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mummy'**

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AND THEN MY
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RUTH

**'YOU ARE LEFT
WITH THE
WHAT IF'S...'**

**Our columnist speaks out
on her tragic loss**

**H
HEARTY**

03 MARCH 2020 ISSUE 09

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Inside
THIS
week

The after shocks...

Last week on *This Morning*, our lovely columnist Ruth Langford broke down in tears. She is, despite her celebrity status, a private person, and you could see talking about the recent suicide of *Love Island* star Caroline Flack brought back painful memories of her sister Julia, who took her own life last summer. 'You are left with the what-ifs...' Ruth said, holding back the tears.

Suicide is not something we often discuss but it touches many families. Especially, those, like Ruth's, left behind asking themselves if they could have done anything differently.

Maybe, in an effort to help prevent more people taking their own lives in the future, we need to remember Caroline's words: 'In a world where you can be anything, be kind.'

EDITOR
SIOBHAN WYKES

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START YOUR week with a smile

2

WEATHER READY

There. Are. No. Words. We just cannot cope with how utterly adorable this beautiful long-haired dachshund is! And it seems fitting that after the storms we've endured, she's got her raincoat and wellies on, ready for the English weather. The gorgeous dog is called Daisy Rey and was posted by Catherine Tyldesley, 36. We love the little pooch!

1



Instagram/auntiecath17

WORDS: LOUISE BULGIN AND HELEN PIKE
PICTURES: INSTAGRAM, SHUTTERSTOCK

4

On Her Majesty's postal service

We've been Bond fans for years and – to mark the release of the upcoming 25th film, *No Time To Die* – the Royal Mail has released 10 stamps from the iconic movies. They show the nation's super-spy through the ages and these are a few of our favourites. They're on sale from 17 March for £12.20. We won't mind licking the back of those...



Who wowed the crowd?

Fashion is in full bloom ahead of spring, as these *Good Morning Britain* presenters prove. Florals will never go out of style, so if you're on the prowl for a new frock, take inspiration from Ranvir Singh, 42, who looked the part in her transitional Izabel London dress, Laura Tobin, 38, is mellow in yellow, and Susanna Reid, 49, brightening up the room in Monsoon.



It's flower power all the way for the GMB girls



best this WEEK

IT TAKES TWO

3

Paul Merton, 62, is making his West End musical debut in the revival of *Hairspray* alongside Michael Ball. He plays joke shop owner, Wilbur Turnblad, whose daughter is vying for fame by entering a TV talent competition. Michael Ball is reprising his role as Edna Turnblad – Wilbur's wife. The stage show also stars Rita Simons of *EastEnders* fame and opens on 23 April in London. Form an orderly queue...



A CUP OF CHEER

Orla Kiely may have suffered financial difficulties a couple of years ago, but good news; you can pick up her designs online and in concessions like John Lewis. While the clothes and accessories are on the pricier side, her homeware is more budget-friendly. The mugs, £10.50 each, feature iconic prints and will give your morning cuppa a colourful makeover.

5



START YOUR
week with
a smile

Boiled 6 over!

An evolution of the jumpsuit trend, boilersuits can be dressed up or down, and it's your choice of style and accessories that determines whether it's a chic choice or more suitable for a plumbing job. Sinitta, 56, should have taken advice from Emma Thompson, 60, whose cinched-in option is effortlessly paired with classic loafers. Sinitta's, on the other hand, is probably something we'd wear behind closed doors on a rainy weekend...



Emma looks
chic in her
effortlessly
styled
boilersuit,
while Sinitta
stands out
for all the
wrong
reasons

I'VE STARTED LIVING MY BEST LIFE – AT 52

Going into the *I'm A Celebrity...* jungle was a life-changing experience for *Good Morning Britain* presenter Kate Garraway. Now, four months after returning from Oz, she says she's 'pressed the reset button on her entire life' – and encouraging the rest of us to do so, too. Kate says: 'My jungle adventure helped me to realise what matters most: family, health, friends. It also showed me that being – and feeling – stronger, both physically and mentally, is the key to getting the most out of life.' Check out Kate's new wellbeing website at clubgarraway.com



KATE GARRAWAY: 'AT 52, I HAVE PRESSED A "RESET" BUTTON ON MY ENTIRE LIFE'

Kate Garraway
Sunday February 16 2020, 12.01am GMT, The Sunday Times

I am challenging you to do it, too. I haven't done this because my life was bad, far from it – I am grateful every day for how lucky I am. But I have finally realised how I can begin to really start living



Phyllis enjoys a 'celebri-tea movie moment'

POPPINS FOR A CUPPA!

As the head housekeeper in *Downton Abbey*, Mrs Hughes knows the value of a good cuppa – and the actress who plays her, Phyllis Logan, agrees! That's why

she took part in this photoshoot for Dementia UK's Time For A Cuppa campaign, which runs from 1-8 March, encouraging us to raise money for the cause by hosting tea parties. Phyllis, 64, says: 'I was delighted to feature in the "celebri-tea movie moments" photoshoot as everyone's favourite nanny, Mary Poppins. As an ambassador for the charity, I take part in the Time For A Cuppa campaign every year.' See dementiauk.org/timeforacuppa



We love Uzazi tons!

9

The hungry hippo

Did you know that the hippo is the world's third largest mammal? Well, despite his size we think this one – called Uzazi – is pretty cute! Uzazi, whose name means 'good parent' in Swahili, is 19 years old and dad to daughter Winnie, three. From the look of this picture, he's just finished off his dinner.

Hungry hippo indeed!

GET IN LINE

Avon's True Glimmerstick Eyeliner celebrates its 30th birthday this year and is marking the occasion by releasing a further four shades to its 23-strong collection. The Gold Indulgence collection is an array of metallic finishes, which, if you're wedded to your trusty black kohl, is a brilliant alternative for perkier peepers this spring. At £6 each, we'll be collecting all four, but they're limited-edition, so get one quick before you miss out!

10



Recalling her sister's suicide, Ruth Langsford broke down in tears discussing the shock death of Caroline Flack...

'You're left with the what-ifs.'

This Morning viewers were left heartbroken last week as Ruth Langsford opened up about the fresh pain Caroline Flack's suicide had brought her.

Co-hosting the show with husband, Eamonn Holmes, Ruth had been discussing the shock death of the troubled former *Love Island* host on 15 February – when her emotions overwhelmed her.

As actress Nicola Thorp – who admitted she attempted suicide in 2012 – talked about

Caroline's unexpected death, Ruth offered a very personal insight into her own feelings.

Seeming to refer to her sister, Julia Johnson, who took her own life last June, the 59-year-old said, 'You believe you don't have a choice. But you did have a choice. That's the sad thing. But there are so many people left behind who say: "So many people loved you... You could have called me... You could have called Mum."'

Then she broke down. Giving his wife a moment to wipe her eyes, Eamonn added, 'Obviously this is so emotive...'

Moved viewers took to Twitter to send support. 'It

was a tough chat for Ruth this morning – bought a tear to my eye watching her start to cry during that interview,' wrote one. Another added: 'So sad watching @thismorning today! Just want to give Ruth a big hug.'

In the show, psychologist Emma Kenny explained

'Suicide happens with a one-minute break from reality sometimes. A perfectly well person could find themselves in a very stressful situation and act in a way where they think there's no way out.'

Agreeing, Ruth added, 'This

happened in my family. I just remember the shock... and the questions it leaves families. "I should have gone round, phoned, I was going to go round, I was going to phone." You're left with the what-ifs.'

Last November, a coroner ruled that Ruth's sister, Julia, had taken her own life at her home in Surrey. She was found by her husband, Paul, who had returned from a visit to see the couple's daughter.

Confirming the news on social media last June, Ruth wrote, 'My heart is completely broken. She was the kindest and most gentle soul and I will miss her forever.'

● **If you've been affected by this story, you can call the Samaritans on 116 123 or visit samaritans.org.**

'You believe you don't have a choice. But you did, that's the sad thing'



Ruth fought back tears on *This Morning*



Caroline's suicide stirred up painful memories for Ruth



Ruth lost her older sister, Julia, last June

Instagram/ruthlangsford

The Queen will not allow the Sussexes to cash in on their royal titles



‘Sussex Royal’ is no more, as HRH puts her foot down and says no cashing in on blue blood

Since Harry and Meghan flew the coop in early January, they have only put tentative feet forward in their new roles as Canadian residents, under the brand ‘Sussex Royal’. But – in a stern reminder of who, ultimately, is the boss – The Queen is said to have banned them from using the word ‘royal’ in their brand name.

The ban, believed to be the result of talks involving senior officials, will come as a blow to the couple, who have trademarked ‘Sussex Royal’, have 11.2 million followers on their Instagram account and have invested in a slick website.

They started using the branding after they split from William and Kate, this time last year, which meant they no longer shared the branding ‘Kensington Royal’.

Of course, since then, events have moved quickly, but it is really no surprise that the Queen has moved swiftly to say ‘enough’ and stamped down on their North American activities under the brand.

At the beginning of the month, it was revealed that the Sussexes had jetted in to Miami, Florida from their Vancouver base to attend a conference held by investment bank JP Morgan. To an audience of the super-rich, Harry spoke about the effect the loss of Diana has had on his mental health – and is alleged to have picked up a fee of around £775,000. The move attracted criticism, was described as ‘tacky’ – and exactly the sort of cashing-in on their royal status that has long been forbidden for members of The Firm.

It is precisely the sort of clash that was predicted by experts, who pointed out originally that the ‘half in, half out’ status that Harry and Meghan had originally hoped for, was simply unworkable. So, for now, whatever Harry and Meghan, who are now self-supporting, do in the future – it will not be under the description of ‘royal’.

Rather than entirely cutting Harry and Meghan loose, and removing their titles – as was done with Diana – could this be an indication that Her Majesty is issuing a stark reminder to her grandson of the reality of the responsibility that comes with his birthright? That he is still a member of the royal family – and a cherished one?

Perhaps, Her Majesty’s edict reveals a wish that one day, perhaps sooner rather than later, the couple, who are said to have ‘no regrets’ about their move, might turn their backs on their showbiz lifestyle and return to the more traditional role of The Firm.

The couple are looking for ways to make money



sussexroyal

Following

190 posts 11.2m followers 1 following

The Duke and Duchess of Sussex
The official Instagram account of The Duke and Duchess of Sussex
sussexroyal.com

‘We all tell stories – we all enjoy elaborating...’

Dawn French makes a surprising admission about her latest role as the village gossip. It seems, even Dawn is ‘a bit of a Maggie’ when it comes to telling tales...

The altogether fabulous Dawn French is taking the lead role in six-part ITV drama, *The Trouble with Maggie Cole*, which also stars former *Corrie* actress Julie Hesmondhalgh. Filmed in South Devon and Cornwall (where *The Vicar of Dibley* star, 62, lives with second husband, Mark Bignell), the drama explores the spectacular fall-out for busybody Maggie, when she’s caught out telling villagers’ secrets to a journalist. An interesting role for Dawn who, let’s face it, as a celebrity finds her own life is often under scrutiny – so she knows exactly what it’s like to be grist to the gossip mill...

Dawn, what does your new show capture so well about village life?

Pretty much everything. It’s looked at all the little corners. There’s a bit of darkness in how everybody responds to each other, and how you can be entrenched in your thinking with little knowledge about the subject.

A dramatic event kicks off each episode, doesn’t it?

Yes, there’s a montage at the beginning of every episode. There’s been an accident in the village. We don’t know who is involved and, as each week goes by, we find out more. The accident draws the characters together. That tension runs through it all.

What sort of a person is your character, Maggie?

She has a high opinion of herself! But she’s like that,

actually, because she’s the opposite – she has a low opinion of herself. When Maggie’s asked what she does, she says she’s an historian. She runs the gift shop at the castle! But Maggie wants to matter. So, asked if she’d like to do an interview for local radio, she couldn’t think of anything better. Suddenly, someone’s listening to her.

It gets her into deep trouble doesn’t it but, in a way, it could happen to anyone...

Oh, it’s a moral dilemma any of us could get into. All of us tell stories. All of us enjoy elaborating. All of us are open to flattery. Before this, Maggie had a lovely, ordinary marriage. She and Peter have a son and spiky daughter-in-law. They’re just a family, muddling along. But Maggie interferes, many will recognise that person. She was born in this village, knows everybody’s business, and likes it that way.

Have you met a lot of ‘Maggies’, in your time?

We’re all a bit Maggie, to be honest! Humans have told stories since the beginning of time. You don’t need stories to survive. It’s not food or water or shelter or clothing. Yet we’ve all



Dawn and Jennifer as Bros in *French and Saunders*



Pal Jennifer got Dawn on to Twitter



Julie Hesmondhalgh co-stars in *The Trouble with Maggie Cole*



With first husband Lenny Henry



With second hubby, Mark Bignell

done it, because it intrigues us. But the danger with the elaboration of stories is the damage you can cause. We live in a society where reputation is all. And Maggie carelessly throws reputations down the toilet, because she's had a few too many gins and she's been flattered. We used to say, 'Today's news is tomorrow's fish and chip paper', that's not the case now, with social media.

How do you feel about social media?

Well, I'm on Twitter. Jennifer [Saunders]

encouraged me. She said I'd have fun, because there are good jokes! I'm also aware that some of my work is hard to let people know about. When you write a novel or do a one-woman show, you need to let people know. But I wouldn't want to be just selling on social media. You need to entertain or connect properly.

Maggie swiftly tries to rectify her awful mistake. Are you a big believer in forgiveness?

