

£1.10

3 MARCH 2020 • ISSUE 9 • £1.10
Spain €2.85, Canary Islands €2.95

Drop a dress
size **FAST!**
FREE DIET
worth £10.95



Caroline tragedy

Family &
friends
speak of
their loss



‘How I beat
my binges
& LOST 10st’

Kate ‘I FEEL SO GUILTY’

Duchess reveals her & William’s
secret struggles at home

NEW SHOW



DAWN’S
BACK!

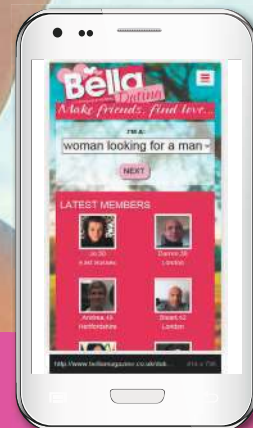
Harry &
Meghan’s
shock as
Queen
STRIPS
them of
titles



Get that FIRST DATE feeling!

**Take the first
step to meeting
your perfect
match today.**

**Register
for FREE and
search 1000s
of men
now.**



bellamagazine.co.uk/dating

this w... bell



Nicola's new album

The *Masked Singer* winner prepares to release solo music

Nine years since she last released music, Nicola Roberts is believed to have a new solo album on the way. Nicola, 34, has apparently recorded an EP, which she is planning to release following her win on *The Masked Singer*. After weeks of performing in disguise as Queen Bee, she was crowned the champ of the first UK series, beating acts such as Katherine Jenkins, Denise Van Outen and Kelis. The final brought in an

impressive 8.4million viewers.

As the show was pre-recorded, Nicola watched at a viewing party with fellow Girls Aloud members Cheryl and Kimberley Walsh. Cheryl, 36, was seen cheering, while Kimberley, 38, was tearful when Nicola was announced as the winner. After her mask was taken off, Nicola thanked the audience and judges, saying, "Last time I sang like this must've been *Popstars: The Rivals*." Nicola appeared on *Popstars* in 2002, and

the winners went on to form Girls Aloud. When they split, she released her solo album *Cinderella's Eyes* in 2011, which reached number 17 in the charts.

Many viewers were blown away by her vocals, with one saying, "Absolute new-found respect for Nicola Roberts for her win on *The Masked Singer*. I had no idea you could sing like that." We can't wait to hear her new music.



Celebrating with Cheryl, sister Frankie and Kimberley Walsh

Celeb news & gossip

- 6 **COVER STORY** Meghan and Harry are royal no more, plus lots more celeb gossip
- 8 **COVER STORY** Kate's secret 'mum guilt'
- 10 **COVER STORY** Stars pay tribute to Caroline Flack
- 12 Coleen Nolan on the Loose Women: 'We get on each other's nerves – then laugh about it'
- 54 **COVER STORY** Dawn French: 'I'm playing the village gossip'
- 58 Celeb kids who are a chip off the old block

Real life reads

- 18 'Stabbed by a stranger and told I'd never carry a baby'
- 20 **COVER STORY** 'I lost 10st – and inspired my son to lose weight, too'
- 46 **COVER STORY** 'Reunited with my childhood sweetheart after 20 years!'

Look & feel good

- 4 The celebs brighten up winter in highlighter-coloured gowns
- 14 Star style: exact match
- 23 Must-have mustard accessories
- 25 Classic spring fashion trends
- 28 How to wear... versatile jumpsuits
- 30 Nail your mani
- 32 Berry-coloured make-up
- 34 **COVER STORY** Drop a dress size in four weeks with **Weight Loss Resources**
- 37 Flavia Cacace's food diary
- 40 Eating disorder myths busted

Lifestyle

- 38 Chickpea power
- 42 Home trends: sugared Scandi
- 50 Travel: timeless Tulum

Don't miss

- 17 **Bella** debate: is it rude to turn down a wedding invite?
- 22 Win a holiday to Tenerife!
- 45 Have your say
- 48 Kate Medlin offers advice
- 49 Horoscopes
- 52 TV gossip, films, books and more
- 56 Prize puzzles and fun quizzes

Bella CLICK ToWin!
bellamagazine.co.uk

£250 B&Q VOUCHER

Win!

Enter online at bellamagazine.co.uk
Free to enter, no need to register and more prizes online. Rules apply.



P42



FIND US ON...

- facebook.com/bellamagazineUK
- twitter.com/bellamagazineUK
- instagram.com/bellamagazineUK

Neon nig



Florence Pugh

Our style crush on the *Little Women* actress is growing by the day – we especially love this unusual, slinky coral number.



Lupita Nyong'o

The colour of this Valentino gown looks fabulous on Lupita. She never puts a foot wrong.



Pixie Lott

Pixie brings the sunshine in this floor-skimming outfit, adding silver earrings to continue the glam.



hts

Stars brightened up gloomy winter in highlighter hues



Priyanka Chopra

This pink frock fits Priyanka perfectly, and we love the dazzling diamond choker. All in all, very Marilyn Monroe.



Laura Tobin

Laura always brightens our mornings, but this vibrant blue wrap dress is perfect for evenings, too.



Kate Bosworth

Actress Kate gives us a shot of vitamin C in this zesty orange number. Should stave off a few colds...



Rachel Brosnahan

Mrs Maisel herself opts for a form-fitting pencil dress to highlight her hourglass shape. Marvellous!

Words: Rhannon Derbyshire. Photos: Shutterstock

Gossip



Styles' style

Harry Styles dressed to impress as he arrived at the Brit Awards in an oversized Peter Pan collar and pearl necklace. After performing, he changed into a bright yellow suit and a sheer lilac shirt with a big bow. But it's not all been fun times for Harry, 26, who was reportedly robbed at knifepoint at a cash machine near his north London home days earlier. He was said to have handled the situation calmly and handed over the money. While he thankfully wasn't harmed, it left him "very shaken up".



Ruth and her sister Julia



Ruth's tears on This Morning

Star talks about the death of her sister



ANOTHER ROYAL SPLIT

There has been yet another royal marriage split. Only a week after Peter and Autumn Phillips' divorce announcement, the Queen's nephew David Armstrong-Jones, 58, is separating from his wife Serena, 49, after 26 years of marriage. The couple – also known as the Earl and Countess of Snowdon – released a statement saying they had "amicably agreed that their marriage has come to an end". They have two grown-up children, Charles and Margarita.

Ruth Langford tearfully recalled the tragic death of her sister while discussing the passing of Caroline Flack on *This Morning* last Monday. The presenter, 59, emotionally spoke about her sister Julia Johnson, who took her own life last summer. In a conversation with psychologist Nicola Thorp about suicide, Ruth said through tears, "You believe that you don't have a choice, and that's the sad thing for the people left behind. 'You did have a choice. You could have called me, you could have called Mum.'" Her supportive husband Eamonn said the subject was "so emotive".

Earlier, Ruth had been discussing with

psychologist Emma Kenny how depression can leave you feeling that you have no one to turn to. She said, "This happened in my family. I remember my shock at that. It's the questions it leaves the families. I should have gone round. I was going to phone. It's the what ifs."

Following Julia's death in June 2019, Ruth posted a picture of her on social media, saying, "My lovely sis Julia has sadly died after a very long illness. My heart is completely broken. She was the kindest and most gentle soul, and I will miss her forever. As I am sure you will appreciate, I need to take time to grieve with my family." She subsequently took two weeks off *This Morning*.

ROYAL NO MORE



Prince Harry and Meghan Markle have reportedly been banned from using the Sussex Royal brand name. The couple, who stepped down as senior working royals last month, had applied to trademark it, but will now have to rebrand following the request from the Queen and senior officials. "It must come as a blow as they have invested everything into the brand," an insider said. Harry, 35, and Meghan, 38, began using the name in 2019, after splitting from Kate and William's Kensington Royal household, and have registered to use it on items, including clothing and stationery.

Alison's heartbreak

Alison Hammond's mum Maria has died from liver and lung cancer aged 71. Alison, 45, said, "I dedicate Valentine's Day to my beautiful, wonderful mother Maria. Yesterday, my family and I celebrated her amazing life and laid her to rest in a beautiful ceremony she'd have been proud of. Thank you, Mummy, for giving me the strength to move forward in the knowledge that you're OK and with God in heaven. I'll always remember you and try to make you proud. I love you, Mum." Our thoughts go out to her family.



Posh row!

Victoria Beckham and Stella McCartney's good friendship has reportedly turned sour. The fashion designers apparently fell out after Victoria, 45, tried to poach Stella's nanny and a member of her fashion label staff. She was later unfollowed on social media by 48-year-old Stella, who is Paul McCartney's child. "Victoria is distraught," an insider said. "The final nail in the coffin came when she tried to recruit Stella's head of studio." But VB – whose daughter Harper, eight, is friends with Stella's daughter Reiley, nine – has tried to make amends. "Victoria doesn't want to be an outcast," the source said.



WEEK IN PICS



And I love you

Romantic kisses

She's usually one to keep her marriage quite private, but Holly Willoughby, 39, shared a rare display of affection as she posted a video clip of her and husband Dan Baldwin, 45, smooching. "And I love you," she added in the clip. Adorable.



Baby number 4!

Robbie Williams, 46, and wife Ayda Field, 40, have announced the birth of their fourth child Beau Benedict Enthoven via an "incredible" surrogate. They also have Theodora, seven, and Charlton, five, together, and their daughter Colette was born via the same woman in September 2018. The couple said, "We're so blessed to have our healthy son safely in our arms and are officially complete as a family."



Red to white

Sharon Osbourne has swapped her trademark fiery red hairdo for bright white locks. Her hairdresser revealed that Sharon, 67, was tired of dying her hair once a week for the past 18 years and that she'd wanted to do this a "long time ago". We love it.

Kate's so 'mum g

The duchess up about her

time again from mums – even mums who aren't working and aren't pulled in the directions of having to juggle work life and family life – that you're always questioning your decisions and judgements. I think that starts from the moment you have a baby."

In the candid interview, which was unprecedented for a royal, Kate spoke for the first time about her personal struggles with motherhood and offered a rare insight into her family life with husband Prince William. Like any other parent, the full-time working royal admitted that having three children can feel quite chaotic. "It's a bit hectic," she said. "You are pulled in all sorts of directions, because when the third comes along, how can you physically get all three children out of the car at the same time? You can't. There is such a pull, but I'm a hands-on mum, and whatever you're doing,

you want to make sure you're doing the utmost best job you can for your children."

She explained that parents shouldn't beat themselves up. "It's the simple things that really make a

difference," she continued. "It's not whether you've done every single drop-off and pick-up, but it's those

She always appears happy and smiley when she's out on her engagements, but Kate has admitted that her cheerful nature often hides her true feelings. The Duchess of Cambridge, 38, has revealed that she suffers from mum guilt and feels heartbroken that she can't always be with her three children – George, six, Charlotte, four, and Louis, 22 months – due to her work commitments.

"Anyone who doesn't [feel guilt] as a mother is lying," she told Giovanna Fletcher on her *Happy Mum, Happy Baby* podcast. "Even this morning, coming to the nursery visit here, George and Charlotte were like, 'Mummy, how could you possibly not be dropping us off at school this morning?'"

She continued, "It's a constant challenge. You hear it time and

'It's a constant challenge'



Little moments, like this photo of Charlotte smelling a bluebell, mean the most to Kate

Secret Guilt'

opens struggles

quality moments you spend with your child when you're properly listening to them, properly understanding what they feel."

Kate, who has a passion for photography and enjoys capturing her kids on camera, makes the most of those little, seemingly inconsequential, moments. "I think the things that really resonate with me most are the simple ones, and I see that now with my own children," she said. "Life is so busy, so distracting, and sometimes the simple things like watching a fire on a really rainy day provides such enjoyment. I have got this one photo of Charlotte smelling a bluebell, and it's moments like that which mean so much to me as a parent. I try every day to put moments like that in, even if they're small."

The duchess has been travelling around the country to promote her childhood survey 5 Big Questions, focusing on the mental and physical development of under-fives, which she hopes will create a lasting generational change. She also draws inspiration from her own "happy

childhood" to create special and fun memories for her own kids.

She said, "Someone did ask me the other day, 'What would you want your children to remember about their childhood?' Is it that I'm sitting down trying to do their maths and spelling homework over the weekend? Or is it the fact we've gone out and lit a bonfire and sat around trying to cook sausages that hasn't worked because it's too wet?"

"Those moments with me as a mother – but also the family going to the beach, getting soaking wet, filling our boots full of water – those are what I would want them to remember. I'm happy when I'm with my family outside in

the countryside and we're all filthy dirty."

Kate also revealed how her husband Wills found it tough to cope with becoming a parent after they welcomed George in 2013. She recalled, "It took us a bit of time to get ourselves settled and going, but that's the beauty of having a newborn baby. You're pulled to your toughest and most unknown places that you hadn't necessarily even thought about before." Putting baby George into the car in front of the lines of waiting press outside the hospital was nerve-wracking, though. She admitted, "We were like, 'What do we do? In a swaddle? How's this

supposed to work?' We even tried to practise with a little doll at home. But it never works out the way you planned, so it was quite hard to do that on the world stage. But [William] did a very good job."

While she felt "joy" when she first held George, she was also "terrified" about facing the world with her newborn, just hours after giving birth at the Lindo Wing at St Mary's Hospital in London. "[It was] slightly terrifying, I'm not going to lie," she admitted.

She also revealed how she did hypnobirthing – breathing techniques and self-hypnosis to help with labour – without the prince's help. "I'm not going to say that William was standing there chanting sweet nothings at me. He definitely wasn't!" she laughed. Speaking about her struggles with pregnancy and hyperemesis gravidarum – extreme morning sickness – in the past, the duchess described it as "a challenge". "Not just for me, but also for your loved ones around you," she said. "William didn't feel he could do much to help, and it's hard to see you're suffering without being able to do anything about it. It was utterly rotten."

Now that she's an experienced mum, Kate says, "I've learnt a huge amount. I'd love to go back and tell myself at the beginning of pregnancy what things I feel now really matter in terms of being a parent, and also what really matters to my children."

**'I've learnt
a huge
amount'**



Visiting a nursery and pre-school in south London



Speaking on Giovanna Fletcher's Happy Mum, Happy Baby podcast



She posted these photos with her dog Ruby days before she passed away

'May she have found peace'

Stars pay tribute to Caroline Flack

The TV industry – and the whole nation – was left in shock last week, following the sudden death of Caroline Flack, who took her own life at her London home at the age of 40. A friend who had been staying with her had reportedly gone to the shop when Caroline died by suicide. She was later identified by her twin sister Jody. In a statement, her heartbroken family said, “We can confirm that our Caroline has passed away today, on 15 February.”

ITV, the channel on which Caroline hosted shows *The Xtra Factor*, *The X Factor*, *I'm A Celebrity Get Me Out Of Here Now* and *Love Island*, said, “Everybody at *Love Island* and ITV is shocked and saddened by this desperately sad news. Caroline was a much-loved member of the *Love Island* team, and our sincere thoughts and condolences are with her family and friends.” Two episodes of *Love Island* were subsequently cancelled.

Laura Whitmore – a friend of Caroline's, and the person chosen to front the show in

her absence – paid tribute to her, saying she “lived life to the full”. Speaking on her BBC Radio 5 Live show, an emotional Laura added, “At age 40, Caroline Flack made the decision to take her own life, and I want to talk about it. I want to talk about it, I want to talk about her and give her the respect that she deserves and that she didn't always get. Anyone who knew Caroline knew she was vivacious, loving and had a passion

for life, which is why none of this makes sense.” She added that she was “bubbly” and “commanded a room”. Dozens and dozens of Caroline's celebrity pals and television colleagues

took to social media to talk about the tragic loss. Tess Daly, who presented *Strictly Come Dancing* when Caroline won with Pasha

Kovalev in 2014, said, “Absolutely shocked and devastated at this tragic news. Rest in peace, Caroline, you beautiful girl. My heart goes out to your family and loved ones at this time.”

And Louise Redknapp wrote on Twitter, “I just wish you could see how loved you were by so many people.”

Caroline had spoken openly in the past about her mental health battles. Following her death, her family released an unpublished Instagram post in which Caroline said she had been having “some sort of emotional breakdown for a very long time”. It was written at the end of January, and the last months of her life were difficult. In December, she was charged with assaulting her boyfriend

Lewis Burton. It has been reported that Caroline took her life the day after finding out the Criminal Prosecution Service (the CPS) were continuing with her case, after her team had asked for it to be dismissed. Lewis, 27, who had called the police after the late-night incident, wanted charges to be dropped. They'd been banned from contacting one another until she was due in court in March.

