran.

4.10 —READ DAVID RUSSELL'S EXCLUSIVE BOULDER STARSPOBET.CO.UK HANDICAP HURDLE (3) £11,400 added (£6,498) 2m 5f 82yds (12)

501	04-247F	SMACKWATER JACK 8 (DBF) (S) Oly Murphy 6-11-12	L Stones (7)	73
502	412-017	DUC DE BEAUCHENE 70 (T) (D2) (S) D Pipe 7-11-11	T Scudamore	75
503	12123-6	COLLOUNEO 70 (T) (S) Oly Murphy 6-11-9	A Coleman	70
504	46/1474	HYGROVE PERCY 35 (P) (S) N Mulholland 7-11-9	H Reed (3)	78
505	211-120	EARTH MOOR 12 (GS) P Hobbs 6-11-8	R Johnson	74
506	7611-8U	CILAOS GLACE 85 (O) S Herwood 7-11-7	J J Burke	77
507	2-7/LP/L	KUIPER BELT 12 (C) Christian Williams 6-11-5	J Bowen	71
508	1622-11	MIDNIGHT MIDGE 105 (H) (C2) (S) R Hodges 6-11-5	B Carver (5)	73
509	5L4-2U7	LUNGARNO PALACE 35 (S) F O'Brien 9-11-5	P Brennan	76
510	U18/U-18	DARSI IN THE PARK 26 (S) Jonjo O'Neill 7-11-2	J O'Neill Jr.	77
511	3-L1444	DEMON FOU 70 (C&D) (G) J Scott 7-11-0	N Schofield	76
512	5L0975	UOMO MAS 14 (S) Christian Williams 6-10-0	A Wedge	70

Probable SP: 9-4 Darsi In The Park, 9-2 Midnight Midge, 7 Smackwater Jack, 8 Hygrove Percy, 10 Cilaos Glace, Duc De Beauchene, 12 Earth Moor.

FAVOURITES: ———— 0 (W 11-9). AGES: ———— 7

2019: Kings Ryde 7 11 9 (Nico De Boinville) 13-2 N Henderson 13 ran.

4.45

I FEARED FOR MY LIFE

JACK LEACH on his sepsis horror



Spin king: Leach may miss the Sri Lanka series after yet another setback and (left) in action

GETTY IMAGES



JACK LEACH has revealed he feared for his life when he contracted sepsis in New Zealand earlier this winter.

Leach has endured a traumatic time since his supporting role in the Ashes miracle of Headingley alongside Ben Stokes, suffering serious illness in both New Zealand and South Africa.

But having made a full recovery, the left-arm spinner now has a calf injury and admits he faces a battle to be fit for the two-Test series in Sri Lanka, where he would be a key figure in the absence of Moeen Ali and Adil Rashid.

For now, he is just thankful to be in Colombo working on his fitness before the first of two warm-up games on Saturday. The illnesses that ruined his tours of New Zealand and South Africa could have had far more serious consequences.

'I didn't know too much about it at the time, how serious it could be, but I remember feeling very, very ill,' said Leach yesterday of the sepsis he picked up before the



by **PAUL NEWMAN**
Cricket Correspondent

second Test in Hamilton before Christmas. 'I remember thinking, "Don't fall asleep because you might not wake up". It was that serious in terms of how I was feeling.'

'I was out of it really. My blood pressure was dropping quickly, my heart-rate was 190 and my temperature was 40 degrees. That's when they called an ambulance and got me to hospital.'

'Once I got there, got the antibiotics in my arm and on to a drip, I started to feel better quite quickly. But it still took a couple of nights in hospital and I was probably still recovering when I flew back from New Zealand. It took longer to get over than I thought.'

There were more repercussions for Leach, who suffers from Crohn's disease, when flu and stomach viruses swept through the England camp when they arrived in South

Africa ahead of the first Test in Centurion on Boxing Day.

'I picked up a couple of things out there and my body couldn't cope,' said the 28-year-old. 'Other people got ill but I struggled to shake it off as well as a healthy person.'

'The medication I'm on for Crohn's weakens my immune system, so it's a bit more of a struggle. You can start to feel fine in general but playing high level sport is a completely different thing. That's probably something I didn't think through enough.'

The problems have left Leach, who flew home from South Africa without playing a Test in the 3-1 victory, more sensitive than most to the threat of coronavirus. 'I've been nervous in England but I feel fine here,' he said.

'I've come to a safer place. I guess I am a bit more concerned than others. These things affect the older generation more but, with my medication, my immune system may

be similar to them. We've been given packs to use with wipes and hand sanitisers and we're drinking bottled water. I just have to do the right things and keep my fingers crossed.'

Leach is now trying to recover from the calf problem picked up in training at home that was revealed by *Sportmail* last week. That could threaten his chances of replicating his productive tour of Sri Lanka in 2018 when he formed a potent threat with Moeen and Rashid.

'I'm still a little bit off but we've got a bit of time,' added Leach. 'The main part of the tour is the two Tests and I'll be doing everything I can to get back for them.'

The absence of Leach would leave England relying on his Somerset team-mate Dom Bess and the raw Matt Parkinson — yet to play in a Test — for specialist spin in a country where such an attack is integral if England are to gain the 120 World Championship points up for grabs in this mini-series.

21
LEACH'S bowling average in Sri Lanka, where he has 18 wickets in three Tests and an economy rate of 2.70

Seven teams in legal threat over Ferrari 'cheating' row

FORMULA ONE

By **JONATHAN McEVOY**

SEVEN teams yesterday threatened to take Ferrari and the FIA to court for hushing up a potentially illegal Ferrari engine, in the sport's biggest 'cheating' storm in a decade.

In an unprecedented affront to the FIA's authority, all the non-Ferrari supplied competitors — including Lewis Hamilton's Mercedes team, Red Bull and McLaren — issued identical statements at precisely 10am in a rare show of solidarity.

Sportmail understands that the disgruntled 'Gang of Seven' also submitted a long list of questions to the FIA. At the heart of the dispute is the legality of Ferrari's engine last season and the FIA's investigation into the potential breach of fuel-flow pressure that seemingly gave drivers Sebastian Vettel (right) and Charles Leclerc a straight-line advantage. It came to a head last week when the FIA issued a statement saying they had investigated and 'reached an agreement (with Ferrari),' adding: 'The specifics of the agreement will remain between the parties.' This lack of transparency — and the timing of the notification, when F1 personnel were leaving pre-season testing in Barcelona — led to yesterday's detonation ahead of the new campaign, which begins in Melbourne a week on Sunday.

The 'Gang of Seven' said: 'We were surprised and shocked by the FIA's statement regarding the conclusion of its investigation into Ferrari's power unit. An international sporting regulator has the responsibility to act with the highest standards of governance, integrity and transparency. After months of investigations undertaken by the FIA only following queries raised by other teams, we strongly object to the FIA reaching a confidential settlement agreement with Ferrari. 'We hereby state publicly our shared commitment to pursue full and proper disclosure, to ensure that our sport treats all competitors fairly and equally. In addition, we reserve our rights to seek legal redress, within the FIA's due process and before the competent courts.' Ferrari denied all accusations.



■ **WILLIE MULLINS-trained Cilaos Emery was the only horse supplemented to the Champion Hurdle field at yesterday's penultimate declaration stage at a cost of £22,500. The eight-year-old successfully switched back to hurdles for his last run after falling over fences behind stablemate Chacun Pour Soi in the Dublin Chase on his previous start. Cilaos Emery is a 13-2 shot.**

■ **SANDOWN will inspect at 8am today to see if Friday's meeting can go ahead, with parts of the track waterlogged.**

■ **FLAT jockey Rab Havlin registered his 1,000th career winner when Pitcher's Point landed the Ladbrokes Where The Nation Plays Novice Stakes at Lingfield yesterday.**

MARCUS TOWNEND

C — Carlisle
N — Newcastle
S — Southwell
W — Wincanton

Aces N Kings..... S 2.35
African Glory..... C 4.35
Agreed..... N 4.55
Air Navigator..... W 4.45
Airshow..... S 4.20
Akardashian..... W 1.50
Aleef..... S 4.20
Aleydali..... N 4.55
Alkademon..... W 2.25
Aloysius Lilius..... N 6.00
Arcanjia..... C 4.35
Arcavillo..... N 8.30
Archimedes..... N 8.30
Arctic Poet..... W 5.20
Arduous..... W 2.25
Ayr Poet..... N 7.30
Badger Berry..... S 3.10
Barbrook Star..... W 4.45
Barnay..... C 2.15
Betty Grable..... N 7.30
Betushka..... S 2.35
Bill And Barn..... W 3.35
Black Kettle..... C 5.10

Blazer's Mill..... W 2.25
Blazing Destiny..... W 1.50
Bobhopeomohope..... W 5.20
Born In Boris..... W 1.50
Broadclyst..... W 4.45
Broken Rifle..... S 2.00
Broken Spear..... S 4.20
Brute Force..... S 2.35
Buccaneers Vault..... N 6.30
Buckhorn George..... W 2.25
Call Simon..... W 2.25
Calypto Jack..... W 3.35
Candyman Can..... W 3.00
Captain Biggles..... W 5.20
Captain St Lucier..... S 2.35
Cassivellanus..... W 3.00
Champagne Mondays..... S 3.10
Charlie Arthur..... S 3.45
Charlie Snow Angel..... C 5.10
Chitra..... N 6.00
Charmore..... N 5.30
Cherillie..... N 4.55
Cherubin De Pail..... W 5.20
China Flower..... W 1.50
Class Glace..... W 4.10
Class Clown..... N 8.00
Clondaw Bisto..... W 3.35
Cock A Doodle Doo..... W 2.25

Cockle Bay..... C 4.35
Collooney..... W 4.10
Comeatchoo..... N 5.30
Contingency Fee..... S 4.50
Convivial..... S 2.35
Country Western..... S 4.50
Court Dismissed..... C 2.15
Cucumber Gin..... W 1.50
Cracking Destiny..... C 4.35
Cuckoo..... N 6.30
Dancing Speed..... N 7.00
Dante..... S 2.35
Dark Heart..... N 4.55
Darsi In The Park..... W 4.10
Darsi Rose..... W 3.35
Deewy..... W 3.35
Demon Fou..... W 4.10
Divine Port..... C 4.00
Dixieland..... N 7.30
Doc Sportello..... S 4.20
Don't Be Surprised..... N 7.30
Double Up..... N 6.00
Dr Oakley..... W 3.00
Duc De Beauchene..... W 4.10
Earth Moor..... W 4.10
Echo Express..... C 2.15
El Agromomo..... S 3.10
Elusive Red..... C 4.35
Emissaire..... C 2.15