I can be like anyone else – quick to condemn. But we all know, in our hearts, there is no future to anything, unless you can forgive. It's just, some things are harder to forgive than others. Very personal things. Being misrepresented can feel akin to bullying. A big untruth or injustice about you out there publicly is a horrible thing to deal with.

Your character is partial to an Eighties tune – are you?

Well, that *Bros* documentary did take me back to when we dressed up as them, for Star Test on *French and Saunders*. The unfortunate thing is, I have a bad memory... I remember a lot of Eighties music being awful, and a lot being brilliant. I saw Bananarama last year, with Siobhan (Fahey). That was wonderful.

Did you film this in some stunning locations?

We filmed on beaches that I played on as a kid, like Mothecombe. Launceston Castle is somewhere I also spent time as a girl. We did film in a lot of places that are my manor, shall we say. Of all the cast, I am the one who does know this area a bit!

● **The Trouble With Maggie Cole starts 9pm, ITV, Wednesday 4 March**

God? He must be from Cornwall

Celebrity resident Dawn has long sung Cornwall's praises, particularly its cream tea and Cornish pasties. Last month, she claimed that God must have been from the county. Responding to a tweet by the National Trust, with an image of two scones, one with cream first and another with jam first, captioned: 'But which is it really? #ScienceHasFailedToAnswer', Dawn replied, 'Stop being silly. Science has nothing to do



Twitter/
@nationaltrust

with it. God (who is Cornish) decided, by inventing CLOTTED CREAM, that it should be the shining crown #jamfirst.' Dawn moved into her £3million Cornwall mansion with first husband, Lenny Henry, and daughter, Billie, in 2006. When that marriage ended, Dawn remained in the 40-room, grade II-listed home, which she now shares with husband No.2, Mark.

Left:

Crop leather trousers, £15, Primark

Top, £19.99, Bonprix
Bag, £24.99, M&Co
Ankle boot, £34.99, Bodyflirt at Bonprix

Centre:

Metallic leather jacket, £180, Joanna Hope at JD Williams
Knit, £18.99, M&Co
Skirt, £22.99, New Look
Bag, £45, JD Williams
Heels, £29.99, Zara

Right:

Pleather wrap skirt, £34.99, Bodyflirt at Bonprix
Blouse, £35, Wallis
Earrings, £7, JD Williams
Tights, £8, M&S
Ankle boots, £55, Faith at Debenhams

£19.99

£24.99

£15

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£55

‘Everyone just wants to be loved’

This Morning’s Alison Hammond talks about her journey on *Celebs Go Dating*, and how she’s coping with the loss of her mum, Maria...

Roving showbiz reporter Alison Hammond – also an ambassador for WW (formerly Weight Watchers), is taking the plunge and joining the dating game – in front of thousands of viewers. The bubbly *This Morning* presenter from Birmingham, who is mum to son, Aiden, 13, is one of the hopefuls on the latest series of *Celebs Go Dating*, joining a cast including ex-*EastEnders* actor Dean Gaffney and *Love Island* alumni Amy Hart. Sadly, Alison’s search for love comes at a difficult time for the 45-year-old, who recently lost her mum, Maria, to cancer. But as Alison says, life must go on. She’s charmed the socks off Hugh Jackson and Harrison Ford – but Hollywood stars aside, has anyone special caught her eye?

Alison, why did you want to take part in *Celebs Go Dating*?
I wanted some dating

experience. And everyone just wants to be loved, don’t they? I don’t take part from the very start, I join the show a bit later – but I wish I’d been in it from day one. You know when they have ‘The Mixer’ in episode one, where they first meet members of the public they might want to date? Honestly, half the guys they turned down... I’d have been right in there!

Did you feel you were putting romance on the backburner?

Yeah... I’m really busy with *This Morning* and everything else, and just do not pay attention to my love life. Like,

not one bit. I’m so driven with my career I just didn’t factor it in. So, to have an agency like they have on this show come along, and go, ‘Tell us what you want, we’re going to find the guys for you’ was great.

Have you been unlucky in love, would you say?

Maybe... I just don’t feel I’ve found The One yet. The person that’s totally compatible. I do settle a lot, too. I tend to go for men where I’m... ticking over, but not swept off my feet, you know? I’m a people-pleaser. I don’t want to hurt anyone’s feelings, so I always put the other person



Alison got a kiss on the hand from Hollywood star Hugh Jackman...

WHEN ALISON MET...HUGH JACKMAN

...but will she find someone in this series of *Celebs Go Dating*?



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With her *This Morning* 'family'

Instagram/alisonhammond55



Having some family fun with son Aiden, now 13

first – so I'd rather stay in a dry relationship. It's really hard. Then when I do say it's over, guys think I'm joking!

You charm every Hollywood star you meet – it's not confidence you're lacking...

Look, I can strike up a rapport very quickly – I have to, for my job. That's not the problem for me. It's trying to work out if I actually like a guy first of all, if they excite me – because if they don't, I'm off. The bar is set a little bit high with me. I meet a lot of nice men – but I can't tell you whether I meet someone special or not...!

Do we see a different side to you on this show?

Oh god yeah, you'll see me. I'm

not just Alison that presenter that laughs all the time and flirts with celebrities. On *This Morning* I'm me, but I'm the happiest, most heightened version of me. On *Celebs Go Dating*, you see the real me. You feel very vulnerable – but once you get over that feeling, you relax and really enjoy it.

What can you tell us about your journey?

I can't tell you too much, but... have you seen the film *Ghost*? Think of your favourite moment in that film. Yeah. Well, that might have happened with me... I'm a very emotional person, as you'll see.

You're an ambassador for WW – how's that going?

Really well! I love it. I'll be honest, doing *Celebs Go Dating* I've been going on dates, eating loads of food and the diet's gone out the window. But that's life, isn't it? Sometimes you're on it, sometimes you're not. It is what it is. I've always struggled with my weight, I'm the most honest weight-loss ambassador you'll ever come across! It's like dating – you keep going, you keep trying. Why not?!

● ***Celebs Go Dating* airs Monday 24 February at 9pm on E4. It will then air Monday – Fridays.**

'She made me a strong woman'

Celebs Go Dating came along 'at a very emotional time' for Alison, she tells best. On Valentine's Day, she posted a heart-breaking tribute to her beloved mum, Maria, revealing that her Guyanese-born mum, who 'made her a strong woman', had lost her fight with lung and liver cancer. 'It's tough', confessed Alison. 'I've basically just buried my mum. But she had a lovely funeral, a gorgeous celebration of her life. I've been to her grave and it's beautiful, all the fresh flowers on it.' And she says Maria was thrilled that her daughter was taking



Alison says her mum Maria was proud of her

Instagram/alisonhammond55

part in a dating show. 'She was like, "Go for it!" She was massively proud of me – always has been.' Alison added, 'Mum hasn't come to me in my dreams yet, but I really hope she does.' Meanwhile, she says, 'You put one step in front of the other – and carry on.'

‘Menopause nearly w

I’m furious. My fists are clenched, and my chest is heaving with murderous rage as my husband, Mark, and I discuss where to put the fridge in our new home. ‘If we put it there, it’ll ruin the views of the kitchen,’ I scream. ‘Well I do all the cooking,’ Mark replies calmly. ‘And it’s more convenient there.’

I shout, I rant, I cry... In hindsight, it’s embarrassingly trivial and, if I’m honest, Mark’s suggestion makes more sense. Except I can’t laugh about it. And this is just one meltdown of many...

It should have been a happy time. Mark, now 58, and I had moved to a gorgeous Cotswolds property, he was taking early retirement and our youngest was about to fly the nest. Yet here we were, fighting with each other daily and on the brink of divorce because of another change – my menopause.

Felicity Everett had been happily wed to her husband for years, until hormones reared their ugly head...



Felicity and Mark at a friend's 1981 wedding, aged 21

The couple have come through the ups and downs of the last few years and are still together

recked my marriage'

At the time I put the problems down to the location of the fridge or the colour of the paint, but looking back, the real root of it all was the menopause.

Mark and I have always had a sparky relationship, a bit *When Harry Met Sally*.

When we got together in our flat-share in Brighton back in 1980, my bemused flatmate asked me, 'What on earth was Mark doing in your bed this morning?' She was convinced that the reason for his decampment could only be practical, not romantic, as we'd always treated each other with affectionate contempt – friends at best.

For 35 of the 40 years that followed we were solid. Our banter concealed a deep and abiding love that saw us through good times and bad, including the loss of my best friend to cancer and a gruesome spell when Mark commuted from London to Manchester. But we survived and by the time we moved to the country, we felt we'd lucked-out.

Then along came the menopause. I was 50 or so when it started, 58 by the time I came out the other side. It crept up on me – the odd missed period, a sudden rush of nausea combined

with a strange premonition of doom, but once we'd settled into our new home, it hit me like a truck. Hot flushes and headaches were the least of it.

First, I developed a mild depression, which popped up every month, culminating in dark thoughts, furious rage and self-disgust at my droopy boobs and thickening waist. Then it would recede again for a few weeks.

Having retired, Mark had time for romantic country walks and amorous early nights, but I wanted none of it; my self-esteem was at rock bottom. Deep down I felt guilty that I'd put our love life on ice and certain that Mark would look elsewhere, as we

'In a fit of despair I flushed my pills down the toilet'

became thin-skinned and humourless – the banter that we'd once shared turned to squabbling.

Four years after my first



Felicity and Mark tied the knot in 2010

hot flush, I finally admitted to myself that it was hormonal, and I tried herbal remedies, meditation, exercise and, finally, hormone replacement therapy, but after a few weeks it hadn't made a difference and in a fit of despair I flushed my pills down the toilet.

That same day, Mark and I had one of our biggest ever bust-ups (ironically, over the HRT) and I ended up driving off, thinking 'it's over'. I sat in a lay-by, contemplating life as a menopausal divorcee.

I thought about finding myself somewhere to live, about sleeping alone in a double bed, about telling the kids we were divorcing. Worse than that, I thought about dating again in my older years – the old men I might have to kiss – and the more I thought about it, the more appealing the old man I was married to started to seem.

I drove home, let myself in and stood sheepishly just inside the living room door, watching Mark pretending to watch the football, stony-faced. Without turning around, he patted the sofa next to him and I sat down. He took my hand and squeezed it and my eyes filled with tears.

It was no picnic after that, there was plenty of bickering. I had a hissy fit in the garden centre when Mark tried to buy the wrong kind of compost and he got seriously panicked when I forgot I'd lit a scented candle in our bedroom and we went out to the pub.

'The whole place could have gone up in smoke,' he seethed when we got back to find a trail of wax down the radiator, and the carpet ruined, although he was slightly mollified when I told him I'd been trying to put the romance back into our marriage.

At 59, after nearly a decade in the doldrums, my symptoms are finally easing off. One of the things that helped was knowing I'd tried everything and accepting it was something I just had to go through. Nowadays I feel over the worst.

I knew we'd come through it one night recently when Mark and I watched *When Harry Met Sally*. 'Wasn't that great?' I said, sniffing discreetly, as the credits rolled. 'Sentimental tosh,' he joked. Business as usual.

● **Felicity Everett's new novel *The Move* is out now (HQ, £12.99).**



With kids Martha and Lizzie, right

Beauty with benefits!

Get your favourite products to go the extra mile

1 Make-up that does more
Adapt your foundation to your skin's needs. For dewy bases, mix a few drops of **True Skincare Certified Organic Nourishing Avocado & Evening Primrose Facial Oil**, £13.50, on the back of your hand before applying. If your skin craves hydration, add a touch of your favourite moisturiser. Then repurpose concealer as an eyeshadow primer. It helps diminish the appearance of veins, neutralise any darkness, provide a great base for your eyeshadow to grip on to and amplify its colour. Try **e.l.f. 16hr Camo Concealer**, £5.

2 Skin wins
Usually do a quick clean at the basin? Try applying a layer of cleanser and sitting in a warm bath for five minutes before removing it, advises facialist Sarah Chapman. 'The steam opens pores and allows the ingredients to penetrate deeper.' Use something like **Pixi In-Shower Steam Facial**, £18. Don't neglect your neck! 'Take your skincare products all the way down to your neck and décolletage,' says Megan Felton, co-founder of skincare consultancy Lion/ne. 'Also remember to coat the backs of your hands, as this area is always exposed to the sun and quickly shows signs of premature ageing.' Use **Kiehl's Calendula Serum-Infused Water Cream**, £39.

3 Nailed it!
'If you usually slather on hand cream before bed, try giving hands a treat while doing the dishes. Coat hands in a comforting, rich hand cream, slip on rubber gloves and let your hands drink up the moisture,' says nail artist and technician Marian Newman. Stock up on something like **Soaper Duper Deluxe Shea Butter Hand Cream**, £7.50. Dry cuticles? Marian suggests massaging lip balm into the base of the nails and gently pushing back the cuticles to repair any dryness. We love **Soap & Glory Melty Talented**, £5.



4 Hair hacks

For overnight volume, instead of applying dry shampoo before heading out, try spraying **Klorane Tinted Dry Shampoo with Nettle, £9**, into roots before bed. This helps the product to fully absorb any excess oils while you sleep and prevent the dreaded white residue.

Style it out: Tend to mist a cloud of hairspray all over your hair? Opt for a more strategic approach to tame flyaways, fight frizz and smooth baby hairs by spraying **Percy & Reed Reassuringly Firm Session Hold Hairspray, £12.50**, on to an old toothbrush before using it like a comb.