On Valentine's Day, he shared a photo of them together and wrote, “Love you,” while she spent the evening with a female friend. In a statement, Lewis said, “My heart is broken, we had

something so special. I am so lost for words. I am in so much pain. I miss you so much. I know you felt safe with me. You always said, ‘I don't think about anything else when I am with you,’ and I was not allowed to be there this time. I kept asking and asking. I will be your voice, baby. I promise I will ask all the questions you wanted, and I will get all the answers. Nothing will bring you back, but I will try to make you proud every day. I love you with all my heart.”

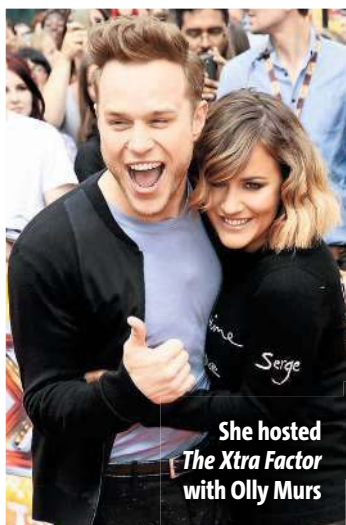
There has been some criticism of the handling of Caroline's case. Amanda Holden, who works for ITV as a judge on *Britain's Got Talent*, seemed to hit out at the channel in an Instagram post. She wrote, “Utterly

'I will try to make you proud'

'She was vivacious and loving'



Amanda Holden has expressed her condolences



She hosted *The Xtra Factor* with Olly Murs



With friend Laura Whitmore



Caroline with her boyfriend Lewis Burton

devastated to hear of the sudden death of this funny, bright, beautiful young girl. My heart goes out to her family. For Caroline to feel that death was the only way out breaks my heart. Anger doesn't even begin to cover how I feel about her being thrown to the dogs like she was. Why was she not shown the same level of consideration, protection, warmth and importance as other artists in our industry who have struggled recently? There are criminal gaps in the differences." Eamonn Holmes tweeted, "Shocked beyond belief. May she have found peace. Has to be repercussions for *Love Island* now, surely? Meaning out of respect, can the series continue?"

While some questioned whether or not the next series will go ahead after Caroline's death, and the suicides of former contestants Mike Thalassitis and Sophie Gradon, it's been reported it will continue to air. An insider said, "Although final decisions for the show are yet to be made, staff have been reassured the summer series will go ahead as planned and their jobs are safe."

Caroline found fame as an actress in *Bo' Selecta!* with Leigh Francis in 2002, before a successful career as a TV presenter, hosting shows such as *Gladiators*. She is survived by her parents Ian and Christine, her brother Paul, sister Elizabeth, and twin sister Jody. Caroline had once said, "Jody is a mum with three beautiful children, so we have completely different lives, but we each enjoy the other's life vicariously. I'm very lucky to have a twin. We're very close."

Rest in peace, Caroline.

● If you're feeling low, help is available. Call the Samaritans for free on 116 123

'We get on each other's nerves – then laugh about it'

Loose Women's Coleen Nolan talks divorce, touring with *The Thunder Girls*, and her TV colleagues

Showbiz legend Coleen Nolan is about to pack her bags and travel around the country in *The Thunder Girls* musical, as it tours the UK following its storming success last year. This exciting opportunity might not have been something that Coleen, 54, would have said yes to in the past, but having split from second husband Ray Fensome in 2018, and with her children – their daughter Ciara, 19, and her sons Jake, 27, and Shane Jr, 31, from her previous marriage to

Shane Richie – all grown up now, it's time for her to do her own thing. The former pop star talks to *Bella* about how she's growing in confidence, and what she really thinks of her fellow Loosies...

Hi, Col. Are you looking forward to touring the UK?

I'm really excited. It broke box office records in Manchester when we did it for the week last year. We couldn't believe it when the audiences were up on their feet every night! We all hoped it

would be a hit, as it's such a great night out, so it's fantastic that it's now touring the UK and more people will have the chance to see it. I get really homesick, so I'm dreading

that part. But it's the right time for me now. I've turned down so many tours over the years as the timing wasn't right or my kids were too young. But now they are all grown up and independent, it's a great time to do it. And this show is so good, I just couldn't say no. Make sure you come and see it – Beverly Callard is absolutely fantastic!

Do you feel more confident to try different things since your divorce?

There's still a part of me that needs to push myself out of my comfort zone, but I don't have anything tying me down now – not that Ray tied me down. Not unless I asked him to! But it's nice that I just have to think of me. Now I haven't got any ties, I can do what I want, and that's quite exciting and refreshing. Realistically, my comfort zone is *Loose Women*. I love it, and it would be easy to just keep going to do that. At my

age, the fact that the phone rings and people still want you is an amazing feeling. So, even if it is a bit out of my comfort zone, I think, "I'm going to do that." In another few years, I might not be able to. I don't want to look back and wish I'd given it a go.

Will the *Loose Women* be coming to watch and support you?

When I was in Manchester, Saira Khan, Ruth Langsford and the production team came to watch, and I was really nervous. They all loved it and were singing the theme tune all week.

Do the *Loose Women* ever fall out?

Obviously, if you get a group of women together on a regular basis, they get on like a real family, which means there will be times when you irritate each other. But because we're so close, you can say things like, "You're getting on my nerves today!" and then you all laugh about it – just like me and my real sisters.



Saira Khan, Ruth Langsford and the production team went to watch the show in Manchester

With co-stars Denise Welch, Nadia Sawalha and Jane Moore



Col on her co-stars...

'RUTH IS SUCH A LAUGH'

I absolutely love Ruth. She's good at her job and so much fun to sit next to on the panel. She's such a laugh and a close friend who I really trust. I always miss her when she's not there. I love her husband Eamonn, too. They are both just as nice as they seem on the television, which is not always the case in showbiz. But those two are the real deal.



'LINDA'S BACK TO HERSELF'

It's so great to have Linda back on the show, but more importantly, it's so great to have her looking so well and back to her gorgeous self. Obviously, we have been really worried about her, as she was having a tough time. It's so horrible when someone you're that close to is going through something like that – you just feel a bit helpless. Linda is the sweetest woman. She's never in bad moods or grumpy, she's just fabulous in every way.



'STACEY'S SO MOTHERING'

She's lovely. I'm always asking her why she's hanging up her crisps, though! [Stacey posts before and after photos of tidying her home on Instagram]. She's very organised, and I'm really not. For someone so young, Stacey's so mothering. Last year, at the NTAs, she brought us all homemade sandwiches.



'JANET'S GOT A HEART OF GOLD'

She's known for her biting words, but she cracks me up. What people don't know about Janet is that she's got a heart of gold in real life. She has survived in a hard, male-oriented industry for a long time. So she, as a woman in a man's world, had to fight her way through all that, which is obviously going to toughen up your attitude. But her bark is worse than her bite. Janet will always back you through anything. If she likes you, she's really loyal. And luckily, she likes me and we're great friends.

'DEN LOVES A GOSSIP'

Denise has come back after five years, and it's like she's never been away – apart from the fact that she's in a much better, happier place now. Den always loves a gossip. We share a car to the studio from the station, and she's always got some news. She's just so much fun, and you never know what the hell's going to come out of her mouth! Obviously, we've known each other for decades, so we go way back.



'SAIRA'S A HARD WORKER'

Saira is a lovely woman, and we always go out for lunch if we do the show together. We have such a laugh. She is always so positive and fun to be around. She is very into her health and fitness, which I admire, and she works hard and looks fantastic for it, but she never judges you if you don't do the same. I order a burger every time she's got a salad!



'NADIA'S THE BUBBLY ONE'

I always know when Nadia's in the studio because I can hear her laugh before I see her! She is an extrovert and full of energy. Sadly, though, she doesn't bring in the food she cooks on her Instagram, which is such a shame, because I always want to eat it!



'KAYE IS THE SENSIBLE ONE'

She and Jane Moore are the sensible ones. I go to them when I need some sense. They're very straight down the line, but great fun as well. They will tell you things exactly as they are, and they're both loyal and fair, which are great traits to have.



Charlotte
Hawkins



Charlotte's
blouse

£62.50, 6-20,
Bailey & Buetow



Susanna Reid



Amanda's
trousers

£19.99, XS-XXL, Zara



£55, 4-18, Topshop

Lorraine's
dress



Lorraine Kelly



Susanna's
dress

£69, 6-20,
Sosandar

Match

Celebs love a high-street bargain as much as we do



Amanda Holden



£25, XS-L, Boohoo

Maura's dress



Maura Higgins



£40, Office

Holly's boots



Holly Willoughby

The magazine you love in print, **NOW AVAILABLE** on digital devices



TRY AN
ISSUE FOR
FREE*
TODAY

- Download issues in seconds
- Read offline anytime, anywhere
- Read issues across different devices
- Easy back issue storage and access

Access your **FREE*** issue by installing the *Bella* App today.

FIND US ON



Available on the
App Store



GET IT ON
Google play

*FREE ISSUE OFFER AVAILABLE TO ALL NEW APP USERS UPON OPENING THE APP FOR THE FIRST TIME.

A woman sparked controversy online after asking for the best way to RSVP 'no' to a friend's big day.

So, we ask...

Is it rude to turn down a wedding invite?

No

'Your big day is not my priority'

Amy Rowland, 35, *Bella's* acting features editor

I once attended eight weddings in one year. And while they were all fab, they were also an absolute drain on my time and finances. So, from then on, I decided I would only accept invites from my nearest and dearest – the big days of people who I really couldn't imagine not being there for.

I've stuck to this rule several times since. And yes, of course it's been slightly awkward when saying, "Thanks, but no thanks!" But it's better to decline politely than to attend out of obligation, all the while worrying about the expense. I always make it clear how sorry I am to miss out on the day, and I feel like a weight has been lifted off my shoulders afterwards.

I just don't see why people would think it's rude. At the end of the day, a wedding is

about two people. Is it really going to ruin it for the bride or groom if someone they went to university with, and have only seen a handful of times since leaving, isn't going to be there to witness them saying "I do"? And if it is, then they need to have a word with themselves.

When I got married in 2015, we had plenty of declines, but I was absolutely fine about it. Your wedding is obviously your priority – but, news flash, it isn't anyone else's. So, accept a decline with grace, and just pay attention to what is important – making sure that you have the best day ever with the people who actually want to be there.



Yes

'It's an honour, not an inconvenience'

Eimear O'Hagan, 38, writer

In February 2014, after I posted out 200 wedding invitations, the RSVPs were coming in thick and fast. The overwhelming majority were excited acceptances, however there were at least 20 invitees unable to attend. With no explanation, I had to assume they either couldn't be bothered or had something else planned. Call me a bridezilla, but I think that just isn't good enough.

A wedding is one of the most important moments in a couple's life. To be asked to witness it should be an honour, not an inconvenience to excuse yourself from. My husband Malcolm and I agonised over our guest list. Every person invited meant something to us. To be snubbed felt, well, hurtful. I practise what I preach,

too. Over the years, I've spent thousands attending weddings. I've used leave from work, cancelled other commitments and moved heaven and earth to be there. I went to one big day at 35 weeks pregnant, two days after moving house.

I've always felt grateful to be considered important enough to play a part in a wedding. I only wish some of my invitees had felt the same way. Almost six years on, their rejection still stings.



**SHARE
YOUR
VIEW**

...with *Bella* online at bellamagazine.co.uk or on [facebook.com/bellamagazineUK](https://www.facebook.com/bellamagazineUK)

'Stabbed by a stranger, I'd never carry a baby'

After a brutal attack, Jessica Knight, 26, was warned she might never have children

Pulling on my coat, I headed out to meet my friends. It was January 2008, and aged 14, we'd always meet at the local shops. But when I arrived, nobody was there. So, after ten minutes, I decided to go back home. "I'll cut through the park," I thought, keen to speed up as it was so cold. Mum always told me to stick to main roads, but it was only 5pm, so I put on my iPod and listened to music as I slipped through the gates.

As I rounded a corner, I saw a man out of the corner of my eye. I marched on, but suddenly, someone grabbed me around the neck from behind, and I felt a blow to my head. Searing pain coursed through me and I doubled over, then tried to twist around. A figure loomed over me, and I instinctively raised my arms to protect myself, but he began to pummel me. As the punches rained down, I tasted blood in my mouth. Then adrenaline kicked in, and I began to feel strangely numb. I wanted to scream, but everything went blurry and I blacked out.

When my eyes eventually flickered open, I was blinded by white lights. "Try not to move, sweetheart," a voice said. "You're in hospital." I tried to speak, but no words came out, and my limbs felt frozen. A deep pain throbbed throughout my body, then everything went black again. It was another six weeks before I woke up from

an induced coma. My mum Jill and dad Richard were by my bed. "Oh, love, you're awake," Mum said, squeezing my hand.

Over the next few weeks, police helped me piece together what had happened. As I walked through the park, I'd been attacked and stabbed 23 times. My assailant hadn't just punched me, he'd slashed my chest, neck and back, perforating my bowel and lung. He'd then left me for dead, with blood gushing from my jugular.

Miraculously, a passing cyclist had called 999, then saved my life by stemming the blood loss. Paramedics had then rushed me to hospital, where I'd needed five hours of surgery. Afterwards,

I was put in an induced coma, but I'd suffered a stroke. "We'll get through this together," Mum said. But it was a slow road to recovery, and when I left hospital two months later, my muscles were so weak, I could barely

'I felt jumpy and tearful'

walk. My body was covered in purple scars, and I felt jumpy and tearful.

In December 2008, 11 months after the attack, a man called Kristofer Beddar was found guilty of my attempted murder at Preston Crown Court. His mum had turned him in after he confessed, and he was given a life sentence to serve a minimum of 11 years. During the trial, it emerged he'd

been sacked from his trainee baker job at Tesco and was in a rage when he attacked me. I was simply in the wrong place at the wrong time, which was so hard to deal with. I was relieved he was behind bars, but as the years went by, I struggled. I missed so much school due to hospital appointments that I didn't get my GCSEs, and I couldn't find a job. And as my brain had been affected by the stroke, I struggled to remember things. I had problems forming sentences, and the scars over my body were a daily reminder of what I had been through.

And being stabbed in the stomach made me worry about something else. "Will I be able to have a baby?" I blurted out to my doctor at an annual check-up. "Conceiving shouldn't be a problem, but because of the trauma your body has suffered, carrying a baby may not be possible," he gently explained. I bit back tears. Although it was a long way off, I knew

I wanted to be a mum one day. "Don't let him win, Jess," Mum urged me, but I felt depressed.

Then, when I was 22, in 2016, I was on a rare night out when I spotted a handsome man leaning against the bar. He came over to chat and asked to buy me a drink. After everything I'd been through, I was wary of strangers, but he



Kristofer Beddar was found guilty of attempted murder



During her pregnancy, at 22 weeks

stranger and told baby'



Jessica was put in an induced coma after being stabbed 23 times

was really friendly. His name was Kevin, and when we had our first kiss later that night, I was the happiest I'd felt in years. The following week, we met at an Italian restaurant, and I steeled myself to tell Kevin, now 33, about the attack. But as it turned out, I needn't have worried. When he'd mentioned me to his mum, she'd recognised my name and had told him. I soon realised that my scars didn't matter to him, either, because he accepted them without saying a word.

In September 2018, Kevin and I celebrated our second anniversary, but not long after, I started feeling queasy. And suddenly, I realised my period was late. We hadn't been trying for a baby, but there was a time when we hadn't been careful. I rushed out to buy a test. It was positive. "Oh my God!" I said.



With her partner Kevin and son Bode

I excitedly told Kevin when he got home from his cleaning job. "That's wonderful!" he said. He was so excited, he made me do a second test there and then.

Although we were thrilled about the baby, I couldn't help feeling nervous. My body had endured so much trauma, and I thought back to what the doctor had said all those years earlier. I knew I'd need scans every few weeks to check everything was working as it should. Thankfully, Kevin was always there to give me a reassuring hug, and when I was four months pregnant,

we moved in together in Chorley, Lancashire. I felt exhausted, but despite my history, my body seemed to cope just fine. On 2 May last year, I gave birth to our baby son Bode. He was perfect, and I couldn't stop gazing at our little boy. It felt incredible to think that my body had produced this tiny person, despite everything it had been through.