En Coeur..... W 3.00
Encoded..... N 8.30
Equiano Springs..... N 6.30
Espresso..... W 3.00
Etila De Sivola..... C 2.50
Fenrir Binding..... W 3.00
First Account..... C 3.25
First Destination..... W 3.00
Footloose..... W 3.35
Foxy Forever..... N 6.00
Frankie Baby..... W 5.20
Full Secret..... N 8.00
Ghost Buy..... S 3.10
Glenamoy Lad..... N 6.30
Glentuan..... W 5.20
Glittering Love..... C 3.25
Gold Fields..... C 2.15
Goodgritressa..... W 3.00
Got The T Shirt..... N 8.00
Grangeclare Glory..... W 5.20
Grumpy McGrumplace..... C 5.45
Gwedore..... N 6.00
Harry George..... N 7.00
Harry Haze..... W 3.00
Harry Hurricane..... S 4.20
Hellotagame..... S 3.10
Himemiyia..... W 1.50
Hit The Highway..... W 3.35

Hollymount Holly..... W 1.50
Honda Fifty..... C 5.45
Kitty Fisher..... C 4.00
Kuiper Belt..... W 4.10
Lacan..... S 3.10
Lanty Slea..... N 5.30
Lady Latte..... N 5.30
Lantia..... C 5.45
Le Boizelle..... W 4.45
Le Frank..... C 5.10
Legende de Minuit..... W 2.25
Light Lily..... S 2.00
Light River Bay..... W 1.50
Longroom..... N 8.30
Lopes Dancer..... S 4.50
Lungarno Palace..... W 4.10
Mah Mate Bob..... C 5.10
Manetti..... C 2.50
Mango Chutney..... N 7.00
Margaret J..... N 7.00
Marietta Robusti..... N 8.30
Marlyn Monroe..... W 1.50
Mesmeric..... S 2.35
Mia Mento..... N 6.30
Mickey Buckman..... W 2.25
Midnight Midge..... W 4.10
Mint Condition..... C 4.35

Mister Music..... S 3.45
Mossy Glen..... W 1.50
Mr Magill..... W 3.35
Mr Washington..... W 3.35
Mrs Munnally..... S 3.10
Mrs Trout..... W 1.50
Mukha Magic..... S 4.50
Muroor..... C 2.15
Mystic River..... S 2.00
Northgate Lad..... N 6.30
Notawordofit..... W 1.50
Oneupmanship..... W 5.20
Orioninverness..... C 4.00
Our Nest Egg..... W 3.00
Paddy's Runner..... W 3.35
Parker's Boy..... S 3.10
Patrick..... N 8.30
Pearl Spectre..... N 7.30
Perfect Soldier..... N 7.00
Peruvian Summer..... W 7.30
Poppy May..... S 3.10
Portstorm..... C 3.25
Potenza..... S 4.50
Primo's Comet..... N 6.00
Prince Consort..... N 7.00
Puerto Sol..... N 8.00

Putdecashonthedash..... W 3.35
Qaarat..... N 8.30
Quite By Chance..... W 4.45
Real Armani..... C 4.00
Rebecke..... S 3.10
Rebeljustforicks..... N 7.30
Reverberation..... N 7.00
Rince Delreanach..... N 7.30
Ripstick..... C 5.10
River Song..... S 2.00
Rockley Point..... N 8.30
Rulers Kingdom..... S 2.00
Sam Miguel..... W 2.25
Samoyor..... S 4.20
Sending Love..... W 2.25
Shaws Bridge..... C 4.35
Shoot To Win..... S 2.35
Skiddaw Tara..... C 3.25
Skipping On..... C 5.10
Smackwater Jack..... W 4.10
Smurphy Enki..... W 5.20
Song Of The Hunter..... W 5.20
Southeast Rose..... C 2.15
Spark Of War..... N 7.00
Spider's Bite..... W 4.45
Spring Steel..... W 3.00
Street Life..... N 5.30

Summerbridge..... S 2.35
Superiority..... N 5.30
Tathmeen..... N 6.00
Temur Khan..... S 4.50
That Ole Chestnut..... W 5.20
The Eagle's Nest..... S 3.45
The Gap..... C 5.45
The Pine Martin..... C 2.15
The Topperdunne..... W 2.25
Tilsworth Rose..... S 3.10
Time To Tinker..... W 5.20
Tizwitiz..... S 3.10
True Thoughts..... W 3.00
Uno Mas..... W 4.10
Up Helly Aa King..... C 4.00
Upton Harry..... C 2.50
Van Gerven..... N 8.30
Velma..... N 8.00
Walkie Waves..... W 4.45
War Whisper..... N 6.00
Whopsey..... W 1.50
Windance..... W 5.20
Young Tiger..... N 6.00
Zarkavon..... N 7.30
Zodiakos..... S 3.45
Zuckerberg..... N 8.00
Zylan..... S 4.20

Fleetwood urges 'harsh' Azinger to pipe down

AS EVER with Tommy Fleetwood, the tone was measured and the words considered — but he made no secret of his displeasure at finding himself in the middle of a storm following some ill-conceived comments by controversial American Paul Azinger. Speaking for the first time about Azinger's lofty dismissal of his five wins in Europe and the European Tour in general — Azinger thinks players have to win in America to prove themselves — the Merseysider made a point that ought to provide the 2008 US Ryder Cup captain with food for thought. 'There's a few layers to this and one that should be considered is the effect such comments can have on a player's

GOLF

EXCLUSIVE By DEREK LAWRENSON

mental health,' the 29-year-old told *Sportsmail*. 'It won't bother me, but some players could see it in a very bad light. Imagine if you're doing great in your career; you've won a few times and getting closer and closer to the winning line in America, and then you're faced with a harsh statement like that?' Fleetwood added: 'It was a disappointing two minutes of conversation. I get that he's now a commentator on American television and trying to promote the PGA Tour,

and yes, it's true we do all want to play here at some point. I just thought he was being particularly disrespectful to the likes of Colin Montgomerie and Lee Westwood. I mean, how much more could they have done?' 'Then he tries to backtrack and says that players choke because of the amount of cash at stake in America. Well, I've just won a tournament in South Africa with a \$2million first prize, so that's not right either.' Azinger has not contacted Fleetwood since making his remarks at the Honda Classic on Sunday, although he will be commenting on the Arnold Palmer Invitational, beginning today, where the Englishman hopes to continue

his rich vein of form. Fleetwood has finished in the top three in four of his last six events and you have to go back almost two years to find the last time he missed a halfway cut. 'Of course I want to win in America for the first time but I can hardly complain,' said Fleetwood, now back in the world's top 10. Asked how long it took him to get over Sunday's near miss, when he found the water at the 18th to lose by two shots, he smiled. 'There's a lot of worse things going on in the world than me hitting a bad five wood,' he said. Also playing here is another man in form — Rory McIlroy, who has finished fifth or better in each of his last six events.

Wales hero is now landlord of a pub and plays in midfield for a Sunday football team...

HENSON STILL RUNS THE SHOW

Meet the landlord: Henson outside his new pub
GARETH EVERETT

IT TURNS out two Lions can share the same patch, after all. This St David's Day in the Welsh village of St Brides Major, The Fox is filling up. The pub reopened only a short time ago under new landlord Gavin Henson. As locals gather for a pint and a patter, in walks Scott Gibbs.

Like the new owner, he is sporting a black leather jacket. And like Henson, Gibbs is immortal in these parts thanks to one display against the old enemy. At Wembley in 1999, his late try denied England a Grand Slam. The next time Wales beat their rivals, Henson took centre stage. In 2005, all shaved legs and spray tan, the playmaker's late penalty sparked a new dawn in Welsh rugby. That day in Cardiff, Henson carried England teenager Mathew Tait along for the ride, too.

Fifteen years on, as England and Wales prepare to meet once more, Henson is back home. He still wears No 12 but these days the colourful 38-year-old is a midfielder for Super Fox United — juggling Sunday league football with a new business.

This area has been battered by floods but today — through sunshine, showers and hail — Super Fox United and Llangeinor brave the punishing slope and treadmill winds. Only one familiar face opts for tights. As sheep graze next door, the football is similarly agricultural.

'I can't believe we threw it away,' Henson reflects, having swept the

EXCLUSIVE INTERVIEW

by Daniel Matthews



changing room after the 3-3 draw. Here Super Fox are denied by a late penalty. Back in 2005, the silver boot was on the other foot. Wales' 11-9 victory that day laid the foundations for a first Welsh Grand Slam since 1978 and a period of unprecedented success in their recent history.

For Henson, too, it proved life-changing. His eye-catching displays and head-turning looks catapulted him into the unfamiliar territory of rugby superstardom. Soon his 'Welsh Posh and Becks' relationship with Charlotte Church dominated front and back pages.

'That's probably the best game of rugby I've ever played,' he reflects. 'It feels about 30 years ago! A lot has happened since.'

Henson has never watched the game but he needs no reminding that, at 23, on his first Six Nations start,

he produced three moments forever etched into rugby folklore.

Before that, though, came the grooming. Ahead of kick-off, as Wales gathered for a huddle, Henson was found fixing his hair in the loos. 'I always have to see that I'm looking good and then I know it's going to be a great day,' Henson says.

It worked. Four minutes from time, his 44-metre penalty won the game. Earlier, he produced two rib-shuddering tackles. Tait, 18 and on debut, was on the receiving end of both. The first saw him picked up and speared into the turf. 'Welcome to international rugby!' a Bridgend taxi driver says, recalling Brian Moore's iconic line. Then, six minutes after half-time, Tait dummied and stepped inside. Henson read it, turned him horizontal and carried him under one arm.

'I've never spoken to him about it,' Henson says. 'I played against him recently and he left a bit behind!' he smirks.