5 Bath upgrade

‘If you usually pour in bath oils while the water’s running, wait. You shouldn’t pour oils into the bath until it has finished running,’ advises Nicola Baillie at ESPA Skincare. ‘The steam will disperse it and you won’t get the full benefits.’ Try **Sanctuary Spa Bath Relaxer, £6**. Then reap the full benefits of your body scrub by using it in the bath, suggests Nicola. ‘Apply the scrub before relaxing into the water. This allows the oils to be fully absorbed into your skin. Then try a blast of cold water after your bath, to lock in those benefits and tighten the skin.’ Use **ESPA Detoxifying Salt Scrub, £38**.



We're ALL TALKING about

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

JOIN THE
CONVERSATION

A way to help grief?

After losing her daughter, Nayeon Ji-sung, to a rare disease in 2016, Jang has been 'reunited' with her, virtually. A South Korean documentary team offered the heartbroken mum a chance to spend time with an avatar of her daughter in a bid to help overcome her grief. A child actor was used for motion capture and Nayeon's voice and a virtual creation of her likeness were added by computer geniuses. In the film, *Meeting You*, Jang 'reunites' with her 'daughter' in their favourite park. With 'Nayeon' telling her mum: 'I'm not hurting any more.' At the end, the two say goodbye and Nayeon turns into a butterfly. It's a sweet notion, but is it a little strange? Do you think it would help those missing a loved one, or just make grieving harder? Tell us what you think...



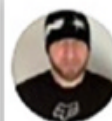
WHAT DO YOU THINK?
Tell us at facebook.com/bestmagazine

Rubik's cube cake

Whether you've ever been able to crack this conundrum or not, it turns out you can indeed have your cryptic cake and eat it. Those looking for a baking challenge have been making Rubik's cube-inspired cakes, where desserts are being shaped into dozens of cubes and formed into a delicacy resembling the retro game. We love the cheery design created by diyprojectsforteens.com. A brilliant sharing option as there won't be any arguments over who has the biggest slice! See pinterest.com



James Purdon @infomodernist · Jan
(Everything Irn Bru) Irn Bru it For You
[#MakeASongOrFilmScottish](https://twitter.com/infomodernist)



Jack Spaniels 🍷 @HeinousFace
[#MakeASongOrFilmScottish](https://twitter.com/HeinousFace)
The Aye Team



Neil Neil Orange peel @kearns_neil ·
[#MakeASongOrFilmScottish](https://twitter.com/kearns_neil)
Loch Stock and 2 smokin barrels

GOING VIRAL

Let it snow!

We love Disney's *Frozen* films as much as the next person, but this adorable little girl seems to be a huge fan. Mum Kristi Michele posted the cute video of her daughter, Madelyn, on Facebook. She's wearing an Elsa outfit, singing along to *Let It Go* in the snow, dramatically moving around during the musical interlude. We found ourselves toe-tapping along with the gorgeous clip. It'd been viewed more than 48 million times in its first week. Impressive. **Find it by googling 'Madelyn finally got to do her snow scene'.**



WEIRD OR WONDERFUL?

Soap opera on social



Scandal and drama aren't just for TV, you know. Those whose Instagram feeds need livening up should follow @ellie.from.finland, a Scandinavian-based doll whose owner creates all manner of plot lines with her plastic partner, Damon. So, what can you expect? Well, everything a classic soap serves up; fights, comedy moments, and even a 'murder'! We're gripped.



FIND US ON
INSTAGRAM AT...
@bestmagofficial

Top of the pole!

For many of us, physical education conjures up a ton of memories (mostly awful!), but a survey by golfsupport.com found that 23 per cent of adults polled would have liked to do pole fitness classes for PE, with 62 per cent of Brits wishing they could have done roller skating. We may have enjoyed it slightly more if those classes were on offer!



Trending on Twitter

#MakeASongOrFilmScottish

We adore Scotland and we're pleased to see that Twitter users have been giving a nod to our pals in the north by making a song or film Scottish with these tongue-in-cheek suggestions. We're not sure about watching Kilt Bill, though!



FIND US AT...
@bestmagofficial

EVERYONE'S LOVING...

Spring cleaning



It's a good year for Zoflora. Demand for the disinfectant has increased so much that they're opening another factory in the next few months, meaning they'll be able to increase their production by a huge 40 per cent. We can't ignore the inevitable effect Instagram star Mrs Hinch has had on sales, it seems like the spring-cleaning bug has well and truly bitten. Want to stock up? New to the range is Midnight Blooms, £1.48, an uplifting combination of classic rose and orange blossom. Get your rubber gloves at the ready!

Main image:
Top, £49
Trousers, £79
 Both John Lewis
 & Partners

Below:
1. Top, £29.50,
 Oliver Bonas
2. Trousers,
 £35.99, Mango
3. Jacket, £18,
 George at Asda
4. Trainers, £16,
 Tu at Sainsbury's
5. Earrings, £15,
 Accessorize

Time for tee

The easiest way
to wear the trend!



V-day

A plunge jumper is
universally flattering.

Main image:
Jumper, £22.99
Jeans, £24
 Both M&Co

Above:
1. Jacket, £30,
 TU Clothing
2. Shoes, £16,
 TU Clothing
3. Jeans, £14,
 F&F Clothing
4. Jumper, £69, The
 White Company
5. Bag, £39.50, M&S





Main image:
Jumper, £32, Trousers, £70
Both La Redoute
Below: 1. Jumper, £32, La Redoute 2.
Bag, £22, Dorothy Perkins 3. Necklace,
£5.99, H&M 4. Trainers, £29, Topshop
5. Trousers, £59.50, Oliver Bonas



Jump to it
A classic Breton jumper
will stay in style for years.



CELEBRATE YOUR SHAPE

Read between the lines with these stripe buys!



Shift work

This dress
is a spring
wardrobe staple

Main image:
Dress, £39
At kaleidoscope.co.uk
Shoes and accessories,
stylist's own

Left:
1. Dress, £55, White Stuff
2. Jacket, £39.99, H&M
3. Bag, £38, Next
4. Rings, £20,
Accessorize
5. Earrings, £18,
Oliver Bonas

*JUST THE
tonic!*

Boost your skincare routine with these top toners

£3.49
Garnier Natural Rose Water Toner, Sensitive Skin, Boots

£5.99
L'Oréal Paris Fine Flowers Cleansing Toner, Boots

£14
Carbon Theory Tea Tree Oil & Citric Acid Breakout Control Facial Purifying Tonic, Boots

£5.49
Botanics AllBright Cleansing Toner, Boots

£10
British Rose Petal Soft Gel Toner, The Body Shop

£9.99
Sanctuary Spa Daily Glow Radiance Tonic Glycolic Toner, Superdrug

£25
REN Ready Steady Glow Daily AHA Tonic, John Lewis

£21
Fresh Rose Deep Hydrating Toner, John Lewis

£35
Kiehl's Calendula Herbal Extract Alcohol-Free Toner, feelunique.com

£22
Clarins Toning Lotion, John Lewis

£3.95
Garnier Organic Thyme Toner, Superdrug

£13
Vichy Normaderm Anti-Blemish Purifying Pore-Tightening Lotion, Boots

£9.50
Eucerin Dermo Purifyer toner, Boots

£25
Elemis Skincare Balancing Lavender Toner, John Lewis

£8
No7 Radiant Results Revitalising Toning Water, Boots

£12.50
La Roche-Posay Physiological Soothing Toner, feelunique.com

£22
Ole Henriksen Glow2OH Dark Spot Toner, Boots

£26
Murad Hydrating Toner, John Lewis

TOP TIP!
Take empty Body Shop packaging back to the store and they'll recycle them for you!

Poaching staff and breaking social media protocol – no wonder Stella McCartney seems to be cooling things off with her former pal, Victoria Beckham...

The best of FRENEMIES

They've both got dashing husbands, a brood of four and matching fashion empires. So Victoria Beckham, 45, and Stella McCartney, 48, should have plenty to bond over. But it seems Stella has unfollowed her one-time friend on social media...

While neither woman has commented, Posh is understood to have infuriated Sir Paul's daughter after she went behind her back and

poached her nanny by offering her more money.

A source said, 'Victoria... heard on the playground grapevine that Stella's nanny was one of the best in town. She got her number and made her a lucrative offer to jump ship. When Stella found out, she went nuclear. This was blow number one.'

But it seems the final nail in the friendship coffin came when Victoria tried to recruit Stella's head of studio. When the designer discovered this, rumour has it, an invite to a

Is it designer handbags at dawn?

family party Stella and her husband, Alasdair Willis, had organised was taken back.

Posh sent an email apologising for her behaviour because, the source added, 'Harper is good friends with

Stella's daughter, Reiley, and she'd hate for that to become an issue.'

The pair were good friends a decade ago when Posh's hubby, David, 44, hired style consultant Alasdair to rebrand his image. But their latest falling-out has

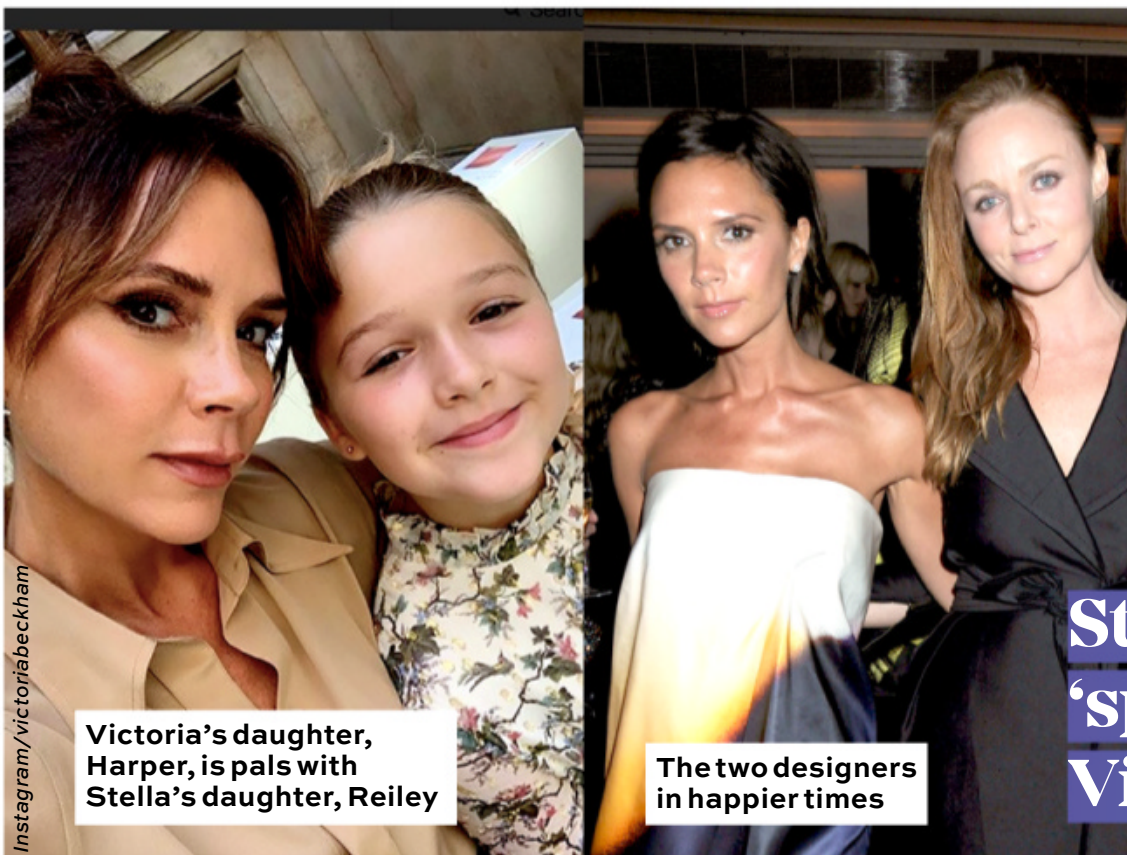
appeared to turn any trace of friendship sour.

It's believed to be their second rift in three years. Posh initially angered Stella when she posted a photo of Reiley on social media at Harper's sixth birthday party, held at Buckingham Palace in 2017. Stella, who likes to keep her daughter out of the spotlight, was said to be 'spitting feathers' after the snapshot went viral.

In another blow to Victoria, her nemesis is understood to have snubbed her London Fashion Week catwalk show this month.

A rep for Stella declined to comment.

Stella was said to be 'spitting feathers' over Victoria's post...



Victoria's daughter, Harper, is pals with Stella's daughter, Reiley

The two designers in happier times

WORDS: BENJY POTTER PICTURES: GETTY, SHUTTERSTOCK

Change your eating habits
and you could lose up to 1st...

HOW IT WORKS

- 1** There's no better way to lose weight than to turn back the clock and follow a diet similar to how your gran used to eat, say experts.
- 2** It's thought that minimising processed food and cooking from scratch daily, with fresh food sourced mainly from a greengrocer's, butcher's or fishmonger's – just like your gran did – could boost weight loss.
- 3** What's more, a recent groundbreaking study by the National Institutes of Health in the USA also backs this up. Researchers were finally able to prove that processed food, which forms part of most modern diets, is bad news for slimmers.
- 4** When volunteers were asked to try both a processed diet and an unprocessed diet of equal calories, the results showed that dieters ate more and gained more weight on the processed diet.

GETTING STARTED

- Follow the plan (right), which includes three hearty meals and two snacks a day.
- Drink at least eight glasses of fluid daily. Water, tea and coffee can be drunk freely using your daily allowance of 250ml of whole milk (in addition to milk in the plan).
- Don't buy low-fat or low-calorie substitutes (because the older generation didn't).
- Follow the plan for a month to lose up to 1st.