Bode is now ten months old, and he's just learnt to say "Mama" and "Daddy". He's starting to crawl,

too. All the things other mums moan about – the sleepless nights, the nappy changing and clothes covered in sick – I welcome with open arms. Having Bode has helped me move on at last and given me a positive focus. I was lucky to survive the attack, but I feel even luckier to have become a mum.

**SHARE
YOUR
STORY**

AND EARN £££!

Visit: bellamagazine.co.uk/real-life-stories
Email: bella.hotline@bauermedia.co.uk
Call: 020 7241 8155

real life

'I lost 10st – and in son to lose weight

Jenni Jeffery, 44, decided to overhaul her lifestyle

As my three-year-old son Daniel sat at the kitchen table, I dished him up a plate of chicken, vegetables and potatoes. I always made sure he ate healthily, but when it came to my own wellbeing, I let myself down. At 24 years old, I was a size 24, and my weight had increased after splitting up with my husband the year before, in 1998.

Dealing with all the stress from the break-up and working full-time in a bank, I would go without food for hours before bingeing on things like white toast with butter, microwave ready meals and bags

of crisps. In the evenings, I would still cook a nutritious meal for Daniel and myself, but then I would pick at leftovers and mindlessly feast on more crisps washed down with a couple of glasses of wine. The divorce had severely knocked my self-esteem, and I felt at my absolute lowest.

Over the next few years, I tried going to a slimming group locally in Bo'ness, West Lothian, but I would lose motivation every time until I became too ashamed to show my face there again. When I started going to Zumba in 2008, it helped me feel better, and I enjoyed it so much, I changed career to become a fitness instructor. But despite my

new active lifestyle, I remained around a size 20 at 5ft 4in.

Then, in 2018, something in me finally snapped. A couple of years previously, one of my closest friends had passed away and it left me devastated. It also made me realise how short life is, and yet, here I was, wasting precious time feeling miserable in my own body. "It's time to get a grip, Jenni," I told myself.

I had recently seen a BBC programme that featured someone who had lost weight on The 1:1 Diet by Cambridge Weight Plan, and although I had always been sceptical of meal replacement diets, the TV show debunked all my misconceptions, so in October, I met up with my local consultant, Marilyn. By now, I was a size 24 and weighed 20st 13lbs, but Marilyn assured me that I would quickly see results, and I felt encouraged by how straightforward the plan seemed, as it took the stress out of deciding what to eat.

For the first 12 weeks, I had a meal replacement shake or soup three times a day, as well

as a snack bar. The calorie-restrictive plan was a world away from my binge-eating ways, but I adapted surprisingly well, and by the end of the 12 weeks, I had lost an incredible 4st 7lbs. Then, under the weekly guidance of Marilyn, I gradually started to introduce normal food back into my diet,

and after five months on the plan, I'd lost an incredible 5st. Although I still had more weight to lose, I felt brilliant, and by February 2019, I had lost a further stone and had even

trained to be a consultant.

"Well done, Mum, you look great," said Daniel, who could see how much happier and healthier I was. "I could coach you on the plan if you fancy giving it a go," I replied. He was 22, and struggled with his weight, but I didn't want



Jenni and her son Daniel



Daniel adapted well to the plan



Before his weight loss

Inspired my , too!'

to pressure him. But a few weeks later, at the end of March, Daniel came to me. "I'm going to give it a try," he said. I was delighted to help him, and as I already had plenty of products set aside for my clients, he could get going straightaway.

As Daniel didn't need to lose as much weight as me, he started on step two of the plan, which meant he had a healthy low-calorie meal in the evening, like a chicken salad. He adapted to it really well, and in his first week, he lost 8lbs. I was so pleased for him, and even though I was the one doing the coaching, he was a great support to me through my weight-loss journey, too. He even became my very own Gok Wan when I started shopping for clothes to fit my shrinking figure. "Are you sure I don't look like mutton dressed as lamb?" I'd ask, and he would give me an honest yes or no on various outfits.

Then, in August 2019, I hit my target of 10st 13lbs – a total loss of 10st! It's amazing how different I feel, and I'm now living the life I want, rather than simply existing like I was before. I'm still a fitness instructor, only now I'm a much healthier one. The other day, we were out for breakfast and Daniel was sharing photos of us on Snapchat. He then told me that all his mates fancied me, which I have to admit was a rather nice boost! I'm a different person now – one I much prefer.



BEFORE
20st 13lbs
Size 22-24

JENNI'S DIET BEFORE

BREAKFAST Rounds of white toast with butter

LUNCH Sandwich meal deal

DINNER Sharing ready-meal lasagne

SNACK Crisps, two large glasses of wine

JENNI'S DIET NOW

BREAKFAST Porridge

LUNCH Tuna salad

DINNER Chicken and quinoa

SNACK Fruit and nuts



AFTER
10st 13lbs
Size 8-10

competition

Win! A holiday to Tenerife

Fresh air and sun, thanks to Neutradol

Need a break? Neutradol, the fresh air specialists with a product for every smelly situation, are offering you the chance to win a holiday to sun-drenched Tenerife. You and your lucky partner will be jetting off to the largest Canary Island, where you will stay at Sol Costa Atlantis hotel in Puerto de la Cruz.

Dramatic sea views can be enjoyed from the hotel's sunbeds and Balinese beds, or you can seek shade under parasols. Enjoy a thermal circuit in the hotel spa, including an ice fountain, hydro massage bathtubs, micro bubble beds, sauna, steam room, Turkish

bath and whirlpool, or take a dip in one of the two freshwater pools to help you feel refreshed.

At home, it can't always feel as refreshing. Unpleasant smells can linger, and even professional cleaning may not shift the bacteria that causes them. Covering them up with a cosmetic air freshener isn't the answer.

● *Hygienic and safe Neutradol destroys the molecules that cause bad odours, while other major brand air fresheners just cover them up with synthetic perfume. You can now buy the new, improved Neutradol, which uses*

the latest science to eliminate odours in your home, work or car. Neutradol destroys smells long after other air fresheners have stopped working, which is why it is the world's most effective air deodorizer. Fresh air is available from Neutradol in Original, Super Fresh and Fresh Pink, all in Spray, Gel and Carpet Powder. There are also products for smelly dustbins and Deofab for fabrics.

● *To find the range of Neutradol products and for a chance to win a holiday to Barbados, visit Neutradol.com*



HOW TO ENTER

For your chance to win, **answer the question on the right correctly, then:**

- Phone 0901 133 4417 (UK, Channel Islands and Isle of Man). Calls cost 50p per call, plus your network access charge.
- Or (UK readers only) text BEL09 then a space followed by your name, house number or house name, your postcode, then your answer, all separated by a space, to 65115 eg Jane Smith 10 SL5 9JN Answer. Texts cost 50p each. Keep texts under 160 characters or you may be charged for more than one text. Normal network messaging rates apply.
- Or enter online at Bellamagazine.co.uk
- Closes 9 March 2020 at midnight. *Bella* competition rules apply.

Text entries charged at 50p per text. Normal network messaging rates apply. If you enter after the closing date, you will not be entered, but may be charged. Not available in Eire. This is not a subscription service. Please ensure your entry is completed correctly as incorrect entries may be charged, but not entered. **You are automatically consenting to receive marketing communications from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information on this, please see our general terms and our privacy policy at Bauerdatapromise.co.uk

Phone SP: Spoke 0333 202 3390. Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525

Q Which country is Tenerife part of?

a) Spain b) France c) Portugal

Terms and conditions: The prize is for two people and includes seven nights' bed and breakfast accommodation at Sol Costa Atlantis, plus direct return flights from major UK airports. The trip must be taken by 28 February 2021 and excludes Christmas, Easter, and Bank Holidays, and is subject to availability of flights and accommodation. The winner must purchase comprehensive travel insurance prior to travelling.

accessories



£35.99 Mango



£5.50 Claire's



£22 Topshop

Must-have MUSTARD

Brighten up your wardrobe with
this stylish yellow shade



£12.50 M&S



£9 Lovisa



£45 Monki



£9.99 H&M



£59.99 Mango



£4.99 New Look

Jameela Jamil



Bella^{MONTHLY}

Royal Special

68-page
special!



Find out what's
next for Harry
and Meghan,
and what all
this drama
means for
William and
Kate

*Plus, 25-page
royal sibling
mini-mag*

ON SALE NOW!

SHEER SLEEVES

Blouse, £35,
8-18, Very. Jeans,
£35.99, XS-L, Mango.
Earrings, £35, Johnny
Loves Rosie



FLORALS

Blouse, £49.99;
Skirt, £49.99, both
XS-L, Mango.
Bag, £5, Primark.
Sandals, £17.99,
New Look



SPRING CLASSICS

Buy into these flattering trends

DUSTER COAT

Coat, **£79.99**;
Jumper, **£29.99**,
both XS-L, Mango.
Trousers, **£45**, 8-18,
M&S. Trainers,
£39.99, Mango

This lightweight
alternative to the
timeless trench
is versatile enough
to wear with casual
trousers and trainers



ANIMAL PRINT

Dress, **£35.99**,
XS-L, Mango. Bag,
£73, Dune. Boots,
£39, Kurt Geiger





COLOUR-POP SUIT

Jacket, £99; Trousers, £45,
both 8-18, M&S. **Boots, £49.99;**
Bag, £19.99, both Mango

Get more outfits
from this two-piece
by wearing the set
separately – the jacket
with skinny jeans or the
trousers with trainers

FLIP SKIRT

Blazer, £79.99;
Cardigan, £35.99,
both XS-L, Mango.
Skirt, £19.99,
6-26, New Look.
Mules, £30, ASOS



A skirt that flips
out at the hem
is flattering
for curves

How to wear...

Versatile j

Classic denim



Jumpsuit, £70,
6-18, Monsoon
Earrings, £5.99,
New Look
Bag, £49.99, Zara
Boots, £80, Office

For all seasons



Layer with
a roll-neck
underneath on
colder days

Roll Neck, £18,
6-22, Next
Jumpsuit, £39,
6-18, Topshop
Headband, £16,
Accessorize
Bag, £49.99, Mango
Trainers, £49.50, M&S

umpsuits

Swap frocks
for stylish
all-in-ones

Smart shape



Jumpsuit, £49.99,
XS-L, Mango
Necklace, £17,
& Other Stories
Bag, £29.99, Zara
Shoes, £39,
Charles & Keith

Flattering fits



Wrap styles
will help
create a waist

Jumpsuit, £30, XS-L, Monki
Earrings, £3.99, New Look
Bag, £20, Dorothy Perkins
Heels, £62, Office

Styling: Rhannon Derbyshire

beauty secrets

Nail your mani

Celebrity manicurist Michelle Class shares her tips for perfect nails every time

Step 1 – Trim & prep

Michelle says, “If your nails are already long, cut them down with a nail cutter, then file into shape. Over-filing can cause the nail to weaken and snap if you’re being too vigorous. Just use a low-grit file to gently get to your required shape. Cuticles can be tricky to maintain, but I’d recommend massaging in a cuticle oil, then push them back gently with a tool – don’t use anything sharp. If you have any hanging bits, trim them away with your clippers. Make sure you’re not cutting the fold of skin that surrounds your nail as this is there to protect from infections – and it’ll be really painful! If you’re not sure, avoid cutting them and just keep them pushed back.”

Tweezerman, £6 for three

Brushworks Cuticle Sticks, £2.49 for eight



TWEEZERMAN

Step 2 – Paint & perfect

“Make sure your nails are squeaky clean before applying any product – wipe with a polish remover to provide the perfect canvas,” says Michelle. “Always start with a base coat to prevent staining. There are lots of clever options available that will help strengthen your nails while prepping the mani. Follow with two thin coats of colour, which will dry faster and stop the texture from going gloopy. Place the brush in the middle of the nail, allowing it to fan out, then paint the sides. Using a topcoat will seal the colour, make sure the manicure lasts longer, and boosts shine.”

Orly Bonder Base Coat, £13.50

CND Vinylux Long Wear Top Coat, £11.95



Step 3 – Maintain

Michelle adds, “Help the manicure last as long as possible by using an oil on your nails – this will stop them from drying out. I find that damaged, dehydrated nails are more likely to chip, so a nourishing oil will work wonders. If they start to look a bit scrappy after a few days, then you could always seal your edges again, and a fresh layer of top coat will give you a few extra days’ wear.”

Sally Hansen Complete Treatment Vitamin E Nail & Cuticle Oil, £7.99
L’Occitane Shea Nail & Cuticle Nourishing Oil, £14



vi!

Spring-ready shades

Eco-friendly



Barry M Green Origin Nail Paint in Rock Pool, £3.99

Breathable formula



Nailberry Oxygenated Nail Lacquer in Rose Blossom, £14.50

Quick application



Rimmel 60 Seconds Super Shine Nail Polish in Gimme Some Of That, £3.49

High-shine



OPI Infinite Shine Nail Polish in Grabs The Unicorn By The Horn, £14.50

Instantly dry



Sally Hansen Insta-Dri Nail Colour in Peach Fuzz, £4.99

Vegan option



Nails Inc NailPure Nail Varnish in It's Cool To Be Kind, £15

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



AVXLIVE ICU

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>

beauty secrets

Revolution Pro Supreme Gloss Lip Pigment in Ultimatum, £4. Lip glosses are big news this year – this non-sticky buy has impressive staying power.

Essie Nail Colour in Bordeaux, £7.99. A nail polish is the easiest way to try out the trend, and this shade works all year round.

Fresh Sugar Tinted Lip Treatment, £19.50. A nourishing balm with a subtle hint of colour, this stick will earn its place in your handbag.

Berry beautiful

The luxe shade will brighten your look

Naomi Watts



MAC Small Eyeshadow in Cranberry, £15. Experiment with the colour on your eyes – it'll really work with pale skin tones.



Kiko Bright Duo Baked Eyeshadow, £7.99. The shades in this kit can either be blended together or used on their own.



Charlotte Tilbury Luxury Palette in The Vintage Vamp, £40. Create countless looks with this showstopping palette. A pop of gold will help it stand out.



Elizabeth Arden Gel Blush in Berry Rush, £28. A liquid blusher gives a flattering flush, which you can build up for a more vibrant colour.



e.l.f. Monochromatic Multi Stick in Luminous Berry, £4.50. We're big fans of a multipurpose buy, and this handy stick can be used on eyes, cheeks and lips.



Burberry Lip Velvet Crush in Oxblood, £24. The innovative applicator gives a rich matte stain without overloading the product.



Urban Decay 24/7 Glide-On Eye Pencil in Alkaline, £16. Swap your black eyeliner for a more flattering pop of colour. This one's subtle enough for everyday wear.



Advertisement

HEALTHY LIFESTYLE

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Detox your body - every day!

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and starts storing them in our body fat. We quickly notice the results in our energy levels, in our lack of youthful appearance – and surprisingly, on our waistlines.

UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

TEST YOURSELF:

Do you have a sluggish liver?

	yes	no
1. Headaches or brain fog	☐	☐
2. Difficulty losing weight	☐	☐
3. Indigestion & burping after meal	☐	☐
4. Fatigue	☐	☐
5. Skin itching and brown spots	☐	☐
6. Coated tongue	☐	☐
7. Sensitive to strong smells	☐	☐
8. Elevated triglycerides	☐	☐

Does this sound like you? Then try Active Liver™ as a help to promote your liver health.

DETOX WITH ONE TABLET A DAY

Active Liver™ is a natural health product that improves your liver's health and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body – without the "side effects".

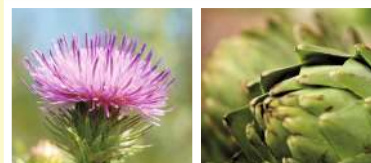


THE LIVER AND YOUR WAISTLINE

The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material it will be less able to work, and fat will start to build up, under the skin, as belly fat and even inside the internal organs (as in a fatty liver). Making sure your liver is working well will help you flush fats from the body.



Active Liver™ contains milk thistle, an herb known for protecting the liver and reducing heavy metal toxicity. It also contains turmeric, a superfood and one of the most anti-inflammatory and protective antioxidants known. Finally, Active Liver contains globe artichoke, a plant used for centuries for increasing bile production. Bile is used to bind and flush toxins and fats from the body.