Henson won two Grand Slams and represented the Lions in 2005. But his World Cup dream was unfulfilled.

'I will be remembered as someone who didn't reach his potential,' he laughs. 'That's what everyone says. Which is probably

Power play: Henson upends Tait

ANDY HOOPER



HENSON FACTFILE

CLUB CAREER	PI	Pts
Llanelli (2000)	1	5
Swansea (00-03)	57	391
Ospreys (03-09)	98	778
Saracens (10-11)	3	0
Toulon (2011)	3	5
Cardiff Blues (11-12)	8	0
London Welsh (12-13)	9	67
Bath (13-15)	35	72
Bristol (15-17)	27	271
Dragons (17-19)	18	101

WALES (2001-11)
Caps 33 • Tries 3 • Cons 29
Pens 18 • DGs 1 • Points 130
BRITISH & IRISH LIONS (2005)
Cap 1 • Points 0

a different person. His beard is greying, his life now more mellow with new wife Katie Wilson Mould — with whom he owns The Fox.

Henson always pined to play football. Owning a pub? Not so much. But with The Fox 'dying a death', he bowed to peer pressure and took on the job. 'It coincided well with me finishing rugby — I didn't have that down time.' He puts on a sad voice. 'Oh, what am I going to do with my life?' Right now, Henson says he just wants to disappear.

Perhaps that's why he went on the run on *Celebrity Hunted* last year. But who knows what lies ahead? After all, everything was turned upside down that day in 2005. Not just Tait.

true. I see youngsters coming through the rugby environment in the last five or six years and people are saying: 'Wow this player is special'. And I will be like: 'Mmmmm, well he's all right'. Then I think back, 'Well I was good. If you think that was special, then I must have been really good'. But I didn't fulfil it really, for one reason or another.'

Injuries certainly played their part. Henson's body broke down — his infamous shaving habits originated from a broken leg rather than vanity. But indiscipline cost him, too.

He left Toulon after an alleged bust-up with team-mates. He was sacked by Cardiff Blues over drunken antics on a plane. During his time at Bath, he was punched by a team-mate. In 2009, Henson stepped away from rugby for more than a year.

'I just needed time out of the game,' he says. 'I was living on fresh air so I needed money.'

He moved into reality TV, appearing on *71 Degrees North*, *Strictly Come Dancing* and *The Bachelor*. 'They were great experiences, I'm so glad I had those,' Henson says.

Any regrets? 'I don't know. I did have fun. I probably wasn't professional enough because I liked to have a drink. I was a young, single guy most of that time and I wanted to go out and meet girls.' These days, Henson insists he is

Now I'm a coach I know the real reason Fergie kept having a go at me!

WAYNE ROONEY INTERVIEW

IT IS when Wayne Rooney is asked whether any of Sir Alex Ferguson's old man-management ruses make more sense to him, now that he is a player-coach, that the first smile breaks out.

'I know what you're saying,' he replies. 'I always remember as a kid, every half-time, arguing with him constantly. I remember thinking, "Why does he keep having a go at me? There's players far worse than I've been!" Then the older you get, the more you realise why he's doing it. He's obviously aiming at other players who can't take it.'

One 'other' he has in mind is Nani, a player Ferguson once called 'pure raw material' but who had a habit of dribbling when a pass was required at times. 'He would have a go at me for dribbling,' Rooney says, continuing the Ferguson train of thought. 'I very rarely dribble. I dribbled a bit more then, but with Nani, it would just maybe trigger something in his head, thinking, "Oh maybe I shouldn't dribble as much". He knew how to get that message across without being... without losing it. If he spoke to Nani the way he spoke to me, he'd break down in tears. He wouldn't be able to go back out!'

One of the post-match utterances Ferguson most regretted was a negative comment about Nani after United had lost 5-4 to Chelsea in a League Cup game in 2012. Rooney, though, could take anything Ferguson gave him and return it with interest. 'It was good — for me as well,' he says, grasping for a way of defining the pleasure of those days which already seem to belong in a different lifetime.

'I enjoyed it. As players, you want to win and you have to be respectful; he was the manager. But the one thing which never happened, it never got carried on. The game was over, we forgot about it and moved on.'

Rooney's referencing of Ferguson has been one of the most striking aspects of his venture across the coaching frontier at Derby County where — with one of those delicious twists football provides — he will face United in the FA Cup 5th round tonight.

There can be no disguising that it did not end well between the two of them. Rooney was dropped so frequently by Ferguson in the Scot's last season that he asked to leave, the day after the team

by Ian Herbert
Deputy Chief Sports Writer



last won the Premier League seven years ago. He was not even in the squad 20 days later for Ferguson's Old Trafford swansong against Swansea City. The manager's autobiography creates an indelible sense that he never quite forgave Rooney for publicly asking to leave United in 2010.

It is telling that Rooney cites that episode when asked for his United 'lows'. 'There was the time when I nearly left the club,' he says. 'Which I regret.'

But it may be even more gratifying for Ferguson, now 78, to find Rooney citing his old ways of understanding the individual.

'I think it's important you get to know the person,' Rooney says. 'You see them as players but it's important you get to know them as characters and then make a decision how you are going to approach them. You know if you're going to have a go at them, if you're going to put your arm around them. The man management is really important.'

Derby's players attest to this being the way he does things. 'We talk a lot about football,' says Max Bird, arguably the most improved Derby player since Rooney arrived and began operating

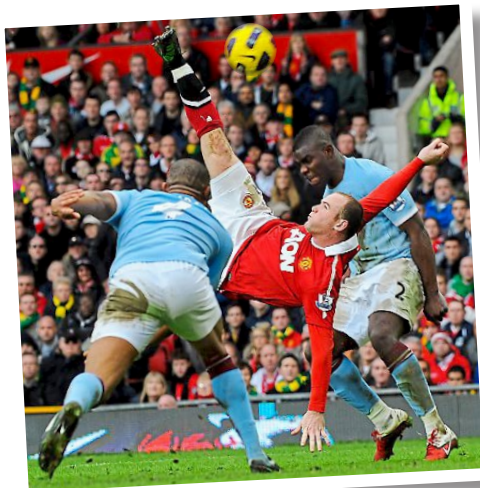
Spectacular: Rooney's goal against Man City in 2011

alongside him at the back of midfield. 'But not always the football he wants to see in the team. He gets to know you, too.'

The 34-year-old's world has turned in so many ways. He was asked to be a studio guest for United's match at Everton on Sunday, but concluded that tactically dissecting tonight's opponents on national television would not be ideal. 'It's a bit different now,' he says. 'I was looking at how United set up and looking at where their weaknesses are, where we can hurt them.' Making notes, then? 'Yeah — just in preparation for the game.'

He now appreciates the risks attached to chipping in with a tactical contribution, too. 'I think the one big difference is that you sometimes make a suggestion on players to select, or how we should play or a set-piece and you're thinking, "I hope this works!" Of course they don't always pay off.'

It has helped Rooney's



integration that Derby's phlegmatic Dutch manager Phillip Cocu takes a collegiate approach and is not threatened by his presence. 'He's open to input with all the staff,' Rooney says. 'I think the best managers are. You can't be naive and think, "I'm going to do it all my own way".'

Rooney's tendency to run to the bench while team-mates celebrate a goal signifies his new contribution — though not always. 'The lads were too far away! I was just getting a drink and waiting for them to come back,' he says of one such occasion.

The settings here are more prosaic than at United. A parents' day for prospective academy players is the dominant event of the day at the training ground, where he walks into a room to talk in sandals identified as his by initials scrawled in pen. But he has glittered in the quarterback role. There's the old appreciation of space, angles, trajectories, the ebb and flow of a match and how to exploiting weakness. All intuitive.

'People think playing midfield is more demanding but it is more about having the endurance,' he says.

'There's not as much high-speed running, so that's not a problem. Then it is about trying to get on the ball and trying to drag players out of position. A lot of teams try to put players on me, which allows me to drag them out of position and leave space.'

He will need legs around him tonight as United will challenge him with the kind of pace displayed by few sides

in a fairly average Championship. 'It's not a game where we're going to be fearing Manchester United,' he insists. 'We need to go into this game believing we have a chance.'

There will be satisfaction in demonstrating to a national audience that the flame still burns — and in showing Everton that they owed him more than an ignominious exit after one season back at the club. He spent three frustrating months trying to establish if owner Farhad Moshiri wanted him there. That rankles, he admits.

'It was a big thing for me to go back there. There were things that got said, or didn't get said. All I wanted from Everton was a bit of honesty with the situation. I said to them,

'I'm not a child, I'll accept whatever you want to happen'. That was the only disappointment. But Everton is a fantastic club.'

Thoughts are now moving to a life beyond the pitch. 'That's life, unfortunately! I preferred it 10 years ago,' he reflects. 'We all get older. You have to move into something different. I can't play for ever. I love the game and I want to stay in it so this is where I am. I want to learn. I think it's a shame when you see great players walking away and not really having a go at management or coaching.'

By July, he aims to have completed his UEFA A Licence, which will involve work at St George's Park this summer, and then apply for a place on the Pro License course next January.

The development of Bird, whom Rooney sees as future England material, and 19-year-old Irish Under 21 midfielder Jason Knight, is testament to his capacity to pass on some of what he has and to inspire. But you can't teach the talent he brought to the game.

As groundings go, a dressing room seat in front of Ferguson for 13 years is not too shabby. 'I don't think you will get better than how he managed his players and the trust he gave them to manage the dressing room themselves,' Rooney says. 'That management — it's the best I've ever seen.'

'UNITED NEED TWO OR THREE YEARS TO GET BACK TO THE TOP'

MANCHESTER UNITED need 'two or three years' to compete at the top of British football again and cannot simply throw cash at the problem, says Wayne Rooney. The former United skipper cited Liverpool as one of the models of success which his old club must learn from. Rooney said: 'It is going to take time. It is going to take another two or three years, I believe.