The great gran diet

WORDS: CATHERINE MORTIMER PICTURES: GETTY
PLEASE SEE YOUR GP BEFORE STARTING A NEW WEIGHT-LOSS PLAN. WEIGHT LOSS ACHIEVED MAY VARY.
STUDY: 'ULTRA PROCESSED DIETS CAUSE EXCESS CALORIE INTAKE AND WEIGHT GAIN' BY KEVIN HALL ET AL, 2019

MONDAY

Breakfast:

2 **boiled eggs** served with 1 slice of lightly buttered **toast**.

Lunch: 1 big bowl of **homemade soup** with 1 slice of lightly buttered **bread**.

Dinner: 1 **pork chop**, 4 **new potatoes** and **cabbage** drizzled with 3tbsp **Oxo/Bisto**.



TUESDAY

Breakfast:

Bowl of **porridge** with 250ml **whole milk**. 1 **apple**.

Lunch: 1 **small mackerel fillet** on 1 slice of lightly buttered **toast**.

Dinner: Lamb stew: 50g **lamb** (cut into pieces and browned), 1 cup of cubed **potatoes**, **chopped veg**, 2tbsp **barley**, 1tbsp **Oxo/Bisto** and water.



WEDNESDAY

Breakfast: Fry 1 **sausage**, 1 **slice of bacon** and 1 **egg**.

Lunch: Toast 2 slices of **bread** and lightly spread with **butter** and ½tsp **jam** per slice.

Dinner: 1 **cod fillet** served with 3 **new potatoes** and plenty of **green beans**.



THURSDAY

Breakfast:

2 **boiled eggs** served with ½ slice of lightly buttered **toast**.

Lunch: 1 bowl of **homemade soup**, with 1 slice of lightly buttered **bread** on the side.

Dinner: 2 **sausages**, a small blob of **mash** and 3tbsp **peas**.



FRIDAY

Breakfast: Bowl of **porridge** made with 250ml **whole milk**.

Lunch: Lightly butter 2 slices of **bread** and make a sandwich with **salad** and a slice of **ham**. Bowl of **strawberries**.

Dinner: 1 **lamb chop** with 1tsp of **mint sauce**, 4 boiled **potatoes** and **carrots**.



SATURDAY

Breakfast: Fry 1 **sausage**, 2 slices of **bacon** and **mushrooms**.

Lunch: 1 bowl of **homemade soup**. 1 slice of lightly buttered **bread**.

Dinner: Beef stew: 50g cubed and browned **beef pieces**, 1 cup of cubed **potatoes**, **chopped veg**, 2tbsp **barley**, 1tbsp **Oxo/Bisto** and water.



SUNDAY

Breakfast:

2 slices of lightly buttered **toast**.

Lunch: 2 slices of **roast beef**, 4 **roast potatoes** and **veg** of your choice, drizzled with 3tbsp of **Oxo/Bisto**.

Dinner: 1 **mackerel fillet** served with 4 **new potatoes** and **green beans**.



SNACKS

Choose two each day

1x Apple

1x Pear

1x Orange

2x Slices of ham

1x Small handful of nuts



'WE'LL SURVIVE TO

Gabriella Zaghari-Ratcliffe is adjusting to life back in London. Her father Richard talks here about his resilient daughter, meeting Boris Johnson at No 10, and why he and Nazanin are stronger than ever..

'She's a lot like her mother,' Richard Ratcliffe muses, as his daughter zooms around on a pink scooter. She dismounts and points out an untied shoelace. He laughs. 'She's not bad at asserting herself.'

Last October, the 45-year-old accountant was reunited with his daughter for the first time since April 2016. Their story is both a family nightmare and a landmark case of wrongful imprisonment, spanning nearly four years and three different prime ministers.

In April 2016, Gabriella and her mother Nazanin Zaghari-Ratcliffe, 41, were stopped by Iranian Revolutionary Guards as they tried to leave Tehran at the end of a two-week holiday visiting family. Gabriella was just 22 months old. Nazanin, who has been detained in Iran ever since, was sentenced to five years in Iran's notorious Evin Prison for espionage – a charge the British-Iranian dual national vehemently denies.

Gabriella – now five – spent three-and-a-half years living with her maternal grandparents in Iran, visiting her mother in prison each week and Skyping her father in the UK.

Richard says his daughter is slowly finding her feet back in the UK, though her time in Iran has taken its toll. He says she would quiz him over the CCTV cameras on the bus because, when she visited her mother, they'd make sure they sat somewhere they weren't being watched. 'She knows Mummy is in prison, she knows Daddy



Gabriella spent three-and-a-half years living in Iran before reuniting with her dad in October



Boris Johnson has been criticised for his handling of the case



Iran has been widely condemned



Gabriella was just 22 months when Nazanin was imprisoned

TOGETHER'

Richard and Nazanin have lived apart for over four years



does things to get Mummy home,' he says. Last month, he took Gabriella with him to meet Boris Johnson, to discuss Nazanin's case.

The Prime Minister came under fire when, as foreign secretary in 2017, he wrongly suggested Nazanin had been training journalists at the time of arrest. But Richard decided not to bring it up.

'The gaffe never annoyed me so much as the manoeuvring after and the reluctance to take responsibility.'

Still, he is not happy with the progress so far. 'The Prime Minister is charming; he promised that it was a priority and he would continue doing all he could. I obviously sit here sceptical that everything is being done that could be being done — I came away, if I'm honest, thinking, "I'm not quite sure what's next."'

He called on Johnson to be brave. 'I was ranting. But we've been going for nearly four years. We could go for many more. The current approach hasn't worked. The Prime Minister needs to stand up and show what matters. Just having the meeting was a really good thing, it was important. I'm grateful.'

Richard gave Johnson a black and yellow wallet his wife had made in prison. He was shocked. 'He was like, "She really didn't need to do that, I'm just doing my job."'

His immediate concern is Gabriella, still adjusting to life in the UK. At Downing Street, she wore a dress and hat handmade by her mother. She turned down an offer of apple juice from the PM — preferring to preoccupy herself with colouring in. She was also intrigued to meet Larry, the No 10 cat.

'She's finding her feet,' he says. 'She really was keen to start school as soon as possible.

She proudly read her first book this week. That gave her a sense that she was like the other children. It was lovely telling Nazanin, "Here's our big girl".'

'But I worry about the emotional scars around abandonment — "Why did I get dumped?" The thing that upsets her most is being excluded by the children.'

However, Richard thinks his daughter is resilient. 'She has twice lost her primary carer. She lost her mum and then her granny. Both times, she's had the world she knew taken away from her. That gives her a survival instinct to adapt to new circumstances.'

Gabriella was initially cautious about talking about her mother in prison, and some children in Iran had not wanted to play with her after

a Ukrainian jet was shot down by Iranian missiles.

Nazanin's case has been connected to the UK's failure to pay a debt over a Seventies arms deal, being disputed in the Court of Appeal.

Richard adds that the 'goalposts' of her case had moved amid escalating tensions, after the US assassination of Iranian

I turned up and she'd been standing in the cold for half an hour so she punched me [on the arm]. But we clicked,' he says.

He explains that Nazanin is from a traditional Iranian family, so there was 'no messing around' about how seriously she took the relationship.

'Part of me was holding back emotionally until I met her family and probably she was ready before I was. From that very first date, it felt like coming home. It's just easy.'

Richard initially proposed in the UK, before doing so again in Iran in front of her father while Nazanin translated. He laughs fondly, remembering his father-in-law's reaction: 'He said to me, "Christian or Muslim, it's all the same: one God — one wife? One wife! Am I clear?"'

He remains optimistic about the future. He says his job is to give Nazanin hope.

'There will be a journey back together afterwards. There will be lots of bumps to deal with in terms of trauma. We've lived in different places for nearly four years. I will not understand the trauma she has been through — ever.

'But if you think of what we've survived together — we're in a stronger place now than the day she travelled.

'You can suffer alone, but you only survive together. There are feelings I didn't know existed. It's a real journey. But I'm sure we will survive it.'

'The Prime Minister needs to stand up'

learning about her mother's situation. 'Sometimes she asks "Is Mummy coming tomorrow? On Monday?" I say, "Maybe a bit longer."'

Gabriella has soft toys that Nazanin gave her, which she takes to bed with her. 'She wants to be close to Mummy and close to Granny.'

Nazanin is due to finish her sentence around April next year, although her family fear she may be slapped with further charges.

Richard says his call to Nazanin after the No 10 meeting was particularly difficult. 'She was obviously looking for, "Tell me the Prime Minister told you I'm coming home soon." He couldn't.

Richard explains that prisoners in Evin are currently being punished because one organised a protest shortly after

Revolutionary Guard Corps major-general, Qasem Soleimani, and the arrest of the UK ambassador to Tehran.

Nazanin has been on medication for depression, beta blockers to slow down her heart because of panic attacks and sleeping pills. 'The prison authorities are rough but they don't want you to die. They only react to crises. So there's a level of physical fragility.'

Nazanin makes clothes in prison, both for her daughter and other people's children, to hold on to a life outside.

The couple met at a student conference in 2007 six weeks after Nazanin moved to London for a Masters degree. They then arranged to meet for coffee.

'I wasn't late — although she'll tell you I was. We were waiting in different places and my mobile was out of credit.



The BIG beauty QUESTIONS

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



Q I have dark patches on my upper lip, which makes it look like I have a moustache! How can I disguise or treat this? It's really getting me down.

Belinda, Hull

A DR AAMER SAYS: This is a very common skincare struggle and is caused by excess melanin production, sun damage, hormones, or post-inflammatory hyperpigmentation from hair removal using threading or intense pulsed light (IPL). SmartXide laser resurfacing will destroy pigment in the epidermis by taking off the skin's surface layer. This pushes the pigmentation of the deeper layers to the surface, and can eliminate any discolouration. Usually a course of three to four treatments are needed, with around three to five days for the downtime. Expect to pay around £750.

LESLEY SAYS: One of the most common misconceptions about any type of pigmentation is that it will fade by itself. It won't! It should be assessed by a skin expert and then treated with either active ingredients at home, or the clinic. The sooner you tackle it, the better, as melanin moves deeper into skin over time and is easiest to erase when still relatively new. There are some great over-the-counter products to help lighten dark patches, but they take time to work. Most contain ingredients such as



kojic acid, retinol and vitamin C, which can fade discolouration. The Ordinary Alpha Arbutin 2% + HA, £7, works at reducing visible hyperpigmentation. Use a few drops daily. Weekly exfoliating will promote a brighter complexion, as it gently removes the outer layer of dead cells. And Neutrogena Refreshingly Clear Daily Exfoliator, £2.99, is gentle enough to use without overdrying your skin.

In the meantime, you could also use a high-coverage foundation – Vichy Dermablend 3D Fluid Foundation, £23, lasts for up to 16 hours. It is vital to wear a good sun protection, too. No 7 Protect & Perfect Intense BB Facial Sun Protection, SPF50, £15, subtly improves skin tone while helping to prevent dark spots. Then distract from the affected area by wearing a bright lip.



Q I'm tempted by fillers, but I'm nervous of the dreaded pillow face. I miss my cheekbones, though. How can I get my youthful, sculpted face back in a subtle way?

Melissa, Gillingham

DR AAMER SAYS: Ellansé is an innovative type of dermal filler, made of polycaprolactone (PCL). I call it a 'super jab' as it corrects the signs of ageing and works beneath the surface to stimulate collagen production, leaving your face plumped-up and dewy. The results are very natural, with no danger of pillow face. Results are immediate and will carry on improving over the following weeks as new collagen is formed. There is no downtime, although you may have some redness, which can be covered up with mineral make-up. There are different versions of it, lasting from one to four years. Expect to pay from £450 per treatment for the version that lasts up to one year.

LESLEY SAYS: Our faces change with age and gradually collagen production begins to taper off, causing skin to lose fullness, especially around the cheekbones. Some of the most effective ingredients are plant stem cells, vitamin C and amino acids.

Use Asda Brightening Vitamin C Radiance Boosting Serum, £2.50, under your moisturiser daily. Regular gentle massage will also contribute to a more contoured look. Try the happy cheeks sculpting exercise: purse lips together and smile without showing teeth, forcing cheek muscles up. Place fingers on corners of the mouth, and slide them up to the top of your cheeks. Hold for 20 seconds. Otherwise, cheat a sculpted face with make-up. Invest in a tinted moisturiser with a yellowish base, such as Nivea Tinted Moisturising Day Cream, £3.99. And apply a bronzer to the cheekbones before dabbing on blush to the apples of cheeks, blending up into the bronzer. Barry M Chisel Cheeks Contour Creams, £7.99, is a brilliant kit.

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

Q I've started to get spots on my chest and back. Do I need stronger products to treat them, compared to the ones you get for your face?

Catherine, Reading

DR AAMER SAYS: Those pesky little eruptions aren't confined to your face and can crop up all over the body. The back and chest are often the most affected areas and can also be the most challenging to tackle. A good all-round treatment would be a course of glycolic or salicylic peels, one a week for six weeks. This will calm inflammation and redness, banish dead skin to unblock pores and exfoliate the top layer. Expect to pay around £60 to £120 per peel. Oral prescriptions are another option, so see a skin expert or your doctor for further advice.

LESLEY SAYS: Acne generally tends to develop where we have a high concentration of oil glands, with your chest and back being full of them. Use a body wash containing lactic or salicylic acid to help exfoliate the skin's surface layer and unblock pores. Steer clear of gritty scrubs and try a liquid exfoliant wash such as Ameliorate Smoothing Body Exfoliant, £17.50, or La Roche-Posay Effaclar Purifying Cleansing Gel, £12.