You can find Active Liver™ at your local Holland & Barrett and leading Health Food Stores.

ADVICE & QUESTIONS

You are always welcome to contact our New Nordic helpline at
0800 389 1255



HOLLAND & BARRETT



Drop a dress size IN 4 WEEKS!

Try our exclusive meal plan devised by the experts at Weight Loss Resources

**FREE
SUBSCRIPTION
for all readers
worth £10.95**

How the plan works

This mouth-watering plan created by the experts at Weight Loss Resources, the fad-free calorie-counting online weight-loss programme, proves that dieting doesn't have to equal deprivation. This seven-day plan has on average 1,100 calories a day. Any snacks, treats or drinks you have will be extra, except for water, black tea or coffee. The first week of the plan is supplied here, but to work out your personalised calorie allowance to lose a healthy 2lbs a week, go to Weightlossresources.co.uk/bella. See the website for another week of meals and a free month's subscription, too. Simply mix and match your favourite meals to get to four weeks. Each recipe serves one unless otherwise stated. Where oil spray is mentioned, use a calorie-controlled olive oil spray.

Day 1

Total Calories: 1,155

Breakfast

Honey porridge with banana and apple

Cook 30g porridge oats with 125ml semi-skimmed milk. Slice a small apple and small banana, and use as toppings. Drizzle with 1tsp honey.

Lunch

Mozzarella, tomato and pesto roll

Slice a granary deli roll in half and toast under the grill. Slice half a ball of reduced-fat mozzarella and halve 4 cherry tomatoes. Spread the bottom half of the roll with 2tsp green pesto, and arrange 10g baby spinach on top with the mozzarella and tomatoes.

Dinner

Chicken biryani. Serves 2

1 Peel and crush 1 clove of garlic.

Chop 2 skinless chicken breasts into bite-size chunks and place in a bowl with the garlic, 50g low-fat natural yoghurt, 2tbsp biryani curry paste and a pinch of salt. Mix to marinade and chill for up to 2 hours.

2 Preheat the oven to 180°C/gas 4. Rinse 90g basmati rice and leave to soak in water. Place a large heavy-bottomed pan on a medium heat. Spray the pan with 10 sprays of oil and add the chicken, cooking for a few mins, until sealed on all sides. Remove the chicken from the pan. Peel and finely slice a small onion. Add 5 more sprays of oil to the pan and sauté the sliced onion for 5 mins. Add in any remaining marinade. Drain the rice and add to the pan with the onion, stirring to combine, then cook for 13 mins.

3 In an ovenproof dish, add half the rice, cover with the chicken, and then cover with the remaining rice. Mix a chicken stock cube with 570ml boiling water and slowly add it to the dish. Cook in the preheated oven for about 25 mins, until the stock has completely absorbed.

4 While it's cooking, finely chop a small handful of fresh mint and cut 40g cucumber into small cubes. Combine them both with 50g low-fat natural yoghurt to make a raita.

5 When the biryani is cooked, sprinkle over 20g sultanas and 10g flaked almonds, and serve with the raita.





Day 2

Total Calories 1,046

Breakfast

Scrambled egg on toast with tomatoes

Scramble 2 medium eggs with 1tbsp semi-skimmed milk and a pinch of black pepper. Chop up 1 small tomato. Serve the eggs and tomato with 2 medium slices of wholemeal toast. Season.

Lunch

Roasted cauliflower soup. Serves 2

Cut 500g cauliflower into small florets. In a bowl, mix it with 10 sprays of oil, ½tsp each of turmeric and cumin, and ¼tsp paprika. Roast in the oven at 180°C/gas 4 for 30 mins. Mix a vegetable stock cube with 570ml boiling water. Blend the cauliflower with 100ml semi-skimmed milk, adding the stock slowly to reach your preferred consistency. Season and serve with a crusty wholemeal roll.

Dinner

Mushroom tagliatelle

Clean or peel and thinly slice 1 porcini

mushroom and 30g common mushrooms. Place a pan of salted water on to boil, then when ready, add 100g fresh tagliatelle. Put a non-stick pan on a low heat, add 10g butter and turn the heat up to medium. Add the mushrooms and sauté for 4 mins. Add 1 crushed clove of garlic and ½tbsp finely chopped parsley and cook gently for 2 mins. The pasta should now be cooked, drain and add to the mushrooms with 1tbsp of the cooking liquid. Add 1tbsp half-fat crème fraîche and combine well. Serve sprinkled with 1tbsp grated Parmesan and black pepper.



Day 3

Total Calories 1,048

Breakfast

Blueberry and banana smoothie

Blitz 1 banana, 40g blueberries and 100g low-fat Greek yoghurt in a blender.

Lunch

Avocado and tomato toast

Mash the flesh of 1 avocado with a few drops of lemon juice and season. Toast 2 medium slices of wholemeal bread and top with the avocado and 1 tomato, sliced. Sprinkle with chopped fresh coriander.

Dinner

Beef fajita

1 Place a large heavy-bottomed pan

on a medium-high heat.

2 Mix together ½tsp each of cumin and paprika, ¼tsp chilli powder and a pinch of salt and black pepper in a small bowl. Thinly slice 100g lean steak and put in a bowl with 5 sprays of oil and the spice mixture. Mix to combine.

3 Deseed and finely slice half a yellow pepper and half a red pepper, and peel and finely slice 1 small onion.

4 Fry the steak in the pan for 3 mins, turning constantly to cook through. Remove from the pan and set aside.

5 Spray 10 sprays of oil into the same pan and add the pepper and onion. Sauté for 5 mins, until it starts to soften. Add 2tbsp water and use a wooden spoon/spatula to scrape the bottom while stirring to ensure you get all the flavours into the mix.

5 Add back in the beef and cook for a further 2-3 mins.

6 Meanwhile, warm a wholemeal tortilla in the microwave for 20 secs. Lay the tortilla on a plate, spread 1tbsp reduced-fat sour cream and 2tbsp guacamole through the middle, leaving an inch at the edges. Add the fajita mix, sprinkle on one roughly chopped tomato and fold into a chunky wrap.



better body

Day 4

Total Calories 1,020

Breakfast

Oat banana muffins. Makes 6 muffins, have 1 per serving

Preheat oven to 200°C/gas 6. Combine 50g each of self-raising flour and wholemeal flour, 40g porridge oats, 50g caster sugar, ½ tsp each of baking powder and bicarbonate of soda, and a large pinch of salt. In a bowl, beat 1 small egg. Stir in 75ml semi-skimmed milk and 2tbsp vegetable oil. Mix in 1 mashed banana. Combine both mixtures. Line a muffin tin with 6 paper cases and divide the batter among them. Bake for 18-20 mins.

Lunch

Egg mayo and rocket sandwich

Hard boil 2 medium eggs and cool under water. Peel and mash with 1tbsp extra-light mayo, ¼ tsp Dijon mustard and season. Make into a sandwich with 2 medium slices of wholemeal bread and 10g rocket. Have a peach for pudding.

Dinner

Chorizo and butterbean stew. Serves 2

Spray 10 sprays of oil into a heavy-bottomed pan on a medium heat. Peel and crush 3 garlic cloves and slice 100g chorizo into 0.5cm slices. Peel and finely slice 1 small onion. Add the garlic to the pan. Once it sizzles, add the chorizo and lightly brown. Add the onion and cook until soft. Pour in 100ml red wine and simmer until reduced by two-thirds. Add 1 can of chopped tomatoes and 1 can of butter beans, drained. Season and simmer for 15 mins. Chop ½ tsp fresh parsley and scatter over. Serve with a crusty brown roll.

Day 5

Total Calories – 1,018

Breakfast

Granola with fruit and yoghurt

Serve 30g granola with 125g low-fat natural yoghurt, a sliced



peach, a small handful of blueberries and 1tsp of drizzled honey.

Lunch

Creamy chicken pitta

Chop 100g roast skinless chicken breast into small pieces. Combine 1tbsp each of extra-light mayo and low-fat natural yoghurt, ¼ tsp Dijon mustard and season. Finely slice 1 small celery stick and half a small red onion. Combine with the chicken mix and fill a wholemeal pitta.

Dinner

Szechuan prawn stir-fry

1 Put a wok or large heavy-bottomed pan on a medium-high heat with 2tbsp sesame oil. Mix together 1tbsp soy sauce and 50g tomato Szechuan paste. Put in a bowl with 100g peeled king

prawns. Deseed and finely slice half a red pepper and half a yellow pepper, peel and finely slice 1 small shallot and 1 garlic clove, slice 1 spring onion and finely chop a small bunch coriander.

2 Turn down the heat on the wok to medium, add the prawns and stir-fry for 3-4 mins, until just cooked through (keep the remaining sauce). Remove from the wok and set aside. Add the shallots and peppers and stir-fry for 3-5 mins, until softened, but still crunchy. Add the garlic and stir-fry for another min. Add the prawns and the rest of the sauce and continue to cook for a further 2-3 mins, stirring to stop sticking.

3 For the last 30 secs, stir in 100g straight to wok rice noodles and the spring onion. Stir well and serve with the coriander.

Day 6

Total Calories 1,046

Breakfast

Bran flakes with berries

Serve 40g bran flakes with 125ml semi-skimmed milk and 50g mixed berries.

Lunch

Egg and Parma ham salad

Hard boil 2 medium eggs and cool under water. Peel them and slice into quarters. Serve with 80g mixed leaf salad, 4 torn slices of Parma ham, 3 quartered cherry tomatoes and 10g pine nuts. Drizzle with 1tbsp low-fat vinaigrette.

Dinner

Kung Pao chicken. Serves 2

1 Rinse 100g basmati rice and set aside. Put on a pan of water to boil.

2 Cut 2 skinless chicken breasts into

bite-size chunks. Leave to marinade in a bowl with 1tsp cornflour and 1tbsp each of soy sauce and rice wine vinegar.

3 Peel and finely slice 1 garlic clove, deseed and finely slice 1 small red chilli, deseed and chop 1 red pepper, slice 1 stalk of celery into 0.5cm slices.

4 Cook the rice to packet instructions.

5 In a bowl, whisk together 2tbsp soy sauce, 1tsp cornflour, 1tbsp hoisin sauce 2tsp balsamic vinegar, and 1tsp sugar.

6 Place a wok or heavy-bottomed pan on a high heat with 1tsp sesame oil. Cook the chicken for 4 mins. Remove.

7 Add 1tsp sesame oil to the pan and stir-fry the peppers, celery, chilli and garlic for 2 mins. Add the sauce to the pan and simmer while stirring. When thickened, add in the chicken and stir thoroughly. Cook for another 2-3 mins until the sauce is thick and sticky.

8 Drain the rice and serve with the chicken and 20 halved peanuts.

Day 7

Total Calories 1,093

Breakfast

Lean traditional English breakfast

Grill 2 rashers of lean bacon with 1 medium tomato sliced in half. Meanwhile, slice 30g mushrooms and fry in a pan with 20 sprays of oil. Using a non-stick pan, dry-fry 1 medium egg. Serve with 2 medium slices of wholemeal toast.

Lunch

Crunchy houmous wrap

Slice half a red pepper, half a yellow pepper and 50g cucumber all into thin strips. Spread a wholemeal tortilla with 40g reduced-fat houmous, add the veg and 50g mixed leaf salad. Roll up and enjoy.

Dinner

Warm mackerel salad

Boil 100g new potatoes in a small pan with a pinch of salt for 12-15 mins, until soft. Place a medium egg in another small pan and hard boil. While the potatoes and egg are cooking, flake 75g of smoked mackerel fillet onto a plate along with 80g mixed baby leaves. Make a Dijon dressing by mixing together 1tsp each of olive oil and Dijon mustard with the juice of half a lemon and season. Once the egg is cooked, peel and quarter, drain the potatoes and cut into small bite-size chunks and add to the plate. Drizzle over the dressing.

Exclusive Bella Reader Offer

Weight Loss Resources are offering Bella readers another week's worth of meals and a month's subscription to all of their resources, worth £10.95. You will have full access to the WLR Food Diary and visual food diary, barcode scanner, extensive food database, exercise diary and forums, as well as a help team and useful articles to assist with your weight loss. WLR also link with FitBit.

Go to Weightlossresources.co.uk/bella and sign up using the code BELLAFEB20

Terms & Conditions:

You must be 18 years or over to join WLR. The month's free membership includes use of the WLR website and web app. The offer is only available to new members. The code must be used by 31 March 2020. There is no cash alternative.

The pro dancer shows us her weekly meal plan

Flavia Cacace My food diary



MON

Breakfast

Multigrain oats with seeds and unsweetened soya milk

Lunch

Homemade vegetable soup

Dinner

Fish with broccoli, asparagus and new potatoes

Snack

Nakd bar



TUE

Breakfast

Alpro coconut yoghurt with a banana

Lunch

Homemade vegetable tart and salad

Dinner

Lentil and chickpea stew

Snack

Ryvita with low-fat cottage cheese



WED

Breakfast

Banana, berries and spinach smoothie with coconut water

Lunch

Couscous salad with smoked mackerel

Dinner

Tofu with wholemeal noodles and beans

Snack

Homemade houmous and vegetable sticks



THU

Breakfast

Multigrain oats with seeds and unsweetened soya milk

Lunch

Homemade leek and potato soup with a wholemeal pitta

Dinner

Veggie spaghetti Bolognese

Snack

Homemade popcorn



FRI

Breakfast

Banana, berries and spinach smoothie with coconut milk

Lunch

Homemade kale and spinach soup

Dinner

Tandoori paneer kebab with salad and raita

Snack

Cashew nuts



SAT

Breakfast

Scrambled egg on wholemeal bread

Lunch

Tuna pasta bake with wholemeal pasta

Dinner

Smoked salmon with green vegetables

Snack

Banana



SUN

Breakfast

Veggie full English with Quorn sausages

Lunch

Homemade carrot soup with a slice of wholemeal bread

Dinner

Roast organic beef with all the trimmings

Snack

Salted caramel crème Bonne Maman dessert

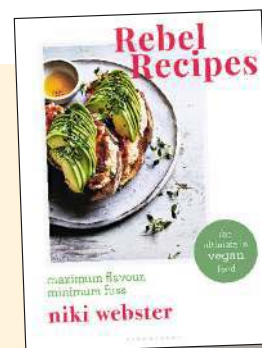
EXPERT VERDICT Sarah Flower, nutritionist

Flavia has a great food diary full of nutrient-dense foods. It looks like she enjoys cooking from scratch, which is important for health. I love that she has fish regularly, ensuring good levels of essential omega-3 fatty acids. She could opt for more natural fats, which will help fuel her body and keep her fuller for longer. As a dancer, she is able to tolerate more carbs and sugar than most of us, and it's good that her carbs are a more complex form, which gives a slower blood-sugar spike. She will need to be careful of all the natural sugars in her diet when she stops training so hard.



Flavia has launched Flaviacacace.com, a world of fitness, dance workouts, ballroom masterclasses and recipes on the go

Chickpea Power!



These recipes are taken from *Rebel Recipes* by Niki Webster (£26, Bloomsbury)

These delicious dishes prove that healthy and plant-based doesn't have to be boring

Chana masala with coconut chutney

Ready in 1hr 20 mins, plus soaking

Serves 2

300g cherry tomatoes, sliced
400g tin of chickpeas, rinsed and drained

2-3tbsp coconut yoghurt
½tsp coconut sugar (optional)

Sea salt flakes

Toasted hazelnuts and fresh coriander leaves, to serve

FOR THE SPICE PASTE

2tbsp rapeseed oil

1 large onion, roughly chopped

2tsp cumin seeds

6 garlic cloves, peeled

Thumb-sized piece of ginger, peeled and roughly chopped

2tsp ground coriander

½tsp dried chilli flakes

40g fresh coriander, including the stalks, roughly chopped

1tsp ground turmeric

FOR THE COCONUT CHUTNEY

50g unsweetened

desiccated coconut

Thumb-sized piece of ginger, peeled and finely grated

½ small green chilli, deseeded

Sea salt

Juice of ½ lime

2tsp rapeseed or flaxseed oil

½tsp black mustard seeds

½tsp cumin seeds

6 curry leaves

and mortar. Blitz or pound them to a chunky paste, then set aside.

2 Next, make the coconut chutney. Add the desiccated coconut to a small bowl and cover with boiling water. Leave for 10-15 mins, until the coconut has softened. Drain, reserving about 125ml of the soaking water.