'They need to bring in some players, they need to get rid of some players. 'It's not going to happen (quickly). They've tried that with Louis van Gaal, with Jose Mourinho. If you look at Liverpool and what they've done, and Man City, you're not going to buy a team to go and challenge with them. 'You see with Liverpool — they've built that

team. Pep Guardiola has gradually brought more players in at City and his way of playing. So United have to be a bit patient and try to build a team that will be able to challenge those two. 'The Manchester United fans need to be a bit patient with what is going on.' United boss Ole Gunnar Solskjaer, meanwhile has told his players to watch out for Rooney

in tonight's FA Cup fifth round clash. Solskjaer spent three seasons with Rooney at Old Trafford and warned: 'He's a threat in and around the box with set-plays. Wayne will show what he can do in this game. 'He wants to prove there is still fight in the old dog. We've got to be on our toes and not give him any space in midfield.'

IAN HERBERT

'If Ferguson spoke to Nani how he spoke to me, Nani would be in tears'

Rooney rules: Wayne has taken well to coaching
REX FEATURES

HIS HIGHS AND LOWS UNITED REGRETS?

WE might get that 2011-12 medal now! (With Manchester City's possible FFP punishment). To be honest, I wouldn't really want to win it now. Whatever's happened with Man City, it's the players who won it on the pitch and they deserve it. There was the time when I nearly left the club, which I regret.

FAVOURITE GOAL?

TECHNICALLY, the volley against Newcastle in 2005. But probably the Manchester City goal (the bicycle kick in 2011). It was the derby, the winning goal and we were fighting with City to win the Premier League.

FAVOURITE GAME?

THE 2008 Champions League final against Chelsea, probably. And Arsenal v Chelsea in 2007! We'd played City the day before and I remember sitting at home watching it thinking if Chelsea didn't win we'd won the league. That was a good memory!

FAVOURITE TEAM-MATE?

I CAN tell you who's not! There were so many I'm close with — Wes Brown, Darren Fletcher, Michael Carrick, John O'Shea. We had a good core of players who did things off the pitch together and we're still in touch now.



**DERBY COUNTY
v MAN UTD**



Kick-off: 7.45pm, Pride Park Stadium.
TV: **LIVE** on BT Sport 1 from 7pm.
Referee: Craig Pawson.

WHERE HAS IT ALL GONE WRONG FOR LIVERPOOL?*

***Yes, we realise that being 22pts clear is hardly a crisis!**



by
DOMINIC KING

SOMETIMES it pays to delve into Anfield history. There are always words to provide perspective, and one famous phrase fits Liverpool's situation.

Inevitably, it is attributed to Bill Shankly. He was asked, during a spell when things were not going Liverpool's way, how a sequence of disappointing results was affecting him and his players. 'Aye,' came the gruff, withering reply. 'Here we are having problems at the top of the league.'

The boom and bust nature of modern football means Liverpool — after back-to-back defeats and 180 minutes without a goal — are in the spotlight. The achievements from August to February no longer seem relevant. The here and now is all that matters.

It is indisputable that Liverpool are not playing with the verve that set their mid-winter performances apart, but is it really that bad? *Sportsmail* analyses what has gone wrong and what shape they are in to confront the looming challenges.

DEFENSIVE DISRUPTION

FROM December 7 to February 15, Liverpool's first-team squad played 17 games in 70 days. The only teams to score against them were Monterrey in the Club World Cup, Wolves in the Premier League and Shrewsbury in the FA Cup.

They were so mean domestically that Raul Jimenez was the only Premier League striker to breach their back four in 990 minutes. To ship eight goals in the last four matches, then, is regarded as unacceptable by Virgil van Dijk and his colleagues.

'Look,' said Jurgen Klopp (above) after Chelsea bounced Liverpool out of the FA Cup on Tuesday night. 'Usually you don't get a lot of chances against us, but we have to admit in the last three games, maybe four, we have conceded too many goals.'

That criticism was also levelled at Liverpool earlier in the campaign. It was fixed then and it can be fixed again. Some players are not in their best form, including key defensive midfielder Fabinho, who recently returned from injury, but Klopp will not be fretting.

MISSING THE CAPTAIN

THOSE who work with Jordan Henderson every day will tell you he has been in the zone all season and his determination to lead Liverpool to win the Premier League has been relentless. He sets standards on and off the field and his outstanding form could mean he wins PFA Player of the Year.

Henderson is making good progress recovering from the



hamstring injury he sustained in the 1-0 defeat by Atletico Madrid on February 18. He has done all the medical department has asked but there is no indication when he will next play, although he hopes to be ready for the return leg with Atletico next Wednesday.

Henderson's absence in the last three games has been increasingly noticeable and the onus is on those who have replaced him.

'We can't deny he's been outstanding this year,' Van Dijk said. 'He is our captain. We appreciate everything he does for us. But we have quality players all over the pitch — the reality is everyone else has to step up.'

DISRUPTIVE BREAK

KLOPP has campaigned for his players to be given time off but history shows that his Liverpool side do not hit the ground running after a holiday. Take last season: they went to Dubai in January during an 11-day hiatus but on returning they drew five of their next seven games.

In February 2017, they had 16 days off in February and were lacerated 3-1 by Leicester when they resumed. It takes them time to get up a head of steam but, when they do, the good results come in a steady stream.

They are also never better than when they have a target to pursue. If they struggle to rouse themselves for Atletico's visit, facing a 1-0 aggregate deficit, that would indicate their problems are deep.

SHUTTING OUT THE NOISE

HENDERSON has banned all talk of Liverpool becoming champions, so there is little chance he will allow any doubts to creep in because they have taken a couple of false steps. He calls regular meetings with the squad and will remind them of what is coming.

Nevertheless, it is interesting to see how a narrative is suddenly being cultivated that a team with a 22-point advantage at the top of the table — one that took 109 points from 111 available — could have an anti-climactic campaign if they 'only' become champions.

'So we "just" end up with the Premier League? Yeah? Just?' Van Dijk said with incredulity. 'We also won the Super Cup and the Club World Cup. There are always people that are not satisfied. Let's focus on "just" the Premier League, because it's very small, huh?'

Shankly, you suspect, would nod his head at that appraisal.

EXCLUSIVE**MATT HUGHES**

Chief Sports Reporter

UEFA are set to escalate their battle with FIFA for control of the international calendar by endorsing a new tournament that would compete for attention with the Club World Cup next year.

European football's governing body are in advanced talks about backing a new Champions League-style competition that is the brainchild of American promoters Relevant Sports.

The tournament would essentially be an expansion of the International Champions Cup, a pre-season competition for Europe's top clubs that has been run by Relevant since 2013.

But UEFA's endorsement would transform a series of exhibition games into a major tournament and present a threat to FIFA's plans for a revamped Club World Cup contested by 24 sides.

Sources familiar with a project that has already been pitched to several Premier League clubs describe the proposals as game-changing for the international calendar.

Sportsmail has been given details of the planned competition, which would contain new elements including:

■ Endorsement by UEFA, who have indicated their willingness to lend their branding and logo to the tournament, although they would not take responsibility for running it.

■ Participation to be determined via a qualification process based on domestic league position, rather than by the current system of invitation. It is hoped this change would increase its prestige.

■ An eight-year agreement for an annual event which would initially be held in the United States but could be staged in Asia in subsequent years.

■ A group format with pools of three teams followed by a knockout stage.

■ A commitment by all competing clubs to field their first-choice squads where possible.

■ A 2021 start date, with Relevant Sports to provide funding for the initial competition in the anticipation of securing lucrative broadcast deals, which would make it profitable.

■ The possibility of expansion to include teams from South America. That development became more likely when UEFA signed a

UEFA POISED TO BACK NEW SUMMER CHAMPIONS LEAGUE

++ Europe's top clubs would meet every year in USA starting in 2021 ++ Leading Premier League sides support plan and are keen to be involved ++



Smiles better: Manchester United beat Liverpool to win the 2014 International Champions Cup
GETTY IMAGES

memorandum of understanding with South American confederation CONMEBOL pledging greater co-operation last month.

A working committee has been set up comprising representatives of the top clubs to establish the finer details, such as the number of teams and countries to be involved.

But while it is yet to be formalised, UEFA's involvement appears to be a significant step.

Manchester United, Manchester City, Chelsea, Liverpool, Tottenham and Arsenal have played in the International Champions Cup in recent years and are keen to be involved, with

an annual tournament giving them guaranteed revenue and an opportunity to expand in key growth markets such as the United States and Asia.

The additional income could also help Premier League clubs resist the growing pressure to expand the Champions League by adding four extra games to the group stage, which would put major strain on the domestic schedule.

The creation of a new UEFA-branded summer competition in 2021 would put Europe's governing body on a collision course with FIFA, whose Club World Cup takes place in Shanghai in June

and July next year. That tournament is scheduled to happen every four years and feature 24 teams, but just 12 from Europe including two from England, so the new competition would bring greater benefits to more clubs.

The new Club World Cup has run into problems before it has started, with FIFA struggling to raise the £650million needed to fund running costs and provide prize money for the clubs.

A tender process launched by FIFA last December 'to invite various commercial and investment proposals' failed to bring in any backers and last month the world governing body appointed

American private equity firm The Raine Group to lead a fresh search for funding. In another potential complication, a number of clubs are believed to have demanded an equity share in the Club World Cup, which FIFA are unwilling to grant.

Much of the rivalry between UEFA and FIFA stems from the personal enmity between their respective presidents, Aleksander Ceferin and Gianni Infantino.

This ill feeling was much in evidence at the UEFA Congress in Amsterdam this week, with Ceferin using his keynote speech to make a veiled attack on Infantino's supposed ego.

Leko: I may not report racism again

WEST BROM winger Jonathan Leko says he may keep quiet if he is racially abused again after the handling of his case against Kiko Casilla. Leeds keeper Casilla was banned for eight matches this week after he was found guilty by the FA of shouting 'you f***** n*****' at Leko at Charlton, where Leko was on loan. Leko, 20 (right), also hit out at anti-racism charities Kick It Out and Show Racism the Red Card. He said: 'By bringing the incident to the referee's attention,

By TOM COLLOMOSSE

I was only doing what I have been educated to do. But I found the hearing, at which I was made to feel I had done something wrong, extremely stressful. It made me question whether I would be prepared to go through it all again were I on the end of similar abuse. All I have done is report something that had to be exposed for what it is — racial abuse. It was 22



weeks between the incident and the hearing, during which time I had minimal contact from the PFA, of which I am a member, and no contact in the way of support from anti-racism bodies such as Kick It Out and Show Racism the Red Card. Support or guidance would have been welcome.' Last night the PFA said: 'We'd like to apologise to Jonathan. We do not want any player to feel unsupported.'