Instead of heavy-duty body creams, use an oil-free formula. Make sure it is labelled 'noncomedogenic', so it won't clog your pores – CeraVe Moisturising Lotion, £9.50, will moisturise as well as restore skin's protective barrier. Murad Clarifying Body Spray, £35, is worth the splurge as it is designed to penetrate deeper into pores to eliminate bacteria. I also like Soap & Glory Dr Spot Super Strength Breakout Clearing Gel, £8.



PICTURES: GETTY, STUDIO 33

Laura Rail, 41, has lost 7st – and dropped 7 dress sizes to feel amazing...

‘Now I’m a sexy lady in red!’

It was a double celebration – so we had two cakes. One for our 20th wedding anniversary and one for my 40th birthday.

Standing next to my husband, Mike, as we posed for pictures – me in a red dress with a plunging neckline – I thought I looked really good.

I love the colour red and the neckline showed off my only good assets – my boobs.

It was only afterwards, when I saw the pictures,

that I realised I’d been kidding myself.

The pictures made me feel ashamed. Disgusted.

I looked like a giant lump. What must my friends have thought?

At 5ft 10in tall, I weighed 19st. I hated the way I looked.

I cried. And cried.

When I was younger I could eat anything I liked and never put on a pound. But then I was a semi-professional sprinter, captain of the school netball team, you name the sport, I did it.

But within a few years of leaving school and starting a family, my size-10 figure ballooned to a 20, then all the way up to a mammoth size 26.

Mike and I married in 1998, and a year later we had our daughter, Hannah. The weight piled on, as it does when you’re pregnant and then breastfeeding. Our son, Ben, was born three years later.

With two small children, there wasn’t a lot of time to

exercise. And I carried on eating for two.

When Ben was two I suffered a terrible bout of mastitis – the doctors I saw told me to stop breastfeeding, but I explained I’d stopped when Ben was 12 months old!

I saw a total of seven specialists over the next four years, but nothing worked. Every morning I felt like my chest had been hit with a baseball bat – it knocked my confidence as well as affecting my marriage.

When I was 29, my GP finally suggested that I see a surgeon to get some breast tissue removed.

A scan at the Princess Anne Hospital in Southampton showed I had quite a few lumps and bumps, as well as two cysts. Fearing the worst, the surgeon told me I didn’t have cancer, but my breasts were infected – I’d need a bilateral mastectomy.

I had that operation

followed by a reconstruction, but instead of feeling better I started to suffer intense abdominal pain. Further tests then showed I had endometriosis and I needed a full hysterectomy.

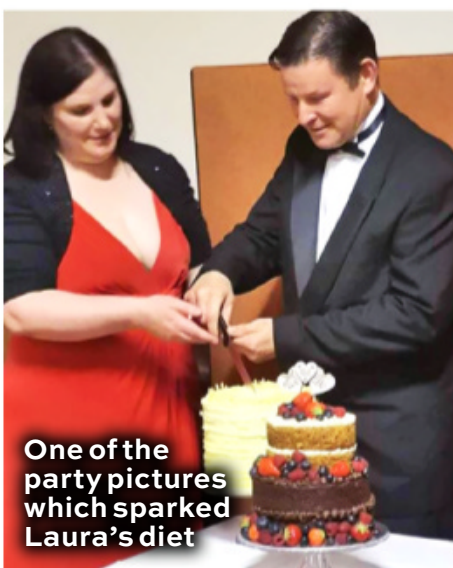
So, by the age of 33 I felt like my essence of being a woman had gone.

Not only could I never breastfeed any future babies, now I couldn’t have any more children.

I hit rock bottom and instead of dealing with my negative emotions, I ate.

I lived off refined carbs – four rounds of white toast with peanut butter and salad cream for breakfast, a whole packet of biscuits and endless crisps, a massive cheese and ham sandwich for lunch, then chips and pasta for dinner. We loved pasta in our house.

In October 2012, we had another piece of terrible luck. Mike broke his neck in a freak traffic accident, meaning I had



Size
12

**'I knew
this time,
I could
knock
it out of
the park'**



to go back to work in a cafe full-time and also be his carer.

Life couldn't get any worse. My weight went up and up and I had to buy clothes online from plus-size shops. I basically sunk into a hole of self-loathing.

In 2014, I went on a city break to Cracow. The seat belt on the plane wouldn't fit around me. I was too embarrassed to ask for a seat belt extension – instead I nearly cut myself in half with it.

As if the humiliation wasn't enough, in spring 2018 I dislocated my knee getting out of my car.

My hospital discharge summary stated the cause of my injury as 'large habitus'. Asking a nurse what that meant, she whispered: 'It's your body mass, love'. My 19th frame was literally killing me.

In that moment I was so angry at myself – how had I let this happen? I wasn't even 40.

That May we planned a party for my milestone birthday and our 20th wedding anniversary.

It was after that when I saw the horrible photos. I was still struggling on crutches, waiting for my knee op, when I started to hatch a plan.

While most women vow to lose weight *after* Christmas, I couldn't wait. I had surgery

in the autumn and, once I was back on my feet, I found a local Cambridge Weight Plan consultant called Jo online. I told Mike I'd found the diet for me. He rolled his eyes – to be fair, he'd heard it all before.

So, while everyone else was overeating in the run-up to Christmas, I started my diet – meal-replacement shakes and bars, and one 200-calorie meal a day. By the end of Christmas, I'd lost 10lbs.

I knew, this time, in 2019, I could knock it out of the park!

Come New Year's Day, I hit the ground running. By July I was at my goal weight of 12st 5lbs – but kept going, and by September I was down to 11st 10lbs and swanning around in a size 12!

I went on holiday and wore a bikini for the first time since our honeymoon 21 years ago.

My daughter, Hannah, is getting married next year, and I know I'll be able to stand proudly next to her.

I'm now a consultant and love helping other people reach their goals.

If anything, my marriage is stronger than ever. And now I can wear my favourite colour and feel fabulous – Mike agrees – he says I'm his sexy lady in red!



Dear Vanessa

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



MY BOYFRIEND CHECKS UP ON ME!

I have issues with how insecure my boyfriend is – last weekend it was a new level of crazy. He left his night shift to check I was home on Saturday night, ‘like I said I was’. I was horrified! He’s lucky he didn’t lose his job. I almost told him to pack his bags – but he’s never, ever done this before. What would you do?

Louise, Norwich

I would be extremely wary and most definitely worried. There’s a fine line between a partner who cares for you, and a partner who seeks to control you and dominate every area of your life. Be alert to his behaviour. Is he trying to isolate you from your friends? Is he trying to control what you eat, what you wear, where you go? You are right to think that this move is extreme. Don’t allow this to spiral into something scary and emotionally disempowering.

I’M SCARED OF MY OWN HUSBAND

I’ve been with my husband, with whom I have three children, since I was 17, and I am now 62. He has always been violent. I have been in hospital many times with broken bones caused by him, over the years. The physical abuse has lessened, but the verbal abuse is daily. I am lonely, all I have is my three small dogs and he threatens to get rid of them. I am scared, on antidepressants – I don’t think I will ever know what it is to be truly happy. I don’t know where to ask for help.

Lucy, Hants

I am so sorry this is happening. What you have described counts as serious domestic abuse. You have said, loudly and clearly, that you are frightened of your husband, and being stuck behind closed doors with a man who terrifies you is a very serious and worrying situation. You need to talk to the National Domestic Abuse Helpline, on the Freephone number 0808 200 0247.



PICTURES: GETTY



IS MY DAUGHTER GETTING BULLIED?

My daughter, 16, is a tad shy, but she's always been a happy girl who will stand up for herself. Yet, since returning to school in the New Year, she's moody and her self-esteem seems to have hit the floor. It's like she's had a personality transplant. She complains that she is 'too fat', 'not tall enough' and 'grossly spotty' – I can't keep up! She was never like this. I know teenage years come with insecurity, but I'm worried there's more to it. I've tried asking if anyone's upsetting her and she refuses to talk and disappears up into her room. I'm so worried.

Michelle, Bangor

I have no idea what has happened to cause your daughter's confidence to fall off a cliff, but you are absolutely right to flag up this change in her personality as a cause for concern. She might be being bullied, either in person or online. Whatever is concerning her, make sure she knows you are there to be a sounding board. Tell her you love her unconditionally and would never dream of judging her, even if she is in the wrong. She's your daughter. You will always be in her corner, whatever she has or hasn't done. If she refuses to talk to you, ask her if she'd be more comfortable chatting to a professional counsellor.



On the couch with Mandy...

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



I HAVE NO INTEREST IN ANYONE

I don't care what others think of me, because I just don't care about them – at all. I'm the person that watches a sad film and, while everyone else is crying, starts scrolling through my phone because of the awkwardness I feel, of just... not feeling the same as them. I'm starting to think I have no emotions or empathy for anyone – not even towards my family. I've always been this way if I'm honest, and it's the first time I've opened up about it as I have a real hard time communicating my feelings. I even get uncomfortable when people look me in the eye. Why is that? I love my family, but not enough to care what any of them get up to in their own lives. Is there something wrong with me?

Linda, Hull

MANDY SAYS:

Well done for being curious and asking these questions, as proper information and a possible diagnosis can challenge the negative idea there is 'something wrong', and instead enable you to accept yourself for who you are. There are a number of possible explanations for why you might feel difficulty in this way, which I outline here.

Some personality disorders, such as the schizoid personality disorder, are characterised by a restricted emotional range – a lack of empathy, and a sense of detachment from social relationships. A psychiatric assessment would help you find out. Growing evidence indicates that neurological and genetic factors may be influential in a personality disorder developing – as is early childhood trauma. Trauma doesn't have to be a big, single event either.

However, the awkwardness you describe leads me to also suggest considering an autism spectrum disorder (ASD), or the associated 'social communication disorder', which is where someone exhibits social interaction and social communication difficulties only. Or even Asperger's, when people see, hear and feel the world differently but commonly have a seeming inability to feel or express feelings. A diagnosis is an important first step to better management of your experience (see autism.org.uk for more information).

Early emotional difficulties themselves can go on to cause emotional detachment, too. If you suffer a traumatic event, you may 'dissociate', or disconnect from feelings, as an unconscious survival technique. This might lead to a PTSD (post-traumatic stress disorder) response, or you might become very anxious or even depressed, as a way of avoiding any emotional experience. As you appear to be worried, I strongly encourage you to seek assessment from a psychiatrist or educational psychologist, to help you come to terms with your emotional experience.

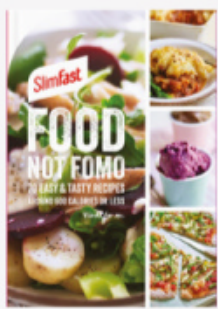
Mandy x

See mandysaligari.com

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

Say goodbye to dieting FOMO!

These delicious recipes from the new SlimFast book are all under 600 calories



Extract from
*SlimFast,
Food Not
Fomo*
costs £12
and is
available
from Amazon

FISH & CHIPS WITH MINTY PEAS & SMOKY MAYO

Fave fish and chips

Prep time: 20 mins

Cooking time: 45 mins

Serves: 4

597kcal

37.6g protein

63g carbs

21.9 fat

4-6 large carrots, skin on cut into chip shapes (400g)
2 large sweet potatoes, skin on cut into chip shapes (400g)
2 large potatoes, skin on cut into chip shapes (400g)
40g polenta
2tsp smoked paprika
3tbsp olive oil
4 fillets white fish – cod/haddock/

pollock (560g skin removed)

1 egg, beaten

60g wholemeal bread

30g grated parmesan cheese

A few sprays of cooking oil

280g frozen peas

30g half fat crème fraîche

A few mint leaves

100g light mayonnaise

1tsp smoked paprika

1 Preheat the oven to 200C Fan, 220C. Place the chips on a baking sheet and drizzle with the olive oil, massaging it into the vegetables. Mix the polenta and paprika in a bowl and sprinkle over the chips. Season well. Place in the oven for 45 minutes or until browned. Turn halfway through cooking time.

2 Meanwhile, place the egg into a shallow dish.

3 Place the bread in a food processor and whizz until breadcrumbs form. Mix the breadcrumbs with the parmesan and place in a shallow dish.

4 Pat the fish dry with kitchen paper and dip each one in the egg and then the breadcrumbs to coat.

5 Place the coated fish on a non-stick baking tray and spray a few times with cooking oil. Place the fish on the shelf above the chips and bake for 20 minutes, or until golden and cooked through.

6 Cook peas as instructed. Drain and mix with the crème fraîche and mint. Season well and blitz in a processor to form a puree.

7. Mix the mayo ingredients together and serve with the fish and chips and pea puree.

SPICED MINCED PORK LETTUCE CUPS

Spicy pork

Prep time: 10 mins

Cooking time: 20 mins

Serves: 2

583kcal

61g protein

41g carbs

19.4g fat

Small piece fresh ginger, grated

2 cloves of garlic, minced

1/2-1 red chillies, sliced

1tbsp toasted sesame seed oil

1 small red onion

500g minced pork, 5% fat

2 red peppers, chopped into small cubes (approximately 160g each)

2 carrots, peeled and

chopped into small cubes (approximately 120g each)

1tbsp honey

1tbsp fish sauce

2tbsp soy sauce

1tbsp lime juice

1 little gem lettuce

handful of mint and coriander

2 spring onions, sliced

25g salted peanuts

1 Place a non-stick frying pan on to a medium heat. Add the sesame seed oil, garlic, ginger, chilli and red onion and gently fry for 3-4 minutes.

2 Then add the pork, peppers and carrots. Break down the pork with a wooden spoon and then place a lid on the pan and leave the vegetables to sweat for 5-10 minutes until soft.