3 Add the coconut, ginger and chilli to a food processor or spice grinder. Blitz until smooth, then loosen with some of the reserved coconut soaking water if needed. Add 1½tsp salt and the lime juice.

4 Heat the oil in a small frying pan and add the mustard seeds. Fry gently until the seeds start to pop, then add the cumin seeds and curry leaves. Sauté for a few seconds. Add the spices and oil to the chutney and mix well.

5 Heat a large frying pan over a medium heat and add the spice paste. Fry for 5 mins. Add the tomatoes and cook for 3-4 mins, until beginning to soften. Pour in 200ml water, turn down the heat to medium-low and simmer for 30 mins. Pour in the chickpeas. Stir in the yoghurt and, if using, the coconut sugar. Season with sea salt flakes to taste. Serve topped with the coconut chutney, toasted hazelnuts and coriander leaves.

1 Firstly, make the spice paste by adding all the paste ingredients to a food processor, blender or pestle



Chocolate, peanut butter and chickpea fridge bars

Serves 8-10

Ready in 20 mins,
plus chilling

400g tin of chickpeas, drained
250g medjool dates, pitted
4tbsp crunchy peanut butter
5tbsp raw cacao
3tbsp melted coconut oil
1tsp vanilla extract
Sea salt flakes
2tbsp cacao nibs
2tbsp chopped hazelnuts, plus extra to scatter
40g vegan chocolate

1 Put the chickpeas, dates, peanut butter, cacao, coconut oil, vanilla and a generous pinch of sea

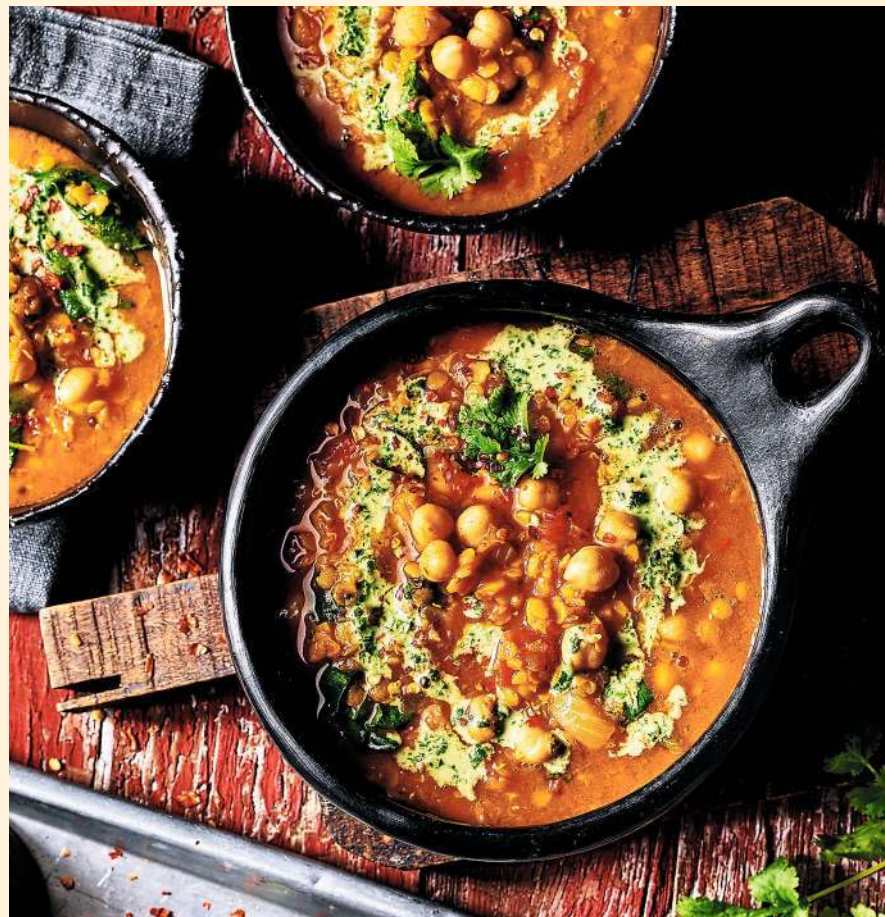
salt into a food processor or high-speed blender. Blitz until smooth. Add the cacao nibs and hazelnuts, and pulse once to mix.

2 Line a 17 x 22cm baking tray with baking paper, then spoon the mix into the tray. Smooth out to the edges.

3 Gently melt the chocolate in a small bowl set over a small saucepan of boiling water. Drizzle the melted chocolate over the mixture in the tray, then scatter with the extra chopped hazelnuts and sprinkle over a little sea salt. Refrigerate for at least 4 hours or overnight, until firm. Remove from the tray and cut into squares.



Lemony spiced lentil and chickpea soup with coriander dressing



Serves 8

Ready in 1 hour

2tbsp olive oil
2 onions, chopped
3 garlic cloves, sliced
Thumb-sized piece of ginger, peeled and grated
1tsp black mustard seeds
1tsp cumin seeds
1tsp ground turmeric
1tsp ground coriander
½tsp dried chilli flakes
4-5 curry leaves
250g red split lentils, rinsed and drained
400g tin of chopped tomatoes
400g tin of chickpeas, rinsed and drained
100g spinach or kale, tough stalks removed
Juice of ½ lemon
2-3tbsp coconut yoghurt or coconut cream (optional)
Sea salt flakes and freshly ground black pepper
Fresh coriander leaves, to garnish
FOR THE CORIANDER DRESSING
Juice of ½ lemon

25g fresh coriander

1tbsp tahini

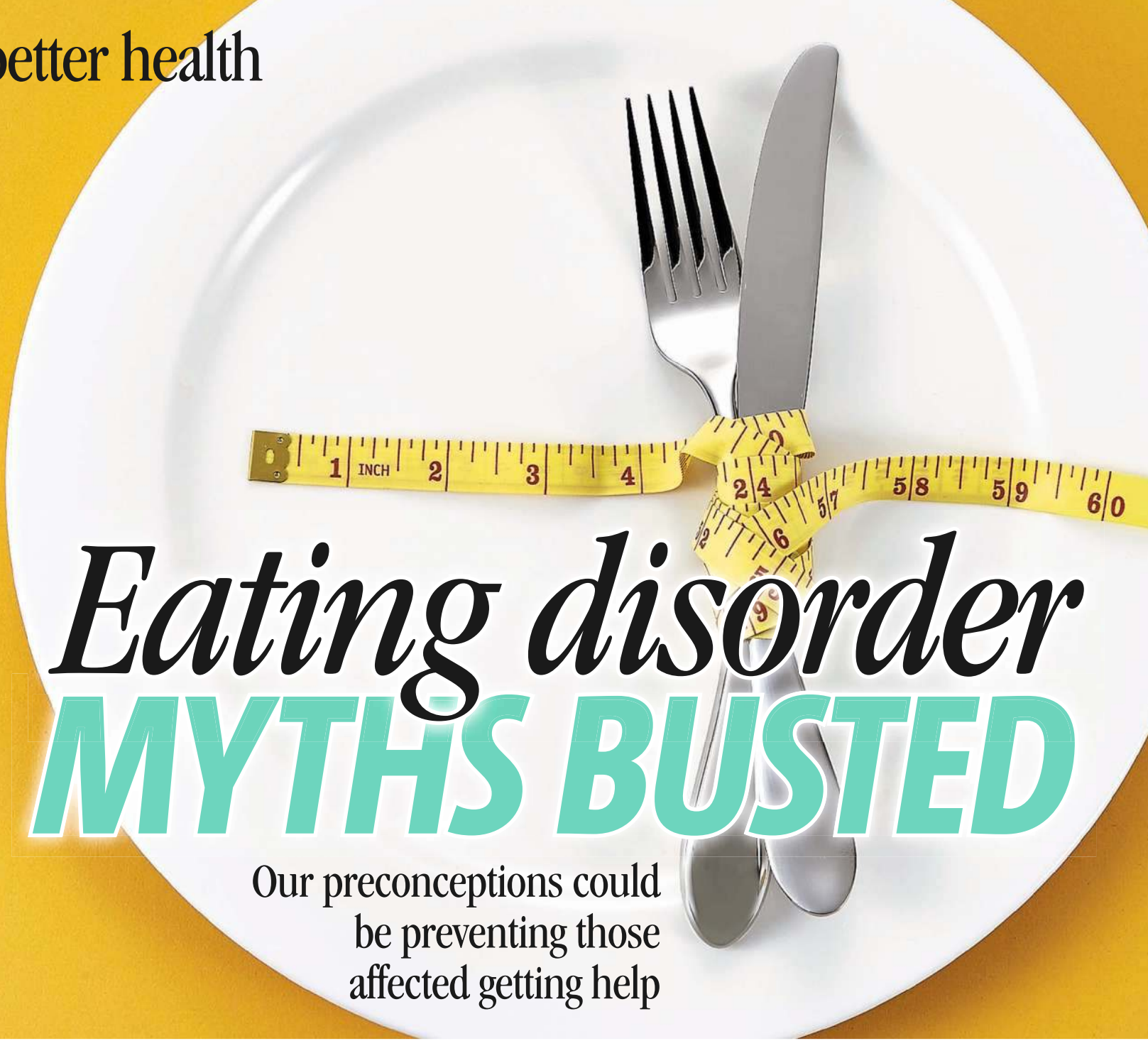
1tbsp extra-virgin olive oil

1 Heat the olive oil in a large pan over a low heat and sauté the onions for 10 mins, until softened. Add the garlic, ginger, spices and curry leaves. Fry for a further few mins. Add the lentils along with 1.25L water.

2 Stir in the tomatoes and bring to the boil over a medium-high heat. Reduce the heat to medium-low and simmer for 20 mins.

3 Stir in the chickpeas, spinach and lemon juice. If using, dollop in the coconut yoghurt. Season with salt and pepper.

4 Make the dressing by adding the ingredients along with 50ml water to a food processor and blitzing until creamy. Serve the soup with generous amounts of the dressing and some fresh coriander to garnish.



Eating disorder **MYTHS BUSTED**

Our preconceptions could
be preventing those
affected getting help

Eating disorders, including anorexia, bulimia and binge eating, can be deadly. And despite increased recognition, they still claim many lives every year. In fact, anorexia has the highest mortality rate of any mental illness.

It's estimated that 1.25million people in the UK have an eating disorder, although the actual figure could be far higher. Though the causes are complex and not yet fully understood, with help they can be treated. "Eating disorders, while serious, are treatable – it is very possible to make a full recovery and live life free of the disorder,"

says Tom Quinn from charity Beat (Beateatingdisorders.org.uk). "However, the sooner someone gets the help they need, the more likely they are to recover, so it's important to seek help quickly."

The main eating disorders are anorexia (keeping weight low with restricted eating and/or excessive exercise); bulimia (binge eating a lot of food in a very short amount of time, then being deliberately sick or using laxatives), and binge-eating disorder (eating huge portions of food, then feeling guilty or upset). If a person's symptoms don't exactly fit the expected symptoms for anorexia, binge-eating disorder or bulimia,

they might be diagnosed with an "other specified feeding or eating disorder" (OSFED).

An eating disorder is characterised as "abnormal or disturbed eating habits", and signs include obsessive or controlling behaviour, especially with, but not just limited to, food. Also, changes in eating patterns, not eating in public, changes in weight, and gaining or losing significant amounts of weight. Other signs include obsessions about body shape

and the gym, and body dysmorphic behaviour, such as having extreme distaste with their figure or other aspects of their body. Sleep or mood problems, breakdowns in relationships and isolation can also be signs of a

mental health struggle.

It can be hard for friends and family to notice an eating disorder, and common preconceptions about the warning signs mean that life-saving treatment can often be delayed. On Eating Disorders Awareness

It can be
hard for friends
and family to
notice an eating
disorder



They're not
a fad or fashion,
and will get worse
if left untreated

little, eating huge amounts, trying to burn off any calories or a combination of these, they're doing it to cope with difficult thoughts and feelings.

"Just 'choosing to eat normally' is very hard, and doesn't get rid of the feelings causing the eating disorder. People with eating disorders do not choose to be ill and they are not trying to seek attention." In fact, many sufferers can find it difficult to believe they are ill – and equally hard to acknowledge it once they do. Research suggests the average duration of anorexia is eight years, while it's five years for bulimia. But in some cases, they can be severe and enduring, lasting for many years and having a hugely debilitating effect on the sufferers and their families.

There are many different treatment pathways, such as types of therapy – most commonly based on cognitive behavioural therapy (CBT) – and most treatments will take place in outpatient services. Therapy helps tackle the underlying thoughts and feelings that cause the illness and encourage healthier ways of coping. Inpatient treatment is usually only necessary when someone is at risk of suicide or self-harm.

MYTH: If you aren't incredibly thin, you don't have an eating disorder

We all have an image in our minds about what someone with an eating disorder looks like – but that isn't a sound way to diagnose

a problem. "You can't tell whether someone is unwell simply by looking at them – someone can have an eating disorder at any weight," says Tom. One study suggests that over 80 per cent of sufferers won't be underweight. "Due to the stereotype that eating disorders mean being very underweight, it can be difficult for sufferers to get help. Often they and their loved ones don't realise they're unwell for months or even years,"

explains Tom. Changes in behaviour and mood – like low self-esteem, obsession over food or exercise, anxiety and mood swings – will happen before any physical changes, if there are any at all.

MYTH: Eating disorders are caused by looking at photos of skinny celebrities

Experts say eating disorders arise from a combination of complex factors. And while media images may contribute a certain extent, underlying issues such as anxiety, perfectionism and other personality traits lie at the core.

"Eating disorders are complex," says Tom. "Simply looking at pictures of thin celebrities would not be the sole reason for someone developing one. But glamorising thinness can be a key factor in making the illness worse and preventing recovery."

Eating disorders were first observed and recorded in the 1680s, and have been known throughout history – long before TV and magazines. And sufferers aren't likely to be seeking the attention of a celebrity, either – people with eating disorders typically have very low self-esteem and feel worthless. They are far more likely to wish to disappear and not be noticed than draw attention to themselves. "Far from seeking attention, people with eating disorders will often do all they can to hide their illness, and it's

common for people to feel guilty and ashamed," explains Tom.

MYTH: Teenagers will grow out of eating disorders eventually

Teen years are tough for all kids, and they'll go in and out of trends and phases as they find their place in the world. But an eating disorder is not a fad or fashion. "Eating disorders are not 'a phase', and without treatment, they're likely to get worse," says Tom. "It is very difficult to recover from an eating disorder without some help. While these disorders can be a way of coping with feelings or situations that are making the person unhappy, depressed, or anxious, they are not the fault of the person suffering. They are serious mental illnesses – no one chooses to have an eating disorder."

Although many such disorders develop during adolescence, it's not unusual for people to develop them earlier or later in life. Cases of anorexia in children as young as six, or with women in their seventies, have been documented. People outside of the stereotypical age bracket are less likely to be diagnosed due to a lack of understanding and awareness.

MYTH: Only middle-class young women suffer from eating disorders

Eating disorders can affect people of any age, gender, culture, ethnicity or background. This myth is unhelpful, as it prevents some groups getting help or even understanding that they have a problem. Girls and young women aged 12-20 are most at risk of developing an eating disorder, but up to 25 per cent of cases could be boys and men.

"Eating disorders can affect people of any age or gender, any social or cultural background," says Tom. "Stereotypes about who can get eating disorders mean it can be even harder for everyone who needs treatment to access it. If you recognise the symptoms of eating disorders in yourself or anyone you know, you should seek help as soon as possible."

● Visit Beateatingdisorders.co.uk for more information, or see your GP

Week, we look at some of the most common myths surrounding eating disorders.