£56m Villa Park sale approved

ASTON VILLA'S sale of Villa Park to a company controlled by their owners — Nassef Sawiris and Wes Edens — has finally been approved by the Premier League. Villa face another challenge to comply with profit and sustainability rules this season, though, after yesterday announcing a £69million loss for 2018-19. Following a nine-month investigation, Premier League officials declared themselves comfortable with the £56.7m NSWE Stadium Limited paid for Villa's ground last May. The importance of that controversial deal to Villa complying with the EFL's

EXCLUSIVE

By MATT HUGHES and TOM COLLOMOSSE

spending regulations last season is laid bare in the accounts lodged yesterday. The 2018-19 accounts for Villa's holding company, Recon Group UK Limited, record a profit of £36m on the sale of the stadium as some of the proceeds were used to pay a debt owed to former owner Randy Lerner. So, without the sale, Villa's losses would have been £105m. EFL rules prevent clubs losing more than £39m over a three-year period.

The Premier League's limits are less stringent than the EFL's — allowing clubs to lose an average of £35m as opposed to £13m a season over a three-year period — so Villa must not exceed a loss of £61m over the last three seasons. The stadium valuation forms one part of a submission the club must make to the Premier League at the end of the season. Relegation straight back to the Championship would almost certainly necessitate player sales, although the club are not short of assets, such as Jack Grealish, Tyrone Mings and John McGinn.



CHRIS WHEELER
at Hillsborough

SHEFF WED



MAN CITY



Aguero 53

0
1

THE Carabao Cup is safely back at the Etihad and who's to say the FA Cup won't be sitting alongside it again by the time Manchester City are finished in May?

Three days after beating Aston Villa at Wembley, the FA Cup holders set up a trip to Newcastle in the last eight with a thoroughly deserved win last night.

It wasn't vintage City. Having scored 14 goals in their last three games in this competition, they had to make do with just the one here. The winner came off the left boot of Sergio Aguero, his 254th for the club. It represents another milestone in the Argentine's remarkable career in England as

INJURED DE BRUYNE IN DERBY FITNESS RACE

KEVIN DE BRUYNE could be out of Sunday's Manchester derby with a back injury. The midfielder missed last night's FA Cup tie at Sheffield Wednesday after landing awkwardly towards the end of the Carabao Cup final. 'Kevin had a problem, he was not fit,' Guardiola said. 'He fell down in a bad position in his back. We don't know how long (he will be out).'

he became the highest scorer in history for the two Manchester clubs, eclipsing Wayne Rooney's record of 253 for United.

City had already hit the bar through Nicolas Otamendi and Benjamin Mendy when Aguero found a way past Wednesday's third-choice goalkeeper Joe Wildsmith in the 53rd minute.

He took one touch to control Mendy's pass into the box and then took aim, firing a shot through the lunging Dominic Iorfa. Wildsmith got a hand to the ball but it wasn't a strong one, and the momentum on Aguero's shot was enough to take it in.

It was a pity for Wildsmith who produced a series of impressive saves to stop City winning by a



254 not out:
Aguero hits
the winner
past the
lunging Iorfa
GETTY IMAGES

Sergio keeps Pep on track for cup double

much wider margin, but the 24-year-old Sheffield-born keeper could be forgiven for a little ring rust. After all, this was his first appearance of the season having last played in August 2018.

If manager Garry Monk was looking to make a statement with his selection, it wasn't a particularly positive one. After a run of one win in eight Championship games, Monk's priorities seemed clear enough.

So too were his tactics, looking to sit back and absorb City's pressure. Who could blame him? It meant Pep Guardiola's side had 80 per cent of possession and 20 shots to Wednesday's one. Even that was off target.

City could have had a hatful. Otamendi hit the woodwork in the 32nd minute, rising ahead of

Julian Borner to meet a free-kick from Riyad Mahrez.

Mendy followed suit early in the second half when Aguero and David Silva worked the ball out to the left for the Frenchman to let fly with a 20-yard shot that Wildsmith touched against the bar.

In the first half, Aguero and Gabriel Jesus failed to make contact with the ball in front of goal with only the keeper to beat. Mahrez blazed over and then supplied the cross for John Stones to direct a downward header into the turf and over.

City were notably slicker after

21
City have won 21 consecutive domestic cup ties since an FA Cup fifth-round loss to Wigan in February 2018.

the break and it produced a breakthrough eight minutes after the restart.

It was unfortunate for Wildsmith who had just produced a fine save to keep out Bernardo Silva's low effort.

And he made amends with an excellent double save from Stones and Aguero shortly afterwards, and another one at point-blank range from Raheem Sterling at the death.

Wednesday failed to make the most of their few opportunities but sensed an unlikely equaliser. It so nearly came when Steven Fletcher stretched to meet Alex

Hunt's low 80th-minute cross and he was inches away from turning it in at the far post. City survived. They will not relinquish their hold on this trophy easily.

SHEFFIELD WEDNESDAY (4-4-2):

Wildsmith 7; Palmer 6.5, Iorfa 7, Borner 6.5 (Lees 46min, 7), Murphy 6.5; Pelupessy 6, Bannan 6.5, Lee 6, (Hunt 63, 6) Fox 5.5; Da Cruz 6, Forestieri 6 (Fletcher 56, 6). Subs not used: Dawson, Urhoghide, Harris, Nuhliu.

Booked: Palmer.

Manager: Garry Monk 6.

MANCHESTER CITY (4-3-3): Bravo 6.5; Cancelo 6.5, Stones 6, Otamendi 6, Mendy 7; Bernardo 8, Rodri 6, D Silva 6.5;

Mahrez 6.5, Aguero 7 (Sterling 86), Jesus 6. Subs not used: Ederson, Garcia, Zinchenko, Fernandinho, Gundogan, Foden.

Scorer: Aguero 53.

Booked: Mahrez.

Manager: Pep Guardiola 7.

Referee: Michael Oliver 6.

Attendance: 20,995.

NEVILLE: I'LL BE BOLD AND THROW IN YOUNG LIONESSES AGAINST USA

ENGLAND WOMEN'S manager Phil Neville insists his young Lionesses are not in Florida to make up the numbers, and he will put them to the test against the United States in the SheBelieves Cup opener tonight. 'It would be weak of me as a manager to not play them in the biggest occasions, because that's when your philosophy is tested the most,' said Neville. 'They've earned the right to play so they will start or take part.'

Rachel Daly, seemingly a natural replacement for the injured Lucy Bronze at right back, has not played a competitive game since November, and is therefore a doubt to start the game in Orlando. The four who played in the League Cup final on Saturday, including Beth England, are unlikely to start. The game also comes too soon for goalkeeper Ellie Roebuck.

TV: **LIVE** on BBC1 from 11.40pm (kick-off midnight).

CLARE BLOOMFIELD

FOOTBALL DIGEST

GARETH SOUTHGATE revealed last night that Chris Smalling remains under consideration for England's Euro 2020 squad after impressing during his loan spell at Roma. The Manchester United defender has not played for England since June 2017. Southgate and assistant Steve Holland have been to

SMALLING IN ENGLAND MIX

watch Smalling in Italy, where he has started 28 matches this season. 'I've never ruled anybody out,' Southgate said. 'I think that would be wrong. I think he's done well in Italy.'

CENK TOSUN has cut short his loan to Crystal Palace and is back at Everton amid concerns the 28-year-old striker is facing six months out with a knee injury.

CONTRIBUTOR: Matt Hughes

SPORT IN BRIEF

EMIRATES FA CUP FIFTH ROUND

LEICESTER.....(0) 1		BIRMINGHAM.....(0) 0	Celtic.....29	25	2	84	19	65	77	
Ricardo Pereira 82	27,181		Rangers.....28	20	4	63	19	44	64	
SHEFF WED.....(0) 0		MAN CITY.....(0) 1	Motherwell.....29	14	3	42	30	3	45	
Aguero 53	20,995		Aberdeen.....29	11	9	37	35	2	42	
TOTTENHAM.....(1) 1		NORWICH.....(0) 1	Livingston.....29	10	9	41	38	3	39	
Vertonghen 13	Drmic 78		Hibernian.....29	9	10	41	46	-5	37	
AET: Norwich win 3-2 on pens		58,007	Kilmarnock.....29	9	6	14	31	40	-9	33
SCOTTISH PREMIERSHIP			St Johnstone.....28	7	12	27	46	-19	33	
KILMARNOCK.....(2) 2		ABERDEEN.....(1) 2	Ross County.....29	7	8	14	29	59	-30	29
Brophy 17 (pen)	McGinn 38		St Mirren.....28	6	8	14	23	36	-13	26
Kiltie 23	McLennan 50		Hamilton.....29	5	9	15	29	50	-21	24
			Hearts.....28	4	10	14	30	50	-20	22

LADBROKES SCOTTISH - Ch'ship: Arbroath 0 Dunfermline 0. League 2: Brechin P Annan Athletic P (Postponed - due to waterlogged pitch).

CRICKET

SECOND ODI - Bloemfontein, Australia 271 (50.0 overs), D Short 69, A Finch 69, L Ngidi 6-58, South Africa 274-4 (48.3 overs), J Malan 129no, H Klaasen 51). South Africa won by 6 wickets.

TODAY'S ACTION

EMIRATES FA CUP 5TH ROUND
Derby v Man Utd.....(7.45)
Live on BT Sport 1

DARTS - Unibet Premier League
Darts 5 (Westpoint, Exeter).
RUGBY LEAGUE - Betfred Super
League (7.45): Leeds v Toronto



Flashpoint:
Dier climbs
into the
Lower West
Stand

TWITTER



MATT BARLOW
at the Tottenham
Hotspur Stadium



1
1

(AET, Norwich win 3-2 on penalties)

PENALTY HERO KRUL HEAPS PAIN ON JOSE

Vorm gamble backfires and Spurs go out

OF ALL the risks taken in the FA Cup in the name of keeping players fresh, it always felt like an extreme selection to throw in Michel Vorm.