3 Now add the honey, fish sauce, soy sauce and lime juice and mix well. Cook for a further 2-3 minutes until the mince is cooked through, the vegetables are soft and the sauce has reduced.

4 Wash the lettuce and chop off the ends and separate out the leaves into 4 cups.

5 Finally stir the peanuts, mint and coriander into the pork mixture. Fill each lettuce leaf with a spoon of mince and sprinkle with spring onions.

SPAGHETTI & COURGETTE CARBONARA

Comforting carbonara

Prep time: 15 mins

Cooking time: 15 mins

Serves: 2

599kcal

25.2g protein

51g carbs

28.4g fat

60g Parmesan, grated

50g half fat crème fraîche

1 courgette, julienned

1 egg

80g frozen peas

140g wholemeal spaghetti

90g smoked bacon

lardons

2 garlic cloves, finely chopped

1 handful snipped chives

1 Mix 2/3 of the cheese, egg and crème fraîche in a bowl with a little pepper.

2 Using a vegetable peeler slice the courgette into ribbons. Then slice the ribbons lengthwise into spaghetti shaped strings. (Alternatively, you could use a spiralizer or julienne peeler if you have one).

3 Cook the spaghetti to al dente following pack instructions. Add the peas in the last few minutes of cooking time and bring back to the boil.

4 While the spaghetti is cooking, fry the bacon and garlic in a non-stick pan for several minutes until the bacon starts to go crisp.

5 When the pasta and peas are done, drain and add to the bacon and the garlic.



6 Now add the cheese mixture and courgette spaghetti. Mix well so that the sauce covers the hot pasta.

7 Spoon the pasta into

serving bowls. Serve immediately with a sprinkling of snipped chives and a grating of black pepper and the extra parmesan cheese.

Food in a flash

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

Biscuit with bite

McVitie's has given the classic chocolate digestive a twist this spring, with three new flavours – Cherry Bakewell, Strawberries and Cream and Marmalade on Toast. The biscuit giants want us to vote on which of these limited-edition flavours should be here to stay. Pick up a packet now from all major supermarkets for £1.



Sensational snack!

Looking for a snack with extra bite? Then grab yourself a tube of the new Pringles Rice Fusion Japanese Katsu Curry, £1.99. These rice-based chips are bursting with delicious Katsu flavour and are perfect for snacking on while watching your favourite box set.



HEALTHY CHIPS!

Perfectly sweet!

If you are following Slimming World or simply fancy a change from standard oven chips, you can't go wrong with the new Slimming World Sweet Potato Fries, £3, from Iceland. A tasty and filling side when served with any protein and veg dish. You could even try them with Theo's steak recipe (opposite)!

NICE AS PIE

Nothing is as comforting as a delicious fish pie, but it can be time consuming to make from scratch. Pick up a Young's Fisherman's Pie, £1, which can be



cooked from frozen in just 40 minutes. Packed full of fish in a rich, creamy cheese and chive sauce, it's topped with mash and extra cheese. It's heavenly when served with garden pies and a nice, cold glass of white wine.



Theo's meals in 20 mins

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



£5.01
PER SERVING

Steak supper

A classic dish to serve up when staying in on a Saturday night! Cooking the perfect steak is all about letting it rest before, and after, you've cooked it and buying the best quality you can afford, of course!

PER SERVING
CALS 916 FAT 74g
SERVES 2

100g butter, room temperature
1tbsp fresh parsley, chopped
3 sprigs of thyme
250g dry-aged rump steak x2
3 cloves of garlic (1 crushed to a paste, 2 cracked whole)
Seasoning
1tbsp olive oil
250g spinach
Juice and zest of ¼ lemon
½ medium onion, diced

1. To make the garlic butter; mix together half the butter with the chopped parsley, crushed garlic and a pinch of seasoning. Once combined, wrap in cling film, roll into a sausage shape and place into the fridge until you are ready to use.
2. Remove the steaks from the fridge 30 minutes before cooking, to get up to room temperature. Season each side of the steak generously, finishing with a drizzle of olive oil.

3. In a smoking hot frying pan, cook the steaks for 2.5 minutes (for medium), then turn over to cook the other side. As soon as you've turned them over, reduce the heat to medium, add the 2 cloves of whole garlic, the thyme and half of the butter. Spoon the butter over the steaks while cooking. Once done, remove the steaks from the pan and place on a warm plate to rest for five minutes.

4. Leaving the juices in the pan, turn the heat to medium-high, fry the onion until it turns golden (about 8 minutes), then add the spinach into the pan to wilt. Once fully wilted, add the lemon juice and zest and remove from the pan.

5. When you're ready to serve, place the steak on to a clean plate (leaving any juices behind), cut a slice of the garlic butter and place on top of the steak and serve with the spinach.

TIP Include some good quality oven chips for convenience!

Breaking the Ice

Dancing on Ice judge John Barrowman gives you the insider's guide to the coolest show on TV...

PERRI'S TOUGH COMPETITION

Ben's skating is just getting incredible. I think it's starting to push Perri, who is doing lifts but never above the head, it's always on the shoulder or around the waist. But Ben's lifts are above the head and he even did a headbanger. I think Perri has some competition there and the audience are keen to see that competition.



BEN'S HEADBANGERS ARE IMPRESSIVE!

SUITS THE SCRIPT

It was great to have The Script on the show a couple of weeks ago. I know the guys from some other shows we've interacted on and I've covered one of their songs, *Superheroes*, in my concert show. I'm sending them a couple of suits from my new line. They're really excited about that. They said they'd love to wear them.



WILL I BE GETTING MY SKATES ON?

I can't confirm if I will be getting on the ice for the final – but I can reveal that me, Ashley Banjo and Torvill & Dean have been getting plenty of practise! While Hamish was off with an injury, I was training with Brendyn [Hatfield] in Cardiff. Hamish sent me a note to say: 'You're in good hands with Brendyn'. It's exciting and I'm loving it.



BRENDYN'S HELPING JOHN ON THE RINK

Instagram/brendynhatfield

HEARTBREAK OVER CAROLINE

I didn't know Caroline Flack. I just knew she was friendly with Phil, Holly and Joe [Swash]. No one should get to that point, it shouldn't happen. It was tragic, but I'm not going to point fingers. We need to take more care. My job is to make people happy and part of that is being kind. Anybody I've come across will say I've been nice and helped them out. That's what we should do as a society rather than making people feel like s***. We need to do something about it.



MEET AND GREET

I get tons of people stop me in the street because they recognise me from *Doctor Who* and *Arrow*, but now I get the *Dancing on Ice* fans, too! And they're all happy with me – it's nice to know I'm doing what they're expecting. Recently, a lovely Welsh lady came up to me in Asda to talk about the show – I was literally standing there with wet wipes and kitchen towels in my hand. Oh, the glamour!



PICTURES: GETTY, INSTAGRAM, SHUTTERSTOCK, YOUTUBE





£3.99

Syrup pourer,
KitchenCraft
at Amazon

Salt and pepper
shakers, Next



£8

£15

Egg
holder,
Habitat



£3.50

Mug, Sainsbury's



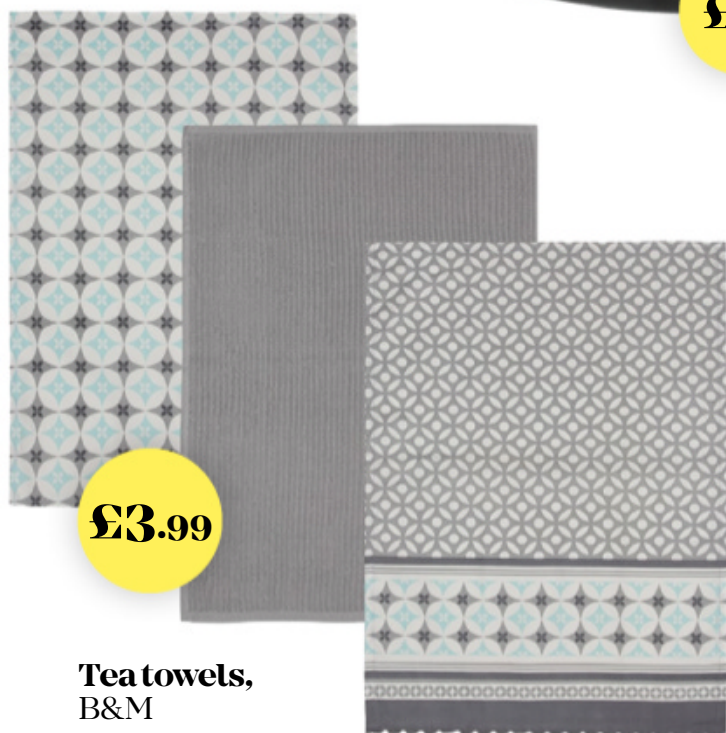
£3.25

Plate, Sainsbury's



Crêpe pan,
Garden Trading

£10



£3.99

Tea towels,
B&M

Get the
Look



Cool

Calm colours and practical accessories will make

Chairs, £100 for two; **table**, £210; **seagrass baskets**, £12 for three; **Cast iron casserole**, £45; **bowls**, £10 for set of four; **light**, £10; **dinner set**, £35 for 12 pieces; **hi-ball glasses**, £8 for four. All other items from a selection at Argos

TOP TIP

Who says your furniture has to be matching? Contrasting chairs will add a modern look to a classic country kitchen.

Oven gloves, B&M

£3.99

Sugar bowl, George at Asda

£3

Juicer, KitchenCraft

£29.95

Butter dish, Garden Trading

£20

£12.50

Jug, M&S

Apron, Lakeland

£17.99

TEA

COFFEE

SUGAR

£8.99

Canisters, B&M

kitchen

spending time in the busiest room more enjoyable

Your stars

For
the week
25 Feb – 2
Mar with
Russell
Grant



PISCES

20 February
– 20 March

Pisceans like *Great British Bake Off* star

Paul Hollywood and James Bond actor, Daniel Craig, will make great progress through exploiting their talents and abilities. Take this chance to turn plans into bold action and show everyone what you're made of.



ARIES

21 March – 20 April

Important decisions should not be made on impulse. You need to

look carefully into all the pros and cons. Think before you speak especially in the workplace where someone could take your words the wrong way. Praise for a job you have done well will please you. Take this opportunity to apply for a promotion.



TAURUS

21 April – 21 May

New routines aren't going as well as expected. You're

tempted to go back to the way things were, but others want to persevere. It will take time to adjust and adapt to new circumstances and, since it won't be easy to retrace your footsteps, it might feel as if the decision has been taken out of your hands.



GEMINI

22 May – 21 June

Discussions in the family will lead to some important agreements.

Although this will mean big changes are ahead, it won't be in an overwhelming way. Progress will be slow and pleasing, and you will find it easy to adapt to unfamiliar situations. Projects that require a lot of energy keep you motivated.



CANCER

22 June – 23 July

Developments in your social world have been so rapid you just want

to take your foot off the accelerator and coast. You have the skills and knowledge needed for a group project, but you aren't comfortable being the centre of attention all the time. Taking an opportunity to work behind the scenes will be a welcome relief.



LEO

24 July – 23 August

Relationship developments will take you to an emotional

crossroads. Don't feel compelled to make a hasty decision. Once you have made your choice there will be no turning back and, for that reason, you need to weigh up your options. You will have a great time at a party, meeting people from all walks of life.



VIRGO

24 August
– 23 September

You're working with someone whose work

does not come up to your high standards. Criticising their effort will only create resentment. They've done their best. Give encouragement, offer help and you will be surprised what people can do when they don't feel under pressure.



LIBRA

24 September
– 23 October

It has been a while since you and a friend have

seen each other. Meeting up with them this week will make you realise how much you have grown apart. Something tells you there is little value continuing this friendship. If you're single, a variety of social invitations will come flooding in.



SCORPIO

24 October
– 22 November

You have been blessed with a creative talent

and sharing your skills in front of an audience will put you on a new path. This is your chance to make money from your gift. It's important to go into interviews radiating confidence. If you make the right impression a lucrative job will be offered to you.



SAGITTARIUS

23 November
– 21 December

An older relative may need more attention

than usual. You're very fond of them and you won't hesitate to rearrange your schedule to see them. There are some people who are deserving of your help, but others will take advantage. Steer clear of anyone who has no intention of pulling their own weight.



CAPRICORN

22 December
– 20 January

Your attention will be focused on one or two

specific areas. This will mean giving a small number of jobs attention to ensure you make good progress. A close friend is in the mood to party, but you will withdraw into your shell. Spending time alone with your thoughts will be therapeutic.



AQUARIUS

21 January
– 19 February

You aren't comfortable with a situation and you

know you should never have got involved in the first place. Don't feel as if it's too late to change your mind. You can always retrace your steps or take a different path. Following your own desires will take you to places you've not been to before.

We are a nation of animal lovers and if you own a pet you'll want to make sure they have the best care possible – and that includes healthcare. The biggest expense pets can incur is treating them for illness or injury. If you want to avoid being faced with a huge vet bill, insurance can help manage unexpected costs...



2 HOW DO I CHOOSE A POLICY?
The best way to choose is to shop around using comparison sites. Comparethemarket.com, moneysupermarket.com and confused.com all have pet insurance comparison tools. It's also worth approaching insurers directly. Different policies have different terms and conditions, so check these carefully before you sign up to make sure you choose one that best suits your pet's needs.



1 WHY DO YOU NEED PET INSURANCE?
On average, your pet will need treatment from a vet once every three years, according to the Association of British Insurers (ABI), which also says the average pet insurance claim is a hefty £793. If you would struggle to pay a bill for this amount, then a pet insurance policy is worth considering.