MYTH: People with eating disorders just need to choose to eat normally

Although it may seem that sticking to "normal" eating patterns are all it takes to recover from an eating disorder, it is much more complicated than this. "The solution does seem simple to people who don't understand what someone is going through, but eating disorders aren't really about the food – they're a serious mental illness," explains Tom. Whether people are eating very

home trends

Sugared Sca

Update your home
with pared-down style
in sherbet shades



House By John Lewis Round Mauve
Cushion, £10, John Lewis & Partners

Green Speckle Tumbler,
£3; Dispenser, £5, both
George Home



Add
mix-and-match
scatter cushions
for an easy
update

Four-Seater Chaise Sofa in Blush, from £859, Sofology



French Connection Hoxton Cuddler, £749, DFS

Medium Storage Jar, £40; Denby
Quartz Rose Collection Large Mug,
£30 for two, John Lewis & Partners



Jameila
Dome
Lamp, £16,
Dunelm

Smeg Kettle,
£114.95, Studio.co.uk



ndi



Bamboo Shade, £25, Very



Corinthian Bath, from **£1,575**, Ashton & Bentley



Copenhagen Three-Drawer Chest, £150, Argos Home



Table Lamp, £15, George Home



Pink Painted Wooden Tray, £10, Dunelm

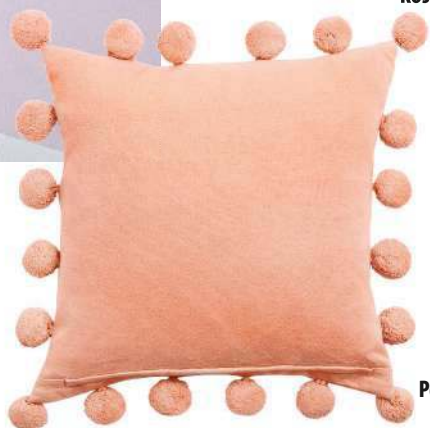


Estuary Glazed Cereal Bowl, £3.75, Sainsbury's Home



Iris Shell Rug, from **£138**, Weaver Green

Two-Slice Toaster in Pistachio/Rose, £65, Cuisinart



Pom Pom Edge Cushion, £12, Next

Windmill Wings; Golden Straw; First Light; Crystalline Paints, £23 per 0.94L, Benjamin Moore



Dining chairs in different colours give a fun, modern look

Charlie Chairs in Mint; Blue; Pale Pink (not seen), £60 each, Argos Home

Words and styling: Jo Chapman

THE DARKEST CRIMES AND EVIL MINDS

CRIME MONTHLY

ONLY £2.99

CLAUDIA LAWRENCE:
'SOMEONE IN THAT PUB KNOWS WHO KILLED HER'

UK'S WORST EVER RAPIST
DRUGGED OVER 190 VICTIMS

CAUGHT ON CAMERA



CRIME MONTHLY

ISSUE 11
FEBRUARY 20

THE DARKEST CRIMES AND EVIL MINDS

PHIL SPECTOR SHOOTING



KATE KRAY INTERVIEW



SHOCK NEWS

VALENTINE'S DAY MURDER
HOW OSCAR PISTORIUS KILLED TRAGIC REEVA

JONBENET'S DAD CONFESSES:
'IT WAS MY FAULT'
NEW INVESTIGATION INTO SIX-YEAR-OLD BEAUTY QUEEN'S MURDER

CRIME SCREEN
PLUS! 16-PAGE CRIME TV GUIDE
PLUS! FILMS, BOOKS, PODCASTS

CRIME FIGHTING DOGS SPECIAL
SCENT TRAINED TO SEARCH FOR MADELEINE MCCANN

£2.99

ISSUE 11 ON SALE NOW

AVAILABLE IN ALL GOOD SHOPS AND SUPERMARKETS
SUBSCRIBE AT GREATMAGAZINES.CO.UK/CRIME

Over to YOU!

GET IN TOUCH

Write: **Have Your Say**, Bella,
24-28 Oval Road, London NW1 7DT
Email: bella.letters@bauermedia.co.uk



[facebook.com/
bellamagazineUK](https://facebook.com/bellamagazineUK)



[twitter.com/
bellamagazineUK](https://twitter.com/bellamagazineUK)



[instagram.com/
bellamagazineUK](https://instagram.com/bellamagazineUK)



£50
Star
letter

Brave

I applaud Stacey Booth's bravery and strength in "I secretly recorded my boyfriend's abuse" [issue 6]. It's important that people understand the signs of coercive control, because it can be easily passed off as normal behaviour. I wish Stacey all the best for the future and am glad that she was able to escape her abusive ex and share her story to warn others of the dangers.

Margaret Dane, Kent



Kick-start

I loved reading your article, "Food lover's diet" [issue 6]. I liked the way it listed what swaps you could make to save on calories throughout the day. It's given me the kick-start I needed to join my local slimming group and make healthier meal choices.

Sheila Cromey, Oxford

Talking point

79 per cent of Brits check their hotel bed sheets are fresh, and over half of us clean our room before using it. Would you?



I always pull back the sheets and check to see they are pure white with no unwanted extras. I'd never go around and wipe surfaces or check the toilet. As long as where I'm staying is clean, I don't have an issue.

Kerry McEvan, via email

Absolutely not. The only problem I've ever had was when we found a snail under the duvet. My husband and I thought it was so funny – we just couldn't work out how it got there!

Sue McGarry, via Facebook

I must confess, if I stay in a hotel, my only ritual is to check what the free shampoo is like and take it home with me. I take the pens, too, if they're posh!

Amanda Collins, via Facebook

My partner and I like to stay with the same hotel company when we travel anywhere in the world. That way we're guaranteed the same standard every time.

Katie Leyland, via email

No matter how prestigious the hotel is, it's not immune to bedbugs, so I always lift up the mattress and check for this.

Anna Gilbert, via Facebook

COMPLAINTS: H Bauer Publishing is a member of the Independent Press Standards Organisation (www.ipso.co.uk) and endeavours to respond to and resolve your concerns quickly. Our Editorial Complaints Policy (including full details of how to contact us about editorial complaints and IPSO's contact details) can be found at bauermediacomplaints.co.uk. Our email address for editorial complaints covered by the Editorial Complaints Policy is complaints@bauermedia.co.uk.



No part of the magazine may be reproduced in any form in whole or in part, without the prior permission of Bauer. All material published remains the copyright of Bauer and we reserve the right to copy or edit any material submitted to the magazine without further consent. The submission of material (manuscripts or images etc) to Bauer, whether unsolicited or requested, is taken as permission to publish that material in the magazine, on the associated website, any apps or social media pages affiliated to the magazine, and any editions of the magazine published by our licensees elsewhere in the world. By submitting any material to us you are confirming that the material is your own original work or that you have permission from the copyright owner to use the material and to authorise Bauer to use it as described in this paragraph. You also promise that you have permission from anyone featured or referred to in the submitted material to it being used by Bauer. If Bauer receives a claim from a copyright owner or a person featured in any material you have sent us, we will inform that person that you have granted us permission to use the relevant material and you will be responsible for paying any amounts due to the copyright owner. We cannot accept responsibility for unsolicited manuscripts, images or materials lost or damaged in the post. Whilst every reasonable care is taken to ensure accuracy, the publisher is not responsible for any errors or omissions, nor do we accept any liability for any loss or damage, however caused, resulting from the use of the magazine.

Letters, tweets and posts may be edited or shortened for space/clarity.
Edited by Kaya Terry. Photos: Rex/Shutterstock

Bella's POLL OF THE WEEK

Social media is always awash with photos of couples in love – are we sick of smug date night pics?

● To vote in our polls visit bellamagazine.co.uk

85%
YES

15%
NO

'Reunited with my childhood sweetheart after 20



Emma Louise Keyworth had her first kiss with partner Duncan at primary school. Thirty-six years later, they're getting married

class one day when a friend passed me a neatly folded piece of paper. "I really like you," Duncan had scribbled. "Can we meet after school?"

That afternoon, we met up, and as we chatted, he leant down to kiss me on the lips. It was my first proper kiss, and I wandered home with butterflies in my tummy. But, although I liked Duncan, we were both too young for anything serious and we soon went back to being just friends.

When we left school in 1993, we naturally drifted apart. I got into a serious relationship and

had my daughter Ellie, who's now 25, when I was 18, then my son Freddie, 22, soon followed. But becoming a mum so young was tough, and in 1998, my partner and I split

up. I still saw a few friends from school and would occasionally hear news about Duncan on the grapevine. I was happy for him when I discovered that he had got married in 2002.

Two years later, I also tied the knot, and I was thrilled to give birth to my son Jaden in 2006. But in 2015, that relationship ended too, and we divorced after growing apart. It wasn't easy being on my own, and although I went on the occasional date,

I resigned myself to thinking I might never find the man for me.

Then, in June 2018, I was in the supermarket, packing away my shopping, when I spotted a tall man with a dark beard on the next checkout. When he turned towards me, I realised with a jolt that it was Duncan. It was over 20 years since we'd left school, but he'd barely changed. "Hello," he said, grinning. "It's nice to see you." Smiling, I echoed his words, then we both went our separate ways. For some reason I felt unexpectedly awkward.

Then, two weeks later, I was scrolling through my phone in bed when a message from Duncan pinged up on Facebook. "Hi, how are you?" he said. It was totally out of the blue, but we must have messaged for over an hour that night, swapping memories from our

school days. Duncan had an incredible ability to recall every detail, from the names of our teachers to silly things that had happened in lessons.

I'd forgotten how funny he was, and as I lay in bed, I found myself chuckling out loud. We swapped stories from our adult lives, too – I discovered that Duncan was also divorced and he was running a pub nearby. He had a stepdaughter Holly, 25, and son Archie, 15, and I could tell from his words how much his family meant to him. Chatting to Duncan felt so easy, and we started messaging several times a day. He'd send me photos of the new cocktails he was testing



'I could feel my heart pounding'

Sitting cross-legged on the school playing field, I picked a handful of daisies. Carefully, I started weaving their fragile stems together, creating a long chain. My friend Duncan sat down next to me and joined in, and we chatted happily as we did it. Suddenly, without a word of warning, Duncan turned towards me and pecked me on the cheek, making me giggle with embarrassment.

It was 1982, and Duncan and I were just five years old – and that was our first kiss. We had become firm friends since starting primary school in Christchurch, Dorset, that year, and we loved racing around together at break time. Along with four other girls and boys, we'd formed a tight-knit group. We remained friends at secondary school, too, and we even had a brief romance when we were 11. I was sitting in



Emma and Duncan (right) had a brief childhood romance



Childhood YEARS!



Emma and Duncan became friends at their primary school in Christchurch, Dorset



The pair reunited in 2018

at his bar, and when he finally asked if I fancied going out to a pub, I happily agreed.

That night, I must have tried on half my wardrobe, leaving clothes strewn across my bed. I desperately wanted to impress Duncan, and eventually I chose a red chiffon top with a black skirt. I was so nervous that I could feel my heart pounding in my chest when Duncan arrived to pick me up. In a crisp white shirt, Duncan looked so handsome. As soon as he said hello, I got the giggles. I remembered him having a deep, husky voice as a teenager, but now he sounded so well-spoken. "You've gone all posh," I laughed, and it instantly broke the ice.

That night, we didn't stop chatting and laughing. And midway through our evening, Duncan even brought up our kiss outside the school gates. "Do you remember?" he asked. "You were the first girl to give me butterflies." I could feel myself blushing, but I was

secretly glad he hadn't forgotten.

Just a week later, we had our first grown-up kiss when we went for a walk beside the river. Duncan suddenly stopped me in my tracks and cupped his hands around my cheeks before kissing me on the lips. That moment sealed our relationship, and afterwards, Duncan and I saw each other three times a week.

One evening, four weeks after our first date, Duncan cooked for me at his cottage.

Afterwards, we listened to music on his sofa, and he suddenly said, "I love you, Emma. I've always loved you." I felt so happy to hear those three little words and replied that I felt the same.

Last summer, Duncan moved into my house in Christchurch, and in October, we booked a holiday in Crete to celebrate the fact we were both turning

43. We stayed on a beautiful bay that could only be reached by boat, and one night, as we dressed for dinner, Duncan started playing *Can't Fight This Feeling* by REO Speedwagon, a song about friendship and love.

"Are you ready for dinner?" Duncan asked, as I fastened my earrings. "Have you got all your jewellery on?" I nodded, but suddenly, he swooped his hand out in front of me and said, "Are you sure?" Nestled in his palm was a box containing a glittering diamond ring. "Will you marry me?" he asked, grinning. "Oh my God, yes!" I replied. I was totally overwhelmed and couldn't stop staring at the ring

sparkling on my finger.

Four months on, Duncan and I are happier than ever, and we're looking at setting a date for our big day. We can't wait to celebrate our love story with friends and family. If someone had told me aged five that I was making daisy chains with the man I'd marry, I would never have believed them, but Duncan is my best friend and soul mate. It has taken us 36 years since that first kiss to properly get together, but we couldn't be happier.

'We're happier than ever'

SHARE YOUR STORY AND EARN £££!

Visit: bellamagazine.co.uk/real-life-stories
Email: bella.hotline@bauermedia.co.uk
Call: 020 7241 8155

Words: Sophie Barton, Lucy Notarantonio

Dear Kate...

Write to **Dear Kate**, Bella, 24-28 Oval Road, London NW1 7DT, or email bella.advice@bauermedia.co.uk.

Kate will attempt to answer all correspondence personally so please include your name, age, address and email address, or an sae if you would like a reply by letter.



Counsellor Kate Medlin answers your personal, sexual and emotional problems

Should I keep waiting?

Q I was madly in love with a man I was seeing for about two years. He repeatedly broke it off during that time, and then, six months ago, started seeing someone else, which broke my heart. In the last few months, he's tried to sleep with me twice, and we had a drunken kiss when his girlfriend was in another room. I feel bad, but I can't take their relationship seriously, as he keeps coming back to me. I feel like I can't move on because I still want to be with him. My dad left my mum when I was three, and he often let me down, not turning up to see me when he was supposed to. Do you think it's connected?

A I think you already know the answer to that, but just to confirm, yes, I do



think your relationship with your father is relevant. You were left waiting for him, longing for him to show up, when in reality, he was painfully unavailable to you. This means that the position you are currently in is horribly familiar – longing for someone who makes promises, but isn't actually prioritising you. This man obviously has commitment issues,

and these are probably to do with his own early relationships. But you can't change how he behaves, you can only work on yourself. You have grown up believing that all you deserve are the scraps of a relationship – having your dad turn up as and when he chooses, not when he said he would or when you need him to. You should try to work on believing that you

I feel guilty that I'm happy

Q I left my country of origin to study in the UK when I was 18, and I met and married my lovely husband. We're now in our twenties and have a baby. Life is good. My family paid for me to come here, but their circumstances have since changed, so my two younger brothers can't be afforded the same opportunity and are stuck back at home. I feel guilty that I got out before things got tough and that I'm enjoying a better life here.

A Guilt can be such a useless emotion, especially when no sin has been committed, as is the case with you. What is

your sin? That you took the offer to broaden your horizons? How were you to know things would change after you left? You don't say whether you've spoken with your family about how you feel, or if you know what they think – whether they resent you for being here, or expect you to go home and stick it out with them? This could all be in your head. They may be thrilled that you're enjoying your life here, and although things may be tough for them, that doesn't mean they bear a grudge towards you. If you haven't already, talk to them about how you feel, as they may alleviate your guilt. This is your life now. And yes, it's different and possibly easier than the one they're living, but you should embrace it to the fullest. You haven't turned your back on your family, so don't punish yourself as if you have.



I don't want to cause offence

Q I'm in my seventies and live off my pension. Luckily, my husband – who I lost five years ago – invested wisely, so I don't need to worry about money. I have been going to my local gym for the past couple of years with a friend a few times a week. She's recently told me that she can't afford the membership

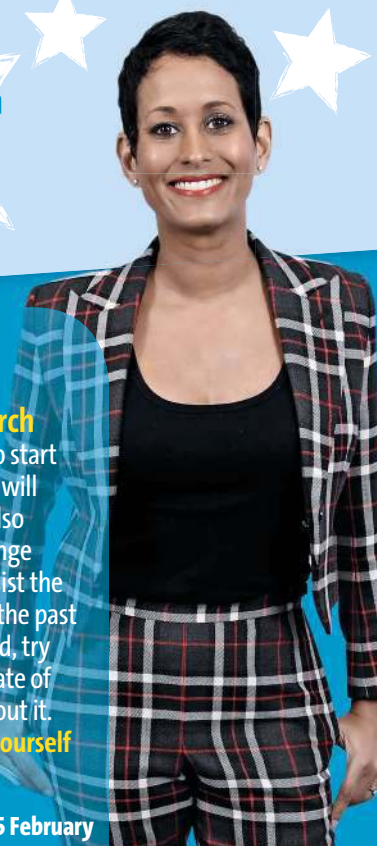
any more. I'd like to pay it for her, but don't want to offend her. I really enjoy our weekly routine and it wouldn't feel the same without her.