On an extraordinary night — which ended with Eric Dier leaping into the stands to remonstrate with his own fans after taking issue with something said as he came off — the 36-year-old Dutch goalkeeper's blunder allowed Josip Drmic to equalise and take the tie to penalties.

The spot-kicks presented the chance for Vorm to redeem himself but it was the Dutch keeper in the Norwich net who emerged as the hero. Tim Krul has a well-deserved reputation as an expert when it comes to saving penalties and it was enhanced at the Tottenham Hotspur Stadium last night.

Erik Lamela hit the bar before Krul saved from teenager Troy Parrott. Spurs' new signing Gedson Fernandes had to score to keep his side in it, but Krul made another save to spark wild celebrations among the 9,000 travelling fans.

Norwich go into the last eight of the FA Cup for the first time since 1992 and will be at home against the winners of tonight's

tie between Derby and Manchester United.

Vorm stopped one penalty but it was not enough to save his night. He had not played in a competitive fixture of any kind since October 2018 and had not started a game for even longer. But he was recalled last night as Jose Mourinho gave Paulo Gazzaniga a breather in a competition he had set his sights firmly upon winning.

Gazzaniga has not been faultless during Mourinho's time at Spurs but Hugo Lloris was still out injured and when Vorm's mistake presented Norwich with a late equaliser it did not seem like such a clever move.

Vorm was only able to pat down a ferocious strike from distance by Kenny McLean straight to the feet of Drmic who reacted quickly and bundled the rebound into the net in the 78th

minute. It was no more than Norwich deserved and was the cue for a breathless closing phase of normal time during which Ben Godfrey produced a stunning block on his own line to deny Serge Aurier and then a frenzied extra-time.

Norwich had gone behind early, to a header by Jan Vertonghen which seemed to be a personal redemption for a player who had been hauled off with less than an hour gone in the fourth round replay against Southampton.

Tottenham opened brightly with Giovanni Lo Celso deployed further forward in support of Dele Alli.

Steven Bergwijn and Lucas Moura split open the Norwich defence before Moura rolled a perfect pass to Lo Celso and Krul stuck out his right leg to save.

Spurs were at their most dangerous when they broke at speed. Lo Celso delivered the free-kick for Vertonghen's goal, an out-swing from the left which tempted Krul to shuffle from his line. But the keeper retreated and Vertonghen slipped away from Mario Vrancic and climbed above Jamal Lewis to

find the net with a header. Norwich found their stride and started to cause Tottenham problems. Emi Buendia jinked into the box and forced Vorm into action.

It was the Spurs goalkeeper's first appearance since he came off the bench after Lloris was shown a red card in a Champions League tie at PSV Eindhoven and he first start for 533 days, when he played in a 2-1 defeat at Inter Milan. Since then, he has been released and resigned and he escaped with a heart-in-mouth error when he fumbled a fierce drive from distance by Lukas Rupp in the first half. The ball slithered from his grasp but spun away from goal and gave him chance to recover.

Norwich pushed for an equaliser. Eric Dier blocked another effort, this time from Vrancic before Spurs were gifted an opportunity to stretch their lead in the closing seconds of the first half.

Tom Trybull played Vrancic into trouble inside his own penalty box and Moura stepped in to win the ball. The Brazilian, playing with a bloodied nose after an accidental

clash with Todd Cantwell, was denied by Krul who charged from his line to close him down.

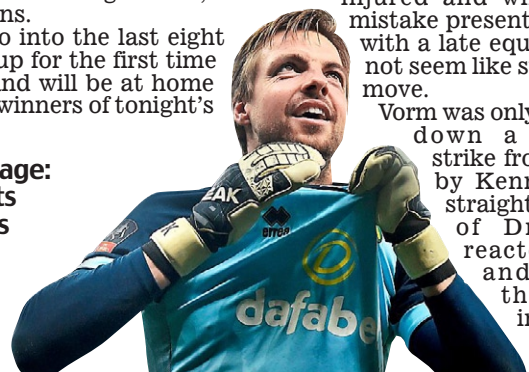
The visitors continued to push forward with purpose after the interval. Vrancic drew another save from Vorm and then went close with a curling free-kick. Mourinho sent on Gedson in an attempt to protect the lead.

Norwich peppered Vorm's goal until Drmic found the equaliser and Krul stepped up as he always does in the penalty shootout.

TOTTENHAM (4-2-3-1): Vorm 5; Aurier 6, Sanchez 6, Dier 6.5, Vertonghen 6.5; Skipp 6, Winks 6.5 (Ndombele 81min, 6); Moura 7 (Lamela 70, 7), Lo Celso 7, Bergwijn 6.5 (Gedson 54, 7); Alli 6 (Parrott 96). **Subs not used:** Gazzaniga, Alderweireld, Tanganga.
Score: Vertonghen 13. **Booked:** Skipp.
Manager: Jose Mourinho 6.
NORWICH (4-2-3-1): Krul 8; Aarons 7, Hanley 6, Godfrey 7.5, Lewis 6.5; Vrancic 6 (McLean 67, 7) Trybull 6 (Tettey 89, 6); Buendia 7 (Stiepermann 97), Rupp 6.5 (Idah 72, 7), Cantwell 7; Drmic 7. **Subs not used:** McGovern, Duda, Pukki.
Score: Drmic 78.
Booked: Vrancic, Hanley.
Manager: Daniel Farke 6.
Referee: Paul Tierney 6.
Attendance: 58,007.

Dutch courage:
Krul accepts
the plaudits
after his
shootout
heroics

AFP





Face-to-face: an irate Dier confronts a supporter
TWITTER



Defused: a steward ushers Dier away from the fan
TWITTER

By **ADRIAN KAJUMBA**
at Tottenham Hotspur Stadium

ERIC DIER was involved in an extraordinary row with a home fan after Tottenham crashed out of the FA Cup against Norwich. Dier clambered over rows of seats and high into the stands to confront a supporter. Tensions spilled over after Spurs' fifth-round penalty shootout defeat as they blew their best hope of winning a trophy this season.

The midfielder was heard on camera footage taken by one fan near the incident shouting 'He's my brother, he's my brother', before being pulled away from the incident and ushered through a door at the back of the stands by members of Spurs' security team.

Tottenham manager Jose Mourinho said: 'This person insulted Eric, the family was there, the young brother was not happy with the situation then Eric did what we professionals cannot do but we probably would do. 'When somebody insults you and your family is there and they get involved with the person insulting him, I think Eric Dier did what we professionals cannot do but probably what every one of us would do.

'The supporters that are in this privileged position, in this area of the tunnel, of course some are Tottenham fans but also a lot of corporate (fans), invitations and people with special status.

'It is probably the place in the stadium I sometimes have doubts if they are real Tottenham fans because these ones were the ones who supported the boys.' Initially there were suggestions Dier stepped in after team-mate Gedson Fernandes, who had his

MOURINHO BLASTS DIER FOR SHAMEFUL SPAT WITH A FAN

decisive spot-kick saved, was racially abused. Mourinho said: 'I don't know (about that). I know just that the reaction of Eric was based on his brother not liking what was happening there.' Dier, 26, has had a mixed season, having struggled to find a place at the start of the campaign under Mauricio Pochettino before being reintegrated under Mourinho. But a lack of form has kept him out of Gareth Southgate's England plans, failing to make any appearances in a Three Lions shirt this season. It has left his Euro 2020 chances hanging by a thread with West Ham's Declan Rice assuming the deep-lying midfield role. Asked if the club will discipline Dier following the incident, which evoked memories of Eric Cantona's clash with a supporter at Crystal Palace in January 1995, Mourinho said: 'If the club does that I would not agree but he did wrong.' Penalty expert Tim Krul saved

penalties from Troy Parrott and Gedson to help Norwich reach the last eight for the first time in 28 years. Dutchman Krul, who was memorably brought on in the 2014 World Cup quarter-finals by Louis van Gaal just for the shootout and had Spurs' takers written on his water bottle, said: 'That's what it's all about, that's why we do the work. When you have down times, this is what you think of. 'What a place to do it as well and for 9,000 fans to be here on a Wednesday night. Maybe this is the turning point, we believe we can stay up. 'As a little boy you want to save penalties and get your club through. Me and my coach do our homework, I had them on my bottle.' Tottenham face Burnley at Turf Moor on Saturday evening before travelling to Leipzig next week to try to turn around a 1-0 deficit from their Champions League round of 16 first leg.



Cup hero: Pereira (left) celebrates his goal with Iheanacho GETTY IMAGES

Pereira touch of class sets up Chelsea again

RICARDO PEREIRA produced a finish Jamie Vardy would have been proud of to send Leicester into their third FA Cup quarter-final against Chelsea in eight years.

The right back headed past Lee Camp from six yards eight minutes from full time. His close-range intervention — he received a cut to his face for his trouble — means Leicester face Chelsea in the last eight after coming up against them at the same stage in 2012 and 2018.

'At this point of the competition you will always come up against really good teams but we are delighted to be at home,' said Leicester manager Brendan Rodgers. 'We'll relish the game and we'll be fighting to get to Wembley.

'The supporters are keen to have cup runs, we reached the semi-final of the Carabao Cup and we'll aim to go as far as we can in this one.'

Leicester just about deserved their victory. Before Pereira's goal, James Maddison hit the bar and Kelechi Iheanacho had an effort ruled out for offside. The two star attractions were missing — Leicester forward Vardy out for a second game with a calf injury as Birmingham rested

	LEICESTER	1
	BIRMINGHAM	0

TOM COLLOMOSSE
at the King Power Stadium

took a fine touch to bring down Praet's crossfield pass before he was crowded out and Iheanacho was prevented from making a clean contact on the loose ball by more diligent defending.

Meanwhile, Hogan was worrying the Leicester centre backs whenever he got the chance.

Caglar Soyuncu was booked for a late tackle after the forward had spun away, while Evans was lucky not to be penalised for a clear shove in the back as he and Hogan awaited a high ball.

Maddison's influence on the game was growing and in the 68th minute his left-foot drive from 25 yards deflected off Harlee Dean and flicked the top of the bar.

Leicester kept knocking on the door and Iheanacho had the ball in the net in the 74th minute after being sent through by Maddison, only for the effort to be ruled out for offside.