FINANCIALLY
Fabulous

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

5 things to know about pet insurance

3 REMEMBER THE OTHER COSTS
Insurance isn't the only cost you'll have to think about when it comes to keeping your pet healthy. For example, if you're a dog owner and work full-time, you'll have to consider the extra expense of hiring a dog walker to keep your pet healthy. You'll also need to factor in the cost of regular flea and worming treatments. You can buy these from the vet, but it might be cheaper to get them from a pet shop, such as Pets at Home, or use a delivery service, such as Itch (itchpet.com) or Protect My Pet (protect-mypet.com).



5 WHAT ISN'T COVERED
Most policies will not cover your pet for pre-existing or historical conditions/injuries. Policies also exclude costs associated with pregnancy or birth, if the pitter-patter of tiny paws is imminent. Nor will they cover routine or preventative treatment, such as vaccinations, spaying, or flea, worm and tick treatment.

4 HOW DO I CLAIM?
Most insurers will pay the vet directly to cover the cost of treatment, but it's best to check whether the insurer offers this before you take out a policy. You'll need to contact the insurer to tell them you need to make a claim before you book your pet's vet appointment. There will be claims forms to complete and your vet will need to fill-in some parts of the form, too. In some cases, you'll need to pay the vet for treatment, then make a claim with the necessary paperwork and receipts.



WORDS: SUSANNE NORRIS PICTURES: GETTY

1 This week's must-see TV



1 The Windsors WEDNESDAY, CHANNEL 4, 10PM NEW SERIES

You might wonder how the spoof series following the Royals could improve on the drama of what's actually going on with The Firm – but in real life we haven't yet seen Princess Anne swooning over David Beckham and Prince Edward falling victim to Bulgarian loan sharks. But along with the rather far-fetched fun are some truer-to-life storylines – including Harry and Meghan heading Stateside – which the writers claim to have predicted – and the rift between the former Fab Four.

2 The Twilight Zone TUESDAY, NOW TV, SYFY, 9PM NEW SERIES

Remember the spooky US TV series with the equally creepy theme tune? Well, it's now been given a thoroughly modern reboot, with stars such as Chris O'Dowd, Seth Rogen, Greg Kinnear and Sanaa Lathan appearing in some new spine-tingling tales. The series kicks off with *Big Little Lies*' Adam Scott as a journalist who realises he is on a flight bound for disaster.



Big Soap Story



EMMERDALE

A furious Marlon declares he is done with the Dingles once and for all. Cara decides to quit Emmerdale and asks Nate to go with her. And a troubled Will is questioned by police.

CORONATION STREET

Daniel makes a shock proposal to Bethany, but is he truly over Sinead? Elsewhere,

has persistent Jade finally pushed Tyrone and Fizz too far?

EASTENDERS

Tensions boil over as the day of Whitney's bail hearing approaches. Bex tries to go off travelling, but can't get far without her passport – has someone taken it? And Linda makes a new vow to fight her demons.



3

3 Back In Time For The Corner Shop

TUESDAY, BBC TWO, 9PM

Sara Cox presents this gentle slice of nostalgia that transports a family of five back to Victorian times, to work in a corner shop. They must learn to deliver their groceries by horse and cart, and Kelly Holmes pops in to demonstrate an Edwardian workout.

4 10 Years Younger In 10 Days

THURSDAY CHANNEL 5

9PM NEW SERIES

Cherry Healy hosts the show that sees if it's possible to turn back the clock. Her first guinea pigs include Gail, a farmer who has spent more time caring for her animals than herself, and dog walker, Sarah, who's grown used to hiding herself under layers of baggy clothes.



4



5

5 Love Your Garden

TUESDAY, ITV

8PM NEW SERIES

Alan Titchmarsh and team return. They kick off with the transformation of a suburban plot into a wildlife retreat for a nature-loving teen, plus tips on creating a pond that is attractive to animals and safe for children, and trees to screen an overlooked garden.



COMING UP

MARCELLA

Anna Friel returns for series three of the dark, London-set detective drama, with a Nordic noir feel. Coming soon to ITV.



CATCH UP

SPY IN THE WILD

There's something fascinating about this wildlife documentary that uses cameras disguised as animals to get up close and personal with their real-life counterparts. BBC iPlayer.



THEY SAID WHAT?!

Judge Rinder explaining why he is so good at his job: 'I can smell a liar like a fart in a lift.'

10 MINUTES WITH... BILL TURNBULL ON...



...coming into **GMB** to cover for **Piers Morgan**
Chemistry in television is an alchemy. Sometimes you end up with pure TV gold, and sometimes you end up with sulphuric acid. Susanna [Reid] is an old pal. I first worked with her in Washington 25 years ago. I'm thrilled to be presenting with her again.

...living with prostate cancer since 2017
When you have cancer, it's always there. But currently I feel really good. I have changed my diet and feel healthier than I have in a long time. But because I'm on hormone treatment, I do get hot flushes. I get all red in the face and I have to take my jacket off and cool down. We may need to get a fan for the studio.

...the support of his devoted wife, Sarah
I don't know how I'd carry on without her, to be honest. She's there for me morning, noon and night. If I feel under the weather, she is always there to make sure I'm OK. Psychologically, her support is hugely important for me.

...his dream interviewee
The Queen. Can you imagine what that would be like? We would do an outside broadcast from Buckingham Palace. It would be fascinating!

● Bill Turnbull will co-host **GMB** on 25-26 February.

Watch
ONE
thing!



Francesca Annis heads up the cast as matriarch, Vivien, whose three grown-up children are suspicious when she begins to romance a fellow widower. With everyone in the family hiding secrets, and Imelda Staunton as a nosy next-door neighbour, this multi-layered crime drama will keep you gripped.

Flesh and Blood

BEHIND THE SCENES WITH *best* *‘There are lots of twists and turns’*

Francesca Annis, 74, has three grown-up children. A star of stage and screen for more than 50 years, she lives in London.

So, what attracted you to *Flesh and Blood*?

It has the absolute classic opening to a thriller. It is a real page-turner. Unexpected things keep coming up. There are lots of twists and turns that made me laugh and a couple of things that I gasped at.

Tell us about your character...

Vivien is a very interesting, contemporary woman. She has

been career-focused and is now heading for her 70th birthday. Having lost her husband, Terry, some 18 months before, she's taking on board whatever life may throw at her, which includes a new relationship with a man called Mark (Stephen Rea).

How did Vivien and Mark meet?

They met through a dating website for widows, but Vivien's children are horrified. I've never done online dating, but it seems to be something that many people do now, and many do it successfully. Maybe it's no different to meeting

someone in the pub? But, in this case, it is fantastic. How lucky are Vivien and Mark to have found each other?

How do her children react to Mark coming on the scene?

Families are very tribal and deeply suspicious of any outsider who is coming into the fold. It's deeply complicated all round. If you see your mum as a woman with another man, then where does that leave you? You feel orphaned. It means they have to grow up themselves. People are often reluctant to give up that role of





'Families are very tribal and deeply suspicious of any outsider coming into the fold. It's complicated'

being the child in the family, even if they are middle-aged. I understand that.

Where did you film *Flesh and Blood*?

In Eastbourne. Vivien's house is right on the beachfront. It was amazing. You opened the door and the sand came up to the porch. It was a blistering sunny summer when we filmed last year and I stayed at The Grand Hotel in the town. I have pictures of my mother at the same hotel in 1919 – exactly 100 years before me – on holiday. I was incredibly moved by that.

● *Flesh and Blood* is on ITV nightly until Thursday at 9pm

DON'T MISS TRUE CRIME PODCAST



THE LAST DAYS OF AUGUST

Journalist Jon Ronson investigates the tragic death of adult actress August Ames, who was just 23 when she died in an apparent suicide. A sad story, sensitively told. Audible



CASEFILE

Hosted by an anonymous Australian man, this weekly podcast unearths grisly evidence and true stories around solved and cold cases alike. Casefilepodcast.com



TRUTH AND LIES: JEFFREY EPSTEIN

Tracking back to 2005, when his crimes were first uncovered, this podcast uncovers Epstein's far-reaching network of underage girls. It tells the story of his victims, as well as the investigators who brought him to justice. Spotify

OUT AND ABOUT

Spring days out special



FOUNTAINS ABBEY AND STUDLEY ROYAL WATER GARDEN, NORTH YORKSHIRE

On a clear day, what could be better than a wander round the sweeping World Heritage Site water garden,

and the awe-inspiring medieval deer park of Studley Royal? The ruined Cistercian abbey provides a beautiful backdrop, and those visiting with families will love exploring the large play park. For more, visit nationaltrust.org.uk



RHS FLOWER SHOW, CARDIFF, (17-19 APRIL)

Get inspiration for getting green-fingered at this blooming lovely day out. Not

only will there be amazing floral displays to admire, but you can pick up some tips on how to make the best of your garden, whatever the season. Visit rhs.org.uk



DAZZLING DAFFODILS, HEVER CASTLE, KENT (21-26 APRIL)

What could say 'spring is here' more than a field of golden daffodils? And if you go to the beautiful castle, you'll be greeted by 14,000 of the colourful flowers. There will be expert talks, and take a self-guided tour around the gardens. Visit hevercastle.co.uk

Tony Cowell



BEST'S CELEB INSIDER TALKS TO DR RANJ SINGH

Ranj Singh is the resident doctor on ITV's *This Morning*, alongside Holly Willoughby and Phillip Schofield. The vibrant 40-year-old former *Strictly* star tells best all about his new weekly ITV show, *Dr Ranj: On Call*, as he goes back to his roots as a medical professional to help improve the nation's health. Ranj, who was previously married to a woman before revealing his sexuality to friends and family in his late 20s, opens up about hosting *This Morning*, and his thoughts on Phillip Schofield...

Tell us about your new series, *Dr Ranj: On Call*..

It's a dream come true for me to have my own show, where I get to take my day job out to

the nation! I will be just giving out some helpful, factual advice – because there's a lot of confusion about health out there, and online. So, I think it's helpful to be down-to-earth and be able to offer sensible help to people. I still work in the NHS, and I will be highlighting some of the brilliant work they do.

So many people now use the internet to self-diagnose. Is this worrying?

The reason that has happened is partly because there is so much medical information available to us – and it's so quick to use. But the danger is, if that information out there is incorrect, and therefore dangerous. This online activity has increased because it's got harder to make appointments to see a doctor. That is worrying – and it's something that health professionals like me need to address. I aim to do that within this show.



On the *This Morning* sofa with Eamonn and Ruth



You specialise in paediatric medicine – will you be highlighting children's health?

Yes, of course. We have different segments on the show and in one of them, I visit a child's intensive care unit to show just how important that work is. So, I will be also offering some helpful advice for children and families – including first aid.

Did your parents encourage you to become a doctor?

I've got two brothers and my parents grew up in India and

came to the UK to work in manual professions. So, my parents were very concerned that we got the benefit of a proper education. So, in a way they nudged me, in a positive way, into studying medicine.

You continue to appear on *This Morning* and have guest-hosted alongside Vanessa Feltz. Is this the dream job?

Absolutely! I grew up watching *This Morning*, so it was always very much part of my life. I first started work on the show six years ago, and it was such a huge honour.



... & me? ... the good ... ing hosts'

I remember my very first item was to talk to Eamonn and Ruth about kids, and measles. I had just come off a night shift and I was exhausted, but so excited. I also loved guest-hosting the show with Vanessa – I never, ever thought I would get that opportunity.

And what's working with Holly and Phil like?

Fantastic. We call ourselves a family, and we behave like a family in so many ways. We are like friends and we call each other up all the time. We help each other – I think that stems from the total respect

we have for each other. Holly and Phil are amazing together – and of course so are Eamonn and Ruth.

You've been very supportive of Phillip's decision to come out as gay. How's he doing?

Well, firstly, I think Phillip has been incredibly brave and courageous – it's never easy for anyone to come out



Ripping up the dancefloor on *Strictly* in 2018

like that – regardless of their situation, or circumstances. I really respect him for what he's done. I have been in a similar situation myself, and I know exactly what it involves and how it feels at the time. It's not easy. It's really, really hard, and I remember being in a very dark place at the time. So, you must have huge respect for Phillip.

In 2018, you competed on *Strictly Come Dancing* – was that scary for you?

It was exciting. *Strictly* was always a pipe-dream for me. I've been such a huge fan of the show, since the very

beginning. So, when they offered it to me, I literally screamed with joy. But then I quickly became terrified because I'm not a trained dancer in any respect, so it was a massive learning curve. But it was such a special show to be part of. I made so many friends – we're still in contact today.

Would you do more reality TV, if it were offered?

I wouldn't say no! It depends on the project. I like shows where you can learn a new skill. My mum was a seamstress, so I have always wanted to do some

sort of sewing task. I love *The Great British Sewing Bee* for that reason, because it reminds me of growing up, watching my mum making clothes. So, I'd love to do that show. Some people say I should go into the *I'm A Celebrity* jungle, because that would be my worst nightmare – so my biggest challenge. But they're not exactly knocking on my door yet...!

The star 'wouldn't say no' to more reality TV



Dr Ranj: On Call starts on ITV at 7.30pm on Tuesday 3 March.