A You have as much to gain by your generous offer as your friend does, but I understand that you don't want to shove your circumstances in her face. There are several things you could try. Either buy it for her as an early/late birthday/Easter/any excuse you like present, or if you don't want to spring it on her as a surprise, have an honest chat with her. Let her know how much it means to you, and that it's a small price for you to pay to have the pleasure of her company and continue the routine you enjoy. Plus, tell her you are worried that if she isn't there, you'll lose motivation to go yourself, so

your future

By Jane Struthers
For the week 25 February – 2 March

Horoscopes



deserved more than this, and that you deserve more in your adult relationships, too. You say you can't take this man's new relationship seriously while he's paying attention to you, but do you think he took his relationship with you seriously if he kept breaking it off during those two years? It could be that your appeal is stronger when he's not with you because he always wants what he doesn't have. That would mean that as soon as you are available to him – if you were to properly get back together – he'd just fall back into old patterns, and come and go as he did before. I know it's far easier for me to say than it is for you to do, but you need to go cold turkey. Break off contact with him completely, because while you are making yourself available to him and surviving off the scraps he's throwing you, you will stay in this miserable dance and not be open to other opportunities with men who might want to commit to you completely and not always treat you like you're an afterthought.

she's actually doing you a favour! If it makes her feel more comfortable, let her know that she can buy you a cup of tea and slice of cake every now and then to reward your hard work during your gym sessions!

BELLA ADVICE LINES

Do you suffer from anxiety?

☎ 0906 652 5070

Getting over depression?

☎ 0906 652 5076

Bereavement

☎ 0906 652 5077

Impotence

☎ 0906 652 5078

Relationship breakdown

☎ 0906 652 5079

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

ARIES 21 March – 20 April

Whatever you're doing this week, you need to build in some time alone. It's important to enjoy your own company, especially on the 29th. Certain topics need to be aired on the 1st and 2nd, but prepare to take the rough with the smooth, as it may be bumpy at times.

Theme of the week: Privacy

☎ 0906 650 7230

TAURUS 21 April – 21 May

Once again, it's your social life that takes precedence. It's the perfect week for widening your circle of friends, particularly if you need an enjoyable antidote to a stressful situation. Avoid any displays of possessiveness on the 2nd as they won't make you popular.

Theme of the week: Values

☎ 0906 650 7231

GEMINI 22 May – 21 June

Stay focused on your ambitions, whether they're personal or intended to boost your reputation. Pay attention on the 28th while someone gives you some guidance. It's a different story on the 1st and 2nd, when home truths make for uncomfortable listening.

Theme of the week: Pride

☎ 0906 650 7232

CANCER 22 June – 23 July

You aren't happy with the direction a relationship is heading in and you know you need to do something about it. The way ahead seems clear on the 28th, but others may not agree. Instead of insisting that yours is the only solution, try to make this a joint decision.

Theme of the week: Enjoyment

☎ 0906 650 7233

LEO 24 July – 23 August

The closer you can be to someone, the happier you feel right now. This is a great chance to create intimacy and trust, whatever the nature of your relationship. The 29th is good for sharing secrets and getting to grips with financial matters like your bank account.

Theme of the week: Facts

☎ 0906 650 7234

VIRGO 24 August – 23 September

Continue to reflect on the dynamics of some of your relationships, but try to keep an open mind. This isn't the time to make any lasting decisions, despite what your instincts tell you on the 29th, when you're taken aback by someone's behaviour. Think before you react!

Theme of the week: Hindsight

☎ 0906 650 7235

LIBRA 24 September – 23 October

Intense emotions have a way of getting to you on the 28th, so you tend to overreact to anything that triggers your feelings. Try to stand back from this when possible, so you can look at the situation rationally, otherwise you'll get drawn into other people's dramas.

Theme of the week: Cool it

☎ 0906 650 7236

PISCES

20 February – 20 March

This is the perfect week to start something new. Not only will it be exciting, but it will also present you with a challenge to get your teeth into. Resist the temptation to dredge up the past on the 1st and 2nd. Instead, try to focus on the current state of affairs and what to do about it.

Theme of the week: Be yourself

☎ 0906 650 7241

Naga Munchetty – 45 on 25 February

SCORPIO 24 October – 22 November

It's action stations early in the week, when you're keen to get things done. You favour doing them in the tried and trusted way, but that changes on the 28th, thanks to someone's influence. You want to liven things up on the 29th, and that could lead to a brainwave.

Theme of the week: Harmony

☎ 0906 650 7237

SAGITTARIUS 23 November – 21 December

You're still eager to be surrounded by the faces and places that give you reassurance, and early in the week, that's a great excuse for a get-together. Think through the details of a domestic plan on the 28th, but don't give it the go-ahead yet. Sort out a family issue on the 2nd.

Theme of the week: Don't get defensive

☎ 0906 650 7238

CAPRICORN 22 December – 20 January

Easy-going chats help to solve many difficulties this week, so don't pass up the chance to share opinions and talk about what's on the agenda. On the 28th, you need handling with care because you feel churned up emotionally, especially over something from the past.

Theme of the week: Clarity

☎ 0906 650 7239

AQUARIUS 21 January – 19 February

Right now, you're doing a lot of thinking about your priorities. Don't be surprised if you keep changing your mind or feel unsure of where your loyalties lie. Things will settle down. Signs of possessiveness from a certain person annoy you on the 2nd, as you make clear.

Theme of the week: Familiarity

☎ 0906 650 7240

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm)

escapes

Timeless TULUM

The gorgeous hidden coastal fishing town that is Mexico's secret gem

Why go?

Whether you want to fiesta or siesta, this postcard-perfect location is the ultimate place to soak up sun. With high temperatures reaching 30°C, and with a prime location on the Riviera Maya's 80-mile stretch of beaches, this Mexican paradise attracts thousands of tourists every year. But don't worry, there's plenty of space for all the family.

Aside from the luxury all-inclusive hotels that join the palm trees in lining the white-sand

beaches, you won't have to venture far to enjoy the natural wonders of this coastal town, located between gorgeous green jungle and the Caribbean sea. Tulum is split into two sections, the town El Pueblo and the beach La Playa, and both are easily accessible via the long road between the two.

Explore

Take a break from your sun lounger to discover the ancient Mayan ruins of Mexico's Yucatán Peninsula, which will definitely



Words: Darryl White. Photos: Shutterstock



Cenotes are open to the public to swim in

take your breath away. Located a few miles out from Tulum town, these ruins overlook a private beach, so should you need to cool down from the sun after exploring, you won't have to go far – just don't forget your

sunscreen. If you're an early bird, the ruins offer stunning views of the sun rising, costing just £3 per person. We recommend getting there well in advance, as it gets very busy. Have your camera at the ready because you'll likely spot an iguana or two as they take refuge from the heat around the ruin walls.

For a unique swimming experience, Mexico boasts gorgeous cenotes that are open to the public. These are naturally-formed sinkholes that offer the opportunity to swim in sapphire waters with walls draped in vines. Gran Cenote is the most popular to visit for a dip and won't break the bank at £7.50 per person.

Take an expedition south of Tulum in the protected Sian



A hut at Lumapi Jungle Eco Lodge

Need to know

● If you want to a bag a bargain, visit during July and September, as these are the wettest and quietest months. The dry season between December and April is when tourism is at its peak. Flight times are 11 hours from London to Cancún Airport. For more information, go to Visitmexico.com



Ka'an Biosphere Reserve, which covers more than 1million acres of costal jungle and is home to many protected species like the jaguar and crocodile. Heading out on the boats, you might get the chance to see dolphins, sea turtles and manatees in the wild. The coral reef running the length of the reserve is perfect for a spot of snorkelling, and there are dozens of species of birds above. There are many companies offering tours for this once in a lifetime experience.

Indulge

For tasty Mexican fare, look no further than beachside fish tacos perfectly paired with tangy homemade salsa at Taqueria La Eufemia, where you can also grab

yourself a margarita or two. You'll love the evening dining experience at Gitano, a stunning open-air restaurant situated in the jungle, which serves up finger-licking slow-roasted pork alongside sweet and sour pineapple. There are also plenty of cocktails to enjoy underneath twinkling tree lights, and you can boogie to live music three nights a week, too. Booking is recommended as this restaurant is the place to be.

Stay

If you don't fancy a swanky all-inclusive resort, you can enjoy a no-nonsense beachfront experience for a fraction of the price at the three-star Hip Hotel, a cluster of 22 thatched cabanas

a few steps away from the sea. You won't miss having a TV or pool when you're sleeping beside the sea in paradise, and it costs just £140 per night.

Alternatively, fall asleep to the sound of the jungle during a stay at the Lumapi Jungle Eco Lodge. It's an ideal location if you plan to visit the cenotes, and from £39 per night, it's a bargain. These huts are made from materials found only in the jungle, and are powered by solar panels, so they are totally sustainable. There is even an amazing outdoor shower for the full jungle experience.

Experience

Thrill-seekers will love seeing the lush Tulum jungle from

a height by zip lining through the treetops. With Xplor, you will be able to cover 2.4 miles of jungle above the trees with two circuits of seven zip lines each. A waterslide and two refreshing water landings along the way will help you cool off from the sun.

Tulum is bursting with self-care experiences, so it's the ideal place to try something new or indulge in something you love. Yoga classes are plentiful, or you could grab your very own mat and get zen on the beach. Alternatively, try a temazcal – a Mayan ceremony that involves sitting in a small sweat lodge with heated volcanic rocks infused with healing powers. The ceremony is believed to help you overcome past traumas.



Who is the Liar?

Joanne Froggatt is back for series two, and Laura's desperate to be believed

Picking up from last season, *Liar* returns with unexpected sexual predator Andrew Earlham (Ioan Gruffudd) dead after three weeks on the run. As the police now have evidence he assaulted 19 women, thanks to victim Laura Nielson's (Joanne Froggatt) hard work last series, there are plenty of people who aren't mourning his demise. The local police have brought in Met detective DI Karen Renton (Katherine Kelly) to head up the case and find out the truth. However, straight-talking and keen to catch the killer, Renton wastes no time in arresting a seemingly guilty Laura of the murder. But is she being framed?

Flashbacks help us all fill in the blanks, and one thing is for sure, this series is every bit as addictive as the first. And Joanne, 39, is thrilled the story is continuing...

How did you feel about the reaction to the first series?

I was just so thrilled that people

connected with it and that it opened up conversations. It made people think about who they believed and why they did or didn't believe a certain character. A lot of people came up to me in the street when it was on – it was probably one of the biggest emotional reactions to anything I've done. Everyone was talking about it, which is the best response you can hope for.

Were you contacted by any real-life sexual assault victims after series one was screened?

I got a lot of feedback when my character in *Downton Abbey* was sexually assaulted, and I also had a lot of people speak to me about *Liar* in person. People would talk about their own experiences of being sexually assaulted in some way and not feeling able to come forward. Some were luckily never attacked, but others talked to me about their experiences of having drinks spiked with GHB, or something similar, when they'd

been in a bar or nightclub. Then, unfortunately, some of those incidents became much more traumatic.

In one of the flashback scenes, you go back to the first date with Andrew – how was that to revisit?

It was actually really nice to go back to filming that very first date again, because it's one of the few happy scenes. I said to Ioan, "Do you remember when we did this?" On the night we filmed it, there was a massive thunderstorm. There was so much electricity in the air that all of our hair was standing on end! We also see Laura back in her kayak – I learned to do it for series one, and I'm really glad I did. So, when I go

on holiday, I've been able to kayak, which I love.

And Katherine Kelly has joined the cast for this season, too...

She is investigating the murder and is a great antagonist for Laura. We had some great scenes together, and I love working with Katherine. She is fantastic and plays such a wonderful role in this. DI Renton is Laura's nemesis. It's never really felt like the police have been on Laura's side. Renton has an interesting way of getting to the truth. She walks a tightrope of just being inside the law to get the answers she wants to get. Up against Laura, who is an incredibly strong, single-minded woman, it's a pretty great clash of characters.

● *Liar*, Monday 2 March, ITV



Red tomato or green pepper?

Ready Steady Cook returns with new host Rylan Clark-Neal. The series will reflect contemporary food themes – such as cooking on a budget, eating healthily, managing waste, and feeding the whole family – mirroring the changes in British cooking since the last series a decade ago. “After making the finals of *Celebrity MasterChef*, I know how tough cooking under pressure can be,” says Rylan, 31. “I’m sure the mix of new challenges, fantastic chefs and enthusiastic cooks will be a recipe for success, maybe with the odd disaster!”

● **Ready Steady Cook**, weekdays from Monday 2 March, BBC1



PADDY'S SURPRISE

The game show where fast-thinking and quick reflexes lead to cash prizes is back – *Catchpoint* mixes catching huge balls as they fall from the sky with general knowledge questions. There's no doubt host Paddy McGuinness is perfect for the job, but it's not one he aimed to have.

Paddy, 46, says, “When I was a kid,



I used to watch shows like *Strike It Lucky* and *The Generation Game*, and I loved them, but I never had ambitions to do those kind of shows.” It kicks off with two episodes for Sport Relief, featuring celebs who'll try to win big for charity.

● **Catchpoint**, Saturday 29 February, BBC1

TOO CLOSE FOR COMFORT?

With the royal family very much in the tabloids this year, it feels like satirical series *The Windsors* could be more like a reality show! In this season, all eyes will be on Harry and Meghan, and Tom Durant-Pritchard, who plays the prince, says he's loving all the drama. “Prince Harry is probably my fave of all the royals,” he says. “Now that I've played him, I've got a real soft spot for him.”

● **The Windsors**, Tuesday 25 February, Channel 4



NEW THIS WEEK

FILM

Emma (U)

Based on Jane Austen's famous 1815 novel, *Emma* follows the life and adventures of a young woman living in England during the Regency era. Emma loves playing Cupid and finding perfect matches for her friends, but as she soon finds out, love doesn't always go to plan. Featuring award-winning actress Anya Taylor-Joy as Emma, alongside Miranda Hart as Miss Bates and Bill Nighy as Mr Woodhouse, this all-star cast is not to be missed.



DVD

Countdown (15)

If you could find out exactly when you're going to die, would you want to know? As her friends and colleagues reveal the many decades left on their lives, Quinn (Elizabeth Lail) is shocked to see her clock will run out in three days' time. Initially dismissing the app as an internet hoax, she soon discovers people are being killed at the exact second their clocks run out...

VFest UK

Family festival VFest UK looks set to be the most environmentally friendly event this summer. There are vegan food demos and stalls, environmental talks, music, dance and events for all ages, from yoga to circus skills. Tickets on sale now at £40 for adults and £20 for children, with camping at the Dinton Pastures Country Park, Wokingham. From 26-28 June 2020. Visit Vfestuk.co.uk

EVENT



BOOK

A Springtime Affair by Katie Fforde (Century)



Gilly runs her own B&B business from her much-loved family home, which she doesn't want to part with. But that's before she meets handsome estate agent Leo, and soon she begins to wonder whether selling up might not be such a bad idea after all. Meanwhile, her daughter Helena has become very close to her new landlord Jago. Will their new romances lead to happily ever after? A lovely read.

Quick Reads (various titles)

Love reading, but never have the time? Then Quick Reads are perfect for you. Written by renowned authors, such as Jojo Moyes and Milly Johnson, these books are short, easy to read, and cover a range of different themes. Our favourite is Adam Kay's hilarious and painfully honest memoir *This Is Going To Hurt* from his time as a doctor. The titles are available for just £1 at bookshops.

BOOKS





Dawn's new show 'I'm playing the village'

Dawn French's new Devon-based drama raises a lot of moral questions

When a drama is set in the West Country, it's only fair that Dawn French is the lead character! This time, the comedian is a gift shop owner in a small Devon village who loves knowing everyone's business – but just can't help embellishing the facts. And when she ends up being interviewed by a journalist about the area, she adds plenty of gossip into the mix, too, which causes problems she didn't anticipate – and has catastrophic consequences.

Although Dawn, 62 – who lives in Cornwall – didn't write *The Trouble With Maggie Cole*, all the ideas were hers, and she was thrilled to see them on screen and

to get to film in a part of the world she loves so much.

Where did the idea for *The Trouble With Maggie Cole* come from?

I was due to write it as my next novel. Sophie [Clarke-Jervoise, exec producer] came down to see me as a friend and asked me what I was doing. I told her the story, and she said, "Please, don't write that as a novel. Please, can we have it for telly?" I told her I hadn't any time to write it for television, and she said, "I know exactly the right person."