The decisive moment came eight minutes from full time. Chilwell, who had a good game, crossed from the left, Albrighton lifted the ball back into the middle and Pereira rose above Birmingham defender Jake Clarke-Salter — on loan from Chelsea — to send a precise header into the far corner.

'We have to congratulate Leicester but I am proud of my team,' said Clotet. 'What we had to do, we did with quality.'

● **BORUSSIA DORTMUND** are increasingly confident of landing Birmingham prodigy Bellingham this summer.

Bellingham cannot sign his first professional contract until he turns 17 on June 29. Birmingham are thought to want about £35million for the midfielder, who has played 34 games this season.

Manchester United, Chelsea, Liverpool, Bayern Munich and Juventus are also keen.

LEICESTER CITY (4-1-4-1): Schmeichel 6; Pereira 6.5, Evans 5.5, Soyuncu 6, Chilwell 7.5; Ndidi 6.5 (Tielemans 60min, 6); Albrighton 6, Praet 6.5, Maddison 6.5 (Choudhury 84), Gray 5 (Barnes 66, 6); Iheanacho 5.5. **Subs not used:** Ward, Justin, Morgan, Perez.

Scorer: Pereira 82. **Booked:** Soyuncu.

Manager: Brendan Rodgers 6.

BIRMINGHAM CITY (4-4-2): Camp 6.5; Colin 7, Dean 7, Clarke-Salter 7, Pedersen 7.5; Harding 5.5 (Gardner 71, 6), Sunjic 6.5, Kieftenbeld 6.5 (Montero 84), Mrabti 6 (Crowley 84); Jutkiewicz 6.5, Hogan 7. **Subs not used:** Trueman, Roberts, Boyd-Munce, Burke.

Booked: Jutkiewicz.

Manager: Pep Clotet 7.

Referee: Jonathan Moss 6.

Attendance: 27,181.

QUARTER-FINALS

SHEFF UTD v ARSENAL

NEWCASTLE v MAN CITY

NORWICH v DERBY/MAN UTD

LEICESTER v CHELSEA

To be played weekend of March 20-22

16-year-old Jude Bellingham, who is wanted by a host of top clubs.

Birmingham were unbeaten in their previous 13 matches and it was easy to see why. Manager Pep Clotet has them well organised and Demarai Gray struggled against his old club after being handed a rare start by Rodgers.

Birmingham's attacking pair of on-loan Aston Villa striker Scott Hogan and Lukas Jutkiewicz kept the Leicester rearguard occupied, although Kasper Schmeichel had a quiet first half in goal.

The only time the visitors came close to scoring in the opening 45 minutes was when Kerim Mrabti's effort from the edge of the box clipped Pereira and flew just wide.

Rodgers would doubtless have been frustrated by the lack of intensity to his side's attacking play and they tried to step it up when battle resumed.

First Jonny Evans headed Dennis Praet's cross over when unmarked eight yards out, then Ben Chilwell prodded Marc Albrighton's right-wing cross wide at the far post. Yet Birmingham did not wilt. Maddison

ENGLAND FACING A WAIT TILL OCTOBER

Rome game off but France may still go for Grand Slam in Paris

From Back Page

behind the decision. Without an order by the Italian government to suspend sporting events, the FIR stood to incur significant lost revenue as a result of being forced to play the match behind closed doors, instead of in front of a large crowd at the 73,000-capacity Stadio Olimpico.

Urgent talks were held between FIR officials and their government yesterday afternoon, amid the escalating coronavirus crisis. It became apparent the England fixture would be disrupted or deferred, as part of the crackdown on mass public gatherings.

Italy's fourth match of the campaign, against Ireland in Dublin this Saturday, had already been postponed. England face Wales at Twickenham on the same day. That clash in south-west London is not under threat and neither is the Scotland-France game the next day, but the last weekend of the tournament could be decimated.

On March 14, Eddie Jones's team expected to launch a final push for the Six Nations title in front of 20,000 of their own fans in Rome. Now that game has become a sporting casualty of the global health emergency.

Later on the same day, Grand Slam-chasing France are supposed to lock horns with Ireland in Paris. The French federation have been in talks with their government, too, and while the situation is not as grave as in Italy, there may be steps taken to shut down major events. However, sources have indicated to *Sportsmail* that the game will go ahead.

Six Nations organisers, along with the English, Italian and Irish unions, must now find a way to reschedule the postponed matches in the crowded rugby calendar. The most likely slot is October, but that is not a designated Test



Plans thwarted: Eddie Jones

window, so it would require assistance from World Rugby to secure player release arrangements.

The disruption will extend beyond the high-profile senior men's match. On March 15, there are women's and Under 20 contests scheduled between Italy and England in Padua and Verona respectively. Both venues are in the north of the country, where the coronavirus outbreak has been concentrated, so they were already set to be switched. Now they may be postponed, too.

Fears about the virus had already prompted ITV to abandon plans to send commentators and pundits to Rome. In the event of the Italy-England game going ahead, the broadcaster had opted to run their match-day operation from BT Sport's studios in Stratford,

east London. World Cup-winner Ben Kay was scheduled to provide insight alongside lead commentator Nick Mullins, with Sir Clive Woodward, Jonny Wilkinson and Lawrence Dallaglio in the stadium studio.

Sky had already sent out an edict informing staff all but essential travel to Italy was suspended as a result of the virus outbreak. The BBC had also opted not to send staff to the Rome match.

While England are continuing preparations for the visit of Wales on Saturday, they have not been able to keep entirely detached from the coronavirus issue.

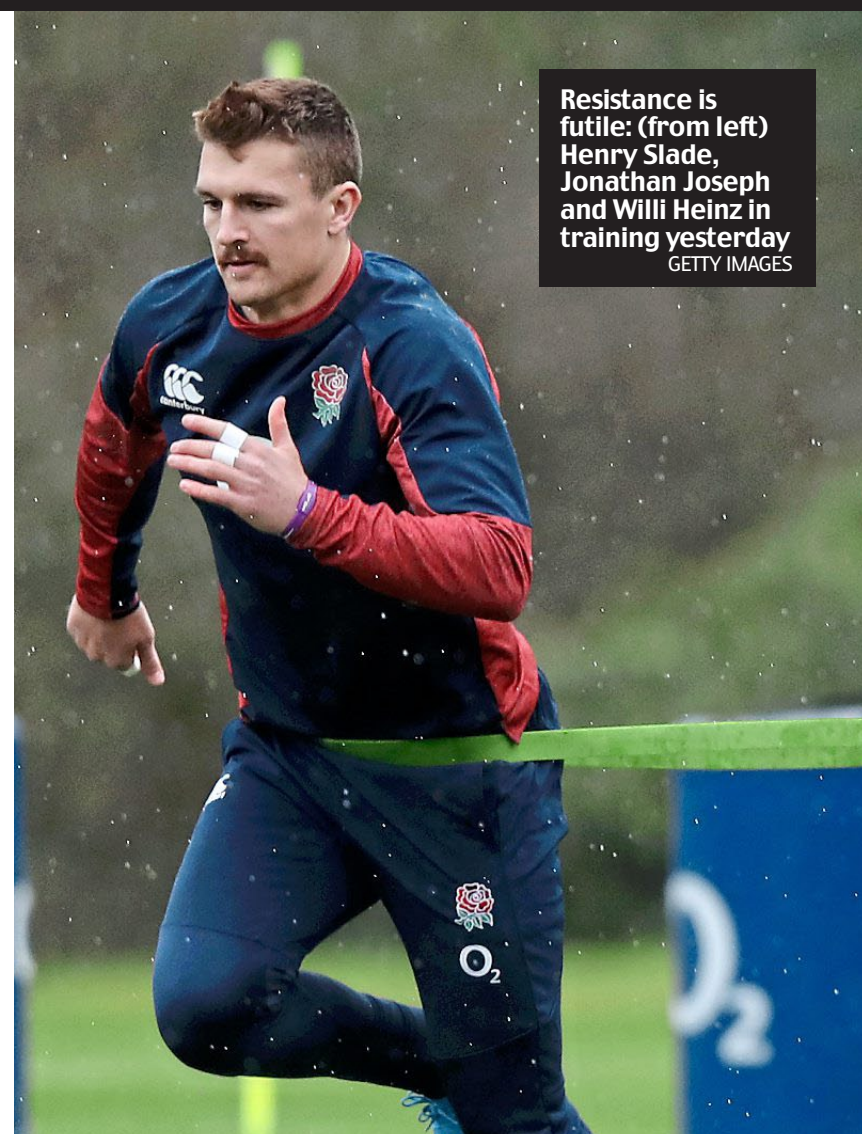
Prop Mako Vunipola was selected in the squad this week, only to be stood down and told not to report to England's HQ in Surrey after it emerged he had flown back from a family trip to Tonga via Hong Kong — where a small-scale outbreak has occurred.

Yesterday morning, Saracens confirmed the Lions prop was training with them and would be considered to face Leicester at Allianz Park on Saturday.

A club statement read: 'Billy Vunipola and Mako Vunipola returned to Saracens after visiting family in Tonga, which included a short stop at Hong Kong Airport. Travellers returning from Hong Kong are not subject to mandatory quarantine or self-isolation unless they become symptomatic.'

'Neither Billy nor Mako have displayed symptoms of the coronavirus and on their return to London were assessed by the club's medical staff. The duo have been around the Saracens environment for the past couple of days, with the latter available for selection this weekend.'

England coach Steve Borthwick said: 'We followed the advice which was for him not to come into the environment. If that's what the medical team is saying to us then that's the advice we will follow.'



Resistance is futile: (from left) Henry Slade, Jonathan Joseph and Willi Heinz in training yesterday
GETTY IMAGES

NOW CALL THE WHOLE THING OFF!