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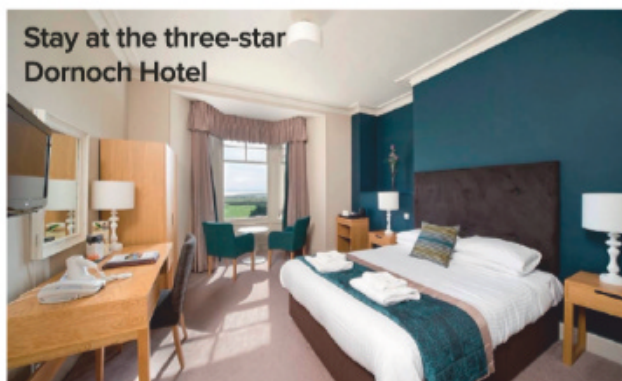
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There will be plenty of beautiful views, but the stunning sight of the Cuillin mountain range on the Isle of Skye and the romantic location of Eilean Donan Castle on Loch Duich will certainly be two to remember.

SCENIC RAILWAYS

The challenge of building railways through some of the most difficult terrain in the

British Isles was taken up by the great engineers of the Victorian era. Their legacy is in the sweeping curves and majestic viaducts of the single-track lines that cross wild moors and lonely glens.

STAY IN THE HIGHLANDS

Your base will be the three-star Dornoch Hotel, with spectacular views over the esteemed Royal Dornoch Golf Course and within walking distance of wild sandy beaches.

BAXTERS HISTORIC HIGHLAND VILLAGE

Here you can visit George Baxter's original Victorian grocery shop. With its leather-bound ledgers, quill pens, long mahogany counter and original glass jars and bottles, find out how the produce of the hills and glens was transformed into tasty soups and jams by generations of the Baxter family.



OUR TRAVEL PARTNERS Brightwater Holidays is an award-winning operator specialising in garden and special-interest tours worldwide. Tripsmiths partners with the world's leading tour operators and media brands to deliver exclusive travel experiences.

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85-year-old hillwalking again thanks to Sore Joint Cream

Did you know that over 9 million people in the UK suffer from some form of arthritic joint pain?

Scottish company Natural Skincare Factory, based in Peterhead, Aberdeen, have been selling their ActiveCare Cream for over 14 years. It works like a natural anti-inflammatory, soothing those sore joints and getting them moving again. It doesn't interfere with any medications from your doctor and in many cases, its been known to make a difference in as little as 24 hours. Up until recent years, Mr Mitchell from Perthshire spent nearly every weekend walking up in the hills. However he found his sore joints were stopping him from walking any distances. Mr Mitchell said, 'After using the ActiveCare Cream for just a week, I have already noticed a difference in my knees.'

Company owner Adrian Whalley, 'We receive testimonials every week from happy customers. To hear such good news from Mr Mitchell makes our hard work worthwhile. We send our product all over the world. We find that once someone tries ActiveCare Cream, they come back for it time and time again.'

For continued relief please ask us about our sore joint bath oil.



Scottish company Natural Skincare Factory, based in Peterhead, Aberdeenshire, have developed their ActiveCare Cream over many years. It works like a natural anti-inflammatory, soothing those sore joints getting them moving again. Company owner Adrian Whalley (33, pictured) said, 'We have even received a letter from a member of the Royal family. Every testimonial we receive is important to us, but this one was rather special.'

'It's great to have a product that is making such a difference to a lot of people.'

'Activecare Cream is made with natural ingredients and would not interfere with any medications from your doctor. Used twice a day, massaging into the sore joint, it's been known to make a difference in as little as 24 hours.'

Adrian further commented, 'We send our product all over the world. We find that once someone tries ActiveCare Cream, they come back for it time and time again.'



Order by telephone, **FREEPHONE 0800 0199 932**
(all cards accepted)

Or visit our website: www.natural-skincare-product.com

By post: Make cheque/postal order payable to Natural Skincare Factory

The ActiveCare Cream is **£13.90 (£3.60, free p&p with 2 jars bought)**

Send to: Natural Skincare Factory, PO Box 18699, Peterhead, AB42 9AS

Also available at **HAPPY PLANT GARDEN CENTRE,**
MINTLAW, ABERDEENSHIRE



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HAND CREAM
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Tel: 0800 0199 932
and get your free jar

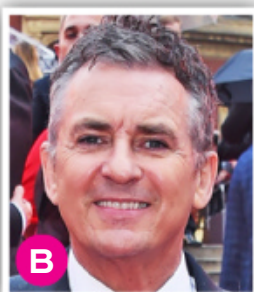
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PRIZES

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

16D has two granddaughters from his son Colin – eldest is Olivia, but who is the youngest? (9). This is your prize answer. See below for details on how to enter.



ACROSS

- 3 If a compass were a clock face, what direction would be at the '6'? (5)
6 Fire debris (3)
7 Give a speech (5)
8 What kind of contribution could PUTIN make? (5)
10 **ANAGRAM**
RUNCH
11 EDIT your calorie count! (4)
12 What is another name for the card game Blackjack? (7)
14 Pig's noise (5)
17 Transmitted (5)
20 What is said to be the lowest form of wit? (7)

23 See 24A

24 & 23A

PICTURE A

Name this soul diva (5,4)

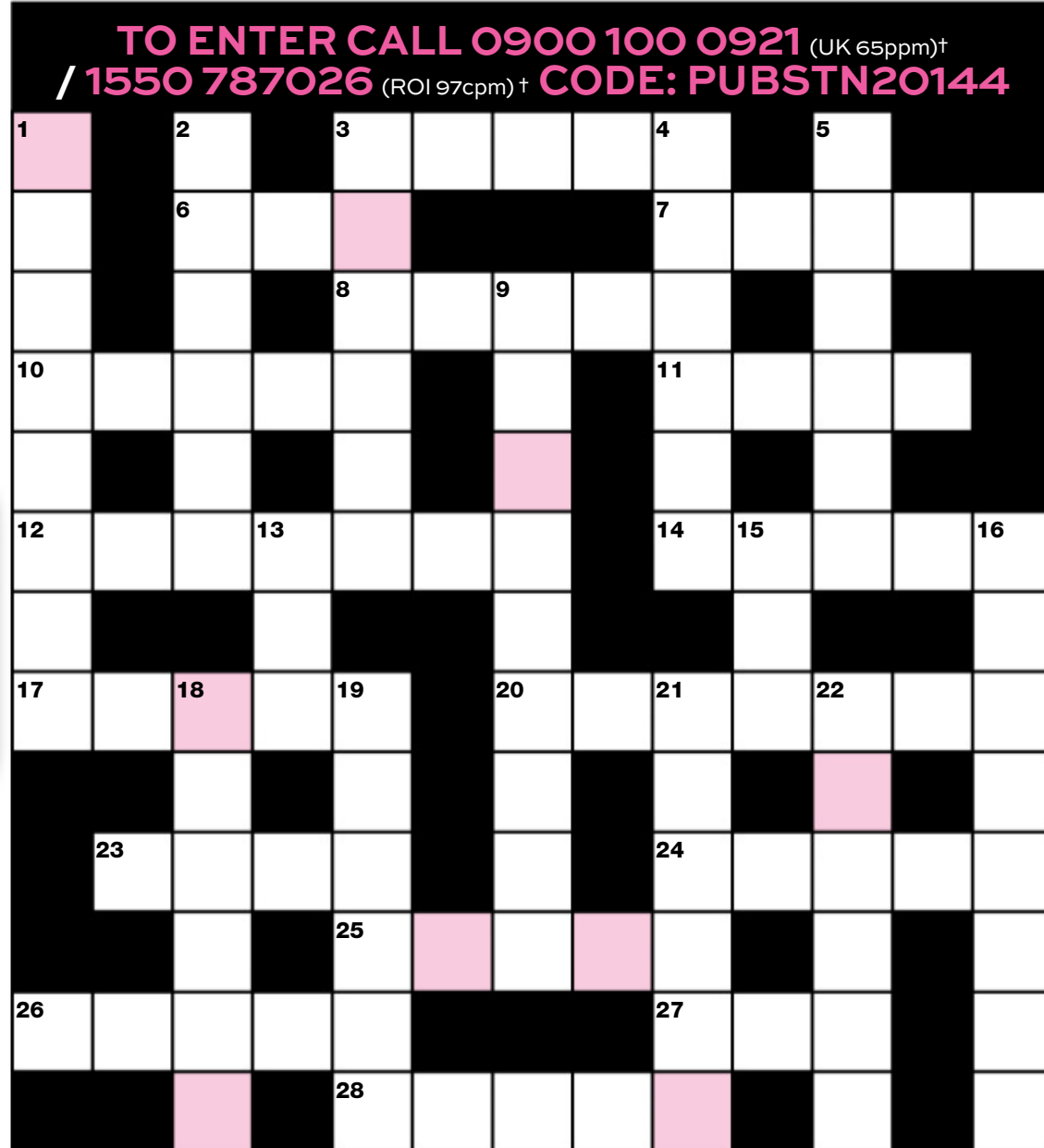
- 25 Direction on a compass that's opposite to 3A (5)
26 & 21D **PICTURE**

B Who is he? (5,6)
27 Writing fluid (3)
28 **ANAGRAM**

HERMY

DOWN

- 1 What pulse is used as the main ingredient in the Indian dish Chana masala? (8)
2 Who was the Roman god of agriculture – also the name of a



- planet? (6)
3 Japanese religion (6)
4 Frankfurter in a long bap, topped with onions, mustard and ketchup (3,3)
5 Rich layered cake (6)
9 Person who likes to play practical jokes (9)
13 Foot digit (3)

- 15 Giant mythological bird as mentioned in the Arabian Nights (3)
16 **PICTURE C**
Who is this? (3,5)
18 **ANAGRAM**
EATHER
19 Main meal of the day (6)
21 See 26A
22 Which is the largest US state? (6)

ANSWERS

MEGA CROSSWORD

04/2020

ITALY

ACROSS

3 Swiss 6 Rat
7 Wales 8 Rupee
10 Mezze 11 Elvis
12 Dilemma 14 Scrub
17 Pomme
20 Estonia 23 Jamie
24 Swear 25 Refit
26 Sprig 27 Eel
28 Yield

DOWN

1 Warmed up
2 Brazil 3 Stream
4 Sweeps 5 Oliver
9 Pirates Of 13 Elm
15 Coo 16 Beatrice
18 Memory
19 Energy 21 Tasted
22 Needle

Lines open at 25 February until midnight on 13 March 2020 (closes 13 March for postal entries.). Over 18s only.

†UK Calls cost 65p per min plus your telephone company's network access charge; ROI 97c per min, and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Spoke (0818 205 403). To enter by post, use coupon, left.

PICTURES: GETTY

best PRIZE PUZZLES ENTRY COUPON ISSUE 09

Crossword ANSWER CODE: PUBSTN20144

Send to: best Prize Puzzles (09/20), Hearst Magazines UK, The Data Solutions Centre, Worksop, S80 2RT. Print in ink.

One entry per household. Postal entries to reach us by closing date of 13 March 2020. Winners will be drawn at random from correct entries received by post and phone. Names and counties of winners available on request. No correspondence can be entered into. The editor's decision is final.

Name _____
Address _____

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

**optional information

WINNING CHEQUES WILL BE MADE PAYABLE AND POSTED TO THE NAME AND ADDRESS AS WRITTEN LEFT. PLEASE TAKE CARE WHEN COMPLETING THE COUPON!

*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy notice visit hearst.co.uk/privacy-notice.

SAVE the *best* for LAST

FLOWER POWER

Earrings, £7.99, New Look

CUP OF PLENTY

Tea, £5 and Espresso, £3.50, both Morrisons



NEW LEAF

Plate, £3.75, Sainsbury's

SPRITZ A NEW SCENT

Bulgarian Rose fragrance, £3, Primark



MINTY FRESH

T-shirt, £7.99, New Look

Treat yourself FOR UNDER A TENNER

HEAVEN SCENT

Candle, £8.99, H&M



KEY CHANGE

Keyring, £4, National Trust



Freshen up for Spring



NUDE AND IMPROVED

Eye Palette, £9.95, W7 Cosmetics



ROSY TONES

Pixi Shea Lip Balm, £8, Lookfantastic

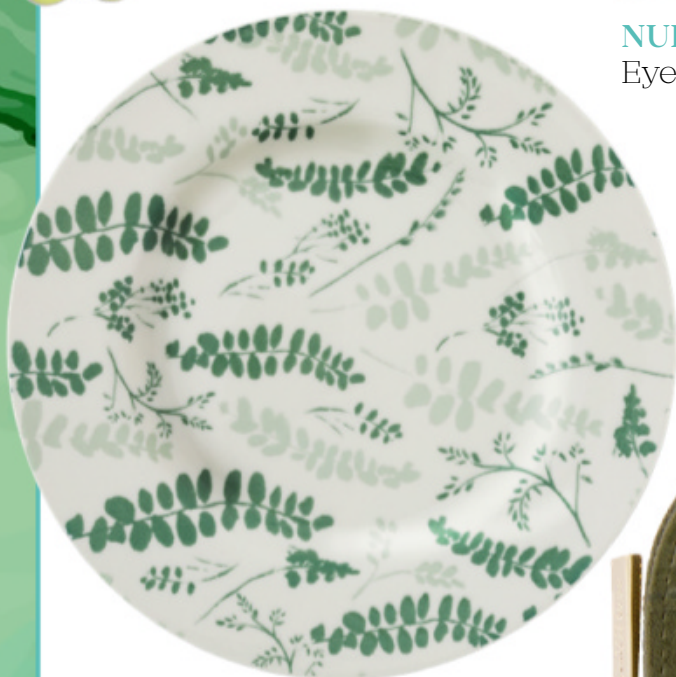
SPARE CHANGE

Coin purse, £8, Accessorize



DISH OF THE DAY

Bowls, £6 and £4, both Morrisons



FRAGRANT HOME

Diffuser, £4, Primark



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