Can you explain the dramatic event that kicks off each episode?

There has been an accident in

the village. We don't quite know who is involved in it, and as each week goes by, we find out a little bit more about who is involved and the series of events leading up to it. The accident kind of draws all the various characters together. So, that's a bit of tension that runs through it all.

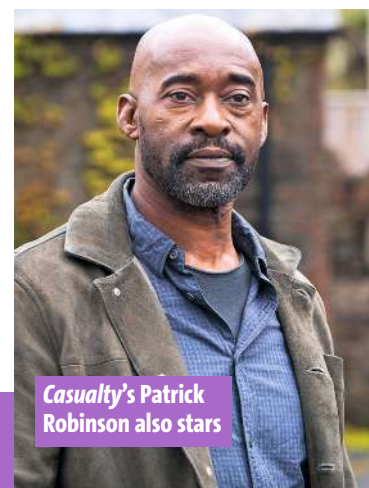
What sort of person is Maggie?

She seems to have a high opinion of herself. But I think she's the kind of person who acts like that because she is actually the opposite – she feels like she doesn't matter very much. So, when she is asked if she would like to do an interview for local radio, she couldn't think of

anything better. Suddenly, someone is listening to her and thinks that she matters. But, in fact, they don't think that. The journalist doesn't believe she matters at all.

What does he really think of her?

He thinks that she is the conduit to the gossip in the village, and indeed, she is. What happens to Maggie is a kind of moral dilemma that any of us could get into. We all tell stories, enjoy elaborating, and are open to flattery and hubris. In a way, Maggie is betrayed by the journalist, but she also led herself into that. So, there is some responsibility for her to take. Maggie is somebody who interferes, as she's got a need to control things. I think many of us will recognise that. She was born and raised in this village, so she knows all the families and she knows everybody's business, which is just how she likes it.



Casualty's Patrick Robinson also stars

ow aying the gossip!



Dawn plays gift shop owner Maggie Cole

Have you met many people like Maggie in your time?

Yeah, I think that we're all a bit of a Maggie, to be honest. Human beings have told many tales since the beginning of time. You don't need to tell stories in order to survive – they're not food or water, or shelter or clothing. And yet, we have all done it because it intrigues us. It wakes up our imagination and it connects us. But the danger with the elaboration of stories is the damage that you can cause by doing it. We live in a society where reputation is everything, and Maggie carelessly throws people's reputations down the toilet because she's had a few too many gins and because she's susceptible to flattery.

Where it used to be possible to say that today's news is tomorrow's fish and chip paper, that's now not the case with social media...

Absolutely. And, in fact, a small story – like this could have been, just doing a bit of damage in the village, and then being mended somehow – because of social media, starts to trend. It becomes more national, and it's more embarrassing for everybody involved. She wouldn't have wished that and she wouldn't have considered that. None of us know now what we are getting into until we're in it.

How do you feel about social media?

I'm not really on it, except for Twitter. Jennifer [Saunders] encouraged me to join. She said I'd have fun on it because there

are lots of good jokes.

That's really why I do it.

I'm also aware that some of my work is hard to let people know about. When you write a novel, or do a play or a one-woman show, you need to let people know. To be able to tell the very people who have got an interest in you – that's all social media is, an immediate connection to people who are interested in you – I like that.

Are you a big believer in forgiveness?

I can be, just like anyone else, and I can be quick to condemn. But we all know in our hearts that there's no future to anything unless you can forgive. It's just that some things are harder to forgive than others. Very personal things are really hard to condone. Being misrepresented can feel very closely akin to bullying. That's the feeling of being helpless and needy, and all the things you hope that you aren't ordinarily. Certainly, having a big untruth or a big injustice about you out there publicly is a horrible thing to have to deal with.

Julie Hesmondhalgh and Mark Heap are also in the series

Maggie likes '80s tunes – do you have any favourite songs?

The unfortunate thing is that you are talking to the wrong person, because I have a very bad memory, which anyone who knows me will attest to. I remember a lot of '80s music being awful, and a lot of it being brilliant. I did go to see the Bananarama girls on tour last year when Siobhan [Fahey] was back, and that was wonderful.

Have there been stunning locations while filming the show that you hadn't visited before?

We've filmed on beaches that I went on as a kid like Mothecombe. Launceston Castle is somewhere I also spent a lot of time. Of all the cast, I am the one who does know this area a bit. But there are still little bits in Cargreen where I had never been down a particular road. There was a whole little village there that I had never seen. So, that was exciting.

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

win prizes

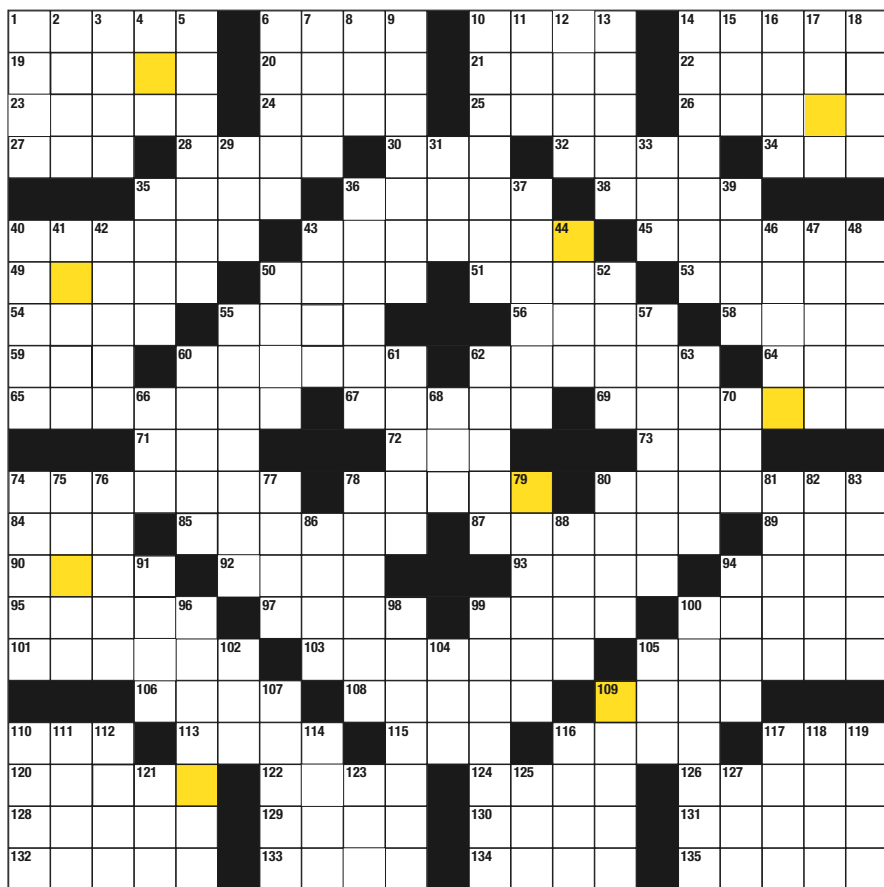
Puzzles

YOU could
be in with a
chance of winning
£200

**WIN
£200**

PRIZE crossword

Find the name of an American actress (4,5) jumbled up in the shaded squares, then go online or see Ring To Win (below right) **for your chance to win £200**



The solution to this crossword will appear online at bellamagazine.co.uk in two weeks' time

Across

- 1 Traps disturbed fish? (5)
6 Darts legend, --- Bristow (4)
10 Cheerio (2-2)
14 Implicit (5)
19 Flat dish (5)
20 Ballpoint pen (4)
21 False god (4)
22 Clued-up (5)
23 Buenos ---, city of Argentina (5)

- 24 Ajar (4)
25 Drum up, solicit (4)
26 Loose net on part of joint? (5)
27 Born as (3)
28 Pitch of wrong note? (4)
30 Health resort (3)
32 Others doze? (4)
34 Small insect (3)
35 Greasy (4)
36 Big hill horse? (5)
38 Coral ridge (4)
40 Packed away (6)

- 43 Water sprites (7)
45 Finds remains? (6)
49 More pleasant (5)
50 Hour or date (4)
51 O.T. prophet (4)
53 Repository (5)
54 Greek war god (4)
55 Lively pool sport? (4)
56 Fruit seeds (4)
58 Sluggish (4)
59 Legume (3)
60 Health centre (6)
62 Depended (6)

- 64 Lyric poem (3)
65 Physically pleasurable (7)
67 Allude (5)
69 Coached in trade somehow? (7)
71 Curve (3)
72 Delve (3)
73 Play on words (3)
74 Lag once shown up as clot? (7)
78 Segment of bloom (5)
80 Bank notes (7)

- 84 Hairy primate (3)
85 Swathed (6)
87 Bemoan mental confusion? (6)
89 Contend (3)
90 Cathedral priest (4)
92 Tied (4)
93 Sharply acidic (4)
94 Volcanic fluid (4)
95 Mistake (5)
97 Palm tree fruit (4)
99 Slender hint put out? (4)
100 Anwar, ex-Egypt president (5)
101 Savoured stated changes? (6)
103 Withdrew (7)
105 Desert animals (6)
106 Wrong time for issue? (4)
108 Happen again (5)
109 Collide with some club umpire? (4)
110 Prune off (3)
113 Moderate type of tide (4)
115 Primary colour (3)
116 Film, *The World According To* --- (4)
117 Distant (3)
120 Last letter of the Greek alphabet (5)
122 Financial advance (4)
124 Grab ruffled clothing? (4)
126 Charter, hire (5)
128 Rinse broken hooter? (5)
129 Jazz singer, --- Fitzgerald (4)
130 Southermost of the Great Lakes (4)
131 Uncanny, spooky (5)
132 Economise for a spell? (5)
133 Flog part of diesel launch? (4)
134 Lairs (4)
135 Intense fear (5)

Down

- 1 Nasty snap in bridge? (4)
2 Knee bend in ballet (4)
3 Uncommon (4)
4 Devoured (3)
5 More irritable (7)
6 Blackish wood (5)
7 Mellow (4)
8 Wrath (3)
9 Comfort operating panel? (7)
10 Fairy queen (7)
11 Commotion (3)
12 Sight-seeing excursion (4)
13 Modify (5)
14 Scrappy rags (7)
15 Amazement (3)
16 Biblical wedding town (4)
17 Part of the ironic press? (4)
18 Canvas shelter (4)
29 Elderly (3)
31 Young dog (3)
33 Ready to gel? (3)
35 Is in debt to (4)
36 Biographical essay (6)
37 Moderate tantrum? (6)
39 Fast-running lipids? (5)
40 Breaks sharply (5)
41 Isle of the Inner Hebrides (5)
42 Ripples once a vast sea? (5)
43 Hops-drying oven (4)
44 Odd oils found in earth? (4)
46 Punctuation mark (5)
47 Wear away over time (5)
48 Darned weeds running wild? (5)

- 50 Work hard (4)
52 Saliva (4)
55 Small billboard (7)
57 Snake (7)
60 Remedied (5)
61 Yielded (5)
62 Majestic wavering glare? (5)
63 Intimidate (5)
66 Droop (3)
68 Suitable strapping? (3)
70 Hostelry (3)
74 Police trainee (5)
75 Musical drama (5)
76 Approaches (5)
77 Cooking fat (4)
78 Alloy of lead and tin (6)
79 Soapy froth (6)
80 Whirl heard from sea bird? (4)
81 Elude, avoid (5)
82 Competing candidate (5)
83 Constituencies are poor asset? (5)
86 Reap rotten orchard fruit? (4)
88 Servant girl (4)
91 Eton's disrupted register? (4)
94 Lantern (4)
96 What's left for sad rentman? (7)
98 Everlasting (7)
99 Walked with heavy steps (7)
100 Analysed a specimen (7)
102 Pass away (3)
104 On thin ---, in jeopardy (3)
105 Mongrel dog (3)
107 Awfully stale anecdotes? (5)
109 Infants (5)
110 Bereavement (4)
111 Leave out (4)
112 Persian spirit (4)
114 Staff man from Warsaw? (4)

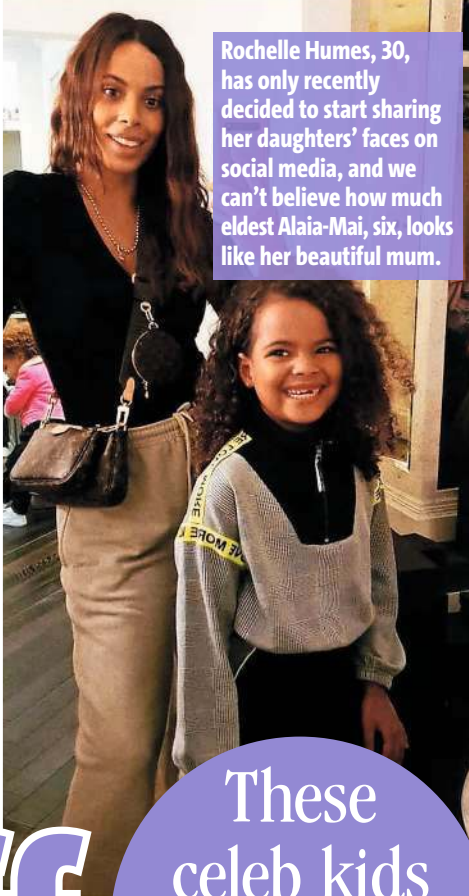
COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Crossword: Chris Ansell. Photo: Shutterstock

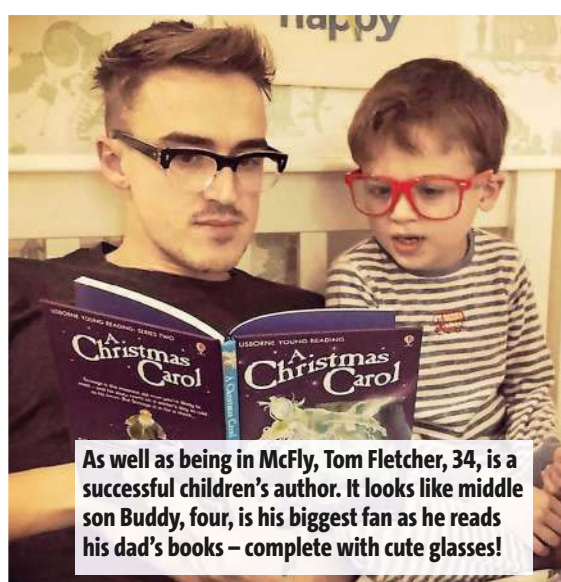
one last thing



Not only do Gordon Ramsay, 53, and his son Jack, 20, look alike, they also train alike, as the chef helped him work out for his first Ironman triathlon.



Rochelle Humes, 30, has only recently decided to start sharing her daughters' faces on social media, and we can't believe how much eldest Alaia-Mai, six, looks like her beautiful mum.



As well as being in McFly, Tom Fletcher, 34, is a successful children's author. It looks like middle son Buddy, four, is his biggest fan as he reads his dad's books – complete with cute glasses!



Kaia Gerber, 18, has followed in her supermodel mum's footsteps as a model herself. Being the daughter of Cindy Crawford, 54, she was always going to be a fashionista!



With 17-year-old Damian's long locks, he and his mum Elizabeth Hurley, 54, look more like siblings than mother and son!



Grammy award-winning musician John Legend, 41, splashes around in the sea with his lookalike son, Miles, one.

Words: Amy Lo. Photos: Instagram (gordonramsay, rochelehumes, mcgriffletcher, kaiaagerber, johnlegend, damianhurley)

**THE
GOOD
TIMES**



**SOUND
LIKE
THIS**



**THE
GOOD
TIMES**



**SOUND
LIKE
THIS**



**THE
GOOD
TIMES**



**GREATEST
HITS
RADIO**

DIGITAL NATIONWIDE



Life can be complicated.

But with mustard.co.uk, buying car insurance doesn't have to be.



Compare quotes today to find your perfect policy in just a few minutes.

Making life a little less complicated

mustard.co.uk or call **0330 022 7406**

*Please see website for details. mustard.co.uk is a trading name of the H Bauer Publishing Limited Partnership which for general insurance distribution is an Appointed Representative of Vast Visibility Limited, 8 Princes Parade, Liverpool, L3 1DL, which is authorised and regulated by the Financial Conduct Authority under Firm Reference Number 566973. You can check these details on the FCA Register.