SIR CLIVE WOODWARD WORLD CUP WINNING COACH



THERE are some things much more important than sport, and when something like the coronavirus comes along rugby has to step into line, take advice from the experts, and do what is right. Sport has to be flexible and change its plans. There is a bigger picture here and this decision should

have been made quicker. I have felt from the moment the Ireland v Italy game was called off that Italy v England should not take place. If it's dangerous for a sprinkling of Italian supporters to travel to Ireland, how much more of a health risk is it for 15,000 England fans to trek to Italy,

PREMIER LEAGUE ON ALERT

THE Premier League have written to all 20 of their clubs with the latest guidelines on dealing with the coronavirus. Premier League chiefs are in daily contact with the government's health experts. As it stands, Premier League fixtures and kick-off times are unaffected, unlike in Italy, where games have been postponed or played behind closed doors. While insisting it is 'business as usual' for now, clubs have been advised to improve

hygiene at their stadiums and training grounds to protect players, staff and supporters. They have also been advised to limit both non-essential visits to their facilities and face-to-face meetings. Tottenham staff were greeting visitors with fist-bumps rather than handshakes before last night's FA Cup tie against Norwich, and Wolves have banned players from signing autographs and taking selfies for supporters.

ADRIAN KAJUMBA

GAVIN HENSON
EXCLUSIVE
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many for a long weekend with travel outside of Rome? I had intended to go to Italy for a long weekend with my wife Jayne and two friends, but the moment we heard the Ireland v Italy game was off we cancelled our plans. That was last week. Forget what decisions the authorities are making, why would you put your family and friends in that position? It's just a rugby match. I was still prepared to travel alone to join the ITV commentary team, but was very relieved yesterday when they took the sensible decision

to cover the match from their studios in London. When they, with all their experience, made that call I knew the game was up. A postponement had to follow. We need to get used to this. Unless I am very much mistaken the situation is going to get worse before it gets better and, although we have escaped relatively unscathed in the UK so far, we have to prepare for the worst. I can see sport in Britain being in lockdown by the end of the month. As for the Six Nations, I would suggest this will be the final weekend. I don't see how

any of the games next weekend can be allowed to take place. If that's the case the temptation will be to try to re-arrange — France will definitely want that if they are still in contention for the Grand Slam — but I would be inclined to call time on this year's tournament. There are other, more pressing things to concern us, we don't know what the outlook is and when games could be re-scheduled. We haven't got the flexibility we had in 2001 when the tournament was interrupted by Foot and Mouth.

BBC cancel filming for Tokyo Olympics

THE BBC'S Olympic schedule is under threat because of the coronavirus outbreak. *Sportsmail* can reveal BBC Sport have been forced to delay filming for certain projects that require Far East travel. The Beeb are lining up a series of features and documentaries to be aired before and during the Tokyo Games, which are due to start on July 24. But the virus is posing problems. One project, which was due to start filming in Tokyo next month, has been shelved with no indication of when it will be rescheduled. It remains to be

EXCLUSIVE
By SAMI MOKBEL

seen what steps the BBC take to protect staff as the Olympics move closer, but the fact they have postponed filming in Japan is an indication that they are taking the virus threat seriously. The Japanese government insist their plans for the Games remain on track but Britain's superstar swimmer Adam Peaty (right) told *Sportsmail*: 'I'm worried it'll be postponed or moved.

At the moment, that's realistic. But I don't think it will be (cancelled). There's too much money, too much accommodation, too much stuff planned.' As revealed by *Sportsmail* this week, the prospect of the Olympics taking place without fans has been discussed. Peaty said: 'The Olympics is based on people watching and a massive crowd, a bit like football. It wouldn't be ideal, but sometimes the world isn't ideal and you've just got to get on with it and stop moaning.'



Marler keen to unleash pack power

ENGLAND are ready to unleash their scrum as an attacking weapon against Wales at Twickenham on Saturday, after using their set-piece ordeal in the World Cup final as a catalyst for change.

Eddie Jones's side were beaten 32-12 by South Africa in Yokohama last November, with the Springbok pack laying a platform for the triumph. Time and again they pushed back the England forwards in the scrum, a mis-match that was key to their success.

Jones responded by hiring Springbok forwards coach Matt Proudfoot, who has asked all eight men involved to commit fully to making the scrum an offensive asset.

'Matt's been brilliant,' said Joe Marler (right), who is expected to be named as the starting loose-head prop against Wales. 'I like the way he works; he places a huge amount of pride and respect on the set piece, particularly the scrum.'

Steve Borthwick, England's forwards coach, has 'turned us into a world-class outfit in the lineout', according to Marler.

'But Matt has come in and added a different mentality to the scrum, given us a little bit more licence to attack there, which is always nice for a prop to hear.'

Marler explained what Proudfoot had changed about England's scrum: 'The back five stay on us, the front-rowers, longer, particularly on defensive scrums, as opposed to what most back-rowers do when they "periscope" — which you can't blame them for because they've got another job to do.'

'But they also have to back themselves that if they stay on the scrum and we get a result there, or make an impression there, then you will have an easier job getting



by
CHRIS FOY
Rugby Correspondent

off to make a tackle because it'll be that much further behind the gainline.

'It's trying to get the back-rowers to buy into loving scrummaging as much as we do.'

There have been some encouraging results so far. In the 24-12 win over Ireland at Twickenham, the home pack cranked up the pressure and put their rivals in reverse. Maro Itoje provides considerable power from the second row and he has recognised the need for a collective effort from all England's forwards.



The Saracens lock said: 'Matt has come in and placed a greater importance on the scrum, both sides of the ball, when we have it and when the opposition puts in. It is the responsibility of not just the front row, but everyone in the pack.'

'When the scrum is getting marched forward, the front row get massive pats on the back, but as a second row I get just as much enjoyment from winning a scrum penalty as I do a maul penalty.'

'They are both massive parts of the game and I think that is what Matt has come in and tried to emphasise.'

Itoje recoiled at the memory of the scrum punishment dished out by the Springboks four months ago. 'I've experienced being on the other side of a team when they have a dominant scrum and it is not nice. We like to use our scrum as a weapon and when you can't use your scrum as a weapon it is almost seen as a weakness — not a place you want to be in,' he said.

'When you are on the receiving end of a pack that is coming at you, marching over you at the scrum, marching you backwards, it is not nice.'

Williams set to start Twickenham battle

WALES are poised to throw Liam Williams straight back into their team to face England for his first match since the World Cup quarter-final in October.

The 28-year-old has missed the last four months with an ankle injury he suffered in Japan but is set to be picked in a back three with George North and Leigh Halfpenny today.

North is expected to be fine to play after seeking independent medical advice following a head knock against France.

With Josh Adams out injured, it is understood 62-cap Williams will start — with Johnny McNicholl on the bench.

And Maro Itoje, Williams' former

By WILL KELLEHER

Saracens team-mate but enemy on Saturday, was full of praise.

'Williams is one of those players who is effortlessly talented,' said the England lock and fellow Lion. 'He has got a good aura about him. He is very relaxed but super competitive. Even though he is quite skinny, he is very strong for his slight frame. He is very good in the air too, good with ball in hand, and has a good kicking game.'

Fly-half Dan Biggar, who injured his knee for Northampton last Saturday, is being given every chance to make the game and should also be in the team.

SIX NATIONS FINALE IS OFF

++ England's match in Rome postponed over coronavirus ++
++ Tournament chaos with doubts over France v Ireland too ++

EXCLUSIVE

By **CHRIS FOY** Rugby Correspondent

ENGLAND'S final Six Nations game against Italy in Rome has been postponed following an intervention by the Italian government.

In a bid to contain the coronavirus outbreak in the country, all sporting

SIR CLIVE WOODWARD:
NOW SCRAP THE WHOLE THING

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events in Italy have been suspended for 30 days unless they can be played behind closed doors.

The Italian rugby federation (FIR) and their RFU counterparts, along with Six Nations organisers, had to hastily consider whether to proceed on those terms and last night they decided to postpone the match instead.

There was no official announcement last night, but financial factors are

TURN TO PAGE 94, COL 1



Moment of madness: Dier climbs the stand as stunned fans look on TWITTER/REX

FA CUP REPORTS
PAGES 91-93

FA CUP

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ACROSS

- 1 Fault or defect (11)
 7 Opening for coins (4)
 8 Shut entirely (5,2)
 9 Pose a question (3)
 10 Turnip-like vegetable (5)
 11 Say again (6)
 13 Vocalist (6)
 16 Church table (5)
 18 Donkey (3)

DOWN

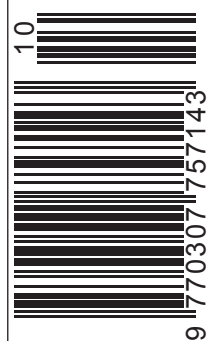
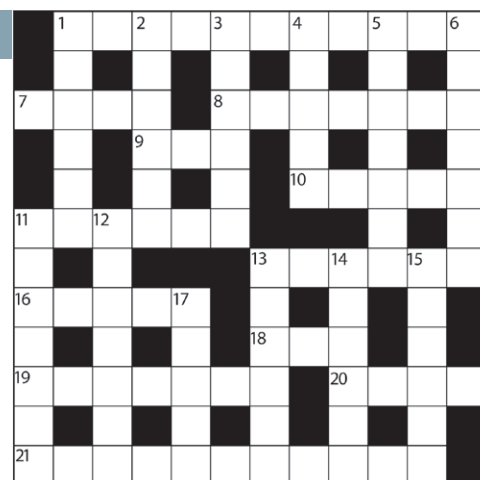
- 19 One in charge of a dog (7)
 20 Sound a horn (4)
 21 Type of relative (11)
 1 Comfort in distress (6)
 2 Note group (6)
 3 Fare receipt (6)
 4 Woodwind instruments (5)

5 Shipping hazard (7)

- 6 Student's twelve month break (3,4)
 11 Selfish driver (4,3)
 12 Plant type (7)
 13 Ancient Greek city (6)
 14 Snuggle (6)
 15 Physical or mental exertion (6)
 17 Annoyed (5)

WEDNESDAY'S SOLUTION (No 8,478) — ACROSS: 1 Acacia. 4 Girth. 7 Backgammon. 8 Ugly. 9 Ashes. 11 Saucers. 13 Deadpan. 15 Bleat. 17 Gent. 18 Swear blind. 20 Earth. 21 Retain. **DOWN:** 1 Albums. 2 Clay. 3 Awkward. 4 Ghana. 5 Rum. 6 Hangs. 7 Blouse. 10 Hopped. 12 Secular. 14 Notion. 15 Baste. 16 Torch. 17 Gnat. 19 Err.

SOLUTION TOMORROW



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